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A Journal of Affirmation

HENRY HARRISON BROWN,

Editor.

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bad, but chant the beauties of the good. — *EVERSON.*



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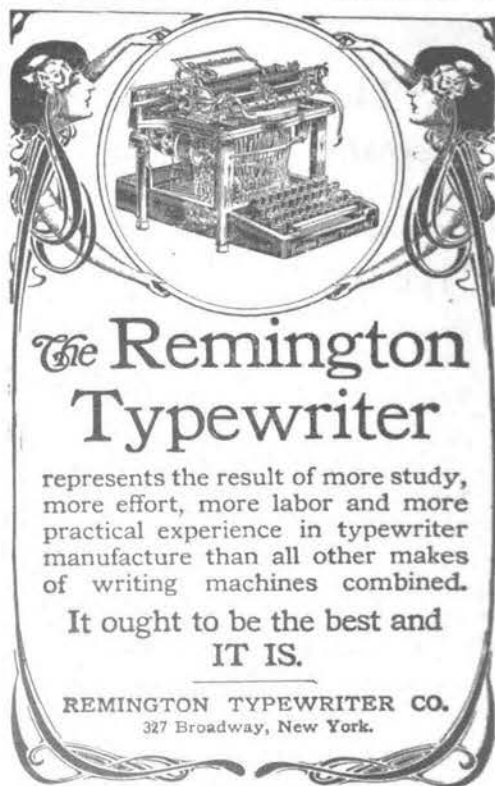
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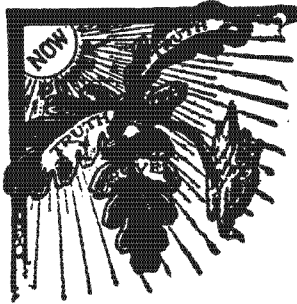
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NOW

A JOURNAL OF AFFIRMATION

VOL. V.

DECEMBER, 1904

NO. 9

Christmas Stanzas.

"An angel of the Lord stood by them."

Of old have I read the story of the Manger Babe
Of old;
Have ever felt its glory has never half been told.
As now anew I ponder that sacred legend rare,
Another blessed promise I have discovered there.

'Tis like when one is climbing a mountain side
in mist,
Lo! the sun comes shining and hills new seen
are kissed
By the radiance above them, so now I see therein
From angel hearts that love them, a Light let
down to men.

For angels came in numbers that night in Beth-
lehem,
They stood amid the gazers on Olivet again;
To Mary in the garden they told of life to be;
They comforted the Master in sad Gethsemane

This then the hope I gather from the golden,
golden tale:
That from our hearts forever God's messengers
ne'er fail.
They bend o'er every cradle, cheer every hour of
gloom,
They patience bring in sorrow, they rise from
every tomb.

They meet us on life's journey as in Judea of old;
They sing to us the promise they sang in mid-
night cold.
By our side they are standing with blessings
just as sweet,
As that they brought to Mary or cast at Jesus'
feet.

This thought is our thanksgiving, this Merry
Christmas morn—
Within that Manger-cradle, the world's Great
Hope was born!
That through the doors of heaven, a radiance
streams afar—
For on that Christmas morning, they were ever
set ajar.
1886.

—HENRY HARRISON BROWN.

* * *

The simple, central truth that stings,
The mob to boo, the priest to ban.

—Kipling.

Prevention, the Object of New Thought Teachings.

New Thought has for its purpose the abolition of those mental causes which produce disease, and this means final triumph over disease. * * * This little book is a herald and a prophecy of that Science of Life that shall eliminate disease from the race. Soul Culture is a study of Primal Cause and it leads to the establishment of those mental habits which make sickness impossible. —From "Self-Healing through Suggestion," by Henry Harrison Brown.

To a New Thought person, Health is synonymous with happiness. It means wholeness. No person is in health who feels a lack anywhere. "Every whit whole!" Standard Dictionary says: "Health: that state in which all natural functions are performed freely without pain or disease." Therefore Health means that the person is easy. *Dis* is a prefix used with negative force, meaning in disease, *without ease*. Anything that interferes with one's ease is the cause in him, or her, of disease. A healthful person is one who is in perfect ease. Worry is destructive of ease. Poverty is disease. Haste, fretting, anxiety, jealousy, anger, grief, sorrow, sense of loss, hunger for food, for position, for wealth, for notoriety, or power; seeking for praise, shrinking from blame, regret, anticipation. These, and all kindred mental conditions, are uneasy conditions and are therefore *dis-ease*. They are the only

disease. They become reflected in physical conditions,—are the cause of those abnormal manifestations upon which doctors, surgeons, hospitals and sanitariums prey as vultures do upon the abnormal manifestations on the plain or beach. I wish it to be understood that disease is purely mental. Every condition of body is the effect of a mental cause. Disease is effect. Some mental condition of un-ease, of unrest, is cause.

It is not to be supposed that the student new to this thought will accept this statement. But, nevertheless, there is no person who has thought upon mental action but knows it is a fact that Mind influences body. New Thought people place no limit upon the control of body by Mind. Intelligent physicians understand that Mind has a great control over body, but their conclusions are biased and limited by their school training and by old beliefs in medicine. They necessarily limit the action of Mind. Not a day passes but the press brings me information of the evolution of the medical profession toward this position:—*Mind is all.*

The only way to remove disease from the race is to remove Cause. Mental conditions being Cause, all we have to do is to institute such mental conditions as produce ease, harmony, rest, peace. As out of conditions of mental unrest comes dis-ease, so out of those of mental rest comes ease.

The Principle of cure is the simplest possible; like all nature's methods, a child can understand it. It is expressed in the Law of Suggestion:

I am that which I think I am. In order to be sick, think that which causes disease; to be well, think that which causes ease, that which will give harmony to every bodily function. Condense this and it reads: *Think health and you are health.* Once this Law becomes as universally believed in as is the present belief that disease arises in external conditions and causes, it will eliminate disease from the race. To conceive of New Thought as merely a curative agent is a mistake. Its chief function is prevention. Its power to bless lies in its giving to each person power so to live that there will be no cause for disease. This preventative power lies in instituting those new mental conditions that produce normal and healthful physical manifestations. New Thought has no remedies or formulas for cure; its power lies in preventing a recurrence of conditions not desired.

For instance, when a person comes to me with any physical ailment, I recognize only the effects of some mental state. Those effects are as legitimate as is blister from fire. Nature has no way in which one may escape the effects of cause. I cannot prevent this condition which already exists; no medicine can prevent it; no doctor or climate can prevent it. This effect will last as long as the present mental state continues. Effects are ever equal to Cause, and from this there is no escape. "Thou shalt not come out thence till thou hast paid the utmost farthing!" This is the Law. Many persons request me to cure a friend without his knowing it. I could

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

Walt Whitman

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relieve present conditions and this would be called cure, but I could not if I would and would not if I could, heal him, and do not believe any one was ever so healed. Symptoms may be removed, but when mental conditions remain the same, other physical conditions will result. No one was ever made whole until the mental condition was changed. Whoever claims to heal without instructing the patient does not and cannot heal. He or she is only relieving present symptoms to have worse conditions come later. Curing is relieving present symptoms without removing cause. It is easily done and often instantaneously, but no healing is so done. Healing requires time for Mental Cause to change every cell in the body. When this is done the person is healed, and this means that he is *happy*. No patient is healed until, like the man healed by Peter, he shall "Leap and praise God," thus recognizing the spiritual origin of the healing power. One thus healed will be immune hereafter to disease, for he will live that spiritual life which is the manifest kingdom of heaven. Happiness is its mental, and health its physical, manifestation.

* * *

The most difficult patient we always have is ourself. The second most difficult patient is the very dearest and nearest friend we have. You get over that by and by, and you get so you can treat yourself the same as you treat anybody else, but you have to get where you can deny the reality of disease in your own conscience, or in your own body. It is a matter of practice.—*Bishop Sabin, in News Letter.*

RANCH PHILOSOPHY.

The Breakin'. * *

Brother walkin' on life's path,
Tellin' all your sorrows;
Talkin' 'bout a brother's wrath,
Or o' black tomorrows.
You can't see thro' black cypress trees,
An' your eyes are tired tryin',—
Why see the flowers round your knees,
An' the bright things round you lyin'.

Brother dry those salty tears,
Shun all thought o' sadness,
See! swiftly down the length o' years,
Flows a stream o' gladness;
Never mind your brother's wrath,
Nor black trouble borrow,—
Tho' dark today your pilgrim-path,
The sun will shine tomorrow.

Brother thro' your cypress trees
The sun's now brightly shinin',
Who'd ever thought such clouds as these
Could show a silver linin'?
Can't hardly tell where trouble rolls,
But you know its surely leavin',—
Why its God's own way o' teachin' souls
To heal the heart o' grievin'.

Brother feel the gentle breeze,
Just hear the voices singin',
Its wafted thro' your once dark trees,
An' thro' your heart 'tis singin';
Black sorrow givin' hope and joy,
The distance nearer growin',
Transmutin' gold from base alloy,
The night with brightness glowin'.

—SAM EXTON FOULDS.

Thankful for All. * *

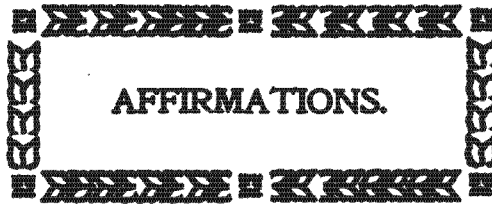
An easy thing, O Power Divine,
To thank Thee for these gifts of Thine!
For summer's sunshine, winter's snow,
For hearts that kindle, thoughts that glow,
But when shall I attain to this:—
To thank Thee for the things I miss?

For all young Fancy's early gleams,
The dreamed-of joys that still are dreams,
Hopes unfulfilled, and pleasures known
Through others' fortunes, not my own,
And blessings seen that are not given,
And never will be, this side of heaven.

Had I too, shared the joys I see,
Would there have been a heaven for me?
Could I have felt Thy presence near?
Had I possessed what I held dear?
My deepest fortune, highest bliss,
Have grown perchance from things I miss.

Sometimes there comes an hour of calm;
Grief turns to blessing, pain to balm:
A Power that works above my will
Still leads me onward, upward still;
And then my heart attains to this:—
To thank Thee for the things I miss.

—*Thomas Wentworth Higginson, in Exchange.*



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.

Fulness. ❁ ❁

Earth is filled with the glory of the One, I share that glory.

The earth is filled with the Power of the One; I am one with that Power.

Earth is filled with the majesty of the One; I also scepter that majesty.

Earth is filled with the fulness of Life; I am filled with that same Life.

Earth is filled with the beauty of Love; as a manifestation of the One, I share this fulness and am filled with the glory, beauty, and majesty of the One.

In the fulness of Life, I manifest perfection in health and vigor.

In the fulness of Love, I radiate happiness to all about me.

In the fulness of Truth, I radiate good thoughts and create an atmosphere of Good-will and Peace where'er I am.

I have hungered for righteousness; now, knowing Truth and Love, I am filled.

I have hungered for companionship; and, in the fulness of Love, I am companioned with home and friends.

I have hungered for knowledge; and, in the fulness of Truth, I am

filled each day with the wisdom I need.

In my hunger for Beauty, I have prayed the prayer of Plato, "Lord! make me beautiful within!" till my Soul has become so filled with Beauty that all about me is radiant.

I have hungered for opportunity; but, in this fulness of Life, I find every moment is an opportunity for expression and, in giving expression, I am filled.

I hungered for rest; till, in the Silence, I heard the Inner Voice say: "Be still and know that I am God!" It brought rest and I am filled.

I longed for Peace; till, in the stillness of the Silence, I heard: "Peace! Be still!" Now in the fulness of Peace, I am satisfied.

I desired surety of supply; it came not till, in the Silence, I learned that all is mine at need. In this consciousness of Everpresent Supply, I am filled and every moment is an expression of joy.

In this fulness of Life, Love and Truth, I know myself as the image of the One perfect Unity and, through this consciousness of the fulness of Life, I have awakened in His likeness, who is the Universal Life and Love. In this waking, I am satisfied.

"All is mine!" for it is my birthright. I am a child of Infinite Love. I consciously take possession of that which is mine and am filled with that Love, which is universal in blessing; with that Truth, which is wisdom in expression; and with that Beauty, "which is its own excuse for Being." Waking in this likeness, I ask no more. Full of the consciousness of Spirit, I am satisfied.

SUGGESTION.

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.

Lesson 9.

Morning Suggestions.

We have at present but little comprehension of the great power Suggestion has in our life. No better way to realize how great a degree adverse Suggestions affect our lives than to watch our words for one day. Were we to have a reporter to take them down we should learn the *Why* of our external lives.

Perhaps the first thought on awakening is: "Oh dear, I don't want to get up!" That "Don't want!" will go with you till changed by an Affirmation of "Do want!" Weakness, lassitude, delay, and failure, are all born of this mental condition. This Suggestion is given: "I wish I did not have to work!" This makes the day a drag. "Have to" makes the life of a slave. Such a Suggestion weakens one's power of expression.

Perhaps the thought of some condition to be met comes up with a fear and you exclaim: "How will I meet it?" This fear and doubt closes the door of the soul and the wisdom ready to guide you cannot come till you trust it through an Affirmation of faith.

You go down to breakfast with a tired look and the Suggestion comes from friends: "You are not looking

well this morning!" and you tell them of a poor night, of a headache, or give some reason for looking bad. This Suggestion goes with you and others come before noon and by night you are feeling ready for some tonic, or doctor. Why? Because you have lived all day under an extinguisher of physical life. You started wrong and have been going wrong all day. You have reached the point you set out for, when you said: "I don't want to." No one but yourself is to blame. Change your thoughts. Do not get up until you *want* to; then say: "I want to get up! What a beautiful day. I shall enjoy my task." Put a smile upon your face. By repelling with a smile and cheerful word any adverse Suggestion, allow no one to suggest to you anything but health.

This is common-place teaching, I know. You have all often been told it, but never in this way. Heretofore it has been stated from the experiences of mankind. I state it scientifically. I base my statements upon Law. Everybody before Newton's time knew apples fell and that one was liable to be hit by falling bodies, but he discovered a Law and told why they fell and why the individual should take advantage of the Law. Heretofore people were told not to think evil because evil was thus brought. "Curses, like chickens, come home to roost!" is a proverb based upon common experience. So all teachings must be based. Therefore, when the critic of Suggestion says: "It was all known before!" he is right in regard to the facts upon

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

Elmer Gates

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which we base our Affirmations, but he is not right in regard to Principle and method. We now, through understanding of the Law, have a Science and an Art of Suggestion. Not till it was known that *Thought is Force, a form of Universal Energy*, could there be a Science of Mind. There had been an Art of Suggestion under various names, Revivalism, Mesmerism, Animal Magnetism, Faith Healing, and many other forms. But behind all these lay the Law of Suggestion, determining the use of Thought as Power. Those who used these methods did so unconscious of the Law. Never forgetting that in your Thought you are using a Mode of Universal energy, you will see the necessity of "Hitching your wagon to a star" of bright thoughts every morning.

As you leave your room for day's labor, take with you a pleasant thought for company and leave one with the room to keep it ready for you.

Thought is Power! Why not fill your home, store, workshop, office, school-room, with power in a pleasant form? You know that light, electricity, magnetism, *n*-ray, and whatever other forms of energy there may be, are realities. Make in your mind Thought also a reality like them, and see your real Self as the dynamo of this thought-energy and consciously radiate that form of Thought under which you wish to live and work. Dr. D. L. Sullivan, one of the best known workers in the Mississippi valley and vice president of the New Thought Federation, told me that every morning

he got up with the old doxology in his mind and went through every room of his house praising God, that this thought might remain as the dominant force of the day. Can you do better? Awaken with praise. Tell EVERYTHING (which is God) how happy you are. Never mind the words. It is the thought and the FEELING that inspires the thought, and which the thought, stimulates, that is of consequence.

Let this lesson be then: *Begin the day with praise for the All-Good.* Think it; speak it; if you can sing, sing it. "Praise God from whom all blessings flow," but never forget that they never flow inward, but outward, from the Infinite Soul of Man, which is God. All blessing is stored in the Soul waiting for expression. "LET!" says Jesus. "Let your Light shine!" "Let?" How? By thinking blessing. Affirm on rising: I AM HAPPY! I AM BLESSING! and carry this Suggestion with you in thought, and you will carry it also in facial expression, in tone of voice, and in carriage of body. Others will, from your Suggestion, be happy. You will then have "let" blessings "flow" from you, through you, and upon you, because by an Affirmation of Truth, you opened the way.

* * *

"SELF-HEALING THROUGH SUGGESTION," by Henry Harrison Brown, is divided into two parts, in the first of which the principles of mental healing are placed before the reader clearly and without unnecessary verbiage. The part played by thought in the process is carefully set forth, and in the second part a number of affirmations, Working Hypotheses, The Truth Song, The Time Factor, Worry Cure, Will Exercises, The Art of Letting Go, are some of the headings, and as the author has had some thirty years' experience in drugless science, it is a work which may be thoroughly recommended. It is very tastefully go up.—*The Tallisman, London, Eng.*

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

Francis Ellingwood Abbot

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PSYCHOMETRY.

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

Lesson 9:

A Lesson in Practice. * *

In radiation, the world is constantly being startled with the discovery of new waves of many varying lengths that issue from almost every object. The difficulty so far has been to make apparatus delicate enough to detect and measure them.—*Prof. Edgar L. Larkin.*

If a man can learn to use this finer matter within himself, and to obtain vibrations through it, then he can respond to impacts coming from that world of finer matter without him, and so become conscious of much that is at present hidden from his eyes. The power to do this is latent in every man, but few have yet developed it.—*C. W. Leadbeater.*

Experiments numbering over three hundred have convinced Dr. J. Henson Hooker that the rays emitted by the human body differ in color according to the character and temperament of the person.—*Telegram to New York World.*

Remembering the definition of Psychometry, you will realize that science is, with its usual snail-pace, following along lines long ago established by the intuitive, sensitive psychics. Character does emit radiations, and no two persons emit the same. Radiations compose octaves and, when interpreted, in one scale are color, in another are tone, in another are motor power, in another are character. All are to human sense but Vibration. All depends how the sensations produced by these various vibrations are interpreted. All human development consists in extending the range of sensation; all human progress lies in the power to interpret newly recognized sen-

sations. For that reason there is no study, and no art, equal in its effects for good upon the race, like the twin sciences and arts, Suggestion and Psychometry. One deals with Thought and one with Psychic Forces. These two cover the whole field of possible human knowledge. I recognize all the schools now teach when I say this, But ALL IS SENSATION and, through the interpretation of sensation, as they do, one can have all knowledge any professor of chemistry or geology has; but I find it by another and surer process. Not by the study of the thing, but by the study of the Mind within the thing.

Prof. Leadbeater is correct. Every person has this power latent. Every person may develop it. The nervous system is more delicate than any instrument the specialist may invent. It is limitless in its power to receive sensations. There is no limit to this psychometric power of interpretation. Here is a late case as an example.

At one of Mr. Foulds' recent seances among the names written and carefully folded and placed upon his table, was one written by Harry Gaze, the author of "How to Live Forever," etc. Mr. Foulds picked up this paper and read a character from it. After doing so he handed it to Mr. Gaze, who sat near, asking him to open it and tell if it was correct. Seeing as he opened it that it was his own, Mr. Gaze asked Mr. Foulds if he could draw the face. "I'll try," was the answer. Mr. Foulds all this time was blindfolded with sticking plaster over his eyes and over this a heavy hand-

kerchief. Stepping to the black-board, he drew something which, when the board was reversed, Mr. Gaze recognized as the outline of the face. Then Mr. Foulds wrote something which, when reversed, was seen to be the name, "Gladstone." When the character was read, not a person in the room knew which name Mr. Foulds had in his hand. Only Mr. Gaze knew the name while the drawing was going on. Till within a few months, Mr. Foulds did not know he had this power. He developed it just as I recommend you to do: *Practice and practice*. Just as soon as, in your trials, you can reach self-forgetfulness, you will then *feel* some sensation that is not your own.

The chances are that you have never noticed your sensations until they became powerful like laughter, grief, pain, etc. You are now to notice the slight ones. Begin by getting something out of the ordinary. The following will be good practice. Request some friend to give you a letter or some thing handled by some one of strong character. Take this and sit "in the Silence;" that is, concentrate upon the matter in hand by listening to no sounds about you, by thinking of nothing about you, and by forgetting all feelings you had when you took the letter. Become as nearly a blank in thought and feeling as possible. Remember all psychic manifestations begin in feelings. You must give these feelings opportunity to transmute themselves into thought. Note sensations and tell what they mean.

With this letter in you hand, sit

thus passive for several moments, then tell your friend, if you have confidence in him to try in his presence, or talk to yourself if alone, and tell what you feel. Many beginners note only physical sensations, like pain cold, heat numbness, etc. Pay little attention to these after a few trials and demand thought. Then tell what you think. "I feel like a strong man," "I sense a strong will," or "I sense the presence of a very affectionate person." No matter what comes, let it come and then tell it. You are never, however, to forget that you are for the time being, merely a reporter. Be careful NOT to identify yourself with the person or thing you handle. Neglecting this caution, people grow into the belief of reincarnation because they FEEL the previous condition of some thing or person, or they enter into the sphere of race-memory and interpret as their own the vibrations that come from the mighty ocean of Human Experiences accumulated through all the ages.

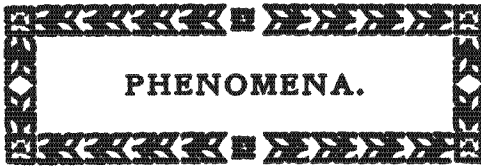
Some students take readily to character reading, others to physical diagnosis, others to Clairvoyance, others to Telepathy and Inspiration. Follow experimentation till you find your tendencies and then cultivate by practice. You can also, under Will, cultivate your power in any chosen direction.

The more you gain confidence in yourself, the clearer your psychometric sense becomes. Therefore, remember the corner stones of success here, as elsewhere, are Self-Respect, Self-Confidence, Self-Assertion, and Self-Reliance.

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

J. W. Powell

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PHENOMENA.

Rev. R. Heber Newton on Psychometry.

I know a woman of fine culture and high character who will not trade her gift for commercial purposes, but who has that most remarkable power known as psychometry—the power of holding a sealed letter in her hand and giving a diagnosis of the physical condition of the writer and a picture of his character; of taking a bit of stone from an ancient villa of the time of Cicero, for example, the nature of which is entirely unknown to her, and calling up a vision of the villa as it existed in Cicero's time and of its owner. She is incapable of fraud, and her case is but one of others which I know.—*From report of an address before Society for Scientific Psychic Research.*

NOW readers who have followed the lessons in Psychometry will realize that such phenomena are common and that every person possesses this power and can develop it.

Here is a case in point:—I placed in the hands of a sensitive a bit of rock that I had knocked off a petrified log. The scenery was portrayed and then the sensitive went back into ancient times, told of the vegetation and animals of a prehistoric age, and said: "I could draw them were I used to the pencil." She then described a people unlike in color any present race and gave me, in detail, social, religious and civil customs. None of the latter has been verified, but fossil animals resembling those she described, have been found. Prof. Denton's psychics drew pictures of extinct animals, no fossils of which had been found at the time these pictures were drawn, but have been since found. "There is nothing that shall not be revealed" to the eye of the Soul—the psychometric sense.

* * *

The Cure of Inebriety by Hypnotism.

The cure of alcoholism by means of hypnotism is the order of the day. Recently Dr. Legrain communicated to the Society of Hypnology and Psy-

chology some very interesting information regarding the treatment of alcoholics by hypnotism in Russia. In the cities of St. Petersburg, Moscow, Jaroslav, Kieff, Saratoff, and Astrakhan, there have been established for several years, under government auspices, dispensaries to which the sufferers resort by hundreds, and where hypnotism is the principle, if not the sole, therapeutic agent. It is required of the alcoholics that they desire sincerely to be cured, and that they abstain from all spirituous liquors during the period of treatment. This is perhaps to ask of them a colossal effort, since their will-power has generally been destroyed; but they are obliged to accept a continual surveillance, and it is attempted to ameliorate their conditions of life as much as possible. These means succeed very well in Russia; but, as has often been remarked, the French drinker is much less tractable, and consequently the cure of alcoholics in France is much more difficult and much less durable than in Russia; with us, in fact, the alcoholic poisons himself with essences as various as they are injurious, and it is only exceptionally that he submits to treatment for a long enough time to effect a lasting cure. It is none the less true that at the present time hypnotism is almost the sole means of cure for alcoholic mania.—*Translation from Cosmos for The Literary Digest.*

* * *

The following telegram appeared in the San Francisco *Examiner* of Jan. 5: SANTA ROSA, Jan. 4.—Mrs. William H. Pool, wife of a prominent citizen, dreamed at an early hour yesterday morning that her brother, Huntley Wells Caldwell, a well-known newspaper man and writer, had died. So realistic did the dream of his death seem that when, later in the day, a telegram arrived announcing that he had died suddenly at Los Angeles just about the hour when she had dreamed of his death, she was hardly surprised. She has gone south to attend the funeral.

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

W. C. Henley

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These Things Shall Be. * *

[Hymn sung to the tune of "Duke Street," by the Handel and Hayden Societies at the great Peace Congress held in Symphony Hall, Boston, on Sunday evening, October 2.]

These things shall be!—A loftier race
Than e'er the world hath known shall rise,
With flame of freedom in their souls
And light of knowledge in their eyes.

They shall be gentle, brave, and strong,
Not to spill human blood, but dare
All that may plant man's lordship firm
On earth and fire and sea and air.

Nation with nation, land with land,
Unarmed shall live as comrades free;
In every heart and brain shall throb
The pulse of one fraternity.

New arts shall bloom, of loftier mould,
And mightier music thrill the skies;
And every life shall be a song,
When all the earth is paradise.

There shall be no more sin nor shame,
And wrath and wrong shall fettered lie;
For man shall be at one with God
In bonds of firm necessity.

—John Addington Symonds.

* * *

Thought Powerful under Concentration.

In *The Arya* for October, a magazine published in Madras, India, I find an article by Swami Vallinayakam, entitled, "The Law of Demand and Supply," which is so much like my own thought and style of expression that, like Walter Scott when shown the proofs of one of his novels and, not recognizing it, thought he must have written it in his sleep; so I would not deny authorship of this if it were called mine. It is a pleasing fact that so many of high class Hindoos are in agreement with "NOW" Philosophy called "Soul Culture." I give

a few extracts from the article:---

It is only when man understands the unity of cause and variety of purpose that he stands on his own legs and calmly passes over all the troubles and difficulties. Till then he is a straw in the whirlwind of circumstances, and wots not what to do. At every turn he is buffeted, and finds life miserable. * * * As man has not yet become conscious of his birthrights—health, power, success, happiness—he thinks himself a vile worm born to be crushed by the wheel of circumstances. Most men live in the physical plane alone. They have to wait till *Time*, the great benefactor, grows them high enough to jump up into the higher ones. It is one's own thoughts or convictions that limit or control him. Immense are the potentialities of man but his thoughts unfold and produce effects objectively only in the long run. It is only the faith in the high care of the *Most High* that gives to man the invincible courage and undaunted spirit in all his undertakings. This faith gives force to the thought of the individual and has been doing miracles in times both ancient and modern. Thought is force, and according to the degree of its vibration, it produces corresponding effects. It is the reason why the psychologists speak so highly of concentration. Concentration is nothing but making the particular thought-force rush in a particular direction. This is easily attained by looking to the present alone which one may secure by limiting his desires to the best for the time and state he is in and by attending to them one after another. * * * Success in our efforts or supply to our wants is effected in proportion to the force we give to our thoughts concerning them. There is nothing but the problem how to think. As thought is the motor principle in man and whatever is ever done here or anywhere is done by that and that alone, we have to understand that those who entertain and hold fast strong thoughts will win the prize,

leaving disappointment and sorrow to others. Concentration goes a great way in accelerating thought-force. Any thought has force or life in it only if it is moved with faith, and faith becomes firm only if it follows perception. Faith without perception or knowledge is blind and therefore susceptible of change and amendment. Nevertheless that too is seen to work wonders.

* * *

Social Purity. * *

Reformers are bemoaning the present want of sanctity of home as manifested in present divorces. Go to the cause and the answer is: There is very little home life. Fashion has destroyed it among the rich, where men and women take to routs, restaurants, travel and clubs, strong undermining factors in present society. The moderate class live in flats, rooming houses and hotels. This condition of a married couple is the worst feature of all modern society; it feeds the saloon, brothel, divorce courts, and prisons.—*Henry Harrison Brown, in NOW for June, 1904.*

The fashionable boarding house must answer for more divorces than any other single factor. *President David Starr Jordan, of Stanford University, in an address in San Francisco, January 9, 1904.*

Dr. Jordan's critics reply by saying that he does not go deep enough. True! The cause lies in those social, domestic and business ideals that materialize in these apologies for homes. The ideals inculcated in modern education of young men and women lack the domestic element in them. The present over-education of women, and attempts toward fitting women to compete with man in the business and industrial world, are the bane of society. Nothing but a *domestic* love and training on the part of women can save the nation. *Homes and mothers* determine the career of the young; they make the tone of society. What women are, the social condition will be. It was discovered that when only Indian boys were educated at government schools, on returning to the tribe they went back to a savage mode of living; but when the girls were educated, they kept up the civilized standard by keeping up the home life. Not till home,

and maternity, shall become the high and sacred ideal of woman, can we have a condition of social, industrial, and civil life, that means love, liberty, purity and peace. The male is the objective side and manifestation of the Unit, Man; the female is the subjective side. They two are one; they never can be separate and never can one supplant the other, but each must supplement the other.

Modern education and present industrial demands are destroying womanhood and degrading manhood. Elevate the ideals of home and motherhood and you will so purify life that there will be no sediment to its current in way of present abnormal sex and social manifestations. Whatever else woman may do, let her first of all keep her domestic ideal high, pure and noble, and then all life will be noble.

The present social and domestic Ideal centers in the body. When it shall be seen that Soul is all, when the Ideal shall center in the Affirmation: *I am Spirit now!* then the social life will be so colored by it that all will live "The Simple Life," and there will be no flats, boarding-houses, hotels, brothels, clubs, saloons or prisons—only HOMES. This pure home life will purify the civil, industrial and political life, and the prayer: "Let thy kingdom come on earth!" will find its answer through this spiritualizing of the HOME.

* * *

On the Path.

"Oh, the sea is so gray,
And the sky is so black;
Thorns and briars choke the way—
Must I die, or turn back?"

*Under foot is the trail,
And the Goal is not far,
On the sea is a sail,
In the sky is a star!*

—Frederic Lawrence Knowles.

* * *

We are fast learning that, of the many kinds of bacteria found in the air, in water, in the earth, and in food, the majority are wholesome and even essential to health.—*Christian Register.*

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

Socrates

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A Poem, by Henry D. Thoreau.

[This poem the author inserts in his "Excursions" with no title. In its aspiration, it is one of the most daring in the language. Its poetic imagery is perfect. Note the perfection of the fifth, sixth and seventh stanzas and the especial beauty of the last two lines of the eighth. No better four lines were ever penned than the third stanza, and I know of no expression so full of faith in the Human Soul as is the thought of the last stanza.]

Away! Away! Away! Away!
Ye have not kept your secret well;
I will abide that other day,
Those other lands ye tell.

Has time no leisure left for these,
The acts that ye rehearse?
Is not eternity a lease
For better deeds than verse?

'Tis well to hear of heroes dead,
To know them still alive;
But better if we earn their bread,
And in us they survive.

Our love should feed the springs of fame,
With a perennial wave,
As ocean feeds the babbling fountains
That find in it their grave.

Ye skies drop gently round my breast,
And be my corselet blue;
Ye earth receive my lance in rest—
My faithful charger you.

Ye stars my spearheads in the sky,
My arrow tips ye are—
I see the routed foemen fly;
My bright spears fixed are!

Give me an angel for a foe,
Fix now the place and time,
And straight to meet him will I go
Beyond the starry chime.

And with our clashing bucklers clang
The heavenly spheres shall ring,
While bright the northern lights shall hang
Beside our tourneying.

And if she loose her champion true,
Let heaven not despair,
For I will be her champion true—
Her fame will I repair.

* * *

John White Chadwick ❀ ❀

December 11, 1904.

On the above date, lacking just ten days of completing a ministry of forty years for the Second Unitarian Society of Brooklyn, N. Y., this friend, a noble manhood, passed to the higher manifestations of life. At the recommenda-

tion of Mr. Chadwick and a bosom friend of his, and with their assistance, I attended Meadville (Pa.) Divinity School and entered the Unitarian pulpit. For this opportunity I have ever been grateful to them and to all who then assisted me. But Mr. Chadwick stood by me as a friend ever after. He preached the sermon at my ordination in May 1888. His text was: "The Field is the World." I have that sermon before me and this one passage is prophetic. I can now give him my answer:—

Instead of treating them as her enemies, she must seek as her allies that love of Truth which is the enthusiasm of science, that love of beauty which is the enthusiasm of literature and art, that love of justice which is the enthusiasm of every reform, that love of man which seeks through every possible device of education and social reputation to make his life a better and a holier thing. To you, my friend: you need not answer now—wait a few years till you have full proof of your ministry. Then I am sure, if you have been faithful, you will say that I have encouraged you to hope for nothing which has not been sweetly, grandly and perfectly fulfilled.

Yes, my friend, it has all been "sweetly and grandly fulfilled." My field soon became too limited in the church and I stepped out into the open, making the world my field. My work was revealed to me the same, only a larger sphere. The same Love of Truth, Love of Beauty, Love of Justice, Love of Man, that led me onto the platform, from there to Meadville and to the pulpit, led me to NOW and "Soul Culture." To those who have helped me to this position, who have stimulated enthusiasm in me for this work, I am ever grateful and to no one person more than to this friend who, unlike most "reverends", never let the priest in any way lessen his manhood. He had no intellectual superior in the American pulpit, to all my readers I recommend two of his books: "The Bible of Today" and "The Man Jesus," as antidotes against the many new and false interpretations of that ancient book.

He is still working, thinking, loving, in the one only world with us all—the world of Thought and Love—only he

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

William Morris

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works in the Silence which is to most mortals of unknown. In the words of his most beautiful hymn, as he says of those who have passed from sight, we say of him:—

They throng the silence of the breast,
We see them as of yore,—
The kind, the brave, the true, the sweet,
Who walk with us no more.

More homelike seems the vast unknown
Since they have entered there;
To follow them were not so hard
Wherever they may fare;
They cannot be where God is not,
On any sea or shore;
Whate'er betides, Thy love abides,
Our God forever more.

To close this notice, all too cold to express what I feel, I quote a sonnet that was inspired by him. Once, when I needed a friend and assistance, unexpectedly he came, as only he knew how to come, and left me relief. In the deep feeling awakened by this, I wrote:—

For what should I today, O Lord! be glad?
Nay, how from depths can I arise and praise?
My failures and defeats have made me sad;
How can I reconcile with Good thy ways?
I love my fellow men, for them I toil,
For them I seek a place whereon to stand;
And yet my efforts end in wild turmoil,
And cold and hunger linger near at hand.
But lo! before they win, relief is mine!
There stretches forth a hand in Love to save!
A voice is heard and, Lord, I know 'tis thine,
And thine the hand that's clad in Friendship's
For Oh, thy incarnation still is ours, [glave!
And Christ is born anew in human powers.
1890.

* * *

Doctors Treat Effects, not Cause.

The benefit of medicine is assumed, not proven. Its administrations is purely an experimental one. Pathology, therapeutics and hygiene are continually changing. There is continually an elimination of that which heretofore believed to be beneficial, is now declared worthless by medical experts. What was used by the father, is rejected by the sons.—From "Self-Healing through Suggestion" by Henry Harrison Brown.

Appropos of the positions taken in the above book is an editorial in the January, 1905, number of *The Medical World*, entitled "The Quarantine and Disinfection of Diseases of Children." The admissions of ignorance of Cause is sufficient evidence that medication is guess work—experimentation. Here

are some statements that ought to set mothers to studying Mental Science:—

Mumps is communicable, but the cause of the disease is unknown.

Measles is highly communicable. Neither is the cause of measles known, and many physicians consider it an "air born" infection.

Scarlet fever has never been assigned a known cause.

Whooping cough: Absolutely nothing is known regarding the cause.

Comment on the above is unnecessary. Think upon it.

* * *

Influence of the Mind * *

Prof. Elmer Gates claims to have made the discovery that unpleasant emotions create harmful chemical products in the body which are physically injurious. Good, benevolent, cheerful feelings are said to create beneficial chemical products which are physically healthful. These products may be detected by chemical analysis in the perspiration of the individual. Prof. Gates found more than forty of the bad products and as many of the good. Everyone knows that grief will poison a mother's milk; in fact, it generates an injurious quality so intense in character as to sicken an infant.

Of all the chemical products of emotion that of guilt is the worst. If a small quantity of the perspiration of a person suffering from an emotion of this kind be placed in a glass tube and exposed to contact with acid, it will turn pink.

It is found that for each bad emotion there is a corresponding chemical change in the tissue of the body which is life-depressing, exhausting and poisonous. On the other hand, every good emotion makes a life-promoting change.—*Chicago Chronicle*.

* * *

This letter from one of my students in Kansas City accompanied a large collection of beautiful and useful pencils. Is it not beautiful?—

Do the enclosed pencils "want" you? They must because I have thought to give them to you. I have hold of your hand, and I will not let go—I want to get strong enough to help pull the load.

Yours sincerely,
MRS. MARY E. COYLE.

Obstruction is but Virtue's foil. The Stream Impeded has a song.—

Ingersoll

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OFFICE OF NOW
1437 Market street, San Francisco, California

DECEMBER, 1904

NOW,

HENRY HARRISON BROWN,
Editor.

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

Its basic Affirmation is:— *Man is spirit here
and now, with all the possibilities of Di-
vinity within him and he can consciously
manifest those possibilities HERE and
NOW.*

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Every little helps us!

Dear reader: Among your neighbors and friends, there must be a number who would be glad to subscribe for NOW if they knew of its existence, especially if you show it to them and tell them of the benefit it has been to yourself and how it will help them to health and prosperity. NOW has the most healthful Thought. You have learned from it how to think so as to secure from Life the greatest amount of Good. They will learn the same. NOW is pure in tone; admits no advertisements that can in any way injure the home. It is second to none in its intellectual power; it carries in its vibrations healing virtue. Its position is secure. Each subscriber will receive twelve numbers for \$1. Since our advertising pages are few, we depend on our increased circulation as compensation for our labor. For the Good it has done you, will you not open the

way for it to benefit others by soliciting subscriptions? We do expect each present subscriber to send us additional subscriptions for 1905.

The "NOW" Center of Kansas City reports thus:—

We have such good times at our gatherings that all are anxious for Wednesday to come. We are doing some wonderful healing and all are so happy. We are going to take up your first lesson (in Art of Living) in four parts, making it a month's work. We had it read through so all the class know its contents. We feel that "NOW" Folk are very near and dear to us. I can assure you that K. C. people are as happy in their remembrances of your stay with them as you are. On New Year's it was decided to hold a "Union Service" once a month for all New Thought classes. We will have glorious times.

This is the result of the Federation Thought. What Kansas City is doing can be done everywhere and each Center grow stronger by it. I hope that I may reach many cities during the year and leave not only "NOW" Centers but that *Unity of Spirit* that will result in Union services and brotherly love. Such is the desire of every member of the Federation. Come in and work shoulder to shoulder with us in a common cause, for a common end: Unity of Life through Brotherly Love.

It is always pleasant to know how you stand among your neighbors. The *Philosophical Journal*, whose office is but a few doors from us and with whom we have been on intimate terms ever since NOW started, has in its issue of November 5 these pleasant words regarding the editor's election to the Presidency of the Federation:—

HONORS WORTHILY BESTOWED.—San Francisco captured the highest honor at the New Thought Convention held in St. Louis, in October. Our neighbor, editor and publisher of NOW, Mr. Henry Harrison Brown, delivered an address entitled, "The Call of the Twentieth Century," which elicited the encomiums of the Convention. He also was elected President of the New Thought Federation. Congratulations of the *Journal* and your many friends who are its readers are hereby extended.

Charles J. Anderson, long known as the "Boy Orator," has taken up the New Thought work and is having fine

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

Edith M. Thomas

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success at Santa Cruz, Watsonville, and Salinas, in this state, thus showing what can be done in the missionary field. He is a splendid fellow, genial, social, enthusiastic, and well up in the principles. We recommend him to the consideration of those of our readers who wish to start the work in their town. He is in full sympathy with NOW and the Federation and is always a welcome visitor at our office. Address him at Box 124, Santa Cruz, Calif.

Warning to Our Colorado Friends.

The friends of drugless healing in Colorado should be on the alert for their liberty is in danger. A medical bill has been formulated that is ironclad, and members of the legislature pledged to it before election. It makes it a crime "to practice medicine without a license from a State Board of Examiners," and it defines "the practice of medicine" to cover any one "who shall suggest, recommend, or prescribe any form of treatment for the intended palliation, relief, or cure, of any form of physical or mental ailment."

That such a law would stand the test of a constitutional court is very doubtful, but few mental healers could bear the expense of a lawsuit. This blow is aimed at Christian and Mental Science, as the words "suggest" and "any form of treatment" can have no other purport.

Each person has the right to choose his method of healing as he has his method of salvation. There is the same injustice in a law regulating the practice of medicine as there was in those of the past regulating the practice of theology. Religious toleration is won; medical and healing toleration is now to win. The Federation placed itself on record in the resolution:—*We hereby affirm the inherent right of each individual to employ for himself, without let or hindrance, such healer or therapeutic agent as he may desire and prefer.* When all New Thought people join the Federation, its millions of members will soon defeat such measures.

Federation Notes. * *

Thanks are due to nearly all the New Thought journals for kind words for the Federation and the editor personally. The exceptions have spoken from wrong reports. I trust November NOW has set them right and that they will wheel into line with Universal LOVE and give us their support. But One Love, but One Truth. For this One Truth, in the One Love, this Federation stands, well knowing that nothing but Truth has power, and nothing but Truth will win. Each journal, each teacher, each New Thought Center is strengthened by our Federation.

I neglected to mention in November NOW many of the members of the Convention whom I should be glad to remember. Crowded time and other duties prevented my making notes at the time. But I must mention here Joseph Stewart, of Washington, editor so long of the deeply thoughtful journal, *Realization*. Mr. Stewart was on the Committee of Resolutions with me. He is a gentleman, and a lawyer; his wise and cautious opinions were of great help to us in the formation of our work. Prof. S. A. Weltmer was also on that committee. He is not only a successful healer and teacher, but successful in business, and his thought was important in the formulation of the resolutions that crystallized the efforts of the Convention.

I neglected to speak of the work of Eugene Del Mar, the secretary of the preliminary organization. His task was one of great responsibility and very great labor. I know how faithfully he wrought and his labors and that of his associates was duly appreciated by all the Convention. This was shown by the acceptance of the plans of organization proposed by them, with the few changes that must necessarily come when many confer. A recent speaker, laying a plan before the audience, said: "I recognize the fact

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

Eva C. Huline

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that everybody knows more than anybody, and therefore I invite suggestions." It was thus with the Convention in business session. A few important changes were made that strengthened the Federation. Almost the only change from the original plan was in the election of officers. This could not be helped. All the delegates knew better what was needed than any few. The election was spontaneous without slate or previous consultation. Each delegate had privately considered the situation and when one spoke, he or she was surprised to find his colleagues in sympathy.

The whole difficulty lay with the program. Too little time was given to the important business of the Convention. Business was crowded into an hour that should have had a full session. This gave the impression to outsiders that there was contention. It was not so. Appointments and elections must be made or the organization would not be complete, and there was no time to do it. In the intensity of the great work crowded into a little time, there was a seeming antagonism. It is marvelous, when one considers the importance and the magnitude of the work done, how it could be done so well in so short a time and without committees or caucuses. The original Committee evidently thought that the plans would be accepted immediately. Thus, in their minds, the Convention was only a ratification meeting instead of a most important deliberate body. Criticisms from those not there make this explanation necessary. The delegates met to organize. The program was arranged for speeches alone. So important an organization should have had at least twice the time allowed for business. It is always best to hear both sides before expressing an opinion. Never was there so important a convention held that was so harmonious. That which passed the Declaration in 1776 was stormy. This one was at all times trustful of the Power of Truth. That there is nothing but harmony

between the old and the new, I print this letter from Mr. Del Mar:—

557 W. 141st St., New York, Dec. 20, '04.

DEAR BROTHER BROWN: I did hear that you were to be in this direction, but I expect it was a mistake and that you are not coming so far East. But should you do so, I trust you will let me know for I should be very glad to see you. I hope that the Federation will respond to your control at the helm and prove a great success. My full sympathy is with you and no one would be more glad to see the Federation prosper than I. With every good wish for the New Year, I remain,

Sincerely yours,

EUGENE DEL MAR.

Members are joining the Federation quite freely; more are needed. Contributions for carrying on our work are needed. Friends of the Movement will respond—show they know the need. Much propaganda work is proposed and much missionary work laid out. New Thought people are to see that this organization for Unity of Effort is sustained and necessary POWER given it to carry on the proposed work. The secretary has issued a neat circular which will be mailed to any one upon application in desired quantities. Address, John D. Perrin, 3414 Bell Ave., St. Louis. The membership fee is but \$1.00 for the year ending September 30, 1905, and each member is entitled to a vote in the annual convention and to a copy of the proceedings of the last Convention which contains all the addresses delivered at that Convention. This book alone will sell to all not members for \$1.

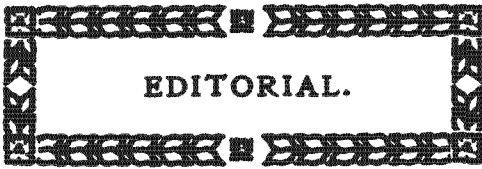
Twenty of the names on the program of the Convention were of persons who are, or have been, editors.—*Life*.

Yes, and among the officers of the Federation are six persons who are now actively engaged on New Thought journals. Certainly when it is considered that every member of the officers and the Board of Directors is at present an active worker in some line of New Thought, it will be seen that the Federation is a representative body of the whole movement.

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

Whittier

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EDITORIAL.

The Principle of Unity in Attraction.

As the principles of force are attraction and repulsion, there must be a unit of attraction and a unit of repulsion; and as force is always associated with matter, there must also be a unit of matter representing attraction and a unit of matter representing repulsion.—George Adams, author of "Electricity, the Chemistry of Ether," in an article in *Overland Monthly*.

Weight, heaviness, is an attribute of matter; lightness is absence, or deficiency, of weight. To say that one article is a certain number of times lighter than another is like saying of vessels that are unequally exhausted of air, that one is four times emptier than another.—*Nature*. It is equally erroneous to say that one body or substance is colder than another. There is no such thing as cold. There is only varying degrees of heat.—*American Machinist*.

Here we have what is called science. Theory piled upon theory, hypothesis upon hypothesis, till, what are called the foundations of science, are but a cob-house of theory. Imagination is the only foundation upon which science rests. Some phenomenon arrests attention and immediately some one imagines, and calls his imagination "A Natural Law." He then imposes it upon nature and works by it till he reaches an end in some phenomena that will not come under his law. He then invents another.

Long ago when science was young, it borrowed from theology the idea of duality. Progressive theologians have outgrown duality in the deity and realize there is but one God, but even these have not yet the courage, or intelligence, to carry the Unity of God into the Universe which, if God is One, must be One also.

Emerson stands not only as the most profound philosopher, but also as the teacher of the scientist. In his first book, "Nature," (1836) he put forth this thought of Unity. He says: "We learn that the Highest is present to the Soul of man, that great universal essence, which is not wisdom, or love, or beauty, or power, but all in one, and each entirely, is that for which things exist, and that which they are; that spirit creates; that behind nature, throughout Nature, spirit is present; one and not compound." Later in "Natural History of the Intellect," he says: "I believe Mind is creator of the world, and is ever creating; that at last Matter is dead Mind! There is in Nature a parallel Unity, which corresponds to the Unity of Mind." This thought is fundamental, not only in his philosophy, but in his perception of Truth. In the motto to "Compensation," (published first in 1841) Emerson gives the key to the Science of the future. It forever does away with the idea of duality in the manifestations of nature. This thought shows how great he was as a prophet, for his position is that of the really great thinkers in the scientific world, and is the only one that harmonizes the scientific discoveries in Vibration, and with the theories of Motion, and the great Law of Conservation. Here are his words. I italicise the great line:—

In changing moon and tidal wave
Glows the feud of Want and Have.

Then he gives the *one, only* Law, thus:—

All that Nature made thy own,
Floating in air or pent in stone,
Will rive the hills, will swim the sea,
And like thy shadow follow thee.

That one Law is THE LAW OF ATTRACTION.

Prof. Dolbear tells us Nature is "a push and a pull." Were this true, it would require two Gods, or two forces, like Ormuzd and Ahriman in Persian theology. Upon a similar theory of duality, present scientific theories are based. A change is coming; New Thought heralds it. Unity cannot admit of two forces, or two laws, one the opposite of the other. There is but one Force, one God, one Law. The One force has but one mode of manifesting to human Consciousness and that is by Motion. Man knows that he is not the external universe because he feels. Feels what? Vibrations. He knows the difference between Vibrations by the difference in his feelings. Man has studied Vibrations and finds that their only difference is in the rate of their speed, in the length of their waves. He learns that there are no vibrations that pull and push against each other. He only knows that he feels some more acutely than others; that he is drawn by some more than by others; that some have more power upon him than others. In short, all he learns is that there is in the external universe "a constant feud of Want and Have." All the difference between conditions in the finer Vibrations and those conditions of Vibrations which have condensed, or materialized, or, to use Emerson's thought, those conditions where "Mind has died into Matter," is that one set has more power to affect him than another.

There is but a question of More or Less in all Nature. Nature has

another Law of importance, which is not the opposite of Attraction, but is its complement, and this is the Law of Equilibrium by which More is always trying to give to Less and thus to equalize conditions. This keeps Nature in constant flux or change. This change makes human consciousness possible through a change of Sensation. This one Law of Attraction draws (allowing me to use the scientific hypothesis and meet science upon its own grounds)—the Law of Attraction draws atom to atom to form molecule (or, if the latter hypothesis be not regarded as established, ion attracts ion, till atom is formed; for science here is but the Hindoo fable repeated: "Earth rests upon elephant and elephant upon tortoise," and that upon—what?). Atom attracts atom till we have molecule, and these attract each other till we have that "primary unit" which "laid the foundations of the earth," be it some zoophyte or some protozoa or some earlier form of universal life.

Attraction holds worlds in place. Each star draws till they each are in equilibrium. Attraction holds rocks together; we call it cohesion. It draws bits of protoplasm together to form flower and animal life. As long as there is attraction, the organism is healthful. Decomposition arises when some attraction, formerly existing, ceases. Rocks disintegrate. In like manner, families, societies, churches and governments disintegrate whenever some stronger attraction arises.

The one Energy draws. In the solar system we have given it names in recognition of duality. In earth's

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

T. B. Aldrich

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atmosphere, we term it gravity; in minerals, we term it cohesion; between minerals, chemical affinity. In plant and animal, we find the same force of attraction drawing together atoms to form bodies, and drawing individuals together into masses. Fish swim in schools; birds fly in flocks; wolves hunt in packs; deer rove in herds; all because of this Law of Attraction. The sheep is attracted to the wolf less than to its own kind, and so runs to the flock just as the needle is drawn to the magnet. This attraction is evolved into sexual, and draws male and female together, and plays an important part in the evolution of animal life.

In Man we find this same attraction, called Love. It is an evolution of the attraction of gravitation, of cohesion, and all lower forms, into a Human form. Love exists only in Man. It is not based in the reproductive functions, for that is animal. It arises in that consciousness of companionship, or *want* of completeness, which is found only in the equilibrium which Nature makes through companionship of the two manifestation of Man. The old legend says truly: "God created Man in his own image. Male and female created her (him)." Man marries, not because other women repel him, but because the one woman attracts him most.

The idea of Unity will not allow us to think of contrasting Love and Hate as opposites. These conditions are but examples of the "feud of Want and Have." What is called hate is only less love. There is no emotion in the Human but Love. There is a difference in degree, but none in the quality of that emotion manifested between David and Johnathan, and that at present manifested between the Russians and the Japanese. When the former surrendered at Port Arthur, it is

said the soldiers of the two armies fraternized; that is, they manifested more love for each other than they had been doing. So is it with the old idea of Good and Evil. All is Good. There is only a question of the drawing power of some persons, actions, events or conditions. When we are drawn, it is called good; when there is a lack of attraction, we call it evil.

Knowing that there is only attractive power, and remembering that whatever does not draw us lacks, and if we do not draw what we desire it is because we lack, we shall then seek to develop attractive force. The only attractive force the Human possesses is Love. Therefore, we are to love what we wish to draw and, through Love, to develop attractive power. We cannot love what is not lovable. Therefore, when we find that our home, our business, our society, our church, do not draw, we are not to find fault with people for not coming, but to accuse ourselves for not drawing.

Only as we attract do we possess. Ours comes to us because we attract it, be it wealth or its lack, happiness or its lack, health or its lack. "Too little attracting power," is the epitaph of many a home, business, church, or character. "Not drawn homeward," is the sign on the saloon habitue. "I do not attract the masses!" is the sign above the average church. What shall these do? Get a civil law shutting up the one, and compelling attendance at the other? Will this attract? This thought wrought great wrong at St. Louis by shutting out the great working class from the Exposition on Sunday. The Fair had great attractive power. The gates were closed. Did this give the churches more attractive power? Were the masses seen there? No! The parks, theatres, saloons, hotels, had the necessary attractive power. The good the Fair would have done was lost. Churches lost in the respect and love of the masses. *Increase your attractive power!* Learn, O church, how these places that are filled on Sunday draw attendants. Be

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

Elizabeth Stuart Phelps

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as Jesus advised, "as wise in your day and generation as the children of Mammon," then will you draw the masses.

By every possible channel we are to work into present civilization this faith in Unity. Upon the All-Good, the All-Love theory, we are to build the New Heaven and the New Earth as seen by John coming down out of Heaven (the spiritual realm) upon earth (having objective expression). This the New Thought movement is to accomplish. As such, all lovers of their kind, all humanitarians, should welcome it; should help it on and aid it in all possible ways. There is but one attractive power; its name is LOVE.

* * *

Very seriously, the way to remain young is to remember that we are immortal beings; that this business of so many years is only a sort of a calendar business and a very insignificant part of our whole career; that we are really children of God, if we partake of God's nature. As God is eternal, we are immortal. If we can always bear that in mind we shall remain young.—*Edward Everett Hale.*

* * *

KONGAROOK MINING DISTRICT, ALASKA,
September 18, 1904.

In the spring of 1993, I bought your little book, "How to Control Fate." Have read it through and through. While away prospecting in the hills, thirty miles from any human being, I read and re-read it, and seemed to gain much strength from it. The Suggestion: *I am Fearless!* did me lots of good. I have loaned the little book to several miners. Some are ready for it and are benefitted; others can't understand it. As soon as I "get out," I shall have your other books and subscribe for NOW. I have been here since 1900. In the winter when we have so much time to read, we can get no papers or magazines by mail, only letters are allowed, and for most of us this is mental starvation.

—E. J. B.

* * *

A returned miner showed us well-worn copies of our books that had gone with him on his travels and been his comfort during the long winters in Alaska. I am happier over these facts than to know a whole college had taken them up. And they were written for "hungry souls," not for those over-fed on the husks of modern literature.

Self-Healing Through Suggestion

has been welcomed by the press with kind words. I can quote but a few of them.

It will doubtless prove a good mental tonic.—LIGHT OF REASON, London.

It is as good an one on the subject as can be found. It tells anew the familiar story in a bright and racy way; and it tells all there is to be told which, to tell the truth, is very little, though that little is valuable.—LIGHT, London.

Clear, concise, forceful, inspiring statements, written in the author's viril style. He convincingly tells his readers that the cause of disease is within the person and that the power of healing is likewise within. One of his excellent suggestions is to cease thinking of self as body, and to think, act and live as soul. As a whole, the book teaches impressively the power of thought and how to direct it in being a Living Voice in the world.—EXODUS, Chicago.

The book contains many beautiful and helpful thoughts.—CO-OPERATOR, Burley, Wash.

From nearly a column notice in BANNER OF LIGHT, I take these sentences: "It will appeal to every person who can read the English language. This book teaches the lesson of keeping the body perfect by keeping the mind perfect. It is written for 'the masses' and is a handbook for daily living; lessons for practical observance for every moment of our lives. Its price is so slight that no one can plead cost as an excuse for not reading it. The sum of happiness would be increased beyond possible computation if its precepts were literally followed. There would be no whining, no worry, no sickness. Trouble would be vanquished, because its power of affecting our lives would be gone.

"The night would be filled with music,
And cares that infest the day
Would fold their tents like the Arabs
And silently steal away."

FULFILLMENT gives a two-page notice of this book with copious extracts from it and says: "We take pleasure in recommending this book, knowing that the message it brings will be appreciated by all who read it."

UNITY says: "Every word comes right from this great and loving heart and is spoken to the hearts of all who are bound in chains of error and sickness."

HIGHER SCIENCE says: "He is a good man and means well."

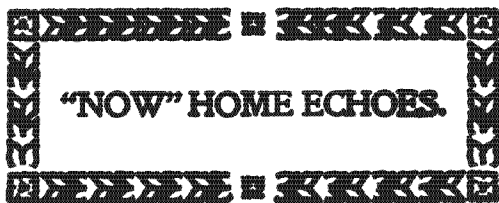
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It is a great mistake for adults, and especially for those who work their brains much, to give up sports and games. The maxim on which I have acted and the maxim which I have often commended to my friends, is: Be a boy as long as you can.—*Herbert Spencer, in his Autobiography.*

Within One's self must be the source of strength, the basis of consolation.—

Marcus Aurelius

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It is a mistake to think that after a point, called maturity, we must cease to grow; that is, unfold. Up to a certain point in the evolution of man, this unfolding is carried on almost entirely by the sub-conscious principle of Being, with little or no conscious co-operation by the Objective Self. Then comes the command out of the Silence, "Co-operate with Me or die." The Soul (Universal) is ever seeking to bring into objective being a consciousness, able and willing to work with it, and thus bring Immortality into the objective plane. Let us open our minds to Immortality right *Here and Now*. Let us not allow the old worn out "race thought," or belief in the power of "old age," or "death," to find lodgement in our minds. Let us demand perfect freedom from all negations. We are to live forever by freely and willingly conforming to the Law of Immortality. One phase of that law is, "As a man thinketh in his heart, so is he." Thought, or mind, is the vehicle of Spirit. The virgin wisdom of Spirit flows freely through that mind open and unobstructed by the petrified thought of the ages. Get a clear idea of the great truth, "All is Life," then let your thought at all times tend toward life. Let pure wisdom, i. e. Truth, flow into you from infinite depths of Love. Trust Life. It will lead you aright. WILL N.

To become receptive to truth, we must free our minds from all fear and prejudice. We must be controlled entirely by Love of Truth. Being filled with Love of Life, we appreciate and enjoy it in all its varied manifestations. Loving Truth, we love its expression on all planes. We know that every

expression contains Good for somebody. This fills us with peace and harmony. There is something for each one of us in the Universal, so when others are receiving theirs, we can look on in love and peace. Many things which do not seem right to our thought, fill us with abhorrence and sometimes with disgust, when we see others enjoying them. These bitter and prejudiced feelings do the world no good and only hurt us by filling us with thoughts of inharmony. Each one of us can manifest only on his own plane. Think deeply about this. Be happy because he is happy. In this much be one with him in Spirit. At the same time send out the positive thought, in Love, that the highest and best in each individual comes to the front at all times. His "best" may not be as we would like to have it, but remember that it is his best, and this thought satisfies. Let people live and act on their own plane, knowing that Truth is having its way in them, and at some time will manifest in all its fullness and beauty. In love watch it unfold. All is Good. Look on from the Universal and enjoy.

LEONA.

Listening to the Sub-conscious (or Soul), it is possible for us to avoid accident. A gentleman was on a train journeying to a certain town, when suddenly he had the impression to get off the next time the train stopped. He had no reason for doing this, and tried to put the thought out of his mind. The impression came time and again, in so positive a manner, that he finally obeyed it. While waiting at the station for the next train, a railroad employee told him the train he had got off from had been wrecked a few stations ahead. By listening to the Soul and obeying its warnings, we can avoid accidents and much suffering in other ways. BESSIE.

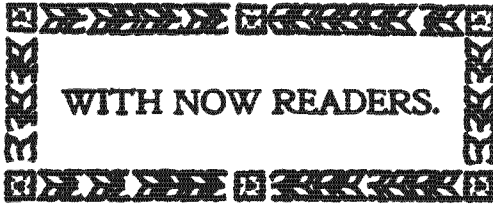
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The light we ourselves gain, by our very errors, if not otherwise, is the only precious light.—*Letters of Carlyle.*

**There is an inmost center in us all,
Where Truth abides in fullness.—**

Browning

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I see by the papers that a Society for Psychical Research is started in New York City. Many leading psychologists and teachers, many of them university professors, are to be connected with it. What is your opinion of it?—P. M. B.

There is but one way of *knowing* psychic conditions and that is by experiencing them. No one can possibly understand any psychic phase until he, or she, has experienced it in person. When one shall heal as Jesus did, he will understand Jesus. When one heals by laying on of hands, by Suggestion, or by Telepathy, he will know something about healing. Till then all talk is but the vaporings of an empty mind. The college professor that does not cultivate in his own person psychic unfoldment, will but repeat the mistake of all past philosophers and will lay himself open to the mirth of the psychics. The reports of such societies will be worth something to others as ignorant of spiritual things as themselves, but will be of absolutely no value to any New Thought person. These movements make me think of the snail entering a race with the fire-fly. Materialistic science will never fathom the mysteries of Spirit. It is a maxim of my life never to teach that which I have not personally demonstrated. I have had in my own person all psychic manifestations. I was healed, and I heal, by mental and psychic methods. What I teach, I know. I would not teach Suggestion until I was able to receive Suggestions from others. No teacher should teach that which he does not know through demonstration; no pupil should accept the philosophy of any teacher who has not demonstrated that which he teaches. The great mass of present instruction in occult, and much that is called "New Thought," is but infer-

neces and deductions obtained by looking from the outside upon the phenomena of others. Look within and teach from within. Weed out of your library all such books and journals, and from your lives all teachers who have not developed powers of Self-demonstration.

How would you cure stammering; by Suggestion or Affirmation?—Max.

If upon yourself, by Affirmation. Use the thought of liberty. I am free in my speech. If upon another, by never alluding to the fact and by constantly suggesting that he is free from the habit. Whenever you speak to him, let it be that he is improving. If you are to treat him, think this freedom at all times and when he is receptive give the direct Suggestion: You are free from that habit. You are free in your speech.

MEXICO CITY, Dec. 16.—In reading NOW, I often come across the phrase, "Thought is Power," and I would be obliged if you will tell me what it means.—O. G.

Just what it says. Thought is a mode of Infinite Energy and is Power, just as heat, steam, electricity, are. Read "Man's Greatest Discovery" for light on this subject.

When using Suggestion to heal, shall I suggest to the disease or to the mentality of the patient?—W. M.

In treating a patient under any mental method, you are not to recognize disease. Health alone is to occupy your thought. To recognize disease is to create it in yourself and to intensify it in your patient. Health is the normal condition of Life. You are to see then the Soul in its perfection and call that perfection into manifestation. Therefore, suggest from this Ideal condition of Health, and suggest to the Soul, the real man, which alone has power over the body. It is all covered by this Affirmation of Emerson's: "I, the imperfect, adore my own Perfection!"

* * *

We accumulate the means of living, but forget to live.—Carlton Noyes.

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

Bradford Torrey

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BOOK REVIEWS.

[Books and pamphlets received will be acknowledged in this column. Those for which we have space will be honestly noticed.]

[During my absence, books have accumulated. I thank all the senders and will here acknowledge them and give such notice as I have space for.]

These are all by Prof. S. A. Weltmer, of the Weltmer School of Healing, Nevada, Mo. Price, 25c each. They are recommended as "sound in doctrine," as they are by one who knows and demonstrates: "Self-Protection," "Is Prayer Ever Answered," "Who is a Christian," "The Undying Character of Thought," "Seventy Bible References on the Subject of Healing," "The Real Man."

"Charms," by Jacob Keith Tuley, San Louis Obispo, Cal. 35c.

Socialists and those who wish to know something of present Capitalism, can send to *Appeal to Reason*, Girard, Kan., for "The Conspiracy of Capital" and learn much. Price, 20c.

"The Soul in Silhouette," by Edward Earl Purington. Printed by the author and may be obtained from him at Hill Park, Morgantown, W. Va. A neatly printed and bound volume of verses upon liberal, occult, and New Thought themes, by a young man whose face looks kindly upon me from the frontispiece. The philosophy is good. The book will please those whose poetical temperament is such that they can overlook the fact that rhyme, meter, good philosophy and brotherly love are not poetry. Still it is so much better poetry than the present magazine crop that no one need fear to purchase it. Truth in it will do you good. Price, \$1.00 postpaid.

"The New Philosophy," by Arthur Crane. Published by the author for complimentary distribution. Here we have the "Free-will Offering" thought gone to seed, as the author will not receive any recompense. He says: "As long as I can earn enough, I will send a copy of this book gratis and postage paid to every applicant." Order from 129 Third Street, San Francisco. Worth sending for.

"Success and Power and How to Attain it." Natural science, wisdom, religion, Soul, Mind and Body. Human Nature and its Culture, founded on the astrologic and psychologic principles and finally expressed through Phrenology and Psychology, by W. Rockwell-Kent, A. M., A. S. D., Ph. D., Psychologist and Phrenologist. Syracuse Institute of Human Sciences, Syracuse, N. Y. Price, 25c.

These three books will be noticed later: "The Sermon on the Mount," an Interpretation by Annie Rix Militz, The Absolute Press, Box 155, Brooklyn, N. Y. Price not given.

"How to Heal Yourself," by James R. Kern. Price, 25c. Published by Wm. E. Towne, Holyoke, Mass.

"Practical Methods for Self-Development," by Elizabeth Towne, Holyoke, Mass. Price, \$1.00.

"Crankdom," Maude Evans, Lincoln, Neb. Price not given.

"Woman's Source of Power," by Lois Waisbrooker. Published by the Alliance, Denver Colo. Price, 25c. The motive of this book, like all of Mrs. Waisbrooker's books, is purity and liberty. No matter how much one may differ with her in solution and in method, this motive stands out so strongly as to cause the reader to lay down the book with a nobler and a higher ideal for his future.

"Christianity Christianized," by Chas. A. Strickland, Salt Lake City. 25c. A book of rhymes that will please the person who is dissatisfied with present conditions and growls over them.

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

William Lloyd Garrison

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Thought, an advocate of Psycho-Therapy. January, 1905. Magnum Bonu Co., 4665 Lake Ave., Chicago. \$1 per year. This is a new magazine edited by Dr. Sheldon Leavitt. It is a progressive little journal and much of this first number could be transferred to the pages of *NOW* and find harmony. The doctor makes a good journal and will reach the profession as he aims; thus will he bless the great army of patients under old regimens.

New Thought Sun, edited by W. Simon Charles and Lizzie Ducker Lyness, 1212 College Ave., Spokane, Wash. Vol. I., No. 1. 50c a year. This is a new candidate for favor. It is well dressed typographically, and its mission is to extend the knowledge of those Principles common to all phases of *New Thought*. We wish our friends success.

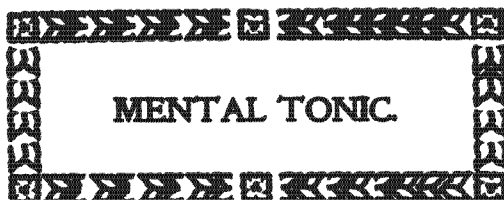
The Arena for January is the strongest number yet. The papers on the principles of government and the various reforms are good. "Postal Saving Banks," and "Justice to the Criminal," are especially to be recommended. But why will so good a review print the views of little men on Emerson? They remind me of the ant trying to understand the sequoia which it climbs.

The Magic Wand is the title of a new monthly of Fellowship and Love. Published at Los Angeles. Edited by Brewer and Kruger. \$1 per year.

We have received from The Paul Elder Company, of San Francisco, the most typographically beautiful calendar we have ever seen. It is named, "Impressions Calendar." The sheet for each month, besides having some beautiful extract from noted authors, has the most beautifully engraved and colored borders. It feasts the eye like a paterre of pansies in our park. It sells for \$1.50.

* * *

Never strike sail to a fear. Come into port bravely or sail with God the seas.—*Emerson*.



MENTAL TONIC.

"I suppose," said the physician to the scoffer, "that you would throw physic to the dogs?" "Not good dogs," the other returned gravely. —*Exchange*.

"He had a play produced by an amateur company the other night, I believe. Who was the hero of it, do you know?" "I was one. I sat through it."

Grandpa was taking a nap, and his little granddaughter was sent to call him to dinner. "Was he asleep?" asked mamma, as Flossie came back. "All but his nose," was the innocent answer.—*Youth's Companion*.

Here is a bull from the nursery. "That's a terrible noise in the nursery, Molly," said the mistress. "What's the matter? Can't you keep the baby quiet?" "Shure, ma'am," replied Molly, "I can't keep him quiet unless I let him make a noise."—*Transcript*.

A little boy was going on a visit, and was told before going, by his mamma, not to ask for anything to eat, as he had been in the habit of teasing for something at every place he went to. He happened to call at his auntie's, and walked around the room a few times. At last he thought of a plan, and said: "Auntie, don't you think your cookies will get mouldy?"—*Selected*.

The bell in the parsonage rang. Master Harold went to the door and found a couple, evidently from the country. "Is the pastor at home?" asked the young man. "Yes," said Harold. "Do you want to get married?" "That's just what we are here for," replied the bridegroom. "Well, come right in then," said the boy, ushering them into the parlor. "I'll tell papa and mamma. She'll be awful glad to see you, for she gets the money. I heard her tell pa this morning she hoped some folks would come soon because she wants a new hat."—*New York Press*.

An article in a German magazine on Prof. Max Pettenkofer, who has been called the founder of scientific hygiene, includes some good stories on his absent-mindedness. He lost a fortune in umbrellas, for instance. Once, however, he made a trip as far as England, and was very proud of having brought his umbrella back to Germany with him. From Augsburg he telegraphed his arrival, saying: "At six o'clock I returned with my umbrella." He returned at six; but, as he entered his house in Munich, he saw, to his dismay, that he had no umbrella. He had left it at the telegraph office.

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