



N O W

A Journal of Affirmation

Thought

Suggestion

Mental Science

Psychology

May 1924

15 ¢ Per Copy

\$1.50 Per Year

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

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

'Twas only striking from the calendar
Dead yesterdays and unborn tomorrows.
—*OMAR KHAYYAM.*

SAM E. FOULDS,
Editor.

List of Writers

PEGGY M. REEVES
HENRY VICTOR MORGAN
DR. WM. F. KELLEY
HENRY HARRISON BROWN
J.A. EICHWALDT
SAM. E. FOULDS

Published by
SAM E. FOULDS,

589 Haight St.

Digitized by Google
San Francisco, Calif.

NOW:

A Journal of Affirmation

Vol. XX.

MAY

1924.

No. 5.

A Monthly Journal of Positive Affirmation. Devoted to Mental Science and The Art of Living.

Its basic Affirmation is:-

Man is spirit here and now, with all the possibilities of Divinity within him and he can consciously manifest those possibilities HERE and NOW.

CONTENTS

Demonstrable Psychology
Arranged from the mss. of H.H.B.

The Law of Mental Medicine
Dr. Wm. F. Kelley

Constructive Psychology
Peggy M. Reeves, M.A.

The Staff of Life
J.A. Eichwaldt

Poems etc.

Subscription Rates (anywhere) \$1.50 per year. Single copies, 15 cents.

A cross in this | | means that your
subscription | | has expired.
Please renew | | promptly, or
send card of | | discontinuance.

NOW
A Journal of Affirmation.

Entered at Second Class Rates at San Francisco, Cal. P.O. Jan. 14, 1915.

Vol. XX.

MAY 1924.

No. 5.

THE HILLS OF GOD.

O Soul, rejoice! The Living One
Behind the seen your eyes may see;
Look upward to the Hills of God
Forget your sin and misery!
Remind Him not of wasted years,
The dreams of sense He cannot know.
Behold His face, and while you look
Your darkest sins become as snow.

Look upward to the Hills of Faith
When clouds obscure the earthly way,
Whene'er we find our rest in God
The earth-born clouds pass swift away.
The reason why our way is dark,
The reason why our eyes are dim,
Too much we watch our erring feet,
Too little faith we have in Him.

Look upward to the Hills of Hope,
O hearts that bleed, O eyes that burn,
Whene'er your heart rests deep in God,
Behold your loved and lost return.
There is no death for those whose eyes
Look upward to God's glorious Hills;
Nor life nor death can separate
Hearts that the Father's presence fills.

HENRY VICTOR MORGAN.

DEMONSTRABLE PSYCHOLOGY
(Arranged from the mss. of H.H.B.)

Lesson 19.

CLAIRVOYANCE

Review the lessons on Vibration, Telepathy and Thought as Force, for the Principle laid down in these is that upon which Clairvoyance rests. Vibrations of a certain pitch reach the external eye, but there are millions from each object that are felt only by the whole nervous system. A recognition of some of these we term Clairvoyance. This definition is at once scientific and plain:

Clairvoyance is the recognition and interpretation in terms of space of sensations too fine to be recognized by the eye.

Let me illustrate. In China is a friend of yours. From him and his surroundings radiations come to you. Were you near enough you would sense some of them as they struck the eye and you would say "I see." Some might strike the ear and you would say "I hear." Some would strike the olfactory nerves and you would say "I smell." Coming nearer you could also say under right conditions "I taste." When any of them touched your body you could say "I feel." But you are also cognizant that every place as you enter causes a different feeling. People cause these feelings without your touching them. This kind of feeling develops into Telepathy, Clairvoyance, Psychometry and Inspiration. They are interpretations of feelings which are not located in any special organ, or any spec-

ial set of nerves. They arise from contact of auras. The aura is the sphere of vibrations that encircle each person or thing. Auras of persons impinge upon each other all the time. There is always a blending of vibrations from all things in the one ethereal ocean which surrounds us. We become cognizant of this when we feel that which we do not understand. "I feel enough, but cannot tell it!" is a common expression. Why should you allow yourself to feel, without knowing the cause? When you do know there is wisdom, knowledge and protection in the power you have developed. But you must first feel, that you may know.

You are touched in your aura by all the aura of your friend in China, and also by the aura of his surroundings. When you shall recognize the feelings they produce you will soon be able to reveal in terms of space that which you feel, and know what your friend is doing.

As light vibrations speed faster than sound vibrations, so do psychic vibrations and thought travel faster than light. Probably psychic vibrations are faster than thought, but both are so swift that we cannot conceive of time in connection with either.

Every friend you have is with you by vibrations at all times. Every person on distant planet is here at all times. Every thing in the universe is here at all times, because its vibrations are here, and when we learn to feel and to interpret the sensations that come from thought and psychic vibrations, as we interpret those that come to ear and eye, we shall live in communication with all intelligences no matter where they are, whether in any part of the

earth, in distant spheres, or beyond the grave. They will be recognized just as we now recognize them by the interpretation of the feelings they produce in us. Meditate upon this till you perceive that Clairvoyance is as natural a development as is sight; that it is the line of present evolution; that it is the prophecy of the present sensitiveness of the progressive races; that you are, in developing it, only doing consciously that which Nature is doing instinctively with the whole race.

The directions given for Concentration, for Telepathy and Mental Healing are requisite for this development. Memory, Imagination and Clairvoyance are one in principle. No dividing line can be drawn between them since they shade into each other; but there are phases of each so positive that we can decide which they are. You recall a picture and say "Memory." You create a picture and say "Imagination." You see psychically and say "Clairvoyance." By the same faculty are the pictures produced. Memory is the recalling of a picture, imprinted in the Soul's gallery; Imagination is the creating of a picture out of the materials memory has supplied; Clairvoyance the perception of a new picture from without coming through psychic vibrations. Therefore whatever cultivates memory and imagination helps the development of Clairvoyance.

Those who have an excellent memory of details, who can readily recall a picture, those who can imagine a scene as clearly as if it were hung on canvas before them, will have but little trouble in developing this faculty. The first step in this "Art of Clear Seeing" is to increase your power of recalling memory pictures. As this pow-

er increases your attention is called more and more to the impressions made upon you by your surroundings. You notice sensations. This is the line of unfoldment.

This is to be your practice:— Choose your times for quiet. Concentrate upon some memory of place. Then be passive and LET the picture come up before your imagination. After a little practice you will discover that details will come out like a developing photograph, and those you were not aware you had noticed will appear. Practice this with scenes, faces, etc., till you can instantly recall distinctly any person or place you have once seen.

Next, decide in your mind to repeat a certain journey. Having decided concentrate upon that journey, and take it in your mind. Dress for it; pack trunk or satchel for it; take car or carriage or walk to station; take train; see every passing view; carefully note the conditions upon your arrival. Practice this along various routes till, like a panorama, all the trip unfolds to you. It will often occur that something you had scarcely noticed will come up to surprise you. Next, take a similar trip and see what changes have taken place since you were there. Having told yourself as you entered the silence that you were going to see the place just as it now is, let the mind drift without your will. It will go there. You will see changes. This is Clairvoyance. You can test the truth of your sight later.

One little fact of noticing a slight change is demonstration that Clairvoyance is yours. Keep up your practice in these lines until you can tell yourself to see any place or person without the slower

process of this seeming travel. Till you can immediately concentrate, it is necessary that you follow this course.

Think of some place which, or a person whom, you have never seen. Make a picture of him or of it in your mind, or better still, without volition, let a picture come through imagination into your mind; describe to yourself the person or scene. Later read up, or seek out, the facts and note your success. Soon all you will have to do, that you may clairvoyantly see any person, will be to say to yourself, "I see," and let the picture come before you.

Every thing is present to the Soul. Vibrations from every person impinge upon the Soul. When you are passive under the thought that you *do* feel and *do* interpret, these pictures in the Soul come up just as memory pictures do. A cultivation of one is a like cultivation of the other, when you hold the thought that they are one.

There is no limit to this power. You can verify your psychic vision in regard to persons and places present to sense; when you transcend the limits of sense can you not trust it? You can when you have disabused your mind of preconceived ideas, as to the conditions of that trans-mundane life. Till then, you cannot trust it, for your visions will take the coloring of your prejudices and your preconceptions. Learn to think of the life without the body as natural as that in the body, and of the world where spirits live as natural as the thought-and-love-world in which you live. Remember that each thing visible to your senses was first an idea, a spiritual manifestation, then you are ready to interpret truly the perception of the Soul.

Thus through this open vision and your telepathy you will live the real life and know

not the division which the senses make of a life *in* the body and a life *out* of the body. It is one life. To most it is a life limited by the body. This limitation exists only in the thought of the individual.

Another benefit lies in this development. It will help you in any thing you wish to accomplish. Before things are manifest to the senses they are realities to the Soul. When you are seeking an invention, a poem, a picture, a home, an investment, enter the Silence and see it there as a reality, and know that it will materialize. The more perfect that it is in imagination the sooner will be the realization. Understanding this, all you have to do is to lay aside all thought of time, or place, or method, and *let* that which is real in the Soul manifest in its own time and way. You will thus control your life, for that which you see clairvoyantly in spirit will take control of your personality, and the picture will draw itself, the poem will write itself; the invention will build itself; the investment will draw you to itself, and the desired work will find you.

Between Clairvoyance and Intuition no line can be drawn. You will discover soon in your practice that your intuitions are becoming clear and strong. Soon in your daily experience you will act from the Intuitive and seldom reason out the *why* of the thing, for you KNOW it and need not reason upon it. The line of evolution is from the instinct of the brute through the reasoning of the intermittent period, to the Intuition of Real Manhood into which the race is now developing. You will have a clearer perception of Truth and will by applying it to conduct find your life happier, more successful and more worth the living for it will have broadened and deepened its channel. Through the practice of Clairvoyance you are preparing yourself for the development of your Psychometric powers. Therefore I wish you to enter fully into the spirit of these lessons.

THE LAW OF MENTAL MEDICINE.

By Dr. Wm. Franklin Kelley.

Part 7.

PSYCHOLOGY AND CHRISTIAN SCIENCE—
Here is the difference between Christian Science and Psychology. Christian Science teaches that there is no evil and no matter, therefore no sickness. The science of Psychology admits the existence of matter and error, but claims that people are free moral agents and have the ability to free themselves from sin and its consequences and by the grace of God, thru the medium of right thinking and right living, to acquire mastery over material things. Psychology supercedes some religious ideas in that it does not believe that "man is a worm of the dust" except when in sin. Scientific conclusions clearly show that man is essentially a child of the living God, and that tho many are bad children, the actual tie of Divine parentage prohibits actual disinheritance. The fact is this; no one can be entirely separated from God and live. God is Life and your life—in fact all life is a part of the Omnipresent Spirit of God.

By sin, man may be separated from God and even his own soul, but only in a degree. Absolute severance of all connection would entail immediate and absolute destruction. The body cannot live without the animating intelligence of the Soul. Neither can the Soul survive apart from the life-giving element called Spirit or God. This Divine Substance by which the Soul survives is in the background of our existence. This is an absolute fact which may be proved by an endless variety of scientific psychological experiments. This is not a mere claim which we ask you to accept by faith. It is a demonstrable

fact which you cannot avoid perceiving if you try out the formulas we are giving in these lessons. We have set out to prove that there is a Soul and that there is a God. All that we ask of the student is to go with us thru our study and demonstrations and our task will have been successfully performed.

THE WAY TO GAIN SUPREMACY—All conditions and their effect on human consciousness and life are thot-made. Things have their effect upon you according to the way your Soul interprets the sensations which arise from a perception of things. That force thru the medium of self suggestion is the supreme controlling power of the Soul. By the intelligent use of your will you can control your thot force and the suggestions which enter your Consciousness. Change your thot life and you will change your conditions. The more you meditate on bad conditions the worse the condition becomes because it gets a better hold on you every minute that you give it attention. Fix in your Mind the idea of health. Make your Predominant Impressions work in your favor.

If you are sick, forget it. Center your mind on the idea of being well. Make up your mind you are getting well. Get the idea of sickness out of your consciousness. Do not be foolish about it. Do not try to walk on a broken limb, nor eat food that you are sure will do you harm. Do not stuff your system with more food when it is already overloaded. Be sensible. A clean system will get more strength and life force out of a slice of bread or a potato than a clogged system will get out of a pound of steak. Remember—it is not so much what you eat as the way your system handles it that counts. Your system handles food according to the nature of the Predominant Impression in your Subconscious Mind. That Impression is made by the thots you think.

DON'T BLAME THE WORLD—If you are down

and out, don't blame the world. The chances are, the world does not know you are alive. Of course the condition of society and economic conditions to a degree determine your outer life, but remember that you and I and all the rest of us are responsible for society being what it is. In fact, we are society. Let that be as it may, your real life is your inner life, and no one but yourself can dictate conditions of that inner realm. But here is the trouble. While your inner life is to a degree a reflection of your outer life, so also is your outer life a reflection of your inner life. Environment, will, and an inner, divine impulse stand as a modifying influence.

Now for the new viewpoint. You are what you are because of the Predominant Mental Impression controlling your life. But you can change that impression. If your will is asleep, wake it up. See if you are sailing or drifting. Have you a definite goal? If not, get one. Strike out for something worth while. Set the compass of your mind toward new thots, fresh purposed, live desires. Bury the dead things which have been poisoning your life. Flee from the past, particularly that part of it which has been holding you down. Get the idea of a new birth. It is a fact that every morning you are born anew. Every time you awaken from a deep, refreshing sleep you have returned from God. Get this supreme fact in your consciousness. Every time you go to sleep, dominate your mind with a prayer for Divine guidance which will bring you out of the depths of Spiritual substance into the heights of Supreme Realization in daily life.

Your thots make you what you are. The next step is to control your thinking. We are telling you how, but you must think for yourself. Learn to think clear, definite, precise thots and you will find that you can master your thots and be what you want to be.

THE STAFF OF LIFE.

By J.A.Eichwaldt,

Author of Systematic Re-Education of the
Subconscious Mind Etc.

The history of Our Daily Bread is so closely connected with the history of the human race that the kind and quality of the former clearly indicates the kind and physical quality of the latter at any given period. The particular nature of this Staff of Life in any given part of this world is likewise an indication of the physical condition, health and stamina of the population of that part of the world.

In this broad and glorious land of ours, in this abode of the wealthiest, most advanced and most progressive nation on earth where one would be justified in expecting to find a perfect "Staff of Life", we find in universal use the poorest and most devitalized substance known to mankind under the name of bread. The results are inevitable and glaringly perceptible to any one who will take notice.

Wheat, the wonder grain, is the only product of nature which contains in perfect balance everything necessary to build the physical man. Wheat alone will nourish and sustain the human body at all times and under every condition. Nothing else is needed; but, likewise, nothing must be taken away. This means that the entire wheat kernel or berry must be eaten and not only the bleached and devitalized starchy remnant which is the product of the various standard milling processes, and which is known as flour.

The sixteen elements which make up our physical bodies are: Carbon, Chlorine, Fluorine, Hydrogen, Iodine, Iron, Lime, Magnesium, Manganese,

Nitrogen, Oxygen, Phosphorus, Potassium, Silicon, Sodium and Sulphur. All these elements, properly proportioned, exist in that little brown kernel of wheat. Some of these mineral elements or salts are present in very minute quantities, as they likewise exist in the cells of which the human body is composed.

Vitamines are the inseparable essences of these organic mineral elements of wheat or any other "live" food. Were this not the case, any of these chemical mineral salts could be used to re-vitalize denatured wheat flour. Vitamines are the very life of food. These vital elements enable the bodily functions to assimilate and regulate the food supply and are in the same relationship to food as the ignition system is to a gas engine. They are just as indispensable to the human body as the spark plug is to an automobile. Yet we are paying the miller to remove them from wheat. Inferior physical development and a weakened constitution are the inevitable results which gradually terminate in disease.

Everywhere we see rickety, nervous and undeveloped children and other innocent victims of the white flour fad. We continue paying. We pay dearly indeed. We pay first to be made sick and then we pay the physician. If he is a wise doctor he will tell us to avoid white bread, to live on a "raw food" diet. This is generally done nowadays to correct "blood pressure", etc.

Even slow-moving medical science is becoming awakened to the sinister influence exercised upon human health and welfare by the current way of flour milling. Large headlines on the front page of a San Francisco newspaper recently announced that "Stanford University will defy Millionaire Millers." Dr. Harvey W. Wiley defied not only the millers but several other groups of systemized food-spoilers. While his propoganda resulted in the loss of his official position, the benign influence of his

activities is becoming more and more a growing force for food improvement.

The mentalist who has properly impressed the subconscious mind-activities for health is automatically losing all craving for improper articles of food. The subconscious source of all knowledge will react and externalize the knowledge upon, and understanding of any subject; yet, there is a large, powerful and well meaning metaphysical organization which does not officially acknowledge these glaringly conspicuous food facts. In consequence the members of the said organization will have to continue the services of healers and practitioners, instead of becoming individually and forever free of all such props.

In nature there is a law of balance, which means harmony. This law of harmony is operative on every plane. Proper food is as essential to maintain balanced, correct physical life in similar measure as correct thinking is for a harmonious and constructive mental life. Improper food reacts unfavorably on both body and mind in the same way as erroneous and improper ways of thinking react. The results are detrimental in both instances.

For a healthy, harmonious and happy existence, we must not only think in accordance with the law of harmony, we must also eat in accordance with that law. Whenever we correct a physical error which we may have committed against our Being, we are producing eminently favorable reaction from mental realms also; and vice versa.

But in order that this talk may not be unduly prolonged, let us determine exactly what to do, since we must act. Knowledge without action can benefit nobody. We realize that there is ample room for improvement everywhere, and we must arise and consciously steer towards our goal on the flood tide of evolution.

Yes, we have no bananas; neither have we bread that is fit to eat. Well and good; let us make our own bread. A hand-mill may be procured at the cost of few dollars. It will pay for itself many times over within a few months. Wheat may also be had at the fancy price of about 3¢ per pound. Make your own meal and bake your bread, biscuits, etc., and realize for the first time in your life what real bread is like.

If you do not care to bother with a mill, eliminate the bread from your diet; eat wheat instead. Clean and wash a quantity of wheat, soak it over night, and unless you like it raw—cook it in as little water as possible. The less you boil it the better, because vitamins, etc. are carried away by the steam. Let it get cold and serve it with fruit, milk or cream, or eat it in place of bread at your regular meal. Delicious? Yes, indeed, and nourishing too!

Roman soldiers conquered the world on a raw wheat diet. There is a lady in Oakland, California who reduced herself 20 pounds in a few months through just such a diet. She is 45 but possesses the figure, vitality and charm of a girl of 25. There are other conspicuous examples of rational diet plus right thinking; there are many—too many—horrible examples of the common and conservative way of eating, added to wrong mental procedure. If you do not care for yourself, for the love of the human race, of the generations yet to come, have mercy on your growing children.

—+—

N.B.

The June issue of NOW Magazine will contain much valuable matter. It will also be improved in appearance, and will all in all be the most practical issue of the magazine, both from the standpoint of contents and appearance that has ever appeared.

CONSTRUCTIVE PSYCHOLOGY.

Part 4.

By Peggy M. Reeves, M.A.

The laws of life are immutable and you cannot change or escape them. You can adjust yourself to them, however, and become successful. There is a law of right living which is just as absolute as the law of gravitation, which is natural law. Science has, and is making such-heretofore-astounding discoveries concerning the laws of life, that they are giving out these discoveries rather gingerly, and often with reluctance. There are many "Doubting Thomases" that are invincible and invulnerable to any idea that differs from the old theological one concerning a Man-God who sits on a throne with the sword of Damocles in His hand, ready at an instant to decapitate the one who dares assert the "I AM" within. The recently discovered and most practical idea that all humans are a part of the great creative forces of the Universe, is causing a re-birth of civilization. Men are no longer shackled by superstition and tradition. They are being awakened to the fact that religion means more than joining a church. Jesus, the Christ, taught constructive psychology. He was a Christian, not a religionist. All living things must be, and are, sustained and operated by Omnipotent intelligence. Every individual differs in degree and quality of intelligence, and it is this difference that must be understood, if you want to have success in life. Your success depends upon your understanding of nature's law, and your ability to concentrate your thoughts and attention. Attention is the mother of interest. Interested attention and a determined, energetic *will* to do, will bring never failing results to any one.

Attention is said to be the mark of genius.

I have seen geniuses upon whom this mark was conspicuous by its absence. This could occur for two reasons. Lack of self-understanding has kept many from self-discovery. Not knowing just the kind of genius you possess will often result in lack of attention and interest.

Laziness is often the basic cause of "lack of attention" for those people who are born lazy. By proper understanding and development, it can be overcome.

Remember, Love and Faith, backed up by self-confidence and a belief in yourself, will furnish you with the fire of enthusiasm. Enthusiasm is the power that moves the world.

Your love of commendation, which is one of the finest characteristics with which your creator has endowed you, must be encouraged, but must also be controlled. Never let this fine, noble trait develop into a love of cheap notoriety. When you have learned to love more and hate less, praise more and blame less, you will have made a forward stride in the betterment of yourself and your fellow creatures. Obey the advice of Captain Jack Crawford, the scout poet, who tells

"When a bit of sunshine hits ye at the passin'
of a cloud.

And a bit of laughter gits ye, and your soul is
feeling proud,

Don't fergit to up an' fling it to the one
that's feelin' blue,

For the minit that ye sling it, its a boomerang
to you."

Constructive Psychology is the basic principle upon which is founded Universal Brotherhood. It teaches co-operation of bodily function and brain organs. Co-operation is the only principle which will develop proper social, financial and economic systems of government for individuals.

into themselves a strange, foreign element; it only requires them to be a perfect corporation individually, and to collectively co-operate with all with whom they come in contact, so that each one will be able to incorporate their mental and physical faculties, and become a part of this Universal Brotherhood. The human being is organized and constructed for activity. No one can see more in this life than his brain activities have prepared him to see. The great purpose and joy of life is to actively do; to produce, to acquire and to give. The better the man the better should be his offspring and his subordinate production.

Better production of man's subordinate products will be an aid in the production of a better man. When all artisans are artists in their particular line, doing with their hands work which their brain dictates, then we will have better manhood and better womanhood. Gold plated, parlor soldiers look well in society, but unless these men have iron in their blood, steel in their bodies, and brains in their heads, they will never measure up and be able to join this Universal Brotherhood of Men, who are co-operating for the good of this and future generations of men. Peace leagues, prohibition or laws enacted by Congress, and handed down to the people, will never put a stop to war, intemperance, or any other evil. Each one of you must become a law unto yourself and govern your own ego. People reward and punish themselves. You must have an outlet for individual energy and group activity. Emotions, to be healthful, must be expressed in action. Activities directed constructively, for the good of all, bring good to those who direct them.

The only way to become successful is to become efficient in your work. Efficiency is not a birth-right or an inheritance. It is an attainment which all can acquire. The old iron-clad law which tells you that as you were born, so shall you remain, has been disproved in a thousand in-

stances.

Your subconscious is the builder and re-builder of your body. It is a wonderful chemist which transmutes your undesirable heredity into a desirable legacy. To some heredity is a fairy Godmother, to others it is an hydraheaded monster. You live in the presence of unceasing change. This change is the evolution of the Universal Mind, of which you are a part. Your ability to think enables you to establish within yourself a mental powerhouse of dynamic activity; make this an operative power for good. This power comes from thinking, which is the business of life. The only channel of activity for the Universal Mind, is through the individual. Thought, rightly directed, understood and applied, is the greatest labor saving device in the world; thought is the greatest "safety first" invention of the ages.

Constructive thought will give you inspiration; inspired people are the great human creators, working with the Divine. It is your business to understand, command and use this inner creative force. Destructive, discordant thoughts will build for you a destructive, discordant life; this is the law of nature and, like all her laws, it is immutable. You cannot plant a bitter apple and gather from the tree an apple which is sweet.

You are a free moral agent— at least for a time— and can use your psychology constructively or destructively, just as you choose to use it, but you must abide by the consequences. Do not allow your God-given *Will* to mislead you; do not delude yourself by thinking that you can sow wrong and reap right. This can not be done, it is not in accordance with Nature's Law. The entire world is only relative; it is to the *inner* world you must turn for an understanding of truth. Many people say the world is growing worse; this statement is not true. The human consciousness is becoming aroused, and is changing the world within

to a demand for better deeds, a better life, and higher ideals. These results are far reaching and will bear fruit in generations which are now unborn. Knowing these truths, and *using* them, is the one thing which will set you "free" from all narrow, earthbound creeds of ignorance.

When Love and Truth are united by efficiency, Nature always produces a masterpiece. Love is a creative force. Hatred, absence of love, is a destructive force. You should cultivate within you the power of Love. Love— all brands of love— Universal Love, Parental Love; love of children, love of friends, love of humanity, love of birds, trees, flowers, and all created things, animate and inanimate. People who carry upon them the label of love possess the elixir of life. Love is the forerunner of Faith; Love and Faith are the creators of creative ability. Hatred and Doubt are not only destructive elements, but they are destruction personified. They fill the mind with false ideas.

Love and Faith are elements which come to man through his superconscious mind; they are the great inspirations which, if accepted by the conscious mind and planted in the subconscious mind will make all creatures super-human.

—+—

MAN

Man lives apart but not alone;
He walks among his peers unread;
The best of thoughts that he hath known,
For lack of listeners are never said.
Jean Ingelow.

=+=

**STATEMENT OF OWNERSHIP, MANAGEMENT, ETC.,
OF NOW
(April 1, 1924.)**

=====

Published in accordance with the Act of Congress
of August 24, 1912.

Editor, Sam E. Foulds, 589 Haight St.,
San Francisco, Calif.

Publisher, Sam E. Foulds, 589 Haight St.,
San Francisco, Calif.

Managing Editor, Sam E. Foulds, 589 Haight St.,
San Francisco, Calif.

Business Manager, none.

Owner, Sam E. Foulds, 589 Haight St.,
San Francisco, Calif.

Known bondholders, mortgagees, and other security
holders owning or holding 1 per cent or more of
total amount of bonds, mortgages, or other securi-
ties, are none.

(Signed) SAM E. FOULDS.

Sworn to and subscribed before me this 31 st. day
of March, 1924.

(Signed) N.E.W. Smith, Notary Public,
in and for the City and County of San Francisco,
Calif.

(Commission expires April 12, 1925.)

What science calls the uniformity of nature,
faith accepts as the fidelity of God. It is won-
derful sermon that science is all the while preach-
ing to us from this text, "God is faithful."
Let us lay to heart the lesson, and be thankful
for the teaching that has brought it home to us
with such power and impressiveness.

Martineau.

SUBCONSCIOUS MIND

PRODUCES INSTANT CHEMICAL CHANGES IN THE HUMAN ORGANISM, as demonstrated through an experiment, more convincing than a volume of testimonials. Let me show you without cost how to make this experiment.

This unconscious activity of the mind is responsible for all human conditions, including health, environment, talent and ability, success or failure. Anyone may control and reeducate this important function for any desired results.

Absolute evidence on request. Write before this offer is withdrawn.

J. A. EICHWALDT,
16 Fruitvale Branch, Oakland, Calif.

ARE YOU SICK? UNSUCCESSFUL?

Need a position? Need a tenant? Need to
sell your property? I have HEALED and HELPED
others, why not you? Five Dollars monthly for
treatments and Six Lessons free except postage,
which is about 50 c. PRAYER CHANGES THINGS!
EXCELLENT RESULTS! TRY ME! LOVINGLY YOURS,
MARY FRITZ, D.D. Dept. 14-23. COLLISON, ILL.

HEALTH HEALTH HEALTH UNRIVALLED HEALERS IN YOUR OWN TOWN

Unsurpassed success in healing, success, triumph in affairs. Daily treatments. UNITY IS POWER—every case cared for by the World Helpers of Humanity, Edith Moore, Principal; Lelah A. Wagner, Vice President, NORTH WINDHAM, MAINE.

Back issues of NOW containing the DEMONSTRABLE PSYCHOLOGY LESSONS can be had at regular rates.

BOOKS THAT INSPIRE

BY HENRY HARRISON BROWN.

If you are seeking practical new thought teachings—these are the books you need. They have helped thousands to realize and use the Power that is within.

Titles:-

THE LORD'S PRAYER: A Vision of Today.
124 pp. \$1.00
SIX STEPS IN MENTAL MASTERY. 120 pp. 50¢.
CONCENTRATION: The Road to Success.
120 pp. 50¢.
SUCCESS: How Won Through Affirmation.
64 pp. 50¢.
THE MASTER'S TOUCH. 64 pp. 30¢.
SELF-HEALING THROUGH SUGGESTION.
64 pp. 50¢.
HOW TO CONTROL FATE THROUGH SUGGESTION.
64 pp. 50¢.
NOT HYPNOTISM BUT SUGGESTION. 64 pp. 50¢.
MAN'S GREATEST DISCOVERY. 64 pp. 25¢.
DOLLARS WANT ME. 64 pp. 50¢.
HEALING WORDS OF JESUS. 20¢.
WHAT IS NEW THOUGHT? 15¢.

The following are 10¢ each:

SIX TRACTS ON SEX.

- (1) Friendship; The Third Function of Sex.
- (2) BODY-BUILDING: The First Function of Sex.
- (3) PROCREATION: A Secondary Function of Sex.
- (4) THE ULTIMATE OF SEX.
- (5) PLACE OF SEX IN RACE DEVELOPMENT.
- (6) SOCIAL HYGIENE; SEX EDUCATION.

All Books Sent Post Paid on Receipt of Price.

SAM. E. FOULDS,
589 HAIGHT ST. SAN FRANCISCO, CALIF.