

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

—EMERSON.

NOW.

A JOURNAL OF AFFIRMATIONS.

HENRY HARRISON BROWN, Editor and Proprietor.

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.

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Outward and Inward Bound, We are One.

On the horizon sails I see,
Set in amethyst and pearl.
The nearer sea, with white caps fret,
Reflects a steamer's smoke wreath curl.
Sails that lessen as I gaze;
Smoke-wreath coming nearer shore;
Toss and play with crest and trough,
While I'm lulled by distant roar.
Souls under both in trust are stayed.
Outward or inward bound the same.
One the sky and ocean floor.
One their hope, what e'er its name.
Seek they health, or friend, or gold;
Pine they with a vague unrest;
Or flaunt success with faces bold;
Happiness the only quest.
Man must express his inner power!
This cry for peace, or love, or truth;
This search for joy; or prayer for ease;
Is soul-cry for Eternal Youth.
Drift on Souls! Unrest is yours,
On coming or on going bark!
One port ye all will sometimes win.
One Light sometime illumine your dark.
One Good ye'll gain—'tis Being more!
One haven—the rest, Expression finds.
One Light—it beams forevermore!
The Light within illumined minds.
I'm ONE with ye, where'er ye go!
Ye seek afar! I seek within!
Ye'll sometimes find the, I Am God!
When found, ye'll know we all are kin.
HENRY HARRISON BROWN.

Chain of Lakes, Nov. 17, 1891.

For NOW.

Not Lost.

Love thou, and grieve not,
If in bestowing thou seemest to waste;
Behold thy vacant heart-space already is
filling
With love that is sweeter unto thy taste.
—W. M. N.

The soul environs itself with friends,
that it may enter into a grander self-
acquaintance or solitude.—Emerson.

Love, which is the essence of God, is
not for levity, but for the total worth of
man.
—Emerson.

In the struggle of human minds the
victory eventually will remain with the
best.
—Haeckle.

AFFIRMATIONS. CONTENTMENT.

Content, whatever lot, be mine!

A solemn duty bids me go,
And though the issue none may know,
I hear and heed the voice divine.

—William H. Burleigh.

I break my pilgrim staff,
I lay aside my toiling oar;
The angel sought so far away
I welcome at my door.—Whittier.

All is well.

I am one with Him "who is from eter-
nity."

I am One with the All-Good.

I am One with the Life Eternal.

I am One with the Ever-Present Love.

I am One with the Everlasting Truth.

In this Unity I am content.

Nothing disturbs the serenity of my
Soul.

Within the Silence, all is Peace.

No matter what comes, it is from the
One who is Good, and all is well.

No matter what my lot, it is His will
and I am content.

No matter where I am, I am where He
wishes, me to be, and I am content.

No matter who is my companion, He is
with me, and I am content.

No matter whether cloud or sun, it is
His sky, and under it I am content.

No matter whether it be heat or cold, it
is His season, and I am content.

No matter if success, or seeming failure
meets me, since it is His will it is ever
sure success, and I am content.

All is well with me, for all comes from
the One Loving Providence.

In this Providence I find my rest, and
am content.

Joy and gladness follow me because I
am content with my lot.

Fear, worry and anxiety I do not know,
because I am content whatever fate be
mine. It is mine by the unerring law
of Life and is all good.

I am not afraid of poverty, for in Him I
am rich. All His is mine and in His
riches I am content.

In this contentment I am free from all
the entanglements of Fear. I at all
times command my energies for the
thing in hand. NOW is the accepted
time for all my efforts.

I am never in haste. I am sure always to
be where I should be, and at the time I
should be. I am therefore content with
all things. I enjoy in this contentment
all things. All that is good for me is
mine *Now*.

NOW I am content. The peace that
passes understanding is mine.

All is well *Now*. The angel of content
is mine.

A new thought is purifying; a new thought is
hygenic.

—Elbert Hubbard.

"Happiness is the only good. The
place to be happy is here. The time to
be happy is now. The way to be happy
is to make others happy."—Ingersoll.

AFFIRM!

Every Affirmation adds to Realization.
Every denial subtracts from realization.
In other words, every denial of your
ideal and your ability to reach it simply
fixes you more firmly in your present
state of realization.

Affirm your power.

Affirm your ideal.

Work for it.

To Affirm is literally to make firm. See
that, your thoughts are not shaped to
make firm what you want to outgrow.
Watch your thoughts and put them to
your Ideal building.

Keep at it. In a year from now you
can look back and by comparison see
how much faith and will and steadiness
of purpose you have gained. All that
is built into your realization. Go on.
In due time you will find your Ideal
realized.

—Elizabeth Towne, in *Nautilus*.

"How to Control Fate Through Sug-
gestion," the editor's "Baby," is sell-
ing well, and many are the complement-
ary notices he is receiving for it. All
readers can understand it, for he wrote
it from 28 years' experience as a teacher,
from platform, pulpit and press, and he
has sought here to answer the questions
that have met him in this work, and
answer them in plain language. Sent
from this office upon receipt of 25 cents.

"I have always believed in life rather
than in books."
—O. W. Holmes.

GO WAKE THE SEEDS OF GOOD ASLEEP THROUGHOUT THE WORLD—BROWNING.

NOW

Primary Lesson No. 20.

Keep Still.

Be still and know that I am God.—*Bible.*

The ultimate end of all education is to put one into full conscious possession of himself. The manifestation of this consciousness of power is Self-Control. Self Control is the end of these Lessons. It is Nature's purpose in all the experiments of life.

The body is man's first environment. He is then to learn first, to control his body; to make it obey his will. He thinks, then decides, then wills and the body obeys. But there is a still greater field in which he yet does not even attempt to control his body. It is the field of the sympathetic nerve. This nerve controls the respiration, circulation, digestion, elimination, all the instinctive and automatic functions of life. All the actions of brute are instinctive. He does not reason, therefore he makes no mistakes. He perceives; he knows, without reasoning. It is man's distinctive privilege to reason and choose. In so doing he is *Man*. He has already converted many instinctive and automatic functions, into volitional ones, and the process of evolution now is along this same line, *i. e.*, to extend the area of the volitional function, or in other words, to convert, sympathetic nerve into cerebro-spinal nerve. It is this last system—the ceroro-spinal—that is used by the will in carrying out the decisions of the reason.

Man then is most truly man, when he controls to his desire, his body. To attain this control he must first know his power, then from a study of the past, learn how to extend his realm of mastery. I assert that it is within human possibility and must of necessity come in the line of evolution, when all men will control every function now instinctive. That the whole nervous system will become subject to the human will. This is the principal under which all mental, faith, and magnetic cures are made. No one can use or effect the body, except the one who inhabits it. Others may teach us to do, may stimulate us to act. But another can as well sleep, or eat for us as to as to change or restore tissue for us. We heal ourselves, just as we disease ourselves. Healers and teachers are needed to enable us to outgrow the need of teachers.

To attain this control we must assert our power in the realm already won for us by past generations. We have a body that by the past efforts of the race obeys the will in thousands of cases where that of our arboreal ancestors would not obey. It is upright where his was bent. We walk on two feet. He used

his hands also to assist his walk. Why do so many after middle life begin to revert to that primitive type by stooping or by round shoulders? Because they let hereditary traits and tendencies control rather than control themselves by conscious choice.

Will used, would keep one upright. The brute tendencies conquers the man in them. Man is the creature of choice and will; brute the creature of tendencies, heredity, instinct.

Man has a conscious and a sub-conscious life. Brute has no conscious control. The Law . . . Man has this Conscious Life that he may control the manifestation of the Sub-conscious. Now use the power you possess. How? By thinking, Direction. Take control in Thought. Will your organs into harmony with your desires.

Silence! Stillness of the objective, after you have given direction to the sub-conscious, is all that is needed. Tell the kidneys or any organ to act normally, and then, throw the thought off your mind. Turn you attention to something else. Forget them and forget your order. Know as a general knows, that your order is obeyed. In short—keep Still, and Let the unconscious-God in you do the work the Conscious-God has commanded. This is, *Keeping still and Knowing God.* Keep still this objective mind. Worry, anxiety, fretting, anticipation, hope, are all noise. Keep still, and these will be lost in Realization.

I find this in a recent paper from James J. Jeffreys, the pugilist, who has changed the traditional methods of training for mountain climbing. He says:

I have never felt so well while training for a contest as I do now, and I attribute it to the good effect of mountain climbing and hunting in the hills. For a man of my physique, I think such exercise is the best that could be thought of. * * * But the greatest advantage, to my way of thinking, is that my mind is occupied constantly, and I am doing something which I find a pleasure instead of a task. This makes it almost impossible to become stale.

Jeffreys has found the key to success where Mental Science places it—in mind—in *right thinking*. NOW prophesied that, if his opponent does not calculate for right mental conditions, Jeffreys will always win. Mind wins everywhere. More mind used more success. Children, savages, the undeveloped, show Nature's way. The wise follow.

[Are you in line with the thought of this paper? Have you received a sample copy of it lately? If it meets your approval and you desire to assist its work, let us have your subscription.]

The greatest truth that man has ever found is that he can conscientiously train himself into a realization of spirit and its mastery over the physical and into an understanding of the Oneness of all Life, and the power of good over evil, of health over disease.

—*Alite B. Stockton, M. D.*

Whistle and sing!

Things may go crooked, the world may look black,

Things may look stormy, but don't you look back!

Whistle and sing!

Life will be brightened. The morning will bring

Peace to the heart. Whistle and sing.

—*Lowell Otus Reese.*

How to Control Fate Through Suggestion—Notices of the Press.

"How to Control Fate Through Suggestion" is another of those blessed little books that are doing so much for the "health, happiness and prosperity" of the people. Henry Harrison Brown is the editor of the widely known New Thought paper, "NOW," and is one of the best among the writers, lecturers and teachers of the movement. In this pamphlet he makes suggestion a science, as well as an art.

—*San Louis Obispo Reasoner.*

The author states that it contains knowledge of the power by which man may control his own destiny. If it merely helps in that direction, it is well worth the twenty-five cents.

—*Banner of Light, Boston, Mass.*

"How to Control Fate Through Suggestion," is a brand new 25c book, by Henry Harrison Brown, who edits 'NOW'. It is fine value for the money, just in paper, printing and quantity of matter in it. And when it comes to quality, well, it is simply great. It is positive and inspiring as well as readable."

—*Nautilus, Holyoke, Mass.*

"It unfolds a practical philosophy."

—*Times, Kingsley, Iowa.*

"A valuable contribution to the New Thought literature; makes Suggestion a science as well as an art applied to healing, and to growth in spirituality."

—*Progressive Thinker, Chicago, Ill.*

"As by no other author has Mr. Brown unfolded and developed those principles that heretofore, under the names of Mesmerism and Hypnotism, have been made to play so important a part in the stage show. In his hands they become the way to self-confidence and place in man's hands the key to wisdom."

—*Unity, Kansas City, Mo.*

"The book is well written in a clear, easy, forcible style. It is strongly affirmative, and will attract at once all who need to be stimulated by strong assertions and forceful thought. The sincerity and faith of the writer is imparted to the reader. Few books so well pay purchase and study."

—*Philosophical Journal, San Francisco.*

Prayer.

"Allah! Allah!" cried the sick man, racked with pain the long night through,
 'Till with prayer his heart grew tender, 'till his lips like honey grew.
 But at morning came the tempter, said, "Call louder, child of pain.
 See if Allah ever hears or answers: "Here am I again."
 Like a stab the cruel cavil through his brain and pulses went;
 To his heart an icy coldness, to his brain a darkness sent.
 Then before him stands Elias, says, "My child why thus dismayed?
 Dost repent thy former fervor? Is thy soul of prayer afraid?"
 "Ah," he cried, "I've called so often; never heard the, "Here am I;"
 And I thought God will not pity; will not turn on me his eye."
 Then the grave Elias answered, "God said, 'Rise, Elias, go
 Speak to him, the sorely tempted; lift him from his gulf of woe.
 Tell him that, *his very longing is itself an answering cry;*
 That his prayer, 'Come gracious Allah' is my answer, 'Here am I';
 Every inmost aspiration is God's answer undefiled;
 And every 'O, my Father!' slumbers deep a, 'Here, my child.'"
 —Translated from the Arabian by James Freeman Clark.

Mental Healing. Telepathy.

I hold the thought of Health for you until my thought fills your mind and body. This is Mental Healing in a nutshell. It is all based upon telepathy or transference of thought.

—T. J. Shelton in *Christian for November*.

Telepathy is "the basis" of mental healing. It is the way a large proportion of cures are done. But it is only Suggestion silently conveyed. It is therefore silent Hypnotism, the same Hypnotism of which so many Healers are afraid. Not a cure without Suggestion. It matters little in principle whether it be conveyed orally or telepathically but the latter is more effective, is more certain, but is not more so than is the oral suggestion given to a subject when in a somnambulant condition, for then the suggestion is given to the Sub-conscious Man, and is identical with thought transference. But Telepathy is only the "basis," as Shelton says, for when one reaches the stage of unfolding where he or she can with the Thought send all the combined vibrations of the Ego, (and they probably are infinite in number,) to the patient, then does the true healing—the Spiritual Healing commence. But Thought is the directing force. Thought is the determining factor. Thought is the wire that carries the soul message from ego to ego.

Life,**Its Potential and Its Conservation.**

(Concluded from Last Month.)

Thought is Love transformed. Like Thought and Life, Love is limitless. It is the e-motion of the Ego. There is but one possible emotion. Therefore Love is the only possible emotion. As it is not Life and death, but more or less Life, so it is not Love and hate, but more or less Love. Love is the Master Passion. We are in the habit of so naming only those states of intense passion, but we are only naming a degree, and not the emotion. The one motion from the Soul is directed and controlled by different thoughts. It is the Thought accompaniment that differs and named and not the emotion. There is only Love. Wherever is the most perfect manifestation of the Indwelling God, there is the most perfect manifestation of Love. Then conversely where there is the most perfect manifestation of Love, there is the most perfect manifestation of Life. For Life and Love are one. Love is only Life in expression. Let Life manifest in Love and there is health. People are sick and die because they do not love enough. The streets are filled with dead and dying persons. Dying because they will not let Life flow through them into expression. Repression is death.

Were it not for Love there would be no reproduction of the species. And but for Love no daily reproduction of the body. Love is the measure of life. Corollary—To be in health and enjoy life we must be loving. Whenever we give any lesser degree of Love than normal then cells created by the larger degrees die. This decay causes poison, and disease is the result. Cure—More Love.

Here in a nutshell is the whole of mental science. Here in the same shell is the whole of Professor Elmer Gate's chemical discovery regarding the effect of emotions upon health. Have no ill-feelings; no ill-thoughts; would you have health. Be happy and you will be healthy. It is happiness that creates health. The rule of science is that of Jesus: "Love the Lord (within) with all thy heart, soul and mind. Love thy neighbor as thyself." Herein hang all the mental and physical sciences. But when Love passes through the brain it becomes thought. Thought is limitless. Life and Thought are one. To think is to live. Only as we think we live. The measure of our Thought is the measure of our life. The thinker is a healthful person. But do not confound the thinker with the reasoner. Thinking is the spontaneous action of the mind. It is Life in activity. It is spiritual activity. Reasoning is merely intellectual activity. It is not thinking. It is arranging Thoughts that are dead; they have an objective value, but are spiritually dead. Reason is for the objective life. The Soul *knows*. It perceives Truth. The intellect applies Truth thus perceived to the needs of the objective life. But to try to live by reason is like man trying to live off stones for bread. Man does not live by

material food, but by every thought that cometh from the Sub-conscious (The Inner God) into the conscious life.

Love and Thought by the conversion of energy are only transformed Life. Therefore to think and to love is the all of Life.

When the Human Soul came to say, "I think and I feel," then, because it had power to decide upon its manifestations and to choose pleasure from pain, it became Self-conscious. Through this choice it became self-creative. It therefore cannot die. Every act of self-consciousness is an act of re-creation. It may change its environment, may through this law of Conservation change the manner of manifestation, but "I" must henceforth ever be "I," because it must ever know it is not something else. Thus has telepathy solved the problem of immortality, solved it by the same law that has solved the indestructibility of force. This Greatest of all Discoveries has demonstrated the necessity of immortality, through the transformation of unconscious, undifferentiated force, into differentiated, and conscious forms of force, and these again into individualized and self-conscious forms. From Motion, Self-conscious motion has been evolved, and the purpose of the Absolute is accomplished. Henceforth with this Self-conscious form we call, Ego, the Absolute has no place as master, but it is subject to the Self-conscious One—MAN. The steps of this evolution are easily traced in the slower vibrations we call matter by biology. Here we have traced them in the higher vibrations of spirit. And the missing links in the chain of evidence that Professor Dolbear says are wanting, are found.

"If it could be shown that Life itself and the mind of man, were in some way associated with atoms of some sort . . . the hopes and longings cherished by mankind, for a continuous existence, would give way to convictions as strong as one has in any physical phenomena."

—(Professor E. A. Dolbear in *Matter, Motion and Ether*.)

A physician in this city recently told this in my class. "I was told several days ago by a clairvoyance that I would have a patient, troubled in a peculiar way, which she described. That it was a person entirely unknown to me. I thought little of it. But a few days after I was down town and felt to go to a certain street corner to call upon a friend. I had no sooner got there than there was a street car accident and I immediately placed two of the injured in the buggy of my friend and have cared for them. One a child and the other a lady injured exactly as the clairvoyant had foretold." This is not telepathy.

Remember, in ordering Holiday Gifts, that any book published may be ordered through this office.

WE CAN MAKE OUR LIVES SUBLIME—LONGFELLOW.

NOW

OFFICE OF NOW,
124 Santa Clara Street, San Jose, California.

JANUARY, 1902.

NOW.

HENRY HARRISON BROWN,
EDITOR.

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Devoted to the Science and Art of Soul Culture.
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manifest as spirit here and now.

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The Printer's Christmas Gift to NOW.

Did you notice it? On the last page of
December NOW the printer made a
typographical error that is a prophecy.
When I noticed it, I exclaimed—All is
Good! this promises all that I have
dreamed. I have Won. NOW is
transformed. Victory and NOW are
synonymous, for the printer had made
NOW—WON. 'Tis an omen, not an
accident. NOW has won. It is now—
WON.

Henry Harrison Brown lectures
every Sunday at 8 p. m. in Odd Fellows'
Building, this city, upon topics con-
nected with the "NOW" Philosophy.
Good music and a welcome for all.

A class in "Suggestion" will com-
mence at Soul Culture Institute, 1423
Market street, the 27th of January. It
is open to all who wish to pursue the
study as a Science and an Art.

A Class in Soul Culture, or the "Art of
Living," commenced its sessions Janu-
ary 7th. Those who desire can enter at
any time and make up back lessons.

"SUGGESTION,"

By HENRY HARRISON BROWN.

This Lecture is illustrated by all the Experiments
that the Professional Hypnotists gives upon the
platform. The Secret of the Art are revealed and its
Benefits Explained.

Odd Fellow's Building,
Sunday Evening January 26, 1902.
Admission, 25 cents.

HENRY HARRISON BROWN, editor of NOW,
will receive Patients for treatment through
Magnetism, Suggestion and Silent Powers, at his
parlors, 1423 Market street, San Francisco. Hours 9
A. M. to 1 P. M. Others by appointment.

Vibration.

(Fifth paper in the series of "Man's Greatest
Discovery.")

The Soul is a harp, I remember,
Where vibrating cords are of Consciousness
strung,
And Cosmos forever is harper,
Who strolled down the ages measured by sun
With songs of the mighty Becoming.
—Prof. W. J. Powell, (In the Monist.)

It nettles one that Truth should be so simple.
—Goethe.

There is no speech; there are no words; their
voice is not heard; but their melody extendeth
through all the world.

(Lesser's translation of the Psalms)

The language of tone is the language of the
spheres; it is the language of the universal
world; it is the language of the angels.
—Dr. C. W. Emerson.

The whole fabric of human thought and human
emotion is built up of likeness and unlikeness,
just as much as the material world in all its
beauty, is built up out of undulations among
invisible molecules.

—John Fiske. (Through Nature to God)

The atoms of the indifferent molecules are held
together with varying degrees of tightness—
they are tuned as it were, to notes of different
pitch.
—Prof. Tyndall.

Thirty-two vibrations per second equal the
lowest tone the ear can catch; 32,768 vibra-
tions per second the highest.
—Prof. Wm. Crooks.

The vibrations of the red ray is 450 thousand
millions per second; those of the violet are
750 thousand millions per second.
Prof. Crooks.

The lowest tone perceived by the human ear is
a vibration of 24 per second; the highest is
4700 per second. The lowest note of the piano
is 24 per second, too low to be perceived as
tone. The highest key is 3,500 Highest on
the piccolo is 5,700. Highest pitch of man's
voice is 64; of woman's, 1,044.
—Sydney Lanier.

From the extreme red to the extreme violet,
between which are embraced all the colors
visible to the human eye, the rapidity of vi-
brations steadily increases, the length of the
other waves produced by these vibrations di-
minishing in the same proportions. I say
"Visible to the human eye," because there
may be eyes capable of receiving visual im-
pressions that do not effect ours. There is a
vast store of rays, or more correctly waves, be-
yond the red and also beyond the violet, which
are incompetent to excite our vision; so that
could the whole length of the spectrum, visible
and invisible, be seen by the same eye, its
length would be vastly augmented.
—Prof. Tyndall. (The new Fragments.)

Particles in vibration strike our nerve points
in one way and we see light, or color; in an-
other way we feel heat. Our nerves and brains
transmute the motions into forms of sensation.

The brain is the translator of motion into
images; of sensation into ideas. There is no
reason why there should be any limit to the
modes of molecular or etherial motion; but
our senses, as we call our translators, are but
few in number, hence we recognize but few of
them.

—Peter C. Austin, Ph. D. P. C. S. (In Chris-
tian Register.)

Lord Kelvin, the greatest physicist in the world,
has this year come out with a paper which
casts a doubt on the prevailing molecular and
ether theories. He thinks there is no definite
limit to the universe. He says that the dynamic
theory which asserts that light and heat are
modes of motion is at present obscured by two
clouds.

—Prof. John Trowbridge of Harvard Univer-
sity, (in San Francisco Examiner.)

Since through Telepathy, Thought is
demonstrated to be a mode of motion, it
follows that whatever we have found to
be true of one mode must be true of all
modes, for they are only different rates
of speed; or what is the same thing, are
of different pitch. Thought is subject
to the same laws, to the same regularity,
to the same methods of control, and the
same methods of study, as are light and
sound. Of these two modes of motion
we know the most. Music is the
most perfect of the methods we have of
studying motion. Sound is slow enough
to measure. It can easily be handled
by the human will.

Through the study of light and tone, we
find that vibrations pass through octaves.
There is a regularity, and a system, and
that order can be understood and fol-
lowed in composition. He who follows
that order wins by touching the human
soul. When the right combinations are
made the soul is touched; that is, it
vibrates in response. Sympathetic vi-
bration is established.

Here we have the key to the practice of
Mental Healing; to the power of the
orator; the power of song, cantata, pic-
ture, statue, storm, fire, and whatever in
the external starts a vibration, an emo-
tion within.

Thought being a form of force it passes
in vibrations, or in better terms in un-
dulatory waves from brain to brain.
Feeling being also a mode of motion it
passes in similar waves from soul to
soul. The difference in the two is
similar to the difference between sound
and light. Both are ONE in origin, but
different in speed. Thus Emotion and
Thought differ. The merely mental
healer cures by the force of Thought,
which awakens sympathetic vibration in
the patient. Just as striking C in one
octave on the piano, causes the C in
other octaves to vibrate, or the violin on
the table vibrates, when its notes are
played upon the piano. But the spiritua

healer cures, by awakening the same sympathetic vibration in the Soul, through love. When all the love nature is awakened, and Thought, by Suggestion, directs it, then is the healing power strongest. This can only be a fact, in the most highly developed spiritually. Here it is limitless in its good. It is typified in Jesus, who spent His whole life in doing good; loving so much, that those who came into His presence were healed. This development is possible to all. We have only to raise the pitch of our radiations from that we now have to that of a higher octave. Love will develop this. If we Love enough we shall not only be whole ourselves, will be wholesome to all who meet us; to all of whom we think.

As the vibrations of electricity will pass where sound will not, so will thought go where electricity will not, and love will go where thought will not. Sound-waves will not pass long distances over the wire. Electricity will. So man loads the electric-wave with the sound-wave of his own choice, and electricity, which was ready to go that way carries it. Thought and Love work together in the same ways. Love will go but it must carry the Thought-wave to produce the *conscious* and the *chosen* effect. Love alone would never cure. It would intensify the activity of the soul *in the way it was going*. Love is help in the way of power, but it is not directive. Thought—the will of the conscious man—must come in to give direction. Suggestion must be, that the *chosen* activity can be. Otherwise there will be activity, without self-direction.

The Force that directs individual expression is Thought. The Force that is directed, is Love.

The time will come when, through the demonstrations of Telepathy and the study of SUGGESTION, that man will study Thought and Love as he now studies light and sound. He will formulate his knowledge of these into science and develop an art, of Thinking and Loving. The promise, the prophecy, of this is here in the present schools of Mental Science, and in the fast developing Art of Suggestion.

Thus does the phenomena of Telepathy contain within it, more for the good of the race, contain more promise for the future of mankind than all the previous facts he has gathered. Thus is it that when Man demonstrated that Thought was a form of Force; that Thought was mode of motion, he made his Greatest Discovery.

All that we know of Vibration is true of Thought and Love. As other forms of motion have been studied, so can these two which we now throw into the cata-

gory of force be studied. As all lesser forces are only less when compared with some other of lower pitch, and as all lesser forms are subject to the greater, it follows logically, and scientifically, that all other forms of force are subject to Thought, and will obey human will. Thus Thought is master of all the other forms of the One Universal Energy. Love and Thought being ONE in Man, it follows that Love is only the manifestation of the Absolute in man. Thought is the Individual expression. The design of evolution being to bring the individual into supremacy, to bring Man into "the Kingdom," it follows that Love, which is the highest mode of motion in the ONE, should thus be subject to the only form of individual-self directed motion, Love must be thought-directed.

In his Thought each man differs from that of all other men. His individual stamp is placed upon his perception of Absolute Truth. But Love is in each individual, one and the same. Thus does Individuality consist only in the pitch, or in the octave of thought in which each individual moves. As these octaves are limitless, as there is no limit to the possible range of pitch, it follows that there is no limit to the variety of Human Life. ONE in origin, ONE in substance, ONE in possibility. ONE in the Absolute Truth, we are Individual, only in the sphere of Thought. Only to the degree that a person thinks for himself does he attain individuality. To Think is to be an Individual. To Love is to Live. Love is the primal energy. Thought is the Man. Thought can raise or lower the pitch of life. Love can keep life in the animal scale, or octave where man started, or it can raise it daily in pitch toward the Ideal Man, as typified in Jesus, and other seers.

Telepathy demonstrates that Thought can do this. Telepathy demonstrates that each person has the power, by his thought, to depress or raise the dominant note of his life; that each person can lower or raise the pitch of his expression, and thus control himself in all his being, becoming self-controlled.

The possibilities of this Discovery cannot as yet be dreamed, but that it is the Greatest of all human discoveries the century will demonstrate. Thought will yet control, where now we use the lesser forces. Nature's finer forces will need no crude machinery; will need no dynamos; no locomotives; no wires. The only dynamo is the Human Soul; its wires and tracks will be Thoughts. But the material world will be the playground of the Conscious Life in Man, and he, because he is "Conscious Law," will be "King of Kings,"

REMEMBER! There is only one more issue of NOW in the present volume. Many subscriptions expire with February. Please renew, so as to avoid losing a number.

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ANNOUNCEMENT—Ready About Feb. 1st.—Another book by the Editor of NOW, entitled—NOT HYPNOTISM, BUT SUGGESTION! It demonstrates that the phenomena termed "hypnotic" is not due to any power resident in the Operator, but is entirely due to the mental condition of the Subject and is within the control of every person. It is a condition of Receptivity necessary to SELF-MASTERY. The term, "IN THE SILENCE" is used now to designate the condition that heretofore has been termed "hypnotic." All this phenomena is due to the action of the Subjective mind, and should be studied until the Art of Self-Suggestion is so perfect that the individual can through it make of himself that which he desires. Suggestion is the natural and ever-present factor in the Evolution of the Individual. This is the only book extant that treats this marvelous DISCOVERY OF THE POWER OF THOUGHT THROUGH SUGGESTION, in a plain and scientific manner, free from theology, occultism, mysticism or dogmatism. Orders may be sent at once, and the book will be sent as soon as it comes from the printer's hands. Address NOW Publishing Co., 1423 Market Street.

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New Books.

The Transformation of Evil. Caroline Wheeler, Lansing, Mich. 25c. This is a little book, but it is mighty. It shows the evils of repression and prohibition and the beauties of development, education, until all desire for that which is called evil has passed away. It is a book to recommend to all who look upon the saloon and the liquor habit with a desire to see it outgrown, and especially is it recommended for study to the believer in Laws for the control of morals.

Meatless Dishes. The Vegetarian Co., McVicker Bldg., Chicago. 10c. Good. It will help on the evolution of a new diet. It will teach economy and good sense in the kitchen. I could live on the food it recommends, easily, and to one who lives in hotel, boarding-house or restaurant it is food to think of its dishes.

George's Weekly, Denver, Colo., comes as an X and it is welcome. He freely walks among all parties and sects and takes the best from each. Therefore he has taken up the New Thought, and each week has a page devoted to it. And his paper has a strong, healthful look and is full of Affirmations. He is a guide-post to all papers. The future newspaper will not be an organ, but an organism directed by a Soul.

Weltmer's Magazine, Nevada, Mo., for October and November, have reached me. It has the look of the popular magazine.

SAN JOSE, CAL.—A very pleasant social event was the reception given by Mr. and Mrs. Geo. Miller at their residence on Ninth and Reed streets, on Thursday afternoon, December 26th, the occasion being the presence in San Jose of Henry Harrison Brown, editor of NOW. Some twenty-five persons were present. The rooms were beautifully decorated with evergreens, holly berries and flowers. The afternoon passed quickly away in social converse, the discourse of instrumental music on piano and violin by the talented daughters of the hostess, an address of greeting by Henry Harrison Brown, good talks by Mrs. Hendee-Rogers and others. All were invited to partake of delicious refreshments. Each one in saying a farewell felt thankful to sister Miller for this opportunity of meeting together and enjoying "a feast of reason and a flow of soul." The day will long be remembered by those present.

—*Philosophical Journal*, San Francisco.

The power of the will is the main thing in medicine. A man who wishes every one well will produce good effects. One who begrudges everybody everything good and who hates himself may experience on his own person the effects of his evil thoughts. —*Paracelsus.*

History of Medicine.

A brief outline of medical history and sects of physicians, from earliest historical period, with an extended account of the new schools of the healing art in the nineteenth century. By Alexander Wilder, M. D. New England Eclectic Co. New Sharon, Maine. Price \$2.25.

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