



FEBRUARY, 1904.

NOW

A Journal of Affirmation

Thought

Suggestion

Soul Culture

Psychometry

VOL. IV. NO. 11.
MONTHLY.

\$1.00 A YEAR.
10c A COPY.

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

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

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

HENRY HARRISON BROWN,
Editor.



The Past is dead, and only now survives;
Behold the Climber's glass! Within it glance
The glittering filings from the brazen gyves,
And chains, wrought round his wrist by
circumstance.

Then ne'er before thy task in terror bow;
Fill up the glass with suilit gold and say:
"I know no Past, no Future, only Now;
Today I'll greatly live—today, today."

Pret not thy Soul; Shake not the glass; nor
care
To hug the Past, nor grasp Eternity!
Tomorrow's waiting sands run not today;
Live Now thy best, and more shall come to
thee.

—GRANT WALLACE, in *S. F. Bulletin*

PUBLISHED BY

"NOW" FOLK,
NEW THOUGHT CENTER OF PACIFIC COAST,
1437 MARKET ST., SAN FRANCISCO, CAL.



CONTENTS.

| | | | |
|--------------------------------------------------------------------------------------------------------------|-----|-----------------------------------------------------------------------------------------------------------------------------------------------|-----|
| Poems..... | 283 | Life; "Dollars Want Me!"; Truth and Love; Common Sense in Treatments for Health; An Appreciated Testimonial; We Must be Free and Choose;..... | 290 |
| Why Do We Eat? | 283 | Editorial Notes..... | 294 |
| Affirmations..... | 285 | Soul and Body— <i>Editorial</i> —No. 11. | 294 |
| Soul Culture Lesson..... | 286 | Mental Tonic | 299 |
| Ranch Philosophy— <i>Poem</i> | 287 | With NOW Readers..... | 300 |
| Echoes from "NOW" Home | 288 | Ethics..... | 273 |
| Phenomena | 289 | Book Reviews..... | 274 |
| Miscellaneous: Indirection— <i>Poem</i> ; Helen Keller's Faith; "Will" in Success; Unfoldment in Daily | | | |

"NOW" FOLK PUBLICATIONS:

NOW, A Journal of Affirmation.

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SAN FRANCISCO, CAL.

THE GREAT MAN DOES NOT LOSE HIS CHILD HEART.—MENCIUS.

NOW.

A JOURNAL OF AFFIRMATION.

VOL. IV.

FEBRUARY, 1904.

No. 11.

My Diploma. * * *

"Consider the Lillies." "Let thy Light shine."
—Jesus.

Immortal Life is pulsing ever
Through the limitless area,
Of the Infinite Existence
As Love and Truth. And here
As a point within that Vastness
Lily bulb I plant thee now,
That to thee in thy unfolding
I may as student humbly bow,
He who is the Flower of Manhood,
Bade me to the lily go,
There, to complete my education,
Study in the Silence how they grow.
Thus I install thee bulb of promise,—
Professor of Eternal Life!
And thy soul in Love shall teach me
How I may live above all strife.

How still thou'st lain where thou wast planted;
Not a movement, not a sound!
This lesson thou hast taught me;—
God is Silence within, around!
From a center, Life's unfolding;
I see greenness through the soil,
But I, listening, hear no cadence,
There's no restlessness, no toil.

Thou art trusting, thou art leaving,
All to the One in whom we are!
Only thy "Inner Light" is shining!
Evolving groweth plant and star.
Standing royal in the sunlight,
Waltzing graceful in the wind,
Thou hast left the darkness, dampness,
Of thy cradle all behind.

Thou art clinging to the earth-mold,
Though thou sharest Day's golden crown;
And within thy buds tenderly folding
Fragrance and beauty softly down.
Day by day I've come as pupil;
Soul to Soul we've met as one!
I have learned from thee Life's secret,
And Truth's diploma from thee won.

"By these presents, know;—The Bearer
Hath received the High Degree,
In God's College! Rose and Lily,
Confer the title of B. T.—
'Be Thyself!' All slumbering Power,
We cause now into life to spring!
Henceforth trusting like the lily,
He, through Conscious Law is King."

—Henry Harrison Brown.

Why Do We Eat? * *

"Trust thyself. Every heart vibrates to that
iron string."—Emerson.

The major premise in the editorial upon food in September NOW has passed unnoticed by my critics with one notable exception. Mrs. Towne of the *Nautilus* recognizes at least the possibility of its Truth. Minor statements, which are of comparatively little importance, have been severely criticised. The real position of importance is restated: *Food never supplied one ounce of vitality to the body, nor ever can. Nothing comes from food. Food adds nothing to the power of the individual. Health does not depend upon food. Brain power does not depend upon food.*

Is this Truth? If so all previous speculation upon food is error. Food has a place and an importance that has not been recognized. If it is Truth, then all chemists, doctors and health reformers must change their theories and their practices.

I affirm: *The function of food is not to supply the body with material. The body is not builded from food. The body is not builded; is not made. No part of food enters into the composition of the body. Not a particle of strength is obtained from food. The body is indifferent what food we use.*

The present ideas of food and its place, rest upon the old ideas of God and Creation. They were born in the mechanical conception of the Universe. Ideas of food, like all others, must be brought into harmony with the Principle of Evolution. Paley's "Natural Theology," persistently taught from the pulpits for generations, has colored the common thought. Remember his argument of design. The

SOUL INHERITS ALL THAT SOUL CAN DARE.—EMERSON.

watch is his symbol of the Universe. It indicates design; so does the Universe. It had a designer; so had the Universe. Where there is Law there is a law-maker. The natural laws have this maker. This "Absentee God" conception still permeates our thought of food; still survives in the philosophic and scientific thought, and causes men today to raise these questions of food. Heredity of ideas, is the solution of the problem.

From this ancient reasoning we are told today that "man builds his body." That his "body is his machine". As long as God is thought of as a mechanic and builds, man will be so considered in regard to his body. For the God-idea is man's highest conception, and colors all his reasoning. What God is supposed to do in an absolute way, Man does in his limited way. What God does in his sphere, the Universe, Man is supposed to do in his sphere, his body. God in present thought works through natural law; Man obeys the same laws. This is logical. We accept this reasoning. Let us apply it to the food idea.

It is Evolution or Creation. We accept Evolution. This means, that God formed the visible Universe out of Himself; it is a projection of Himself; a manifestation of Himself. God did not *create* the Universe. God did not *build* the Universe. The Appearance of *that-which-is* to consciousness, is the Appearance of *that-which-ever-has-been*. Nothing has been imported into the Universe. No additions were made, when earth and the solar system first became manifest. They are God manifest in Motion; God manifest to the senses of Man. "God thought, and Man was!" Out from the Everlasting IT, came things. Out from ITSELF, from that SOMETHING, which men *feel* is, and which they name under various names, came into the sense consciousness of Man, the visible Universe.

"God said, 'Let there be Light', and there was Light!" is one of the most

scientific as well as being the most sublime sentence in literature. George McDonald causes "The Baby" to say,

"God thought about me, and I grew."

Another statement in that old legend is also Truth in this food question: "God made Man in his own image!" What God is to his Universe, Man is to his, which is his body, for the Universe is the body of God. As no other force, no other thing, was necessary for God to manifest in His body, so no other thing is necessary for Man to manifest in his body. As God is to the Universe, so is Man to his body. As God projects His body, so does Man project his body. Therefore it follows that my body and I are one. My body is I, and is not my food made into a body. As the Universe is what God thinks, so my body is what I think. This one affirmation is the basis of all future philosophy and science: *I am that which I think I am!* Why? Because I am God manifest in the flesh, and all God is in the Absolute, I am in the Individual. Since God uses no material to build His Universe, so I use none to build my body. Like my thought, and my love, my body is I. I am I in all my manifestations.

Let it be understood that I embody no theological notion in the term God. It stands for that SOMETHING, which Spencer terms ULTIMATE REALITY, and others call by their own chosen name. It is that Power which, by an orderly process termed Evolution, is manifesting ITSELF to the consciousness, or *through* the consciousness of Man. Food has a place in this evolution. Food is a necessity. What is that necessity? is the question of the hour. I am, as Life, a form of Force, "A mode of Motion", an incarnation of God. Scientists study Modes of Motion. When two modes meet, the resultant is a new direction called the parallelogram of forces. Professor Powell, in his "Truth and Error", claims that the motion of an atom is never accelerated or retarded, that it never im-

parts or receives motion; when atoms meet there is a change in the direction of the atoms. Thus atoms are forever centers of Infinite Force. An atom, then, has all Infinity in possibility; how can it receive or give? The Soul is a God-atom, with all of God-possibilities within itself. How can it take anything from food? Food is also a God-atom; how can it give or take? In my SELF, I am supreme. When I, as SOUL, desire to manifest in the visible Universe, I, like God, project myself as body. I use the visible Universe as a means of manifestation. At conception I became God-individualized, but God lost no power in that differentiation and individualization. I am *all* I was before that individualization took place. I, as God-in-flesh, am Omnipotence and Omniscience. I am unfolding through flesh—manifestation that which I am. To manifest as body, I contact the visible Universe, called in common parlance, matter. This contact causes me to press out (ex-press) that which I am. Through food I express in the Universe of Appearance some of that which I am in the Universe of Reality; some of that which I am in the Ultimate Reality. Food does not enter into the composition of my body. That body I materialize from my SELF. I USE food that I may express myself, as body. Does it make any difference to body what food I use? *No, so long as I use that which I desire.* When that which is not desired is used, I am not expressing myself, and consequently, as far as body is concerned, I am ceasing to manifest, that is, I am beginning to die. Expression alone is living. Thus the only question I have concerning food is; What do I like? This I will consider next month.

Emerson's influence has lifted men out of dogmatic ruts. It has left its impress on public thought and morals. Perhaps his greatest legacy to the world is his emphasis of the necessity of perfected character.—C. D. Wright.

A LITTLE FEAR IS A GREAT LEAK IN POWER.—HENRY HARRISON BROWN.

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 himself that mental state which 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.]

Forgetting. * * *

Forgetting those things which are behind.

—Paul.

I have turned my gaze from the past. I have forgotten all the unpleasant in my life.

I have forgotten the griefs, losses, sorrows, pains, and fears that have been mine.

I have forgotten whatever has caused me anger, hatred or revenge.

I have forgotten all who have ever in any way wronged me or caused me to suffer.

All the burdens of remembrance that weighed me down with thoughts of regret or desire I have forgotten, and they are to me no more.

I have cast out all memories of conditions that have ever been occasions of self condemnation or self criticism.

I have cast from me the memory of every feeling, wish, longing, and desire that has never been fulfilled.

I have ceased all introspection that leads to the unpleasant past.

I have ceased all expressions of desire for the return of days that were.

I live in thoughts of the ever present Good and forget that I ever believed in evil.

I live in thoughts of Omnipotence, which ever protect me, and I forget to fear.

I live in the consciousness of Supply, and forget to wish and to want.

Freed from these burdens of the past, I rejoice in the consciousness of my limitless power of life. I am free.

I am relieved of Life's heaviest burdens
for I have learned to forget them.

I am free, for no more I drag the chains
of a Past.

I am free, for no longer do I build a
prison wall of sad memories.

I am free, for I no longer obscure the
day by clouds of grief, remorse or sorrow.

Glorious the vision of unfoldment,
now that I have learned to forget.

Glorious the rapture of Soul, now it
wings its way, unfettered with regret.
Sweet is every experience, now that
I take it for its present worth,—cease
to remember it.

I etch upon my memory only the hap-
py and the joyous.

I have learned the lesson of the flow-
ers and extract fragrance from every
soil.

I have attained the wisdom of the bee
and find the honey in every flower.

I remember only that which I wish to
endure.

I control the unfoldment in the Pres-
ent by forgetting the Past.

By this Art of forgetting I retain only
the "best of now and here". That
best is mine, and is mine forever.

I know a student, one of the most devoted
truth-seekers, who talks beautifully about the
eternal now. She says she knows there is no
future and no past. It is all here now. Yet
that blessed soul has trunks and bags and
boxes full of things she is saving. Now what
do you suppose she is saving these things for?
If there is only today, why not give all those
accumulations to people who can use them
today? Don't save things. Use them. If you
cannot, someone else can. You need not be
afraid you will not have more, because you will
if you need them. Possibly you do not need
as much as you think you do. A vessel which
is used is clean and holy. It lasts as long as it
is cared for and used. One that is put away
soon grows rusty and wears out. Moth and
rust are the fate of the useless, stored-up, mate-
rial treasures.—*LONG, in Essene.*

Conserve your force! Live in the
now! Center your whole being in the
duty of the hour. Be yourself in all
your God-given power! Live at your
level!—*Elizabeth Read.*

* SOUL CULTURE LESSON. *

How to be Happy Through
Affirmation.

Eleventh Affirmation:—I AM.

Procrastination is the thief of time,—*Young.*

We should count time by heart-throbs.—*Festus.*

There is but one time to be anything,
and that time is *now*. Postponement,
procrastination, is loss, waste, pain,
failure. "Now is the accepted time"
for happiness. He who will be happy
must be happy *now*. There is no other
cause of unhappiness equal to this
of waiting for it,—tomorrow. There
is but one other cause, and that is,
mourning for what has been or might
have been. Living in yesterday and
tomorrow is the cause of unhappiness
failure and disease. The only way to
be happy is to *be*, and the only time
one can *be* is *now*.

Anticipation and regret, hope and re-
pentence, have no place in a true, a
happy life. Hope and fear are near
kin. Arthur Hugh Clough well joins
them thus:

If hopes are dupes fears may be liars!

It may be that in you smoke concealed

Your comrades chase e'en now the fiends,

And but for you possess the field.

Mankind may be divided into two
classes, the cowards who fear and the
dreamers who hope. The exceptions
to these are the doers who live in the
present. As fear is the excuse of the
coward, hope is too often the excuse
of the indolent. Too many are con-
tent in hope, and let the present op-
portunity pass by unused. It hurts
our pride and our self conceit to be
told that we are too lazy to use the
present, and that we lounge in the
dream-fields of Hope. It cuts deeply
into our self respect to be told that
because we are cowards we lie supine-
ly, brooding over the might-have-
been; but it is nevertheless true.
These two robbers steal our happi-
ness, success and health. He who

would possess happiness must banish from his life, hope and fear; must forget to measure time, save by heart-beats; must live in the realization that *Now* is all and contains all there is for him. The moment just passed is as far away as the "years beyond the flood". There is no manhood for him who lives in the past. There is no success for him who lives in the future. To possess, one must live in the realization, that all he ever had is his now, and that all he ever hoped for is now. Whittier has the thought in form you can memorize and absorb into your life:

I feel the earth move sunward;
I join the great march onward;
Fore reach the good to be,
And share the victory.

Happiness never consists in wishing, anticipating, hoping for, waiting for, dreaming, longing, anxiety, haste, ambition, craving, wistfulness, yearning, impatience, want or need. These take one out of his possessions into the realm of nothingness. What have I? Only Now. These send me off into the About-to-be. When that shall have become a reality in Now, I am still after that Will-o-the-wisp, the About-to-be. Life and its opportunities are wasted. The old teaching of a Heaven in the future, the dream of an Hereafter, is responsible for this mental condition. There is no Hereafter. Eternity consists in a constant succession of Now. In Now, God centers himself for me! In God I *Now* am! God is now in me! In Now lie, for me, all divine possibilities. In Now lies success for me! In Now lies health for me! In Now lies happiness for me! All this and all you can possibly think, lie in Now for you. It all is expressed in the two greatest words man ever coined; words that have for him the greatest possible meaning: I AM.

Rule for happiness: Affirm—I am!
I live in the Now.

Rule for Affirmation: Affirm that you are in the Present all you have heretofore desired, wished, longed for, hoped for, anticipated.

Where you heretofore have wished or hoped, say: I AM!

RANCH PHILOSOPHY.

Soul-shine. * * *

Jes' cast yer eye on the southern slope,
An' head fer the sun's bright rays;
Jes' bathe yer soul in a world o' hope,
An' live in the joyful days:—
Fer the valley's dark an' cold,
An' dank with must an' mold,
But the sunny slope
Jes' gives yer hope,
From evergreen hills of old.

Jes' keep yer eye on the southern slope
An' bottle its warmth in yer heart,
An' when in the valley alone you grope
Uncork, an' drink right smart.
As the sun-clad years on-roll
Store love-light in your soul:—
For a sunny smile
Spent back a mile
Will meet you at the goal!

—Sam Exton Foulds.

Once a man came into my office and said, "I beat you out of \$2. 50 the other day". I asked him how and he said;— 'My boy was sick and I thought sure I would have to come to you, but I talked with him about it and finally told him I would give him \$2. 50 if he would get well without tht doctor, and he did.' We think the boy would have got well anyway without the offer, but would he? Ah! there's the rub. I was called to a woman who supposed she had been bitten by a tarantula. She looked like one in throes of death from hem-orage. She could hardly speak and complained that one side was paralyzed. Telling me where the tarantula ran I hunted it up and found it a common roach. I called her attention to it and the paralysis left at once. "As a man thinketh in his heart so is he." She had heard how a tarantula bite affects one and she became affected accordingly. (C. A. Hurd M. D. Paper read before Medical Society at Clear Lake Iowa. Printed in *Suggestion*.)

Procure extra copies of NOW and send them to your friends.

* ECHOES FROM "NOW" HOME. *

A young U. S. Soldier passed a two months furlough in "NOW" Home. He is now with his troop in Arizona. From a late letter is taken this "Echo":—I am using truth very much down here. I don't know what I would do without it. This place is really worse than the Philippines, but I have made it very pleasant simply by knowing how. I have surprised myself. I will never be unhappy again. I have been drawn to a lovely boy in the troop, a nice fellow, with but little self-confidence. We have had some talks; we agree. He has been thinking along some New Thought lines but never expected to meet in the army one with whom he could talk. I gave him Jan. NOW and he liked it. When he read Walter's talk in the Echoes he said "if every man only thought like that we would need no law." He is reading the Lessons with me. Later on I hope to find more who are willing to learn. I am perfectly happy and ready to do all the good I can. In a letter my brother tells me that since reading in my letter to him that I had stopped, through New Thought, the tobacco and drink habits, that he had decided to stop also and had used neither since Christmas. Thus I am creating a little circle of Good all by myself.—HOWARD.

I realize more and more each day the beauty of living in the Now. I used to live either in the past or in the future and I hardly gave the Now a thought. It tires one to live thus, even though he looks forward with anticipations of pleasure. When pleasures come they are not appreciated. Anticipating the future we neglect the present with all its opportunities. With our minds concentrated on the Future or Past we fail to grasp the things at hand. We should live now and never hurry. We have

time to become acquainted with ourselves. We have time to see and enjoy the beauty of flower and to interpret its language, when we live in the only time we have—now! Only thus can we become one with Nature, and one with humanity. We need to come into loving touch with Nature and with each other. Love alone enables us to interpret Life. "It is not all of life to live," but it is all of life to love. Living in a world of Love's creation, all is peace, harmony and contentment.—LEONA.

—
"I clothe myself safely around with Infinite Love and Wisdom!" How much I feel the Power in these words we sing. I feel centered in them and have power to be and do. I never had confidence till now to rise and speak, but as I have broken many fetters, I through them, break this, and feel the strength of mastery. I have always felt that I had it, but I have repressed it. Now for the first time I feel and express in the Power these words give me. I am free, and the power others have of expression, I have. I possess, and I manifest.

— MAUDE AGNES.
"The Lord is my shepherd. I do not want!" There is so much peace and comfort packed away in these words. They can be applied to every desire of the soul. Our experiences are to bring us to a realization that God is our Supply. Life would be a perfect desert without these experiences. Through them come, peace, faith and a larger realization of Truth. Out of Infinite Supply comes all I need. Experiences test our faith. Amid the waves of trouble our faith in Infinite Supply remains unshaken.—ELIZABETH

—
Although Nature does not smile today, my heart is full of sunshine and happiness. I realize that light and warmth are centered in myself and not in the external. I would ever live in this realization no matter what the external may be.—GLADYS.

NOW IS THE TIME FOR A NOBLE DEED.—LIZZIE DOTEN.

*
* **PHENOMENA.** *
*

Telepathy Extraordinary. * *

At Memorial Hall, Odd Fellows' Building, at the close of Henry Harrison Brown's address upon Telepathy, Mr. Samuel Foulds gave among other tests this one. He was blindfolded in another room by a committee with a pair of kid gloves, a white silk handkerchief, and over that a black one. While he was thus absent, other members of the committee drew upon a sheet of paper a picture and held it in view of the audience. The paper was then folded away by the committee. Mr. Foulds being led into the room, without touching anyone or being touched, said, "I see a bird!" and immediately drew an eagle. This was the picture previously drawn by the committee.

Another fine experiment was the selecting by the committee, he being absent from the room, three playing cards from a deck, and hiding them in various parts of the hall. He, being led into the hall, without contact with any person, ran to the rear of the hall, turned up one of the aisles, took the card from a hat, and said, "It is the ace of spades." He then ran over to another gentleman and taking from the inside pocket a card, said, "It is the ace of clubs." Then he ran to another part of the hall, and lifted an overcoat from a chair, picked up a card and said, "It is the ace of hearts!" These were the cards hidden. This was done without either a touch or a word from any person. One peculiarity in his experiments is that his hand traces automatically in the air the form of the suit of the card, before he gets it telepathically, thus showing that the thought force controls his hand, before it is transmuted into an idea in his brain.

* * *

A TELEPATHIC INCIDENT IN DAILY LIFE:—A friend runs on the train as

messenger. He is in the habit of throwing off, at a country station, the daily paper to the agent, who also is a rancher. As New Year's approached the wife of my friend said to him, "That man raises poultry. Drop him a note and suggest that he remember you with a turkey for tomorrow!" He wrote a note and then saying, "This is too much like begging," tore it up and went on his trip, forgetting the incident. He threw off the papers as usual on his outward journey. On the return trip, there was the receiver of the papers with two chickens, as a New Year's present. "Well," said my friend, "he caught my thought!" So said "Now" Folk when they heard of it.

Fear of Poison Causes Death. * *

"Dead because she thought she had been poisoned," was the singular verdict pronounced by Coronor's Physician Springer today after performing an autopsy on the body of Virginia Jackson, an aged colored woman. The autopsy was performed in the belief that the strange circumstances of the woman's death were indicative of murder.

"This old woman thought she had been poisoned," said Doctor Springer, "and this thought affected her heart to such an extent that it killed her. The heart actually burst."

A neighbor gave her medicine, and she concluded, on feeling ill immediately afterward, that she had been poisoned. The fear of death killed her.—*Daily Press.*

Telepathy: The Language of the Future Speech, whether by written or spoken word, is too crude and slow to keep pace with the needs of the now swiftly ascending mind. The mind is feeling about already for more perfect forms of human intercourse than telegraphed or telephoned words. However little we know of it—telepathy, theoretically, is the next stage in the evolution of language.—*Professor Henry Drummond.*

LOVE, LIKE GENIUS, OBEYS NO LAW BUT ITS OWN.—ANDREW JACKSON DAVIS.

* MISCELLANEOUS. *

Indirection. ❁ ❁

Fair are flowers and children, but their subtle
suggestion is fairer;
Rare is the rose-burst of dawn, but the secret
that clasps it is rarer;
Sweet the exultance of song, but the strain
that precedes it is sweeter;
And never was poem yet writ, but the meaning
outmastered the metre.

Never a daisy that grows but a mystery
guideth the growing;
Never a river that flows but a majesty sceptres
the flowing;
Never a Shakespeare that soared but a stronger
than he did enfold him;
Nor ever a prophet foretold but a mightier seer
hath told him.

Back of the canvass that throbs the painter is
hinted and hidden;
Into the stature that breathes, the soul of the
sculptor is bidden;
Under the joy that is felt, lie the infinite issues
of feeling;
Crowning the glory revealed, is the glory that
crowns the revealing.

Great are the symbols of being, but that which
is symbolized is greater;
Vast the create and beheld, but vaster the in-
ward creator;
Back of the sound broods the silence, back of
the gift stands the giving;
Back of the hand that receives thrill the sensi-
tive nerves of receiving.

Space is as nothing to spirit, the deed is
outdone by the doing;
The heart of the wooer is warm, but warmer
the heart of the wooing;
And up from the pits where these shiver, and
up from the heights where those shine,
Twin voices and shadows swim starward, and
the essence of life is divine.

— From the Poems of Richard Realf

Helen Keller's Faith. ❁ ❁

It shames those who have their full
senses to read these words of faith
from one who is blind deaf and dumb.
"My optimism is grounded in two
worlds, myself and what is about me.
I demand that the world be good, and
lo, it obeys. I proclaim the world
good, and facts range themselves to
prove my proclamation overwhelm-
ingly true. To what is good I open
the doors of my being and jealously

shut them to what is bad. Such is
the force of this beautiful and wilful
conviction, it carries itself in the face
of all opposition. I am never discour-
aged by a sense of good. I never can
be argued into hopelessness. Doubt
and mistrust are the mere panic of
timid imagination, which the stead-
fast heart, will, conquer, and the large
mind transcend. * * * My share in
the work of the world may be limited;
but the fact that it is work makes it
precious. Nay, the desire and will to
work is optimism itself. Two genera-
tions ago Carlyle flung forth his gos-
pel of work. * * 'Fool'; he cries, 'the
ideal is in thyself. Work out the ideal
in the poor, miserable actual; live,
think, believe and be free!' * * *

"I can work and because I love to lab-
or with my head and my hands, I used
to think I should be thwarted in my
desire to do something useful. But I
have found out that though the ways
in which I can make myself useful are
few, yet the work open to me is endless.
The gladdest laborer in the vineyard
may be a cripple. Even should the
others outstrip him, yet the vineyard
ripens in the sun each year, and the full
clusters weigh into his hand. Darwin
could work only half an hour at a
time; yet in many diligent half-hours
he laid anew the foundation of philos-
ophy. I long to accomplish a great
and noble task; but it is my chief duty
and joy to accomplish humble tasks
as though they were great and noble."
—(From Helen Keller's "Optimism.")

"Will" in Success. ❁ ❁

An illiterate millionaire was asked to
explain how he had become successful,
and replied:—

"O, by just having the nerve to decide
on a plan, and then by hiring these
brainy fellows to do my work. I can
get the services of the ablest lawyer
in this city for a mere fragment of a
crumb of what I realize from his
thought and industry. The secret of
success?—Why sir, it is will, that is
all—will, nerve, sand."

HIS SOUL WAS LED BY ETERNAL LAW.—LOWELL.

Unfoldment in Daily Life. ❖ ❖

The idea is prevalent in many circles and is taught by many teachers, especially those of Oriental philosophy, that would we unfold and live the spiritual life, we need to isolate ourselves; give up business and social duties; that some peculiar and esoteric teaching and methods are necessary for the development of the Higher Life. NOW has never so taught. Soul Culture teaches that one can attend to the duties of, and enjoy, the objective life and thus make it the means of unfoldment and for the enjoyment of the spiritual life. A philosophy that does not fit one for this life, and especially that esoteric philosophy which unfits him for the daily life of parent, producer and friend, is not that which the 20th Century needs. By Soul Culture man is made more expressive in this objective world; better fitted to manifest that which he is in the real Soul-life.

The basic affirmation, carried at the head of our editorial page is: MAN IS SPIRIT AND CAN MANIFEST AS SPIRIT HERE AND NOW. This conscious expression as *Spirit* is the purpose of the incarnation. He is to learn his power as *Spirit*. He is learning it through the experiences of this objective life. When he knows his power; when he awakens to the Real Life which he is; it will be seen that the objective life exists as a conscious expression of that Real, Subjective life. Man will then know himself as Spirit; will realize that while he has been confined to the objective life in his consciousness, he has all the time been living an eternal and omnipresent life as spirit. The lines of the present demarcation will pass away. This consciousness of present immortality can come only as he appreciates and enjoys the expressions of the present bodily manifestation. When he becomes Master, he will dematerialize and materialize at will a body of any degree of density for objective manifestation, and do it by the same pro-

cess which he now does; the difference being, now he does it unconsciously under the Law of the Absolute; then, he will do it under the Conscious law of the Individual.

No! Friends, esoteric teachings that render this present life of less worth, of less enjoyment, of less expression, are productive of one sided and abnormal Soul growth, and are not my idea of Soul Culture. "I am in the world, but not of it" said the One who was the Flower of Manhood. Live IN the world! Help the world! Be not subject to the world!

I am glad to find that this is in harmony with an intelligent and rational interpretation of the Hindu Philosophy. In the October number of the *Viveka Chintamani*, a Tamil journal published at Madras, India, I find an account of a "Great Teacher of Vedanta Philosophy." This is told of her teaching: "She said that it was a false notion that Truth is unreachable by the ordinary man who has perforce to live in the world and follow some profession for a livelihood, though he has cut himself off from the world in his heart of hearts. She preached *purity of heart and nobility of aspiration to reach the highest truth*,—nothing short of Truth absolute,—as the two essential requisites for realizing the higher life; and provided a person has attained to this stage of aspiration, he, or she, need not give up family or profession. On the other hand a truly aspiring soul and reflective mind will make use of the experiences of every day to build up a true and noble character, based on the essential truth of things and not on their apparent reality."

"Dollars Want Me." By Henry Harrison Brown. Price 10 cts. To the many who need healing of poverty, the worst curse which hampers the human family, I say, read this dainty booklet, for it is "knowledge in a nutshell," and the reading of it thrills me with wonderful vitality and consciousness of latent power, which is the secret of supply.—*The New Life*.

"Dollars Want Me." * * *

(Suggested by an editorial in NOW.)

This is the new philosophy,
From way out on the western sea;
The sum and substance seems to be,
While I've been searching faithfully
For dollars, they've been seeking me!

How that can be does not appear,
In fact I can't quite make it clear,
For dollars, though I hold them dear,
Are wont to hide when I draw near,
As though constrained by doubt or fear.

And though their favor long I sought,
And mourned because I found it not,
My dollars all are dearly bought,
My bank account is always 0,
And I am only rich in thought.

Out on the mountain, bare and cold,
The lost sheep wandered from the fold,
The shepherd sought and sought, we're told,
The hapless sheep upon the wold—
Thus sought for me the shepherd, Gold!

If I had only known, you know,
When I in search of them did go,
Up hill and down, and to and fro,
Through summer heat, and winter snow,
Dollars were yearning for me so!

I was deluded, so it seems,
And led astray by idle dreams.
"Now" that at last the golden gleams
Of truth appear, its radiant beams
Flow into my dark soul in streams.

Now that I know all things are mine,
And realize I AM divine,
Fortune upon my path will shine,
Want to oblivion I'll consign,
Now that for me the dollars pine!

How grand is this philosophy!—
Just watch that dollar steer for me,
Winging along right merrily!—
What! Going by? Here, can't you see,
You slippery cuss you! Here I be!

—Milo Leon Norton, in *The Anvil*.

Truth and Love. * * *

A VISION:—Behold I was on a Great Plain, and before me walked a Mighty Man. About his head there gleamed a great Light, and as we walked, rays from it, more swift and brilliant than lightning, darted along the way, searching out the dark corners and dwelling there, penetrating and discovering every crease and crannie, lingering till we came.

Back of me was a Presence which I could feel rather than see,—warm,

palpitating with life, womanish in its mighty gentleness,—such tenderness, such inspiration—whispering ever, as I backward fell a little from him who walked before so steadily,—“Follow, follow, dear One! Follow him who leads before thee! He cannot fail!” Then I knew the One who whispered thus was Love, and he who went before was Truth.

As Love thus spake, I was so strongly impelled forward that I close upon the heels of Truth did come, when lo, She, turning, flashed one brilliant ray of piercing flame upon me, and I, O Joy!—by Truth did stand illumined! Peace, inward, deep, immeasurable, followed; and I, turning, felt for Love, but She was gone from behind. I forward faced, and there,—O Wondrous sight!—I beheld Truth and Love as One!

—W. M. N.

Common Sense in Treatments for Health

I have always tried to impress upon my students to not be foolish. You can be forgiven for almost anything else, but you cannot be forgiven for being a fool. We have threshed over this old straw of *materia medica* and physicians; and my work will show it to be true, that you can heal the sick just as well with a doctor as without one. To deny people the right to employ physicians, to refuse to go and treat them unless they discharge their physicians, when they know nothing about anything else, I say is absolutely cruel. Suppose anybody had come to my family when my boy was about to die, and said: “Now if you will turn your doctors out of the house, I will treat him,” when I never knew anything else, doctors being my whole trust; “If you will turn them out I think I can heal your boy;” do you suppose I would have touched that new thing? Not at all. It would have been cruelty. I could not have done it.

I used to believe that you must turn the doctors away, but I have proven that we heal with them, and I can prove it in a thousand cases. I never ask whether there is a doctor in the case; I simply give God's Truth; and this doctrine that they must not have a physician in connection with this God-healing is not practical and hurts the people at large.

AS LONG AS MEN HIRE THEMSELVES, THEY WILL BE SLAVES.—Tolstoi.

You can't take this doctrine that is enunciated by these anti-doctor people as all in all. If you take the works of Andrew Jackson Davis that I am reading now, the book termed "The Physician", copyrighted in 1850, up here in the Congressional Library, you will find the doctrine laid down almost as perfect as any of us have it, that Divine Mind is all, that Mind is all substance, that there is no substance except Mind and that mind through Divine Mind can heal the sick. It tells how to cure cancer, it tells how to do this and how to do that. You see it is absurd to think that some little two-by-four somebody has got to come up and enunciate the doctrine that all the doctors must be killed off before anybody can be healed. It is perfectly absurd, and I know it to be absurd because of our everyday experience.—(*Bishop Oliver C. Sabin, in Washington News-Letter.*)

An Appreciated Testimonial. ❖ ❖

From no source could have come a greater pleasure than the following letter from Andrew Jackson Davis. He is the one other seer of the Nineteenth Century, who, with Emerson, will in the future, be recognized as the awakeners of the Great Movement that is now called New Thought. What it will be called in the year 2,000, I cannot guess.

He is one of the few who have caught the spirit of my "New Thought Primer." He says:

"I have just read your New Thought Primer and wish to thank you for your large and thoroughly honest statements of the whole truth as it has, in recent years unfolded itself in your receptive mind. You recognize all approximating lines which converge in your center. Love and Peace are yours—but besides the possession thereof, that you cherish a love of Justice, and a love of Truth, this eloquent and comprehensive 'Primer', is sufficient proof. I am now giving my glad some thanksgiving (Nov. 26th.) that you have, after years of trial and psychical agony, found an anchor to your soul, spirit and reasoning faculties. Ever cordially and fraternally.—(Sgd) A. J. Davis.

Mr. Davis enclosed his business card and upon it is his "Magic Staff"—"Under all circumstances keep an even mind!" He has walked with that Staff for over fifty years. New Thought is but the expansion of that "Staff" into a philosophy. Mr. Davis is still practicing as a Physician, at 63 Warren Ave. Boston Mass., and is in vigorous health.

We Must be Free and Choose. ❖ ❖

I have just finished a most careful reading of "Koradine", I like it still better than at the first casual reading. It is a story that every young person should read. I have marked many passages for NOW. Here are a few of them:

We should have no *musts* in our requirements; he that *must* have a cup of tea at a stated time, *must* have certain articles of food, *must* have baths, and rooms at a certain temperature, is slave to his body. Wherever there is a *must*, cut loose from it at once.

A lady never allowed herself to drink a cup of tea when she found she depended upon it as a stimulant; but at the same time she thought it a virtue to make a whole room full or carfull of people uncomfortable because she thought she *must* have fresh air. Pure air is always fresh and delightful, but one can so live that he need not be poisoned even if it is impure; besides, foul air does less harm than selfishness. When you have partaken of a simple meal, think no more of it; the instinct of the cells the mind of the unseen self, knows better what to do with it, than you do. You can go about your duty or pleasure, filling your life with work or joy, from hour to hour, knowing that the unconscious mind, the life principle, will do the rest.

The point I wish to make clear is, that pain and disease do not belong to the Spirit. They are among the no-things, the negative of life, and can be removed, if you train your thoughts to dwell in the spirit, where there is no decay or death, where love, power, life, joy, and peace abide forever.

New Thought Meetings in San Francisco.

"NOW" Public Lectures, Odd Fellows' bldg., Market and 7th Streets. Henry Harrison Brown lectures every Sunday at 8 p. m.

COLLEGE OF DIVINE SCIENCE, 3360 17th Street. Meetings every Sunday at 11 a. m.

HOME OF TRUTH, 1221 Pine Street. Meetings Sunday at 11 a. m.

Our "New Thought Primer" is the book for students of the New Thought.

IF LOVE BE NOT OF LIFE A PART,
'TIS EVER WINTER IN THE HEART.—HENRY HARRISON BROWN.

294

N O W .

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

FEBRUARY, 1904.

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
not credited to others is his.
Its basic Affirmation is:—Man is Spirit and can
manifest as spirit here and now.

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Single Copies, 10 cents.

ADVERTISING RATES.....\$2.00 per inch
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Save your copies of NOW, and have
them bound in a beautiful volume,
which will be perennial.

WANTED.—A compositor, lady or
gentleman, who desires to work a few
hours each week in exchange for our
Lessons, publications or treatments.
Address or call, NOW Office.

Moses Harman, editor of Lucifer,
closed a second successful course of
lectures in this city January 24th.
He is now having equally good suc-
cess in Oakland and other cities
across the Bay. He is having trou-
ble with the Post Office Department
over second class rates. We trust
that he will soon amicably adjust
that matter.

TO SUBSCRIBERS OF THE "COMMON
SENSE ADVOCATE:—"Eugene Del Mar,
"owing to other and larger duties"
that take all his time, has discontin-

ued the publication of his paper. All
unexpired subscriptions will be filled
by us, each of his subscribers receiving
three issues of NOW. Renewals to
the *Advocate* will be supplied by NOW
and the premium sent by Mr. Del Mar
as per promise in his paper. Any sub-
scriber to the *Common Sense Advocate*
whose time has expired receiving a
copy of NOW will understand that it
is a most cordial invitation to sub-
scribe.

Business Correspondents are requested
to be brief as possible. Be sure res-
idence and name is given. We have a
number of book and paper orders not
filled because the letters either have no
name or the place is left off and the
postal mark is blurred. Also address
all orders to "NOW" Folk, and make
money orders and checks out to them.
Letters for a Psychometric Reading
should be very brief; never over two
hundred and fifty words. Letters for
a business reading should tell only in
outline what is wanted. I often re-
ceive letters from two to eight pages
long. It is worth \$1.00 to read such
letters, to say nothing of the answer.
My time from 6 a. m. till 10 p. m. is
full of labor therefore be as brief as
possible.

The following offer, which appeared in
the last NOW, has brought forth so
many responses that we take pleasure
in renewing it this month. It will
give you an opportunity to send NOW
and the books to your friends at re-
duced rates.

For missionary purposes, we will send
Mr. Brown's five books to any ad-
dress for sixty cents. This is forty
per cent off the usual price. Also,
NOW will be sent for one year for
missionary purposes to new subscrib-
ers for forty per cent discount, which
makes sixty cents for the one year.
We expect all our subscribers to wake
up and do something for their friends.
This enables them to do so at little
expense. For list of NOW publica-
tions see "Table of Contents" page.

THOR THE THUNDERER SHALL RULE THE EARTH NO MORE.—LONGFELLOW.

WANTED.—An all round printer; one capable of taking full charge of a small office. He must be familiar with Mr. Brown's writings; also industrious, temperate and faithful. Correspondence invited. Address the office of NOW.

"20TH CENTURY PEOPLE":—Under this name, Mr. James Stewart Lawrence who has been associated with "NOW" Folk from the beginning, has associated others with him and opened a "NOW" Center in Chicago. He is recommended to all NOW readers. In addition to acting as agent for all "NOW" publications, selling our books, taking subscriptions, and for the Mail Courses of Lessons, he will hold classes and give treatments. Citizens of Chicago who desire our work, or knowledge of us, can obtain them at this Center. Mr. Lawrence felt that the time had come for him to become more individualized and to enter the field as missionary of the "NOW" Philosophy and we bade him a cheerful "Good bye", rejoicing that another Truth Center was to be formed. He is well pleased with present results.

From the Philosophical Journal of January 9, 1904.

There was not standing room at Henry Harrison Brown's lecture upon "Telepathy" at Odd Fellows building Sunday evening. He took for his text "Thought is Power!" This is proven by telepathy. Since this is demonstrated it only remains for us to learn to use this form of power as we have already to use other forms. By its phenomena of presentiment, inspiration, dreams, inventions and discoveries, are explained, and since man lives, after death of the body, in the thought world, Telepathy opens a channel of communication between that world and this. At close of the lecture Mr. Samuel Foulds gave some excellent demonstrations of telepathy. Among them was the drawing of a picture a committee had drawn while he was in another room blindfolded. This he reproduced without touching a person or being touched by them. It was regarded as a remarkable experiment by the audience.

I have a dear family of friends in San Jose. Often have I addressed gatherings in their parlors unfolding my philosophy of life. The family consisting of Grandma, father and mother and five daughters live the "NOW" Thought. Upon the 14th of January I was requested by telephone, to attend the last rites over Grandma's body. She was a dear old lady of eighty-eight years unfoldment and everybody loved her. She had lived in the realization of the continuity of life for fifty-nine years. Was ready for the change. We met in the well lighted parlor that evening. No signs of mourning or grief were there. Grandma had gone to meet friends in the Brighter Life. She had a welcome there and we would not darken her joy, so we gave her a sweet "Goodbye". The smaller children and their mother were dressed in white. No changes were made in the apparel of friends. It was nearer my ideal of such an occasion, than any other I ever saw. I tell my readers of it that it may help them to meet the inevitable with a sweet "Good bye". Often had Grandma sat in those parlors beside me as I discoursed of the Everlasting. She sat by me this evening though the casket she once wore was covered with flowers in one corner of the parlor. I talked as in her presence, conscious that in the Real world, the world of Thought and Love, the same Soul that once listened with those physical ears was listening telepathically while she enjoyed the double greeting of friends who relieved her in the Subjective life and those who had met with me to cheer her on her journey. Why should any tears be shed to mar such occasions? Why any signs of grief to bring dissonance into the harmony of the Spirit? A true living, a loving faith, a believing love will see no separation when the objective life is abandoned but will rejoice and say "All is Good"; know it is so, and find peace.

Truth is within ourselves.—Browning

THE RIGHT WORD IS ALWAYS A POWER.—GEORGE ELIOT.

ERATA: Typographical errors cannot be avoided. We try to make them however as few as possible and trust to the good sense of our readers to correct them. Occasionally however those occur that cannot be thus corrected. Only one accustomed to proof reading can understand how they occur. Such a one occurred in last NOW. In the article upon Herbert Spencer at the bottom of first column on page 263 insert "Davis" after Andrew Jackson and my intentions will be made manifest. Andrew Jackson Davis, gave "Nature and Her Divine Revelations in 1895.

Annie Rix Militz has assumed direction of the Home of Truth in this city for an indefinite period and for several months has been having daily meetings and classes. She takes a vacation during the next two months. During February she will teach in the School of Soul Culture in Washington D. C. The first part of March she will be in New York and Brooklyn, the last part in Chicago, returning to this city the latter part of that month. During her absence the Sunday meetings will be attended by various teachers. The Editor of NOW will address the Home of Truth People, 1231 Pine St. Jan. 31st., at 11 a. m.

THE REASONER, published at San Louis Obispo, Cal., having suspended publication, "NOW" has assumed liability for the unexpired subscriptions. Every subscriber to that paper will therefore receive NOW until the expiration of the time for which he has paid. The Reasoner was a live, progressive paper, with principles in harmony with NOW, and we trust that since this relieves Mr. Tully of care it will also please his friends. We hope the few numbers of NOW they may receive will induce them to remain permanently with us.

Those who wrote to the Reasoner for sample copies, will receive a copy of NOW instead.

Publishers' Announcement. * *

Subscribers to NOW, do you realize that this is your paper? "NOW" Folk are but trustees. We are doing your work. Many of your subscriptions expire with the March number. You will renew. We feel sure of this. But we wish more. We wish your co-operation in carrying on this work. NOW has continually improved. Every improvement that money received has made possible has been made. As means and experience increase we will still improve the magazine. We wish to begin next volume with still others. Knowing how you feel, we have but to call your attention to our needs, for you, of your abundance, to tender us Supply. Please renew quickly. Send as many new subscribers as possible and send us names of interested friends.

Occasionally some friend comes into our office saying, "You are doing a great work! A much needed work. A work I cannot do. It is my desire to help you in a pecuniary way as much as I can, to speed this noble work!" and departing, leaves his contribution. How many will come thus by mail this month? We are doing your work.

Every dollar spent with "NOW" Folk is put to the best possible use by being spent in bringing to the world notice of the Work and the Truth for which it stands. Every dollar we receive helps us to establish and maintain our present position, and prepare for the institution we shall hereafter build—The American Soul Culture Institute, the noblest and freest, the most progressive and the most extensive of Schools.

The Kansas City *Unity*, one of the best and standard New Thought Journals has this to say of "New Thought Primer:"

The book is one of general information on the subject of New Thought, and should be in the possession of all New Thinkers."

* EDITORIAL. *

Soul and Body. ♫ ♫

Their Interdependence and Relations to Unity.
No. . 11.

LIFE AND THOUGHT. ♫ ♫

And the WORD was made flesh and dwelt
among us.—*John's Gospel.*

Line in Nature is not found.
Unit and Universe are round.—*Emerson.*

I know I am deathless,
I know this orbit of mine cannot be swept by a
carpenter's compass.—*Walt Whitman.*

Down deep the elements, like homes,
Beside their flaming forges wrought,
To fashion shapes and future homes
For the embodiment of Thought.
—*Lizzie Doten.*

Thou dread source,
Prime, self-existent cause and end of all.
Thou alone
Art everlasting, and the blessed spirits
Which Thou includest as the sea the waves.
—*Wordsworth.*

Life and the ability to maintain Life, are two
sides of the same fact. Life is a combination of
processes the result of whose working is their
own continuance.—*Herbert Spencer* (Principles
of Psychology.)

God is the Father of the Universe, the Creator
of Nature, the Sovereign Beauty, the Supreme
Good, the Ruling Mind, which orders and pene-
trates all things. He is the Original Life and
Force of all things.—*Plato.*

There is one living and true God; everlasting,
without body, parts or passion; of Infinite
Power, Wisdom and Goodness; the Maker and
Preserver of all things.—*Hindu Vedas.*

"I will give you an orange if you will tell me
where God is" said a minister to a little girl.
"I will give you two if you will tell me where
he is not," was her answer.—*Sunday School*
Book.

O, my brothers, God exists! There is a soul at
the center of Nature and over the will of every
man, so that none of us can wrong the Uni-
verse. Place yourself in the middle of the
stream of Power and Wisdom which animates
all it floats, and you are, without effort, im-
pelled to truth, to right, and a perfect con-
tentment.—*Emerson*, (in *Over Soul*).

Unity! One Something which perme-
ates all things, from which things

come, in which all things are, to
which all things return. Call it what
you choose:—IT IS!

Life is a manifestation of this IT, this
Something. Since God is, He is Life.
Life is co-extensive with God. God is
everywhere; Life is everywhere. Life
is no more divisible than God is.
Where any Life is, it is a manifesta-
tion of the indivisible One. Each
thing has life, but it is the One Life in
each thing. Therefore the Human
Soul is but a manifestation of the One
and is as limitless as Life. The Human
Soul is not confined to the mere Ap-
pearance we call body; its body is as
extensive as Life is—as God is. This
has been dwelt on in previous articles,
it is recalled here to help solve the
problem of Thought.

Life is the primal manifestation of
God in things: it is the expression of
God in things. The pressing out of
the One into objective manifestation.
Life manifests in sun and solar sys-
tem. Nothing has been imported in-
to that system that Man might be.
The potentiality of Man was in the
nebula before it became sun. From
sun, to Man there is but the Evolution
of the One Life.

In the individual man from birth to
grave, there is nothing imported.
All he can be in manifestation is with
him in the cradle. Science finds Intel-
ligence in all nature. Science is merely
the Human report of God's meth-
ods of unfoldment. The Intelligence
of the One manifest in all nature has
in man unfolded to Thought. Man
has power to think. Man must think
that he may be Man. The power to
think makes him man. The Genus
Homo thinks. No other genus can
think. It is this power to think that
gives man power to choose and in
choice lies his power to control his
fate as an individual. For the pur-
pose of Nature—of God—in Evolution
is to bring the individual expression
from the homogeneous. What is
Thought? It is God, Energy, Life,
transformed through the Human into
Thought. There is but One Power.

HE WILL GET TO THE GOAL FIRST WHO STANDS THE STILLEST.—*THOREAU.*

We may place ourselves in the middle of this stream of the One Power and be carried as animals where It wills to go, or as Human, we may direct where we shall go. Our directive power is that part which we have deflected from the One stream of Life into our individual channel and transmuted into Thought. Thus Thought is Power. The fact that Thought is, and can be consciously used as, Power and directed to a predetermined end, is Man's Greatest Discovery.

Where does Thought originate? In the individual Soul. The Soul bears the same relation to Thought that the incandescent globe does to electricity. It was electricity until it reached the globe, then it became light by a process of transmutation. In a like manner before it was Thought it was Life, and before it was Life it was God. By unknown processes it is transmuted from God to Life and in the Human transmuted to Thought. What are the limits of thought? What is the limit of my body as a means of transmitting thought? Vibrations can pass only through a medium adapted to them and are limited only to the extent of the medium. A vibration in the ocean must at the shore cease as a wave and be transmuted by contact with another medium, the shore, into that variety of vibration that can be transmitted through the earth. The ocean is the limit of the waves; the earth is the limit of the electric vibration; the air the limit of the cyclone; the ocean is the body of the wave; the earth the body of the earthquake; the atmosphere the body of the whirlwind. The body of my thought is the whole thought atmosphere.

Since Thought and Life have their origin in the psychic, or the spiritual, the whole extent of that realm is my body. Where am I? Wherever my thought is. What am I? Whatever God decides, till I decide by my Human Power of choice. I then become that which I build by my thought, for Thought is the Human Creative

Power, just as Intelligence is the Divine Creative Power.

It is never to be forgotten that I cannot create Substance. I cannot create ocean, but I can create manifestations in the ocean. I manifest as a body only to my senses. This objective presentation is but a very partial recognition of that which I am. As long as I limit my body to the reach of my hands, that is the limit of it to my consciousness. When I shall extend in my Thought the limits of my body to the extent of the Universe, then will my consciousness unfold until I realize that I am One with the All. From my window I can see Mt. Diablo. From my Massachusetts home I used to see Mondanock and Wachusett, and from my Oregon home, Mt. Hood. They are each individual peaks; have their manifestations and names. But they are all one earth, and each peak has all the earth for its body. Each island is an independent manifestation, but follow down beneath the water and we find the same earth, and to every island the whole earth is body. So with myself. I am Henry Harrison in this objective manifestation, but go down below this mere appearance to the Soul-Universe, and like the island I am found to be but a manifestation of the One, and my whole body is His. HE, -IT- and I are One,

Thus my real world is my Thought world and that world is limited only by my consciousness, and enlarges as fast as I unfold into consciousness of that which I am. My apparent body is that which the anatomist can describe, my real body is that which I inhabit in the Real world, in the Thought-world, and that body is God.

Can I draw any other conclusion than this: I am as limitless as God; I am as indestructible as God; and since I am God developed into Thought, since I can think and say I AM, that I, as an individual manifestation, will eternally exist with my independent Thought in the common body, God!

What Shall We Eat. * * *

There has been a great deal written on the question of what food man shall eat. Some take the stand that predigested foods are best, others argue that man should eat nothing but raw food. Some say for you to eat four meals a day, others only one and sometimes none at all.

This has been going on for quite a while and the only result so far as we can see is that each man is more steadfast in his belief in the efficacy of his own system and continues to starve or stuff himself, as the case may be, more enthusiastically than ever.

This animal man is a wonderful machine, so perfectly under the control of the mind that any plan closely followed and implicitly believed in, will for a time at least result in a great measure of health. This makes it possible for each man who has a new feeding system to prove to his own satisfaction at least that his is the royal road to health.

Most who write on the food question are sincere when they advocate their particular methods and their increasing numbers show the spread of interest, in the ways to gain health.

The best article on this subject which we have read lately is in the November number of "Now," Henry Harrison Brown's paper. The editor has strong opinions and expresses them in a fresh crisp style that is exhilarating as the fresh air of a frosty autumn morning. He says that it is not the food you eat that makes you what you are; it is the accompanying thought—it is your belief; but let him tell it in his own words. * * *

While we do not always agree with Mr. Brown's opinions, still on the whole, we take pleasure in recommending "NOW" as one of the best New Thought Journals published. (The above is from *Weltmer's Magazine* for November, and is accompanied by an extract of two pages from NOW.)

MENTAL TONIC.

Funniness:—"You say the evening wore on. What did it wear?" Smart: "Why, the close of day, of course."—(University of Minnesota Punch Bowl.)

Schoolmaster (entering boy's dormitory,)—"What are you doing out of bed this time of night, Murphy?" Murphy—"O, sorr, I got out of bed to tuck myself in."—[Selected.]

New Arrival (on the Styx)—"Who was that party who laughed so derisively when I told my prize fish story?" Old Shade—"Oh, that was Jonah."—[Smart Set.]

Diplomatic—"Father, I wish you'd spank me a little bit." "Why, Tommy, the ideal Spank you—what for?" "Yes, then I'll cry, and grandma will feel so awfully sorry she'll give me some candy."—[Brooklyn Life.]

Mrs. Jones.—"Just think of it! That fellow came in and actually stole the clock right off the mantelpiece!" Mrs. Brown.—"And your dog was in the very same room?" Mrs. Jones.—"Yes but that didn't count. Fido is only a watch dog, you know."—[Boston Transcript.]

A good story is told concerning an old lady living in a Shropshire village, who was so overcome by the late Doctor Clifford's eloquence that she exclaimed, whilst leaving the building after his lecture, "well, he's the greatest oratorio I ever heard."—[Exchange.]

An Irish priest had labored hard with one of his flock to induce him to give up whisky. "I tell you Michael," said the priest, "whiskey is your worst enemy, and you should keep as far away from it as you can." "Mi enemy is it, father?" responded Michael, "and it was your riverence's self that was tellen' us in the pulpit only last Sunday to love our enemies!" "So I was, Michael," rejoined the priest, *but I didn't tell you to swallow them.*"—[Sacred Heart Review.]

A Bible text is like a railroad ticket, not good if detached.—Dr. Lyman Abbot.

WHOSO WOULD BE A MAN MUST BE A NON-CONFORMIST.—EMERSON.

 WITH NOW READERS.

[In this department, queries from our regular subscribers will be answered briefly. Questions will be signed with initials only. If an answer by mail is desired, enclose \$1.]

E. H. H. is only one of the many who write asking for details in applying the principle in "Dollars Want Me!" I can only reply by saying;—Attend to the Principle therein laid down. Trust it to work out in your life as it has in mine. I cannot attend to details for myself, much less can I tell any one *how* it will work in them and from *whence* the dollars will come. Lay all these questions aside and trust the Principle. Apply it in the same trust the electrician does the principle with which he works. Affirm: Dollars Want Me! and go about your daily business as if you *believed* that affirmation, and LET dollars come, no matter the when, whence and the how. Affirmations create a Faith, and when you live in that Faith, the Dollars come. They will not come till by Affirmation you have created the mental conditions that draw them. "Confident receptivity" is the mental attitude that draws. And that attitude is to be permanent. Temporizing will not bring dollars nor health.

R. J. P. of New South Wales, desires me to tell him how Suggestion caused an accident when he had not thought of accident in connection with the party he attended. The great fact is, Thought creates conditions that are permanent, until we have, by thinking, created new ones; until we have changed our mental attitude toward the objective life. The mental attitude probably of R. J. P. is that accidents are liable; that belief from previous teaching and thinking has become the attitude of us all. That attitude opens us to accidents. When we shall have held the thought of Protection till it becomes a permanent mental state we shall act in-

stinctively and never be where we can be harmed. Too many in coming into New Thought look for immediate thought conditions as cause, when it is the mental attitude created by long held thoughts to which we are to look as cause. The child that is brought up to believe in protection will never meet with accident. The best thing one can do is to affirm: "He hath charge of me! No evil can befall me!" and develop that Affirmation into a faith that insures protection.

—
 "New Thought papers tell us nothing about saving the dollar, but tell us to spend it; not to hang on to it. How about those who are living on a salary?"—(G. B. R., Chicago.)

The Principle is omnipresent. It applies everywhere. The dollar is of no value till spent. Spend it for what the moment calls. Spend it for that which you feel you have a right to spend it, and do it in perfect faith that *right doing will bring other dollars*. It is impossible for one to tell another how to spend, but it is true that the Principle laid down in "Dollars Want Me!" will bring the mental attitude which will bring Supply. My readers must be students, and take the Thought as laid down in my books as they take the Principles laid down in scientific books. They do not expect the scientist to tell them how to apply those Principles in their daily life. They believe in the Principle and then apply it. The only method of application of the Principles of Mental Science is by Affirmation. Let one affirm: God is my supply! or, My supply is infinite! or, I do not want! and continue until this Affirmation becomes a mental attitude, so that every expense is considered in this spirit, then that Supply is always at hand. We are to *live* the thought and the supply will manifest.

—
 The public conscience of today is more acute, more sensitive than at any time in the history of the race.

—Carrol D. Wright.

RUSKIN KEPT ON HIS DESK A PIECE OF CHALCEDONY INSCRIBED, "TO-DAY."

♦ ♦ ETHICS ♦ ♦

Economy in Administration. ♦ ♦

The business of the city should be conducted on lines of rational economy without sacrifice of efficiency. Municipal government is essentially a business, the business of city administration. While ever more expensive than the conduct of a private enterprise, there is no reason why extravagant and unnecessary salaries should be saddled on our taxpayers, to the exclusion of much needed public betterments. We have, I am certain, been paying out too large a proportion of the city's revenue for salaries of employees. I am in favor of reducing the number of city employees wherever it can be done without impairing the efficiency of a department. I believe in fair wages and good salaries, in employing the best and most efficient men, but I am opposed to the crowding of public offices with employees whose sole duty it is to make lighter the work of other employees who are paid to cover the same ground, and who would be able by strict attention to do their duties easily to accomplish it without detriment to themselves. If all the employees of the city would devote themselves to the performance of their duties, with the same force, energy and attention as would be given by them in a private employment, a large proportion of the working force of the City Hall could in my opinion, easily be done away with.

* * *

I strongly reiterate the recommendation in my first inaugural message, and which has just been made also by the Merchants' Association of San Francisco, that the city acquire and operate its own streetsweeping plant, and I see no reason why the city should not also own and operate a municipal paving plant. Private corporations find no difficulty in operating economically and efficiently such

plants, and I see no good reason why the city should not be able to do likewise.—(From Eugene Schmitz' inaugural address as Mayor of San Francisco.)

Child Labor. ♦ ♦ ♦

The child labor laws in mills, factories and stores should be strictly enforced. Many parents wilfully misrepresent the ages of their children that the babies might become wage-workers. One manufacturer told me that child labor was necessary to run his mill, and without it he would have to close down. When a country's prosperity is based on the toil and privations of little children, who should be in the kindergarten or school, our boasted civilization is a delusion and a snare. I know of no other agency for the enforcing of the child labor laws, than the trade unions.—(From Report of Fred C. Wheeler, State Organizer of California State Federation of Labor.)

"New Thought Primer—Origin, History and Principles of the Movement," by Henry Harrison Brown, editor "Now." Price 25 cents. The "Primer" should be widely circulated by all who desire that the world should understand the true history and principles of the New Thought movement. Mr. Brown is one of those rare writers who is fair on all sides, and does not withhold credit where credit is due. We are especially pleased to see that he appreciates the part taken by modern Spiritualism and Andrew Jackson Davis as among progenitors of New Thought ideas.—*Worlds Advanced Thought.*

Not until recently has the great truth come into recognition that thought, when trained and cultivated, is the ladder of all true ascent. The ladder of all thought is ever set up and available. We mount upward, not by a single leap, but round by round.

—Henry Wood.

I AM CONSCIOUS OF ETERNAL LIFE.—THEODORE PARKER.

* BOOK REVIEWS. *

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

"THE DOOM OF DOGMA AND THE DAWN OF TRUTH."—G. P. Putman's Sons, N. Y. pp. 398. Price \$1.75.

"THE SHRINE OF SILENCE"—The Abbey Press, 273 pp., Price, \$1.50.

"SCIENTIFIC DEMONSTRATION OF THE SOUL'S EXISTENCE AND IMMORTALITY."—The Alliance Publishing Company, N. Y. 93 pp. 75cts.

These three books are by Henry Frank, and can be obtained of him at 33 W. 27 St. N. Y. Henry Frank is at once one of the clearest and the frankest of writers, full of the scientific spirit and fully imbued with the New Thought. These books have a great value to the reader. "The Shrine of Silence" is a book for meditation. It comes very near the method employed in the Affirmations in NOW. "The Scientific Demonstration of Immortality" should be studied by him who has any doubt upon that subject. "The Doom of Dogma" is deeply scientific; is an investigation into the theological principles, dogmas, and methods of all time, and sifts from them the Eternal Truth for which they all stand, and which today, freed from dogma, lives in the rational thought, permeating the civilized world like a new Sun in the sky, making Brotherhood and Co-operation no longer a dream, but a scientific necessity. I can recommend them all as of far more than ordinary value. Typographically they are all we could wish.

"THOUGHTS NEW AND OLD".—Quarterly. Alta Vista, California. 50 cts per year. E. H. Cowles, Editor. This advocate of New Thought deals freely in Suggestion and Mental Science. It gives good promise, and I trust it will meet with success.

"THE NEW COMMONWEALTH", Weekly, is the title of a new venture in the field of Socialistic Journalism. Its editors are cultured men, all of known literary ability; G. E. Littlefield, C. E. Ordway and Geo. Willis Cooke. It has a noble mission, and is welcome. 50 cents a year. Westwood, Mass.

UNTY, [Unitarian, Chicago,] for December,

YOUR ZENITH FOR NO MAN ELSE IS TRUE.—EDWARD ROWLAND SILL.

is a double number. It contains an account of a most worthy enterprise undertaken by All Souls' Church of that city, in the building of the "Abraham Lincoln Center." There we have an almost perfect and very practical method of true reform, through education. It is recommended that NOW readers send for this copy, (3939 Langly Avenue. After reading, they may feel like helping this "Center", which only foreshadows the greater work "Now" Folk propose when the time shall come for the erection of our ideal "HOME". The object of this "Center" is thus stated:—"The advancement of the physical, intellectual, social, moral, civic, and religious interests of humanity, irrespective of age, sex, race, condition or political opinion. A fine illustration of the building erected for this purpose is given in this number.

—
"PERNICIOUS PORK", or, "Astounding Revelations of the Evil Effects of Eating the flesh of Swine."—A book for the Public, the Family and the Individual. By William T. Hallett. Broadway Publishing Company, 835 Broadway, N. Y. Price not given, probably 50 cts. The title adequately sets forth the purpose. All interested in the subject will find all necessary arguments against flesh eating.

—
"UNSEEN FORCES AND HOW TO USE THEM."—By S. R. Maxwell, Atlanta, Georgia. Price \$2.00. pp 354.

—
NOW's friend, J. W. Walsh, who had a Christmas poem in December NOW, has become editor of a new paper in Oakland, California, entitled, *The Oakland Union*, published in the interest of Unions and Unionists of California. Brother Walsh gave me the glad hand when first I came to this city. He has encouraged me all the way. Success to this new venture which the friends of Unionism have started and entrusted to his intellect to steer. I prophesy that if allowed to have his own way it will be a success. NOW decrees Success for him.

—
"THE ANGEL'S DIARY AND CELESTION STUDY OF MAN."—By E. M. Sherry and her brother, Charles Samson from Celestial Spheres. Mrs. J. A. S. S. Lender, 2201 Lincoln Ave., Denver, Colorado. Price \$1.50.

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THE BATTLE IS FOUGHT IN THE HOME STRETCH,—
'TIS WON 'TWIXT THE FLAG AND THE WIRE.—JOHN MOORE.

N O W .

303

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I SAW THE MIRACLE OF LIFE
FROM DEATH UPSPRINGING EVERMORE.—JOHN WHITE CHADWICK.

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305

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