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NOW.

A Journal of Affirmation.

VOL. III. NO. 5.
MONTHLY.

AUGUST, 1902.

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

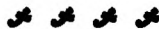
Time past and time to be are one,
And both are NOW.

—WHITTIER.

'Twas only striking from the calendar
Dead yesterdays and unborn tomorrows.

—OMAR KHAYYAN.

HENRY HARRISON BROWN, EDITOR.



Life is joy and Love is power,
Death all fetters doth unbind,
Strength and wisdom only flower,
When we toil for all our kind.

Hope is truth,—the future giveth
More than present takes away,
And the soul forever liveth,
Nearer God from day to day.

—LOWELL—

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

2

N O W.

CONTENTS.

Content— <i>Poem</i>	3
Today	3
Ranch Philosophy— <i>Poem</i>	4
Affirmations.....	5
Soul Culture Lesson.....	6
The Voice in Self-Culture.....	8
Miscellaneous: "Fools Rush In,"— <i>Poem</i> , The Suggestion Pump, The Law of Suggestion, Significant, A Sign of Progress, Motherhood...10	
Editorial Notes	12
Memory a Sub-Conscious Faculty..13	
Centers of Power in Power, <i>Editorial</i> ..14	
Mental Tonic	16
Words of Gold.....	17
Book Reviews	18
Our Exchanges.....	19

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.

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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.

AUGUST, 1902.

No. 5.

POEM.

CONTENT.

I am content. In Love and Truth I rest.
The questions once I asked I now forget.
Prayers that once I made with lashes wet
Find now no place within my thankful breast.
Desires that once tost me on wind-swept crest
Of Passion's wave, are dead. Fulfilled, they
taught

Lessons most wise, and to my being brought
A blessed sky whose sun will never set.

In agony of prayer, in bloody sweat of cross
I waited for the Word to bring release
To manhood born of an impetuous youth.
Yet seemed to me each day a bitter loss
Till when Gethsemane, through pain, brought
peace.

Its vigils gave the Word of power: I'm Truth.
Power came with Truth. My clouded sky was
clear.

The "Peace! Be still!" commanded Passion's
wave.

All selfish prayers were buried in the grave
Where long ago had gone my childhood's fear.
All those desires that once made life so dear
Were swallowed in content that round me fell.
Complaints were changed to swelling chant:—
"All's well!"

While nothing of my past I cared to save.

Then lo! another I, I was than him
Who once had claimed my name. My old self
died!

And I, the ruins of that Self above
Redeemed, for I on cross was crucified.

The aureole that I from Truth did win
Was formed of that still dearer name:—I'm
Love!

—HENRY HARRISON BROWN.

"NOW" Home, July 6, 1802.

The man that explains demeans himself.

—Henri Pene Du Bois.

TODAY.

Today of all days is the day to be admired.—
Thoreau.

I am! This is the only affirmation of
life. Things that were have no life—
are no-things. I was! is the affirma-
tion of death. Things hoped for, wish-
ed for, sighed for, dreamed of, are non-
existant and, like things that were,
have no value. Things that were and
things about to be, are nothings.
To deal in them is to deal in nothing.
Never was fortune made with noth-
ings. Stocks that rise and fall and
then go out of the market have a
value, are something, as long as man
gives them value. But all monetary
values are man-made, are fictitious,
imaginary, therefore fluctuate and
disturb commercial relations. Money
and all property values are nothings.
Man puts a value into them only to
find that he deals with nothings and
starves in soul because he deals not
with things of life.

Money cannot add one cell to body.
Money cannot add one throb to the
dying man's veins. It is powerless.
The crumb of bread has more power
than all the gold on earth. It can add
to existence.

Things are valued by the power they
possess of giving opportunity for life's
expression. How much life have you?
is the only question to ask of any
thing. How much life have you, O
Dollar? None. I am only a man-made
representative with only the power
delegated to me. I have none to give.
How much life have you, bank stock
and title deeds? None. We cannot
add one pulse beat to the new born
babe. We have a delegated power
that shuts off or opens to the babe the
opportunities Nature has for all.

I AM CAPTAIN OF MY SOUL.—W. E. Henly.

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THERE'S A DIVINITY WITHIN,
THAT MAKES MEN GREAT WHENEVER THEY WILL IT.—Gerald Massey.

4

N O W.

One cannot live on anything that is not itself Life. Monetary values give no life. Only that which has intrinsic value can man appropriate. How much nourishment? How much shelter? How much protection? can you afford to life, are the only questions to ask of anything. When only these questions are asked, then will society have passed from its present savagery, its slavery to things. Remember Emerson's line:

"Things are in the saddle and ride mankind."

Slavery to that which cannot support life nor give happiness! Notice the sick and miserable millionaires about us. The savage in darkest Africa is not so foolish. He seeks only that which enables him to live and to express life. The commercial world deals with nothing and therefore they who live in that world are starving—dying. A piteous spectacle is our disease called Civilization. Sick rooms, hospitals, asylums, courts, prisons, graveyards, and all because men deal with fictions, with artificialities, with nothings.

What is true of things material, is still more true of the divisions of time. Men deal with yesterdays and tomorrows—nothings. Can there be anything but failure when effort is frittered away on nothing? Of all the waste that is possible to man, that which is called regret is the worst. Any looking backward save to enjoy the lessons and the unfoldment that time has wrought, is not only the most wasteful but it is the fruitful cause of failure, disease and misery.

Next to this backward look is the forward look. Hope has been called "King in the Soul." Then like all kings, he should be uncrowned for he is a tyrant. While one hopes he never is. Hope is ever a will be. Life deals with IS. Better hope than despair, but in a normal life there is room for neither. A normal life is filled with duty, joy and effort now. But one thought is possible at a time. Where To Be is, Now cannot enter. Today, then, is the day of all days not only to be admired, but to be enjoyed, used, lived. It is the only day. The day one breathes is the only day. To breathe is to live. Think, as you breathe, now. Enjoy, as you breathe, now. "Now is the day of salvation." There is no other day. There is no thought of more saving power than this: I now possess all.

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

RANCH PHILOSOPHY.

BIJAH BREWSTER'S PHILOSOPHY.

Bijah Brewster wuz as grumpy an' as cranky
as kin be,
He allus wuz complainin' about the state uv
society.
Says he: "Things oughter be divided, an' all
have an equal share,
Then we'll have our heaven here instead uv in
the air."

Bijah kept on a talkin' an' a whittlin' uv wood.
Shiftless and lazy, with principles so good.
But bye an' bye he whittled out a payin' patent
right,
Then dividin' principles wuz knocked higher
than a kite.

As his money trod in, his love for man stepped
out,
Fer Bijah closed his money box with bands both
strong and stout;
The awful cry of pity thet uster wrench his
heart
Wuz his own cry uv poverty, he'd heard clean
from the start.

An' Bijah's not much different from all other
men;
Fer we've all been bred an' schooled in the same
selfish pen.
So men can preach ferever what mighty reforms
'll do,
But all the reforms uv earth can't change the
heart uv I an' you.

Instead uv cleanin' politics, go in fer cleanin'
hearts,
An' prickin' deep uv consciences with Truth's
own fiery darts.
Deep in the heart uv every man is peace not
lought or sold;
An ever present heaven, minus the streets uv
gold.
—SAM EXTON FOULDS.

A little love, a little trust,
A soft impulse, a sudden dream—
And life as dry as desert dust
Is fresher than a mountain stream.

So simple is the heart of man,
So ready for new hope and joy:
Ten thousand years since it began
Have left it younger than a boy.
—Stopford A. Brooke.

S'pose success don't come at fust;
What be you goin' to dew?
Throw up the sponge and kick yourself,
An' go to feelin' blue?
Uv course you hain't; your goin' to fish,
An' bait, an' bait again;
Bimeby success will bite your hook,
And you will pull him in. —Houston Post.

*
* **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.]

JOY.

Joyfully, joyfully, onward we move.—*Old Hymn.*

God gave this body all alive,

And every sense is joy.—*Bayard Taylor.*

I am one with Infinite Life and all is Joy.

I am one with Infinite Power and it manifests in Joy.

I am one with Infinite Truth and Truth is Joy.

I am one with Infinite Love and where Love is, is Joy.

Each morning brings a new day, a day of Joy. Life is worth the living, for each day is Joy.

Each evening brings new opportunities for expression, and all expression is Joy.

Rejoice, and be exceeding glad for great is your reward in the heaven of your own soul, is my daily psalm.

Rejoice, O my SOUL, for the earth is thine and the heavens, and in them is the sunshine of Joy.

Lift up your heads, ye eternal gates of morn and let the king of glory in, for to me he bringeth Joy unspeakable. I am one with the sunlight and where ever I go, there goeth gladness also.

Out of the East cometh the Light and it shineth unto the West, and all things rejoice in its presence. So goeth Eternal Love! I carry it in my Soul to bless wh'er I go.

The stars shine in the blue depth above like eyes of those who love us. They are the eyes of Infinite Love glinting down upon me in blessing. I am filled with Joy. I radiate Joy as stars do light upon all about me.

The breezes bring messages in fragrance from balmy isles,—messages fraught with Love. They fill me with their spirit and I too carry love. I joy in message bearing.

From mountain tops the winds come laden with coolness for the fevered brow, saying in Love, "Peace" to the restless hearts of men. So does Infinite Love come to me and I go forth in joy to lay my hand upon pained and the sick and to speak the word of peace to the weary and overladen.

Come unto me for I am Love and I am Joy, and I will give you rest. So sings my Soul all the sunshiny day and through the star gemmed night.

Now is the star shining. Now are the stars glinting. Now are the winds cooling. Now are the breezes bringing messages.

Now do I Love. Now do I rejoice.

Now do I enter into my inheritance,—the Kingdom of heaven. I find it to be Joy, Peace, Plenteousness, Labor and Love,

ALL HEALING IS SELF-HEALING.

Every one who is healed speaks his own word of emancipation; It must be vibrated through his system as the result of his own utterance. Your successful healer calls upon you to speak the word of truth yourself.

* * *

A healer's action can never be a substitute for one's own action. A teacher can never do your work for you; an intelligent healer is like a mathematical demonstrator.

* * *

Knowledge is necessary as well as desire. Faith is essential, but intelligence is needed as well as fidelity to conviction.

—W. J. Colville, in *Mind*.

MY MISSION.

To carry joy to every one
Is what I have to do;
To bear a heart, from sun to sun.
So glad, and brave, and true,
That all I meet upon their way,
As I go out on mine,
Will feel it is a happy day
And full of Love Divine.

—Helen Chauncy, in *Mind*.

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

* **SOUL CULTURE LESSON.** *

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I AM SUCCESS.

How I Won It through Affirmation.

A Series of Lessons in Soul Culture.

No. 5.

**WHAT AN IDEAL OF SUCCESS SHOULD
BE. HEALTH.**

Lord, make me beautiful within.—*Plato.*

Realizing that the Ideal materializes into the external realities, it now behooves one to determine in what line that Ideal shall be created. I have promised you that you shall realize your Ideal. Now, I make this positive statement:—Every Ideal is realized.

Every condition of life is either the result of inherited tendencies allowed to remain with us, or the result of desires built into Ideals. No power but ourselves can build for us. We have creative and selective power and we use it constantly in Ideal building. What shall I build? The law was laid down in Lesson 4. The Great Law of Success is this: *Build your Ideal with Principles and not with details.*

What are the principles of Success?

First, Health. There is no success without health. The example of millionaires, men with great business talents, managing great interests, and yet breaking down in body, is our admonition. Poor foolish men! Their Ideal had not health in it or they would never have thus broken. They worked for the Ideal. It did not include health. All else man may win is valueless when sickness and pain overtake him. There is not normal action of brain in disease. No person can do his best, no person can unfold his possibilities, unless in health. What is perfect health? He who feels no impediment in his body in the carrying out of his wishes is in perfect health. He whose body obeys his every wish; who is unconscious of his body; he who keeps the spirits and freshness of

youth, is in health. Asking a friend many years ago concerning his health, he replied: "I never think that I have a body. I am not sensible of it; we are one. It obeys my thought so perfectly that I have no occasion to think of it." That was health.

The first thing a business man should do is to keep his body in such condition that he never thinks of it. Lives to enjoy, not to care for his body.

Self preservation is the first law of nature. Life is the whole of Being. With Life, all things are possible; where there is not Life, nothing is. The man, while he has physical life, has all possible physical things. He has nothing physical when he has not this life. Hence, would one possess any thing or any pleasure, he must maintain the sense life. Let us ignore the question of any other life than that which man now is. By ignoring it, we shall probably find that life is one under all conditions.

Self preservation underlies all thought of Success. To care for the physical life is then our first principle. How to care, is the question. No matter what his position, sickness brands any man as a failure. Morgan in hospital, Rockefeller in dyspepsia, banker in asylum, railroad president under doctor's care, great merchant seeking health at a sanitarium, statesman under nurse; all these merit the contempt that Cassius heaped upon Caesar for murmuring like a sick girl: "Give me some water." Caesar, conqueror of nations, and yet succumbing to a fever! Think of it! But all these men were successful. Yes, they met their Ideal. But that is not our Ideal. These lessons are of little benefit if they do not lead one first to Health. NOW and "NOW" publications will ever insist upon health and prolonged Life. No success that is not based upon health. There is this law for the student: *Hold health as the business man holds financial success.* Obey this rule and you will never fail in health. There are no varying markets, no man-made conditions to contend with in the

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

sphere of life itself. The Law of Health is simple: *Make your Ideal of Health and hold to it as a reality.* There is no insanity today more to be dreaded than the mad rush for business success at expense of health.

All win their Ideal. Auto-suggestion wins. They suggest success, each in his or her own line, only to find that such success does not pay. There can be no real success in any quarter won at expense of health. Once understand one's own powers and the Law of Affirmation, and health is maintained under any condition. Suicide is considered criminal, even by the most earnest devotee of success; then to commit suicide by gradual process of nervous waste is no less criminal. The mother has no more moral right to wear herself down to a sick bed for her children, the merchant has no more moral right to break down in health by over-attention to business, nor the minister to grow sick by his labors, than they each have to take pistol or poison as the means of self-destruction. Self-murder is not an element of success to be incorporated into any Ideal. Yet by the masses it is so incorporated. "Any thing to win," is the cry. To the common desire of success, all is sacrificed.

From the Ideal of success, eliminate all thought of competition. Competition is not the life, it is the death of business; for it is the death of the man. A true Ideal contains not the slightest thought of competing with another. It contains only the thought: "I will do my best." "My best" will never demand self-murder, for when I have killed myself, or partially so, I cannot do my best. I have already done my worst. Competition enters into the average Ideal in every profession, trade or labor. Not what I can do, but what I *must* do to beat another. Thus men overdo and, worst of all, they hold thoughts that kill.

It is the thought and not the labor that harms. Work, mental or physical, ever has a beneficial effect. It is the thought under which it is done

that wears. Thoughts of *must*, of contest with another, thoughts of worry, anxiety fear; these bring ill-health. To win a success that is worth winning, a success that stays, hold only thoughts born of faith in the All-Good, and in Self. These thoughts contain no element of fear, worry, anxiety, or competition. With such an Ideal, work; but in working let that Ideal shape itself in the external life in its own way. Simply affirm health and follow impressions as they come each moment, as you use the strength of the moment.

To affirm health is to build it in the external, the real life—the soul life. Once built there, it will manifest just as surely as water on the hill finds the sea. Picture yourself in perfect health. Imagine yourself as fine in appearance as any person that you admire. Why not admire yourself? Only health is beautiful. To call a sick person a "beautiful invalid," is to call a flat head Indian, a Chinese foot, the savage's split lip and nose, or an American lady's waist, beautiful. These are all personified ugliness. So is invalidism. Pity and sympathy are transformed to beauty. Anything in perfect health is beautiful. It is a God given privilege to love beauty and to cultivate beauty in one's self. Seek to be beautiful in form and face. Build your Ideal of health as one of beauty. But beware of the common Ideal that leads to disease, that of adornment in your Ideal. "I am beautiful," means health. "I wear beautiful garments, I possess beautiful pictures and flowers," are affirmations that center in the external and lead to death. I AM BEAUTIFUL, draws the Soul into expression. It is the *love* of beauty that heals, not the possession of it. Love the beautiful because it is the wholesome expression of the soul. Health is beauty and beauty is health. In a few generations, when the interior beauty of the soul by these affirmations is called into expression, there will be only beauty and health in the race.

GREAT ARE THE SYMBOLS OF BEING,
BUT THAT WHICH IS SYMBOLED IS GREATER.—Richard Realf.

8

N O W .

THE WELCOME MAN.

When there is sunshine in his sky
And fortune's smiles are bland,
He meets you with a beaming eye,
With kindness grasps your hand.

When fortune turns on him her frown
And shows him her ill will,
He seems not to the world cast down;
His mien is cheerful still.

He meets life's ills with courage strong,
And with a heart to fight,
Rolls up his sleeves when things go wrong
And works to set them right.

—Cape Cod Item.

THE VOICE IN SELF-CULTURE.

There is no other individual manifestation that reveals character as does the voice. One versed in its lore will read not only character but experiences. Health reveals itself by the voice. When we control the voice, we shall control health. Training with the right Suggestion is one of the most effective ways of attaining self-control, —for developing latent power of mind and body. I have never read that others have seen this, but I have so discovered it. This I affirm:—To control the voice from the plane of the Higher Thought is to control Destiny. This is true, notwithstanding the common fact that many singers, actors, and readers are failures, are unhappy and crotchety. The difficulty is in the Thought they hold. To cultivate any faculty with wrong thought results in ill-health and failure. To make voice culture the end; to cultivate the voice that one may use it for gain; to train it for ambition in any of its many forms; to train it that one may use it in any way as a support or for sale, is to find it only one more channel of unhappiness. "How beautiful, that I can sing so!" "Bless God that I can make others happy!" said Madam Pareppa Rosa after her triumphs. This thought made her face radiant. It made the flow of melody from her lips as free and sweet as that of any bird. Selfishness closes the vocal organs as it does the hands

of miser.

By reflex action, which is the principle of Delsarte, we may create mental conditions that will result in the external conditions we wish. By artificially assuming the attitude of liberty we shall find the thought of liberty permeating our mentality. By standing erect and planting the feet firmly, one will find himself mentally assuming control through thoughts of determination and courage. By consciously assuming the attitude and tone of love, kindness, faith, cheer, hope, success, health, and bringing ourselves into these thoughts by will, these conditions will be made permanent in character, will so mould tissue that we shall manifest these traits as a habit. This is nature's way. We may intelligently choose and hold the Thoughts "that make for righteousness."

Primarily, thoughts make conduct; the converse is true, that attitude, taken artificially, reproduces the thought that primarily produced that attitude.

To attain any desired condition, choose and hold the thought, assume the attitude, and then affirm. Talk from that attitude, and let the spoken word be a means of self-culture. Voice is masterful in influencing conduct. There is no more powerful factor in our hands for creative purpose than the voice, and no voice is so powerful in its vibrations upon our sub-consciousness as our own. Tell yourself what you wish in positive and determined Suggestions. Affirmations, thus spoken, will produce the results desired. This speaking will develop into positive thinking. Soon the one who practices the spoken word will be able so to think the Word that will help and heal himself and others.

Here is a most excellent practice: Realize the line wherein you are most deficient in development and memorize some poem, speech, essay, or drama that expresses that which you need and declaim it, when alone, aloud. Put energy into expression. FEEL it

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

as deeply as possible. Soon you will find these seed thoughts growing in power. If timid, select some bold, courageous utterance. Webster's speeches, the speeches Shakspeare puts into the mouths of his characters, poems like Macauley's Roman Balads,—anything that awakens courage and determination. Strong, positive, courageous extracts are mental medicine that should be taken in large and frequent doses. Whenever a weak or unwholesome thought comes into the mind, all one has to do is to throw himself into the spirit of some quotation until he FEELS the sentiment; then the unbidden one passes away. Herein lies the power of the Bible. It is full of passages that bring rest and strength. Here is the power of poetry, of song and hymn, of piano and violin. They change our thought. When rightly employed, when used as we have indicated, they will bring into any life, health, happiness, and prosperity.

For health, use quotations of Unity, Infinity, Oneness with the Father, of Infinite Life. Declaim Affirmations of Power, Life, Contentment, Faith. In a sickness, pronounced fatal, 30 years ago, I used this stanza from Whittier:

"Amid the madning maze of things,
And tossed by storm and flood,
To one fixed trust my spirit clings:—
I know that God is Good."

Ten years ago, when all worldly prosperity seemed to leave me and illness and trouble was upon me, I found rest, strength, and courage that brought back health and prosperity in learning this other stanza from Whittier:

"I know not where His islands lift
Their fronded palms in air;
I only know I cannot drift,
Beyond His love and care."

When property slipped away and there seemed to be neither income nor any way to find one, I repeated with all my elocutionary power, "The Lord is my shepherd, I shall not want." And I did not want. The thought became incorporated into my aura and, like

the aura of magnet, drew to me what I needed. There is no affirmation that is more powerful for self-healing or prosperity than that, and of Peace and Faith. Memorize some poem of Faith and recite it aloud with all your power and with concentration whenever doubt, fear or mistrust arises, if alone. Declaim it silently, it with others. Hold to it till, like the patriarch's angel, it leaves its blessing. Practice declaiming, preaching, lecturing, talking to yourself. Be your own best audience. Any desired condition can be produced in body, mind and estate by listening to one's own voice.

A BIRTHDAY LETTER.

The following letter will serve as a type of the many sent me on my birthday. It is good to be welcomed among the immortals of earth:

ASTERIAN HOME, Decoto, Cal., June 26, '02.

Dear friends, one and all, in "NOW" Home:

I am sure no unkind fate will prevent the happy well-earned crowning of Henry today, though a dozen empires wail because of a false glamor and glitter that does not transpire. The numbered years sit high and with honor on the brow so filled with love-inspiring, life-giving Suggestions. I send congratulations to our friend whom you honor yourselves by honoring. I wish him 662 more years of the same kind as those he has already set down in his almanac of life.

I think some of you who are clairvoyant will find me in some sunny corner of your Home. I herewith salute you as a "bidden guest" and share all your merry-making and good cheer.

Affectionately yours,

OLIVIA FREELOVE SHEPARD,
Editor of *Asteria*.

The bound volume of NOW for 1901, now offered for \$1.00, is a library in itself. It contains a series of Primary Lessons that are unequalled by any course in the market. There are a series of Affirmations that are far beyond any others ever offered the public. There are Editorials of depth and power unrivalled. There are facts and poems alone worth many times the cost of the book. It is a volume for the sitting room table, to have at the bedside, so that it may be taken up for a moment when some thought—the right thought—is needed for a moment of rest and strength.

* MISCELLANEOUS. *

"FOOLS RUSH IN."

One fool sailed westward till he found a world;

One found new worlds within the mind of man:

The cynics called Columbus charlatan

And burned Giordano Bruno! Who unfurled

The heavens like a scroll, that men might know,

But foolish Galileo? Who began

Our new free art and thought and social
plan,

But that poor outcast crazy fool, Rousseau?

There is one toast the future ages drink

Standing! To those who dare, rush in, and die!

Those who defy all rights and break all
rules,

Who fight impossible battles, and we think.

True thoughts—at whom with one accord we
cry,

"The fools, the fools, the fools!" God bless
the fools!

—Curtus Hidden Page, in *Harper's Magazine*
for July.

THE SUGGESTION PUMP.

A new "force pump" has been discovered with which the most wonderful things may be pumped up from your ocean of imagination—your reservoir of memory—and given expression through your brain.

That pump is called Auto-Suggestion—self-suggestion. It is worked by giving commands and affirmations to yourself, strongly and persistently. The best time to do this is just as you go to bed.

A young man who was completely puzzled and defeated in his efforts to solve a complicated problem in astronomy went to sleep saying to himself: "Soul get to work and solve this problem while I sleep." He awoke in the morning with the correct solution standing out clearly in his mind. The suggestion-pump had worked.
—Grant Wallace in *San Francisco Bulletin*.

THE LAW OF SUGGESTION.

Through a law of mind, now well recognized, the simple repetition of ideas or suggestions with some concentration upon them, tends to make them graphic and dominant in the consciousness. To illustrate, let us say that physical sensation reports to the ego: "You are ill," or "You are very weak." Is he obliged to sur-

render at once and regard its testimony as final? If, as before noted, causation be mainly psychical and it be normal for the mind to lead and body to express, why not try changing the thought-current? Let it be turned most intensely in the opposite direction. Let him reply, mentally, with emphasis, "I (the real ego) am well!" "I am strong!" "I rule the body!" and repeat and affirm these and similar auto-suggestions, even if at first mechanically, and he will gradually change his consciousness concerning himself. For reasons already noted, the tendency will be for the body to fall into line and express the ideals. The executive thus assumes rightful control in his legitimate kingdom. The leadership becomes that of the man rather than the instrument.—Henry Wood, in *The Symphony of Life*.

MOTHERHOOD.

This extract from Ella Wheeler Wilcox in *San Francisco Examiner* should be burned into every heart. Parentage is in the future to be made divine and motherhood the divinest of all professions. *The New Woman* seems to forget the wife and mother:

Mothers, I pray you, instead of sighing to be "famous," teach your boys a few important items. Think less about a career, and more about the manners of your children. It requires close companionship and tender confidence between parents and children to have precept and example leave their influence, and once telling a child what to do or what not to do can hardly be expected to suffice, any more than one reading lesson suffices.

Make motherhood a profession. It seems to be a new and untried field at present.

SIGNIFICANT.

The following from an editorial in the *Christian Register* upon "College Commencement" needs no comment in NOW:

No matter who preaches the sermon, we may be sure that the outlook will be upon this world regarded as the most important post of duty and action, with little reference to the destiny which may await one in that other and larger world which hides itself from sight in the light of our earthly day, waiting, indeed, like the stars revealed when the day is ended. Once the future was the subject of discourse, with awful

warnings against the attractions and temptations of this present evil world. Now the preacher holds up to view the grandeur of the present life, the glory of its opportunity, and the surpassing earthly reward of fidelity and honorable achievement. Because of this change of emphasis, that which lies beyond and out of sight shines with new splendor as the fulfillment of the hopes, the attainments, and the achievements of the present life.

SUGGESTION.

The *Appeal to Reason* understands the practice of Suggestion whether brother Waylud understands the science of it or not. All progressive people should acquire the habit he recommends in the following extract. New Thought seed can thus be dropped into many a receptive mind:

When you see a man looting listlessly, his mind in a receptive condition, you should always have some thought provoker with you to hand to him. No matter if he is a stranger, you should do this. In such moments one will take on impressions readily, and all Socialists have to do to succeed is to get people to UNDERSTAND what they want.

THIS MEANS PROGRESS.

The *Medical World* for July has this to say regarding the treatment of a certain patient:

He was treated abominably from first to last. When he comes to his senses, if he ever does, he will see much reason for cursing the medical profession. He came for bread and he received a stone. The first need of that man was a high ideal. Without this his course was sure to be hellward, as it has been. Could he find no physician who would tell him that he must become a normal man in head and heart before he could become a normal man in body. * * * When will doctors learn that "giving medicine" is the least of their duties, and that giving instruction in the highest, best and fullest living is their first and largest duty?

A SIGN OF PROGRESS.

One of the ugliest features of our modern industrial civilization is that it constantly tends more and more to shift the burden of self-support to women's own shoulders. It is now

taken as a matter of course that girls should become wage earners like their brothers. The average man is affected no more painfully by the spectacle of a woman toiling for a living than an Indian is by the sight of the squaws doing the heavy labor in camp and on the trail. It is not right that women should work for wages as men work. And in the long run it will be as bad for men as for women, because a system which condemns women to be wage earners will give no more wages to the woman and man together—with the labor of the children thrown in—than should be earned by the man alone.—*San Francisco Examiner*.

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.

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It is beyond all compare the *Greatest* book for centuries in its power to open to man, insight into his possibilities, stimulate him to soul activity, and lead him to mastery over poverty, disease and death. The edition offered is 3¼ x 5½ inches, just the thing for the pocket and it is just the book to carry as a companion for study. Send on receipt of 25c.

Young Men Are the Prey of Quacks.

No disease is more amenable to self treatment than those arising in the sexual function. It is here that the most DANGEROUS MENTAL CONDITIONS are found. Here is the rich field of the FAKE and the QUACK. Fear is their weapon of warfare and they create by Suggestion that which they are paid to cure. There is not a field that so needs the wise mental teacher as this.

I will educate for all diseases of the generative system and will treat by silent power all who take instruction by Letter and Suggestion. There will be cure and peace of mind. Terms: 3 months letters with free treatments, \$5.

HENRY HARRISON BROWN,

1437 Market street, San Francisco, Cal.

N. B.—All letters confidential.

SINCERITY IS THE WAY TO HEAVEN.—Confucius.

THE SILENCE, AWFUL LIVING WORD.
BEHIND ALL SOUND, BEHIND ALL THOUGHT.—W. C. Gannett.

12

NOW.

OFFICE OF NOW,
1437 Market street, San Francisco, California.

AUGUST, 1902.

NOW,


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EDITOR.

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Its basic Affirmation is:—Man is Spirit and can
manifest as spirit here and now.


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
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
 NOTICE! NOW office is now at
1437 Market street, San Francisco.

 Henry Harrison Brown will com-
mence the course of "NOW" Lectures
for the season of 1902-'03, at Odd
Fellows' building, Sunday, August
17, at 8 p. m. sharp. Good music and
a welcome for all.

The "NOW" classes in Suggestion and
The Art of Living closed respectively
on the 11th and 16th of July. Each
pupil expressed himself or herself as
perfectly satisfied with results. Several
found themselves freed from unpleas-
ant mental or physical conditions,
being healed by the class exercises.
Next classes will be formed at "NOW"
Parlors, 1437 Market St., Monday
and Tuesday evenings, Sept. 1 and 2.
Already the enrollment has begun.
Terms for the 12 Lessons and Practice
of Suggestion, \$25; for the Art of Liv-
ing, \$10. Testimonials can be seen at
"NOW" office. References given when
desired.

The change on the cover of NOW has
been necessary on account of the news
stand trade. NOW has found quite a
sale already among the news dealers.
That it may be exposed for sale, it is
necessary that the title be near the
top. We believe it looks fully as well
as before. News men tell us that when-
ever NOW is seen and examined, it has
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Since moving into its new parlors, the
business of "NOW" Company has so
increased that we have felt warranted
in adding two fine healers, a lady and
a gentleman, to the staff. Both have
come up under Mr. Brown's instruc-
tion and, relieving him of much of this
work, are enabling him to attend more
strictly, as he desires, to literary work.
Patients for treatment or advice re-
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"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, August 31, 1902.

Admission, 25 cents.

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

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

MEMORY A SUB-CONSCIOUS FACULTY.

Nothing that passes through the mind is forgotten. The individual is the sum total of his experiences. All that I have ever manifested, that I am. This is a fact necessary to remember in formulating and developing a Science of Mind.

I am giving in each number of NOW some phenomena upon which I have founded my philosophy of Soul Culture. I give here some instances that let in light upon the fact of Memory.

When I was twenty I came near drowning. All my past appeared before me like a picture. There was no thought either of pain or pleasure, of fear or regret. I was thinking of something else, and saw the past as one looks upon a scene while conversing with another person. During the civil war a shell passed near me and drew me out of my body. While that condition lasted I saw myself as one might look upon a statue. I was my past. I was materialized memory. At another time I was hit with a piece of wood thrown by a bursting shell, and fell to the ground. While falling, I had the same experience. I saw my Self as memory. A similar experience was told me by a Luthurian minister over thirty-five years ago. I assert, therefore, that nothing that ever passed through my mind is forgotten. Upon this thought I have worked. A friend, while at college, brought his books into my presence one evening to study up for examination. "I shall fizzle tomorrow," he said. "Will you take my advice upon the matter," I asked. "Certainly," was his answer. I then asked him if he believed that all that had passed through his mind during class had been forgotten, or was it indelibly imprinted upon the Real Self. He thought it printed upon the Soul. I asked him to trust the Soul to give him back at any time that which he asked for. "Lay aside your books. Tell your Real Self to bring up from the sub-conscious

that which the examination will call for. Pass the evening pleasantly with me. Think no more of the 'ex.' You will come off splendidly." He did so and never had a better or more successful "ex."

This principle was illustrated at my class exercises on July 9. They had taken the Suggestion of a steamboat ride. On awakening, most of them remembered the ride, but one of the most receptive did not remember. I gave another Suggestion. This was remembered by the rest, but not by him. I gave a third Suggestion, telling them none would remember. None did. Later at Suggestion, they all went to sleep and I told them that when they awoke they would remember what they were doing during the previous sleep. They all did so except the young man referred to. He remembered only the steamboat ride of the first Suggestion. Here the Soul had brought into consciousness that which was first impressed upon Memory, seeming to take impressions in the order in which they were made.

I have learned to depend upon this Auto-Suggestion for whatever I wish from the sub-conscious store house of memory. I wished a quotation yesterday for a NOW article. I could not think of one. "Well, it will come to me," was my thought. A few minutes later I found myself humming the very quotation I wished. The Self heard and replied to my request at my first passive moment.

The attention of the NOW reader is called to the description of the Soul in the editorial. It is the only explanation of the kind that I have ever seen in literature. It came to me in a great flood of light one morning in answer to my desire to harmonize the spiritual law with the physical law of attraction. It has solved the Problem of life for me and I trust it will for you.

Notice the Great Offer on page 2.

ACCEPT THE PLACE THE DIVINE PROVIDENCE HAS FOUND FOR YOU.

* EDITORIAL. *

CENTERS OF POWER IN POWER.

[Fourth Article on the Science of Mental Healing.]

The world turns on its center too,
As worlds and tops and pulleys do.

—Peter Parley's *Geography*.

Atom: One of the hypothetical, indivisible parts of which all matter is supposed to be formed.—*Standard Dictionary*.

The vortex ring theory of matter, it may be fairly said, is the only theory of matter that has any probability in it. The evidences for it are increasing steadily, and thus far nothing has occurred to shake confidence in it. This theory assumes that the atoms of matter are vortex rings of ether in ether. They are permanent because they are in a perfect medium. This view makes matter a form of energy.—*Prof. Dolbear, in Matter, Ether and Motion*.

As language in the alphabet, so is entire Nature the play of all its laws in one atom. * * * God has delegated His divinity to the atom.—*Emerson*.

It is said that the universe orbs itself in a drop of dew, and that the law that orbs a planet orbs a tear. This is only saying that there is but one fundamental process in all nature. All individual manifestations of universal energy, or what is the same, all things are formed around centers. We call this manifestation cohesion, the force which draws things to centers. When it holds things to the earth, we call it gravity; when it holds planets in their orbit, we call it centrifugal or centripetal force. These are all manifestations of nature's one law of attraction.

Attraction is the force which holds things to centers. Universal Energy can only manifest in this attraction between centers, consequently the primary letter of nature's alphabet is the sphere. As all large manifestations are simply composed of smaller ones, the primary unit in nature is the basis upon which all larger units are formed. Nature has but one pattern; that pattern is a center of force in the universal force. Recognizing this fact, science

has assumed the atom as this primary unit. The atom is supposed to be merely a vortex ring in universal ether. This universal ether is an imaginary something filling all space, but possessing none of the qualities which we know as matter. The universal motion, intelligence, power, that is variously named God, manifests thus in atom. The primary unit, then, with which science deals, is the atom. The atom is merely a center of power,—it is the primary manifestation of omnipotence. This being the condition of the primary unit, it follows that each thing made of atoms must also be a center of power in power. The only difference between the tear and the sphere we call the Sun, is the number of atoms that compose them. All the myriad manifestations of universal energy are only so many varied manifestations of atomic power.

Since Telepathy has demonstrated Thought, Love, and Life to be forms of energy, it follows that they, too, when they become individualized, must be centers of power in power. This center from which Thought, Truth, and Life radiate, is called a Human Being or a Human Soul. What is true of all centers with which science deals, must also be true of this center,—the Human Soul. To know the Soul, we have only to study centers in those octaves of vibration of universal energy, which are called matter.

The most common centers of power are the planets, suns, and the movements in atmosphere and water. Astronomy helps us to understand how the great central Suns, with their satellites, revolve around their centers. They, by the law of attraction, are held in their places around a common center, all being manifestations of power, revolving around a center in power. They form in space one large vortex ring of ether in ether. It might be called a stupendous atom. The earth also turns upon its center. This law of attraction towards a center is well illustrated in the whirlwind. It is a center around which

revolves a portion of the atmosphere, the circumference of this center being the whole atmosphere. The whirlwind has the power of all the atmosphere behind it. Its circumference is the limit of the medium in which it revolves. The same is true of a whirlpool in the ocean. Neither of these can be taken from the medium in which they are centers, and the power of each is limited only by the power of the medium in which they are centers. What is true of one form of power, is true of all forms. Life being a manifestation of universal energy, whenever it individualizes itself that individuality must be a center, and its circumference must be the limit of the universal energy. Each individual being is a center of the universal life with no circumference. Man is a center with no circumference. What the whirlwind is to the air, and the whirlpool is to the ocean, so is a Human Soul to universal energy. It is a center of life *in* life, a center of intelligence *in* intelligence, a center of power *in* power. Its radiations are limited only by the medium in which it is a center. Since the medium is Infinite, it follows that the radiations of a Human Soul are also Infinite.

As the whirlwind is omnipresent in the atmosphere, so each Human Soul is omnipresent in the universal life. A soul, be it understood, is merely a center in universal energy, and all the attributes of universal energy belong to each Human Soul; and as universal energy is omnipotent, is omniscient, and omnipresent, so is each Human Soul omnipotent, omniscient, and omnipresent. It can affirm limitless possibilities for itself. As the sun radiates its vibrations through a space filled with ether in which and of which it is an individual manifestation, so the Human Soul sends its radiations throughout Infinity.

These soul radiations are Love and Truth. Their range and power are limitless. When, under intelligent control of the Human Will, these radiations are concentrated upon another

individual, that individual feels and acts under them as a plant acts under sunlight. This is Human Influence. This is mental healing.

PEACE ONLY.

NOW has this suggestion to those who are looking up the war record of officers and men in the Philippines. Why cry out against the atrocities of war? Is not war itself an atrocity? Can any war be carried on by peace principles? When in a fight, is not the purpose to win? Is not any method that wins, that shortens the fight, to be adopted? Honorable war measures! Are any war measures honorable? Why punish for the water cure method when you applaud the bullet kill method? Let us away with squeamish sympathy for the means of war and stop fighting entirely! "If you must fight, boys, be good at it," was a father's admonition. So do we say to the nations . . . If you must fight, be good at it. Kill quickly and get over it. By the horror of war teach mankind, if it will not learn by peaceful methods, that all war is dishonorable. That any cannon is as disgraceful as the canteen at the Filipino's mouth. Not till then will any good be wrought by your words. Stop fighting. All is peace with NOW. "Resist not evil, but overcome evil with good." Let 25,000,000 of our people hold the Affirmation, ALL IS PEACE, and war is no more.

"NOW" Company has secured full control of the sale of the paintings of Howard A. Streight, one of the greatest living artists. A number of his masterpieces are on exhibition at "NOW" parlors, 1437 Market street. Citizens of San Francisco and visitors to the city are invited to call and see them.

NOW.

HYPOLITO.—Hast thou ere reflected
How much lies hidden in that one word *now*?

VICTORIAN.—Yes; all the awful mystery of life.

—From Longfellow's *Spanish Student*.

* **MENTAL TONIC.** *

When a goat swallows a rabbit it is only a hare in the butter.—Ex.

The reason many men do not rise to see the lark is because they are up too late seeking swallows.

In one of Frank Sanborn's stories, a gentleman requests release from his engagement. "I have been concealing something," he says to his fiancée. "The truth is, I am a somnambulist." "Oh, that needn't interfere," exclaimed the young woman. "I'm not particular. I was brought up a Baptist, but I'd just as soon change over to accommodate you."

A little six-year-old could not be induced to go into the ocean. One day his father offered him fifty cents if he would put on his bathing suit and get wet all over. Claspings his arms around his father's neck, he consented. After much shivering and trembling, he was wet about two inches over his ankles, when he exclaimed: "Papal I—guess—I—will—only—take—ten—cents—worth—this—time."—*Christian Register*

TOO LATE.—The neatness of the New England housekeeper is a matter of common remark, and husbands in that part of the country are supposed to appreciate their advantages. A bit of dialogue reported by a New York paper shows, however, that there may be another side to the matter.

"Martha, have you wiped the sink dry yet?" asked the farmer as he made the final preparations for the night. "Yes, Josiah," she replied. "Why do you ask?" "Well, I did want a drink but I guess I can get along till morning."—*Youth's Companion*.

The *National Magazine* tells a story of Chauncey Depew. A tramp asked him for a quarter, and, when he got it begged to know the giver's name. "Who may I say was so kind-hearted?" "Oh, never mind; that's all right." He insisted, and Depew finally said: "Call it Grover Cleveland, and let it go at that." As he was going away, the senator asked his name in turn. But the tramp hesitated. "Oh, I beg you to let me know whom I have had the pleasure of meeting in this happy way." Oh, well, call it Mr. Depew, and let it go at that." Depew fanned himself, and let it go.

PRESS NOTICES.

Henry Harrison Brown is writing books to beat the record. Here is a third new one inside of three months, and they are all good and popular. This one is "Man's Greatest Discovery," seventy pages, beautifully printed and bound in pocket size, price 25 cents. The book deals with telepathy, its significance and application, and is a book of thought stimulants.—*Nautilus*.

"Man's Greatest Discovery" is another of Henry Harrison Brown's BIG little books, containing power. Telepathy, The Ultimate of Power, Life, its Potential Power, Vibration, The Victory over Death. Each essay is worth more than the price of the book.—*New Age Herald*.

Have just read "Man's Greatest Discovery," a series of soul culture essays by Henry Harrison Brown. It treats of all the different phases of the newer thought, and it is pre-eminently a book for thinkers. Life seems more worth living after reading it. What bright prospects it opens up. 25c.—*Philo*.

A highly instructive and thought provoking little work is Henry Harrison Brown's "Not Hypnotism but Suggestion." By this time we are fairly well acquainted with his main proposition, but we have not often seen it driven to the front with such happy animation. Mr. Brown rescues Suggestion from the implication that it means the surrender of self to another's will, and hurries it up to Self-Suggestion which makes a very different thing of it. He does not believe in the power of the operator, except to induce self-suggestion, and holds that we here have a mighty power for the control of one's self and one's circumstances. By self-suggestion, he maintains, we can make the world what we desire it to be to us.—*Light, London, Eng.*

NOW, Henry Harrison Brown, editor, came out about Easter time in a new suit. It is now in magazine form, very nicely gotten up and shows that the editor is realizing prosperity. We wish for him and his associates a still further realization of Health, Happiness and Success.—*Self*.

Henry Harrison Brown gave another of his lectures on the Science of Life, in Remembrance Hall, Odd Fellows' building, San Francisco, last Sunday. The lecture was illustrated by experiments with subjects before the audience. As usual, the hall was crowded to its utmost capacity. The office of NOW, his monthly journal, has been moved to 1437 Market street in order to obtain more room, made necessary by his enlarged patronage and classes. We are glad to note this evidence of success.—*Philosophical Journal*.

* WORDS OF GOLD. *

A lady in Washington, D. C., writes: "I have received May and June NOW and last Sunday I absorbed them. It is indeed the biggest little paper published, and I find in it great help and comfort. I could not get along without it. I only wish it was a weekly instead of a monthly. Whatever you do, do not fail to send it to your sincere friend."

A lady in Ill., speaking of NOW and "How to Control Fate through Suggestion," says: "Such literature is to me the Bread of Life."

A gentleman in Conn. writes: "Your poem, my dear friend, upon 'Love's Come Forth,' I could have written it myself. I, too, have passed that way." A gentleman in Washington, D. C., writes of the same: "I have just been reading your poem, 'Love's Come Forth,' and find it pictures the condition that has been mine many times during my earthly pilgrimage. I long to gain my Ideal and have faithfully worked for it but O, I fail thus far to reach the inner life." My lines, perhaps the critics will not call them poems, come from the soul and, born of experience, touch those ready for them. Therefore I let them come as Emerson says of Bibles and litanies, 'Up from the burning core below.'"

A young lady requested absent treatment for timidity in learning to ride a bicycle. Here is her letter two weeks later: "The night before I received your letter I was out for my third lesson and having a most terrible time. I was thinking of going home when I said to myself: 'I will ride,' and the first thing I knew I was riding. Everyone is surprised at my success. I feel that you helped me and I cannot thank you enough." This was an experiment on my part. When I received her letter, I said: "All is possible with Truth; Suggestion is its method," and I sent her strong telepathic suggestions of courage. It worked. All that we do in faith will succeed.

"I received your letter and must tell you how pleased I am with it; moreover I know that it will help me to overcome the difficulties in the way of my happiness. I possess an inherent timidity that has been the curse of my life." So writes a lady who sent for a letter of advice."

A lady in the state of Washington writes: "I

received your Reading and must say that it could not be bettered. It was correct in every particular. I enclose some of my husband's writing and a dollar. Please read him."

An Illinois lady writes: "Darling little NOW comes with its song of Health and Success. It is blessed."

A gentleman from Hawaii came into the office and bought quite a number of "How to Control Fate through Suggestion" and mailed them to his friends saying, as all its readers do. "It is the best thing I have seen in that line." No better missionary work can be done than to imitate him. Send the book broadcast. The third edition is in preparation.

A gentleman in Penna. writes: "I have all your works and will have all the others you print. Your writings are head and shoulders above all the New Thought writers except — and between you and him it is a neck and neck race. I feel as if I could touch your person when reading your writings. There is a power in them which I cannot decribe nor comprehend. May you live long and do humanity much good.".... Henry Harrison Brown never enters into competition with any other teacher. "NOW" Co. never thinks of what others have done or are doing. We do only what we feel is right; do as we feel we ought; take the resnlts as something we have earned and are content to know that we have had an opportunity for expression. That others write and speak is a joy to us. TRUTH needs us all.

What a Socialist journal thinks of NOW: "NOW, a journal of affirmation, is an excellent New Thought magazine. Despite the fact that some features are carried to ridiculous lengths, its propositions are clear and concise and his personality is so inspiring that his magazine may be decidedly helpful.—Push, California, Mo.

Professor H. A. Streight, whose wonderful paintings have astonished the world during the past 40 years, has been spending a few days in San Francisco with his old-time friend, Henry Harrison Brown. The professor is now making his home at Mountain View, Cal.—Light of Truth, Columbus, Ohio.

All things are possible to him who believes, and we only help you into what is possible for you by believing where in yourself you find your faith yet to be weak.—The Higher Thought.

LET CONSCIENCE BE YOUR INVARIABLE GUIDE.—Andrew Jackson.

* BOOK REVIEWS. *

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

"Love's Coming of Age," by Edward Carpenter. Stockham Publishing Co., Chicago, Ill. Price, \$1.25. This is a remarkable little book from the pen of one of the best living thinkers. It deals with the sex question in a plain and natural manner. Carpenter calls a spade a spade and fails to affect that false modesty so common among writers on this all-important subject. The book contains eight essays on such topics as Man, Woman, Marriage, The Sex Functions, etc. There are also notes and an appendix in which the author proves his position by quotations from the leading scientific authorities. This work will do much toward removing the veil of mystery and ignorance.

—
"The Symphony of Life," by Henry Wood. Lee & Shepard, publishers, Boston, Mass. Cloth, 300 pages, \$1.25. This is a beautifully printed and bound book by a popular author. It is a good spiritual and scientific interpretation of the Bible. We do not favor the mixing of the New Thought with theology, but it will be the means of freeing many from the limitations of old and new dogmas. The author deals with thought and suggestion. A quotation from the book will be found on another page of this number.

—
We welcome to our exchange table *The Animals' Defender*, published monthly by The New England Anti-Vivisection Society, Boston, Mass. Its aim is to oppose every form of cruelty to animals, and it is on the side of health-giving, anti-drugging, etc.

—
The Philosopher, Kansas City, Mo. J. E. Roberts and C. F. Eldridge, editors. This is a new and welcome exchange. Mr. Roberts is one of the most progressive of ministers in the Unitarian denomination. He often addresses the New Thought centers in his section. His sermons are fired by the Living Word. The paper is along lines that the *Index* and *Truth Seeker* have so ably worked during the past 30 years. But *The Philosopher* goes ahead of them in as much as it introduces much of what NOW loves best to name Soul Culture Philosophy, recognizing man as Mind and immortal here and

now. Such journals and such men as its editors are the salt of the earth. Such salt will never lose its savor. The earth will ever be salted, for Truth will find men to do her work or will make them to order. While I lived in Kansas and became familiar with Brother Roberts' work, I was sure that Truth had made him for a special purpose. I think he is finding that purpose. Welcome to him and his paper. Price, \$1.00 per year.

A PHYSICIAN WRITES:—

RICHMOND, VA., July 7, 1902.

Henry Harrison Brown, My dear sir: I have recently read and carefully studied those three little books of yours, "How to Control Fate through Suggestion," "Not Hypnotism, but Suggestion," and "Man's Greatest Discovery," and wish to thank you for writing them. I feel that they in their compass, clearness of expression, and price, afford to every student of Truth the very best text books he has been longing for, and enables him to lay before his friends something that will open their eyes to a knowledge of the Truth that will set them free. They are so free from indefinite statements, so clear and comprehensive, that one must be attracted by every statement instead of being disgusted by wearisome pedantry and vagueness, which characterizes so much of New Thought literature. Yours sincerely, ———, M. D.

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N O W .

19

EL GASEDIL,

Vermillion, S. D., is a little journal put out by a lad. It is the smallest of our exchanges and the only amateur paper on our list. We sent it our book and are pleased to find a boy ready to accept it in terms such as these:

Sent me, for review, a book by Henry Harrison Brown, on 'How to Control Fate Through Suggestion,' which, like the author's journal, NOW, is a series of Affirmations. In it are embodied the teachings of the most rational of those schools promulgating the theories which, in a distorted form, are by Christian Scientists carried to the extreme of folly. Whoever reads it cannot but be stimulated by its thoughtful assertions. Tho' naturally didactic, it is written in a clear, forcible, and pleasantly easy personal style.

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Conscience, when contracted, is just as troublesome as croup.—*Winston Churchill.*

"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 many 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.

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N O W.

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