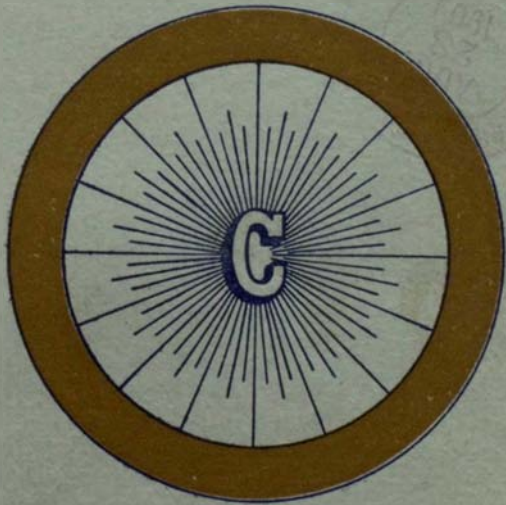


THE CENTER

AUGUST



LEADING ARTICLE

"The Center Idea"

TO MEMBERS OF THE HARMONY CLUB

== Earnest Greeting ==

THE PRESIDENT wishes to thank you for the prompt and gracious response you have accorded his invitation. Over a thousand members have been enrolled since June, and such a beginning proves very clearly what people want. In a Club like this, all benefits are mutual; so that every bit of activity put forth by members will result in good to the Club as a whole.

THE SECRETARY wishes to offer any service that lies in her power. She will give personal attention to correspondence. And where her knowledge is insufficient she will put you in touch with those who can supply the information desired. Whatever your problem is, it can be solved. The question is merely one of choosing the right method.

THE EDITOR wishes to know how this Monthly can be made the most helpful in the world. He will do his part as well as he can. But the expression of need, counsel, and desire must come from you, if the editorial work is to be the kind that satisfies. Your advice will be welcomed, and followed so far as practicable. Questions answered in the CENTER MONTHLY.

Edward H. Fallows, PRESIDENT

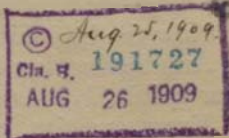
Helen M. Fogler, SECRETARY

Edward Earle Purinton, EDITOR

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THE CENTER

HARMONY CLUB MONTHLY



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VOLUME
ONE

AUGUST, 1909

NUMBER
ONE

PUBLISHED MONTHLY BY THE HARMONY CLUB OF AMERICA AT 20 CHURCH STREET, NEW YORK CITY

The Center Idea

At the heart of each experience and circumstance in life, there hides a great joy waiting to be seized when we grow able to discover it.

So the clue to Happiness lies in learning how to feel the inwardness of things.

There is nothing wrong in life but our universal habit of living on the surface.

We are always looking for mental food and spiritual refreshment in some cloud of dust enveloping the wake of a traveler gone before.

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We jostle together in herds—then wonder why we lack the vision and the strength that come with the exercise of freedom.

We fear to be alone, we refuse to stop and think, we rush blindly on from an impulse inherited or impetus borrowed. And when we fall, we attribute our wounds to the malice of the neighbor who stumbled over us lying in his path.

Now the beginning of progress is balance.

And the first law of the individual is that which determines our *spiritual center of gravity*.

Every question, every doubt, every fear, sin or sorrow is but the quivering shadow of ourselves, thrown beside us when we veer from our path of destiny. The answer? Put our backbone where it belongs, in a straight line between earth and heaven. Become centered in our own advance—then we shall find the world going right along with us. Protest is merely a paralytic's confession.

Most of us are literally buried in friendships, obligations, memories, habits, hopes and fears, that have no vital relation with our true selves. Consequently, we are ill, we are miserable, we are poor, we are envious, bitter, distracted, heart-broken; simply because we have never stood on the horizon and foreseen the miniature world that we were meant to create for ourselves. Life anywhere is Heaven, or it is Hell, according as we look up or down.

In human destiny there is just one problem: To discover what the false things are, then concern ourselves with the real. Here is the essence of true education—but we never acquire it through pedagogy.

What are some of the false things?

Unnatural food; that clogs the digestion, starves the nerves,

clouds the brain, and stiffens the joints with uric acid. Spurious emotion; that impels us to shoulder anxieties belonging to others, to make tragedies out of trifles, to dwell in the past or to mourn the departed—we grieve not over the loss of what we had but over the realization of what we had not. Heirloom-instruction; that substitutes logarithms for life, deifies the majority, and ordains a thing true because some bookish person wrote it. Vague sermonizing; that calls people wicked who have not learned how to use themselves, confuses theology with religion, and makes of Heaven a posthumous hope instead of a present reality.

We are not demolitionists. The home, the school, and the church are the real foundation of personal integrity, as they always have been. But a new spirit of understanding has entered, with a new age of inquiry. We must feel, individually, what belongs to us; then earn it rather than beg, borrow, or take it as a gift.

This land and this age are distinguished by their universal eagerness for new modes of better living. In therapeutics we have Osteopathy, Hydrotherapy, Food Science, The Rest-Cure, The Fasting-Cure, Open-Air Sleeping, Deep Breathing, Auto-suggestion. In philosophy and religion we have Socialism, Pragmatism, Mental Science, Christian Science, New Thought, Roycroftism, Psychic Research, The Emmanuel Movement. It is estimated that Christian Science, New Thought, and Physical Culture alone—to mention some of the new schools—number a million adherents in their various branches.

Each of these doctrines offers a recipe for Happiness, by restoring health to body, mind or soul. Yet they conflict among themselves, often with a sharp hostility. And the

casual observer has no means of determining which will save him—or lead him to ruin.

Take the matter of nutrition. The Christian Science belief is that we may safely eat what is set before us if only we remember that all is good. The Food Scientist, however, prepares a rigid menu of chemical valuations, claiming that certain articles are positive cures for certain ailments. Along comes Horace Fletcher with that beautiful smile of his, and winsomely advises "Eat what you please and enjoy yourself—but take your time, take your time." Then we bethink ourselves of a book we have seen by Dr. E. H. Dewey; we peruse it anxiously—and mournfully discover, that in order to be well, joyous and prosperous, we mustn't eat at all! By the time we have done with experimenting, what little poor stomach we originally possessed has given up the job and retired into permanent disgust.

A like peril holds in metaphysics, gymnastics, social reform, and psychic investigation. They all need balance.

This brings us to a declaration of the Center Idea, Center Platform, Center Monthly. Here are some of the things we believe:

1. *Every honest conviction held by anyone contains a truth and a lesson for everyone.* And the way to derive the good is to treat it with mingled courtesy and caution, wearing neither horns nor a tether. There is no reason why the enthusiasm of the fanatic should not accompany the open-mindedness of the philosopher—with the squint of the former and the paralysis of the latter both done away. What we hope to establish is a kind of Department-Store of Self-Help where all sorts of experience and information may be had by those who are willing to pay the price of a reasonable exer

tion. To possess what we offer, you will need very little money—but a vast amount of grit. Beware the teacher who exacts a large money-price for his truth; beware more him who does not exact a large determination.

2. *What people want now is the truth about themselves.* Every modern cult, system of healing, or school of thought is based on the principle that knowledge of life belongs to all equally. Too often, Theology has taught us merely how to die, while Medicine taught us merely how to recover. Naturally, they were antagonistic. Meanwhile we hadn't the remotest idea how to *live*—and keep well, efficient, happy. Now the opposite extreme is in vogue; and we fear to venture out for an airing lest we be swallowed by a colony of germs subtly meandering through the atmosphere. Between these limits, of total ignorance on the one hand and fearsome knowledge on the other, lies a beneficent mean. This we should like to represent, embodying the difficult art of Being Well Without Being Worried-Over-It.

3. *The one thing needful in modern times is a clearing-house of Thought, Therapeutics, and Reform.* The writer is acquainted with over a hundred various movements, each promising health, longevity, vitality, success, joy, contentment. "Return to Nature" devotees prescribe for your meal a handful of nuts and for your bed a hole in the ground; believers in Theosophy point you to the heavens for a mystical redemption;—are they both right? They certainly appear to clash; and who is to judge between them? Not the apostle—for to be an apostle he must see only one side; not the seeker—for to be a seeker he must give up his own opinion; who then? The founders of THE CENTER MONTHLY hope

to serve in this capacity. It is a huge work, and success will depend on you even more than on us. But we honestly feel that the world is looking for such a tribunal, where the basic principles of all the modern schools may be given in plain terms, without the obligation of practicing or even endorsing them. We invite every one who desires improvement, for himself and the race, to join us in accomplishment.

4. *The vital teaching is not that of instruction but that of interpretation.* What does life mean? Why are we here? How shall we face the conditions that surround us? Who is responsible for the jumble of existence that the world seems to be? Must we suffer as we do? Can we realize the desire of our heart? These are the problems that count. And the way to solve them is not to go to books, nor to ask authorities; but to know a friend, some one who understands, and who softens the knowledge of the world in a great outpouring of love. We should like to be your friend. And what is lacking in knowledge may perhaps be made up in understanding. Among us, here in the office, we have diplomas from all the schools of suffering. And these are the true credentials of wisdom.

5. *Every one may produce Happiness for himself, by a method scientific and reliable.* In the Club Manual "How To Be Happy" we have tried to suggest a few of these methods. And we shall open a department in the Club Monthly for the members to use in recording their experiences. Many people imagine that Happiness resides in a superficial smile, indeed much of the cheer-up philosophy abroad in the land merely hypnotizes us for the time into believing what we know isn't so. There is a better way. And the best way for each of us will appear as we go along.

6. *Rational optimism is both the cause and the result of physical well-being.* The essence of hygiene is Hope. It makes a man clean, strong, active, self-reliant, inside and out. It renews vitality, clears the brain, steadies the nerves, improves digestion, lessens pain, increases magnetism, prolongs life. Conversely, the man who has lost faith is an invalid and must be treated so. In short, every ail of body, heart, mind or soul has its origin in the entire being. And the physician, the clergyman, the psychologist, the philosopher, must all contribute to the cure.

7. *Nothing desirable is impossible to the soul.* People fail because they do not trust their own ideals. We want this Club to be a fraternity of men, women and children who dream, dare and do big things. Talk avails nothing. Speculation, alone, is worse than useless. Meditation gets nowhere save as it leads to action. And a theory of life is wrong unless it compels the living of it. All that we know, conclusively, about you is that you are a center of infinite possibilities. Whatever else we say should be trusted only to the degree that it liberates, quickens, and demonstrates those latent powers.

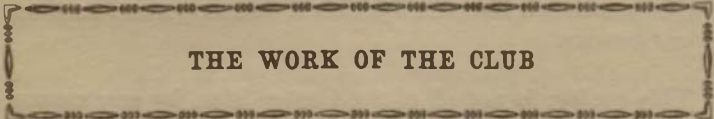
This preface is not all of the Center Idea, by any means. However, it suggests three fundamental principles which we may remember to advantage when we observe the radiant "C" on the Club Medallion.

I. *A great truth lies at the Center of every human creed, school of thought, or system of healing.* To discover and apply this truth as individuals is to be healthier, wiser, more poised, more powerful, in every way better fitted to cope with life.

II. *A great opportunity lies at the Center of each duty, pleasure, or crisis that confronts us.* If we are sufficiently alert, we will therefore complain at nothing, but turn whatever comes into immediate good by realizing the purpose.

III. *We were each intended for a Center; of response toward Nature and God, then of expression toward the world.* Every act, thought, or feeling sets in motion influences that are endless. Therefore a sense of personal responsibility to ourselves is the most important faculty to apprehend and cultivate.

The irresistible force in starting this work, was infinite discontent with dwelling on the surface of things. Most people go through life unattuned, never having learned to vibrate with the joys, beauties, and mysteries of Creation. We should like to help every man become a seer—then fight for his dream as he now fights for bread. There is more to sustain him, in the dream.



THE WORK OF THE CLUB

The aim of the Harmony Club is to Make Everybody Happy.

That is a large undertaking. And one way in which we hope to accomplish it is by not trying too hard. We have no axe to grind, no complaint to register, no theory to advance, no reform to promulgate.

The one principle to which we hold with absolute firmness is that Happiness must be reached through personal study, honest effort and regular pursuit. To Happiness belongs the dignity of scientific research;—people mostly fail to grasp it, because they consider it a bubble instead of a bed-rock.

When we analyze Happiness, we find it composed of certain elements, all of which must be considered. In every opal are many colors blended; whichever tint we prefer, we cannot efface the others. The blue of Aspiration, the pink of Health, the green of Opulence, and all the diversified rainbow-tints of experience combine to produce the rare gem called Happiness. Imitations look real from one side, but only the prism of test can fully declare the genuine.

The immediate plan is this.

Happiness, we believe, holds primary elements to the number of ten. One of these is Health, another is Prosperity, another is Pleasure, another is Work, another is Freedom, another is Altruism; and so on. Beginning at once, we shall devote an issue of the magazine to each of these subjects respectively. There will be a leading article from the Editor, based on his own observation and the opinions of authorities in Europe and America; a forum wherein members may exchange ideas, beliefs, and recipes; and a question-box conducted as fairly and skillfully as possible. As the Club grows, other features will be added.

Briefly, our work is to put you in touch with the best known methods of increasing Happiness, then to accord you the individual right of choosing any, all, or none. This is a brotherhood of individuals, where the only pledge is to be sincere and the only obligation to keep growing. Nothing binds us except a mutual desire for advancement.

Your work, and we hope your delight, is to pass the word along.

In even the smallest village there are hundreds of people starving for this message. Some way must be found to reach them. We don't know them, and could never search them out unless at great expense and after long delay. The logical, simple, and beautiful thing is for you to help us meet your friends. Will you?

The practical side must be thought of.

A level-headed business man in our office the other day, warned us very earnestly. He said "Have you figured out what this magazine is going to cost you? You charge 25 cents the first year, other publishers charge a dollar. You carry no advertising, most journals depend on that for support. You appeal to the higher nature, the majority of publications do the opposite. Your field is limited, but you run counter to all experience in making the price less instead of greater. If you're starting a charity, go ahead."

Our friend is partly right. To edit, print, advertise, and mail each number of this publication actually costs three cents. And the expense will grow with the size. *The monthly will not pay for itself until we are able to open a section for general advertising. To do this properly we require a circulation of at least 50,000. How are we going to get it? This is the first problem confronting the magazine.*

We cannot solve the problem by ourselves. Will you help?

There are at least four ways in which we need your co-operation, right now.

1. *In sending literature.* If you would keep a few Club Leaflets on your desk, and every time you write a letter, en-

close one with a bit of greeting, the gain in membership would be splendid. Shall we mail you a package of the literature? Or would you like to subscribe for a number of your friends, sending us their names, with the money?

2. *In organizing local branches.* Every school, every church, every mission; every hospital, asylum, or sanitarium; every store, manufactory or place of business; *every home*, in the United States and the British Empire, should be a Center for the Harmony Club. How can you and we join efforts to seize all the available opportunities in your neighborhood?

3. *In submitting questions.* The thing of special interest to us, and to all the members, is your personal problem. We shall not give your name without your permission. But if the answer to your question is the right one, there will be thousands of men and women helped in the reading. Moreover, when statements occur in the editorials that leave room for doubt, please ask for explanation. In short, feel at home with us. Letters about the Club should be addressed to the Secretary, Miss Helen M. Fogler. Letters for the Monthly should go to Mr. Purinton.

4. *In sharing experiences.* What has made you happy? Have you tried any suggestions in the Club Manual; and how did they work? Has your observation tallied with ours, in arriving at the causes of unhappiness? Which phase of our philosophy appeals to you most? Have you found it hard to enthuse your friends? What we want first, last, and all the time in this Club is action, *action*, ACTION. Whatever the doctrine is, try it out, then take it or leave it according as it works. And; we shall feel hurt if you don't sometimes disagree with us. Truth is infinite; and for a single atomic human intelligence to hold itself ultimate is for a grain of

sand to boast in face of the oncoming tide. To do our little best with all our might; then to view the struggle with infinite serenity; this describes the pendulum of joy forever swinging.

QUESTION BOX

Questions limited to 25 words will be answered in order and numbered accordingly. If you wish a personal answer by letter, kindly forward subscriptions to Club and Monthly for seven new members, with names and addresses of seven friends.

QUESTION 1.

“What are the Rules and Regulations to which we must subscribe?”

There aren't any. Rules are for those who disobey laws. Being law-abiding, we laugh at rules.

The only rule of this Club is “Be Happy and Make Others Happy.” To accomplish this we shall probably need less regulation than liberation. Most of us are dying of repression. I refer to soul-death, which is the only kind to be feared. And the way to live, through and through, is to recover spontaneity. You will find that the most abnormal people are those who are least childlike. And if we had prohibitions in this Club the first would be: “In your heart of hearts, don't ever grow up!”

QUESTION 2.

“I am very unhappy, and want so much to regain the joy of living. Please tell me exactly how to go about it.”

First; diagnose yourself. Ascertain where the trouble is, whether in body, mind, heart, or soul. Discover what law of

Nature has been violated, study the law and its application in this case. In short, *Know*.

Second; *Do*. Take the Manual "How To Be Happy," consider each item by itself, and give the suggestion that appeals most fully a genuine, persistent, fair trial. Don't expect results in a minute—don't bother with results. Do the right thing and you've got to be happy, you couldn't help it if you wanted to. He who strains to be happy will not strive to be true. Get this fixed; that misery is compromise—and the primary lesson has been learned.

Third; find a way to interest somebody else. And mean it. Sorrow is only mist, and sympathy is the sun. Do a little shining if you want to melt the clouds. It is the wee opportunity that grows to be the largest blessing. Tears come to clear the eyes of those who did not see their chance.

QUESTION 3.

"Is there a statement to be had, of the platform on which we stand? I hope to enlist friends, and wish to commence wisely."

There is. The following avowal is quoted from the original grant of incorporation, and may serve to crystallize the answer.

The Aim and Object of the Harmony Club is

To harmonize people with themselves, their surroundings and each other;

To prove the efficient value of a smile and song in everyday life;

To establish the perfect unity of body, mind, heart, and spirit;

To investigate, formulate, and demonstrate the scientific laws of Happiness;

To enunciate the principles of wholesome, triumphant, sincere living;

To present the discoveries of modern psychology in simple, attractive guise;

To put those who want vital knowledge in touch with those who have it;

To maintain a brotherhood of individuals, where sympathy is the only bond;

To impart the secrets of self-help, as the highest form of altruism;

To promote free discussion of every subject that makes for clear understanding of life.

And to complete the foregoing statement, additional points may well be given.

ORGANIZATION. The Harmony Club of America is organized under the Membership Corporations Law of the State of New York, the law governing all Clubs and other non-stock social organizations not designed for profit.

The directors and officers are elected annually at a meeting held on the second Friday of June in the City of New York.

The directors of the Club for the first year are: Edward H. Fallows, Helen M. Fogler, Charles E. Selover, Wyntje L. Smith, Edward Earle Purinton.

The officers of the Club for the first year are: Edward H. Fallows, President; Helen M. Fogler, Secretary; Charles E. Selover, Treasurer; Edward Earle Purinton, Editor.

The moneys received by the Club from whatever source and all of its assets are the property of the Club and are managed for the benefit of the Club and of its members by its Board of Directors.

A Committee on Extension will be appointed immediately and announced in the next issue of the magazine.

QUALIFICATIONS FOR MEMBERSHIP. A thirst for Knowledge, a hunger for Happiness, and a desire for Growth.

REGULAR DUES. Twenty-five cents a year.

ASSESSMENTS. None.

EMBLEM. A blue and gold pin, containing a large "C" with golden rays extending to a circle of blue stamped "Harmony Club, Be Happy." Cost of Pin (or Button for Lapel) 25 cents. Done in solid gold, \$2.00, registered.

PUBLICATIONS. 1. "How To Be Happy," The Club Manual, sent without charge to each member. 2. "THE CENTER MONTHLY," official organ of the Club, subscription 50 cents a year; single copies five cents; intended for members only, but separate issues available for distribution among friends.

MEETINGS. Local gatherings encouraged and assisted, on request from any member. Friends in Greater New York will be notified when lectures are to be given.

BRANCHES. In the head and heart of each member. If a regular society in any community grows out of this, all possible help will be furnished by the Club in the matter of organization.

CORRESPONDENCE. Letters addressed "Personal" will be opened and read by the one to whom sent. The Editor is in charge of the Question Box, the Secretary in charge of everything else. Please remember the cardinal business virtue is brevity.

EDITORIAL POLICY. Freedom without offense. Contributions welcomed, under certain conditions—which please write for. Articles unsigned are from the Editor. Signed communications bear their own responsibility.

IMMEDIATE OBJECT. To secure 50,000 members, whereby the deficit from low charges may be safely met, and the new features already planned may be established. If each of you will secure ten new members, and each of the ten as many more, we shall have twice fifty thousand in almost no time. From the way our friends are taking hold, there is reason to believe such progress not far distant.

QUESTION 4.

“I am asked by several of my friends more about the Harmony Club. If there are club rooms where the members meet? What the helpful features are, and the Club privileges? I have gotten friends interested who want to join, but they desire to know what it means to be a member.”

This question will be answered in the September issue; and partly by members who have found out what it means. We are in the midst of a great idea and a small beginning; therefore to present the matter fully will take several months.

THE LEADING ARTICLE FOR SEPTEMBER
WILL BE

“How To Succeed”

OTHER CONTRIBUTIONS:

Ways of Producing Harmony By Helen M. Fogler
The Secret of Power By Right Rev. Samuel Fallows

The Harmony Club Resolve

TO CREATE HAPPINESS
IN MYSELF AND OTHERS

I Will

Keep a strong body for the work I have to do ;

A loving heart for those about me ;

A clear mind for all truth, whose recognition
brings freedom ;

A poised, unconquerable soul for the ideal
whose champion I declare myself

And

I WILL possess a faith mighty enough to rout anxiety, ride over difficulty, challenge hardship, smile through grief, deny failure, see only victory, looking to the end ; by which hopeful assurance now attuned, I am at peace with myself, the world, and the Infinite

"HARMONY AT THE CENTER RADIATES HAPPINESS
THROUGHOUT THE WHOLE SPHERE OF LIFE"

CENTER PHILOSOPHY

Only Error frowns.

Laugh long, live long.

There is no fatality but fear.

The minds of men want not to be led, but only to be awakened.

Truth travels oftener a bad road to somewhere than a good road to nowhere.

Think not as I think ; ask me not to think as you think ; but let each think for himself till the thinking-plane is passed and identity come through feeling.

Can't is a myth whose real name is *Won't*.

Foregone conclusions are the jumping-off places of progress.

What we boast of most is always our greatest weakness. And what we deplore as weakness becomes our greatest strength.

Spirituality is but Vitality crowned with a consciousness.

The world's greatest crime is its toleration of falsity. Because out of falsity, whether conscious or unconscious, all crimes spring.

Theories are impressive luggage until Life overtakes you ; then you must strip for the race or be outrun.

The happiest family I know consists of three members. Father's name is Will, mother's name is Worship, and Work is their only child.

We get in this world not just what we want, but just what we are willing to pay for.

The things that bereave us only give us back our soul.

Whom we know we trust.