

THE BIGGEST LITTLE PAPER IN THE WORLD.



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 KHAYYAN.

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The Latest Evolution.

NOW.

A Journal of Affirmation.

HENRY HARRISON BROWN, EDITOR.

THE PRESENT HEAVEN.

O wealth of Life beyond all bound!
Eternity each moment given!
What plummet may the Present sound?
Who promises a FUTURE heaven?

Or glad, or grieved, oppressed, relieved,
In blackest night or brightest day,
Still pours the flood of golden good,
And more than heartfull fills me aye.

DAVID A. WASSON.

Published by "NOW" COMPANY, 1423 Market Street, San Francisco, Cal.

DEEP WISHES IN THE HEART THAT BE,
ARE BLOSSOMS OF NECESSITY.—D. A. Wasson.

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HOW TO CONTROL FATE THROUGH SUG-
GESTION. By Henry Harrison Brown
Editor of NOW.

NOT HYPNOTISM, BUT SUGGESTION. By
Henry Harrison Brown, Editor of
NOW.

MAN'S GREATEST DISCOVERY. By Hen-
ry Harrison Brown, Editor NOW.

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NOW IS THE ONLY BIRD THAT LAYS EGGS O' GOLD.—Lowell.

WE ARE SPIRITS CLAD IN VEILS!
MAN BY MAN IS NEVER SEEN!—C. P. Cranch.

NOW.

A JOURNAL OF AFFIRMATION.

VOL. III.

MAY, 1902.

No. 2.

POEM.

RECOGNITION.

"Enter in, O Love! Abide
Within the temple I prepare!
With thee I have all else beside
And find release from every care.
O Love, ascend thy throne within!
'Thy Kingdom come!' I constant pray.
O let thy promised reign begin
When peace thy presence shall betray!"

One day I found all pleadings stilled,
Unrest of Soul had passed away.
With Peace I found my prayer fulfilled,
For I for once forgot to pray.
Too happy then for aught to ask,
For mine I knew were things desired.
Till Conscience called me to her task,
And penitence my being fired.

'Twas then I prayed with praise and thanks
For blessings all that Love had given.
But with that prayer those blessings fled;
I fell like Lucifer from heaven.
I deeply yearned for blessings lost,
And mournfully I trod my way.
But now no more my bark is tost,
For daily I forget to pray.

—HENRY HARRISON BROWN.

"NOW" Home, April 8, 1902.

I am success. Though hungry, cold, ill-clad

I wander for awhile, I smile and say,

"It is but for a time—I shall be glad

To-morrow, for good fortune comes my way;

God is my father, He has wealth untold,

His wealth is mine, health, happiness and gold."

—Ella Wheeler Wilcox.

Thy heart is certain of tomorrow

Though beyond today it never peers.

—Lowell.

INDEPENDENCE.

I am Captain of my Soul.—W. E. Henly.

To some authority each must bow.
Obedience to some power is necessary.
Edicts of conduct must be issued from
some source. Individuals must turn
to some thing for the "why" of their
lives. Responsibility lies in some where
or in some thing. "Who is my mas-
ter?" each person must ask. When
found, that master is obeyed.

No more important question can one
ask than, Who is Captain of *my* Soul?
Who is my master? The moment that
question is asked, the sensation of
resentment that comes is evidence that
there is a master. The dependence,
the abject slavery one is under, is never
felt until this question is asked;
when answered, the way to emanci-
pation is opened. Freedom comes
only to him who realizes his slavery.

To whom am I slave? To what am I
slave? Alone in Silence, ask this
of your soul. List to the answers that
wells up from the God-home within
you. "I am slave to habit," is the an-
swer. Habits of mental action, habits
of appetite or passion; habits of busi-
ness or amusement; habits born of
instincts, of education, of desire. Slave
to all these. But wait. A deeper sense
of humiliation comes when there
dawns that which formulates itself in-
to the Affirmation, I am slave to Fear!
Ay! Fear is the tyrant, the only ty-
rant I know.

Fear causes me to bow to external
authority. Through fear, the dollar
becomes captain of my Soul, and Pov-
erty stares me in the face. Through
fear, Creed becomes captain and hell
stares me in the face. Through fear,
Reputation becomes tyrant and pub-

I AM CAPTAIN OF MY SOUL.—W. E. Henly.

lic opinion stares me in the face. Through fear, I weaken my powers of achievement and failure stares me in the face. Through fear, I dare not think my own thought, speak my own words, act my own life, and through hypocrisy my own enslavement stares me in the face. Who is Captain in my Soul? Fear. His are all these subaltans. They, under his authority, command me. I abdicate my imperial throne for them. O, how abject, how mean it is to crouch to these. I AM. What am I? God incarnate in the flesh! What more are these who thus make for me these Fear-captains? They are my equals. Equals never command each other. Equals obey only the Law within. Equals do what love prompts. I am the equal of all men. Henceforth the seat of authority is within me. I command myself. With self-command, Fear departs. I created him and all his subalterns. Now no longer will I create through disrespect of Self, but in Self-respect I create the executives of my power. I make all symbols from myself. I thus am self-governed. I have found the much sought for God. He and I are henceforth one. "I am Captain in my Soul."

If you want to live, take life with you wherever you go; if you want to live young, dwell in the harmonies of every place, and sing this little song for every inharmony that appears in your line of vision: Pass it by. Pass by every inharmony in every place, and send out a thought of just the reverse, or any harmony you may please. Then you will surround yourself with a magnetic aura of joy and peace, and make yourself a non-conductor of every kind of ill. He that heareth the word of truth and knoweth it cometh from Infinite Love, is "passed from death unto life; hath everlasting life." And everlasting life is everlasting youth.—*Mabel Gifford, in Occult Review.*

Look up from earth and read above,
On heaven's blue tablet, "God is Love."—*Holmes*

AN HONORABLE LIFE IS THE KINGDOM OF HEAVEN.—*Dr. C. A. Bartol.*

RANCH PHILOSOPHY.

THE PATH TER GLORY.

Ole Josiah wuz a Millerite, he thought the world had run
Its race clean ter the finish—the end it sure had come.
So he spent his time a prayin', an' a fittin' on o' robes,
Ter go skootin up ter glory with the Millerites in droves.

While Josiah was a prayin', his neighbors made their hay.
While he was tryin' snow-white robes, they rolled mortgages away.
But Josiah said the time ter reap, the time ter plant an' sow
Had passed away forever, an' upward he would go.

The day thet they had figgered on, it came ter pass at last.
Josiah dressed like a Greecian of days thet long have past.
Paraded fore the people, with a wise look on his face;
An' reminded us of Noah, an' they who missed God's grace.

The appointed hour grew nigher, an' foolish ole Josiah
Mounted on an ole tree stump, listened fer the celestial choir.
But Gabriel's trumpet failed ter blow, an' ther laughin' crowd below
Jeered an' howled, an' cried: "Oh! Ho! Josiah, we told yer so."

Ther's a moral ter this story, one thet all of us can use:
We can't travel up ter heaven on superstition of ther Jews.
The straightest path ter glory runs directly through yer heart,
For yourself an' heaven an' glory er not an inch apart. —*Sam.*

San Francisco, Feb. 19, 1902.

HENRY HARRISON BROWN:

Dear Brother: The principles taught in your course in Suggestion are invaluable and have proven themselves so to me. If followed, they will insure health, prosperity, and happiness to any man. \$2,500 would not repay me for the benefit they have been to me.

EUGENE DEFORREST,
Director of the DeForrest Institute of Dramatic Art, 814 Geary street.

I must build from the ground up. I work from within out.

—*Prima Donna Emma Eames.*

AFFIRMATIONS.

[An affirmation bears the same relation to Soul Culture that an axiom bears to mathematics. It is to be taken as Truth, not reasoned upon, but accepted. Thus held, it will mould the expression of life into its own likeness. The "I" is the ego of the person who affirms. As one says, "I am happy," when all goes well with him, he is to learn to say, "I am happy," when all seems ill to him. He will thus, by Auto-suggestion, produce in him that mental state that is happiness. These Affirmations are given every month as spiritual gymnastics by which one may grow into self-control. When they are repeated, or held in mind, other and injurious thoughts cannot come in. Thus by conscious choice one becomes Master of Fate.]

POSSESSION.

"I reckon not how or whence it came."

He answers, "I possess!"—*Bayard Taylor.*

All is One.

That One is all things.

I am a manifestation of the One.

All things belong to me as a manifestation of the One.

I possess all, since God in me possesses all.

I possess Power to do all and enjoy all.
I possess Wisdom to guide me in doing and in enjoying.

I possess Life that manifests in Power and in wisdom to be and to do.

I possess power to enjoy. Enjoyment is my only real possession.

That only is mine which I enjoy. Life is to me only enjoyment.

That which I call mine is not mine until I possess it through use.

I use to my good all that is mine.

The thought of Good controls all my possession.

Under the thought of Good I use my possessions only for Good.

I think Happiness, and using all my possessions under this thought I know only happiness.

I love Beauty, and under the thought of beauty I use all that is mine. Beauty is a constant inspiration to me.

I love the good, and using all I possess under the thought of good I let my Soul express itself freely in acts that are good.

I love Truth, and in this love I let my Soul express itself so that all I possess becomes truth. I am Truth because I possess truth.

All that Unity is, I am. Unity is truth, beauty and goodness. These I possess. To continue possession I must use, for all this is mine only potentially until I express it, then it becomes mine in reality.

Because God possesses "the cattle on a thousand hills," I possess them in Him. I let His will be done in me and supply comes to me as I need.

I possess contentment because I am in Him and all His I possess.

I enter my inheritance only through the enjoyment of what is His and mine. In Being, I possess blessedness. I know only the joy of Being.

I AM. I possess. I use. I enjoy. I am blessed.

THIS SHALL NOT BE.

"From 6 to 15 percent of the employees in southern cotton mills are children under 12 years of age. Many are children of even 6 years." So says the U. S. census report. Are we civilized? where are the New Thought journals? Join with NOW, for it decrees the death of that system of competition that makes such conditions necessary. The reign of LOVE has commenced, and JUSTICE is done. From this moment, this is the Affirmation:—LOVE RULES. Turn your attention to the system and overcome it with Love.

"Ring, bells, in unrequited steeples,
The joy of unborn peoples,"

for no longer are women and children the wage-slaves of gold. Amen!

Your first step toward character-culture must be the resolution to put every evil thought out of your mind and to keep them out. So you bar the door upon every wish and every unholy imagination, every wicked desire. Will any noble form of soul arise around a being while its mind is soiled and stained with such presences? No light task is this, certainly, but the primal and fundamental task of the man who would build a character. As the rustic said: "Yeou cayn't help heven bad thoughts come into yeour head but yeou heven't no need ter set them a cheer."—*Rev. R. Heber, in Mind.*

SOME OF US CALL IT LONGING, OTHERS CALL IT GOD.—W. H. Carruth.

* **SOUL CULTURE LESSON.** *

[Copyrighted.]

I AM SUCCESS.

How I Won It through Affirmation.

A Series of Lessons in Soul Culture.

No. 2.

THE IDEAL.

We build our ideals and they in turn make us.
—Joseph Le Conte.

Since the real is that which manifests in the sense life, it is of first importance before we claim success that we know what we desire success to be.

Success is not the same to others as it is to ourselves. Let each of you, my students, consider and decide what to you is success. Build your ideal of success. Then, as sure as the bud unfolds, will the Ideal you hold of success manifest in you. Understand that each person is, in manifestation, exactly that which he is in ideal. Until this truth is clearly seen, there can be no scientific road to success. Any success that comes will be instinctive. We are learning to do consciously and intelligently that which man, has done every moment.

Scientifically considered, success is a constant result. Each man is success at all times. Water always seeks its level. It always runs down hill. Gravity is constant; so is success. Success is but the manifestation of the Ideal. There is no law more important in life than this. It is another way of saying "what a man thinketh he is." Therefore it behooves each of you to make the Ideal that which you wish to manifest; for only that can manifest which you do thus make. You are therefore the creator of all that befalls you in the external life. That which

men call financial success is only the materialization of the Thought the business man holds. Please do not begin argument here and bring up opposition if you wish the benefit of these lessons. I know I am telling you Truth. Seek Truth through my words, if you wish a chosen success. Otherwise it will be the success that comes from mixed ideals, and will include all the fears, doubts, anxieties, worries, hesitations, envies, jealousies, that you have included in your ideal. That all these do manifest is evidence of the inviolability of the Law of Success. Upon that Law you can rest as the architect rests upon the law of gravity. And I repeat the Law of Success: "*Hold that and that only in Ideal which you wish to be in the external life.* Only that can be which you first create in Ideal.

I CREATE. This should ever be your thought when you think of your life. As long as you locate any chosen Success outside yourself, you will never really have it.

Lesson first laid down the first rule for the application of the Law of Success: **BE THYSELF.** Success lies is Self-Expression. We now have the second rule: *Recognize the Power of Success Within Yourself.* Personal responsibility is another expression for the same thought. Here it is in another form: *Organize Success in Yourself.*

The first is the Affirmation, **I AM.** The second is the Affirmation, **I CAN.** When your Ideal contains this recognition of Being and of Possession, the external life will manifest it. Failures come through reliance upon external power. True, much of that which the masses call success so comes, but it is only a counterfeit half-possession and when circumstances change, it will

TO-DAY OF ALL DAYS IS THE DAY TO BE ADMIRER.—Thoreau.

change. I wish a success that is superior to circumstances, that makes circumstances to desire. Success that has no fears of change can come only from the recognition of Power to do, and finds its affirmation in I CAN.

Therefore the first thing you are to do is to decide what you wish as success. Decide now that you have power to make the external life that success you wish and when you think of that Ideal, hold to the Affirmation, I CAN. Thought is creative. Thoughts are the moulds in which the Soul is shaped. The ideal is first, next thoughts, and then things. Life is only Power. The human consciousness is the one that decides how that power shall shape itself in manifestation. The ego flashes into Consciousness the Desire. Consciousness shapes the Ideal from that Desire and moulds its thought form. These forms externally shape themselves. No one but myself is responsible for the external life I lead. I can make it that which I choose by making my Ideal such.

Let Lowell's lines be memorized to emphasize this lesson:—

The thing we wish for, that we are
For one transcendent moment,
E'er yet the Present poor and bare
Can make its sneering comment.
E'en thought our paltry stir and strife
Glow down the wished Ideal;
And Longing moulds in clay what Life
Carves in the marble Real.

Small men are apologetic and give excuses for being on the earth, and peck about to find themselves dishonorable graves. Not so Great Souls—the fact that they are here is proof that God sent them. Their actions are really their language oracular, their manners affirmative.—*Elbert Hubbard.*

CHANGES ARE WROUGHT IN TIME BUT NOT BY TIME.—*Carlyle.*

HOW ONE MAN DOES IT.

"Dear Sir and Brother: Your little book received and read. I like it so well that I am going to secure you an agent here. I think you had better send me a dozen. I will be responsible to you for them. . . . Yours, etc.,
.....M. D."

Will not our subscribers in every town do likewise? We will make this offer. We will send one dozen of our books at wholesale price to any one, and agree to take back every unsold book that is returned to us in good condition and refund the money. We send out only for cash. With a little effort, an agent for NOW publications can be obtained in every village. Each book sold helps to liberalize the community. Write for terms. Where there is no news agent, be one yourself and pocket the commission.

Helen Wilman's *Freedom* still flourishes. U. S. Court has decided that her business is legitimate. But still the post-office has not removed the ban from her mail. "Fraudulent" is still stamped upon her letters. She is in Washington and will win the Victory in which even those who have failed to give sympathy will enjoy. Glory to her. NOW proclaims JUSTICE. Love and Truth are only manifest in justice. Our land is free only when justice reigns. And justice does reign. I wait in peace its manifestation. All New Thought journals that have failed to see the principle involved and to trust it, will find Power waning in them. Only Love and Truth are, and their manifestation, ethically and socially, is Justice. Under this banner *Freedom* has placed itself and to it and its brave and consistent editor, we say:

"Ever the Right comes uppermost
And ever is JUSTICE done."

Our work, to be alive with beauty and with power, must have an ideal element. It must be seen in large relations, human and divine.—*John W. Chadwick.*

MISCELLANEOUS.

ON A PEACOCK'S FEATHER.

[In "Darwinism," by Alfred Russell Wallace, is found the following poem. It is perfect in conception and in execution. Literature lost a poet in finding a scientist. But since Truth and Beauty are eternal, both poetry and science are Soul expressions. But when "Darwinism" is forgotten, this perfect gem will live in the hearts of all that love Nature.]

In Nature's workshop but a shaving,
Of her poem but a word,
But a tint brushed from her palette,
This feather of a bird!
Yet set it in the sun-glance,
Display it in the shine,
Take graver's lens, explore it,
Note filament and line,
Mark amethyst to sapphire,
And sapphire to gold,
And gold to emerald changing
The archetype unfold!
Tone, tint, thread, tissue, texture,
Through every atom scan,
Conforming still, developing,
Obedient to plan.
This but to form a pattern
On the garment of a bird!
What then must be the poem,
This but its lightest word!
Sit before it, ponder o'er it,
'Twill thy mind advantage more
Than a treatise, than a sermon,
Than a library of lore.

A NUT TO CRACK.

There are phenomena that as clearly demonstrate that thought is a mode of motion as there are that demonstrate any of the forms recognized in physics so to be. Telepathy has been treated in 'Man's Greatest Discovery.' During the coming year, NOW will present and comment upon still other phenomena and from this presentation will make clear to the student the fact that life and thought are one, and that it lies within the power of each individual to direct his life force by right

thinking and to make thought accomplish his desire, as it lies within the electrician's power to control and use electricity to his will. I propose to show that electricity, sunlight, and thought are one in the Central Source from which they spring. For this source I know no better name than God, though those who wish may call it Eternal Energy. It will be the same. The following article which I wrote for the *Philosophical Journal* several months ago, gives an account of a phenomena that is repeated every month at my lecture and often in my office. Its significance will be explained in some future number:

TO THE EDITOR OF THE PHILOSOPHICAL JOURNAL:

"A recent experiment with one of the somnambules in my class is worth reporting, for I find in literature no adequate explanation.

"I took about 75 of my business cards as they have a blank side and are as nearly alike as human ingenuity can devise. I had a member of the class take one from the pack and put a private mark upon the printed side while the young man was asleep. I placed this card, blank side up, on the top of the pack and put it into the hands of the subject, telling him that there was a picture of a certain lady upon the top card. He saw the picture, after which the pack was shuffled. I then told him that he would know that card when he awoke and ran over the pack. I awakened him and told him to run over the cards. He did so, and when he came to one card he stopped and said: "Why, here is Mrs. N——'s photograph on this." It was handed to the one who had marked it and was the correct one. Since then, we have tried this on a number of occasions with the same success.

"He came into my office the next day after the experiment and I put the marked card among a lot of others

A FACT IS THE DIRECT SPEECH OF THE FATHER.—Theodore Parker.

and asked him to become passive and look the cards over. He did so and picked out the correct card. I tried him a week later, putting six cards that had been marked on several different evenings with fifty others. He had no difficulty in picking them out of the pack and seeing upon them the same pictures he had seen the first time.

This cannot be explained upon the principle of telepathy, for no one knew the card amid all the rest. I feel that this experiment means much in helping to solve the problems of mind and in explaining the phenomena of imagination, memory and clairvoyance. I give it as a "nut" for the physical scientists to crack. Ultimately, I think, we shall come to the conclusion that there is nothing but mind; that thought has power to print pictures through the imagination, and that, in reality, the Imagination is the only creator."

HENRY HARRISON BROWN,
Editor of NOW.

THOUGHT PRODUCES CHEMICAL CHANGES.

Herbert Spencer says: "Health giving acts are pleasurable." Metaphysicians all know that this is true. It remained for Professor Elmer Gates of the Smithsonian Institute to verify this position of metaphysician and philosopher by chemical analysis. His experiments are of immense value beyond those of any other scientific discovery, and yet they are so far beyond the average man's ability to comprehend their significance that they are scarcely noticed, while the very doubtful and little understood experiments of Professor Loeb are lauded and exploited. Professor Gates becomes, to the coming man, the one scientist that, working in the crude vibrations called matter, has bridged the chasm between the seen and the unseen and has

found that MIND is all. He thus invites his brother scientists to investigate that realm unexplored by them—the Human Mind. Here is an extract from one of the Professor's articles. It reads like the words of some Mental Scientist:

"I have discovered that bad and unpleasant feelings create harmful chemical products in the body which are physically injurious. Good, pleasant, benevolent and cheerful feelings create beneficial chemical products which are physically helpful. These products may be detected by chemical analysis in the perspiration and secretion of the individual. I have detected more than forty of the bad, and as many of the good.

"Suppose half a dozen men in a room. One feels depressed, another remorseful, another ill-tempered, another jealous, another cheerful, another benevolent. It is a warm day; they perspire. Samples of their perspiration are placed in the hands of the psychophysicist. Under his examination, they reveal all those emotional conditions distinctly and unmistakably.

"To sum it up, it is found that for each bad emotion there is a corresponding chemical change in the tissues of the body, which is life depressing and poisonous. Contrariwise, every good emotion makes a life-promoting change. A noble and generous action blesses the doer as well as the beneficiary. Every thought which enters the mind is registered in the brain by a change in the structure of its cells. The change is a physical change more or less permanent.

EXPRESSION

Is a New Thought journal published in London and devoted to the writings of Alma Gillen. The leading article in the April number is so good that I wish that I had written it for it seems to have fallen from the same thought sphere from which NOW comes. I like

WHO LOVETH MOST IS NEAREST KIN TO GOD.—Ella Wheeler Willcox.

the whole paper. Here is all that I can find room for this month. What a concise but beautiful statement of Being it is:

"The whole of the teaching, from first lesson to last, is to teach the student that he is *NOW* whole and complete. He has nothing to do, but he has to be; he has not to make goodness, he has but to recognize his own and all men's goodness; he has not to make himself Love, but he is to recognize that he is Love; he is not to make himself alive, but he has to recognize that he is Life; he has not to make himself wise, but he has to recognize that he is Wisdom; he has not to make himself strong, he has but to recognize his power."

OPPORTUNITY—A FABLE.

A certain Man, having read somewhere that Opportunity knocks only once at each one's Door, concluded to sit up all Night for fear he would Miss the Call. So, while he was sitting near his Door there came a heavy Knock thereon.

When he opened the Door a Stranger seized him and Beat him all up, and took his Money and Garments and Chided him for being so Easy.

"But," said the Man, thinking to excuse himself, "I thought it was opportunity who knocked."

"So it was," responded the Other, "but it was my Opportunity."

Moral—It is Better to Carry your Opportunity with you.—*Baltimore American*.

IDEAL SUGGESTION.

That thought you most need, keep in sight. A prettily arranged Affirmation upon the wall is worth more than any mental healer. Select any Affirmation or motto and send it to me with 50c and I will paint it in water colors and ornament it with some flower. Size, 5x10 inches.

S. FOULDS,

1531 Waller St., San Francisco, Cal.

N. B.—If you prefer I will select, through Psychometry, the motto you need and ornament

it as I feel. I am allowed to refer to "NOW" Co. My mottos and pictures adorn the walls of their offices.

Man's Greatest Discovery,

By Henry Harrison Brown, author of "How to Control Fate through Suggestion," "Not Hypnotism, but Suggestion," and Editor of *NOW*. 70 pages; price, 25c; "NOW" Co., 1423 Market St., San Francisco, Cal.

This book deals with telepathy and the significance of the discovery through this phenomena that Thought is a mode of Motion. Six essays are based upon this fact. The author draws the conclusion that Life and Love are also forms of Energy, and as such are subject to the laws and conditions that control known forms of energy. As we know the most about those forms that produce light and tone, he carries his thought along the lines of this knowledge and leads us through "Vibration" and "Life as the Ultimate of Power" to the "Victory over Death" which he prophesies will come as the result of the knowledge attained through the study of Thought as Power. By controlling his thoughts, the author claims man can control his life, for since it is a form of force it is subject to intelligent control. When Life is so directed, man will know neither disease nor accident, hence will never know death. He will gradually refine his body until it becomes too ethereal to be seen by ordinary sight. He will thus attain a spiritual condition without the present necessity of pain and sorrow. The author fortifies his position with copious extracts from scientists and thinkers to show that his ideas are only supplementing the deductions of present science and in harmony with the evolutionary philosophy. It is a book to stimulate thought. It cannot be read without benefit. C. R. E.

Astera has this word of kindness for *NOW* in its hour of happiness in its Home life: "When a man materializes his high ideals, he deserves and wins congratulations. Henry Harrison Brown has written a book upon Suggestion as the way to success. He has proven that he has found the Golden Key; with it he has unlocked Power, and made his paper into a comely magazine, has founded a Publishing House, and better than all else—A HOME. Go or send to 1423 Market street, or to "NOW" HOME, 1531 Waller St., and catch the life-giving harmonies which vibrate so strongly in these spiritual centers."

GOD COULD NOT BE UNKIND TO ME IF HE TRIED.—Thoreau.

WORDS OF GOLD.

"I can't miss a copy.....I derive so much benefit from your journal."—Mrs. E. A. M., Waco, Tex.

"Your pamphlet received a few days ago. It is the most helpful, comprehensive bit of printing I ever got hold of."—Mrs. N. H., San Ramon, Cal.

Your dear little paper, NOW, came to my hands again last night and has been read all through, and I feel revived and encouraged."—Mrs. J. R., Pittsfield, ill.

"I have found much comfort and derived benefit beyond expression in your paper. I truly think you are foremost in all thought."—Mrs. R. McC., Lone Tree, Mo.

The editor of *Equity* writes: "NOW comes to hand regularly, and as a mental tonic I should recommend it to the spiritually weak as just the thing to inspire them with courage and strength.

"We are getting into better vibrations. M—has a small opening with a promise of better. I owe it all to NOW and to my valued teacher, its editor." So writes a lady now in Los Angeles who went through my class in this city.

A principal of one of the public schools of Kansas, writes: "I received 'How to Control Fate through Suggestion' a short time ago and am more than delighted with it. It is a great help to a discouraged mortal. It is splendid."

"Primary lesson No. 20, 'Keep Still,' in January NOW is easily worth a \$5 gold piece to any man or woman. Such lessons cannot be found on every bush. I make it a rule to keep such in a safe place and read them over and over again."—C. A. W., Denver, Col.

"Your little book came into my hands last night. I am well pleased with it. You come right to the point and that is what I like. I paid \$5 for a set of lessons two years ago, but in your little book I find more than I do in them."—S. M. S., San Jose, Cal.

"I was interested in reading your first essay on 'Man's Greatest Discovery.' But after all, is thought the real power? If I was asked that question, I should say 'no' if I had to give a reply. At first sight it seemed to me that thought was the power, but the more I have pondered over the subject the more I am inclined to think that thought is not the original source of the power. There IS power there beyond a doubt,

but is thought that power? I am inclined to the opinion that thought is the engineer; it brings the power in action and controls it, and possibly can generate the power. When we get at the actual source of this power we will have learned a great lesson in more ways than one. I sincerely hope that your article will open up discussion upon this subject to the end that we may get to the bottom of it. While you have put forth a wonderfully strong principle, yet I do not think you have yet touched the basic principle. *What is the actual power employed?*"—E. H. C., Chicago, Ill. The latter essays have answered the brother.

HOW TO CONTROL FATE
THROUGH SUGGESTION.

The reception my little book is having is a most pleasant surprise. The press notices accumulate so that they would fill all the pages of NOW were I to print them. Letters would fill many more pages. I thank those who have said these "words of gold." The second book is already having similar notice. From the pile before me I select these sentences: *Self* says: "I handed it over to one of Oakland's prominent business men and after reading it he said, 'My! It would be a good thing if a copy of this book could be in every household.'.....Wm. E. Towne's *Points* says: "This book will prove of great help to you.".....*Dawning Light* in a two-column notice says: "The subject matter is put in a way that surpasses anything in New Thought literature. As a statement of the possible and the means of its realization, it is unequalled.".....A most appreciative review in *Boston Ideas* has these sentences: "Mr. Brown knows exactly what he wishes to say and he says it distinctly. What he says is infinitely good to hear. His words are potent for they radiate both the warmth of love, and they positively and constantly affirm that All is Good. It is a glorious little volume. It will wonderfully repay all readers.".....We always like to be judged by our peers. We wrote upon Suggestion. Dr. Parkyn, editor of *Suggestion*, is a person whose opinion is worth having, no matter which side he takes. Here is what he says of the book in his April number: "Such a good book! So many helpful thoughts—hundreds more than you get in the average book by the average metaphysician. All that the editor of NOW writes rings true. Indeed this is a wise little book, helpful and true, just like its author."

SINCERITY IS THE WAY TO HEAVEN.—Confucius.

OFFICE OF NOW,
1423 Market street, San Francisco, California.

MAY, 1902.

NOW,


HENRY HARRISON BROWN,
EDITOR.

A monthly Journal of Positive Affirmations.
Devoted to the Science and Art of Soul Culture.
It is the utterance of the Editor only. All thought
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Its basic Affirmation is:—Man is Spirit and can
manifest as spirit here and now.


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 Henry Harrison Brown lectures
every Sunday, at 8 p. m., in Odd Fel-
lows' Building, this city, upon topics
connected with the "NOW" Philoso-
phy. Good music and a welcome for
all.

 A class in "Suggestion" meets at
the "NOW" Home, 1531 Waller
street, Monday and Wednesday even-
ings. It is open to all who wish to
pursue the study as a Science and an
Art. A new class will be organized
Monday evening, May 26.

 A class in "The Art of Living"
meets at Soul Culture Institute, 1423
Market street, Tuesday and Friday
evenings, and Monday and Wednesday
afternoons. Those who desire can
enter at any time and make up back
lessons. A new class will be organiz-
ed Tuesday evening, May 27.

We have a few bound copies of the 2d
Vol. of NOW which we will send to
any address, postpaid, for \$1.00.

"NOW" HOME.


This home is a modern three-story
house with basement, located at 1531
Waller street, two blocks from main
entrance to Golden Gate Park.

The friends of "Now" Company have
held several pleasant social unions
there. Thursday evening, March 29,
the spacious parlors were filled with
those who had passed through the
classes in Suggestion and in The Art
of Living. They met to dedicate the
Home to the principles they had found
to be TRUTH. After song, story, and
short speeches of congratulation, all
adjourned to the lower hall where
music, dancing and social converse
filled the hours.

Henry Harrison Brown gives a talk
at the Home every Sunday at 11 a. m.
upon spiritual themes, to which all
are invited who wish to come. These
meetings are becoming known and
enjoyed by many who have sought a
place of REST. Peace is there and
each Sunday the Soul and its needs
are remembered. Thus each person
who enters into the Affirmations of
the morning is prepared for the Dem-
onstrations of the week.

A few patients, students, or out-of-
town friends can be accommodated
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only. Or we will take the back numbers
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 Notice the Great Offer on page 2.

"SUGGESTION,"

By HENRY HARRISON BROWN.

This Lecture is illustrated by all the Experiments
that the professional hypnotists give upon the plat-
form. The secrets of the art are revealed and its
benefits explained.

Odd Fellows' Building,
Sunday Evening, May 25, 1902.

Admission, 25 cents.

HE ALWAYS WINS WHO SIDES WITH GOD.—Old Hymn.

BARKING AGAINST THE BAD.

Emerson's words that have been the inspiration of the work of the editor and which stand as one of the chief mottos of this journal, "Don't bark against the bad," are needed as an admonition to those editors of New Thought journals that are making themselves critics and models for the lesser lights in the field of instruction. The wheat and tares will grow together. Should each one root up that which he or she calls tares, there would be little left in all the field. For certainly, were I to judge, very much in these very same journals would never be printed. But I can trust truth. What matter if there is bad grammar, much poor rhetoric, much sophistry and a wonderful lack of logic? Does not truth need such? If all the journals were to be stopped except these that are feeling badly over need of education on the part of some editors and teachers, the masses would go hungry. I notice that it is these very same journals that have been calling upon the the public for support while those criticised are wonderfully successful. Perfect rhetoric and good grammar—in fact, Good English—I would have if I could, but there is a dry rot of culture and of respectability that finds its way into every movement and against which we must affirm protection. NOW only asks first, "Is it true?" If true, dress it in the best possible English, but from flowing rhetoric covering paucity of thought, "Good Lord deliver us."

Here is a sentence from an editorial upon New Thought literature in one of the New Thought journals: "As a literature, the New Thought has but little to show. Vast as is the the amount of printer's ink and wood pulp bearing its stamp." No doubt the Pharisee of Paul's time wishing to make Truth "respectable," would have made the same criticism of Paul's letters, notwithstanding the wonderful literature

they are to this critic of 2,000 years later. In nearly every paragraph of this same magazine I find what I call faulty rhetoric. From the leading article, I quote this paragraph: "Self-indulgence and self-pity are sworn foes of spiritual healing and healing has no lesser quality. [I admit that I see no meaning in the last six words.] The future as an evolution of the past [how can the future be an evolution?] will witness a revolution in regard to healing—there is not a more abused word in modern metaphysical nomenclature. [If that sentence had been in a composition of a pupil of mine, it would have had a blue pencil line in it. And yet this same journal criticizes the grammar of others.] The work of healing is a sacred work, because the individuality with its sacred right of choice is concerned therein. . . . Ignorant lack of consideration of this right with a host of practitioners, through their ignorance of even the fundamental principles of true healing . . . are responsible for a work that is lacking in quality as it is extensive in quantity, for it lacks the spiritual element." The critics may tell us what "ignorant lack," and why "the" preceeds "individuality, and straighten out this involved sentence if they choose. NOW has nothing to do with that business. Those who wish to so write have perfect liberty, and those who like may buy and read without any criticism on our part. The point I wish to make is, that since all live in glass houses it is not wise to throw stones. One truth is finding expression through all the disciples of the One Master and the spirit of helpfulness and brotherly love should characterize all.

The Sunday evening meetings in Odd Fellows' building have so grown that a larger hall in the same building will be occupied. Our friends all over the world will rejoice to know that "Now" center is progressing. From it, as from a sun, radiates power to all who are ready to receive it.

BUILD THEE MORE STATELY TEMPLES, O, MY SOUL!—O. W. Holmes.

* EDITORIAL. *

SCIENCE OF MENTAL HEALING.

The trial of Mrs. Helen Wilmans has called more attention to the *fact* of mental healing than any other single event in the last ten years. The most remarkable phase of the discussion is the woeful ignorance of the *science* of healing displayed by so many who heal and who can philosophize fluently upon it. In fact, while the Demonstrations are common, the teachings beautiful and helpful, very little is yet known of the Laws and Principles that underlie this mental phenomena. The Science of Healing is now where the science of electricity was fifty years ago. The teachers who have no basis in knowledge of modern science, who are ignorant of the present status of Philosophy, are blind leaders of the blind when they attempt to teach the Science of Healing. They can well tell one how to heal, they can teach as artisans, or as artists, but they do not teach science. As yet there is little Mental Science. Mental healing and mental philosophy in plenty.

I wrote the editorials that appear as "Man's Greatest Discovery" to help lay the foundation of the coming mental science. No person can teach a science of healing who is ignorant of telepathy, the law of Suggestion and the psychic phenomena of clairvoyance and psychometry.

Darwin was twenty-six years gathering facts before he gave the world his Law of Natural Selection. From a mass of data along all scientific lines, he deduced his laws. From the greater mass of data along all lines of mental

action must come the deductions that crystallize into Laws of Mind.

I have already stated to the readers of NOW what must be the basis of the coming science. It is the present demonstrations of science that ALL IS MOTION. The external is to Man only Sensation, the I AM is only feeling and thinking. Man is Sensation and Ideation. The ego is acted upon by circumstances and reacts upon them, upon that which is not itself, through radiation.

I expect all my students in "Soul Culture" and in "Suggestion" to read upon motion, the undulatory theory of light and sound, upon ether, atom, vibration, the law of conservation and correlation of force, and to know something of the laws of attraction, gravity, electricity, etc. Thus a foundation is laid for understanding Mind in its more subtle manifestations. Remember, the Universe is a uni-verse—there can be no di-verse. Laws are at all times operative and what is true of one form of manifestation of universal energy must be true of all forms. Says Emerson: "Laws below are sisters of the Laws above." What is true of electricity as a mode of motion, is true of sound, and light, and all other modes. Thought being a mode of motion, and Love being a mode of motion, what is true of light, sound and electricity is true of these forms also. Telepathy is the connecting link between the known and unknown scales of Vibrations and must be the connecting link between the Sciences of the lesser vibrations called Physics, and the sciences upon the higher pitched vibrations heretofore called Metaphysics.

No Science of Mental Healing can be

THE HOLY SILENCE IS HIS VOICE.—Trowbridge.

without that knowledge of thought as revealed by telepathy. But healing can be. Did man have to wait until he understood the "why" of every act he never would have acted. He acts, and learns the conditions under which to act that he may produce desired results, and he then continues so to act asking "why" until he learns the reasons. So is it in healing. Thousands heal without knowing why or how. There are a thousand and one theories, but one power alone can heal and all healing is done by that one. But *one* power manifests in music, but note the different combinations of sound. Only vibration in oratorio and ragtime. Only vibration in healing, but note the different combinations. But there is only one principle in music and one in healing. Because a condition is found to be necessary for one person to accomplish cure, it does not follow that the same condition is necessary for another. One condition is necessary for violin and one for harp, yet both discourse music. Each person is an instrument more delicately tuned than harp or violin, but the principle of harmony involves all.

Therefore, those who have one explanation for all phenomena of healing are as far from being scientific as he would be who would find only one explanation for lightning and electric car. Both are electricity. All healing is from Spirit (Mind), but methods are many.

Those who say for all cures, "Suggestion," and stop there, are far from right. I understand Suggestion, yet I know that it is only the channel through which millions of modes of motion operate.

All who say, "Telepathy," are also wide of the mark. I understand telepathy. I know that with suggestion it is an ever-present factor in all phenomena of life, but to claim all cures are produced by telepathy and suggestion is as far from the truth as it is to say, "Electricity," for all phenomena. Electricity is everywhere present, but is it the cause of Life?

"Animal magnetism" and "Magnetic Healing" are answers. What is meant by "magnetism" in this connection, no one has ever defined. It is a word used either to "juggle with" or to cover ignorance.

Let us be honest and say as NOW says when asked how Mental Healing is done:—"I am learning how." I know a few principles. I have been collecting data for over thirty years. I know a little, but that which I do not know is so great that I will not dogmatize. I will tell you about Suggestion, and telepathy, but then we have only begun. I think I can tell more about healing than has yet been told, and this I will tell in NOW during the year. Data upon which to base all the conclusions drawn will be given. One fact is given on page 8 in this issue, entitled "A Nut to Crack." That little fact is mighty enough to solve the question of immortality, let alone Mental Healing which it makes as clear as day. Do you see the significance of it? If so, you will soon enter into your inheritance as an Immortal Being.

If you wish to obtain all possible from these editorials upon the Science of Healing, consult your encyclopedias upon the present deductions of science. Learn all you can of Vibration before next lesson.

✍ "NOW" Company desires an agent in every community. Write for terms.

* **MENTAL TONIC.** *

"Since I've made a pile, doctor, I've gotten so I can't eat a thing."
"Very well, sir, I think I can place you where you were before."—*Life*.

"Oh, you cruel boy, to take those eggs out of the nest. Just think of the poor mother bird when she comes——"
"The mother bird's dead, miss."
"How do you know that?"
"I see it in your hat!"

"This soup is too hot!" exclaimed the patron of the restaurant.
"Not to the touch, sir," meekly replied the waiter who had carried it in.—*Ohio State Journal*.

Subject (after the sitting)—"I hadn't sat for a picture before in ten years, don't you know, and I'm deuced glad the worst is over."
"Photographer (innocently) — "But you haven't seen the negative yet!"—*Puck*.

A DANGEROUS SUGGESTION. — Jack came home one evening. Jack was a young husband and he called Maria sweet names and just before bed time he called her "honey." She was sick next morning and the doctor was called and pronounced it a severe case of hives.

Mr. Hojack (at dinner)—"My dear, isn't it very queer for you to serve soup after the beef?"
Mrs. Hojack—"Not at all, love. This is oxtail soup. It comes last."—*Pearson's Weekly*.

Minister (to small boy who had been fishing on Sunday)—"Do you know where boys go who go fishing on the Lord's Day?"
Small Boy—"Most of dem go to de lake; that's de bes' place."

IF MY BARK SINK, 'TIS TO ANOTHER SEA.—W. E. Channing.

"HOW TO CONTROL FATE THROUGH SUGGESTION," the editor's "Baby," is selling well, and many are the complimentary notices he is receiving for it. One San Francisco news dealer has already sold seven dozen. 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 25c.

"NOT HYPNOTISM, BUT SUGGESTION" is thought by some good judges to be superior to the "Baby." Send 25c for it and judge for yourself.

"MAN'S GREATEST DISCOVERY."—No book of equal significance has appeared from the press for 100 years. This edition is small and orders for the book should be sent early. Price, 25c.

Impressionable persons who read about the symptoms of a disease are liable to imagine the presence of some of the symptoms and that causes in them the fear of the dreaded disease. During an epidemic of cholera or small pox, many persons are seriously affected by the fear of those diseases.—*Dr. Albert Moll*.

Henry Harrison Brown will address the "Sisters of the Western Links," at their parlor, 1726 O'Farrel St., Sunday, May 4, 2 p. m., upon "Desire."

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AN UNPREJUDICED VIEW.

The *Christian Register* (Unitarian) recently had the following. It shows growth. It is the only true position for one who belives in liberty of conscience:

"We receive continually protests and arguments aimed at the destruction of Spiritualism, Christian Science, and other occult forms of thought and practice; but it is well to remember that no system of this kind has ever been set up or pulled down by argument for or against. Looking back through the ages, we see such things continually recurring, coming and going like the clouds and showers that flit over a summer landscape. Whatever is good in them remains, and gradually works itself into the common life to make it more rich and fertile. Whatever is excessive or absurd, the average commonsense of human beings deals with and puts away."

Psychometric Readings

Will be given by the editor for \$1.00. They are invaluable to the recipient. A lady from northern California recently called upon the editor to thank him for a Reading sent. "You told me what I knew was true, but it did me an immense amount of good to have you tell it. I shall change my life for the better since you pointed out my possibilities and the errors in my disposition." Advice will be given from the Soul side of life. Send money in bills or Money Orders upon Station B, San Francisco.

"I thank you for the teachings of "How to Control Fate through Suggestion" which I have just reread. Even though the doctrine be pushed too far (and I am not sure yet that you have carried the doctrine beyond the bounds of the attainable), it has much of truth in it and has a most inspiring effect upon men beset by sorrow or despondency."—A. S. M., Beaver, Pa.

HENRY HARRISON BROWN, editor of NOW, will receive Patients for treatments through Magnetism, Suggestion, and Silent Powers, at his parlors, 1423 Market street, San Francisco. Hours: 2 to 4 p. m. Others by appointment.

LET CONSCIENCE BE YOUR INVARIABLE GUIDE.—Andrew Jackson.

A TESTIMONIAL.

The following testimonial was handed Henry Harrison Brown by the members of his last class in Suggestion. It was written by one of San Francisco's good men and attorneys. In a private letter accompanying it he says: "Personally, I would not object to giving you any kind of a letter, making it as strong as you wish, as I cannot say too much in favor of what you teach and your method of teaching the same. Using Ralph Waldo Trine's expression, it is 'the greatest thing ever known.' Sincerely yours, S. C. W."

"TESTIMONIAL: The undersigned, members of Henry Harrison Brown's February and March class in Suggestion, most cheerfully recommend this course of study and testify to the practical usefulness of the knowledge to be acquired by such a course of instruction in every avocation. It is the key to the art of living and right doing. Mr. Brown teaches truth that is of inestimable value in every day life, and teaches it well."

This was signed by every member of the class. It can be seen at NOW office.

THE FUTURE MAN.

Professor Bruner, head of the Biological department of Butler University, prophesies that: "The coming man will be a brainy four-toed giant. He will lose some of his ribs, his vermiform appendix, and his little toes. He will be much larger. Commercial distribution will be under his control. Labor saving machinery will relieve man of the present routine of work. Sex will be determinable."

NOW predicts that he will be more than this. He will see without eyes (Clairvoyance), will hear without ears (Telepathy), and will know neither pain, sorrow, disease, or death.

The Occult Book Store, 1429 Market Street, San Francisco, has put out its semi-yearly catalogue and price list. All the standard works (many not standard) are here found. If the reader wishes any New Thought or Occult book and does not know price or where to be found, send 1c stamp for this catalogue.

BOOK REVIEWS.

[Books received will be noticed under this heading.
Those we have space for will be truthfully noticed.]

"Studies in Spiritual Harmony," by Ione. Grace M. Brown, Denver, Col. NOW had reason to praise these Lessons while they were running in pamphlet form and can only repeat what it has already said as they come in this beautiful form. There is a liberty in them that marks the author as one free from all limitations of theology and ancient mysticism. Commonsense in common language with all modern improvements characterize "Ione."

"Wildwood Philosophy," seven essays by N. M. Zimmerman, Vancouver, Wash.; price, 50c. Uplifting and gentle; breathing a spirit of love and good will to all; with a much greater proportion of practical wisdom than is usually packed in so little space. Here is a specimen jewel: "When the spirit of unity, of brotherhood, of joyous co-operation, does take hold of the hearts of the people it renders all statutes superfluous. The civilized world is a living, breathing organism. Every art is related to each other and is essential to the health and harmony of the whole."

"Plain Instructions in Hypnotism and Mesmerism, with Psychic Experiences," by A. E. Carpenter, for thirty years a demonstrator in practical psychology, Boston. Lee & Shepard, 1900. 75c. NOW has been patiently looking for a book of this kind, one that it could recommend without mental reservation. Here it is. Prof. Carpenter has probably as extended an experience in platform work as any person in the U. S. With this he has an understanding and experience in psychic matters and without this last, no person is a safe guide in the realm covered by the word Hypnotism.

I cannot say too much in favor of this book. All that is necessary to be

said by book upon the practice is said here. The Art is difficult to learn without personal instruction and oversight of teacher, but what is here laid down is sufficient to prepare the way for a more extended study. No false statements are made. When one considers what provocation he has in the many "Mail Courses" sent broadcast, Prof. Carpenter is very conservative and careful. In a private letter, he says: "I wrote and published it because of the thousand and one mail lessons being sent all over the country and advertised in such a way as to make the people think they are getting something for nothing when in reality they get nothing for something. To forestall as far as possible these people, I published "Plain Instructions." They will accomplish the purpose. I shall recommend the book to my pupils as I do to my readers. We have ordered a supply and they will be sent to any address on receipt of price. It is the only work upon the subject that NOW Co. has added to its own list."

"Marriage and Morality," by Dr. Paul Edwards, 155 West 46th St., N. Y. city, pamphlet, 49 pages, 50c. It is hard to say anything about this book. It is upon a most important subject. All it says as history, as fact, and as to need of instruction, I read with satisfaction, yet I feel a great lack of a spirituality and a spirit of liberty in it. The word "Morality" I do not like in the title. The idea of linking the two is a relic of past thought that we should outgrow. That which law and theology sanctions is not necessarily moral.

"Eleanor Kirk's Idea." We have recently added this most inspiring, practical and spritely journal to our exchange list. It is GOOD and when NOW says good of anything it is good. It will do to lay on the study table beside NOW.

"Boston Ideas" came in April with a most beautiful Easter dress — none

DAILY WE SINAIS CLIMB AND KNOW IT NOT.—Lowell.

handsomer. It is steadily improving, and we prophesy that it will soon take a front rank among journals in its line of literary and dramatic work.

"The Comrade" is the finest journal typographically devoted to Socialism that we have seen. It shows business and success, and we congratulate its progenitors and the cause of human liberty that there is such an advocate.

"Life," of Kansas City, Mo., seems to have taken on a new lease with its new form. What a host of powerful, readable, beautiful, New Thought journals we have. Life is one of the oldest—so old that it is now a "New Series." Good. We have learned never to grow old but to renew our youth in a "New Series." NOW thanks the Editor for kind words received in a private note.

"Practical Psychology," a quarterly journal published by Wm. A. Barnes, 505 Massachusetts Ave., Boston, at 35c a year, is one of the cleanest and most sensible of journals in its line. I have liked it from the first. Most of its writers are experts and not mere theorists. It is winning deserved success.

"Eltka" comes to us in an April dress twice the size of its previous one. Glad Eltka is meeting with success. It has held a place more like a review among the New Thought journals, giving us the best selections from all. Mr. Wright, the editor, has now a series of articles from his own pen that are excellent. This month he has one of the best I have seen upon Psychometry: or Sense-Realization. Price is, as heretofore, 50c a year.

SELF

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Higher Thought, monthly, Kalamazoo, Mich.50
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World's Advanced Thought, monthly, Portland50
Dominion, bi-monthly, Brooklyn, N. Y.....	1.00
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Eleanor Kirk's Idea, monthly, Brooklyn, N. Y.	1.00
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Christian, weekly, Denver, Col.....	1.00
Self, monthly, Oakland, Cal.	1.00
Metaphysical—	
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