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A Journal of Affirmation

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SOUL CULTURE

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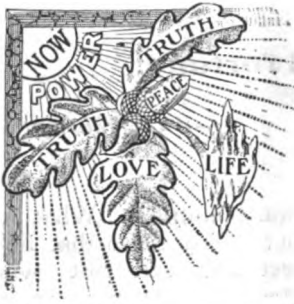
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From all Life's grapes I press sweet wine.
—Henry Harrison Brown.

NOW

A Journal of Affirmation

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No. 5

FRIENDSHIP'S POWER.

An arid waste of desert land,
Where in sagebrush coyotes hide;
I hear snakes rattle on either hand;
Cactus and yucca fill the vision wide.
Naught is seen on horizon's verge;
Vacant of all save sun and air;
Hunger and thirst my pony urge;
No bird has e'er found refuge here.
No life could here find place to root;
Hopeless both for man and brute.

Again I ride these acres o'er;
Fields of green gladden my eye.
Orchards sent their fragrance on before;
Flowers before a door I spy;
A little child to schoolhouse goes;
Autos run the highway side;
Beside the path the water flows;
And 'neath that roof in peace abide.
A glimpse of joy of heaven above—
The Trinity of Household Love.

To water alone is this miracle due;
Man's thought confirmed the springtime
rain;
Made channels it must wander through;
Commanded Eden's fields again—
Water gave life to thirsty sod;
Nature responds in flowers and grains;
The miracle of Aaron's rod,
The thirst of nation quenched again.
Naught can man ask but God supplies!
Apply but Thought and blessings rise.

So was my life like desert bare,
Talents lay dumb under sunny sky;
They waited touch of magic power
To bid the Soul its pinions try.
Then came thy love like magic rod,
And fetters of icy heart were riven.
Love came like a command of God,
And brought with it the bliss of heaven!
The only Power that He could send—
It bore His autograph—A FRIEND!

HENRY HARRISON BROWN.

STOP IT!

What? That fussing with your fingers;
that wiggling of your knees; that tapping
with your feet; that picking at
your nails; that working with your
chin; that uneasiness in your seat; that
constant attention to your dress; that
twitching of the muscles of the face;
that bobbing of the head; that wandering
gaze of eye; that half interest in
what you are doing; that chewing of
tongue. Stop every motion of the body
that is uncontrolled.

PUT YOURSELF AS WILL INTO
ACTIVE MASTERY OF BODY.

Put yourself into every act.

Did you ever see an animal that let its
body have any uncontrolled actions?
Every motion of the kitten, dog, horse
or any bird or beast expresses the feel-
ing that accompanies it. YOU let emo-
tions form habits and body expresses in
them only the lack of individuality—
lack of will. Every uncontrolled ex-
pression tends to strengthen the habit.
Soon one unconsciously is making mo-
tions that show waste.

Note the idiot and the imbecile. You
see that their body does not obey will,
expresses not thought, but acts through
the instincts of heredity; the uncon-
scious expression of the animal.

Note the neurasthenic and the nervous
person and you will see all varieties of
unconscious movements of body. If you
have any—STOP IT! Study insanity.
Where does it begin? Always in some
little expressions in action of this lack
of self-control. Where does it end? In
complete lack of self-control.

Where lies prevention? In stopping the
first expressions of unconscious and un-

**Henceforth I seek not good fortune:
I am good fortune.**

—Walt Whitman.

controlled emotions. In action without conscious direction.

Fumbling with your gloves, lady. Stop it. Let this habit of action develop and you may lose full control. Where are you placing yourself as WILL? Will should always be master of body. All motions that do not express decision should be always avoided. There would be no insane asylums were each person taught as WILL, to always express themselves through the body.

The Affirmation—I CAN! will not only cure this present evil condition but it will close prisons and hospitals. Want of proper WILL expression may be assigned as the cause for all human ills.

Man as an expression of Divinity CAN be self-controlled. Until he is, he will be controlled by heredity—the dead! External authority finds here its opportunity to dominate. Slavery to others' opinions, fears of blame, a desire for praise, all arise in a lack of self-control. Once I give up my control of life, where shall I stop? No one source is so pregnant of evil as the domination of parents and teachers and preachers over young minds. "Don't!" is the beginning of disease, crime and poverty, and their attendant evils. "DO! my child" should be the shibboleth of all training. "Do Right! my boy!" said the Jewish Rabbi Hillel in the time of Jesus. "This is the essence of all religion!" But what is right? The mistake lies in laying down ways in detail. It is wrong to play with pasteboards with geometrical figures on them; it is right to play with pasteboards with pictures or names on them. This is the distinction without a difference that is common in all the present codes of morality. But such codes are as false as it is possible for statements to be. Motive! Why do you do it? Give money to a beggar woman to win her confidence to wrong her; and to give money from the motive of human fellowship, is one in act. "Give to the poor," is obeyed in both cases. Why did you give? The answer tells whether it is right or wrong. Con-

trolled by inward motives. What motives are right? Only those that lie in that self-respect and self-trust which give self-control of both thought and action.

Unthinking men and women go astray. Thinkers decide and control. No matter what you do, let it be under the established Principle of Self-trust. A trust which causes one to say:—"I will do always what I feel is right!" Establish this as a Principle of conduct and then act without considering whether what you do is right or not. KNOW IT IS RIGHT BECAUSE YOU CANNOT DO WRONG WHEN YOU ACT UNDER THIS THOUGHT:—*I ALWAYS DO RIGHT*. But what is the standard? MINE! What others think is not for me. What do I THINK? This establishes a decision in mind that will always lead to a positive expression in body.

A slouching gait; a stoop in the shoulders; a wavering glance of the eyes; and clammy shake of the hand; a restlessness which will not let one stand still, are evidences of a lack in character. The upright man will always be upright in body. Mind, I am not talking about "good men," "honest men" or "kind men"; nor about the "goody goody men," of the church and the social circle. I am speaking of men who have self-respect, who have opinions, who live Truth in themselves. Such persons cannot be bowed down with trouble, with grief, or fears, or pains. "I AM" and "I CAN" prevents these conditions. Once give up will to control of outward conditions, and the weight of the external weighs one down. Stand upon the Indwelling and there is no consciousness of external power.

Is this an ideal condition? Walt Whitman says: "Nothing external to me has any power over me!"

Is this condition not worth cultivating? How did he learn his power to endure, to overcome? By overcoming. So can YOU, my reader who was this very day complaining of weakness, of pain, of

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

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—*Edith M. Thomas.*

grief, of fear, of heartache, of loneliness. You can so control your mind that all or any of these shall seem too trivial for a moment's consideration, and you will then be still in body.

Note carefully your actions. See if you have not been and still are frittering away your forces under false notions. How many unconsidered motions; how many unconscious motions are you making all the time. The present attention to "Efficiency" is a step in applying Thought to all our actions.

When you find yourself making any nervous motion—STOP IT!

When at night you find yourself restless; making any movements of any part of the body, say, "Stop it!" Bring yourself under yourself as Will, by speaking aloud the word if necessary.

Find yourself going somewhere because you do not know what else to do, say, "Stop it!" and then sit down and do something you decide to do. When I returned to home from my lecturing tour three weeks ago it naturally took a few days to fall into my work again. The first eve, not knowing what to do, I went to a movie. The next eve I did the same. The third eve I got my hat to go, when I said, "Henry Harrison, why are you going? Do you desire to go?" And the answer was, "I don't know what else to do with myself!" Immediately I saw that I was working aimlessly; working without any self-direction, and I said "Look here, young man! sit down and we will talk it over! Who controls you? Are you a leaf in the wind of the public mind or are you self-directed? Trying to run away from yourself? Well, you can never do it! Sit down and stop it! Decide what to do! Put yourself as WILL into action! Decide, what will you do!" I answered "I will!" I sat down and read over my exchanges and cleaned up my desk of that work. I was as quiet and happy as a babe. When I desire to go to a movie I go, but I do not allow myself to go, because I don't know what else to do. Let it be your Affirmation, "I do

because I desire and decide to do!" and you will always keep control, not only of actions, but of the cause of conduct—THOUGHT.

If noise makes you nervous, stop it! What? Not the noise. You have probably no control over that, but stop your nervousness. You are not obliged to pay any attention to anything disagreeable. That to which you give no attention has for you no existence.

Carlyle allowed this habit to so grow on him that he was not only a torture to himself but to others. The crow of the rooster set him into pain. I was told in Long Beach that the singing of a mocking-bird near the Hotel Virginia so annoyed a woman that the proprietor had it shot—and he paid the legal fine for so doing. But what of the woman? Poor, weak, uncontrolled invalid will, necessarily, by giving up to this irritation, continue to grow worse until insanity or death intervenes. STOP IT! Every unpleasant feeling. You have power of self-control. Use it and be well and happy. Allow yourself to be controlled by externals, and suffer all the torments of a mind at war with itself.

Whenever you discover yourself in any mental condition of unrest; find yourself out of harmony with environment; know that the trouble is within yourself and Stop it! by affirming your power to control your mind, and body, through mind. Whenever you discover any physical action, the result of a nervous habit, Stop it, at once, by commanding it to stop. Stand before the looking-glass and put yourself into the desired physical attitude and then talk to the Real Self—the Subconscious Reality—and tell It what you desire. You are always to remember that it is from the subconscious you act. There lies the power. You have given it some Auto-Suggestions heretofore that have given rise to these unpleasant habits. Now, consciously, Stop them, by giving Suggestions that will result in self-control.

Realize that all functions of the body

Trust thyself! Every heart Vibrates to that iron string.

—Emerson.

are subject to conscious control. There will never be any abnormal physical expressions once we take conscious control of body through suggestions framed in line of our desires. Stop every unpleasant feeling and unnecessary movement of body by the Affirmation—I AM SELF-CONTROL.

MORALS AND MEASURE.

That good and evil are relative, not absolute, is perhaps better understood now in this age of science than it has been since the Greeks made measure and balance their test of right. Shakespeare was talking wisely, though with far from his highest poetry when he made the Friar in *Roméo and Juliet* say:
For nought so vile that on the earth doth live,
But to the earth some special good doth give;
Nor aught so good, but, strained from that
fair use,

Revolts from true birth, stumbling on abuse.
Virtue itself turns vice, being misapplied,
And vice sometimes by action dignified.
There are few moral aphorisms that suffice to right decision. Unselfishness, self-sacrifice may be grand, or it may be merely weak. Ambition is strength, or it is littleness. Self-indulgence is decay, or relaxation. Self-study is wisdom, or nervous prostration. Degree is everything. Right and wrong are quantitative as well as qualitative. Moral rules are not automatic. Judgment in their application is needed in order to make correct decisions.

—Harper's Weekly.

* * *

WHY?

Why did the lamp go out?
I shaded it with my cloak to save it from the
wind—
That is why the lamp went out.

Why did the flower fade?
I pressed it to my heart with anxious love—
That is why the flower faded.

Why did the stream dry up?
I put a dam across it to have it for my use—
That is why the stream dried up.

Why did the harp-string break?
I tried to force a note that was beyond its
power—
That is why the harp-string is broken.

—Tagare.

AFFIRMATIONS.

I am an expression of Power.
I am an expression of Will.
As Power I *can* control.
As Will I *do* control.
I control my appetites.
I control my passions.
I control my tongue.
I control my body.
Under control my body expresses health.
Under control my words express wisdom.
Under control my passions express love.
Under control my life is Peace.

DETERMINATION.

I can, I can, I know I can—
For mine's the strength of Normal Man!
And I can do, the Past has taught,
Whatever other men have wrought.

I must, I must, I know I must—
My Spirit Nature spurns the dust!
I am not meant to cringe and crawl,
My mission is to rise, not fall.

I will, I will, I know I will—
My Destiny I will fulfill!
In Manhood's and in Soulhood's name
I'll meet my Selfhood's highest claim.
H. SAMUEL FRITSCH, for NOW.
Medina, Ohio.

* * *

The previous medical history of hysterics and neurasthenics is especially important to get because there is likely otherwise to be no hope of cure at all. In such cases the nervous malady has its root in some mental or emotional shock, some unhappy experience which took place perchance many years ago—an experience perhaps now entirely forgotten. It has, however, sunk down deep into the subconsciousness, where it lies like a canker worm, poisoning the patient's mental, emotional and spiritual, as well as the physical, life. If the doctor is to cure such a nervous patient he must by persistent and exhaustive questioning bring that old experience out of the past and to the light, so that he can cast it out of the patient's present existence, just as the doctors of old cast out demons. Then, and not until then, can he or the patient hope for a cure!—Dr. J. B. Huber.

**The deeper I drink of the cup of
Life the sweeter it grows.**

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—*Julia Ward Howe.*

"THERE IS ONLY THOUGHT."

This is the shibboleth which Thomas J. Shelton uses in his *March Scientific Christians*. I rejoice. It has been mine for years. My book "*Man's Greatest Discovery*" (first printed in 1902) was dedicated "To My Readers of 2002," for by that time I felt sure this Mightiest of Facts—*Thought is Man's all*—would be known and understood.

NOW has now a recruit in "Scientific Christian" and with this help this mighty fact will be recognized all the sooner. What electricity has done in my lifetime will be as nothing to what Thought will do in 50 years, once mankind recognizes *Thought as power*. *I am my Thought!* As Life I am animal. As Love I am human. As thought I AM HENRY HARRISON BROWN. I am unlike anyone else that ever lived or will live. As Love I am one with my fellows. AS THOUGHT I CONTROL AND DIRECT LOVE. Love is E-motion—out-motion. Directed Emotion does all the work of Life. LIFE is the Indwelling God. In me, as Man, this Indwelling is Emotion—is Love. In Me God is Love. But Love must be directed, or it is self-destructive. I AM THOUGHT TO DIRECT LOVE. I am Individualized Life, Individualized Love. I am THOUGHT, which is the Power of the Universal. Thought is Omnipotent Power individualized. Love and Life are subject to Law. But as Thought I am Individualized Law. I am what Emerson in the greatest expression of Truth ever made calls "Conscious Law."

Into the fifth Himself he flings,
And Conscious Law is King of kings.

My friend A. F. Gannon wrote a poem for NOW last year, three stanzas of which fit well in here:—

From chaos to the rose's scent
Unnumbered eons were unwisely spent—
For man, a lordly sovereign as WILL,
Proves Nature laggard with a crucible!

Across the interstices 'twixt the stars
He treads on iridescent spectra-bars;
And can compute the flaming wastrel's call
A thousand years before it will befall!

*And yet man seeks without and weakly asks
Insensate Force to crown his sensate tasks!
Let him arise upright in might and say:*

"AS CONSCIOUS LAW, I BID ALL
THINGS OBEY!"

As "Conscious Law," as "the Law above the Law," as "Law within the Law," I am Thought. Thought is the Power that controls all other power.

As a human being I am conscious of myself as Thought only. "As I think I am." I think and the unconscious obeys me. No matter if that unconscious is manifest to me as rock or star; as flower or tree; as fire or water; as steam or electricity, when I think rightly they obey me. When I neglect to think, then I am their servant. When I have learned *how to think*—how to use myself as Thought—the universe is mine to use. Until I do think the universe uses me as it uses all other animals. For all that makes me Man, all that distinguishes me from the animal is Thought. The moment the Thinker came then Nature beheld her master. The Thinker is fast learning his power, through Thought, to control. Wind, wave, steam, magnetism, electricity, are already his servants. Through our various New Thought cults Man is learning to make Life obey him as these other octave of vibrations have. When he has learned his lessons fully he will conquer the necessity of pain, disease, and he will ultimately evolve his infinite possibilities, and conquer death, dematerializing voluntarily the body; not leaving it as he now does to be dematerialized by the grave or crematory.

Yes, "*Thought is ALL*," for Man. There is for you as Mary and John; as President and tramp; for T. J. Shelton and Henry Harrison, consciously, ONLY THOUGHT. The universe and all in it are to me and for me as I think. We are just beginning to recognize the fact.

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

—Whittier.

Slowly learning what use to make of it, slowly learning there is only one Law of Mind—Suggestion. When we shall learn to think and to think rightly, to rightly use auto-suggestion, then "all things will have been added unto us." Then will "My Holy One" not see corruption.

Character is the power to stand alone even if all about you take another point of view.—*Lyman P. Powell, President of Hobart College.*

* * *

Battles are lost morally, and that is, therefore, morally battles are gained; and a battle won is a battle in which you refuse to admit yourself beaten.—*General Foch.*

* * *

The religion of the future will not be based on authority, either spiritual or temporal. The decline of reliance upon absolute authority is one of the most significant phenomena of the modern world.—*Dr. C. W. Eliot.*

* * *

"Now." Monthly. Editor, Henry Harrison Brown. As the name suggests, "Now" is a journal of affirmation; and we may add that its affirmation is of the most positive order. Optimism as against pessimism, knowledge against ignorance, light against darkness, progress against stagnation; these are but a few of the principles for which it stands. And its slogan is that wonderful phrase of Emerson: "Nerve us with incessant affirmatives. Don't bark against the bad; but chant the beauties of the good." Such a journal must of very necessity prosper; as must those who read its pages and practise its precept.—*The Revealer, Sydney, N. S. W.*

* * *

Commend me to him who has known temptation and not shunned it, but actually withstood it.—*C. W. Stoddard.*

* * *

Your chapter "Place and Power of Affirmation" in "Success" is beyond money value, simply a life-saver. . . . You are doing good putting out booklets at a price all can reach. They are handy to carry in the pocket. I have dollar books not as good as your 25 cent ones.

F. A. O'B., Philadelphia.

EMOTION VS. CONDUCT.

Theodore Roosevelt, in a letter declining an invitation to address a meeting of sympathy with the Belgian sufferers, said, among many wise things—and he is always wise; always a statesman—this:

The habit of giving expression to feelings without following the expression by action is in the end thoroughly detrimental both to the will power and to the morality of the people concerned.

The danger of present day humanity lies in its spiritual evolution which is a constant increase of sensitiveness. This very often manifests an emotional expression which is neither understood nor controlled. Running like a mountain stream it is, like that stream, dangerous when the dam gives way.

Excitement is the outlet for the restlessness of the masses who live in their emotions, and not in their thoughts. We are a nation of FEELERS—emotionalists, and not of Thinkers.

Francis Ellingwood Abbot, one of America's great but unappreciated philosophers, said, thirty years ago, of the American people: "*We must learn to think more profoundly or to feel less keenly!*" The danger always among emotional people is that they act without due consideration, if not entirely upon impulse, and because they feel good and are sincere, think they are good; are doing right because they do as they feel. This is like trusting the electric current to run without direction. It is as liable to do harm as good.

Never was a movement such as the present Metaphysical one more needed. Every true teacher of New Thought holds to the basic Principle, that *Self-Control is the ultimate of Character.* This means that *we control our emotions by right thought!* In my first book, "How to Control Fate," I teach that to control emotion is to control life. Emotion is the Power through which life manifests. Only because we feel we

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

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—Emerson.

live. To cease to feel is to die. All emotion is Love; more or less love finds expression in every act. For Love is the Divine Power Humanized. Love is the Indwelling God, which does all the work of Life. But that Love-power is to be directed by the Individualized Human power of Thought. To Think control is to live control.

The many expressions of sympathy of the American people with the conditions in Europe are signs of uncontrol, are effervescence, are merely emotionalism. Much of that which takes the name of Goodness, Charity, Philanthropy, is but the selfish ebullitions of emotion. Satisfying, because expressed, like the explosion of a Chinese firecracker, it gives relief to the pent-up power, are ineffectual for all public good, and destructive of individual will, and of the initiative to actual doing.

This is a time to THINK, and not, like a soda fountain, to effervesce. Establish some Principle and think from it; live from it, and you will act from it.

It is marvelous how the Principles of our New Thought—Principles which it is the one purpose of our movement to teach and to hold in our students to practice, are finding expression in other fields. It is the mission of New Thought, not to become an organized movement, but to stimulate the activity of thought in all lines of human expression; to be the leaven within the whole lump of civilization.

I have not time, or opportunity, to follow the full tide of literature and oratory as reported in contemporary journals, but I pick up every day enough, as I pick up this of Col. Roosevelt, to encourage me in my affirmation of Truth and Love expressed under Self-Control. President Wheeler of the University of California recently, in an address to the students of Stanford University, said, "Young men, re-discover your universe by thinking!"

I am my thought. I build my universe! Let me realize that the one I build is

bad and create a new one—rediscover the fact that I AM THE UNIVERSE.

"Test your goodness and see if it be goodness!" says Emerson. There are always two sides to my emotions. The selfish side and the Universal. The safe law is: "Act from Principles capable of universal application!"

Where and what shall my sympathies be in regard to the European war? Am I led by my emotions to give a dollar to the Red Cross and the various relief societies, or am I led by a Principle of universal application?

"If you can help do so. If not attend to your own affairs, and you have already begun reparation," says Emerson. If you can help the conditions of Europe, do what you can. If not then quit all foolish sympathy, and concentrate upon your own life-work and you will then add to the amount of good in the world, and are, in that way, doing your part to repair the damage—if in nature there is any—that is done to the race in Europe.

The average person who is attempting to reform the world or through sympathy to reduce the amount of the seeming evil, is a nuisance. Through the best of emotions doing a lot of evil—inas-much as by misdirected efforts they are not doing good.

I recently startled and offended one such, when I was asked to contribute to the funds for a hospital for wounded soldiers in Europe.

"You oppose the selling of bullets with which to kill soldiers?" "Certainly!" was the reply. "Well, I am equally unwilling to heal a sick man that he may go out again either to kill or be killed!" For satisfaction of my own feelings—to think how good and how kind I was to give \$5 for help of the poor wounded, I could have given it. Self-gratification of morbid feelings is common. But would I have helped on the evolution of the only Principle that will ever bring Peace, which is "Good will among men"? Undoubtedly, yes. If given

I thank whatever gods may be For my unconquerable Soul.

—W.C. Henley.

from right motives it helps good will among the nations. Do I give for that? Then I am working for a Principle that can be, and sometime will be, universal. Am I simply doing it to ease my conscience? Am I doing it because I feel so bad for the poor soldiers? Then I am adding my share to the amount of evil in the world, for I am working under the same selfish impulse that lies at the foundation of the war. Every act of real sympathy helps on the Era of Peace. Every act of emotionalism, of sham sympathy delays it." Nothing can bring you peace but the triumph of Principles," says Emerson.

Think! Act because you THINK. Not because you feel. Cultivate Thinking from Principle until you act from Principle! When a Principle is established, then act without conscious reasoning. Details will find easy solution, once you establish a Principle of action. "Only in our spontaneous actions are we great!" again says Emerson. But not the spontaneous actions of blind instinct, uncontrolled emotion, but the spontaneous actions of a Thinker who has established in himself the Principles of unselfish obedience to Right, Love and Truth. These are the motive Principles of Spirit, of God, of Nature, because they are Universal.

In Col. Roosevelt's words, any other conduct is "detrimental both to the will power and to the morality of the people!"

A study of Emerson, a practice of the Principles as demonstrated in the Practice of New Thought, will soon elevate the morals and develop the Will-power of the people. When Americans shall have so developed, then may we preach Peace, and when all Nations shall, then and not till then, may the war-drums cease and the implements of national protection be turned to implements of peace.

It is our duty to think in the Ideal, but as a people to act in the present, while the Ideal is finding its way to material-

ization in the lives of the millions. The springs of Peace-Thought, and of Brotherly love are flowing strongly now, into the great ocean of Race-thought and Race-feeling, but only near their confluence with that ocean are they pure enough to drink. A little way from the shore the water is too selfishly impure for safety.

Let each person affirm:—*As an individual I will affirm peace and see nothing but peace. I will not hear the roar of drums nor feel the shock of battle.* Still, while I know I add to the amount of peace-power my share, still I also know that the cumulative thought and feelings of centuries and the heredity of undeveloped humanity is not relieved save by the law which Jesus learned. "Consider the lillies how they grow!" The mental Law of Consideration and the Natural law of growth. Affirm: *I will consider, reason, and I will spiritually grow.*

Will we use these thoughts as Affirmations? I AM PEACE! Yes! I am Peace. Just as when burning with fever I am life and health. The Divine Reality never can be else. So while for protection of life, liberty, chastity and childhood, I may strike, still I AM PEACE. The Universal Principles, Growth, Justice, Consideration, actuate me while striking. They would not grow into world expression were I to supinely sit and merely feel and not think. Until action there is no reality to either thought or feeling. I feel, but I may only think that I think, but I think not if action does not follow.

"Controlled emotion is the power for good." All other is instinctive and therefore non-ethical. Determined action, Self-Control, is the only Principle of rational action.

* * *

The modern man would hardly feel any appreciable loss of motive-power toward good or away from evil, if heaven were burnt and hell quenched.—*Dr. C. W. Eliot.*

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

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—George Eliot.

SUGGESTION.

It is wonderful, nay, almost marvelous, to the extent that the public is coming to understand the *Law of Suggestion*. NOW has for several months given quotations, which, if its readers have paid attention to them, will have given them some idea of its appearance in press, pulpit and even in medical journal. It is the one needed lesson. In its conscious and scientific application to education lies the redemption of the world from its present glaring ills physically and morally. Here are a few straws showing that the breeze of a few years ago is becoming a strong wind. Especially do I call attention to the quotation from *The Youth's Companion*, a journal which probably wields more power in the households of America than any other journal. Such instruction will help greatly the on-coming of the Era of Rightness and Righteousness, of Justice.

Here are some rich nuggets from Dr. J. H. Tilden's *Philosophy of Life*. No more daring expressions of the power of the Law of Suggestion were ever, to my knowledge, made. Speaking of a woman who died of a supposed contagious disease, he says:—"A morbid mind killed this woman!"

He says:—"All people who make others happy are physicians!"

He says of those loathsome diseases over which the doctors and society are getting into hysterics:—"Strip them of the pathological suggestions they carry and the collapse of the belief in the disease will be as great as that which follows the puncture of a balloon!"

Again:—"All so-called cures carry a certain amount of suggestion; but if the cause is not removed, the cure with its suggestion wears out. If administered with enough positive suggestion a cure follows; but if there is an element of cause that the suggestion does not remove, another must be sought."

Of rabies he says:—"Rabies has for its cause a bite or scratch of a dog or other

animal, *plus* the suggestion that the animal had hydrophobia, *plus* again a physician of a negative, pessimistic mind."

Of goiter he says:—"The power of suggestion has a whole lot to do with it. Women are more susceptible to suggestion than men. Perhaps this is too sweeping a statement; for it is just possible that men are as susceptible as women to suggestion. But in this instance the suggestion is prevalent that only women take the disease and men benefit by the suggestion that they are free from it, while women are subject to it." This the article from the *Youth's Companion*:—

THE FORCE OF "SUGGESTION."

The tact with which Tom Sawyer induced his circle of acquaintances to perform for him his distasteful job of whitewashing the fence challenges our admiration. We have seen the same trick "worked" occasionally by resourceful parents; perhaps we have "worked" it ourselves; yet so little power of applying a rule to any variety of instances have we that we do not begin to recognize the scope of the principle on which Tom based his immortal feat.

Suggestion—making a thing seem good or bad, desirable or undesirable, merely by assuming that it is so—plays a leading part in our dealings with children, but most of the time we are quite unaware of the fact. In consequence we frequently produce an effect that is the very opposite of what we desire. We say, "If you will whitewash this fence, I will pay you a quarter" or "If you don't get this fence whitewashed this afternoon, you can't go to the party this evening." By thus unnecessarily assuming that the child will not "like" the task that is good for him, we are doing worse than creating unnecessary friction at the moment. We are fixing standards for him that more and more are going to make him draw a hard and fast line between play and work, between things agreeable and things dis-

I am not fighting my fight: I am singing my song.

—Archie L. Black

agreeable. We are building up in his mind a prejudice as artificial and as harmful as it is common—a prejudice that may compel him as long as he lives to groan under or to shrink from burdens that need not be burdens, and to ignore untold enjoyment.

With a hundred common phrases we engender that frame of mind in our children. "It's not worth while" or "It's too much trouble" implies that effort is something to be avoided. "Which do you like better," implies nine times out of ten that you cannot like two things or two persons equally well. "If you will do it, I will help you" takes it for granted that laziness is inherent in human nature; we might just as truly and successfully take the opposite for granted and say, "If you will do it, you may do it all by yourself."

Let us rid ourselves of some of those conventional phrases, and in dealing with children take it for granted that those things are worth while that we truly believe have value. We shall be astounded at the response that we get from their unspoiled minds and hearts.

IMPORTANT ANNOUNCEMENT.

I have never allowed any articles, either original or selected, to appear in NOW that have not been in harmony with the basic Principles for which this Journal stands. That Principle is *The Divinity of the Human Soul and its limitless possibilities here and now*. For this reason few original articles, besides my own, save from my personal friends, have appeared in its columns. NOW thus stands for *something definite* in the mind of its reader. This will always be my policy.

Mr. William Nichols, now of Connecticut, was for several years a member of "NOW" Folk and a student and co-worker with the editor. For several years he occupied himself on his return to his eastern home in sending out mail "Lessons." Those "Lessons" he has offered NOW. Since they are the out-

growth of NOW instructions, I have accepted them. They will appear consecutively from July to December inclusive. My readers will thus have a rare treat of looking at the same Truth from a new angle. They will receive them at the cost of the subscription price. They were originally paid for at a much higher rate. They are worth much more than the ordinary Lessens material offered the public. Will each of YOU order the magazine for friends, that they may also enjoy them? Will send the numbers from May to December inclusive of numbers for this purpose for 50c. Think of this offer, now prices for all material the printer uses have gone up tremendously, and I have to pay it!! Will you not in this way help me to meet conditions? Remember the 6 numbers containing Mr. Nichols' lessons on "Financial Health" entitled: 1 Money; 2 Clothed with Opulence; 3 Infinite Productiveness; 4 The Reality of Invisible Abundance; 5 Consciousness: The Medium for the Manifestation of Prosperity; 6 Look Within; and May and June NOW for 50c. Foreign subscriptions, 65c.

STATEMENT OF THE OWNERSHIP, MANAGEMENT, CIRCULATION, ETC.

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HENRY HARRISON BROWN,

Editor and Publisher of NOW.

Sworn to and subscribed before me this 22nd day of April, 1916.

(SEAL)

J. J. KERREGAN, *Notary Public.*

(My commission expires Aug. 27, 1918.)

Minute a man stops looking for Trouble, happiness looks for him.

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—Irving Bachelor.

THE SECRET OF HEALTH.

When I was a lad it was common to hear people say, "I enjoy poor health!" It was a wrong use of the word. Had they really enjoyed it they would not have had it, for enjoyment would have cured them. What they did enjoy was to talk of their illness. For this reason they lived chronic invalids: lived so long that it was a relief to others when they ceased to live.

The secret of health is to enjoy every moment! Enjoy life! Enjoy whatever is said to you. Enjoy whatever occurs to you. Do I hear, "I can't!" Then you cannot. I do. I enjoy good health. You suffer poor health. I could but will not. When you really desire and will, you can, and will enjoy good health. Never yet happiness in limitations. Never health in "I cannot!" It always comes with I can! and I will! Can and will what? Simply—BE HAPPY! The whole Law of Life; the whole duty of man; in homes; in business and in state; the whole duty of an individual to himself and others; the only necessary preparation for heaven here and now is—I AM HAPPY!

The only Law heaven or earth needs is the command—BE HAPPY!

In this command is included all my religion, my politics, my economics, my right and my duties. When one is happy that completes all the requirements of life in every direction. Happiness is the *Cause of health*. Happiness is the subjective condition which manifests objectively in health. Never an illness of any kind that has not its cause in unhappiness. Heredity may have given tendencies to one, and that one believing in heredity is unhappy, and keeps the hereditary gift. Why keep it. Has he no choice; no will of his own? Why choose to be unhappy, and thus let the old relic of parentage and race ignorance hang to you? Be happy! Thus claim your expression of that kingdom

of heaven which is within you now. That kingdom expresses objectively, bringing health with it. "Within you?" *Then let it out!* Why keep that heaven pent up within. Give it expression. That kingdom is happiness. Let it out. *There is no other kingdom for me than the one I have within and I will express it!* In this Affirmation the ruler of that kingdom, the Sub-conscious reality, the Soul,—will obey the affirmation.

It is now as certainly demonstrated that unpleasant thoughts cause ill health as are the principles of mechanics and chemistry. Therefore the secret of health is to enjoy one's self.

In this Affirmation—I LOVE EVERYBODY AND EVERYTHING AND ALL I DO!—lies the redemption of the world from all disease and from death.

In this condition of Love the individual is freed from the animal fetters, that yet limit the race and is limitless. In this condition of Love he has chosen and willed in line with Desire, and Soul has no limit in its expression. The freedom that Love gives alone can maintain health. Free expression means health. Repression means its opposite. Only under Choice and in Choice in Love can there be this free expression.

Therefore learn that you are the Power to decide, how every person, condition and thing shall affect you, and then decide. When you decide that ALL IS GOOD and nothing affects you for ill, then you will affirm *I Love All for I love the Good*. In this love life flowers into expression freely, and health is thus the effect of Love. Happiness is the Cause.

Permanent health is yours when you are thus free. Accept this freedom by creating the picture in your mind; affirm your power to choose, and then will its manifestation. Then STICK, and you will not only have learned the Secret of Health, but will also have mastered conditions and will be in health through obedience to the only Law of Human Life, i. e., *I am that which I think I am.*

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

—Ingersoll.

OFFICE OF NOW,
589 Haight Street, San Francisco, Calif.

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NOW

HENRY HARRISON BROWN, Editor
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Entered at second class rates at San Francisco, Cal., Post Office, Jan. 14, 1915.

Mr. Sam Exton Foulds holds every Sunday evening a class in Mental and Psychic Science in NOW Parlors, 589 Haight St.

* * *

I have 15 sets of 24 lessons each in "The Art of Living." These lessons formerly, when accompanied with a personal letter, sold for 50c each. I will send the set, 24 Lessons, for \$2.40, ten cents a lesson. Personal letters upon the Lessons written for 50 cents each.

* * *

The subject of Universal Peace is one of individual progress. If in your individual life you are at peace with yourself, if your home is a haven of peace to others, if your place of business is harmonious and all your activities radiate good feeling to friends and enemies alike, you are doing your little part towards demonstrating Peace. Then, if you would learn the Principles of Peace and teach them, illustrating from your own experience, you would be a power for good—a power much needed at the present crisis.—*Bulletin of O. E. Society.*

The most important news item from The International New Thought Alliance is the announcement of the 1916 Congress of the International New Thought Alliance, which will be held in Chicago, September 17-24. The local arrangements for this Congress are in the hands of Mrs. Sarah C. Morse, 1045 East 47th Street, Chicago, Vice-President of the Alliance for the Illinois-Wisconsin District. The teachers and New Thought people in Chicago are working very enthusiastically for this Congress, and the fact that the Congress is to convene in their city has been an incentive for them to co-operate in arranging for the entertainment of this Congress.

Miss Leila Simon, Vice-President for Ohio-West Virginia-Indiana, will hold a two day Conference May 7 and 8 in Cincinnati. Miss Harriet Hulick, Vice-President for Arkansas-Missouri-Texas, will hold a Conference May 21 to 27 in St. Louis. Miss Hulick will be assisted in this Conference by Mrs. Grace M. Brown, Vice-President for the District of Colorado-Utah-Wyoming-New Mexico, and Mr. Vernon Hendry, V.-P. for Kansas-Oklahoma, and Mr. Perry Joseph Green, formerly Vice-President of the Oregon District, but now in the work as Field Secretary and Organizer of The International New Thought Alliance.

The work here at General Headquarters is progressing steadily now that the Headquarters is an assured fact. We receive letters from all parts of the world making inquiry in regard to the New Thought movement.

Notice the advertisement of "NOW" Tracts. They have been selling, with a personal letter, for 50c each. I send them now without the letter for 10c. They are the "boiled down" philosophy which is taught in some degree by all Metaphysical teachers.

**Call this God: then call this Soul:
And both the only facts for me.**

—Browning.

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Harold F. Palmer, Vice-Pres.

Eleanor M. Reesberg, Sec.-Treas.

Julie M. Cook, Organizer.

Southern California and Arizona Division

OF THE

International New Thought Alliance

HEADQUARTERS

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LOS ANGELES, CAL.

Miss Grace Wilson, Secretary, sends NOW the following items concerning the work of The International New Thought Alliance:

The Executive Board has decided on the dates of September 17-24 for the 1916 Congress in Chicago. The local workers in Chicago are very enthusiastic for the plans of the Congress and, under the able leadership of Mrs. Sarah C. Morse, 1045 East 47th Street, Chicago, and her assistant, Miss Ellen Synder, they are already making arrangements for the Congress. The ballroom of the LaSalle Hotel has been given by the Chamber of Commerce, so there will be no expense for the hall.

Several Vice-Presidents are arranging for their District Conferences in May. Miss Leila Simon, Vice-President for Ohio, Indiana and West Virginia, will hold her conference in Cincinnati, May 7th and 8th. Miss Harriet C. Hulick of the Missouri-Arkansas-Texas District and Mr. Vernon Hendry of the Kansas-Oklahoma District will also have their conferences in May, the exact date of which has not yet been settled upon.

We receive letters almost every day from different sections of the country, with inquiries as to teachers and lecturers. We feel the need of sufficient funds to send field organizers and lecturers in answer to these calls, but the Alliance is not yet in a position to meet the expenses of these field workers. We

have had urgent letters from Buffalo, Milwaukee, Grand Rapids and other points, all splendid fields for the New Thought work.

We are receiving answers to our request for memberships in the Alliance, and know that as soon as it is known that the International New Thought Alliance has established Headquarters in Washington that there will be a generous response to our appeal for funds to carry on this work.

Dr. Harold F. Palmer, our efficient Vice-President for Southern California and Arizona, has found it necessary, through overwork, to take a vacation, and his students have arranged for him to take a trip for four months to Honolulu. NOW learns that his New Thought Church has obtained Henry Victor Morgan of Tacoma to supply Dr. Palmer's platform during this vacation. Mr. Morgan is fully able to hold the church together and we congratulate them both on this happy solution of the problem of supply. When he returns he will be able to take up the Alliance work necessary for the proper representation of his District at the Congress in September. Of course Mr. Edgerton will be re-elected then. But in any case should he not find it possible to stand for re-election, without consulting Dr. Palmer NOW nominates him for President subject to action of the Congress. Dr. Palmer is not only an

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

—Whittier.

excellent West Coast representative, but is one of our most efficient and enthusiastic workers. Mr. Edgerton first; Dr. Palmer second.

The San Diego Congress, Sunday, Monday, Tuesday and Wednesday, March 19 to 22, is reported to have been a fine success. The following talent occupied the platform: Dr. Harold Palmer, Julie M. Cooke, Perry Joseph Green, James Henry Cross, Arthur T. French, Judge H. H. Benson, Myra Frenyear Wiseman, Josephine Preston, Sara Walrath Lyons, Miss Mary Perkins, and Dr. Z. Jacques.

DIVINE SCIENCE: Knowledge of Truth. By Charles Edgar Prather, Editor of *Power*. The Power Publishing Company, Denver, Colo. 125 PP. Cloth bound, \$1.00.

Anything Mr. Prather writes is most valuable. He is not tied to the Bible as authority, but uses it as an ancient expression of Truth. For this reason he is clearer and freer in his perceptions of Truth, and Law, and Life, than are the most of teachers who use the Bible as textbook. Any rational mind can accept all his fundamentals, and his reasoning from them is complete. It is a most excellent book for the hours of study. And especially is to be recommended his initial lesson, "How to Study!" Few teachers have ever given anything so concise and comprehensive.

DAILY STUDIES IN DIVINE SCIENCE. Monthly. \$1.00 a year, 10c single. Published by The Colorado College of Divine Science. Nona L. Brooks, author.

A good thing. What puzzles me is—why so many teachers make a distinction where there is none in Truth. I see no reason why every Unity, every Home of Truth, every Mental Scientist—every person who calls himself or herself New Thought, cannot accept these studies fully. For this reason I can recommend those who wish to study by mail to take this monthly. Especially will the Lessons please those who still feel that they *must* use the Bible as a base for thinking. The editor of *NOW* has no such limit. He uses *all* literature as *sacred*. I hope our International Alliance may succeed in uniting all the various movements—which are all one in Principle—into a concrete movement. Then we shall be a wonderful power for good.

BOOK NOTICES.

BIRDS OF PASSAGE, by Sarah Taylor Shattford. Published by Sherman, French & Company. Boston, 1916. 510. Price, \$1.50.

This is a volume of short poems. They have a lilt that is pleasing to the ear. The author is master of rhythm. Pure in sentiment. Optimistic and restful in thought. Will please as those that like the sweet and pretty rather than the deep and philosophical. Surely will please the home-maker and the home-body; those who are full of affection and who prize the friendships of life.

GOOD WILL. Monthly. New Thought Truth Center, Melbourne, Australia. Emilie A. Hulett, editor. Sent free to all who request. Supported by free-will offerings.

The copy at hand is full of excellent words of optimistic strength. The motto it carries is from Marcus Aurelius:—"Let people's tongues and actions be what they will, my business is to be good!" This is good enough for anyone to live by. The pages are filled with this spirit of minding one's own business. "M. Y. O. B."
March 28, 1916.

NEW EXCHANGES.

I find on my return these new journals on my exchange list:—

BROTHERHOOD. Fatherhood, Motherhood and Childhood—Godhood. Nothing human is alien to us.—These are the principles upon which it rests. One dollar a year. Eilart Nelson, Editor. Published by Brotherhood Pub. Co., 427 S. Olive St., Los Angeles. The three numbers which I have show a diversity of thought and talent which ought to insure it a steady acceptance among those who wish to see Brotherhood a fact dominating civilization.

THE AMERICAN ROSAE CRUCIS. The official organ of the Ancient and Mystical Order of Rosae Crucis. Alfred H. Saunders, Editor-in-Chief, 70 W. 87 St., N. Y. City. It is a fine specimen of typographical work. And certainly will appeal to those who love to mix up with the occult.

THE MASTER is a new journal published by Dr. Sahler of the Sanitarium, Kingston, N. Y. Dr. Sahler is probably without a superior in the field of Suggestive Therapeutics and Mental Healing. And this journal is expressive of his practical wisdom.

THE REVEALER. The official organ of the New Thought Movement in Australia. Veni Cooper-Matherson, Editor. 6 shillings a year. Sydney, N. S. W.

Compares very favorably with our best New Thought journals and reports of most excellent work being done in that continent.

For when I note how nobly natures form
Under the war's red rain, I deem it true
That He who made the earthquake and the
storm
Perchance made battles, too.

—Dr. Alexander.

* * *

It is evident that the materiality of a body does not stop at a point where we touch it: a body is present wherever its influence is felt; its attractive force, to speak of that only, is exerted on the sun, on the planets and perhaps on the entire universe.—Bergson.

* * *

So then believe that every bird that sings,
And every flower that stars the elastic sod,
And every thought the happy summer brings—
To the pure spirit is a word of God.

—Coleridge.

* * *

I have never united myself to any church, because I have found difficulty in giving my assent, without mental reservation, to the long, complicated statements of Christian doctrine which characterize their Articles of Belief and Confessions of Faith. When any church will inscribe over its altar, as its sole qualification to membership, the Savior's condensed statement of the substance of both Law and Gospel, 'Thou shalt love the Lord thy God with all thy heart and with all thy soul and with all thy mind, and thy neighbor as thyself,' that church will I join with all my heart and with all my soul.—Abraham Lincoln.

* * *

Today God is felt to be the indwelling life of a world-order and religion, past, present, and to come, the natural flower and fruit of every life that develops normally and comes to its own.—Edwin D. Stabuck, Ph. D.



PLEASE RENEW FOR 1916.

NOTICE!!!!

If a blue cross is made upon this line, your subscription for 1915 has expired and you are most cordially invited to remain with "NOW" Family during 1916 by sending in your subscription at once. NOW will have my matured thought this coming year and I am sure will be better than ever.

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