

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

—EMERSON.

NOW.

A JOURNAL OF AFFIRMATIONS.

Time past and time to be are one,
And both are NOW.—WHITTIER.

'Twas only striking from the calendar
Dead yesterdays and unborn to-morrows.—OMAR KHAYYAM.

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SAN JOSE, CAL., NOVEMBER, 1900.

HENRY HARRISON BROWN
Editor and Proprietor
Office, Sleeper Hall, 2nd St.
San Jose, Cal.

Thanksgiving.

O day our Fathers blessed! I bless thee more
Than they, albeit in the Indian's home,
They knew 'mid dangers, dangers still must
come.

They planted "on the wild New England
shore,"

Freedom's tree whose branches shall spread
o'er

The world and islands yet untouched shall be
By whispering breezes through its leaves
made free.

They thankful bowed in prayer 'neath win-
try dome,

Setting thee aside in lengthened praise,
For safety, food, Bible, and life and land,
And "Freedom to worship God," all else
above.

And I devoutly as in those dear days
Amid the fruitage of their sowing stand,
And give my thanks for that they did not—
LOVE.

—Henry Harrison Brown.

Affirmations.

Evolution.

I am Soul.

I am an Unfolding Soul.

All Possibilities are within me.

Evolution is the gradual unfolding
of these infinite Possibilities.

This evolution I name Experience.

All evolution is but the Expression
of the latent forces of Soul.

All my experiences are, therefore,
good and necessary for me.

All life is but Expression. Expres-
sion is the manifestation of Soul.

To refuse Expression to Soul, is to
refuse to manifest Life, hence repres-
sion is Death to the body.

Expression is growth, health, happi-
ness.

Repression is sorrow, unhappiness,
failure, and Death.

Soul is infinite in Possibilities, there-
fore it will take all eternity for its evo-
lution. I am Soul. I am Immortal
because of the Possibilities within me.

As an evolvent Soul I have eternal
Life. I have that Life here and now.

Eternity is only the flowing tide of
Expression.

Time has no existence save as
I measure one experience with an-
other. By recognizing my unfolding
I make time.

Time is the Thought of an Unfold-
ing Soul.

I as Soul am the creator and master
of Destiny. The tool by which I create
is Thought. The Power that I use is
Feeling. The Creative Power is Feel-
ing, (Sensation, Emotion). Thought
is the tool of Creative Expression.
The result I call Experience. Through
this evolution I become unfolded.

Feeling directed by Thought is all
there is to conscious life.

Feeling is the primal Expression of
Soul.

By consciously directing Feeling, I
become the Conscious Master of Fate.

By right thinking I can mould my
life's Expression as I desire.

As I become intelligent I do so
mould my life.

Ignorantly I have moulded my life
in the past. I now mould it with
knowledge. Knowledge is only Ex-
perience. Therefore I affirm all my
experience—GOOD. Only Good can
come to me.

All Unfoldment is good, Experience
is only unfoldment.

Each experience is but an experi-
ment in the Art of Living. Each
teaches me how to think and how to
mould my life to my desire.

I have, therefore, never made a failure
nor a mistake and cannot do so, for
each experience is a lesson without
which I cannot unfold intelligently.
I know more each day because I ex-
perimented yesterday. My NOW is
the results of my previous experiments.
I am experimenting NOW, and find all
lessons in Life—GOOD.

Expression being the only manifesta-
tion of Life, I am living more each
time that I feel the deeper experience.
I evolve thorough Experience. That
I do evolve is all my Thought. It is
enough. It is All.

I think Thought that will so direct
my evolution that I am happy in it all.
I think Thought that keeps me well
and makes me prosperous.

All Expressions in the evolution of
my Soul that are Harmonious, are
pleasant. Pleasant expressions are
healthful. I think only pleasant
Thought therefore my life is happy
and I am always in health.

By my happiness do I know that I
am in Harmony with my Soul. Soul
desires a happy, conscious expression.
I think happiness and am happiness.

By Experiment which is Experience.
I have discovered that, by Thought
that is pleasant I can make my life
manifestation pleasant. I think only
pleasant Thought.

I live in the realization of the
Affirmation that ALL IS GOOD.

I am evolving in the thought that
ALL GOOD IS IN ME.

Thus I direct Emotion into channels
of happiness and all my life is joy.

I am a self-conscious, unfolding Soul.
All my expression is pleasant. All the
evolution of my Soul is pleasant. All
my Experiences are good. All Ex-
pression is Peace, My Life is one
through my Thought with the Infinite
Good. I am unfolding in Love and
truth one with the Over-Soul! In
Thought I am One with the Omnipres-
ent Life. I am One in Expression
with the Infinite Intelligence. I am
One with Eternal Love. I am One
with The All-Good. The One in and
through Expression is evolving its
Truth in me and in that Evolution I
am One with the Eternal. Thus *I am
A thought of God.* I am God manifest
in the Flesh. An Evolving God. And
All is mine and I am All.

Immortal Love, forever full,
Forever flowing free,
Forever shared, forever whole,
A never ebbing sea.
Our outward lips confess the name,
All other names above;
Love only knoweth whence it came,
And comprehendeth Love.

Whittier.

WEAK AFFIRMATIONS WEAKEN US AND THOSE WHO HEAR US.—FANNIE B. JAMES.

NOW.

Primary Lesson, No. 7.

CONSCIOUS AND SUB-CONSCIOUS.

It is the fashion now to talk of, "The two minds." The "conscious" and the "sub-conscious" mind. Hudson in his "Law of Psychic Phenomena," is responsible for this theory. Upon it he builds a philosophy that has had its day and will soon pass away. For the only possible ground for a permanent philosophy, is that of Unity. There cannot be two Infinities, two Gods, two Principles, two Lives, two Energies, or two Minds. All is ONE.

But there is a conscious action of the the mind of man. The real mind is that which is below consciousness. The Real man is Soul. (If it is preferred, and it is to be ever remembered in these Lessons, that Mind, or Spirit, or any other word, is to be used. I mean the Real THING, that builds the body, manifests through the body, and at last leaves the body to decay.)

That Real Man ever lies sub-consciously. From that sub-conscious domain He directs all the automatic and instinctive conduct of life.

All intelligence lies there. All power lies there. All love lies there. Sleeping or waking the Real Man, the Sub-conscious man is keeping up the bodily functions, digesting, assimilating, circulating, destroying, rebuilding, and employing the body to do its work; the work performed in the unfolding into conscious expression, this sub-conscious Man.

In sleep this Real Man, the SELF, is busy and is unhampered by the limitations of body. This is proven by the somnambules whether they are natural or whether they are developed by Hypnotism. They see without their eyes, hear without their ears; sense without use of the ordinary senses; go, where they could not in the conscious state; reveal knowledge beyond their waking intelligence. Visions and dreams, prophesies, and reports of facts otherwise unknown, testify to the wisdom of this Real Self, that lies below the conscious state.

Consciousness is, therefore, merely a temporary manifestation and a very partial and limited one, of the intelligence and power of the Self, which is a manifestation of the ONLY ONE "that inhabiteth eternity."

In Mental Science, or as NOW likes best to name it, in Soul-Culture, it is absolutely necessary to understand this. For it is from this plane all the Affirma-

tions in NOW are made. They recognize only the REAL MAN, the Soul. The secret of Life is for us to learn to listen to this Man and to give HIM the guidance in all the affairs of life. In other words it is to live the Soul-life here and now. To become spiritual. "To let the Soul have its way through us."

This is done by giving the sub-conscious condition voluntary and conscious control of life's manifestations. This is done by what is known among the "Scientists" as "Going into the Silence;" but it is better expressed as Listening to the Silence.

To a Patient.

By Jane W. Yarnall, author of "Practical Healing for Mind and Body."

You are filled and surrounded by Infinite Life, Infinite Love and Infinite Wisdom. Infinite Life permeates your whole being, mind and body. Infinite Love heals, comforts and blesses you now. You are one with Infinite Perfection, now.

You are the Perfect creation of the Living God, harmonious, fearless, and free. Every breath you inhale is permeated with life and energy, and every drop of your blood is purified by Divine Love and vitalized by Divine energy. It carries health to every nerve and fiber of your body, and joy and harmony to your mind. You are sound and well now. 2450 Mich. Ave., Chicago.

Suggest to thyself, O, mortal, each day, that thou art an heir to a portion of the Universe in which thou livest, for thou art part of the Universe. Therefore, no one has a right, and no one can have the power to deprive thee of thy own. Celebrate thyself often and the victory is thine.—*Banner of Light.*

Sub-Conscious Wisdom.

R. M., of Minn., writes, as he sends his subscription for 1901: "Last March I was ill with the la grippe. At that time I received Trine's 'In Tune With the Infinite.' It interested me deeply, for hitherto I had read nothing of the kind. I tried his advice of putting matters into the mind before going to sleep. Notwithstanding the clearness with which that great book is written, I still felt at sea. I wanted something definite to grasp, that would give me

strength to overcome my weakness. Placing the matter in my mind I went to sleep. I was very ill, but slept soundly. No revelations came. I repeated the auto-suggestion the following night with no result beyond the knowledge that the mind had traveled along the directed path. The third night again I repeated the suggestion and I shall never forget the result. It seems to me that I was thoroughly awake, yet all sense correspondence was suspended. At first it seemed that some one was speaking to me but not in the physical sense. It told me that my body was a Temple and should not be used for any bad purpose. So strong an abhorrence I felt to vice that my flesh actually quivered from head to foot. Then in large printed letters, imprinted on my very consciousness, the great law appeared—The law of Regeneration.—This was not all. There appeared before my inner vision a body all swaddled in some dark covering, face and all. This body was dark and vile and bloated. What was it? It did not represent myself and yet it did. There was no word of explanation, yet I understood it. It signified the new birth. The old must die and carry all its corruption with it. This will make room for the new. It seems to me that corruption is an inherent principle of flesh and only when we acknowledge the supremacy of Spirit, is all vileness eradicated.

My next experience with my sub-conscious Self was one morning the past Summer. For some time my mind had been exercised over the old theological belief that Christ was the son of God. I could not accept this, yet my early training forced it upon me. I could not decide. Well, this morning, I was lying awake not thinking upon it, when, all of a sudden, my sense of surroundings left me and a voice within me spoke: 'It is a fact that Christ was merely a man, but.' At this instant I was awakened by a member of the household. The answer was sufficient, however, for now my mind is at rest, and the teachings of Jesus better understood than ever." Thus has the Real Self become the Teacher and Healer to thousands. The Soul is all Wisdom and Power and when "LET," as the brother has found, will project into the sense state its wisdom at desire. In the Silence all may Seek and find. In Silence they may Knock and it will open its treasures.

Sometime.

Sometime and somewhere I shall find my own;
All that is really mine shall come to me.
Sometime and somewhere,—yes, the world is
wide

And stretched before me lie th' eternal years.
Is there a friend whose help I really need?
Somewhere along the way he'll come to me.
And is there one who needs some word of mine
To cheer him on along life's toilsome way?
If so 'twill find him, for I'll speak the word
And it will reach him whether far or near.
So sure is this, for in th' eternal ways
Our need is but the voice of Him who speaks,
And all things spoken gravitate thereto.

—*Everett O. Wood, "Exchange."*

Paste This in Your Grip.

Though you deal in liquid blacking,
Dismal bluing and such things,
When you have a sale to manage
Do it as the robin sings;
Put some cheer-up in your business—
Be a chipper sort of man,
And with other lines of notions,
Peddle sunshine if you can.

There's an awful deal of meanness
In this busy world of ours;
But mixed in with weeds the rankest
Ofttimes grow the finest flowers.
Wear a posey on your lapel—
It wont hurt the trade you plan,
And along with other samples,
Peddle sunshine if you can.

—*Chicago Record.*

"If—

thoughts are things, if every act and wish be eternal in duration, then mortals have something to face when they come into the presence of their soul-selves. Every sensual thought will be found hanging to the branches of the life-tree, like a slimy serpent, seeking some living object about which to entwine itself."—*Banner of Light.*

Well Harry, that IF settles the matter. Thoughts are not things but energies or powers. Here is a fallacy that is working mischief with the tyros in mental science. Electricity is a mode of motion. But no one ever thought of calling an electric spark or a lightnings flash, "a thing." Now thought is a mode of motion, but a thought is not a thing. It is a manifestation of Force, and as the electric flash does its work and leaves results so does each thought. The sensual thought has left its result in the character and on the body of the thinker and these results, or effects, are the cause of other effects. Thus the law of Compensation works instantly and there is no time for any power to come

in between a Cause and its effect. No heaven with rewards; no hell to punish; no Summerland to crown; no borderland with fruits on the life-tree; no Karma to repeat all the follies of an earth life again. There is only an ever present Deity, here and now, to act and react within our Soul. Thus only can life manifest. We never face in heaven, spiritland nor anywhere, nor at any time anything but ourselves. With this emendation all the thoughts in the above are in exact harmony with Soul-Culture philosophy.

"Would it not be better to have all falsehood and deceit of all kinds removed while in the earth-world." Well as long as you have two worlds it might be asked if the power that made the two did not make them right. To one who sees only one world, and only one THING, one GOD and that ONE everywhere, there is only unfoldment, and to remove all these manifestations of an unfolding soul would be to annihilate that soul. Therefore, we remove all evil by not recognizing it. We declare ALL IS GOOD, because we will not draw the line which makes that on the right hand good, and that on the left hand bad. But everything shall be good to him who so affirms. We prefer to follow the advice of an old teacher whom we have by experience found to be excellent. He said: "Judge not." We found when we did not judge there was none to judge! When we saw no evil there was none. We found that the real man is not body, but SOUL and is eternal, therefore we see no Spiritland, but one Land, HERE and NOW, where in the inspired words of Lizzie Doten:

"All are brothers
All are sisters in this lower life.
Many others
Make sad failures in the weary strife;
But each failure is a grand expression
Of the law which underlies progression,
Which will raise the soul above transgression.
Yea this very night,
All throughout this city
Every soul is striving toward the Light."

Wit and Humor.

A person with no relish for humor is unfortunate. It is the sweetmeat of everyday life that gives zest and flavor to our experiences. I have a grateful remembrance of the person who makes me laugh.—*Alexander Wilder, M. D., in "Banner of Light."*

From "Christian" for November.

To Helen Wilmans I owe much of the Spirit of Freedom that possess me to-day. To Shelton's *Christian* I owe the DARE in me. So here is NOW, the child of these two god-parents. Can it fail? I think the god-child has improved upon the parents. It should.—*Henry Harrison Brown in "NOW."*

"That sounds exactly like one of my kids. They always think they know more than I do, especially about their own affairs. Even in this office there is not a proper respect for My Majesty. The two girls that work in this office treat me as if I were a common mortal. It is the same with other people, too. The other day Helen called the great and mighty Elbert Hubbard, Mother Hubbard. Just think of the editor of the *Philistine* and the author of "Little Journeys" being called Mother Hubbard. I am anxious to see what Helen will say about her part in getting up this Pacific Coast kid."

Well, T. J. "I AM." I thought you would show more pride in your god-child. However, he has enough independence of his blood to "Go it alone." Still, I sense the GOOD from both, and know that the Thought of Success from them is with NOW, and in that Sunlight of Love and Truth, it will grow and will claim its share 50,000 subscribers.

Zietgeist.

We stand to-day at the threshold of a new era whose Zietgeist (World-Spirit. The moving spirit) is spirituality. The pendulum of human thought has been swinging steadily towards the extreme of blank materialism, for a hundred years. It was inevitable that it should have done so.

The invention of the telescope and the microscope opened the portals to material worlds unseen and undreamed of before, and engaged the thought of earth's thinkers. The fierce fight between reasoners and the somnambules in church and state, deepened with centuries growth and ended as all conflicts between fact and authority always do, with the overthrow of authority. Step by step the old beliefs, resting upon tradition, were abandoned; one by one the old superstitions vanished before the day-spring of the fuller light; inch by inch the contested ground was won by science until men's minds at last could see nothing in the old beliefs and ideals but prejudice and superstition.

And to-day we stand in the dawn of a new era whose Zietgist is spiritual resting on no authority but upon knowledge.—*Oracle of Nature.*

FINALITIES ARE AN IMPERTINENCE IN A GROWING AGE.—*J. W. CHADWICK.*

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NOW.

HENRY HARRISON BROWN, EDITOR.

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credited to others is his.
Its basic Affirmation is:—Man is Spirit and can mani-
fest as spirit here and now.

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Notice.

The edition of July NOW is ex-
hausted and we have only a limited
supply of March and June.

For 25 Cents

NOW from September to Febru-
ary inclusive will be sent to any address.

It is intended that the readers of
NOW shall have nothing but the
thoughts of experts. Therefore I have
invited many of them to contribute.
In another column will be found some
"Advice to a patient" from Mrs. J. W.
Yarnall, well known as author and
teacher. It is the first of a series that
she has written for NOW. Her books
can be ordered from NOW office.

The earth is pledged in payment
Unto man for all he needs.

—Lizzie Doten.

PSYCHOMETRIC READING FOR AD-
VICE AT "NOW" OFFICE EVERY DAY,
FROM 1 TO 4 P. M. TERMS \$1.00.

REWARDS AND PUNISHMENTS ARE THE REACTIONS OF OUR OWN ACTIONS.—THE VENDANTA.

NOW and Spiritualism.

The *Banner of Light* of July 28,
pays this tribute to Andrew Jackson
Davis, to whom in reality belongs the
honor of starting all this present move-
ment in metaphysics, that has resulted
in the various schools of healing and
philosophy. Spiritualism ran off after
the phenomenal and sensational and
centered around the life beyond the
grave and the beauties of Summerland,
to the neglect of the practical that lay
under its demonstration of the spiritual
nature of man. For when it is demon-
strated that one lives after death, it is
demonstrated that he lives as spirit
before death; that in the old sense
there is no death; no hereafter; no
change; but that man is now Spirit
and has his Summerland, his heaven
and his hell, here and now. This was,
in the necessity of the case, neglected,
that the materialism of the age, the
scepticism of science, and the belief of
the theologian might be met by evi-
dence. While this was being attended
to! here came Theosophy with its
Eastern philosophy, Christian Science
with its Pope, Metaphysics with its
hundred schools and last and best,
Mental Science, fast bringing order out
of Chaos. But the parents of all these
children is Modern Spiritualism, which
with all its vagaries, its follies, and all
the hordes of frauds and mountebanks
that have borrowed its heaven tinted
livery to serve their pretence in; with
all the jugglery of press and pulpit; is
still the one source to which all these
must turn for the evidence that they
are that which they claim to be. The
movement Spiritualism started is the
most important of the century. But
Organized Spiritualism is but a fraction
of that movement, and to-day it is but
a slight part of the moving power. To
one who has for thirty years watched it
from within as I have, to one who like
Davis has seen it all, there is seen to
have been wrought by it the mightiest
change in human thought since Coper-
nicus "changed the front of the Uni-
verse." Rev. Heber Newton in a
recent sermon says that Spiritualism
and Swedenborg are the only factors
that have changed the conceptions of
the hereafter from what they were in
the first centuries, and Spiritualism has
done more than all other factors to re-
move fear of death and the hereafter
and to give man natural and rational
views of life here and now.

Spiritualism centers in the public
mind upon the demonstration of a
future life. NOW centers upon the
Thought I AM SPIRIT NOW AND
HERE.

But at first this could not be so. I
love my friends who through *demon-
stration* taught me to say, "I AM
SPIRIT," by convincing me that those
whom I thought dead were living and
HERE. Gladly, therefore, does NOW
copy and endorse these words with the
hope that Spiritualists are "coming to
their own" in such recognition and in
claiming as theirs all these mental
Science Movements, for until the de-
voters of these schools do see that
Spiritualism is true, they have no firm
basis for their claims, outside logic,
and interior evidence. And Logic will
compel them to say the so-called dead
do live and communicate. I regard
Horatio W. Dresser as without a su-
perior in the metaphysical field, and in
the July *Higher Law* he says: "In
reply to the question of evidence of a
continuance of life after death the
arguments are based on personal ex-
perience of two kinds. * * * Second, mes-
sages from those who have passed be-
yond, the reality of which there seems
to be no good reason to doubt. The
messages that have come suggest a
most beautiful development on the
part of those who have entered the
fuller life. One and all of those who
have come to consciousness of the sig-
nificance of their new surroundings
have taken up the great work of help-
ing to bring to consciousness, those
who are not so highly developed.
Those who pursued a merely personal
ambition here have become altruistic
there. Those who were spiritually
gifted in this phase of life have a much
greater power and have become more
the ministers of the Spirit."

But to the extract from the *Banner of Light*:
Andrew Jackson Davis, the greatest of all
earthly seers who have lived upon this planet,
well says that "there is but one disease, and it
comes from the want of permeation or blend-
ing of the mental, spiritual and physical forces
of man's nature. When these are duly har-
monized and related, pain and disease will
disappear. Man will then, and not till then,
fully realize his own capabilities and possibi-
lities. When he can do so, he will rise to a
consciousness of his heirship to whatever of
good there is in the Universe, provided he
does his best to earn his share. When he es-
tablishes the benign reign of Harmony within
his own soul, physical and mental pain will be
obliterated forever."

NOTICE. Send only 1c. and 2c. postage stamps to NOW.

Who will send the *largest* list of subscribers between now and the next issue? NOW wishes to double its subscription list before January. When this is done, I will be relieved of other labor, and can devote more time to writing. Will every subscriber make an effort to send at least one subscriber? Remember subscriptions to commence either with the first or the seventh number.

M. B., of Neb., says: "Next to *Freedom*. I like NOW better than any other of The New Thought journals."

E. B. O., of Lilly Dale, N. Y., writes: "Your address delivered at the State Association, September 1898, which I read in the *Banner of Light* upon 'Man is Spirit Here and Now' enabled me to grasp and realize that we are spirit and living the spiritual life here and now. I re-read it and gave it to others to read, and it is entirely satisfactory, and comprehensive and beautiful. I thank you for delivering it." This is good, coming as it does a year after delivering that address. It shows that the WORD once spoken is never lost. That address is elaborated in the volume I propose to print at 25c. when 500 copies are subscribed for. "I am Spirit!"

Mrs. S. B. S., a public worker in psychic fields writes from San Francisco: "I have no word however beautiful or sweet nor however clear the strain to express the GOOD your NOW has brought to me. A sister handed me the July and August numbers, the first I had seen. The article 'How to read NOW' speaks not alone to my soul but to every soul. Every hour since have these two been my companion and are more worn than either your or my copy of Emerson. Please send it to me from the first number and sample copies to these, my friends." Is not that GOOD? All is, and NOW and GOOD are one.

An Iowa M.D. writes: "The October NOW is at hand and every line has been read with much pleasure and profit. This number is well worth the annual subscription. We feel that NOW should live. It supplies a much needed food for so many that are groping in the dark. I am glad to do all I can to make it a certainty. Send

to the following addresses for one year and begin with the first number. I am glad of an opportunity to secure back numbers."

Elizabeth of Nautilus says in private letter: "Success to you NOW." That is the only time of Success and since sister WE are LAW, Success IS WE. I am glad we are both together and are teaching Success to all. Thanks. I am blessed with the best lot of comrade editors of any person, so the best of success is mine—that of friends and Lovers.

In noticing the Ohaspee Colony in October NOW at Shalam, in some way the P. O. got mixed. It is at Dona Ana, New Mexico. It is hoped that some NOW readers have already helped Mrs. Howland and that more will.

W. B. H., of Cal., writes: "I want you to know how much good your letter has done me. I can't place any money value on the benefit I derived from it. It simply lifted me up where I could see myself and find I am not the insignificant being I imagined myself to be. I make the affirmations it contains many times a day and can see that I am manifesting outwardly. In proof of which see the following: I am going to *do*."

W. S. C., of Nevada, writes of a letter: "I thank you exceedingly for the advice and the suggestions. I have studied them with much interest."

C. Y., of Mo., writes of his reading: "It is *very* good. In fact it is in one or two particulars the best I ever had. You so accurately described the trend of my thoughts, my sympathies and the desires of my heart. You excel all others in one thing and that is— This is true and it is the cause of my failures in life and you tell me how to avoid it hereafter. You have given me such relief that when I read it I sent a prayer of thankfulness to you."

Remember it costs for the present only \$1 to get this psychometric reading.

A lady in Los Angeles writes: "I hold the statements you gave me, also I know no law but harmony; I know no power but Good, and I rest in peace and trust in God! I did so enjoy the poem 'Be Thyself' and the affirmations in the August number and hope the time will come when I too can bless my fellowman." Sister, you are doing

so now, and these words will go out to continue the blessing.

C. A. W., of Denver, writes: "In the September number you ask every subscriber to send one name with 50c. this month. Dear brother, you ask for one fish and I send you two and no stone. These subscribers are true blue and will stick to you through thick and thin. With love and wishes for success." This is the way. If every subscriber would send as many, NOW would boom and I would see the way to many improvement and the printing of my books. It is easily done when one is really feeling the Spirit of NOW. Who will be first and who will send the largest list for November?

Sandow Upsets the Modern Theories of Physical Culture.

Sandow, the most splendid example of physical development in modern times, has in his method of training, completely upset all modern theories of gymnasium practice by proving, first that apparatus is not necessary, and second, that many exercises or movements are not necessary to complete and perfect physical development. He has proved in his own practice that the keynote to physical development, as well as mental training, lies in power of mental concentration. He has shown how a few movements slowly practiced, under intense mental concentration upon the muscles exercised, will accomplish more than all the apparatus and work done in the average modern gymnasium or physical culture class. This, by the way, was the ancient Greek method of training. The time has come to return to it, for it is the only correct method.—*Thaddeus Sheridan Frits in "Forward Movement."*

Our grand business undoubtedly is, not to see what lies dimly at a distance, but to do what lies clearly at hand.—*Carlyle.*

Do not rest content with Affirmations. Be practical. Make a step from knowing to doing. Your metaphysics must inspire a greater sympathy and lead to a nobler life of service, or you had better close your books and learn of those who have never heard the word "Metaphysics."—*H. W. Dresser, in "The Higher Law."*

"Be still and know that I am God." What part of God? No! Know that I am God—all of God, good, all of good. I am Health, I am Love, I am Supply. I am the Substance of all that human Souls or bodies can want or Need.—*H. Emily Cady in "Unity."*

HOLD FAST TO THE PRESENT; IT REPRESENTS THE WHOLE OF ETERNITY.—*GOETHE.*

NOW.

Exchanges.

NOW appreciates all the journals it has on its list and would be glad to say a good word for all of them and will as soon as possible.

"The Higher Law."

Boston. \$1 per year. Horatio W. Dresser, editor. The editor's name is a guarantee of its excellence. NOW reads every page.

"Universal Truth."

Chicago, Ill. \$1 per year. This is a good exponent of a liberal form of Metaphysics that seems to come between that of Mrs. Eddy and Mrs. Cramer, of San Francisco. It has many articles of great merit. Its Motto is, "Love, Purity, Light! Eternity endureth. Time is not, only the ever present *now*."

"The Natural Healer."

50c. per year, Chicago, Ill. This is the Necessity of the hour. The Healers are yet to meet and conquer this drug M.D.S. in the Courts and no better journal than this, for purpose of education and protection, has come to NOW office.

"Listen."

Evansville, Ind. \$1 per year. Prof. Edward Miller, editor and publisher. A unique little journal filled with the positive thoughts of the editor. "Listen," means "in the Silence." This is the key to the good things in it.

"The Healer."

Is the title of Francis Edgar Mason's paper. It is, as its sub-title indicates, a journal that vindicates its name. It is among the better class of metaphysical journals. No amateur philosophy here. \$1 per year. Brooklyn, N. Y.

"Suggestive Therapeutics."

Has the largest circulation of any journal devoted to the subject of Suggestion, or Hypnotism, in the healing field. It has much of value, especially in way of facts. It would be well if the amateurs would confine themselves to merely reporting their experiences, leaving theory and philosophy for later years. The last two numbers have been a wise departure, being largely the work of the editor who has edited out the amateurs explanations.

And here is a good place for a word I have long wished to say: It is too common in the journals of advanced thought to admit communication from those who are new to the thought. This is more true of Spiritualist and Hypnotic journals, though occasionally the Metaphysical journals admit much that is crude and muddy. To deduce a philosophy or even to theorise upon the psychic phenomena requires time and growth. Learn of Darwin. For twenty-six years he gathered facts before he gave his theory to the world. Let us have facts. Let those who like Hudson, A. J. Davis, Dr. Parkyn, and others, who have for years experimented, give us theories. Even these are fast enough thrown aside by still later or deeper reasoners.

"Mental Science,"

Is the title of a new paper, put out by Eugene Del Mar, 27 William street, New York City, \$1.00 per year. It is a fine little magazine. The editor is Secretary of the New York Temple. He is well posted and his journal will be free from the defects of many of the present exponents of the New Thought as it will have the philosophy of experts and not the vaporings of amateurs. Let us have more of such. Here is a gem from Vol. 1, No. 1.

"The New Thought brings a message of gladness. It tells there is sunshine and joy for each and all. It discloses a universe of law and order, of beauty and harmony. It reveals to us that there is but one life and one law. It discloses to our vision the wondrous grandeur of our surroundings. It guides us to a knowledge of our unlimited privileges and powers. It declares that the world is to us as we see it, and that we may see it as we will. It shows that when we look for good only, we will find nothing else. It teaches us that we may control our destiny, and attract all that we place ourselves in harmony with. It proves that as we give so do we receive, and that through a life of Love we may reach the heights of peace and happiness."

"The Logos Magazine."

Sara Thatcher, editor. Applegate, Cal. \$1.00 per year. This is a new journal by the author of "The Logos Series of Textbooks." There is very much to commend and much to think about in all Mrs. Thacker writes and this journal will win its way to the table of the metaphysician who wishes to grow.

"Suggestion."

Chicago, Ill. \$1 per year. This is one of the foremost journals of its kind. Dr. Herbert A. Parkyn, editor. Dr. Parkyn is one of the best of Hypnotists, and his magazine, taken with *Suggestive Therapeutics* and *Suggester and Thinker* will form sufficient library to convince any person that of all discoveries man has made none surpass Hypnotism in its power to bless.

"The Healer,"

A periodical that vindicates its name, comes among NOW'S exchanges. Its editor is one of the good writers in the NEW THOUGHT movement and the *Healer* now in its XII volume is truly as far as Truth goes vindicating its name. It is published at 424 Green ave., Brooklyn, N. Y. \$1.

Book Review.

Books accumulate. I would like to say much of all, but cannot. A *true* word must suffice.

"The Living Universe."

By Henry Wood. Lee & Shepard, Boston. 10c. It is like all his works—Good.

"Seek Wisdom."

By Leo Virgo. Unity Tract Society, Kansas City, Mo. 15c. It is well worth time and study. "God is Spirit." "Man is the idea of God." This is the base of its philosophy

"Key to Magnetic Healing,"

By Professor J. H. Strasser, of the New Ulm Institute of Magnetic Healing, New Ulm, Minn. Price \$5.00. It is a good book but dear. It will, however, take the place of the many advertised "Lessons in Magnetic Healing" that are not "Magnetic" at all but are, as in this book, of value as systems of Suggestive Therapeutics. All that can be obtained for the \$25 courses by mail of "Magnetic Healing" and etc. can be had here.

All the books can be ordered from this office.

"Evolution of Immortality."

By the author of "The Rosy Cross." \$1. To no book outside of Emerson do I owe more in the evolution of Self than to "The Rosy Cross." This present book comes thus well recommended. It will not fill the place that did, but while I differ in many particulars, it is a *Thought* book and as such is to be recommended. May be ordered from this office.

TODAY OF ALL DAYS IS THE ONE TO BE ADMIRER.—THOREAU.

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A clergyman in a hurricane having been told by the captain that there was no danger till the sailors began to pray, made his way to the fore-castle one day in midst of a storm. Listening, he said, with a glow of relief on his face, "Thank God! They are swearing!" — *Alexander Wilder in "Banner of Light."*

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Slanderers and gossipers are generally poor in health and in purse.—The Healer.

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