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NOW

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.

THOUGHT IS POWER



SOUL CULTURE

ART OF LIVING

PSYCHOMETRY

INSPIRATION

SPIRITUAL HEALING

MENTAL SCIENCE

SUGGESTION

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"NOW" FOLK PUBLICATIONS:

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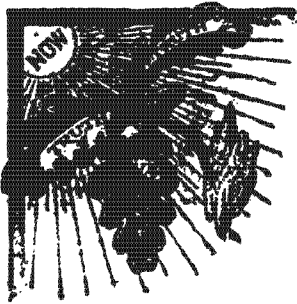
"NOW" FOLK

1437 MARKET STREET,

SAN FRANCISCO, CAL.

From all Life's Grapes I press sweet wine.—

Henry Harrison Brown



NOW

A JOURNAL OF AFFIRMATION

VOL. V.

MAY, 1904.

No. 2.

After Hearing Parsifal * * *

O Wonder-worker in the field of Mind!
Creator of new continents in the Soul
Of Man! From Passion's chaos calling at
Thy word harmonious systems, planets dark
And blazing suns, around the center—Truth!
O dread Accuser! O revealer of
The Soul! The Grail is thine! Its mystic
Light
Reveals Man stripped and bare! Naked as when
Divine Omnipotence centered Itself
And as a conscious Human Soul It said—
I AM!

Through years of infidelity
Weakness, passion, sin; through deeds of dark-
ness,
Deeds of pain; through wanderings oft and
long
From line Reason has set along Life's edge,
When stifled was the Voice within, that warns,
Commands and punishes; through all these
years

Magician wise and mighty, leadest thou
Revealing Self, the Indwelling God, supreme
O'er Conscious Life. Accuser! thou dost not
Condemn. Too wise the verdict to pronounce!
Thy mission is to waken inward moan—
"Parsifal is my Self!"

O prophet Great!
Still greater Priest art thou of Soul redeemed!
Redeemed by Self alone! The spear-wound is
My own! That thrust revealed within my
heart

The Grail! O Blessed Friend! thy music gave
The pang that brought me to myself! I
breathed

Guileless and innocent, without a sense
Of God within, when lo! the spear was thrust
Through selfish mail and ethereal power was
mine!

Transformed from weakling and from slave,
the Mind,—

The God-creator—made Himself in me
A Conscious Law—a very King of kings!
'Twas then thy wondrous play of Vibrant
chords,
Brought healing to this wounded Self. My

heart
Revealed its Grail! Blood-red it glows with
spark
Divine, and in its Light, O Prophet of
The New, the Reconciled! I hail thee,—Seer
Of God and Good! Herald on the ramparts
of
The century new, announcing—"Victory!"
Through Music's witchery, o'er Sin and Hell!
Man is redeemed! The Christ is here! The
Soul
Now claims its own! Nor hope, nor fear,
Nor prayer, nor hunger now, for Lo! 'tis here,
The expected Kingdom, God's and Man's! 'Tis
here!
Day-dawn has come! The world-wide search is
o'er!
The Grail was never lost! 'Twas folded safe
Within the petals of my heart, and thou
Enchanter wise, reveals't to me, my Self!

—Henry Harrison Brown.

* * *

"I Cannot Afford It." * * *

Poverty is the bane of thousands. Like
all other desirable or undesirable condi-
tions, it is but the material reflection of
mental habits; is created by the only
power Conscious man uses—namely,
Thought. Every human condition is
Thought-created either by the individ-
ual, or by his ancestors or by the race.
Poverty is the creation of Poverty-
thoughts.

The one charge against which the weak,
the ill and the poor rebel more than all
others is that of personal responsibility
for the conditions under which they
suffer are but Cause and Effect, the
"chancellors of God", and cannot be
separated. They are the two sides of
the one fact—Life. Cause is always
found where the effect is. Since the

**Come forth! In love and life divine!
Thou child of God! The world is thine.--**

Harriet Ware Hall

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effect is in the Life of the person the Cause must also be there.

Consider for one moment what determines conduct. Conduct is determined either by conscious or instinctive selection of the thought of the moment. Every blow struck, every penny earned, every marriage made, every tear shed has a thought behind it, and it is the thought that determines results.

This is a patent fact, the thought I have selected as my title, among the middle and well-to-do classes, is the one that keeps them in want. From these classes the New Thinkers are recruited. To them this essay is addressed. Do you use these words? "I can't afford it"? then you are living in fear and in slavery. You are there because you create this slavery by your mental condition. In saying this *you are either* speaking falsely as to your desires, or, you are yielding slavishly to fear. Do you desire? Is it not a mere momentary wish and not a desire? You find a way to gratify your desires. Every boy who desires a cigarette gets one. He finds a way. The man and his tobacco or his glass; the libertine and his victim; the lottery-fiend and his ticket; the habitue of the race course and his bet are Desire and gratification. The strong desire finds a way to gratification or makes one. Lives of successful men are witness also to this fact. To desire is to be—is to win.

Mere passing wishes, indefinite longings and temporary wants are taken for desires. They are mental nothings and because we have nothing definite in mind we win nothing definite and are poor. Concentration of Will upon some one thing desired will as surely bring it as the magnet draws a needle. The range of the magnet is limited. That of Desire limitless.

No *thing* is beyond the power of Desire to draw. One needs only to become a conscious magnet to draw whatever he desires. The one requisite is DESIRE. Each desire is gratified in exact proportion to the Thought put into it. The trouble is many things are feebly desired

and power is diffused. Instead of drawing one thing completely into perfect manifestation, a little of many is drawn and there is a jumble in life. The moral is *Desire* less things, and desire that less more. Concentrate upon a few things, or upon one thing. Let the whole stream of desire flow through a narrow channel with power, instead of scattering it over a wide bed with shallow stream and little current.

"I'd like to" betrays the fact that there are many desires and none dominant; life is wasted in mere longing. "I cannot afford it," betrays a lack of confidence in one's judgment and conscience. Each person is to do that which reason and conscience tells is right. No one wishes to do wrong. To say, "I'd like to!" is to say a thing is right. We can only afford to do that which is right to do, and we cannot afford to do wrong. But is it right to spend this money for this thing? Yes, if you *feel it is right*.

"Can't afford it" is a species of Self-excuse, and this is as vicious a mental condition as possible. We know it is not Truth. Truth is power; error is the absence of power. Self-excuses have no power. Nothing can be accomplished by a lie.

What one really desires he can afford. "I cannot afford!" is a coward's excuse for not spending money. I am afraid to do right. But doing right is the only way to do. Wrong doing satisfies no desire. In this light one asks, "What ought I to do?" Do that which is right. One never desires anything that he does not feel is right. Each must decide for himself, and by doing learn what to want. Supply comes only to him who loves his own life. Supply of air comes when I do my own breathing. Strength, when I do my own exercising. Knowledge, when I do my own learning. Supply for body is governed by the same law. Tramp and millionaire must do the necessary thinking, desiring and concentrating, to have supply. The first law of Supply is to *Trust myself*. "I cannot afford it" is born of lack of self-trust. It is trust in the dollar. Where this dollar-trust

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

Edith M. Thomas

dominates there is power only while the dollar lasts. When it goes, power goes. Where self-trust is, there is constant power from an infinite reservoir. Dollars want to come because they feel the drawing power. This power is lacking in one who thinks he cannot afford to spend what he thinks is right. Such a person must go after them, hunt for them, and is in constant worry lest those he has leave him. Trust in Self as Infinite Power inhibits worry, for this consciousness brings peace and supply at need.

The Law of Supply is, *Do what you feel is right and Trust infinite supply for results. Spend every dollar with a sense of freedom, and know that Infinite Supply will attend to future needs.* The best place and the only place for the dollar is in present need. What do I desire *now?* is the question. Let the dollar bring fruition to that desire. Thus create a mental condition that draws supply.

Many say to us orally and by letter: "I like NOW, but I cannot afford to take it!" Dear friend, *you cannot afford that thought.* Better by far to spend that dollar for NOW, though you never read it, and get this poison thought out of your mind, than to keep it in fear and win a thousand, for that thousand will bring a thousand fears. Better by far to throw it away in contempt, or to spend it for some vice, than to keep it in fear of poverty. You can afford to spend the last dollar in confidence of supply for anything however worthless, but you cannot afford to keep it for a *future* gift to the treasury of the Lord. When you desire is the time to spend. *Spend now!* Here is the place. Spend for the *thing* which you *here* and *now* desire. You make thus a channel for Supply. A channel of trust. You create conditions for constant Supply.

* * *

All that Is, is Truth and Good—

The "evil" is negation—

So, wisely let thine attitude

Be one of Affirmation.

—E. Dimsdale Stocker.

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 *

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.]

Supply. * *

One Original Substance manifests throughout the universe, and of That One Substance are all things made.

I am a manifestation of the One Substance in my body, thought and my love.

There is no exhaustion, no waste, no loss, no diminution of the One Substance.

The One is an Infinite reservoir of Life and Power, Thought and Love.

The One is an infinite reservoir of all I need for every expression as body, as Thought and as Love.

I can ask nothing that is not already in that One whom I think of as Father, Protector, Friend.

I have no want, for before I was centered as a Soul in the One, all that I could possible need or use was waiting for me.

As I unfold to consciousness of the need of new expression there are the conditions and things waiting for me to use.

The only limitations to my present conscious possessions are my ignorance and my weakness of will.

I have but to demand and expect to receive. I have but to use my will and "arise and go to my Father."

There is for me "in my Father's house enough and to spare," and in trust I now receive all the day calls for.

This Infinite Supply manifests in air and sunlight; in food and clothing; in shelter and protection; in books and friends; and all these as I need.

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

Lowell

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Life is mine in Infinite Supply and it flows normally, and I am Health.

Thought is mine in Infinite Supply and I open myself to the Divine Intelligence and all my life is Wisdom.

Love is mine in infinite Supply and I give free expression to this Love and all are my friends and I am a friend to all, and in this Love I am Peace and Joy.

Material things are mine in infinite Supply. They come to me at need. I want not. I have each day my daily bread from the One who through my expression of Thought, Love and Life, enables me to earn, receive and enjoy all these blessings.

Opportunity in all directions is mine in infinite Supply, and as I am wise or needy, I use Opportunity to express the Infinity and Divinity I am, and am supplied to the extent of my desires.

Limitless is the One in whom I live and move and have my Being. Limitless as my Being are the sources of Supply. I want not for this Supply is constant and in its recognition I am at all times in happiness.

In this realization of constant Supply on every plane of my Being I find the Heaven of every desire. Life is complete and in the Everlasting Arms I am enjoying all the blessings of the Immortal Life here and now.

I am Spirit; Spirit is limitless in all directions. My Supply is Spiritual and in this spiritual recognition I unite myself with the One, and find the Kingdom of God and His righteousness, and *things* come to me at need, and having no more to ask for, my prayers are thanksgivings for Life, and Love.

ALL is mine! 'Tis but by asking!

E'er I make my silent plea
Heaven unlocks her richest treasures
For my waiting eyes to see.

* * *

EAT AT YOUR OWN TABLE AS YOU
WOULD EAT AT THE TABLE OF A KING.

—Confucius.

* * *

The best in the world is not too good for the children.

—Herbert N. Casson.

* **SOUL CULTURE LESSON.** *

[THE LAW OF SUGGESTION is technically stated thus: I am that which I think I am.—In Bible language it is: As a man thinketh in his heart so is he.—In metaphysical statement it is: A person is governed by his conviction of Truth.]

Practical Suggestion. * * *

No. 2.

WHAT AND HOW TO THINK.

All human duty is boiled down into this expression: *Learn what to think and think it.*

This seems an easy thing to do, but it is the sum total of human responsibility. With responsibility comes choice. When once choice is allowed, then responsibility begins. Humanity is differentiated from brute life only through this fact of conscious choice.

This responsibility of choice no one escapes. If one will not choose what to think, he must choose the person, or the organization, that shall think for him. He must choose friend, church, party, book, or public opinion as authority. Choosing an authority involves as much responsibility as choosing to think independent of all authority. A thought accepted because another says it, has the same effect as if chosen because the person's own reason has selected it.

Each person's conduct, each person's health, each person's social and business relations are controlled by the thoughts he holds over himself in these relations. Therefore, What to think? is the most vital of all questions. Upon the answer depends happiness, health and success. The Law—I AM THAT WHICH I THINK I AM!—has no exceptions. One is not always that which he says he is. for his words may not convey his thought. But let one say often enough that he is in such a condition and he will be in that condition. Therefore it is a Law of Health, that no one talk of illness, or declare himself ill.

One of the most necessary thoughts to think is that of health. The thought, I

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

Walt Whitman

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AM HEALTH—is therefore one to be drilled into us by Affirmation, till we *think* we are health, then we *are* health. To “think health” is to think it, as one thinks of weakness or of pain when suffering from them. To casually let the thought pass through your mind to be followed by its opposite, to say “health,” one second and think illness all the time, is not to “think health.”

To “think,” is to be absorbed in the thought; to think, is to forget all other thoughts that antagonize the one you choose. The boy in school that thinks upon his lesson does not think of play. His mind is concentrated upon his book. The business man who thinks of his debts does not think of the Law of prosperity. Choose your thought and think it. This IS health and this IS Success. To voluntarily do this is the most difficult of all things. When you have succeeded in doing it you are under the influence of a chosen idea; you are under the influence of a Suggestion; you are self-hypnotized, but it is from choice; you are under thought you wish and are healthful and happy.

When thus healthful and happy, you differ from the sick, worried, weak, irritable, angry, hurried and despondent, only, in the kind of thought you have chosen. They have chosen to let unpleasant thoughts possess them. You have barred these thoughts out, and have let in the pleasant. Under the one Law of Suggestion each act. Thought is Power. This Power is evoked by Self-Suggestion. You have evoked the Power under a chosen thought and are happy. These others have invoked it under a thought they allowed to possess them. Each has his legitimate reward.

What thoughts shall I think? Happy ones. Healthful ones. Thoughts of peace, of success, of kindness. There is one rule—*Think thoughts born of Faith in the ALL GOOD.* Such thoughts always result in happiness; they induce health, and these two bring Success.

The most practical use one can make of time, and effort, is to learn how to think,

what to think, and then to think it. Therefore this Lesson is impressed on NOW readers—*Think only pleasant thoughts. Think only chosen thoughts. Think only those thoughts that have their origin and end in Happiness.* This method of thinking, by the everpresent and omnipotent Law of Suggestion will bring you to whatever you desire, or will bring every desired thing to you. Let this Law be written and placed upon the wall of your sleeping-room; let it be placed in your office; write it every morning in your diary; carry it written in your pocket; paste it in your hat; repeat it in every instance when you feel like uttering a complaint or a discouraging word. Never forget that all responsibility centers in you, where all Power centers. Constantly remember that you are what your thoughts are and that if you are not content with conditions suggest to yourself better ones in holding to better thoughts.

* * *

“—It is our will

Which thus enchains us to permitted ill.
We might be otherwise; we might be all
We dream of—happy, high, majestic.
Where is the beauty, love and truth we seek,
But in our minds? And if we were not weak,
Should we be less indeed than in desire?”

* * *

The school that does not stimulate imagination and cultivate it is a failure. The child must be taught above all, to dream fine things. A prosaic teacher who prunes all teaching down to the multiplication table spoils the best part of the pupil. “Hiawatha” and “Evangeline” are capital text-books. They interpret the common life in terms of the larger and better existence. They enoble the simplest life and the simplest phases of common life. This is the true work of education. It is always a blunder to advocate the narrowing of education to matters of fact. Science itself should be etherealized. True science is not classification; but the interpretation of the stones, leaves and birds, in the highest terms of thought. There is no danger that comes from the elimination of the classics, so great as the separation of the minds of our girls and boys from the dreams and visions of the earlier folk. The greatest good of Homer is that he lets us walk with gods. —*Christian Register (Unitarian.)*

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

Elmer Gates

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PSYCHOMETRY

[PSYCHOMETRY is the Science and the Art of recognizing and interpreting sensations not recognizable by the five senses.]

Lesson 2.

Its Scope. * *

What goes under the general name of Psychometry is a force—a dynamic influence. It is that by which mind acts on matter, and matter on mind. Perhaps it is the primary force, the root from which all other forces spring and to which they are reducible. It is that by means of which matter is animated, the body by the soul, and that through which our mental states, if you will, our mental force may be communicated to material substances, so that they will impart them to sensitive persons when in contact with them, or near them. Psychometry, or soul-measuring, the detecting of character, the mental and physical traits of another person through something that has been in contact with him, is not the proper designation of the principle. It is only one of its functions. It is sympathy with all nature, with all mind, with the totality of life. It links every human being with the sum total of existence.

—W. F. Evans, in *Soul and Body*.

From this definition it will be seen that the scope of Psychometry lies outside that of the sense life. It deals with the Soul-life, with the Spiritual-life. It therefore includes all that it is possible for Man as a Spiritual Being to know, while manifesting as a physical being. There can be no limit predicated of such knowledge. Therefore the scope of Psychometry is limitless. There are neither time nor space limitations, neither are there limitations of growth and expression, in any line of Human unfoldment. We are dealing with the art of Soul-measuring and the lines along which we measure are endless. Therefore the student in this Science is taking up the grandest of all possible studies and one that includes all others. For as soon as it is recognized that *All is Mind* and that Mind is synonymous with Spirit which is Omnipotent, Omniscient and Omnipresent, it will be seen that *Psychometry is the open door to Infinity, through which man may consciously talk with God; with the only*

God with whom he can converse—His own Soul.

O, Student of the Soul, pause here! "Put off the shoes from thy feet; for the place where thou standest is holy ground!" "The Lord is in His holy Temple", "Which Temple ye are!" and all earthly thoughts should be put aside. The step thou art taking, is preparing thee for the resurrection! The knowledge thou art seeking is to open to thee the Everlasting Life while thou art in the flesh. All the occult mysteries, all the ancient societies, all the Oriental wisdom, all the seership, all the saintliness, of the ages lie before you as present possibilities, objectively in the Art you are now taking in hand. Until you FEEL the sacredness of this study I would have you lay it aside for I would not invite one into this Holy of Holies, the Sacred Presence of the Soul, who has any profane thought in his mind.

This "Mount of Transfiguration" is not to be sought without preparation through meditation, aspiration, and consecration. Having thus prepared thyself, you can with the fearlessness of Love-of-Truth, enter and converse with the Light (the burning bush) that is shining outward from thy Soul, as from a Divine center. This is "the Light that lighteth every man that cometh into the world." It has been hidden from thee, now its presence is to be revealed.

Such is the place Psychometry holds in the development of Humanity. It is the Art of Spiritual Unfoldment. It is intelligent Soul Culture. The five senses have no place in this Art. You must lay them aside for the time being, and sense with the Soul. As you again take up the objective life you will interpret this Soul perception in terms of that life, and you may vibrate instantly between these two expressions of life.

This interpretation will require you to use the terms of time and space, or to interpret in the language of abstract truth. When you employ terms of Space we say "Clairvoyance". When it is a message from personalities we say "Telepathy". When it is influx of

A man is rich in proportion to the things he can afford to let alone.←

Thoreau

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Truth we say "Inspiration". When it is history or character delineation or diagnosis of disease, we say "Psychometry". When it is restoration to health we say "Healing". But the term "Psychometry" is generic, and covers all modes of spiritual interpretation. Let it then be understood that this Art includes all methods of spiritual manifestation. All the psychic manifestations of the ages are thus brought into intelligent development under the thought—
I AM SPIRIT HERE AND NOW.

* * *

A Simple Life is Healthful. ❁ ❁

Judge Parish B. Ladd, in some reminiscences of "Eight Months in the Andes," in the *Liberal Review*, in speaking of the Cali Valley, within two days' journey of the City of Bogota, says of the people: During our stay in Tulus of several months, there was not a sick person in the place, nor an offense committed of any kind whatever. Quietude, peace and plenty reigned supreme. There are no practitioners of medicine in the valley; there are no prevailing diseases. I saw but one sick person during my stay in the country. The simple manner of living and the natural healthfulness of the climate conduce not only to prolong life, but to keep the body free from disease; and there can be no doubt that freedom from care, anxiety and strife contribute largely to that end. To see men and women from 100 to 120 years of age is not an uncommon thing. One old woman, active and bright, used to come around the hotel, who was, I am told, 130 years old.

This among people who live a simple, natural life. Cannot the same health, longevity, and peace be attained with unfolded mentality? Cannot the present complex life be changed to a simple one, free from anxiety and strife? "No disease" and "no offenses", says the Judge. Here the key,—as soon as strife enters disease comes. Where there are no wrong thoughts there is no wrong conduct and no disease, for these two are cause and effect. Substituting Cause for Effect is the only difficulty with medicine, theology and jurisprudence. Correct methods of thought will produce correct lives. **TRUTH** is the Cause of health. Truth is the Cure of disease.

RANCH PHILOSOPHY. ❁ ❁

Virtue. ❁ ❁

Miss Jennie Prue 'twas plainly seen
Wuz a maid of unknown years,
Her face wuz homely—her figger lean
An' she held her age in arrears.
She allus dressed in plainest clothes—
Vain things she couldn't stand,
An' at early morn she allus rose
With her face to the promised land.

Now Jennie Prue did loudly pray
An' deny herself it seems
In walkin' in the narrer way
Ever since she reached her teens.
(An' neighbors say it wuz long ago
But be that as it may)
Whether the wind blew high er low
She made her goodness pay.

Miss Jessie White, a maiden fair
Lived in the very same town,
Her hair shun bright in the sun's wild glare
An' her eyes wuz darkest brown;
An' furbelows an' all sich things
(The sennse only woman knows)
On Jessie seemed as angel wings
To heal our earthly woes.

Now Jessie White nary once denied
Herself in the name o' right,
But all men thought her sanctified
An' strong in Heaven's might;
While Jennie Prue, the prayin' saint
Who sinners did upbraid,
The men all thought most queer—or quaint,
An' whispered, "poor old maid."

Thus Jennie Prue in tryin' hard
Her virtues all to prove,
Sure missed her mark by many a yard
An' mankind failed to move;
Fer virtue ain't a thing by which
Yer can pull mankind by the nose,
But somethin' we know as grand an' rich
As we know that a rose is a rose:
—Sam Exton Foulds.

* * *

The demonstration that mental activity creates structure places the matter of evolution largely in our own hands.
—Elmer Gates.

* * *

The Soul is complete. It is not dual, it is One. It has never been divided into sexes and therefore is not seeking a mate. The appearance of sex is a delusion, a part of the masquerading in which Self is denied and the claim of being separated from our Beloved is set up. The petty differences that lie in the mind associated with belief in duality fall away and we rise above the weakness of sexuality as we see our Soul.—Annie Riz Millitz, in *Primary Lessons*.

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

Emerson

34

* MISCELLANEOUS. *

The Ideal. * *

I think that the song that is sweetest
Is one that is never sung,—
It lies at the heart of the singer
Too grand for mortal tongue.
And sometimes in the silence
Between the day and the night,
He fancies that its measures
Bid farewell to the light

A picture that is fairer
Than all that have a part
Among the masterpieces
In marble halls of art,
Is one that haunts the painter
In all his golden dreams,
And to the painter only,
A real picture seems.

The noblest, grandest poem
Lies not in blue and gold,
Among the treasured volumes
That rosewood bookshelves hold;
But in bright and glowing visions
It comes into the poet's brain,
And when he tries to grasp it
He finds his efforts vain.

A fairy hand from dreamland
Beckons us here and there,
And when we strive to clasp it
It vanishes into air.
And thus our fair Ideal
Floats always just before,
And we, with longing spirits,
Reach for it evermore.

—Anon.

* * *

What Tools are to the Hand, Food is
to the Body. * *

“WHAT TOOLS ARE TO THE HAND, FOOD
IS TO THE STOMACH!”

Is this statement true—What tools are
to the hand, food is to the stomach?
I know what physiologists and chemists,
what the hygienists and the medical pro-
fession say, but are their reasonings bas-
ed upon correct premises? I hold that
the present ideas are remnants of past
ignorance, fostered upon the present, be-
cause our fathers held them. The pres-
ent prevailing ideas of food are false,
because they are based upon dead mat-
ter, rather than upon living Spirit. They

are deductions too often from the as-
sumption that the body is a machine and
not upon the fact that it is a living or-
ganism. Deductions are made from
chemistry, rather than from the ONE
SUBSTANCE, which manifests under
all forms of so-called matter, and to
which all forms of so-called matter re-
turn.

There is in food of whatever kind, but
the One Original Substance. Life is
this One Substance and depends upon
other forms for manifestation but not
for existence. The Human Soul is Orig-
inal Substance, and has ALL the Power
the One has. God, out of Himself man-
ifests worlds and bodies of plants and
animals. Out of Himself, they are all
made. In no case are any parts of their
bodies made from matter.

Plants and animals build bodies from
themselves as Soul. The Human Body
is a manifestation of the Soul; it is a
materialization of thought; thought is
“dying feeling;” feeling is the primal
manifestation of Life in the body. There-
fore what we feel causes thought, and
thought manifests as body. This will
seem error to all who reason from mat-
ter. But science has given up the idea
of matter. Study carefully the excerpts
at the beginning of NOW editorials for
the position of science upon this mat-
ter. All is Energy; all is Motion, un-
der varying rates of speed.

The Human Soul contains not the eighty,
more or less, of “original elements,”
but it IS that out of which these elements
are made manifest. It makes no matter
what food the person eats, Soul will de-
velop body through use of it; it will find
in any food the chemical elements it
needs to develop bone and brain, blood
and tissue. Hens will make the shell
of eggs out of any food. The feeding
to fowls shells or lime helps them not
one bit. Feed them on clover and egg-
shells are thick and plenty. They make
shells out of the Original Substance,
which is called into expression by the
food they eat. Life has unconscious
power which the Conscious Man has
not yet developed. Life can reduce all

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

William Lloyd Garrison

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matter to the Original Substance, and Life can from ITSELF as the Original Substance build its body.

This is my position on food. Every student of physics knows that every form of known motion is the resultant, under the Law of the Diagonal of Forces, of two forces; that there can be no manifestation of power in any form except as a reaction from contact with some other form. To illustrate—steam is unseen, unheard and unfelt, until it is enclosed in a chamber, or meets with resistance. It is then changed into some other form of force. In the air it becomes vapor, by the reduction of its rate of vibration. In engine it becomes motor power. In itself it is Motion in the ONE. All motion is latent in the One. Motion manifests to consciousness, on the physical plane, only as the resultant of its meeting with the forces known as matter; on the spiritual plane as the resultant contact with finer forces. The Soul is not only the possibility of Life, but the possibility of all the manifestations of God.

Therefore the Soul uses food—matter—as the means of its manifestation as physical Life. Soul builds out of Itself its body, through the use of food, as it builds muscle from itself by the use of Indian club or shovel.

Chemistry has many facts which verify this position. I have a few, and I am indebted to an article of Alexander Wilder, M. D, for this extract, which gives ground for an investigation of the old ideas of food and body. Soon will the idea of food being used to build the body be recognized as a reasoning from appearance, as men once reasoned about the setting sun. Text-books of science will reveal many other facts of import similar to these of Dr. Wilder.

“Aerial plants contain potassium though none of this mineral is found in air or rain. Iron is in the blood of animals though it may not be in their food. Shell-fish, crabs and fish have a frame work of bones although there is hardly a trace of lime in sea water except at the mouth of rivers. A few years of coralline growth

contain more lime than ever existed in all water. Snails have shells containing lime though there is none in their food. Yolk and albumen of the egg contain no lime, yet the chick has more lime in its bones than there is in the shell. Thus Nature is a greater magician than any thaumaturgist on record.”

What do plants, fish and animals use for food? Just what they find, and they adapt the expression of their Life to the conditions in which they are. Where there is choice they exercise it. There is a more perfect manifestation of the possibilities of plant-soul life the more the plant has opportunity to have that which it chooses, just as there is a more perfect manifestation of Human-soul life the larger the opportunity of choice in food, tool, home, society, book, scenery and picture. Food, book and picture are merely the apparatus in the gymnasium of Life. The plant exercises choice and sends its rootlets many a rod to find the bone buried that far from it. It sends its rootlets to the spring far away. It knows what it wants. Does the Human Soul know less? *Then eat what you love and love what you eat.*

* * *

Do Dollars Want Me?

Dollars fly out of my pocket
Swiftly and gladly they fit.
If I should bolt and lock it
That would not keep them one bit.

Perhaps when my pocket is empty
They will want to come back to me;
Some come climbing over the mountains
Some come sailing over the sea.

They will find a welcome in plenty!
I can find use for them all!
Use for each ten and each twenty;
A place for each nickel so small.

The Law I'm testing now freely,
My Dollars I gladly now spend,
For the new NOW is my Dollar.
I believe 'twill make money my friend.
—F. B. H...

* * *

Don't let plenty of business turn your head.
Look after each customer as though he were
the only one you had. It is the secret of great
and lasting success.—S. B. H., in *Chat*.

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

Francis Ellingwood Abbot

36

* PHENOMENA. *

A Psychometric Leaf. * *

From My Journal of a Week in the Maine Woods.

It was 10 a. m. this day of August, 1885, and the lake lay calm and clear as a mirror before us. What so tempting as a bath. Some twenty rods from camp we had already discovered a fine strip of beach composed entirely of disintegrated granite. No sooner had the bath been suggested than Gullimus and I were there. We had our swim and were lying on the sand taking a sun-bath when he said, "I'll have a sand-bath," and began piling the sand about himself. Possessed by the spirit of the hour, I assisted him and soon he lay buried, save his head, several inches beneath the clean white sand.

"O, how peculiar I feel," he said. "Describe your sensations," said I. "I feel as if I was solid rock and the waters, hot waters, were rolling over me in great waves!"

"Ah, glorious!" thought I; "here is an opportunity often wished for but never found," for I realized that this stout, healthful, sturdy farmer's boy just entering the twenties, and who had never been sick, nervous or blue, who was like Mark Tapley, always jolly under all circumstances, was a psychic and here were psychometric manifestations. Surely no doctor could say it was, in his case, the result of a nervous disease, and the wisecracks could not say I was deluded. I knew his cool, clear head would give me something of value, did I know how to direct without disturbing him. Therefore in gladness I sat down by him quietly saying, "Go on!"

Note well, that all necessary conditions were here. First perfect freedom; we had no care; we could not be interrupted for we two were the only persons for miles around; both were passive for we had left all thought of the external world far behind us. But the most important condition was our confidence in

each other. We could think aloud in each other's presence and fearlessly enter one another's thought. He knew I would never doubt him and I knew he would not deceive me.

He had been no student of geology and for this I was thankful, for had he been, the original beauty of his description would have been destroyed. With enthusiasm of youth he portrayed the gradual emergence of the granite from beneath hot waves; the great earth swinging in the darkness of thick mists; the gradual cooling of the earth and the thinning of the steam cloud all about it; till "the first glad morning" broke over the earth as the sun burst through the vapory envelope and looked for the first time upon a world he had made. Surely there is a royal road to knowledge.

* * *

PSYCHOMETRIC EXPERIMENT.

(Experiment No. 3 from Professor William Denton's first volume "The Soul of Things." Most of his experiments are too lengthy to quote. To his book the reader is referred for very many remarkable and carefully reported experiments.)

Fragment of lava from Kilauea, Hawaii. Mrs. Cridge. Specimen unseen by her. She had no idea what it was, nor did she know that I possessed such a specimen.

"I see the ocean and ships sailing on it. This must be an island, for water is all round it.

Now I am turned from where I saw the ocean and see something most terrific.

It seems as if an ocean of fire was pouring over a precipice, and boiling as it pours. The sight permeates my whole being, or the terror which it inspires. I see it flow into the ocean, and the water boils intensely. I seem to be standing on one side of it."

The feeling of terror did not pass off for an hour. It seemed as if she had actually stood upon the spot and beheld the whole scene as an ordinary spectator. Those who have read Mr. Coan's account of the eruption of Kilauea in 1840 will see the accuracy of the description.

* * *

"I am not discouraged. Things will right themselves. The pendulum swings one way and then the other. But the steady gravitation is toward the center of the earth. Any structure must be plumb if it is to endure or the building will fall. Wrong may seem to triumph, right may seem to be defeated. But the gravitation of eternal justice is upward."—Closing words of John P. Altgeld, as he was stricken by Death.

PHYSICAL CULTURE.

Necessity or Fad?

Great stress is laid upon "physical culture" in educational, fashionable and, in a measure, in medical life. It is well to examine this question in the light of New Thought. What has the "NOW" Philosophy, what has "Soul Culture" to say on this subject?

The fundamental propositions NOW lays down are: *Mind is all; Thought is Power, and Man through Thought controls his body and environment.* All these are expressed in the Law of Suggestion, which is—I AM THAT WHICH I THINK I AM.

All physical culture centers in the mind and the effect of any exercise, and the practice of any rules, laid down by any teacher, depends upon the thought of the one who practices. All exercises are good under the right thought, and all are bad under the wrong thought. I emphasize the Law—*Thought is ALL.* Any physical development taken just to develop body and centering in the body has the effect of sowing seeds of disease and death in the body. Any exercise that develops muscle that is not required for the ordinary expression of daily life is a disease producer, for as soon as the exercise stops, the unnecessary cells decay and poison the blood.

I make another statement which is to me Demonstrated Truth—*With right Thought no especial exercise is necessary to bring the body to and keep it in perfection.*

This last statement is demonstrated every day by the many cases of Mental Healing. All varieties of physical conditions are thrown off by holding over the Self, mental pictures of health.

Here is an illustrative case. In one of our New Thought magazines a few years ago a physician told a story which I repeat from memory. A cornet player came to him with paralyzed lips. He was told to lock up his instrument and

not attempt to play upon it until ordered. After such a length of time he was to report to the doctor, bringing his instrument. Meanwhile he was to resume his regular practice upon his instrument but to do it all in his imagination without even trying to move his lips. He was to think he was playing as persistently during that time of practice as if he had his instrument. At the appointed time he returned and was ordered to take his instrument and play. He found his lips fully recovered. This is in full harmony with the Law of Unfoldment as laid down by Professor John LeConte—"We build our ideals and they in turn build us."

Exercise mentally and the body will reflect that exercise in needed muscular vigor. This position I am glad to see is taken by so good an authority as Sandow. From an article of his in *Leslie's Magazine* I quote this passage:

It is all mind—all a matter of mind. The muscles really have a secondary place. If you lift a pair of dumb-bells a hundred times a day with your attention fixed on something away over in Cambridge, it will do you very little good. If, however, you concentrate your mind upon a single muscle or set of muscles, for three minutes each day, and say, "Do thus and so," there will be immediate development. The more you waste the more you make. A man with strong concentration of mind will develop quicker in quality of his muscle than will he who cannot concentrate upon the matter. The whole secret of the system lies in concentration of mind, which will develop quickly in knowing just where one is weak, and going straight to work bringing that particular part up to the standard of one's best feature, for there is a best feature in every man as there is also a worst. The secret is to "Know thyself" as Pope says, and knowing one's weakness, to concentrate the mind and energies upon that weakness with a view to correcting it.

* * *

"Change your attitude towards the dollars you have. Tell them they are of no use until they are expended. As you see them lying about say to them: Idle dollars, go to work. Go out and circulate about. Each one of you go and pay a million in wages and debts. When I need you, come back again. You are useless and have no value until you go to work. Then LET them go to work, knowing that, when you send this thought with them, they or their fellows will come to you to be set to work."
—From "Dollars Want Me," by Henry Harrison Brown.

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

Bayard Taylor

38

A Summary. * *

We live in the Now, but our dreaming
Of sunsets of purple and gold,
Flashes with crimson our life-beats,
As Light drinks its bliss 'neath the fold,
When up toward the zenith its flashes
Are shot as the sun bows "Good night!"
'Tis the Past, but never its beauty
Can be blotted from Memory's light.

We may be re-created in atoms
Each day, and manifest power,
But no change can come to the spirit,
Of budding and bursting to flower.
And the halcyon days that were given,—
Now hide in the graves of the Past,—
Again with their glimpses of heaven
Cause the pulses of Now to beat fast.

But the rubbish of ages we heed not
For Life is for infinite use;
And he who lags on or is faithless,
His deeds will brook no excuse.
To use the Now as none other,
Is ours at our will to employ,
But Memory's wand, still uplifted,
Will bring what has been to enjoy.
—*Addie Walker Gould.*

* * *

Power of Auto-Suggestion. * * *

The mind is demanding for itself a perfect body in which to dwell, but until we know that this body in which we live is just as susceptible and just as much under control of the mind as the house one dwells in, is under the control of that person, we are the continual slaves of what this body demands of us. Just as long as the mind considers this body a part of itself, it will not exercise any dominion over it. This Inner Man which has control of the body every moment, is the one that forms habits. The physical organism does not form them, if it did it would keep on doing after its spirit left it, what it had been doing in life. The man within is the one that forms the habit and the man without is dependent largely upon what the man without furnishes him to think about. *The Inner Man cannot choose one single thought from the outside world upon which to act, he is totally dependent upon what the outer man gives him to act upon.* —*Prof. S. A. Weltmer, in Weltmer's Magazine.*

The words I have italicised are of deep import. They are an expression of "NOW" Philosophy and distinguish *Soul Culture* from other New Thought cults and especially from that of the Oriental philosophy. To avoid this conclusion as to the function of Self-Direction through the objective life, to avoid

taking individual responsibility, it is customary to throw all responsibility upon the Absolute, upon God, or to deny any real existence to the objective life and treat it as an illusion. This is Orientalism and Christian Science. It denies any real existence to body, to disease and to the external universe. Yet those who so deny, live and manifest, in recognition of externality. They are using money, food, press and church. *Soul Culture* recognizes all possibilities, as in the Soul, but they are not expressed in consciousness until Life takes an objective form. Life is feeling its way into expression in all forms below the Human; in the Human, Life takes direction from that Self-Consciousness it has developed. Man directs either consciously or instinctively the expression of this Inner Man, who is mere potentiality in every direction. Whatever thought the objective man gives this Potential man is taken by him as direction, and Life takes objective shape in obedience to this thought. These shaping thoughts are the Ideal. Thus the objective life is the reflection of the Ideal. The Ideal is the order which the objective Man gives the Inner Man to execute. The Creator-artist is the objective Man. His power lies in Thought. The builder is the Inner man. His plan is the Ideal. No more important Thought was ever given Humanity than this. No journal ever taught, nor can any teacher ever teach any greater perception of Truth than this. NOW teaches that the Objective Man is the real Creator of the objective life and does it by building the Ideal which the latent possibilities of the Soul—the Inner Man—objectifies. I am glad Professor Weltmer sees and teaches this also. Humanity alone is responsible for its blessings and its ills.

* * *

"I favor Government ownership of public utilities, though I don't think the time is yet ripe for the change in the United States, but I have little doubt that in the United States, as elsewhere, the time will come when Government and municipal ownership of the railroads, telegraphs and telephones and all such things will be universal."—*Andrew Carnegie.*

The hour is not wasted that brings with it tranquility of mind and an uplifting of the heart.—

Bradford Torrey

39

* **ECHOES FROM "NOW" HOME.** *

When I first talked Truth to "the boys" in the army they would laugh at me and say the Salvation Army had converted me. Under the old thought I would have felt hurt or retaliated. It took quite a while to convince them that the old life had ceased to satisfy me. Now when any one says anything that would annoy me I affirm. "I am divine! I am one with God!" and all inharmony soon passes away, and I am again myself. All whom I daily meet I regard as my friends. I have learned to look for the beautiful in their character, rather than for defects. In this way I enjoy their friendship all the more. I know I am divine. I know all are divine. We are one with God! —HOWARD.

Lately I have realized the Power that comes of sitting in the Silence. I have heard my Soul talk to me. I asked what the Power was and it said "The Power of Truth!" When we are in the stillness we realize only the Good and True. We have the Power of Inspiration through the recognition of our own divinity. In the Silence the Infinite Fountain is open to us. There we find Knowledge and Power. "Be still"! and ye shall have all your questions answered. —BESSIE.

I had such a vivid dream last night. I thought something disagreeable was coming which could not be avoided. I dreamed all the details. When I awakened and found it only a dream, I was glad I had had it, for I realized that I thus had all the unfoldment that I would have had were the circumstances to really come in the objective life. We thus learn to welcome all experiences for the unfoldment they bring. —NELLIE.

One of the effects of New Thought upon me is the change in my mental attitude toward others. Here tofore I have looked upon the restless, dissatisfied multitudes with feelings akin to hopelessness, and I felt that I must rescue them, and reconcile them to God. Now I realize that all

mankind possess infinite possibilities; limitless Divine attributes; that there is within each the "Over-soul" struggling into expression. The same destiny confronts each one, and each must pass through experiences needful for unfoldment of the Truth in his soul, the realization of God. Was it Michael Angelo who said as he stood beside the boulder by the roadside, "Bring me mallet and chisel! I see an angel here!" In the unquarried human nature of men are imprisoned angels, the divine outlines,—this consciousness Truth reveals—Truth liberates. —KENNETH.

I recognize the Individuality of my children as being distinct and separate from my own, and that they have their own lives to live. I can never live for them. I do not own them. They belong to God and themselves. I am simply the channel through which they came into expression. Love alone binds us each to each. They are my companions in love, thought and act. I realize their divinity and their infinite possibilities. I always suggest to them from this Ideal. By thus working from the sub-conscious I create a desire in them for the highest and the best. I throw them upon their own responsibility and judgment. I give them advice and opportunity to think and let them act for themselves. They are willing to abide by the consequences of their actions. This gives them freedom. It unfolds a self-directing power. This is Self-Control. I realize how hard it is for mother-love to act from Principle. —MOLLIE B.

When we learn to live above fear we shall grow rapidly. Fear is the cause of all harmony. Overcoming this, Life flows in happy, healthful expression. Overcoming it in ourselves we send out strong and helpful vibrations to the race, which unconsciously receives and responds to them. Thus the world is made better. The race is good and true. It is hungry for expressions of Truth and Goodness. We are drawn to these as flowers to the sun. When each individual makes himself a strong radiating center for Truth and Goodness, Human ills will pass away. —JAMES.

I thank whatever gods may be For my unconquerable Soul.—

W. C. Henley

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

MAY, 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 Divinity within him,** and he can consciously manifest those possibilities **HERE and NOW.**

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ADDRESS ALL BUSINESS CORRESPONDENCE
AND MAKE ALL ORDERS OUT TO "NOW"
FOLK.

A class of fifty members in a course of ten "Success Lessons" closed its sessions at "NOW" Parlors April 14th. A new class began its sessions April 18th. Henry Harrison Brown began an advanced course of fifteen lessons in "Soul Culture and Psychometry" April 12th. Information given on application.

The Committee of the New Thought Federation is fast formulating details for the St. Louis Convention. A copy of the "Constitution" with any other information will be sent to those who will apply to the Pacific Coast member of Advisory Board; the editor of NOW.

Bound volumes of NOW for 1903 sent post paid for \$2.00. It is a library of New Thought. Volumes III and IV have many times their value in the Lessons they contain upon Success and

Happiness. Valuable matter found no where else is included in them.

The work of "NOW" Folk in every line is unfolding. The magazine is meeting with most excellent success. Our meetings call out a full hall, our books have increased sales, patients demand our attention, Lessons are in demand and every member of the Folk has every hour filled with useful, loving, labor. Results demonstrate that we are needed, and therefore we are here to stay. Our Parlors at 1437 Market street are always open to visitors in the city; strangers and resident friends are welcomed, and a hearty invitation is extended to all to make "The New Thought Center of the Pacific Coast" their New Thought center while in the city.

The representatives at the New Thought Convention will be divided into six groups, thus giving a definite order to the convention. Each group will be distinguished by the color of the badge worn. Groups and colors are as follows: Gulf—Red; Western—White; Central—Purple; Eastern—Golden; Canada and Provinces—Green. All other Countries—Pink.

Charles Edgar Prather, Chairman of Publicity Committee, *Unity* office, Kansas City, Mo., requests some one in each state to ascertain as nearly as possible the number that will attend from that state, so that the requisite number of badges can be prepared. They will be 25c. each. NOW will be pleased to report from the Pacific Coast States on this point. Send your name.

"SELF HEALING THROUGH SUGGESTION" is the title of a new pamphlet by Henry Harrison Brown. The manuscript is ready for the printer; the book will be ready for delivery about June 1st. Price, 25c. Orders may be sent now and the book will be delivered as soon as out. A needed book. It gives in a condensed form the principles and methods of THOUGHT-HEALING. None like it in print.

**Let's not burden our remembrance
With a heaviness that's gone.—**

Shakespeare

41

Abby Morton Diaz. ❁ ❁

Mrs. Abbey Morton Diaz, who has written several articles for NOW and who has taken, ever since her attention was called to our paper, a great interest in it, distributing many copies among her friends, passed to the Higher Vibrations April 7 at the ripe age of 83. She was well known as the author of "The William Henry Books," "From Bubury to Beacon Street," and other books, among them several on Mental Science. One, "Spirit is Power," is out of print and she desired "NOW" Folk to put out an edition, which we intended to do soon. Her article in April NOW was probably the last she sent to any journal for publication. We have one sent a little earlier entitled "Oneness," which we shall print in June NOW.

Mrs. Diaz was busy teaching up to the time of her transition, being deeply interested in all New Thought lines. She was a prominent worker in the Boston "Emerson Union." The following notice is from the *Boston Transcript*:

Mrs. Abby Morton Diaz was in direct descent from old Plymouth stock, and in her it had suffered no degeneration. Her long life of more than eighty years was devoted to social betterment and to the highest ideals. Her methods were as attractive as her aim was lofty. Her labors began with the young and plastic minds, though she was ready to measure faith and reason with the most mature. She won fame without striving for it, and commanded the high respect even of those who did not keep as closely abreast of progressive ideas as she did. Men of the stamp of Garrison, Emerson, Horace Mann and many others were welcome and not infrequent visitors at her home during her childhood, and she drew inspiration from a mental and moral atmosphere such as was vouchsafed to few. The sources of her inspiration were genuine and practical, and she dealt with vital questions instead of imaginary problems. Naturally the old question of woman suffrage found in her an eloquent and zealous champion, and with that cause her name has been conspicuously identified; but that, after all, was but a small part of the work that has made Boston and her entire generation in this country her debtors.

* * *

The world is pretty old to be digging sewers
and breaking rock by hand.

—*Examiner, San Francisco.*

NOTICE!

A "Sample" copy of NOW is frequently sent at the request of some reader who has found the journal valuable and wishes to call the attention of a friend to it that he or she may subscribe. So if you receive a sample copy, know that it comes to you with this request. Carefully read it and if all is not clear read again, and again, and if after third reading you do not find it meat for you, put it from your mind. Thousands find NOW as indispensable to their mental life as food is to the physical.

NOW is careful of its advertisements. We admit nothing which we do not think worthy of patronage, and nothing the principle of which is not in harmony with our conceptions of business honesty. We will ever use discretion and selection. We rule out the best paying classes—viz., liquors, patent medicines, tobaccos, and "get-rich-quick" schemes, health-foods and many fads. This reduces the sources of income. Working in the faith that a clean journal in reading and advertisement would win, an enviable place we have won. Our circulation more than warrants our placing ourselves as an advertising medium before the business world. We shall never let advertisements encroach upon our legitimate reading space, nor mingle with our reading matter. We promise, in this volume twenty-four pages of reading matter every month, and as fast as income warrants, we will increase that amount. We shall add advertising pages as fast as called for. We make this appeal to our readers that they be careful to mention the fact that they saw the advertisement in NOW, when they write to or trade with any of our advertisers. Journals depend upon advertising patronage for income. NOW belongs to Truth and its subscribers. We wish each reader to feel a personal responsibility and make efforts to increase its power and broaden its sphere of usefulness. This may be done by trading with its advertisers, by increasing its subscription list, by sales of our books. Every effort will come back to you in a larger and improved magazine.

**Hold your Thought, your Mind, your Will in Principle
and you will succeed.←**

Eva C. Hulins

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Early in May, or as soon as preliminaries of the St. Louis New Thought Convention are all arranged, Henry Harrison Brown will call a meeting of representatives of all the organizations on this coast that are likely to affiliate with the Convention, with a view to obtaining some concert of action in regard to attendance and the obtaining of some especial concessions from the railroads, to those from this coast who shall decide to attend. He invites the readers of NOW to send him the addresses of the Secretaries of New Thought, Mental Science, Spiritualists, Free Thought Associations, and such other bodies as are liable to be interested in such a conference, that he may send them an invitation and circulars.

Dr. J. McIvor-Tyndall, the well-known and successful lecturer, teacher and celebrated demonstrator of Telepathy, writes NOW from Los Angeles, where he is meeting with excellent success: "I want to express my appreciation of the last copy of NOW which I have just found in the book-stores. It seems to me the best I have seen yet, although from lack of time I must confess I do not always see it. I wish I could make opportunity to read all the good things that are published these days. We are having splendid audiences. Last Sunday many people were unable to gain admission, and the Sunday previous when my theme was "The Elixir of Life," there were also many turned away. This indicates that there is a widespread interest in the rejuvenating influence of the Broader Thought.

We are well supplied with lecturers on the new lines here; we have the Burnells, B. Fay Mills, Helen Van Anderson, Madame Stevenson and others.

I wish you all happiness and prosperity. If you send me some blanks I think we might secure some subscriptions for NOW. If you think they will be of any advantage and would like to have me use them I will do what I can. Yours Sincerely,

ALEXANDER McIVOR-TYNDALL.

We feel happy to have a "jury of our peers" thus appreciate NOW. We have

sent the necessary blanks and any friends who wish to subscribe, will find it convenient as they attend Doctor Tyndall's lectures.

Remember that the New Thought Federation holds a convention in St. Louis October 25, 26, 27, 28. Outside of political conventions, it will be the largest in St. Louis this summer. The National Association of Spiritualists have their convention during the previous week. The city and the Fair officials have invited both these bodies, and tendered to them free hall and other inducements. Both conventions should have large and enthusiastic meetings. Henry Harrison Brown is the Pacific Coast member of the Advisory Board of the Federation, and will render all possible assistance to those who desire to take part in a delegation from this coast. Let all who think of attending the Fair arrange their visit for October, which is the best season of the year in that locality, as well as being Convention Month.

A year ago NOW praised an article entitled "BLACK AND BLUE," in *Eleanor Kirk's Idea*, as a most excellent thing "for those who *know* and *do not*; who are posted in philosophy and do not demonstrate." Mrs. Kirk informs us that the article is soon to be issued in a book with other similar matter, to be sold at 25c. It can be ordered through this office.

Remember—You are requested to send your name to this office as one who intends to attend the St. Louis Convention. "How many will attend from the Pacific Coast?" is the question often asked us. Will you count one?

All singers expecting to attend the St. Louis Convention are requested to send their names to Prof. Le Roy Moore, 814 North Seventh street, Kansas City, Mo.

N. B.—Two courses of Lessons of great practical value commenced in the April number. Can you afford to miss them?

DO NOT FAIL TO MENTION THE FACT THAT YOU SAW THE ADVERTISEMENT IN NOW WHEN YOU WRITE TO, OR TRADE WITH, ANY OF NOW ADVERTISERS.

* EDITORIAL. *

Telepathy, Radium, Unity. * *

Mendeleef, the great Russian chemist, has recently published his belief that ether is a highly penetrative, elastic gas, a real chemical entity, and that it is responsible for radio-activity. —*Journal of Am. Med. Assn.*

Currie explains the properties of radium by perpetual molecular transformation. Nothing else, he thinks, explains the spontaneous generation of energy, light and electricity, in radium and allied substances. Another theory regards radium as the intermediary which transmits a radiation from space of a kind which our senses are unable to perceive.

—*Zimmermann, in Presse Medicale, Paris.*

That the emanations from radium turn to helium would seem to be an instance of atomic decay rather than transmutation. Nature seems to abhor elements of high atomic weights, and her tendency is to resolve them gradually into elements of less atomic weights. Just in the same way, complex molecules in the organic world tend to break up into simpler substances. The great life process elaborates complex materials, but as soon as these processes cease there is a resolution into simpler products accompanied by a loss of energy.

—*American Inventor.*

M. de Marry believes there is a form of energy which he calls "intra-atomic", which is as widely diffused as heat, and which causes the disaggregation of matter. He believes he can establish the following laws:

1. Matter hitherto supposed to be indestructible, slowly disappears by continual dissociation of its component atoms.
2. The products of this dissociation constitute a substance intermediate between ponderable bodies and imponderable ether.
3. Matter hitherto regarded as inert and able only to give up the energy that has been furnished it, is, on the contrary, a colossal reservoir of forces, that may give out without being supplied from the outside.—*Trans. from La Natura for Literary Digest.*

A radium salt is always hotter than its surroundings and this implies that radium is constantly losing energy. If radium salt be dissolved in water, some of this energy is expended in decomposing some of the water into oxygen and hydrogen gases. Prof. Rutherford and H. T. Barnes have recently shown that more than two-thirds of the heating effect is not due to the radium salt, but to the radio-active emanation which it produces from itself. —*Condensed from article in London Daily Mail, by Prof. Wm. Bamsey.*

M. Molesch of Prague recently obtained from phosphorescent bacteria light enough to take a

photograph, and also from a collection of them in a flask obtained light enough to read time by a watch two yards away. No perceptible heat was present. This bacteria possesses phosphorescent properties for several weeks.—*From newspaper report of an address before Academy of Sciences, Vienna.*

It was thought at first that a very small number of bodies possessed this property of sending out ceaselessly a flood of matter from the breaking up of their atoms (radio-activity); but in a series of memoirs published during the last seven years, Dr. Le Bon has proved that all bodies have this property in various degrees. This theory of the universality of radio-activity has finally become wide-spread. Recently Professor Lodge said that the difficulty was not to find radio-active bodies, but substances that were not radio-active.—*M. de Marry, in La Natura, trans. for Digest.*

The first Unity is the *Unity of Life*. By this we mean that a whole, sane, life implies a recognition of the trinity, of Knowing, Feeling, and Doing, of brain, heart and hand.

The second Unity, is the *Unity of Science or of Knowledge*. The Sciences in the broadest sense form one body of Truth.

The third Unity is the *Unity of the Organism*. —*J. Arthur Thompson, in lecture on The Humane Study of Natural History.*

The truth of our separate selfhoods is only to be found in our ultimate Unity, which religion calls, God,—which Ethics calls, Goodness—a Unity, which is not the abstract "One" of the Neoplatonist, but an organic Unity, realized in a society, which is not a mere aggregate of individuals, but a spiritual body animated by that love which is the highest conception of Deity.—*D. G. Ritchie, in "Darwin & Hegel."*

The new discoveries of radio-activity by scientists mark an epoch in thought rarely equaled by past discoveries. The old theories are fast passing away. Science is fast coming to Unity, the goal upon which it has ever kept its eye. Every discovery brings us nearer not only to this Unity of Science but to the perception of the Unity of Truth, no matter under what guise it is manifest. Theology, physics, and metaphysics, drama and poetry, history and novel, and philosophy of all and every school are converging to a common center, which is variously named, but which in the "NOW" Philosophy we term Spirit, Substance, Mind, Power, Intelligence, Energy,—God.

The first half of the Nineteenth century gave the great impetus toward Unity as

**Obstruction is but Virtue's foll.
The Stream impeded has a song.—**

Ingersoll

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the Human perception of the One, through the discovery of the Law of the Conservation and Correlation of Force. Force is transmutable but indestructible. The next step was the annunciation of the Law of Evolution. The greatest step of all is *the recognition of the fact that Thought is Power as demonstrated in the phenomena of TELEPATHY*. This recognition of Thought as Power, of Thought as a manifestation of Universal Energy, also includes Love and Life as forms of energy. *Thought, Love and Life are modes of Motion and Motion in the one method in which God manifests*. Upon this as a postulate, I prophesy that the Universal Science, the Science which is Religion, and the Religion which is Science, will rest, and from which it will be an outgrowth. There is no limit to the horizon of that human development which will result from this, Man's Greatest Discovery of Thought as Power through Telepathy. This statement of Professor William Crookes is so important an admission, that I will not place it among the excerpts at the head of this article, but emphasize it by embodying it here.

In an address before the British Association for the Advancement of Science, in speaking of the investigations into psychic phenomena, he said: Telepathy forces us to class Life, Thought and Love with all other forms of Force, and places them all under the same Laws. Since the external universe is the Universal One-thing manifesting as Force, it follows that the difference between light and sound, between gas, liquid and solid, is also the difference between Love and Thought; between Thought and electricity; between Life and light.

Since all forms of Universal Energy are Vibrations, and since they differ only in length of their undulations and speed, it follows that all new discoveries must be the discovery of new ray; of a vibration of different speed. This new ray can come below, between or above, any now known. Therefore in the New

Science, in the coming Philosophy, which is finding initial expression in *Soul Culture*, and the "NOW" thought, the foundation Principle is the Unity of Nature, the recognition of its common manifestation—Vibration. There must be a constant readjustment of conscious life to an extended perception of newly discovered Vibrations. Thus future generations will study only the external Universe as Suggestion and its results upon themselves as Sensation, or what is the same thing, they will study their own mind and find the universe reflected therein.

And more than this—finding it possible for him to dream, or imagine, to desire or wish, that such a thing is, or can, or may be, Man is on the way to know himself as creator. *The moment a thing is thought of it IS* because Thought is creative. Therefore for a scientist to think a new element is possible or is necessary, is to cause it to manifest. Its existence is predicated by his thought, and since all potentialities lie in the ONE if this new element is not already manifest, his thought will produce conditions under which the ONE is compelled to manifest that which Human Thought has demanded.

Therefore there is no limit to original elements, because there is no limit to the possibilities of the One, nor of those of the Human Mind. New elements will therefore be "found" by the Scientist because he creates them as a necessity of his own evolution in thought, and a necessity of God's manifestation as Motion.

The discoveries of many new elements in the last few years, the discovery of the x-ray, the recent discovery of radium, and the later discovery of the n-ray are but prophecies of the still greater extension of Man's knowledge into that ocean of Vibrations wherein each soul is a center.

I prophecy that in the not distant future Man will learn that among the millions of millions of Vibrations, yet to be recognized by him, there are those that are as tameable as steam and electricity,

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

Whittier

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and which will require only his thought to harness and to guide them. In other words, Man is soon to learn that he lives in only one world, and that one is God's world of Vibration, and in that one he creates his individual world to his choice, through his thought.

Thus Radium if it did not exist before Madam Currie suspected it, did really exist in her mind, from that moment, and she compelled it to come out of the possibilities of Nature. Once manifest to her, it is omnipresent, and radio-activity is being found in many places, and under many conditions where it was little suspected, because it is a manifestation of that Energy which is Universal. God is everywhere. All his possibilities are in every atom. God—Universal Energy—is present at all times and in all places, with all its possibilities and potentialities, and they only wait the unfolding of Human perception for their manifestation.

Radium is but a manifestation in the usual manner of God in Vibration. It is all about us. With sufficient knowledge we shall concentrate these radio-active rays in Universal ether, as we now collect sun-rays with a lens, electric rays with a dynamo, magnetic rays with a coil and gravity with a wheel, and will then have light without loss or combustion, as do fire-flies and glow-worms. It will be light diffused all through our rooms and not as now centered at one point.

Since the Law of Correlation and Conservation of Force is also universal, it follows that we may, when we become wise in the application of this Law, convert, transmute, the energy of wind and wave into radio-activity, as now we transmute it into electricity.

Radium is also leading us, through its power to emit heat and light without loss, to the recognition that in the One there is no possibility of exhaustion; that Supply is limitless in any direction when we tap this Infinite reservoir.

By the ability of radium to transmute energy into other forms of motion it is teaching us Unity through Vibration.

Uniting with these discoveries the fact of Telepathy, it is seen that since Human Thought is limitless, that it is a form of Motion and like all motion is capable of transmutation, Man has in his Thought limitless Power to transmute into other forms. He needs only to think rightly to have anything he desires as an environment, because he creates by transmuting Thought into it.

Man now creates under the Absolute Potentialities of the ONE or allows the race-thought in him to create, but when he becomes conscious of his individual power he will create at will Thought-forms, which shape themselves through the lowering of their pitch, into the environment of the objective life. He then becomes a Conscious Creator—a Conscious Law.

* * *

MENTAL CONDITIONS COME OF DISEASE

Man is a unit. It is not true that he has a body to be cured of disease separate from his mind; nor is it true that man has a spirit, a soul, or a heart, to be cured of sin-diseases separate from his body. The spiritual and physical organizations of man are, in this rudimental, or caterpillar, state of existence, one and inseparable. If physicians believe (and I know they profess to), that the human body can be cured of its endlessly modified afflictions by simply administering scientific preparations of mineral and vegetable substances, then I am also impressed to undeceive them. It is absolutely impossible to develop thoughts and conceptions of heaven in the soul when that soul is not attuned to perfect harmony. From various causes, the animating essence of the human body is thrown, or passed into, different degrees of discord; and the relation between this essence and every organ, nerve and muscle is so inconceivably and inexpressibly intimate that the latter becomes day-book and ledger in which are recorded the most trivial, as well as the most complicated of disturbances that the spirit is made to experience. The quiet and tranquilizing influences of moral and spiritual principles are indispensable as prophylactic or therapeutic means; these influences are particularly required in the art of preserving health. The spiritual principle which, when disturbed, produces toothache or headache, or suicidal promptings, is perfectly identical with what religious minds term the heart, soul, spirit, mind, intellect; these terms are strictly synonymous. If physicians desire success in the treatment of disease, they must begin with the spiritual principle.—*Andrew Jackson Davis, in Great Harmonia, Published in 1850.*

**We are the Arbiters of destiny!
Lords of Life! We either make or mar.—**

T. B. Aldrich

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WITH NOW READERS. #

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

"Do you believe every one can be healed by mental treatment?—L. O. N."

There is nothing that heals but Mind. I have limitless faith in the Principle. All failures are due here, as in the application of any other Principle, to our want of knowledge, or our want of fidelity to that which we know. Limitless faith in the One Power that created the body and builded it from childhood to maturity, which Power is the Soul, will enable that Soul-Power to recreate, regenerate, the body. Healing is simply leaving Nature alone to carry on the work she has ever been doing. It is our ignorant meddling that causes illness.

"O, I try so hard to help myself and fail!—Mary S."

Well, my dear, do not *try*. Simply *let*. Let the Life, the Soul, attend to your body. Trust the Divine in you and do not try. Only BE and LET. This is the secret of happiness and health.

"I can't concentrate. How can I overcome this condition?—Wm. H. S."

You never will as long as you say "Can't"! The first step is to recognize the possibility of success and say "Don't"! then to realize that you *do* concentrate. When you worry, fear, fret, doubt, or are ill, there is merely the difference of a thought between you and those who are happy and healthful. They concentrate upon one class of thoughts, you upon another. Results are legitimate in each case. You do concentrate. You will change from "Can't" to "Do"! and then you will learn to choose thoughts that will cause conditions you desire.

"How can I make Dollars want me?—L. M. N."

Only by treating them as friends when they do come and when they go. If you

will personify the Dollar and treat it in your thought as you do John and Mary, you will create a love in it for you, and it will come to you, but not to be locked up, but to go again on your errands of love. You must love to spend, and be as anxious to spend as you love to have them come to you. Life consists in constant circulation be it in blood or money.

"Does New Thought make one selfish? People say it does.—T. W. L."

Does Love, Universal Love, make one selfish? Was Jesus selfish? Are those who have given life for others selfish? Then New Thought makes no one selfish. New Thought is *living* the Divine life consciously and *acting now* as we once expected to act only after we were dead and got to heaven. We of the New Thought have heaven now. Is that selfish? Come into it and find that you never knew how to love, nor how to help others till you found Love and Now to be the Way.

* * *

Suggestion. ✨ ✨

Suggestion is the most potent force in nature. Sceptics say it is impossible to *suggest* pecuniary success, and sceptics are wrong. It is not what a man *is*, but what a man *thinks* that counts. Take two men utterly penniless. Dress one smartly, and leave the other in his rags. Send them to some business man to seek an interview. What will happen? The ragged man will not get over the door mat; the well-dressed man will be treated with respect, kowtowed to and admitted to the presence of the chief. Well, what is it but Suggestion? How often does the world give a helping hand, or position of trust to the man with the ragged clothes, down at the heel or sad at heart—all Suggestions of misfortune and poverty? Put the same man in the hands of the fashionable tailor, put *hope* into his heart, a good shirt to his back, and he can take a different footing. He commands respect because he appears to be prosperous, and this *appearing to be things* is all Suggestion. Appear to be prosperous and the world will vote you so and run after you; that is, it will take your Suggestion, will thrust its patronage upon you and you will become prosperous. I have never said that you can suggest a purse of money to come to you without working for it. I know that who ever practices my precepts will in time prove them true.—O. Hasnu Hara, in *English Magazine of Mysteries*.

The True Incentive to a useful and happy labor must be pleasure in the work itself.—

William Morris

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An Important Ally. * *

It was not to be supposed when NOW began the articles on food that there would be found so many, important witnesses to the Law laid down in them. But every day furnishes evidence that good common sense is triumphing over the present food craze. Men and women are learning to exercise self-control in matters of daily living.

This Law concerning food NOW laid down last September.

TO LOVE WHAT YOU EAT, AND TO EAT WHAT YOU LOVE, IS LIFE'S ONLY RULE.

Later this Law was formulated thus: **EAT WHAT YOU LOVE! EAT WHEN YOU ARE HUNGRY! STOP WHEN YOU HAVE ENOUGH! EAT BECAUSE YOU ARE HUNGRY AND LOVE WHAT YOU EAT.**

This is the Law of Self-Control and is the only safe rule. And I am glad to find so good an authority as the *Journal of The American Medical Association* recognizing this Law, in an editorial in the issue of March 5, 1904. It is the most authoritative medical journal in the United States. The editorial is entitled, "*The Ethics of Eating*"!

The influence of the mind over the body is perhaps nowhere better illustrated than in the relation between psychic conditions and digestion. How one eats is often of more importance than what one eats. In the treatment of dyspepsia it is important to secure freedom from anxiety, pleasant surroundings, and such other accompaniments as conduce to enjoyment in eating. Pawlow's classical experiments (see NOW for April, 1903) on gastric secretion in dogs led him to some important conclusions on this subject. One of them is, that food eaten without relish and without appetite, although in itself most nutritious and supposedly easy of digestion, may remain for hours in the stomach undigested. The same results often follow when food is eaten when the mind is diverted to other things, especially anger, anxiety, pre-occupation, etc. Pawlow says that the old and imperative requirement that food should be eaten with interest and enjoyment is the most strengthened of all his conclusions. Thus food which is nutritious and of the best quality may remain undigested because it lacks presentation in an attractive form, or is served amid unpleasant surroundings. The enjoyment of eating is the important

factor, and it matters little what means are used so that this end is secured. It is well to call attention again to this well-known fact; here is the solution of many an indigestion problem, especially among business men. The psychological factor in this important function is not to be forgotten.

* * *

Man the Governor. * *

The Bible Review, published by the Esoteric Fraternity at Applegate, Cal., and edited by Hiram E. Butler, author of "Solar Biology," has a series of articles entitled "Man—His true nature and ministry," in which is found the following paragraph. It is so nearly the conclusion to which the study of the Law of Suggestion has led me that I quote it as an evidence, that no matter where we begin, whether with the Bible as this Fraternity does, or with science as NOW does, there is but one point at which investigation converges—i. e. Truth. The nearer we are to that point, the more do we harmonize. UNITY is yet to be the condition of Man.

Instead of the discouraging system of predestination, might you not on the contrary have taught us that it is man who by his love may in a manner govern God? For the hasty do not perceive that God is guided, not only by our wants, but even by our desires. Let us not be surprised then if far from being harsh and unjust towards us, if we were wise should, on the contrary, see only God anticipate us in everything; and if our love should acquire a mighty rule over him and possess a magical attraction, to which he was ready always to make every kind of sacrifice, even that of his own supremacy and glory.

Yes, yes, it is a positive truth, that if we would, we might govern God by our love; and that God is grieved that we leave him so much authority, when He would use nothing toward us but friendly complacency and benevolence.

* * *

Each sprouting blade and meadow-flower doth
see

Something of God's grace in the heart of man;
So man in turn will love God's flowering earth.
The whole creation therefore doth rejoice,
And every bird and flower is full of praise,
And Nature everywhere is full of God,
And sweet has dawned this day of innocence.

—*Oliver Huckel's Translation of Parsifal.*

* * *

The eternal tendencies of all toward happiness makes the only point of sane philosophy.

—*Walt. Whitman.*

The Soul is pilot gray on the sea of Lore,
Where barke of Touch are sent from every shore.—

J. W. Powell

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* * ETHICS * *

The Clark Home-Securing Plan. *

So much faith have we in the *Principle* of the "Clark Home Securing Plan" and so much confidence in the gentlemen engineering it, that we give place gladly to this note which Mr. Clarke sent at our request. Home is the base of all that is good and stable in society. It seems impossible for the average man to own his home. This plan offers to the industrious his home. Patriotism, honor, happiness, and Soul-growth are all his, who owns his home. Therefore NOW will assist all who shall endeavor to save to the Home-maker the fruits of his labor as represented in the natural rise in the price of land as population increases. Those interested in getting a Home in California and paying for it only the original price of the land, and paying for it with their labor, can send to Mr. Clarke and learn how it is done.

MR. CLARK'S LETTER.

Editor of NOW: We are glad to be able to state that the "Home Securing Plan", which you editorially endorsed last month, and which we advertise with you, is meeting with more ready success than we anticipated. We already have about \$50,000 worth of land subscribed for, assuming that we shall have to pay \$50 an acre for it, which is probably what we shall have to pay for the quality and location of the land we wish. The average amount subscribed for to a person is 10 acres, and a town lot. Lots probably costing about \$30. They will probably increase thirty-fold by the time our people settle on the land; acreage land will not increase so fast, but we calculate that the whole property will increase ten-fold by the time we get settled.

Three influential papers besides NOW have given editorial endorsement and subscribed for a share—namely, *Western Ladies' Journal*, *Co-Operative Journal*, and the organ of the W. C. T. U., *The Ensign*.

This is *The People's* opportunity for Home-getting and we believe they are wise enough to see it. Further particulars to all who apply. Call or address J. S. Clark and Son, Room 509 Examiner Building, San Francisco.

* * *

It is not consistent with the reality of the soul to admit there is anything in the known universe more divine than men and women.

I believe it possible that there are rays of vibration in ether, set in motion from some unknown source, and these rays make their presence known, by causing radium to emit light and heat.
—Edison.

What that "unknown source" is, he has left as a question for "gowns-men". Even ether, of which so much is made, is something supposed to exist, rather than a demonstrated fact. Yet upon that supposed existence all physical science is based, so near is materialism, to that which it strives to overlook as a mere hypothesis. If radium is only a transmitter of light, the fact that it does not disintegrate by giving heat is accounted for. But that center, that superior source which acts upon it as a magnet on steel, is it physical or metaphysical? —*The Wise-Man*.

Hon. Bourke Cockran has said of himself that when he is stimulated by a great congregation, and by a topic that greatly interests him, he speaks almost in a trance, exactly the mental exultation, so to call it, of which Henry Ward Beecher was said by a friend to have made a confession. Every student of oratory and of the great orators knows well enough what that trance-like condition is—the mental faculties over-stimulated so that the senses themselves seem completely subordinated, an approach almost to cerebral condition that may be likened to momentary delirium. Mr. Cockran says that in his highest flights he sees no audience and identifies no face. He hears no sound and is unconscious even of the modulations of his voice.
—*Record-Herald, Chicago*.

We often hear about the strong will of the operator and the weak will of the subject; but we need not draw therefrom the false, though common, inference that a weak-willed person must be brought under the control of the stronger-willed individual in order to receive benefit. Weak wills need strengthening, and they can be most effectively strengthened by friendly contact with all stronger and wiser wills. It is therefore quite true that a successful operator possesses a much more fully developed will than that of his weak-willed patient. The first impulse of the patient is to yield blindly to the strong one, as weak-willed persons are irresolute and in no condition to shoulder responsibilities themselves.

—W. J. Colville, in *Spiritual Science*.

Man is God in embryo, just as an infant is an embryo man. Man, imperfect in spiritual wisdom, is limited in creative power; when he has attained spiritual perfection, he will be at one with the Infinite, for he will be in tune with it, and his creative power will be limitless, and it will then be easier for him to launch new worlds into space than it is to launch steamship on this plane of unfoldment.—*Lucy A. Mallory, in World's Advanced Thought*.

To a good man nothing is evil, neither when living
nor when dead.←

Socrates

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BOOK REVIEWS.

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

The Literary Digest (Funk & Wagnals, N. Y., \$3 a year) is one of the most valuable journals that can come to a busy man's office. The selections from current literature are fair and free from the limitations of sect or political party. All sides are treated fairly and opposite opinions on leading questions fairly stated. Especially valuable to NOW are the departments of "Letters and Art" and "Science and Invention." I am glad to acknowledge my indebtedness to this journal during a long series of years for the quotations I use to show the intimate relationship between metaphysics, and the Evolution Philosophy and scientific positions. It is one's duty to his own mind to keep somewhat abreast of the thought of his time and such helps the *Digest* and similar journals give.

A SEXUAL CREED, by Louis J. Livingston, Asheville, N. C., P. O. Box 112. 25c.

This is a very small pamphlet dealing with a mighty subject. It is hard to characterize this "Creed!" The book will provoke discussion and this will prepare for something better, for it will be a long time before the word needed to be better said, can be said. Too little freedom of thought, and too little collected data yet for a rational study of this question. Little is known, much is surmised, more is inherited, of prejudice and fear. Welcome therefore is every thoughtful word upon it.

No greater work is being done for the enlightenment of future generations and preparing the way for a really civilized people than that of Geo. T. Angel in his paper, *Our Dumb Animals*. This paper should be in every home and read by every member of the family from youngest to eldest. I can think of no greater gift from a parent to child than a love for, and an interest in, the life about them. This little paper is published monthly in Boston at 50c. per year. It has made its monthly visits to thousands of homes for over thirty years. I would rather have the crown of George T. Angel than that any statesman has won. Blessed are the merciful FOR etc. Think of it. He has established over 57,000 Bands of Mercy among the young!

ALBETH. A scientific Proof of Immortality in the flesh. A message to all students of Life by Leon Andruth. International Pub. Co., 55 State st., Chicago, Ill.

THE IDIOT AND THE INSANE. A Curio from the Badlands. A Twentieth Century Tale of Romance and Tragedy, by The Mad Woman of

the Rockies. For sale by Geo. K. Foster & Co., Miles City, Mont. pp. 79. Price, 50c. The author declares the book to be a true record of her unjust incarceration in an asylum.

PSYCHOLOGICAL YEAR BOOK.

Quotations for every day in the year, showing that the power of thought and a right use of the will may attain good results, improve conditions and bring success. Gathered by Janet Young. Paul Elder and Co., San Francisco, 1904. 50c.

Every book put out by the Paul Elder Co. is typographically perfect. This is no exception. From cover to finish it is a pleasing thing to the eye, and feeds the spiritual nature through beauty.

To make selections for others is a difficult thing, and these are not happy selections for accomplishing the purpose of the author. They have the merit of being new, but the great defect is that the authors are not given. The pleasure of personal acquaintance is therefore denied us. The quotations lack that directness of person and time which makes them Affirmations.

THE WISE MAN. Suggestions for Health, Happiness, Wisdom. A new monthly published by the Philosophic Company, 500 Fifth avenue, N. Y. \$1.00 a year. Is edited by Leander Whipple, who is also editor of the *Metaphysical Magazine*. He is assisted by Alexander Wilder, M. D., a well known author of deep research and philosophic accumen, and Mrs. Eva Best, also an author of note. The initial number seems to fulfill the purpose of the publishers as announced by them, thus: "There is frequent and urgent demand for something handy and inexpensive for the pocket, for use in odd moments, that shall be clean, sound and interesting, the teachings of which can be relied upon and the language understood by all."

PSYCHOLOGY. Cultivation and Development of Mind and Will, by Positive and Negative Processes, by Frank H. Randall, author of "Your Mesmeric Forces and How to Develop Them." London, L. N. Fowler & Co., pp. 193. Price not given.

The author has correct Principles and to most of the detail work New Thought finds no exception. It will prove a most helpful teacher to students desiring a practical Mental Science. They will extract much honey from it.

PSYCHIC LIGHT. The continuity of Law and Life, by Meude Lord Drake. pp. 600. Price, \$1.50. Published by Author. Box 727, Kansas City, Mo., 1904.

I have personally known Mrs. Drake for over 30 years. Many of the incidents narrated here are known to me. She is a psychic in whose honesty my faith has never wavered. I have

In the pure soul, whether it sing or pray,
The Christ is born anew from day to day.—

Elizabeth Stuart Phelps

50

seen the hardest sceptic convinced through her. Psychic facts are: What the Power is, and what the phenomena indicate are questions each must settle for himself. This book besides being of absorbing interest, furnishes a large amount of that authentic data through study of which the Scientists and Philosophers of the future shall come into a realization of the fact that *Man is Spirit here and now*. I am glad Mrs. Lord has written it and wish that all psychics could also leave as clear a record for the world's enlightenment. The GREAT question is not: If a man die shall he live again? but, *How to live the Immortal Life NOW*. If one draws from Mrs. Drake's book, as he may, that he may live as Spirit now, he has received a thousandfold return for his investment in it.

PRIMARY LESSONS IN CHRISTIAN HEALING AND LIVING. A text-book of Healing by the Power of Truth as taught by the Master, Lord Jesus Christ. By Annie Rix Miltz, 3d edition. The Absolute Press. P. O. Box 155, Brooklyn, N. Y. pp. 176. Price, \$1.00.

These Lessons have had a test of twelve years and upon them Mrs. Miltz has builded a most successful work in healing and education. The Homes of Truth under her ministrations are worthy of all possible praise. This book is in every sense of the word GOOD. Undoubtedly the *best* course of lessons along this line. Even the most prejudiced person against theologic instruction can find no fault with them. They are free from dogmatism and bigotry, clear in language and in thought; powerful in the Love vibrations they carry. They are recommended as a companion to those who would have the companionship of Truth in Happiness and Health.

The April number of NOW has been received. This is the beginning of the fifth year of its existence, but take it for the good it has done, and the hopes and sunshine brought into the lives of the despondent, it is a hundred years old. It has added several new pages, including a beautiful cover. It is always a welcome visitor at this office. It adopts the motto from Emerson: "Nerve us with incessant affirmative. Don't bark against the bad, but chant the beauties of the good." We do not know of a better New Thought magazine. The editor is one of the best known writers on the subject, Henry Harrison Brown. Send 10 cents for sample copy.

—Colorado Graphic, April 9, 1904.

"How to Control Fate through Suggestion," "Not Hypnotism but Suggestion," and "Man's Greatest Discovery," three pamphlets by Henry Harrison Brown, the editor of NOW. They are written from the standpoint of the potency of thought and while we by no means endorse the assertions of this school, we have no hesitation in pronouncing Mr. Brown's work as being a first-class exposition of ultra metaphysics. —Star of the Magi.

The April edition of *The Higher Thought* has a very comprehensive exposition of the federated work which has now for nearly a year been going on in Chicago. The article is entitled "The triumph at Chicago." Those interested in the spirit of the new thought movement should read this exposition. *The Higher Thought* is 5 cents a copy. Just now it is offered three months for 10 cents. 459 La Salle ave., Chicago.

April "NOW" just received to-day. Good for you. Your journal is a credit, as is your enterprise also.—Evelyn Arthur. See, Editor of *Higher Thought*.

A doctor writes from Nebraska: Continue my NOW. I would very much dislike to be without it. I consider that Henry Harrison Brown has gone deeper into elementary principles of what is known as the "New Thought" than all the others. I particularly like the position taken in September NOW in regard to eating. In my medical practice for the last twenty years I have allowed my patients to eat whatever they desired, restricting them only in quantity, not in quality.

OMAHA, NEB.

Dear Mr. Brown: Please keep me in your Class for treatments. My whole mental life is changed. I feel as if I was born a-new.—M. K. K.

Your talks on the food question are just what I wanted—F. M. O., Willits, Calif.

The Mental Advocate of Chicago says of New Thought Primer: *It should be called a compendium and not a primer.*

Many of those of our people in the United States who travel under the shining banner of "New Thought" have organized a federation of local societies and will hold a convention in St. Louis, Mo., October 25, 26, 27, 28, this year. Without his solicitation Henry Harrison Brown, of "NOW", was selected by others for a place on the board of directors as the Pacific Coast representative, and has accepted. We know of no man or woman who more completely represents the views of all in this line in their variety and yet faithfully.

—Truth, San Francisco.

Feeling Music. * *

A new invention is the "Vibrochord", a case with electric coils and magnets connected with the musical instrument and a person. They may be separated at any distance. Over the electric wires the musical vibration passes and the person FEELS the music, and, it is said, there is as much enjoyment in this sensing music, as there is in hearing it. Different tunes are as readily distinguished as they are by ear. *Popular Mechanics*, in describing this instrument, says:

Those who have practiced "feeling" music have demonstrated that they can as easily discriminate between the feelings of different airs, as well as of different instruments. They could readily distinguish the feelings of "Home, Sweet Home," from "My Ragtime Charley," although they were separated from the instrument by walls so thick the music could not be heard. The inventor, Fred. H. Brown, says: "Whenever the vibrochord is used, the human body virtually becomes part of the instrument and does and must respond to the harmonic vibrations of the instrument. The induction coil is so arranged as to utilize the harmonic beats. Consequently the electric pulsations also occur in harmonic time." The intensity of the musical vibrations can be regulated to suit the person.

Thus are the conclusions of Mental Science being rapidly verified by the physical sciences. VIBRATION is the external universe. Response, which we term Sensation, is all there is of Conscious, that is of individual life. Place Thought and Love among the Forces of the Universe, consider them as Modes of Motion, and every conclusion and prophecy in "Man's Greatest Discovery" and in "Soul and Body" become demonstrated facts.

* * *

We are no aliens in a stranger universe governed by an outside God; we are parts of a developing whole, all enfolded in an embracing and interpenetrating love, of which we too, each to other, sometimes experience the joy too deep for words. And this strengthening vision, this sense of union with Divinity, this, and not anything artificial or legal or commercial, is what science will some day tell us is the inner meaning of the Redemption of Man.

—Sir Oliver Lodge.

Science Based Upon Imagination. *

I believe it possible that there are rays of vibration in ether, set in motion from some unknown source, and these rays make their presence known, by causing radium, to emit light and heat.—Edison. Upon what grounds can it be postulated, that a ray of some kind which starts from this "unknown source" and comes through an "imaginary something" called ether, and by striking earth's atmosphere is transmuted into Light, and heat, is in the "unknown" any known thing? What is it that comes through that imaginary something? Since all force is one, the only difference between light, heat, radio-activity and electricity, being the speed in which the waves pass through our atmosphere and imaginary ether, what form of motion is it when it starts from that unknown source? Is not science resting upon as unproved a basis as any mental science possibly can be? If that One Something, if that "Unknown Source" is also the source of all that is, and if life, thought and love, come from that "Unknown Source" there is no basis for the hypothesis that there is difference between these last forms of force, and those forms with which physics deal. Telepathy proves that Thought IS a form of force. Therefore NOW answers *Wise-Man* and *Edison* by saying: "Unknown Source" is the "Unknown God" of the Greeks, whom we term "Universal Mind"! Radium and the Human Soul are One in the Universal. Each are Rays set in motion by that Unknown Source—God—who is the center and circumference of a motion. All motion is the manifestation of this God-Mind. All we, as individuals, can know, either as physics or metaphysics, is what we learn of God through these various and limitless forms of motion.

* * *

I believe it possible that there are rays of vibration in ether, set in motion from some unknown source, and these rays make their presence known, by causing radium to emit light and heat.

—Edison.

"When you announce meetings for the deepening of spiritual life, few attend, because the age of mysticism is gone forever. We are done with the mystical prayer. We must find that which is scientific in religion. There never was a time when there was greater heart hunger. What to do? We tell our sisters to get up an oyster supper and they do it. God help them, they don't know better. There is a better way. We shall never work so mightily as when we gird ourselves and believe things will come to pass. There is an analogy between the experience of a person about to be hypnotized by one who practices the art and that of a Christian going into his closet to have communion with God. Both had to give their thoughts over to the ones in whom they trusted and believed.—*Newspaper report of address by Rev. Van Horn of Worcester, Mass.*

A committee of Methodist ministers have entered a serious protest against the above gentleman for the sermon from which this extract is taken. They declare it "arrogant, insolent and dangerous, because it assails the vital truth of Inspiration." They urge that he be not permitted to "offend the faith of the many by the use of the public prints." The Methodist journals also join in this cry, calling him "a white-cravatted infidel", but the secular press welcomes him as a man and a thinker. NOW readers will see in him only another channel whence Universal Truth finds expression as it did through old prophets and still does through the new. Truth cannot be checked by creed or church. IT IS and as ALL THAT IS, it will find utterance. All Thinkers are inspired.

* * *

Thanks to you, pain and want and care,

And you joys cunning to deceive,
And you, barked phantoms of despair;

I'll battle on, and I believe.

Thanks to you ministers benign,

In whatsoever guise you come;

Under this fig-tree and this vine,

Here I am master, and at home.

—*John Vance Cheney.*

* * *

"Dollars Want Me" is making a stir among its readers, which is being felt like a breeze on 'Change. Enough will create a cyclone. Remember that three are sent for 25c.

MENTAL TONIC.

"Do you know what an anarchist is, baby?"
"Yes," returned Rosemary: "it's what you rub on when you have hurt yourself."

—*Christian Inquirer.*

A little girl's father had a round bald spot. Kissing him at bed-time not long ago, she said: "Stoop down, popsy! I want to kiss the place where the lining shows."

—*Tit-bits.*

Still in Doubt.—First Little Girl: "Has your sister begun takin' music lessons yet?" Second Little Girl: "She's takin' somefin' on th' piano, but I can't tell yet whether it's music or typewritin'."

—*New York Observer.*

Towne—I've discovered a sure cure for cold.

Browne—What is it?

Towne—A bone collar button.

Browne—What? How do you mean?

Towne—I swallowed one last night in mistake for a quinine pill, and I haven't any cold this morning.

—*Philadelphia Press.*

"I heard to-day that your son was an undertaker. I thought you told me he was a physician."

"Not at all."

"I don't like to contradict, but I'm positive you did say so."

"You misunderstood me. I said he followed the medical profession."

—*Exchange.*

A lady in San Francisco engaged a Chinese cook. When the Celestial came, among other things she asked him his name. "My name," said the Chinaman smiling, "is Wang Hang Ho." "Oh, I can't remember all that," said the lady. "I will call you John." John smiled all over, and asked, "What your namee?" "My name is Mrs. Melville London." "Me no memble all that," said John. "Chinaman he no savey Mrs. Membul London. I call you Tommy."

—*Watchman.*

A GOOD REMEDY.

"Pat, what ails ye? Has a kissing bug been making love to ye, or do ye be cultivating cheek to strike a job on the police?"

"No, Mike, I has a terrible toothache; it has me that crazy I don't know whether I am a jumping jack or a steam pump."

"Why don't you do what I do when I have the toothache?"

"What's that?"

"I go home to me wife and puts me arm around her and kiss her till I forget all about my toothache. Why don't ye try it?"

"I will, Mike. Is your wife at home?"

—*Exchange.*

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Of Poverty, of Sickness, but sets rife
These very elements to mar his fate.

When Love, Health, Happiness and Plenty hear
Their names repeated over day by day,
They wing their way like answering fairies near,
Then nestle down within our homes to stay.

Who talks of Evil conjures into shape
The formless thing that gives it life and scope;
This is the law. Then let no word escape
That does not breathe of Everlasting Hope.

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