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# THE WORLD'S NEW THOUGHT JOURNAL

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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  
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SANTA CRUZ MOUNTAINS

# **Santa Cruz Mountains**

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**RANCHES = ORCHARDS**  
**AND VINEYARDS**

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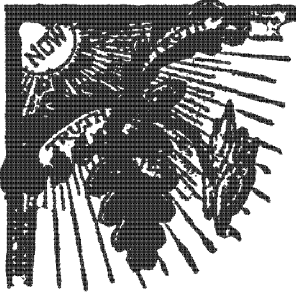
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**JOHN DUBUIS**

**SANTA CRUZ - - CALIFORNIA**

**BRANCH OFFICE, GLENWOOD, CALIF.**



From all Life's grapes I press sweet wine.

—Henry Harrison Brown

# N O W

A JOURNAL OF AFFIRMATION

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No. 1

## LIFE'S SUNNY SIDE.

Breaking waves on cliff below me  
Send sullen surges on my ear.  
And the gulls in graceful circuit  
Through the darkness wheel anear.  
Black the western sky I gaze on;  
Mist surrounds my point of view;  
Gloom obscures the far horizon;  
A landscape of funeral hue.

I face about and lo! all changes!  
The Golden Gate lies in the light.  
The sun gilds the earthen ranges;  
And sea gulls glisten in their flight.  
Between Fort Point and northern shore-line,  
Angel Island lies in sun.  
Into the Bay the tide is flowing  
With many a shimmering sail thereon.  
And yon island brightly gleaming  
Just beyond the Golden Gate,  
Seems the land in Memory beaming,  
"Where for me the angels wait!"  
And I sail with tide fast flowing,  
On wings unseen, through "gates ajar."  
Angel Island in the gloaming  
Seems the "Sunset Isle" afar.

Sailing through the gate so golden,  
A peaceful Spirit carries me;  
And upon those hills, the olden  
Friends "gone before" in joy I see.  
Friends that stepped from dark to sunlight,  
Meet me with All-love aglow!  
Left behind me is Life's twilight!  
Drowned in boiling waves below.

O Life so bright now I look sunward!  
So dark to gaze where sun went down!  
Daily to "Evergreen hills" I journey!  
Gold now the fields that late were brown!  
Oft I've stood with westward longing,  
When behind was radiant shore!  
Oft I've gazed on night, when morning  
Glides the western hilltops o'er.

The tide of Life now ever flowing  
Through golden gates Faith opened wide,  
Bears my bark! I steer, in rowing  
Towards Life's merry, sunny side.  
"The Gone before" have reached the landing!  
Love's sunlight now doth them enfold!  
Nevermore are we divided  
Than ocean is by Gates of Gold.

HENRY HARRISON BROWN.

## CHILDREN AND DON'TS.

I wrote recently concerning a disobedient youth: "Mothers and policemen are not always the best teachers of boys!" I had in mind the constant "Don'ts" children receive from each of these guardians (jailors?) of the child. Soon after this came *Unity* and quoted from an article by Annie Cooley I find this anecdote:

A child had been left for a day or two in the care of his aunt—and most unfortunately for little Charles, as she did not like children and never knew how to meet them. Charley had had a very hard time each day, for whenever he tried to do this or that, it was hindered by "Don't, Charlie," until the little one was very weary of it. There was no suggestion telling him what to do and thus render the time pleasant and happy during his dear mother's absence. When his Aunt Carrie went with him to bed, and in a cool, matter-of-fact way said, "Now, Charley, kneel down and say your prayer," he could hardly approach her knee, the loved place to say the prayer with his mother; but he looked at her most appealingly and said, "Won't you leave me alone with God?" She had to leave him, but listened outside the door. After the usual one, he added: "Dear God, Aunt Carrie says that I have been naughty. I suppose I have. Say, God! will you forgive me?"

When his mother returned, he threw his arms about her neck, and said that he had another name, "Don't, Charley."

And now a week later comes *A Stuffed Club* for November, in which Dr. Tilden, with his usual clearness and vigor, writes of "Normal Expression vs. Suppression." He holds parents and teachers responsible for all we term evil in children. I wish every parent and teacher was obliged to read it every morning for a year. And every about-to-be-parent obliged to memorize it. Never until parents and teachers learn the danger of Adverse Suggestion and never "Bark against the bad," will

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

—Edith M. Thomas

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we have normal children. In my books I lay down the Law thus: "Build a perfect Ideal. Think, speak and act from that Ideal!" What ideal do those have that deal in Don'ts? None. They tear down the child's ideal and leave him without. I quote only one of many passages that are cut diamonds in the Doctor's chain of reasoning:

It is easy to say, "No, you can't do that; you must not do this; if you do I shall have to punish you." By the time a child is from three to five years old the list of don'ts is so long that he can scarcely breath without doing something mamma, papa or the teacher has told it not to do. What is the result? A very disobedient child, a child that lies, steals and has become an adept in deception. Who is to blame? The child is forced by physiological desire, a desire which is natural and normal as breathing—growing force—to these expressions that parents and teachers look upon as wholly unnecessary.

And among the worst of possible Don'ts for boys are the quack advertisements and pamphlets upon sex, and also many of those recommended by Revs. and educators. They hold up an ideal of error and disease and all are based upon fear, which is the one great Don't of life. No worse possible mental condition exists than that of thousands of young men accursed by these don'ts. Edith B. Lowrey, Bachelor of Science and M. D., in an article in *Woman's World* echoes the opinion of all reputable physicians and psychologists:

Knowledge of the right sort will prevent many nervous wrecks caused by the boy reading literature sent out by various questionable medical houses which instill into his young mind a fear that he is unconsciously drifting into a dangerous condition, when in reality nature is simply asserting itself and there is no cause for worry.

Keep these don'ts from your children and cherish some do instead and they will be happy and healthful. Only as our New Thought becomes the public thought, can we expect our children to grow up in the freedom of DO, and not live as now, in the slavery of DON'T. The Affirmation, always on the cover of NOW, is the Great RULE of LIFE: "Nerve us with incessant af-

firmatives. Don't bark against the bad, but chant the beauties of the good!" Whoever will raise children under this rule, will be called by them "Blessed!"

**"MALICIOUS MAGNETISM."**

Hampton's Magazine for October has a most necessary article upon the Modern Witchcraft that is obsessing so many of our citizens, entitled "Malicious Animal Magnetism," by Prof. Jastrow of the University of Wisconsin. E. C. Hopkins in *Unity* for October, says:

Professor Jastrow shows himself an astute observer and analyst of situations and people. He demonstrated the practices laid at the door of the New York leader of a certain religious body to be really the belief and activity of the original headquarters of the cult.

Just to think of the head of a Christian sect keeping the photographs of two men in her room, marked across their faces with red and black crosses, to aid her mental antagonisms, because she imagined they were her enemies! Professor Jastrow is right to see that we are dropping back into the dark ages when we enter such a religious body and subscribe to the tenet of "Death-Thought-for-Foes," etc. He does us as a public great service, when he sums up for us that the beliefs of the flamboyant New Movement are that all that transpires upon us, good or bad, is the effect of animus.

I heard of a noted mesmerist saying that though he had tremendous power with his silent thought backed up by a feeling of determination, over most people, yet he never could affect a man or woman who was daily looking to Almighty God for aid. Something like an aura surrounded them, impenetrable to thought and will.

We can all see that if we can get to be sensitive films to the table waiter's animus by being in a certain mental circuit, we can get sensitive to the immuneness of the divine Absolute by communing with him till we are in his circuit.

How could a black cross drawn against my natural mind affect me, though re-enforced by Satan himself, if I was joyously communicant and housed with Divine Mind?

The only error in Professor Jarstow's reasoning lies in the thought that if mental treatments are able to heal they are also able to injure. This is a common idea and one upon which hinges the power of C. S. But it is not true.

**In the mud and scum of things,  
There alway, alway something sings.**

—Emerson

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Mr. Hopkins speaks theologically of its impossibility once one is in God. I will simply say here that it is impossible for the thought of another to enter a mind where the similar thought does not dwell. The sick-welcome health-thoughts and all the healer can do is to stimulate, or what is the same thing, inspire the patient with thoughts of health. Strengthen the patient's own thought. But those who love the good, whose thoughts are clean; whose mind is void of fear, cannot be touched by any evil thought. Believe that **All is Good** and the thought of evil cannot find a lodgment in your mind. But believe in evil, and the atmosphere wherein are these weak vibrations of life, becomes that in which you dwell. It is like one from the heights going into a miasmatic valley. The heights of Love and Truth can never be invaded by evil. Fill your mind with fear, with belief (which is faith in evil), and you thus invite the conditions you fear. The professional hypnotist cannot influence a pure mind to evil. I have tried in vain to influence a splendid subject to drink beer. He said when sound asleep: "I promised mother never to touch it!" Against conscience and will the most powerful mind is powerless. One person has no power over another save through Suggestion. When the suggestion is accepted it becomes the thought of the one who accepts, and acts as if it originated in his own mind; for his will and his conscience approves. Not till they do thus approve is any suggestion operative. My book, "Not Hypnotism, but Suggestion," should be sent as a missionary to all who hold with Prof. Jastrow that evil thoughts have power. They are negative. Have no more force than a cipher until by acceptance power is given to them through fear in evil, or in fear of some special condition, or person, or thing. "Malicious Magnetism" is the ancient "Evil-Eye"; is the Salem Witchcraft

revived with all the intensity of modern minds. Avoid this theory and belief as you wish for happiness and health.

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**LIFE.**

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Merrily I skip and chaff,  
O'er life's rough road, I bound and laugh.  
Light and gay my heart is free,  
Naught can stay my liberty.  
A Son of God, Oh! joy and peace,  
No sin or sorrow can bid me cease.  
As a fraction of the one great part;  
Lighter daily grows my heart.  
I shout! I jump! I laugh! I sing!  
I bubble as the bounding brook.  
I'm full of power. I'm everything,  
From universe to shady nook.  
I'm Love! I'm Joy! I'm Hope! I'm Hate!  
I'm the conscious master of my fate.

Time and I are old, old friends.  
Old comrade mine, rainbow that bends  
'Cross the dome of heaven. O glorious Sun!  
Thro' time thou and I a race have run,  
I've laved, drank in thy golden rays,  
Bathed in thy streams of radiance bright,  
'Together delved thro' time's dark ways,  
Together spent many a lonely night.  
But always free and light of heart,  
Each conscious of his own great part,  
Untrammled thro' the universe,  
We've sped our way since hour of birth.

—Sam Exton Foulds in *Boston Ideas*.

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**THE POWER OF SUGGESTION**

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A while ago I received from a little fifteen-year-old girl who lives out West, a letter in which she told me of the ill-health of her mother.

"She is getting better every day, but she would get better faster if the fool women that came in did not always tell her that she 'looks like a ghost,' or 'you look like a dead person.' Mrs. Notham came in yesterday and told her she was looking fine and that one could see that the walks in the open air were doing her a world of good. After Mrs. Notham left, mother sang and laughed and acted better than she had for weeks."

The thing that first interested me in this letter was the unconscious grasping of the psychological truism that thoughts are things and that negative thoughts produce negative effects, while positive thoughts produce positive effects. This woman after a visit from the negative variety becomes more ill. But when a positive visitor that radiates health, good cheer, vim, vigor, energy comes around, she brightens up and laughs and sings.

—Light, London.

**Obstruction is but virtue's foil.  
The stream impeded has a song.**

—Ingersoll

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**AFFIRMATIONS  
FOR THE NEW YEAR.**

"The Lord is my shepherd."  
I recognize constantly the care of One  
who is in All, and over All.  
I cannot stray from this care.  
I am always in green pastures.  
I rest always by still waters.  
My Soul when weary is restored from  
the Infinite One.  
Always are my feet in the paths of  
righteousness.  
Always are my paths the paths of Peace.  
Wherever I am there are my friends.  
Whenever I am hungry there is my table  
spread.  
Food for body is always furnished.  
Truth for understanding is always mine.  
Love for the affections is mine in infinite  
supply.  
I am anointed with the oil of gladness.  
Health flows from an overflowing cup.  
The Spirit of Truth is mine, and I do not  
want.  
The Comforter openeth for me a more  
abundant life.  
All my steps are in sunlight and all my  
hours are full of joy.  
Every day is holy and every night is  
blessed.  
It is always to-day: "The Day of the  
Lord."  
It is always my day: the day of my redem-  
ption.  
It is always Life! Abundant, fruitful,  
fraternal, abounding Life.  
Peace abides with me, for Trust and  
Faith are my companions.  
I fear no evil, for these are with me.  
The One in whom I live and who abides  
in me is wholly Good.  
Only good can manifest in, through, or  
around me.  
My life is always calm.  
I dwell in the House of Peace constantly.

This is a good world to live in; these men  
and women are good to live with; life here  
and now is altogether worth living.

—*John Burrough's Message* (According to  
D. L. Sharp).

**THE VALUE OF SUGGESTION.**

We are frequently asked questions touching  
the value of suggestion in the treatment of  
disease. Do you believe in suggestion as a  
means of cure? Are there many doctors in  
the world that are practicing suggestion?  
What school of doctors make the best use of  
suggestion?

In our opinion everyone who practices the  
healing art is practicing suggestion, largely.  
He may be practicing suggestion unconsciously,  
unintentionally, but he is practicing sug-  
gestion nevertheless.

A homeopathic physician visits a patient. He  
puts one, two, three or four remedies in as  
many glasses of water. He is very careful to  
tell the patient exactly how to take the reme-  
dies. His directions are elaborate, and  
seemingly very important. He hints at the  
effect that these medicines are supposed to  
have upon the patient. The doctor himself  
may believe all that he has said. Whatever  
he does or not, the chief value of such a per-  
formance may be the suggestion that is made  
to the patient. A suggestion loses half its  
value if the doctor does not believe it him-  
self.

A Christian Science healer who really believes  
that there is no such thing as disease—that  
pain, deformity, and disease are all figments  
of the mind—a Christian Science healer who  
really believes this, cannot fail to inspire some  
people with his belief, and thus do a great  
deal of good.

A man may advocate the value of prayer as  
a cure for disease. If he really believes in  
prayer his belief will most likely affect his pa-  
tients.

The doctor who fails to cure is one who does  
not believe in his own remedies, or has little  
or no faith in them. His manner in the sick  
room does not inspire anyone with confidence.  
He applies his remedies in a listless way. He  
gives his directions in a half-hearted style,  
which really does not impress the patient at  
all.

The Master frequently said to those he had  
cured: "Thy faith hath made thee whole."  
The master did not always ignore the use of  
means, either. He cured a case of blindness  
by anointing the eyes of his patient with some  
clay, moistened with spittle. Whether the  
clay had any effect or not, the performance  
undoubtedly did, and was the means of in-  
spiring the faith of his patient.

We would not undertake to set any limit to  
the power of suggestion. Suggestion will  
perform miracles of cure, if properly operated.  
Nor can a man longer remain a true healer of  
disease if he thinks only of the money side  
of the question. The healing of disease can  
never be made a strictly commercial transac-  
tion. There is a spiritual element in it that  
can never be safely separated from it.

## Truth for Authority, No Authority for Truth.

—Lucretia Mott.

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If the people were left to themselves in this matter, unobstructed by medical legislation, poor doctors would very soon find themselves out of practice. Medical legislation is intended to bolster up doctors without any reference to their moral or spiritual qualifications for practicing. If a man holds a diploma, or has passed a certain board of examination, or belongs to a certain clique of professional men, medical legislation attempts to force him upon the people whether they desire it or not, arbitrarily attempting to prevent other doctors from practicing, who, perhaps, really do have the moral and spiritual qualifications for the practice of the healing art.—*Dr. C. S. Carr in Medical Talk.*

One thing he, Gladstone, strongly recommended was, never to think of political affairs on getting into bed or immediately on waking in the morning. "I never do that," he said. "In the most exciting political crisis I absolutely dismiss current controversies from my mind when I get into bed. I will not take up the line of thought again until I am up and dressed in the morning. I told Bright about this. Bright said, 'That is very well for you, but my way is exactly the reverse. I think over all my speeches when I am in bed.'"—*Article by Henry W. Lucy on Gladstone in Strand Magazine.*

### HOW TO BREATHE.

God "breathed into his nostrils the breath of life." The normal man breathes through his nose. Thoughts of fear, shame, self-distrust, self-depreciation, and weakness cause mouth-breathing, under which health is not possible. Breathe through your nose. Create this habit through Affirmations of Power. Affirmations that center in faith in Self will close the mouth, deepen respiration and stimulate all the functions of the body. Close the mouth, and with assertions of power, breathe deeply, and you will soon create a change in nerve tissues that will keep the mouth closed when not in use in speech or laughter.—*From Self-Healing Through Suggestion.*

Concentration is conserving your energies—your forces. Most of our forces are wasted. Every day we spend hours of time, and a large amount of force, doing useless things. The housewife will wear herself out cooking rich food to tempt the appetite, when the family would be healthier and happier with just simple food that would not require much labor to prepare. Then an immense amount of force is wasted in talking, arguing, writing. Hours will be spent in telling something that would be of much more value and be better understood if told in a few sentences. And so it is with all we do. To concentrate is to conserve. —*Lucy A. Mallory in The World's Advance Thought.*

### A WISH.

*For NOW in its New Volume.*

Sail on, good ship, once more to brave the  
blast  
Upon the trouble Sea of Printers' Ink,  
Where myriad craft, with cargoes half so  
rare  
As that within thy hold, fare safely on.  
Aye, on! stout ship, and touch at every port  
Where hungering souls await the bread you  
bring;  
Nor seek a haven from the unleashed gale,  
But fly before it to each journey's end.  
My wish:—That the staunch Pilot on thy  
bridge

Shall ever set thy course and seek the far  
Horizon with a faith sublime, serene;—  
And seeking, find it fairer than he deemed.  
A. F. GANNON.

### A GREETING AND AN INVITATION

Study carefully the announcement on page 14. For it states clearly the Philosophy upon which all the teachings of Soul Culture are based. NOW is unique among magazines. There it not another in the world like it. It is the *only* journal that sticks to Affirmations. It was the first designated "*A Journal of Affirmation!*" You will never find in editorials, in selections or in poems, anything that is based upon negation. It never "barks against the bad!" It always "chants the beauty of the good!" I have found no other journal that does not, more or less, deal in denials, or that does not mix the pure Philosophy of Mind with fads, personal cults or theology. NOW is as free from these as is a journal of physics or economics. It deals purely with Principles and leaves methods to the individual. Remember, there is none like it. It was the first among Mental Science journals to ignore denials and to its early position is due the present affirmative attitude of the movement. But more than this, it is the *one* journal that confines itself strictly to inculcating the Principle of Suggestion in the Affirmation in its title letter—*Thought is Power.*

Now, can you afford to let such a journal languish? It cannot flourish unless  
(Continued page 8)



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

—Bayard Taylor

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**REAL PROGRESS.**

It is customary for thinkers on all the external planes of life to extol the wondrous progress of the race. From a material point of view it is wonderful; but there is another point from which there is a question whether there has been any real progress. Have not all past conditions been simply the preparation for the real progress that the present century will see well begun?

We have changed the habitation of the cave-man for a palace, his skins for garments of cotton, wool and silk; his superstition for science; his miracle for law; but we have not changed his primal thought. What early man thought we think still; in the thought in which he lived we live still. That thought is: "I am body." He lived as body and all his care was for body. The same is virtually true of the present civilization. For the cave-man the very best possible affirmation was—I am body! That he could think this, marked the line of distinction between him and the brute. He lived in the recognition of the body. Physical needs dominated his life. He lived for physical pleasure. His descendants have added to this need intellectual, ethical, esthetic and social aims; but still they center in, and end in I, as his life centered and ended—in the physical life. He did not know how to produce food; he left this problem for later centuries to solve. They have solved it. The means of production are now such that no longer is there any danger of the race dying off in the struggle for life. Man has learned the problem of supply. He has yet to learn that of distribution. He cannot learn this until he steps off the plane on which the cave-man lived, and dropping slavery to physical demands shall live from the affirmation, *I am Spirit.*"

Man has not turned his attention to himself as a factor in life's manifestation. For this reason, he has brought down in his evolution the bodily tendencies to suffering of primitive man. Today, in the

midst of all his civilization, he shivers with cold; blisters with heat; suffers from hunger; agonizes with pain; weakens with disease; and dies, as did his naked ancestor five hundred thousand years ago.

Beside the Neanderthall skull we can place that of Darwin, and we can say, "Both were slaves to stomach and nerves." Did the later suffer less? Darwin had intellectual power, but did he use it any more wisely from his plane, than the earlier man did from his plane? Did Darwin work with any radically different purposes? Were not both limited to, and by, body? Unless "there is a Spirit in man and the Lord God giveth it inspiration," there is no gain to the savant over the savage.

The realization of the affirmation, "I am Spirit," will solve the question. Belief of primitive man in his body, was as false as his beliefs in gods and demons, and the miracles on which he rested for relief. Body, pain, disease and death are as false as his belief, that crystalized in the statement, "The sun rises." It was an apparent but not a real fact. So with these ill conditions they appear, but are shadows. In the Light of the Spirit, man turns from them to the real. By affirming body, by living body, the body has dictated conduct. Now by affirming Spirit, by living Spirit, Spirit will decide conduct. Mind becomes the master of physical life. The coming man will, in affirming, *I am Spirit*, affirm his unity with the Over-Soul. Through this affirmation he will soon realize and live in the Eternal Life. There is no pain, disease, or death. He will at his own desire ripen out of the body, for the clearer life of the Spirit in quiet, peace and joy. The heritage of the past will have been outgrown. The power of heredity destroyed. Man will have come to his own, will realize his Oneness with the All, that All is his, and he is All. Man has been *coming* all these centuries of time! With the twentieth he arrives! Mastery of the external is won! He is now learning of himself as Mind.



## The deeper I drink of the cup of life the sweeter it grows.

—Julia Ward Howe

7

It is the mission of the New Thought Movement, and especially is it the purpose of "NOW" Philosophy, of this magazine and of my books, to awaken individuals to this consciousness of Spirit, to a realization of *present immortality*. The dream of "The Lord's Prayer" will yet become a fact in each human life. We have prayed "May thy kingdom come" for hundreds of years, and never taken into practical consideration the meaning in the next two words—"ON EARTH"! The only way God's kingdom can come is through men and women. And it must come, when it does come, in the happiness of each individual man and woman. This dream has been the Christian's beacon ever since Paul's expectation of a physical resurrection after a thousand years, of those who "fell asleep," failed to materialize.

But the germ of truth in it has, like germ in corn well planted, been swelling and preparing for sprouting. The soil is now bursting above the seed in the many movements looking for a physical immortality. But immortality has no connection with physical conditions. It has no connection with time. If immortality is a fact, it is a fact now. It is impossible to be immortal sometime, if not immortal now.

From cave-man to the present, there has been, with all the intellectual and material development, occasional seers who more or less dimly saw the fact of immortality. Paul interpreted it from thought-conditions of his time. Swedenborg likewise, and before these, eastern seers had reported the fact in the haze of their time. But **JESUS LIVED IT!** He was neither accepted nor understood. Not till the Twentieth century came in, did the clearer light of Immortality dawn. Andrew Jackson Davis helped very much to the clearer vision of our New Thought. He was a most important illuminated one. Present spiritualists fail to realize that Spirit return is a misnomer. Spirit never leaves us. Spirits have no place to go, or to be where we are not also. Spiritualists fail

to see that they use the less valuable part of the Fact. It is not that I live after death that is important, but that I live NOW. Not that I shall *be* a spirit after death but that I am now and always was, and ever shall be, Spirit.

The fact which the twentieth century emphasizes, and the Principle through which it is the World's redeemer is;—**I AM SPIRIT HERE AND NOW. I LIVE THE IMMORTAL LIFE HERE AND NOW!**

Not till one begins to live in this thought, has he come to his inheritance as Man. Till then more or less animal; the ignorance and limitations of primeval Man clings to him. Till he lives as spirit, he will suffer pain, unhappiness, sorrow and death. As soon as the individual, the nation, the race lives consciously as spirit, then has real progress begun. Living consciously as spirit, then the Kingdom of Heaven—the Kingdom of God—has come in him, in them, in the race. Redemption is! Immortality is! It is known as Jesus knew it when he said, "I and my father are one!"

This then be our affirmation for the New Year, that leads the second decade of the first year of the second thousand years since HE taught us to pray for the coming of that kingdom. Each day we affirm: *I am immortal and live the immortal life to-day.* Our personal aim is: **Realization! I AND MY FATHER ARE ONE.**

Dr. Berillion, who is the leading authority in France in Psycho-Therapeutics, has established an institution called "Établissement de Psycho-thérapie" for the treatment of complaints which are supposed to yield to the influence of suggestion. Every possible suitable case is seen and treated here. I have previously mentioned the sort of cure. No medicine is allowed to enter the sacred precincts of that hospital. I have very much hope to see the day come when such an establishment will be founded in London on a sound basis and conducted on the same lines; and just as Psycho-Therapeutical treatment is debarred in ordinary hospitals, so would physic be equally excluded from the Psycho-Therapeutical hospital to which I am alluding, and which I hope before long to see *un fait accompli*.—*Dr. Forbes Winslow, in an address before the London Psycho-Therapeutical Society.*

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

—W. C. Henley

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(Continued from page 5)

it is sustained by friends. Sectarian and society journals and political journals are subsidised. The popular press has backing to start, of syndicates or of corporations. NOW has neither.

Do you not owe it to the world that you help on this work? HENRY HARRISON has no personal need. Under every condition my personal wants are supplied. But I have no right to attempt to draw supply for you, or the world. At birth you found conditions made for you by the efforts of others. You found thought conditions made when you were ready to grow into New Thought. It is up to you to recognize this, and to add to the world's stock of truth, for those yet to be born. Would I give you my journal I would only weaken your powers to draw for yourself. Besides, you are part of the World Power, and your efforts, with that of other progressive people, are needed to lift the world into a higher civilization. "If I be lifted up, I will draw all men unto me!" is to be your Affirmation. Every person as he unfolds draws the universal human expression higher. NOW is but an expression of the Progressive World Power. It made a way for itself this last year. Those capable of judging think it a wonderful success. Double its circulation this year and you and I will both gain POWER, shall lift the world into a larger conception of life. It is for you TO HELP THE ONLY REALLY AFFIRMATIVE JOURNAL IN THE WORLD, so that the world shall recognize in it its own needs. True, I would have you to encourage all other New Thought Journals. They fill their place, but, in doing so, remember, NOW in its primal Affirmations stands for the independence, the responsibility, and the unfoldment of Individuality. Its affirmation is: I AM THAT WHICH I THINK I AM.

Persistent, faithful, determined effort will overcome the most dominant habit that ever fastened itself upon a human being.—Dr. Geo. L. Walton in his book "Those Nerves."

## UNDER THE REDWOODS.

Oh, when I'm stretched beneath the pines  
Where the evening star so sweetly shines,  
I laugh at the lore and pride of man,  
At the Sophists' school and the learned clan,  
For what are they all in their high conceit  
When man in the bush with God may meet.

—Emerson.

O Thou Infinite Giver of all good things, we thank thee for this great rich world where thou castest the lines of our lot. We thank thee for the exceeding beauty which thou scatterest throughout the heavens and everywhere on this broad earth of thine. We thank thee that thou moldest every leaf into a form of beauty, and globest every ripening berry into symmetrical loveliness. That thou scatterest along the roadside, and on the fringes of the farmer's field, such wealth and luxuriance of beauty to charm our eyes from things sensual, and to lift us to what is spiritual in its loveliness and cannot pass away.

—Theodore Parker. (Prayers.)

It was a joy to leave the city the A. M. of Nov. 22 for Home. The day was fine and all the way I breathed in the newness of the Autumn. As soon as the train entered the Mountain valley I was at home. We lack the beautiful autumn tints of the Atlantic coast but we have so many evergreens and there are so many new leaves, and all are so fresh that it is more like spring than fall. The alders, sycamores and maples, are shedding leaves, but these are few compared with redwoods, firs, bays, live oaks and madronas, and one hardly misses the foliage of the others. I soon fell into a doze, and was awakened by the breakman crying, "Glenwood!" Good! The team is not here. I can walk the three miles over as beautiful a road as one can find. The brook gives me melody. Birds chatter and whistle; a falling leaf tells its labor and play is over as it in triumph falls to rest. Half way home I meet the team with a load of grapes. "Thought you would wait?" Never, on such a day, with the privilege of such a walk.

\* \* \*

Thanksgiving it began to rain in the night and was a day of mist and slight showers. We were glad for the feed the rains would bring, but anxious lest the grapes would be harmed. Fall plowing and seeding also would be helped.

## Be thyself! Every heart beats in unison with that iron string.

—Emerson

9

Life is always an adjustment to what is. I may not plan for what may be, or what I wish. How can I make the most of present conditions? And though one-half the grapes are yet to pick, we waited patiently, and when I awakened after midnight, it was clear. A star was starting from the horizon and climbing up the redwood in front of my door. I watched it climb branch by branch till, reaching the topmost, it boldly jumped out into space and I fell asleep again. In addition to regular guest some came for the day and during the lull in the showers they enjoyed the walks and views. At four o'clock we all sat down to dinner. There were twenty-five of us at one long table, which was loaded with home raised and home-cooked good things. The guests had gathered quantities of ferns, autumn leaves and berries; room and table were made beautiful with them. And no chef can cook a turkey better than these Margaret had basted, and Sam's vegetables, pies, and cake were declared of the finest. True, we had a mountain appetite, but we had something better, a healthy mentality and a grateful happy spirit. All in the Home felt the restful Spirit of Peace.

\* \* \*

Nov. 25. When I awakened it seemed like a spring morning. The air was warmer than for a few days and birds were calling as they call in the spring. We have very few song-birds compared with New England. Those we have here in the valley seem to talk to each other in short notes and make little changes during the year. The migratory birds going and coming stop for a few days, or a week. The bluebirds will be plenty for a few days; then I hear them no more. The robins for a few days, and then way to other climes. I have not learned by the calls of the resident birds the season of the year. But a young friend who has studied them tells me the calls of the seasons are very distinct. So much for attention and culture. To know nature we must live with

her; and keep eyes and ears open, and think as well. I am learning California. I did know the flora of New England and recognize many old friends here. For instance, there is in my garden two old acquaintances with whom I was familiar when a boy. Father used to set me to pulling them out of the garden-beds and hoeing them from the walks. They are sorrel and chickweed. Since the rain they have made the garden green. Where late I prided myself on freedom from weeds, now, like multitudinous hordes of Vandals they have occupied every inch of space and are even covering my plants. Where do they come from? What million of seeds are shed to produce them. Seeds fall silently as suggestion falls into the subconscious. In fact, I see here, as elsewhere in Nature, that the Individual Consciousness of Man but repeats on a lesser scale the operations of the Absolute Consciousness. These weeds teach me concentration and perseverance, as well as the adequacy of supply. Dig them up as often as I may, they spring up again. I learn also the greater fact, that when I will I clear and and keep the beds clean, and thus I demonstrate Man's dominion over all. And Nature comes to help me, for soon the rain ceases, and the sun comes, strong, and the weeds die, and only the plants which concentrate, live. Affirmations of the garden grow, while the negatives die. This garden is one of my very best teachers. When I need an article for NOW, I take up some work there, and Thoughts spring from the fertile mind as weeds spring. I grow as I cultivate plants.

\* \* \*

Queenie had been standing in stable or ruing in pasture for a week, not being needed in hauling grapes and the ground was too dry to plow, so we took a ride up to the top of a near hill. There I dismounted and lying on the dry herbage gazed off upon the ocean some five miles away. I dropped the bridles reins upon the ground to let Queenie crop at the shrubs. Occasionally she showed

# The power of higher life is the power of Higher Thought.

—Francis Ellingwood Abbot

10

uneasiness, but a word quieted her. From a merest colt she has known nothing but kindness in word and act. I have always spoken to her as if she understood me, taking it for granted that Intelligence was there. She has had like treatment from all. Herschell says she is the most intelligent horse he ever worked with and he has quite an Ohio experience with them. When a few months old I began to put articles upon her back and to let them drag upon the ground or fall off with a thud. Even empty tin cans soon became so familiar to her that she would pay no attention to them. When first saddled, it was but little more experience to her than when the boys had leaned upon her back for a moment while she was a colt. When first hitched up with her mother to the buggy or with others to plow she looked for directions and obeyed the word. When I say "Steady" or "Queenie" she knows it is all right! . . . And while I lay there, letting my mind run at will, I drifted upon the power of Love to conquer. Every animal at Home learns to be fearless of man. Even the pigs become pets, especially when the "titman" is raised on a bottle. It pays to be kind. It pays to love. Pays? Whom? The lover! We are paid in giving. In love I called to Queenie, who had strayed away; and picking up her ears she came and with her nose touched my cheek, as if to say, "Well, I'm ready!" and taking saddle we went still farther into the twilight, for I had watched the glorious sunset and now descended to the valley trustingly. "For thou art with me!"

\* \* \*

Nov. 23. There were deer tracks in the road by my cottage this morning. I at once treated him for safety. No hunter shall harm him. I have no respect for that spirit that kills for sport. And I would suffer hunger for a long time before I would kill such a beautiful manifestation of God. This is the first sign of nearness of the deer. I wish to make the Home ranch so peaceful that birds and animals will fear no man. Coyotes

and wildcats I suppose we shall have to deal with as our neighbors do when they become troublesome. But don't you believe with me that when we hold right thoughts toward these, even they will not harm us or ours? I do. And I am disposed to test it.

\* \* \*

Thanksgiving evening we gathered in parlor and after "Truth Songs" I read my poem, "I've Found My Own", and gave some Affirmations for the Silence. I then read that marvelous passage from Emerson's "Over-Soul" beginning, "Ineffable is the union of man and God in every act of the soul!" I spoke for three quarters of an hour upon the questions "For what, and to whom, shall we be thankful?" What is your answer? Sometime I will write my thoughts for NOW. Who benefits by your thanks? Man always has given thanks. Why? Such self-examination will be a good. Personally, thankfulness is merely my consciousness that I exist. To realize this fact is with me thankfulness and joy.

\* \* \*

Nov. 27. To-day at 1 P. M. I start back to the city. I never leave "The Home" but I have a desire to carry with me not only the friends and their love, but the landscape. A box of pears and apples follow by express and a large box of grapes I carry. But I carry also pictures and memories that last longer. The city is for expression, but the country for growth. Sometime men will not so scramble for wealth that they will forget God and Man in their race for the \$\$ as now. Then there will be a temperate union of these two opportunities for unfoldment, which alone is happiness. Feeling thus as I rode along our beautifully shaded highway, I said with Lowell,

Lord, all the works are lessons: each contains  
Some emblem of man's all-containing soul;  
Shall he make fruitless all thy glorious pains,  
Delving within thy gates an eyeless mole?  
Make me the least of thy Dodona-grove.  
Cause me some message of thy Truth to bring.  
Speak but a word through me, nor let thy love  
Among my boughs disdain to perch and sing.

## Minute a man stops looking for trouble, happiness looks for him.

—Irving Bachelor

11

### MORNING SONG.

The morning is my merry time,  
When all the world leaps into chime  
And Labor laughs with Duty;  
If Sorrow glows, I smile her down;  
I sing the wrinkles from her frown,  
And gild her into beauty.

The morning may at times hold back  
The halting sun, and dawn look black,  
But that's because I'm laggard;  
Yet when I play a man's high part,  
I keep all secrets in my heart,  
And morning ne'er looks haggard.

The hunt for wealth, the greed for power—  
I give them but one passing hour;  
They scarce worth a bubble.  
But in the riches of the mind,  
I daily richer treasures find,  
And hoard them with sweet trouble.

The mystic pile grows daily higher,  
Touched, tip and slope, with skyward fire,  
And owes no mite to plunder;  
Till out above Time's cloud it stands,  
My monument of spirit hands,  
My morning's shining wonder.

—Christopher Robert Stapleton in *Youth's Companion*.

"What is the truth?" he asked. "Nobody knows it and everybody knows. Everybody is seeking for themselves the truth, and from this standpoint everybody may be a writer. What then? I do not like literature, the modern literature, because all the authors are writing for the sake of money and not for ideas."  
—Tolstoi, in an interview.

**SELF-HEALING THROUGH SUGGESTION.** By Henry Harrison Brown, Editor of *NOW*; price, 25 cents; 64 pages; 6th edition.

Both beginners and advanced students will find it delightful as well as helpful.

—*Progress, Minneapolis, Minn.*

It is as good a specimen of books on this subject as can be found. It tells the new familiar story in a bright, racy way; and tells all there is to be told, which to tell the truth, is very little, but that little is valuable.

—*Light, London.*

Here one finds clear, concise, forceful, inspiring statements, written in this author's virile style. He convincingly tells his readers that the cause of disease is within the person and likewise that all healing power is also from within. One of his excellent suggestions is to cease think of self as body and think of and act and live as soul. The whole book teaches impressively the power of *Thought* and how to direct it in being a Living Voice in the world.

—*Exodus, Chicago.*

Every word comes right from this great loving heart and is spoken to the hearts of all who are bound in the chains of error and sickness. The strong, positive statements in this book are a mental tonic which one feels very forceably as he reads, and when one makes a daily practice of concentrating upon these truths he will surely gain health and strength and above all, gain a conscious knowledge of his Divine Wholeness, of his Unity with the All-Good. We recommend it to our readers, knowing it will prove most helpful to the student of Mental Therapeutics.

—Unity (Kansas City, Mo.)

This book teaches the lesson of keeping the body perfect by making the mind perfect. Is a handbook for daily living; lessons for practical observance for every moment. 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.

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

—*Banner of Light, Boston, Mass.*

There are many people with Dr. Somebody's "Domestic Medicine" in their homes. These books cost all the way from \$2 to \$10; Henry Harrison Brown's little 25-cent book is worth a cartload of them, and if they wish to make money—quick money—and have better health, they should use old "Domestic Medicine" to build fires with this winter and buy "Self-Healing Through Suggestion," for there is much of value in it and the part I do not agree to is better mental excelsior than the junk-shop material that it is supplanting all over the country.

—*Dr. J. H. Tilden in his magazine, "A Stuffed Club."*

We can only call the reader's attention to the author's splendid reasoning under titles, "Self-Government," "Fear and Faith," "How to Control the Body," "Beginnings of Disease," and the power of practical application of the Law of Suggestion. He gives rules of self-government that are so simple that a child might read, understand, and make practical use of them. We take pleasure in recommending the book to our readers, knowing that the message it brings will be appreciated by all who read it.

—*Fulfillment, Denver, Colo.*

Plain, beautiful, artistic, powerful. These adjectives partly describe it.

—*Boston Ideas.*

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

—Whittier

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580 HAIGHT STREET, SAN FRANCISCO, CALIF.

Vol. 8 JANUARY 1911 No. 1

# NOW

HENRY HARRISON BROWN, Editor

A monthly Journal of Positive Affirmations.  
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It is the utterance of the Editor only. All thought not credited to others is his.

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Entered as second class matter at Glenwood, California Post Office, June 21, 1910

During Mr. Brown's absence Sam Exton Foulds will edit NOW and care for NOW business. Address: Glenwood, California.

\* \* \*

This is the first number of Vol. 8.

\* \* \*

NOW for 1911 will be as strong, helpful and healthful as ever. And I have many good things to say. I grow each year clearer in perception and better able to express what I perceive and for that reason I can promise a better NOW this year.

## THIS IS THE TIME TO RE-NEW YOUR SUBSCRIPTIONS

This is the first number of Vol. 8. I hope that every old subscriber will renew before the next mailing day. Here is a paragraph from the Regulations of the Post Office Department: "A reasonable time will be allowed publishers to secure renewals of subscriptions, but unless subscriptions are expressly renewed after the term for which they have expired within the following periods: . . . Monthlies, within four months . . . they shall not be counted among the legitimate list of subscribers and copies mailed on account shall not be accepted for mailing at second-class postage." "Within" in these regulations gives me the right to send only three numbers. Persons who do not therefore receive the magazine after the March number, will understand that they have not paid for the year and that I am not allowed to extend further credit without incurring the danger of forfeiting my second-class privilege. I hope YOU will remit before that month, and thus save loss on your part and inconvenience on mine.

\* \* \*

Properly speaking, there is no physical suffering; it is always psychic; even when it results from a traumatism, or an anatomical lesion. We suffer in our sentient ego; there are the facts of consciousness interpolated everywhere, and that is why the role of psychotherapy, properly understood, is so large.

—Dr. Paul Dubois "Psychic Treatment of Nervous Diseases."

\* \* \*

I will send, for 50 cents, the magazine for the year 1911 to any name an old subscriber will pay for. In renewing your subscription add 50 cents as a contribution to this Missionary fund. Why stop missionary work because you have left the church? America needs missionaries today more than Africa. NOW is a page of the Modern Bible. Circulate it.

**I will not dream in vain despair  
The steps of progress wait for me.**

—Whittier

13

HENRY HARRISON BROWN, EDITOR OF *NOW*, EXPECTS TO START ON A LECTURE AND LESSON TOUR, EASTWARD, AS FAR AS CHICAGO, EARLY IN JANUARY. HE WILL STOP FOR ONE OR MORE LECTURES, IN ANY CITY WHERE ARRANGEMENTS ARE MADE. HE WILL SELECT THAT ROUTE WHICH OFFERS THE MOST ENGAGEMENTS. ADDRESS:—Until Jan. 15th, 589 Haight St., San Francisco, Calif. After that, *Care of Henry Victor Morgan, 850 McClurg Building, Chicago, Ill.* He would like to stop at Ogden, Salt Lake, Denver, Omaha, St. Paul, Minneapolis, either going or returning. Terms very reasonable. IF YOU WISH one or more lectures upon the "NOW" Philosophy, write him. He has four months that he can put into this trip. His thought you know from his *NOW* writings. He is equally at home on platforms or in class. Write at once for the time is short.

---

What changes shall we make in *NOW* this year? Any suggestion will be considered. In the union of many minds we will find some hints of benefit.

---

The New Year is upon us: Nought but Health, Happiness and Success does it hold for us.

---

**A NEW THOUGHT TEACHER GAVE  
A GOOD LECTURE.**

Henry Harrison Brown, a teacher of New Thought, lectured at the Iris theatre last night to a large audience. He remarked earlier in the day, it was his "first appearance in vaudeville," but nevertheless he gave a very entertaining and instructive lecture. In the afternoon he gave a short discussion of New Thought doctrine in the city hall to a number of ladies. Mr. Brown will talk this afternoon in the city hall at 3:30 o'clock.—*Record, Chico, California.*

*The Monthly Bulletin of the Chicago New Thought Federation* is received. A good work is going in in that city. A fine list of speakers is announced for their Sunday meetings at Masonic Temple. "The Meaning and Purpose of the Chicago New Thought Federation" occupies three columns. It should commend the Federation to all liberal people. *The Bulletin* is 50 cents a year and a copy of C. O. Boring's story, "A Christmas Mystery" will be sent to each subscriber. Remember when you visit Chicago to call and enjoy their Reading Room at 913 Masonic Temple, or to attend their noon meeting at 87 Washington Street.

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The *New Thought* of Chicago has been removed to Nevada, Mo., and will be continued under the name of *The Popular Therapist*, published by Long Bros., formerly of Wichita, Kan. It was a disappointment to New Thought people for the Chicago journal to suspend, and we welcome this return hopefully.

---

What have we all gained in 1910 with which to start the New Year? Experience—Character—Power! This is eternal gain.

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**C. E. DRAPER**

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# NOW is a Journal of Affirmation

Because it is a comparatively new mental attitude toward Existence, to meet every occasion with a positive Affirmation, many find it difficult to understand at first the place and power of Affirmation. For such I boil down the "NOW" Philosophy into as small a space as possible. It is the SCIENCE OF MIND.

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. Affirmations are 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.

Mental Scientists deal with That-which-is—with positives. We have nothing to do with that which is not—with negatives. What I am, and what I possess form the base upon which rest all Affirmations. The primary Affirmation is—I AM. As fast I learn myself I will add a word to these two, as for instance, I will soon say: I AM LIFE! Later, I AM HEALTH! Ultimately, I AM WHATEVER I THINK I AM.

Affirmations bear the same relations to the Art of Living that tools bear to all the mechanical arts. Workmen must learn to use their tools. So in this greatest of Arts and deepest of all Sciences—the Science of Mind and the Art of Living—one must learn to use Affirmations.

Beginners in Mental Science often say: "I affirmed that I was well and it did no good!" No doubt. A person expects to try a straight line often before he can draw one; to try the problems in mathematics often before he can solve them. All experts in every line have gained power by practice. The greater the power the longer and more persistent the practice. The athlete, foot-ball player, pugilist, have practiced long and hard; have concentrated upon their work and earned their success.

There is no power of more value than the mastery of the body and environment so as at all times to be happy and healthful. For this reason this power of self-mastery is not lightly won. Since it is mental *science*, it must be learned; since it requires practice it is an *art*.

To acquire a knowledge of how to think and what to think, requires attention, and will and concentration to think it, when it is known. Be it understood that New Thought is not a mere intellectual perception of Truth. It is not a mere Affirmation of set phrases. To think that it is so, is for one to think all the smith needs to do is to hammer his anvil and all the author needs is to take up his pen.

Hammer and anvil, pen and paper, are necessary tools but to know *how* and *what* to do with these tools is important, but even this is of little value till that which is known is *done*. To repeat Affirmations carelessly and intermittently will as soon bring one to health and success as looking at the swimmer will make a swimmer.

The theory of Affirmation is the Law of Suggestion—I am that which I think I am. I am to learn what is necessary for me to think that I may be success; that I may be health; that I may be happiness. Having learned *what to think* and *how to think*, I have but to think it to be that which I wish to be. It is necessary to think in Affirmations.

When am I that which I think I am? While I think it. How long am I that which I think I am? As long as I think it. Until I form the habit of thinking that which I wish to be, I shall at times be that which I do not wish to be, because at those times I think that which I do not wish to be.

This is the place and power of Affirmations. By them we create the mental habit of thinking in the line we desire and thus create the objective expression we desire. Each repetition of an Affirmation causes a change in nerve and brain cells. They vibrate to the thought. We create a physical memory, that automatically directs our thinking in the chosen channel, just as we have unconsciously created one which now instinctively says "I am pain," "I am weak."

Here is the Law of Self-Direction: *Affirm that you are that which you desire to be till it becomes a habit to think you are that which you desire to be, and you will then be that which you desire to be. I am success when I habitually think—"Success."*

*Truly yours friend  
Henry Harrison Brown*

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# Dry Goods and Ladies' Garments

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## The Seaside Store

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After a lapse of several years one is glad to welcome the re-appearance of NOW. This "Journal of Affirmation" was one of the brightest stars in the New Thought firmament, and the catastrophe which occurred in San Francisco put an end for the time being to it. Its persevering editor, Mr. Henry Harrison Brown, was not daunted, and only waited for an opportunity to once more launch his vitalising little publication. He has succeeded, and though not so bulky as its predecessor there is every likelihood of its becoming so in the course of time. Mr. Brown is an adept in Affirmation.—*Practical Idealism, A. Osborne Evans, editor, Harrowgate, England.*

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—*The New Thought and Psychic Review, London, England.*



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