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JANUARY

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A Year

NOW

THOUGHT IS POWER.

A Journal of Affirmation

HENRY HARRISON BROWN,

Editor

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



SOUL CULTURE

ART OF LIVING

PSYCHOMETRY

INSPIRATION

SPIRITUAL HEALING

MENTAL SCIENCE

SUGGESTION



Published by
HENRY HARRISON BROWN, Glenwood, California.

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"NOW" CLASSES

SOME TESTIMONIALS

Sacramento, Calif., Feb. 1, 1909.
To our beloved Teacher—Henry Harrison Brown:

At the close of our last lesson in your Course in Suggestion, our class consisting of over forty students, tendered you an unanimous rising vote, a token of our appreciation of the scientific and helpful instructions received during the course. * * * * *

Unlimited good, we are sure, will follow; the intelligence developed has made us stronger and more capable of performing our daily tasks, better able to understand and appreciate life; and life, we have learned, is worthy of our high expression.

Signed { PROF. J. H. BURDEN,
MRS. MARIE A. COUGHLAN,
MRS. ELVIRA H. PARSONS,
MRS. CORA T. BLACK,
W. F. JACKSON,
W. R. MACRILL,

Sacramento, Calif., Feb. 8, '09.

To Whom It May Interest:

Greeting: We whose pleasure it was during the last week to meet with, and listen to, Henry Harrison Brown's simple interpretation of Emerson's Essays, wish on behalf of the class, to express our sincere appreciation of the many beautiful lessons of life, learned therefrom. He opened before us wide avenues of Thought, and each of us could but learn the lesson of making the NOW with its opportunities the ladder by which to attain the beautitudes of a perfect life.

Signed: { MRS. ELVIRA H. PARSONS,
MAYME E. JACKSON,
MRS. LULU E. JOHNSON,
Committee.

Sacramento, Calif., Jan. 31, '09.

Mr. Henry Harrison Brown,

Dear Sir:— * * * * *
You have stimulated us to renewed efforts in the direction of: ~~great thinking~~; you have shown us a higher plane of action; you have awakened in each of us: ~~the spirit~~ resolved to conform our ~~deeds~~ ~~to our high ideals~~. The spiritual and moral uplift of these meetings with you will never leave us, and in all the problems of the future we will remember your helpful suggestions.

With sincere respect and affection,

Signed: { MRS. FINENY MACRILL,
O. P. DODGE,
MRS. W. F. JACKSON.

PSYCHOMETRY

Advice by Henry Harrison Brown.

Advice in business, on matters of Life, and in development of any Psychic faculty, Physical, Intellectual, Esthetic, and Psychic will be given by the editor of NOW. He has had 40 years' experience and rarely fails to read correctly.

He is the most practical of advisers.

He points out the possibilities of the individual from the Soul side and reveals the errors in the Thought Life. These readings are NOT fortune telling. As advice they are priceless to the recipient. Hundreds have testified to this fact.

Write a short letter as to a friend, giving outlines only of the desire, and enclose \$1.00. Reply will be sent at once.

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DO you need TREATMENTS or ASSISTANCE of any kind? Are you ill in body, mind or estate? Do you desire personal instruction in regard to the laws of health? in correction of bad habits? in the awakening of dormant faculties? or in the development of self-control? Is so, take advantage of the following:—

For these or any other conditions which you desire to OUTGROW, write to HENRY HARRISON BROWN, Editor of NOW. Mr. BROWN has had over thirty years' experience in this line of work and is well qualified to render valuable assistance.

In your letter tell in *outline only*, your trouble and your desire. No case taken for less than three months. Terms: \$5.00 a month in advance. He will write you (each month) a letter of directions suited to your case, together with such other advice, information and literature as he feels best to send you. Besides this, he will treat you daily through Thought power and Spiritual vibrations.

You are to report (your progress or difficulties) each month, and a reply and additional directions will be sent in answer. By this means you will come into close relation with your healer. His letters will contain invaluable information. He will give the KEY to the CAUSE of your troubles, and this will enable you cure them.

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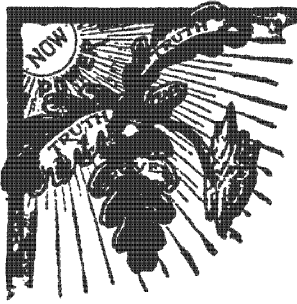
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589 Haight Street - - San Francisco, Cal.

Henry Harrison Brown

Pat. in Def. ment.



From all Life's grapes I press sweet wine.

—Henry Harrison Brown

NOW

A JOURNAL OF AFFIRMATION

VOL. VII.

JANUARY, 1910

No. 1

The Artist-Thought

On couch in artist's room I lay,
And watched him mold his thoughts in clay.
I neither knew nor had a care
What Ideal was expanding there.
Enough for me to see take form
Some shape like Life, distinct and warm.
As one who watches bud expand,
I saw the thought drop from his hand.
First 'twas a bust. It said to me:
"I am power to will, to do, to be!"
Full deep and wide I saw it spread,
Fit pedestal for noble head.
Now 't was an arm; one fit to wield
This Power, in state, on flood or field!
I said: "Of warrior, king or priest!
Spirit here has mastered beast!"
And when the brow came into view
'Twas noble, wise, with purpose true.
Then came the hair; it seemed of gold,
As he laid it slowly, fold on fold.
A nose, a mouth, an eye, I saw
Slowly molded into Law!
He turned to me and I heard these
Words familiar: "Let us have peace!"
From out the clay as early Man
Came this by same creative plan!
Both by One Power alone! All skill
Obedience to the Only Will!
Thought alone this marvel wrought,
The unconscious hand obeyed the thought.
'Twas molded first within his Mind,
Expression then 'twas forced to find.
And I again my lesson learned,
One that I too oft had spurned:
To think is to my life create!
After the thought nought can abate
Aught of that picture, foul or fair
Which I by thought created there.
I saw so clear that Life as clay
I'm molding into shape each day.
When Love and Truth are tools in hand
My life is sweet and action grand.
I rose from couch and to my friend
I grateful said: "How wise you blend
With Art's pure work Instruction rare!
I came here weak and in despair,
But you have brought with sun this charm:
Nought but my thought can work me harm!"

—HENRY HARRISON BROWN.

Do I?

A lady in Seattle, one who is beautifully living Truth, and is great inspiration to others, told me this in regard to herself.

You will notice that one of the mottos at top of the page is from Edith M. Thomas.

This lady said: "I noticed on a news stand a few years ago a magazine with the title 'NOW.' It attracted my attention so that I bought a copy. I opened it and my eyes fell upon, 'Whene're I meet my sailing peers, 'All's well!' I to their hail reply."

"And I immediately said: 'Do I?' I read no farther. I never had so replied. I had always to their hail given a melancholy reply. I had never sent back good cheer. O, how self-condemned I felt! I took the magazine to bed with me. For days I lived in that thought. I decided then to always reply, 'All's well!' I was content to let the magazine lie there and to think. It changed my life. It brought sunshine where before was cloud. And now it always is ALL'S WELL!" And surely if there is a sunshine mortal it is she. It is a joy to be where she is. So much for a thought. It changed a life.

Do I? Ask yourself that question. Generations enough have known all we know and there has been preaching enough, and good enough, but DO I LIVE IT? DO I SAY, All's well?" Do I make all well. Do I carry sunshine? Do I speak words of cheer? It is my business that I must be about. "Wist ye not that I must be about my Father's business?" asked the Wise One. What is the Father's bus-

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

—Edith M. Thomas

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iness, if it is not doing good. It is preaching the "Good-spell" (gospel) to every creature. The creatures cannot understand the creed but they can understand the "good-spell" which Jesus taught by word and deed, and that "spell" was doing good. It is saying "All's well" to even the animal, as he said it to the sparrow and the lily. Do I?

"A Christian is one who desires to do good!" said James Freeman Clark. True Christianity is a life of loving service to Truth. Do I say kind words as I meet "my sailing peers?" Do I call attention to the beauties of life? Do I rant, complain, find fault? Do I see only the dark side? Do I wonder and complain because God so torments me? Am I of those who instead of seeing the dark side of the cloud, "turn the cloud inside out and wear the lining." DO I? Self-examination will fix the responsibility upon the person or power that is responsible. And that is the Self. It is "I" that answers the hail. And it is the "I" that chooses the answer. It is "I" that looks upon the bright or on the reverse side I AM THE ONLY ONE! All my sailing peers are but opportunities for me to cry "All's well!" or "All's ill." And as I call so I am. The world and all its opportunities are material for me to use. They are all unmoral; are neither good or bad. It is my use of them; my decision of them; that makes the good or the evil in them. Good and evil are but my choice as to where, and as what each opportunity shall be in my experience. I can say bad, and the effect will be bad. I can say good and the effect will be good. I say in my "Self Healing": "The Great Affirmation:—The perception of Individuality as expressed in I AM! enables me to express an opinion of that which is not myself. This enables me to declare the Universe to be either what I wish to be or its opposite. Shall the Not-Me be good or evil? As I decide so do I use. The

Great Affirmation is: **All the Universe works good to me!**"

Once this conception of responsibility of Self to Self is realized there will be no complaint. I shall ask only: What have I neglected? What have I done? When I know the Law, I shall ask: DO I? When I do as I know I should do to bring about desired results, those results are as sure as the movements of the planets.

The mass of sorrow comes from this non-recognition of personal responsibility for all life's expression. The blame for failure, sorrow, poverty and disease, is laid upon external causes. Friends, government, material conditions, climate, heredity, are held as cause, and we solace ourselves that we have done our best and rest content to endure. But in reality, we have done our worst. We have simply entailed the cause upon ourself when we should have thrown off conditions we do not like, by simply realizing "I am cause!" Do I? Whenever one comes thus to this question the cure is as sure as in the case of my Seattle friend, and sunshine and gladness follows where late was gloom and sadness.

Be practical oh! my readers! Stop and question—DO I? When you find you do not; then DO. Remember the words of Him who LIVED Truth: "He that doeth the will of my Father." It was not him that knoweth. For he that knoweth and doeth not is like a house founded upon the sand. When floods come there is no house. DO I? Thereafter I affirm I DO! I am Goodness! I cry "All's well!" These affirmations will enable you to start the New Year in Health, Happiness and Success.



If you are on the gloomy line,
Get a transfer.
If you are inclined to fret and pine,
Get a transfer.
The cheerful cars are passing through,
And there's lots of room for you—
Get a transfer.

—Exchange.

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

Elmer Gates

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Business Lesson No. 1

The One Important Asset

In my boat one day while the water was clear and still, I could see the bottom and distinguish the rocks and weeds. I dropped a nickle and readily saw it on the bottom in thirty feet of water. Soon a little breeze rippled the surface. I then saw many coins but could not distinguish them. Every little wavelet showed in its reflection a nickle. With my oar I stirred the surface and soon the reflections ran into each other making one undistinguishable something; and when I still more roused the water, I could see no sign of the coin. Had something stirred the water to the bottom, up would have come mire and dirt, and still more would the coin have been hidden from me, and when the water cleared it would be buried under the sediment.

Nature is all one. Science and philosophy now recognize no dividing line between matter and mind. Both are manifestations of the One Universal Substance. Both are known to us, not in their essence, but by their manifestations. They differ as all the varying phenomena of nature vary by the intensity of their rates of motion. As heat, steam, electricity, sound and light differ, so do the manifestations of the Higher Forces differ; as heat and sound differ, so do Life, Thought and Emotion differ. The laws of one form of Nature's force are the laws of all. Learn the laws of tone and light and you have the laws of mind.

Thought is as much a form of power as is sound. Telepathy establishes this fact. Unity of nature must now be the basic fact in all reasoning.

It must therefore be the business man's foundation Principle. He must regard not only the materials he handles as force, but he must regard himself as force. He must realize that he puts not only his money, stocks, bonds and real estate into his business as Power; as Capital—but must also re-

gard himself as Power—as Capital. He must learn to look upon himself as a dynamo more potent than any Niagara sets going. See himself fed by a mightier reservoir than Lake Superior. Must realize that he is fed from the Infinite Reservoir of Power, which lies beyond mortal conception, i. e., God. As he learns to use power in any other form so must he learn to use himself as Power. What kind of Power is he? First: Life. Life is Power. But life is transformed into emotion. He is E-motion, i. e., a motion out from Infinity into Sense conditions.

"Where did you come from baby dear?"

Out of the Everywhere into the Here!"

Being MOTION and realizing that only motion can direct motion, it follows that to win success, it is necessary that one learn of himself as Motion and also learn how to direct Himself.

The individual Motion, the one which is differentiated from others, is Thought. It follows that as Thought one may direct E-Motion which he as Life is,

"What a man thinks he is, that he is," is the Law.

Right thinking then is the key to all business success. But how can one think clearly if he is not at peace within? To be disturbed in mind, is to try to see the bottom of the lake when the surface is disturbed. No man can think clearly on business matters when he is over-anxious about them, or when he is worried or in despondency. No man can think clearly and win business success when he is not at peace with his domestic affairs. A president of a prominent railroad said that he could trace the majority of the accidents on his road to domestic infelicity. Disturbed mental conditions, on part of his employees. This disturbance is the ruffling of the surface of the great Sub-conscious Reservoir that we call—Mind. The conscious man cannot think when that which is the Real Self is disturbed. Peace is

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

—Ingersoll

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the **one** important business asset. Without peace of mind there is no permanent success. From disturbed mental conditions illness is sure to come and nothing is success that ruins health. The business man who would win success must, in making up his books in starting include mental conditions, and most important among these Mental Assets comes Calmness. Poise. Serenity—all of which are included under the term—PEACE. Peace of mind! Then the Sub-conscious is like a clear lake, and the conscious man can see therein the reflection of the wisdom of the ages, and in that light can see what to do. Cultivate this serenity.

"Serene I fold my hands and wait!" says the poet. No use to wait impatiently. In serenity wait for the upspringing of soul-sight that guides aright in all the affairs of life. Never do a thing till you are peaceful, and sure that no matter what the result may be you can take it serenely. Be as willing to accept loss as gain, and know that either is measured in value by the experience that it brings, and in the increase of power, confidence and courage to up and at it again. The cultivation lies in thinking, serenity. No matter how disturbed one may be, no matter how anxious, let the Affirmation be: I am Patient! I am Serene! And by holding this thought, since Thought is Power, the power of thought will calm the troubled mentality, and the "Peace Be Still," will be heard within. The external will become quiet and the mentality will be as clear as a spring morning after a shower. I AM PEACE!

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Man Must Ever Respond

To pronounce any word save another "Beyond!"

Aye, we scan and we search, we dispute and discuss

But Infinity still is Beyond with a Plus!

—Edmund Vance Cook in *American Magazine*

AFFIRMATIONS

Contentment

The Universe is one in Order, System and Law.

It is no respecter of persons. All are treated alike in like conditions.

There is no variability in the One, the Indwelling Power.

There is no variability in the One, the is Law.

The One unerring Law is Causation.

Every event is the effect of Cause.

So much Cause so much effect. This is balance! This is Justice.

I am treated by Cause as all men are treated.

The One Cause cannot be flattered, coaxed or bribed to treat me other than it treats every other person.

Before the Infinite I am the equal of every other, and I receive the like consideration.

Because of this I am content.

I am at One with the Universe for I am Cause.

This consciousness of Cause brings me content.

I am part of that Universe, and thus am the effect of Cause.

The One Cause is in me and all its effects are just; I am content!

I lie down at night in peace for the One who is Just cares for me.

I arise at morn content, to take whatever comes as Good, for the One who is Law cares for me.

I am happy whether it is sun or cloud, for the One who is Order regulates my life.

I am content wherever I am, for the One who is the Indwelling Wisdom accompanies me; I am always at Peace.

I am happy, no matter what I am do-

To the receptive soul the River of Life pauseth not nor is diminished.

—George Eliot

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ing, for I know that as a doer, I am Cause; loving my work I create happiness.

I am happy under all conditions, for I know that these conditions are the legitimate result of my own thought. I learn how to think Right, through the effects of my daily thinking.

I have learned that Contentment is a habit of mind that brings peace.

I am always contented for I desire peace and thus create it in myself.

I live with no thought of antagonism to conditions, or circumstances, or persons. In this agreement I find contentment.

All my paths are peace.

This contentment is the Voice of the One calling, "Come unto me and I will give you rest!"

Rest comes only when I am content.

Only in contentment do I hear the Voice. I listen always! I hear! I am always at rest! I am always at PEACE!



Principles of Healing

No one person can help, or injure, another person against their will or without their consent. No person can injure you unless you give them power. No person can help you unless you are willing to be helped. These statements borne in mind will free the mind from belief in "malicious animal magnetism" or "mental malpractice" being imposed on us without our consent. All the mental practitioners in the world can not hinder the student who holds steadfastly to the belief in the All Good. If God is all and God is good, where did "malicious animal magnetism" get its power? "I know and am persuaded of the Lord Jesus that there is nothing unclean of itself, but to him who esteemeth anything to be unclean, to him it is unclean," writes Paul. In these words the Apostle shows us that our minds can make a thing unclean to us that is not unclean in itself. If we believe another person has power to affect us for ill our own mind afflicts us with the very thing we fear from another.

The snakes in the shoes of the man with delirium tremens are very real to the patient, although they have no existence in reality. So faith in evil produces evil. But how can a person who believes that God is all in all ever believe that they can be afflicted by an

evil power? More and more it comes to me that the belief in God being All held constantly in the mind is the one sure cure for all human ills. I know that there is no thing evil in itself. I know that in my own life the things I considered evil have proved the greatest blessings. Therefore I am learning to agree with my adversary, and after I have agreed with my adversary I have no adversary. This faith that back of every earth experience, no matter how bitter, is the shining road to some great good, is the faith that heals.

As we think so do we become. Faith in God means faith in life. It frees our path from demons of fear and hate. It enables us to feel something of Omnipotence in our daily lives. Our bodies reflect our thoughts and the person who contemplates the eternally perfect, becomes perfect.

I recently came in contact with a man of remarkable vigor of mind and body, who at the age of 70 is full of enthusiasm amounting almost to boyishness. He told me that years ago he was shown the vision of a perfect male form that he thought was a statue, but was told that it was his own *real* body. "Often when I look in the glass I see that perfect body, and I know that is the real me," he said. Now there is the secret—faith in the perfect body. Our God inheritance will bring unto manifestation the thing we contemplate.

—Henry Victor Morgan in *Practical Christian*.



Health Thoughts

James Wilson Commandy, of Mount Carroll, Ill., one of NOW's old friends and a former patient and an ever constant friend, has taken up healing with his regular work of dentistry. Here are some Affirmations he gives his patients. Good enough for us all.

"There is one love, one intelligence, one force that pervades this universe and that force is God or good. I am a part of that force and have a right to be placed in perfect relations with it.

I can because I am. Am what? Am the expression of creative energy and possess this creative energy.

I am well and strong and vital.

I am beautiful, pure and good.

I am on the road to eternal youth.

I am opulent, happy and free.

Every breath that I breathe, every glass of water that I drink, every mouthful of food that I eat, brings to my life health, strength and bodily vigor.

God is my rest, God is my peace. I have strength and endurance unlimited. I AM AT REST.

To suggest to oneself just as one is falling to sleep that I will rise with unusual energy and radiance and power of accomplishment

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

—Bayard Taylor

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in the morning, is largely to gain an increase of force that is almost astonishing.

If a friend is estranged think good thoughts to him, (when he is asleep), suggest to him that everything is right, that there is harmony, NOT discord, and nine cases out of ten harmony will result.

To cultivate the powers of the body is good; to cultivate the powers of the mind is better; to cultivate the powers of the soul is still better; but to cultivate all the powers of man's physical, mental and psyche nature in one harmonious unity is the very best of all."

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Ranch Philosophy

Faith

I've hed my share of trouble an' I've hed my share o' pain,
I've hed my share o' sunshine an' I've hed my share o' rain;
But when I look behind me, on the path that I hev trod,
I know it all has given me a greater faith in God.

I've seen the days slip inter weeks' an' weeks drift inter years,
With a heart all full o' sorrow, an' eyes be-dimmed with tears;
But when it all has passed erway—I love thy healing rod,
For I know it all has given me a greater faith in God.

What matter tho' the imps o' hell beat down upon yer head,
The soul that trusts in Him is right an' is divinely led;
What matter tho' the club o' fate shall beat you to the sod,
The gates o' hell can ne'er prevail agin your faith in God.

To him that overcome we know is given the starry crown,
"Thro' tribulation they hev come," on Patmos wuz writ down;
Let trouble come—the heathen rage agin this mortal clod,
It matters not—the real o' me is my growin' faith in God.

—SAM EXTON FOULDS.

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Be not impatient of delay,
But wait as one who understands;
When spirit rises and commands,
The gods are ready to obey.

—Ella Wheeler Wilcox.

"I Can and I Cannot"

All slavery, all limitation, is from within. On the walls of the first school room I attended was the motto, "What man has done man can do!" and that wise teacher just sixty years ago would call our attention to it whenever we said "I can't." So strongly was that impressed upon the mind of the boy of six that the man of seventy years has never forgotten it. But it had one limitation—I often wanted to do what that man had not done. I was trained in the line of custom and authority. What man had done and thought caused limitations, until through necessity I learned that I could do many things man had never done, and that all progress consisted in the opening of new lines for human endeavor.

This perception that caused me forty years ago to strike out in the path that has led to this magazine. And as one of the most important contributions I can make to the thought of my readers I wish to say—Believe in your possibilities, and affirm—Not only what man has done can I do, but I can do what no man has ever done! Infinite possibilities are within me, and I can do whatever I will to do!

There is no real freedom until faith in self is established. The wondrous progress of the 19th century was due to the impetus that intellectual freedom under civil liberty gave the mind. Now another step is necessary, and that step New Thought gives in the affirmation: I am an immortal and unfolding soul here and now! This developed into an abiding faith will give freedom to the faculties within the soul, and greater things than the past has seen will the Coming Man do. Self-trust and self-assertion are the keys to this inner treasury whose treasures will come forth only when the individual utters the Open Sesame! "I CAN!"

Therefore Soul Culture has for every one this direction—Believe in yourself.

As a matter of fact, a man's first duty is to mind his own business.

Geo. C. Lorimer

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Assert yourself! Trust yourself! And then go ahead. No failures are to be thought of as possible.

Test the difference in the acts of self-assertion and self-humiliation in this manner. Stand on your feet and say with positiveness I CAN! I CAN! several times very slowly and deliberately. Then after a few minutes say I CAN'T I CAN'T! as deliberately, and note the different mental conditions in which you are left. In the one case you are ready like an engine in the the other you are like an exhausted shipwrecked sailor.

Understand this, health, success, happiness, are mental habits, created by the thought of I CAN! while their opposites are mental attitudes created round house for your daily labor; in by I CAN'T.

It is a simple direction, but it is a panacea for all human ills—Believe in yourself as a manifestation of Divinity, and affirm of all good things you wish to do, I CAN.



A Christening

At Portland a lady came to me with a fine infant and said: "But for you I would never have lived and to have had this boy!" I did not remember her. Then she told me that ten years ago at Stockton, California, I was called to her when the medical doctors had given her but few hours to live, and had healed her. From that time she had been a student of "NOW" Philosophy and had tried to live it. This child had been born almost painlessly on her part, and had always been in fine health. Would I christen it as she wished so to express her love and gratitude for Truth. Certainly I would. And at close of one of the Sunday evening meetings I improvised a simple service of Truth. To me it was a sacred hour. Why should we not dedicate these newly come from the "Everywhere into the Here," to Truth and Love and decree on our part for them an atmosphere of vital thoughts, in which all the latent possibilities of Soul shall find expression? They are our wards. Have we intelligently and unselfishly cared for them? We have made of them either pets or burdens, and spoiled them for usefulness; have lost the blessing ourselves. In a subsequent issue of NOW I will give this service, used once before in my Emerson Grove.

Suggestion

It is evident that every man behind the counter and every salesgirl who wants to influence the customer works psychological agencies. The study of the psychology of attention, and suggestion; of association of ideas and of emotions, may systematically assist the commercial transaction. The process certainly has two sides, but if we think only of the interest of the salesman, we might say that he has hypnotised his victim. He has to play skillfully on the attention of his shopping customer, he must slowly inhibit in her mind the desire for anything that the store cannot offer, he must cleverly fix the emotion of a particular choice and finally implant the conviction, that life is not worth living without this particular shirt-waist. How many stores would profit if every employee should learn the avoidance of opposing suggestions! Whether shop-girls in a department store are advised to ask after every sale: "Do you want to take it with you?" or instructed to ask first: "Do you wish to have it sent to your home?" makes no difference in the feelings of the customers. They are unconscious sufferers from the suggestion, but for the store it may mean a difference of thousands for delivery service. The newspaper boy at the sub-way entrance who simply asks: "Paper, sir?" cannot hope for the success of his rival who with forceful suggestion asks: "Which paper, sir?"

—Hugo Munsterberg in *McClure's Magazine*.



Are You Ready?

The chance for which you have waited long
May come before you lie down tonight—

Are you ready?

Have you learned your part, is your courage strong,

Are your muscles hard, is your armor bright,

And your purpose steady?

You have dreamed and hoped, you have gladly planned,

And a chance is all that you need, you say;
But could you grasp with a firm, strong hand
If the chance you lack should appear today?

A thousand others may watch and wait

For the chance you crave and the chance you need—

Are you ready?

Next month, next week, it may be too late,
Though your fitness then may be fair indeed,

And your purpose steady!

—S. E. Kiser in *Record-Herald* (Chicago).

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

—W. C. Henley

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Answer to a Letter

Can Mental Science cure locomotor ataxia?
—B. E.

Mental Science does not know such a disease. Names belong to the medical profession. That profession recognizes, diagnoses and treats disease from symptoms. Mental Science treats health. It has nothing to do with disease, which is but a negative condition of health. It knows but one cause and one effect. The cause is lack of proper expression of Life. The effect is weakness of body. What matter where that weakness locates itself? The body is an organism, and any inharmony in one part is inharmony in all. Life and more life, is what you want. Not more life as spirit, for all the Infinite Life is yours; but more life in your conscious expression. Therefore when we know that Life is infinite and the possibilities of Mind infinite, we say: "Certainly any condition named by doctors can be cured, has been cured, and will continue to be cured by mental methods." But what will be possible in your case depends upon yourself, your friends, and your surroundings. Will you and your friends enter into harmony with some healer, you can be cured, because you are LIFE. Life built your body and Life can restore it. Whatever thoughts, beliefs and antagonisms you have held, that have caused this condition, will have to be removed and in a new-thought life you will find health.



A lady who is a Professor in the Art Department of a State University has spent her vacation for three summers at the Mountain Home, and under date of Sept. 27, '09, she writes: "I feel that I begin this year's work with better health and spirits than ever before and much is due to my sojourn with you and to all I have learned these past three summers."

N. B. Notice the XXXXXXX on Editorial page.

Notes of a Trip to Washington and Oregon

Feeling that a change from my Redwood Home would be both pleasant and profitable, I arranged to go to Seattle and take in the Exposition and do some work teaching. Learning that that I was going to Seattle, Henry Victor Morgan, who for two years has been teaching and healing in Portland, invited me to occupy his platform Sunday, Sept. 26. Mr. Morgan has built up a fine clientel in Portland. He was a student of mine eight years ago. Came out of the Ministry of the Christian denomination. Has a fine presence on the platform and a fine talent as lecturer, teacher and healer. His friends turned out and gave me a fine reception at the Sunday evening lecture. By urgent invitation I held classes during the week.

Sunday A. M., by invitation of Dr. Manard I addressed his congregation. He is a "Divine Truth" healer and teacher. Has for seven years, by excellent work, built up an enviable reputation in Portland.

I also had the pleasure of associating with Dr. J. R. Green, "a New Thought Teacher and Healer." He attended all my classes. He also came from the orthodox ministry and has been eminently successful. All three of these gentlemen did much to make my visits to Portland successful and enjoyable.

And Portland I have loved since I was first there as a Unitarian Minister on an exchange in 1890. No city in the U. S. has a more beautiful location as to scenery. I always feel there as if I was in a New England city. The spirit of Worcester, Mass., or Providence, R. I., seems to pervade the place. No other city on the Coast has that "cultured" atmosphere. It sustains some excellent Clubs and several lecture courses. Some excellent ones by Dr. Chapman, formerly president

**Hold your thought, your Mind, your Will in principal and
you will succeed.**

—Eva C. Huling

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of the State University, but now an editorial writer of advanced thought on "The Oregonian." It was my pleasure to have the Doctor at my classes and lectures.

October 3rd I was in Seattle. My advance agent, Herschell Lee Scott, had left me in Portland, going at once to Seattle and Tacoma, and had admirably completed arrangements in both cities for Sunday lectures and classes. I found a warm welcome in both. In Tacoma, Mr. Morgan's students have a "Circle," with weekly meetings. They gave me all possible assistance. My class was very fine. It was a pleasure to feel the welcome.

In Seattle Mrs. Estelle E. Gillham has a Metaphysical library which promises to be well sustained. She gave her influence and assistance. My classes were held in her room.

Mrs. Rev. Agnes J. Galer has recently established a Divine Science Room where meetings are held twice a week and classes maintained. I addressed, by request, her Wednesday evening meeting. She kindly advertised me. The officers of two meetings that are held, one Saturday evenings and one Sunday forenoons, for discussion, kindly announced my meetings. I gave a short Sunday morning address at one of them.

These two cities are 30 miles apart, and Sunday with three meetings, one in Tacoma, was a busy day for me, and yet by the kind cheer of my audiences they were made easy.

My classes in both cities were enthusiastic. In each city I was urged to remain permanently; and had not a greater love, and a greater sense of responsibility, held me to my Mountain Home and to this city of my adoption, I would have yielded. For no where can there be a better opportunity for doing good, for a person LIVE in Truth.

I stopped in Portland on my way home and at urgent solicitation cancelled other engagements that I might re-

main till Nov. 20, leaving then that I might fill my engagement in this city and spend Thanksgiving at HOME.

No more pleasant memories remain with me than those of this last stop in Portland. Mr. Morgan kept me busy every evening and many afternoons. And excellent audiences greeted me twice on Sunday.

Messrs. Morgan, Maynard and Green are concentrating now upon united work in these three cities, and there will result a great growth in "the Truth that makes men free and which civilizes a community."

Mr. Morgan has started a little monthly called "The Practical Christian," through which he is reaching many that otherwise would not know of the Twentieth Century application of the First Century Truth, "The Father and I are One!"

I cannot omit some notice of the Exposition. I had seen the Chicago and St. Louis Expositions and did not expect much from this city, so new that when I first saw it in 1890 there were stumps in its streets it being a mere island in a forest. But lo! here was a marvel of beauty; a wonder that had risen in the wilderness. Compared with the opportunities, with the age and location of the cities, that Exposition was the greatest of them all. The first department for which I always strike, is the Live Stock, and here was the very finest collection I ever saw. It paid for my trip from San Francisco to see them. The Alaska and Government buildings were most attractive. O, this Coast is no longer a pioneer section. It has felt and has yielded to the strenuous spirit of America, and from San Diego to Whatcom it is ALIVE.

I cannot better close these notes than by quoting two letters from students: A young man and his wife attended my classes in Seattle. In Portland I received a letter in which he says: "This is the second Sunday since you left. O, I wish you were so I could hear you lecture. You simply *must* come back to Seattle. I keep thinking of the fine time we had in class. I derived so much

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

—Francis Ellingwood Abbot

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good from the lessons that I can never repay you. It started my wife thinking along a new line. A week ago she said, 'I wish Mr. Brown was here. I would like to hear him tonight!' I have been reading some New Thought books but they do not inspire me as your lectures do. Your thought just put new life into me and I feel like a new man. I feel that I can accomplish anything."

As I was taking the train from Portland a member of my class, a successful business woman, and as I know by testing her hospitality, is also a fine cook and excellent housekeeper, placed a box in my hands. Later I found it filled with good things for the inner man, among which were some stuffed dates and some taffy. On top was this letter:

"Good Friend:—

"Surely a 'good woman' may with good grace send 'the strong teacher of the ever good' on his way with a few sweet morsels to roll under his tongue. You certainly realize that Truth is stronger than 'taffy!' I understand that you with your good friend, Mr. Morgan, have recently tested the strength of Portland taffy while you have each long known something of the strength and goodness of Truth.

"So I may be allowed to flavor the common sweets with a palatable quantity of Truth. The remembrance of your many good words, the knowledge of your good works, will always bring a certain sweetness to us who have the pleasure of that memory. "Our good will goes all the way with you—even into your beautiful Emerson Grove.

"The dates are some you cancelled in order to be with us a little longer. It is not every one that can cancel his dates and have them also. This I take it must be a demonstration of success.

"May you *live* where you like, as long as you like, and teach what you know as long as you like. Is not this wishing you SUCCESS?"



Glenwood

Glenwood is a station on the Coast Line of the Southern Pacific Railroad. This is not only the shortest line between San Francisco and Los Angeles, but it is the scenic road of that system of railways.

Glenwood lies just on the west side of the summit of the Santa Cruz Moun-

tains. It is thus in the heart of the most beautiful section of the State. Here are magnificent groves of all the wood native to this Coast, and in these mountains is the most extensive flora of any section of California. From the foothills on the east side to the ocean coast on the west side, the landscape is dotted with farms and homes, with summer cottages, with hotels, and during the summer with camps.

Those seeking beautiful suburban and picturesque homesites have found them here. Those seeking rest in private families, or in hotels, have found here that which they sought. Every valley has its place for the vacation seeker, and all are easy of access. Trains are frequent, and we are only two hours ride from San Francisco and but a short distance from Santa Cruz, the seaside resort of Central California.

This is the first journal to be mailed from this post office. It comes to you laden with the odors of our bays and red woods, with the lustre of our madrones, and with strength from our live oaks. I propose that it shall have a flavor as rare as that from our vineyards, which is not surpassed by those on the volcanic slopes of Italy. It shall bring the fruitfulness of our orchards, and the peace that is symbolized by our olive groves.

In the midst of all this nestles the HOME of NOW. Its editor sits on porch of his cottage, near "Emerson Grove," and finds there his inspiration of Joy, Health and Peace, and in thankfulness to the ALL-GOOD writes this Christmas day his NOW letter to his friends. Will you all feel the Christ Spirit—Love—that is ever-present, and thus help to make your life, all life, a season of Peace on earth? This is the Affirmation: "I breath in from all around Divine Love. Peace is mine and all is well!"

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

—William Morris

II

Morning Suggestions

It is of utmost importance what we think, and if we desire a day of success and happiness we should begin it with the right thoughts. No man would take tools fitted only for the farm to the printing office, or those fitted for carpentering into a photograph gallery. But those who would not do this, do even worse. They take thoughts of failure when they wish success; thoughts of disease when they would have health; thoughts of misery when they would have happiness. "Have," I said. No! Let us use the word **create**. They would create happiness. Under the same principle do all men work, be they creating plows or pictures; happiness or disease. There is but one creative Power, call it by what name we choose. Omnipotent Power does all creating in the sense-world. In Man the creative power is the Life in him. But this Life in Man is the One Life. It creates body of Man as It creates that of bird. But when It creates a machine or a poem, It creates after a model; the model is created by the Son of the One, The Human, who is not like Life, nor Unconscious Creator, nor Unconscious Law, but is a conscious Creator; is Conscious Law. As Conscious Law, Man is King above all kings; a Law unto himself. Human creative power lies in its power to direct the Universal Life, the Universal Power to a desired end. Man creates through his thought. His creation is but a mental picture, a spiritual reality. When this picture is made, the Universal Power, the Universal Life, the One who is Creator under Absolute Law, creates in the objective life an image of that which the conscious, the individual, the special creator has previously created in the eternal. Paul saw something of this when he said, "Things seen are temporal; things unseen are eternal!" Man creates through ideals which he forms out of eternal and divine ideas. Human Ideals must of ne-

cessity take objective form.

There is no thought superior to this. I deem this fact the supreme fact of human experience. I regard this discovery i. e.—**Man, by his Ideals directs and controls the expression of Absolute Energy through himself, and thus creates his environment**—as the one thought above all others. The one that by its demonstration in individual life is to bring in the redemption of the world from all so-called evil. Man is in power and possibility, Master of all objective life. He has been learning this in a degree by creating Ideals and letting these Ideals work themselves into shape through his hands. He will later learn to make these Ideals of a perfect life in body and environment, and then LET them express themselves in body and environment. The key to this mastery lies in the knowledge of Suggestion.

Please study this over and over, for I frankly tell you that no words ever written before have, in my opinion, so much for good to the coming race as these, which convey the fact that it is possible for the Human to direct Absolute Energy to a predetermined end, by right thinking.

From this fact draw this conclusion: **I must begin the day with right Ideals.** Here you learn the Power of Affirmation, and the reason why a "Journal of Affirmation" is needed; and why this magazine.

Turn Fortune, turn thy wheel, and lower the proud;

Turn Fortune, turn thy wheel, in sunshine, storm and cloud;

Thy wheel and thee we neither love nor hate. Smile and we smile, the lords of many lands; Frown and we smile, the lords of our own hands;

For man is man and master of his fate.

—Tennyson.

As I walked by myself

I talked to myself,

And myself said this unto me:

Make friends with thyself!

Be true to thyself!

And thyself thy good angel be!

—Anon.

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

—Whittier

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BRANCH OFFICE
589 HAIGHT STREET, SAN FRANCISCO, CALIF.

Vol. 7 JANUARY, 1910 No. 1

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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Single Copies, 10 cents

Send money in bills, P. O. Money Orders, Express Orders or bank drafts payable to Henry Harrison Brown, San Francisco, Cal. Postage stamps (1c and 2c only), for parts of the dollar when more convenient for sender.

Foreign subscribers, outside of Mexico, must add 25c to the ordinary subscription price to cover postage. Do not send foreign P. O. stamps.

Personal communications will reach the editor a few days sooner if mailed to the San Francisco office.

Notice that the editor will pass most of his time in San Francisco. His office is 589 Haight St. On one of the main streets. Easy of access from all parts of the city by transfers.

XXX Notice this carefully ! ! ! ! !
XXX Every subscription to NOW
XXX will commence with Number 1
XXX (this number) and close with
XXX number 12.

XXX The receipt of this number is an invitation to enter the NOW class for a year and learn "The Art of Living!"

XX Every person who shall receive the February number of NOW will know that his subscription has been paid for the year. No bills will be sent. No magazines save this number will be sent free.

Subscriptions may be sent either to the Glenwood or the San Francisco office.

The "Business Lessons" during the year will be worth many times the cost of the magazine.

NOW was started in April, 1900. The Great Fire of April, 1906, compelled us to suspend publication. We tried to overcome financial conditions and did put out enough numbers to complete Vol. 6. In October, '06, we issued No. 1 of Vol. 7. But that was the last. Since then "NOW" Folk have been able only to meet expenses on the Mountain Home. The magazine has waited for the call, "Come forth!" I have never lost faith.

"NOW" Folk could not yet resurrect it, a friend has, in love for Truth, and an old subscriber, and lover of NOW, placed in my hands the necessary funds to start it. It is now my personal property. "NOW" Folk have turned over to me all right and title to the name and good will. This magazine will be managed independent of the "NOW" Folk business, until such a time as the corporation is ready to take the property from me. I lose no interest in the Mountain Home, nor in any "NOW" Folk work, but under the conditions I feel that it is for the good of all that this be a separate and independent affair.

NOW has no superior. I am proud of the influence it had gained, and the place it had made for itself. But from the deepest experiences of my life, during my last four years, I resume its publication feeling that it will be still better.

Life is repaid by the joy of living it.

—David Starr Jordan

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I shall never enter into a competition with any other journal. I do intend to make and keep it a consistent New Thought journal. I shall never admit into its reading pages, nor into its advertising columns, anything not in accord with its fundamental principles. It is not started as a money-maker. It goes out as an educator. And I have faith that there are enough people in the world that want a clean and up-to-date New Thought journal to sustain me.

It will be largely an expression of my own philosophy, I wish to make it a pocket companion of millions. We are one, I AM BUT YOURSELF in another form and by another name. So when I say "I" it is each reader that is speaking. And all my words are uttered in this thought.

"Act from Principles capable of Universal application!" is Spencer's Law. If any thought cannot be applied equally to every individual human being, it will be rejected, no matter by what authority it may claim to come.

I shall look into my heart; into my own needs; and write what satisfies these, and I know it will then satisfy you. "For every human heart is human," says Longfellow. Each number will be a heart to heart talk between YOU and I. Will you so make it? If so, you will write me heart to heart letters and help me by word, thought and LOVE, to make this NOW Magazine a world-feeder in Love and Truth.

I cannot promise you more. I shall give you from my seventy years' life experience, and the forty years' experience in this line of thought, the best my pen can write. Lessons in LIFE, will every editorial be. "Learn how to live!" will be my thought for each of you and you will live right by thinking right. Thus will I help you to make "**Living a fine art,**" and not as it is now, to most people, a mere life of labor. The universe is full of all we need for health, success and happiness.

We as heirs have a right to ENOUGH. I will help you each to take enough of that which is "at hand" in the "Kingdom of God which you are!"

But shall need your co-operation. "No magazine," says Rowell's Newspaper Guide, "was ever maintained by its circulation." I think **Unity** of Kansas City is the only one that ever has been. That journal is ever free from anything in its few advertisements to which any New Thought person can object. I ask each of you to help NOW, if you feel it is a journal of Life, in each of these ways: By sending in new subscribers; sending names of people whom you think will subscribe; by dealing with our advertisers and telling them why you send to them, i. e. "I saw your adv. in NOW;" and by obtaining advertisements for it, and by asking news dealers to keep it. In each and all of these ways you can help NOW not only to live but to expand. I would like to make it very soon a magazine of 32 pages, and then on, till it shall equal any of the great literary magazines. I have not the capital, but WE have, and WE can do anything we desire. I am testing YOU. If YOU say YES! Then "it is a go!" I hear a "Yes." The response to my circular letter and the return cards say YES! And NOW is already a SUCCESS. "Rejoice with me" in the resurrection! In the new NOW! In the close of the first decade of the New Century, "**Lazarus has risen.**" The POWER that called him from his tomb his tomb of Earthquake and Fire is TRUTH, and Truth is mighty and does prevail.



We have a furnished house at our city office. Friends from out of town can frequently find lodging with us. When we can do so will be glad to entertain them. Are glad to have them call and will at all times advise and assist them.

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

—Walt Whitman

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The editor is lecturing every Sunday at 8 P. M. in Golden Gate Hall, 2137 Sutter Street, San Francisco. These lectures are well attended. His themes for January are: "The Outlook," "Power of Fear-Thoughts," "Truth is my Redeemer," "Concentration is Power," "Liberty—What is It?" The only other meetings in this city that are anywhere along New Thought lines are the Home of Truth people, Miss Rix, teacher. This is their announcement:

"HOME OF TRUTH," practical Christianity, Sun. services 11 a. m., Bible class and Sun. school 12:30, daily healing 11 to 4, healing meeting Tues., 3 p. m.; Bible class Fri., 3 p. m.; healing meeting Thursday, 8 p. m.; all welcome. Countryman bldg., Van Ness, bet. Ellis and O'Farrell.

The "Home of Truth" is in Alameda, where meetings and classes are held and patients received. If there are other meetings in any of the Bay cities I am not informed.

Henry Harrison Brown has classes every week day evening at 589 Haight St., San Francisco:

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Before one reaches Glenwood from San Francisco he emerges from a tunnel into the beautiful Soquel Valley at Laurel. Here the Hihn Lumber Co. has a large saw-mill, and turn out extra fine lumber. They are now preparing to open the locality for sale of resident lots and the establishment of summer hotels. They allow no liquors sold in their store and no saloons erected within the scope of their property. This feature makes it a desirable location aside from being one of the most picturesque spots in the mountains. A mile through another tunnel and you reach our Glenwood station. This whole region is destined to be one of the most popular of summer resorts in Central California.

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"NOW" Folk Sanitarium.

The Mountain Home is also a Sanitarium for those needing help. Mr. Foulds, Mrs. M. A. Winans and Miss Leona B. Chappel, Mental Healers, will treat for all disorders that the medical fraternity call non-contagious. Address any of the above for conditions and terms. Glenwood, Calif.

Metaphysical Healing and Advice.

Henry Harrison Brown, Minister of Glenwood, Cal. "NOW" Folk Soul Culture Society, Inc. Parlors, 589 Haight St., San Francisco, Cal. Office Hours, 10 A. M. to 1 P. M., except Saturday and Sunday. Phone, Market 3308.

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You will find a welcome in this HOME "among the Redwoods"

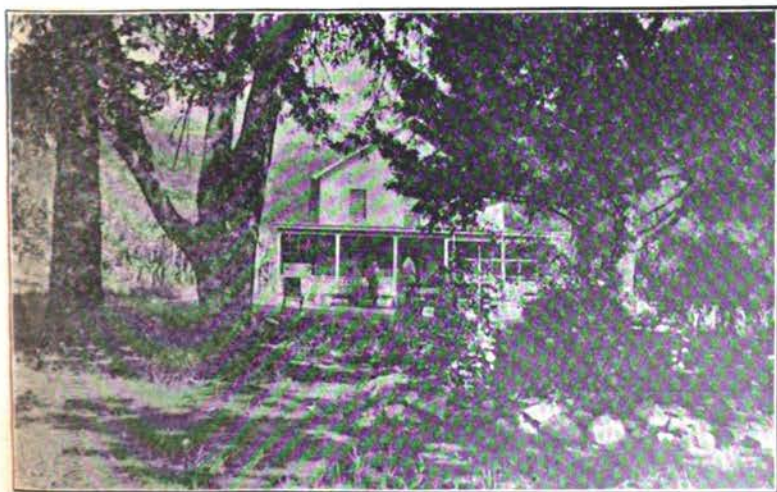
"NOW" Folk (Inc.) has 300 acres of mountain and valley land. 100 acres are virgin forest with 50 groves of Redwoods 225 feet high, Live Oaks, Madrona, Laurel, Fir, Bay and other trees indigenous to the clime. 100 acres are of second growth timber, beautiful for wandering. 100 acres are divided into vineyards, orchards, haylands and pasture.

right "from the producer to the consumer."

For 25 years this has been a summer resort called "Summer Home Farm." The present management purchased it in July 1905 and opened it as a HOME "all the year round." A HOME, for those weary of the strenuous business and social life that is wearing so many into nervous disorders. Here such may rest in home-like and congenial surroundings. Here the convalescent may find in nature's quietude the tonic of health. The nervous invalid may find all the year, opportunities for relaxation and recuperation. It is a resort for all who wisely would "loaf and invite the soul."

We have good country accommodations in hotel and cottages; pure spring water, beautiful rambles and unsurpassed groves for loafing places.

This HOME invites those who are weary of the social functions common to summer resorts and who love "the-let-alone" of an "out-of-door simple life." Those who wish can be accommodated in tent.



Here is offered to all who come, plain wholesome country fare, most of which is raised on the ranch; fruit, milk, eggs butter, poultry, berries and vegetables

The principle upon which this HOME is established is...BE HAPPY, AND YOU WILL BE WELL AND PROSPEROUS...and the management gives

every one the opportunities for HAPPINESS by giving that full LIBERTY of enjoyment found in country home-life. The location of the HOME is exceedingly favorable to enjoyment.

It is never too warm in summer or too cold in winter. It is protected from the winds; the groves are in summer always cool and invite rest and meditation; fogs are rare; mosquitos and fleas come not to molest; and no noisome insects troubles those who elect to lie upon the ground. During the summer of 1909 seven trains each day stopped at Glenwood station. They came direct from San Francisco, Oakland, Sacramento, and Stockton.

Parties from the North have choice of routes. Glenwood is only two hours ride from San Francisco and there are a. m. and p. m. trains from that city. Guests coming to the HOME may thus at the same time enjoy a visit to that newly risen and beautiful city. Parties from the south should purchase tickets via Santa Cruz.

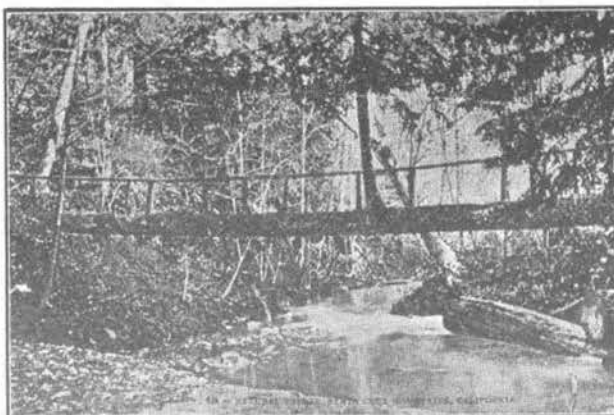


are always bright with evergreen forests. The ride from Glenwood to the Home is along Bean Creek, and the road is arched over much of the way with giant redwoods. Persons who have travelled much say it is the finest drive they have seen.

During the season a hack meets guests at the station. At other times always upon notification. It is always better to notify us by what train one expects to arrive.

Fare from station to hotel, 50 cents. One way only for guests who remain a week or more. Trunks 25 cents each way. Rates vary according to room or cottage and the number occupying it, from \$9 to \$12 per week. For circulars and further particulars, address,

HENRY HARRISON BROWN
President "NOW" Folk, and General
Manager, or,
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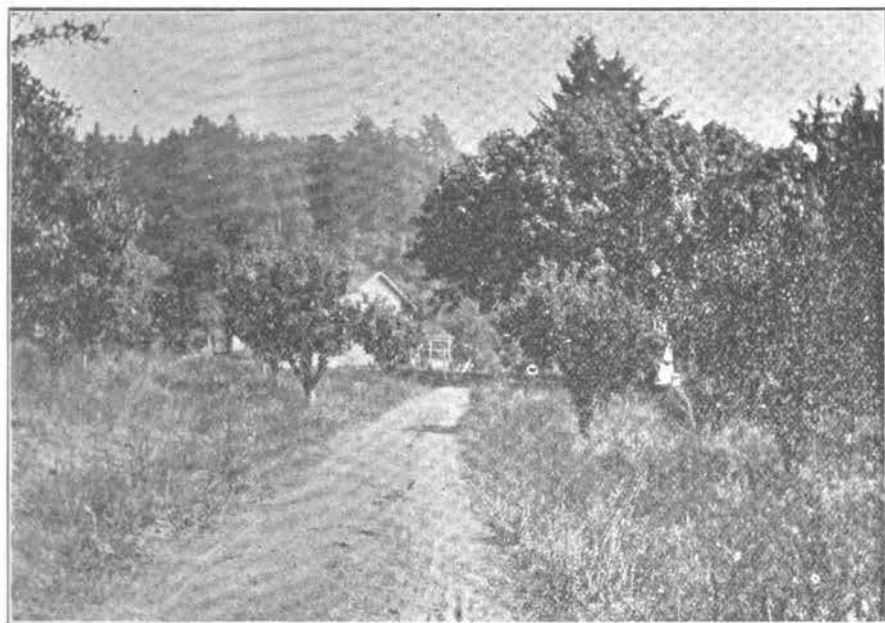


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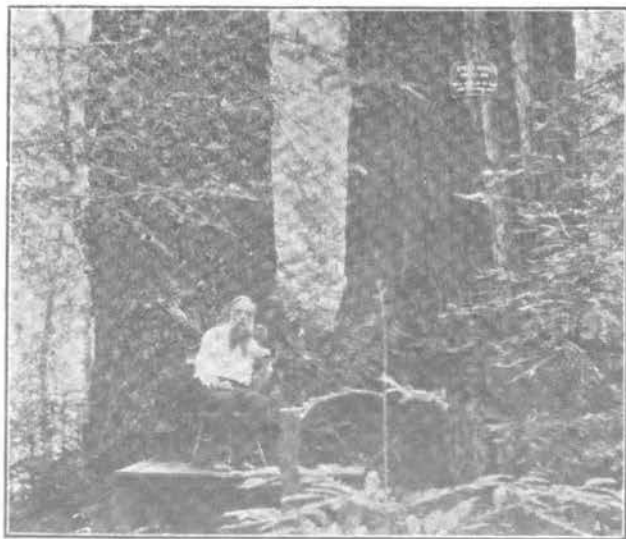
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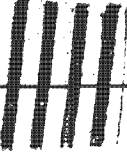
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Short Sermons on Great Texts

"Christ in you the hope of glory."—Paul.

The word "Christ" means the anointed. "Jesus Christ" means Jesus the anointed. The oil was the outward symbol of perception on the part of those in authority of a spiritual unfoldment on the part of the anointed one. The oil conferred no power. Seership had been previously manifest. The anointing was the public recognition of the prophet.

In this fact we have the key to the life of Jesus. He was a man wonderfully spiritually developed. He was the God appointed, the Messiah. Through Him the divinity of the human soul was made manifest.

In the Lama-worship of Thibet we have an example of the same perception and recognition. At the death of the Lama, search is made for the one spiritually selected as his successor. Found by those in authority, he is invested with all the symbols of recognition, and becomes the head of the order. Not by human selection and ceremony does the Christ come. "The coming" is the awakening of the slumbering divinity in the soul. When that awakening comes it is to the physical body what the light within the cathedral is. It shines out through painted panes in beauty.

John says: "As many as received Him, to them gave He power to become the sons of God." This is the same thought of Paul when he said, "Christ in you the hope of glory." If He is not in us, He is, so far as we are concerned, non-existent. But He is, and my only hope is to waken Him in me. Then I have the glory of spiritual birth.

Reviewing the life of Jesus, we may learn what are the outward signs of this interior Christ-life. He lived not for Himself. He went about doing good. He taught man's divinity, and the unity of God. Scorning authority, He taught reverence alone for "Our Father." He taught that God is in man, and that God is love. The spirit of love is the Christ spirit. "A new commandment give I unto you, that ye love one another," said he, awakening in His disciples the Christ spirit.

When this spirit of love has found expression, when one lives in the realization of union with "the Father," and draws the supply of life consciously from Him, he is redeemed. The Christ works in him; the spirit of love actuates him. In that spirit he has his conscious being.

Since love is "the fulfilling of the law," and "the law of the Lord is perfect," it follows that the bodies of such are healed, their life is made happy, their souls are comforted, and "all their paths are peace."—Henry Harrison Brown in *Practical Christian*.