



DECEMBER, 1903.

NOW

A Journal of Affirmation

Thought

Suggestion

Soul Culture

Psychometry

VOL. IV. NO. 9.
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.

SUCCESS.

'Tis the coward who quits to misfortune,
'Tis the knave who changes each day,
'Tis the fool who wins half the battle,
Then throws all his chances away.

There is little in life but labor,
And tomorrow may find that a dream;
Success is the bride of Endeavor,
And luck—but a meteor's gleam.

The time to succeed is when others
Discouraged, show traces of tire;
The battle is fought in the homestretch—
And won—'twixt the flag and the wire!

—Exchange.

PUBLISHED BY

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



GOD BEGS YOU TO LEAVE THE FUTURE TO HIM WHILE YOU MIND THE PRESENT.—GEO. McDONALD.

226

N O W .

CONTENTS.

Poems.....	227	— <i>Poem</i> ; An Eminent Professor on Suggestion in Medicine; Is All Mind?.....	234
The Function of Food.....	227		
Affirmations.....	229	Editorial Notes.....	238
Soul Culture Lesson.....	230	Soul and Body— <i>Editorial</i> —No. 9...	240
Ranch Philosophy— <i>Poem</i>	231	Mental Tonic	243
Echoes from "NOW" Home.....	232	With NOW Readers.....	244
Phenomena	233	Ethics.....	245
Miscellaneous: My Song— <i>Poem</i> ; Stopped the Beating of his Heart; First Person Singular; Sunward		Book Reviews.....	246

"NOW" FOLK PUBLICATIONS:

NOW, A Journal of Affirmation.

Monthly; \$1 a year. Henry Harrison Brown, Editor. Devoted to the education of man in the use of his Spiritual Faculties, the unfoldment of Psychic Power, and the development of Self-Control. It is a monthly messenger with Spiritual Food.

New Thought Primer.

Origin, History and Principles of the Movement, by Henry Harrison Brown. 64 pp. (Paper covers.) Typographically beautiful, on excellent book paper. Price, 25c. This book was written in answer to the ever recurring questions as to what is New Thought? Where did it come from? For what does it stand?

How to Control Fate through Suggestion

By Henry Harrison Brown, 62 pp., 3d edition, paper, 25c. In Part I., it deals with the Science and Philosophy of Life; in Part II., the Place and Power of Suggestion.

Ella Wheeler Wilcox in the Hearst newspapers says: "It is worth many dollars to any one who will live its philosophy."

J. Stitt Wilson says: "Your books are unique and to the point. They have the breath of life in them. I will bring them to the notice of my classes."

Correspondence Lessons.*

Course in SUGGESTION (complete).
Course in ART OF LIVING (complete).
Course in PSYCHOMETRY (complete).

Not Hypnotism, but Suggestion.

By Henry Harrison Brown, 60 pp., 3d edition, paper, 25c. In this book, the important Law of Suggestion is further evolved and the phenomena of Hypnotism explained.

Grant Wallace, who is writing most valuable editorials for the *Bulletin* of this city, has twice referred to it as a very valuable little book, recommending it as a text-book on Suggestion.

Man's Greatest Discovery.

By Henry Harrison Brown, 60 pp., 3d edition, paper, 25c. Six Soul Culture Essays on THOUGHT AS POWER, Thought-Transference and Telepathy. A thought provoking book.

Dr. Alex. J. McIvor-Tyndall, who is without a doubt the greatest demonstrator of thought-reading, says: "I would like to commend it to every person who can read. It is simple, concise, convincing. No one, perhaps, knows better than I that what you state in its pages is, as you say 'man's greatest discovery.' There is no doubt that Thought is Force capable of accomplishing what we will."

Dollars Want Me!

The New Road to Opulence, by Henry Harrison Brown, 24 pp., 10c. It explains just what mental attitude to hold that will draw the Dollar. It will enable you to rise above the drudgery of enforced labor. A powerful booklet.

O Hashnu Hara, editor Wings of Truth, London, Eng., writes: "This new law has given me strength and power such as few could easily realize."

"NOW" FOLK

1437 MARKET STREET,

SAN FRANCISCO, CAL.

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

NOW.

A JOURNAL OF AFFIRMATION.

VOL. IV.

DECEMBER, 1903.

No. 9.

MAGI GOLD.

O altar space, where wont to kneel my frame,
In days long fled from happiness of now;
That sacred spot where first I saw the brow
Of Christ deep-pierced, and lisped his holy name,
And cast from me all weight of earthly blame,
Before the Lord Christ's feet, but not enow,
Of Magi treasure did the Christ bestow,
Or touch my heart with Love's all brightening
flame.

O altar space, the entrance to my breast,
Where dwells the Christ, my beating heart
within,
As sleeps the babe, to mother's heart close
pressed,

Far from the world's gold-madness and its din.
O bleeding heart the Christ within will heal,
If to thyself thou 'lt pray, and reverent kneel.

—Sam Exton Foulds.

A HOPE AND ITS REALIZATION.

The Christmas joy has come again to earth:
Angels now sing their songs of peace and rest.
And cuddling close as bird in downy nest
The Hope deferred finds in my heart its birth.
Of fledgling nestling there God knows the worth.
I do not ask Him now, the Ever Kind,
If it will ever soar away to find
And bring fruition to my yearning breast.
I let the season's Hope my life now cheer.
I dream to clasp thy hand, thy presence know,
And we together joy when a new year
Has hurried this year's hope beneath the snow.
Will my birds sing with thine, then dear,
Or we gaze out on separate sea as now?

Christmas, 1901.

Again does Christmas add its annual cell
To this external Self of the "I am!"
We live! the Yet-to-be hath naught that can
But brighter, richer, make the tenant shell.
Like nautilus I ride Life's fiercest swell.
Beyond the bounds of time and space we meet
And one is Golden Gate with "golden street!"
Thus God has wiser answer made than man.
I listening stand; thy gentle voice doth come
Across "the sea of glass" unto mine ear.
O Peace! It comes, as came to ark the dove,
With message clear of growth from thy new
home.

Thy Presence causes doubt to disappear;
I know that now in real life we're one.

Christmas, 1902.

THE FUNCTION OF FOOD.

The position NOW has taken upon the food question is awakening much discussion. This is well. There has been so much taken for granted and so many arguments have been drawn from the material side, that few even of the Mental Scientists, have solved the problem of food. One New Thought Journal commenting upon the statement—"It makes no difference to the body what one eats"—says: "As well say that it makes not one atom of difference to a mechanic what sort of tool he uses, or to a hill of potatoes what fertilizer it is fed with." And this from a Mental Scientist! From the position of physical science, this looks plausible. But food is not a tool. Man is not in regard to his body, a mechanic. There is a vast difference between a machine and an organism. Potatoes and bodies are both organisms. One with a Self-conscious soul acting under its own Law of Individuality, and one Soul working automatically under Universal Law. One thinks and chooses: the other chooses because it must.

Soul creates, but does not build, its body. It has never been proven that one atom of the food ever became a cell of the body. Because the conscious Man builds his house of wood and stone, it is taken for granted that the Sub-conscious Man builds his body out of food in the same manner. This is a mistake.

"Consider the lilies how they grow!" Do they take from the soil? If I rightly understand plant life—NO! Neither do they live on the invisible gases as some hold. Weigh the soil in the box, in which 10 lbs. of wood has grown, and it has not lost an

ounce. Water and air are the last resort here. But because we have not yet discovered the function of air (or Gases) and water it will not do to draw the conclusion that they are materialized into fiber.

The soul of the tree has roots in the soil. The Soul of Man has roots in the stomach. As tree holds to earth through the coarse vibrations of rock and soil, so Man holds to earth through the vibrations of food. This is all the function of food to either. Tree and human body are materialized directly out of Universal Substance. God—(The Absolute Something)—is Substance; out of IT came the visible universe. "God formed the universe out of Himself." The process is repeated in each *thing*. Things are now materialized in the same way in which all things were first materialized. Man builds his body from himself. He uses food as a means through which to express, to manifest, that which he is. As Indian clubs call latent strength into expression, so food calls latent Life into expression. Life must be called out either by Necessity or Love. Love is the Human form. Necessity is the animal. As fast as Man outgrows the animal nature only love draws him into expression. Whatever chills him, whatever he fears, whatever he dislikes, checks his expression. Therefore repression is the cause of all human evil. Food that he loves draws Life into expression. Food that he does not love represses life.

My critics miss the thought which I expected every Mental Scientist to see, namely:—That hunger and Love are mental (spiritual), are manifestations of the Ego, who, in care of its body, thus demands and chooses food. A grape vine will send its roots 100 feet in search of a bone. Alfalfa roots have been traced 50 feet in their search for water. Desire for a certain thing moves even plant life. Food one desires is the only food that benefits him.

My critics also fail to get my meaning

in the words "to the body." It does make a difference to the mind—to the man. As Mental Scientists we hold that MIND IS ALL! Disease is a mental condition. Let us at least be logical, and then develop courage to live up to our logic. Indigestion, dyspepsia, and mal-assimilation are results of mental conditions, effects of mental causes. They cannot then lie in food eaten. We must either give up our longcherished theory of mental cause, and agree with the doctors, or we must affirm that it is not food, but thoughts that cause those results which have heretofore been attributed to improper food. I am not afraid to carry my Principle of *Mind is all*, to the limit of my reasoning. When the mind and food are not in harmony there is disease. Belief in improper food will create the believed condition. What one *thinks* makes all the difference between disease and health. Man really eats thoughts, and creates his body from the thoughts he holds. Mind eats, mind suffers, mind enjoys. Otherwise the dead body would enjoy, and suffer when mind was out of it. Food has its function. Chemists have not yet found it. They tell how Life uses food. They have not yet found what it is that creates cells. Cells use, but are not made out of, food. Chemistry has not found and never will find and deal with Life. Chemists are following the processes of Life in building body out of itself through the use of food, which is at present a necessary instrumentality for this expression.

Life contains within itself infinite possibilities. It builds protoplasm; it builds jelly fish; it builds peach, and it builds ox. Then IT—Life—God—Substance—can organize out of Itself the Human body in the same way. As protoplasm is organized from Universal Substance, which here is termed Life, so is the Human body organized. No second hand material ever enters into any organism. Machines are built of second hand material. Thought in man creates from original substance.

All below Man in Nature's scale of expression is organized by the Absolute. The Human body, as it now manifests, is the complex result of the Absolute—called Natural Law, in the Material world—the thoughts of ancestors called Heredity; the thought of the present called public opinion, and the thoughts of the mother; called pre-natal conditions. But there is another factor not yet reckoned with, and which is the most important, and that is, the Individualized Intelligence called the Soul of the child. The unborn child controls, as the eccentricities of every mother demonstrate. The body of man is both animal and human. When he comes into full knowledge of himself as a Human being, by the same process as these factors have used, he will reorganize his body to his will and desire. Universal Substance is ever to the plant, fish and man a constant Supply. When he holds thoughts of love and joy, and eats with them, he has a perfect body. When he holds thoughts of necessity, dislike, fear or pain it shows the results of these in its imperfection. He will use the food he *loves* till he outgrows the need of food. This is the line of unfoldment towards earthly immortality. For as his Father builds from himself with no *thing* as matrix, so when Man comes into full likeness of the Father he will need no *things*, called food, but will from within organize his body after his own Ideal. To hold to food as the material from which body is builded, is materialistic and holds over the limitless Soul that limitation which links Man with brute. Man belongs not to the animal kingdom. He stands in a class by himself—is in reality "A special creation," but not in the theologic sense. Man is a Self-Created Being and is fast becoming aware of his self-creation. He is learning to wisely use food by not asking which is good? or what is wholesome? but, What tastes good? What do I like? The last word will not be said upon this

question until men forget to ask questions but eat to enjoy and enjoy to live.

* 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.]

THE PRESENT.

Now is the accepted time.—Bible.
The Present, the Present is all thou hast.

—Whittier.

I am one with Infinite Power!
I am one with Omnipresent Life!
I am one with Omniscient Love!
I am one with Infinite Wisdom; and
I possess now all of these I can manifest.

Life is the Divine endowment of God's child, the Ego, and I have now in this limitless possession perfect Health. Within the Ego, which I am, lies the potentialities of Being. I possess these now because I am conscious of the possibilities of Life.

As an Ego, a Son of God, I possess now all the inheritance of Love and Truth which the Father has for me, and I draw upon that inheritance at will.

As a manifestation of Omnipotence I possess now All Power and draw upon my possession at need.

I am now one with God! He is in me and I in Him now. All he is, I am now! I have now all that is encompassed in time and space, for I am spirit now.

I look abroad over the expanse of the heavens, and cast my eyes upon the wonderful earth and exclaim "All this is mine and God's, now!"

I watch the mist rising from ocean, and the clouds flying above me.

I see the grass spring, the flowers

bloom, the trees fruit, and think "All this God and I do now!" and I am happy.

I see the winter snows, the ice fields, and the white crowned mountains, and hear the zephyrs in the trees and feel the effects of the cyclone, and say: "We are abroad, O Father!" as I feel the All Goodness stir within me.

I rejoice in the sunbeams; I enjoy the star beams from their blue depths; I follow the waxing and waning moon; I stand under the cloud shadow, and in the black midnight, and say: "All these, O Father, are now the work of our hands!"

I stand by cradle and bend over grave! I lead the child and support the aged! I heal the sick, and cure the blind, and I sing amid it all: "These are our work, O parent of Good," and my power to bless is multiplied. All is mine, to be and to do now. Life and immortality are mine now.

I live with God now! I enter into my immortality now! I live the eternal, the spiritual life now.

The Christ is born in me now! Now is the Incarnation.

Here now, come to worship with gifts at the shrine of Soul, all the wise of earth. I am one with them. Together we worship the new-born Christ—the Recognition of God-in-the-Soul.

Rejoice! rejoice, O Soul! Today is the Savior born! Today it is given you to know yourself as a Son of God! God's glory has over shadowed me and I am born into consciousness of the Power, the Life, the Wisdom and the Love I am.

God and I, Christ and I, are now and evermore One!

A star went shooting down the west
And left a streak of light
That glowed a moment, showing where
The meteor traveled ere
For aye it passed from sight.

Across God's wide eternity
The little paths that mark
Where men have passed are like the light
That briefly shows the meteor's flight
Down, slanting, through the dark.

* SOUL CULTURE LESSON. *

HOW TO BE HAPPY THROUGH
AFFIRMATION.

Ninth Affirmation:—I Ought.

Duty is the one strong intellectual motive for right doing. Desire is the spiritual side. When we do because we feel, we act spontaneously and naturally. The moment one asks "why?" he is calling upon experience to decide for him and is seeking to live the past over again. Persons who adhere to an intellectual standard of right, who have a fixed code of morals, who constantly adjust their conduct to some chosen authority, are specimens of arrested spiritual development. They never help on the progress of the race, but spiritually dead as individuals they serve as checks of civilization. Living men unfold. They cannot gauge their conduct from day to day by the same moral standard. They change this as they change their intellectual, political or business standard.

The trouble with present society is that the masses live by standard and not from Principle. They correct their conduct by detail, and not as a whole. No truly moral person measures conduct, his own or another's, act by act. The true measurement lies in estimating the character, the life of the individual. Conduct springs from the motives. The motive is the manifestation of conscious man—the Ego. Feeling is of the Ego.

Soul unfolds only under expression. There is very little spiritual growth where conduct is not spontaneous. The rigid conduct is also frigid. Frigidity and conformity are spiritual death. Freedom of expression is necessary to Soul growth. Freedom of conduct is necessary to happiness. There may be contentment, resignation, endurance, passivity, under that "ought" which lies

in obedience to standards of conduct, but never happiness. The bliss of heaven consists in each angel doing as he or she wishes.

There is none other cause of disease, and failures and unhappiness equal to the Affirmation—I Ought—as used under the sense of duty, and the fear of doing wrong. Over-conscientiousness causes much of the repression, and repression is spiritual death. To such sticklers for propriety Jesus applied the words "Publicans and harlots go into the kingdom of God before you." This kingdom is that of Liberty. "Sinners" are free, and in freedom act and learn through suffering to love the good. "Proper" people never learn. They smother desires to sin beneath the cloak of propriety. Conscience is our guide and the only safe guide, but conscience never told any person what conduct to pursue. It thunders "Do right," and can go no further.

What is right the individual must from his experience and his principles determine. Conduct right at one time and place, is not right at other times and places. "Circumstances alter cases!" Is there then no standard? In detail—NO. In Principle—an unvarying one. Who would be happy must lay aside codes, laws, rules, formulas, and let his OUGHT lie in adherence to the Principles of Truth and Love. The manifestation of these in conduct is JUSTICE. All his questions are to be, Is it just? Am I just? and his Affirmation—I am just! He must have in himself and in Truth and Love what Emerson calls "A believing faith." He must then give himself perfect liberty of conduct. He is to so love the Good that he cannot do wrong. To so love Truth that he cannot tell a lie. In this love he is to act. He will in this love forget duty and "Ought" and act spontaneously.

To question is to doubt one's motives. His conduct is never ethically questioned by the true man. He will make what the world calls mistakes, but in no other way can he grow.

But conscience is clear because the motive born of this love is right.

I ought, then, means to the freeman—*Be true to thyself.*

On business and political questions there needs be consideration, but never upon ethical ones. Expediency or profit has no place in ethical life.

The Affirmation in Soul Culture is:—*I ought* so to love Truth that I trust it in myself. *I ought* so to love goodness that I trust it in myself.

The Affirmation for conduct is:—*I so love Goodness that I trust myself and cannot do wrong. I so love Truth that I trust myself, and cannot be untruthful. I ought so to love, and so to trust.*

RANCH PHILOSOPHY.

ALL'S GOOD.

The purty birds a singin' sweet
Up in the swayin' trees,
The buttercups all bloomin' fair
An' reachin' to my knees;
An' every blessed stick an' stone
Thet nestles on my path,
Jest lets me know thet all is good,
An' swells my joy by half.

The fragrant smell of new mown hay,
The moanin' whip-poor-will;
The shadows gray thet leap an' dance
Longside the patient hill;
An' every little busy bee
Thet hums across my path,
Jest lets me know thet all is good,
An' swells my joy by half.

The first pale light of early dawn,
The fallin' evenin' shades;
The yearnin' for a love long fled,
The laughin' boy thet wades
Deep in the gurglin', bubblin' brook,
An' sounds its endless path,
Jest lets me know thet all is good,
An' swells my joy by half.

The thought of days long fled afar,
The hope of days to come;
The sailin' o'er the harbor bar
Of some dear one from home;
An' every cloud thet floats on high
An' darks my brightened path,
Jest lets me know thet all is good,
An' swells my joy by half.

—Sam Exton Foulds.

Ruskin asks: If "the manufacture of souls of a good quality may not turn out quite a leading lucrative business for England."

* ECHOES FROM "NOW" HOME. *

Since I came into a fuller knowledge of Truth I have been restful and satisfied. Never before have I been filled with such peace. Living an active and strenuous business life for the past fifteen years I have been keyed up to a high tension. Now I feel this strain is broken. My work is the same but I assume a different attitude toward it. I do not worry or become exhausted. Truth has taught me to trust my Soul as a guide; thus I am filled with peace, happiness and contentment. I am brought into touch with those who love Truth and this also makes life worth more to me. I realize that it was hunger for Truth which has brought its fulfillment in present conditions. My Soul desire has been satisfied. ARTHUR T.

—
"God is Love! That Love surrounds me!" This assurance that God dwells within me, that God is manifesting through me in love each day is comfort to me. I have Infinite Love, Infinite Strength to rest upon. I let this Power and Love manifest through me without any interference and it guides and controls my life. It drives away all fear, for Love and fear cannot abide in the same place. It gives me freedom to act, for God and I are One. In this realization I am free and am happy. I have found God within and am satisfied. This gives me courage to lead others to the same realization. HOWARD.

I realize that I must come into freedom of thought and action. I have given this freedom to others but have never taken it for myself. I know the Truth but have held so many restrictions over myself that my life is one of repression. I have not let Truth make me free. It was the fault of my bringing up. I now realize that I have the power to break away from all limitations. I can build my life to

my desires. Instead of living alone as I used to, I am now mingling with others, and giving expression to my desires. Through this expression I am able to receive the helpful suggestions from others. This exchange of thought is very helpful to me. I feel myself growing in every way. The locked up and repressed condition is passing away. WILL R.

—
New Thought has little in common with Reform. It forces nothing upon anyone. It takes the individual just where it finds him. All possibilities are in the Soul and we seek to awaken them into expression. By the power of thought the Soul is either repressed or unfolded. It unfolds, as does the rose, from within. By learning to think along ideal lines each individual frees himself. Gradually the old habits of thought pass away and new ones take their place. The Soul is filled with new life, strength and courage. If goodness and power are in one individual they are in all. The New Thought recognizes only one institution and that is the Human Soul.

—
S.A.M.
Circumstances and conditions which demand from us a decision as to what shall be our action continually face one. Many hesitate to choose, and many regret their choice; some are reckless, some heedless in their choice. But this power of choice makes us human, gives the experience which results in soul unfoldment; thus we are individualized. One who continually refers to others for advice puts off decision upon questions of life, who takes counsel of his fears, is choosing the path of weakness, which leads to the formation of indefinite and colorless character. Do we wish knowledge and power we must put aside all indecision and do the best we can, fearless of consequences. The God within equips us with power for every necessary action. With good motives we need not fear. Act from Principle and your choice can only result in good. ELLA.

*
* **PHENOMENA.** *
*

TELEPATHIC EXPERIMENTS.

"NOW" Folk are fortunate in having among their number a fine telepathist. We were playing a game a few evenings ago. He went out of the room to return and guess answers to the questions he was to ask, the word of double meaning we had chosen. As he returned he touched, without thinking, the brows of a person and asked his question, then immediately said "Brows." We perceived he obtained it telepathically and sent him out again and chose the word "Piano" as the most difficult we could think of. Immediately upon returning he said "I hear music, but music has not two definitions." He asked a question, and immediately said, "Piano, but it has not two meanings."

Since then we have experimented. A most interesting experience was with a pack of playing cards. He is able to pick out the cards chosen by three persons while he is out of the room blindfolded. Once we chose the joker, which is the picture of a rooster. Immediately upon entering the room he said "I want to crow!" A young man hid an amber bead. The telepathist immediately found it though hidden in a most difficult place, and said: "Wait! That is the same material as the mouth-piece of a pipe. It came from the Philippines. Is part of a rosary taken from the neck of a Filipino woman, killed in battle," which is the fact. Facts are God's alphabet. Man's Greatest Discovery—Thought is Power—rests upon this alphabet. Mental Healing and "Absent Treatments" rest upon the Principle of these facts. Feeling comes before thought and is transmuted into thought. The young man felt like crowing before he could tell the card. He felt the same vibrations from the bead he feels from an amber mouth. We feel the healing power of thought. A lady in Omaha wrote for an absent treatment. I sent the telepathic message. It was received. Here is her answer: "Received your message and was perfectly well for a few days. Am in good spirits. Am staying alone and am doing nicely. Thanks for all this kindness." Telepathy and Psychometry are the harbingers of the New Civilization now dawning.

DUAL EXISTENCE.

KOKOMO, Ind.—David Ramseyer, of Russiaville, near here, is a psychological puzzle, even to himself. In the past five years he has lived half the time as another man, and has two separate existences. While he lives as one character he is totally oblivious of the other. Every year he mysteriously disappears from home, leaving his wife and four children. It is then that David Ramseyer is left behind. A few days ago, after six months' absence, he returned and resumed his place as salesman in a Russiaville store.

"Where have you been all winter?" said the proprietor.

"Nowhere, only to dinner," replied Ramseyer. He did not know he had been away at all, his mind being a blank as to the time of his absence. He returned well dressed, with money in his pockets, indicating that he had been as profitably employed in the character of Mr. Hyde as when he was Dr. Jekyll.

Ramseyer is a man of the highest character, with no bad habits. His transition from one character to another is wholly involuntary and unconscious on his part. While he is one individual the other is unknown to him. While at home he is David Ramseyer, and recalls nothing occurring during his absence. While away he is another man, totally ignorant of the existence of David Ramseyer. He is strong and vigorous mentally and physically, without the slightest taint of insanity apparent. He is devoted to his family and cannot realize that it is possible that he abandons them. Changes wrought by recurring seasons is all that convinces him of his involuntary absences.

"I am convinced that I have been gone," said he, "but where I went to and who I was is a puzzle to me. I wish somebody would explain it. Yesterday was summer, now it is winter and almost summer again. I must be living simultaneously in separate worlds."—*Fate.*

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

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

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 personal character.—*Carroll D. Wright.*

MISCELLANEOUS.

MY SONG—A CHRISTMAS OFFERING.

From out the heart of ages, there comes to me
a song. [wing,
Life's balm is in its music, life's hope is on its
'Tis for healing, 'tis for healing, 'tis for hurling
back of wrong,
And the harps of men are tuning this glorious
song to sing. [lines,
The melody that vibrates through all its living
Was born in distant ages in the loving heart of
Good; [shines,
In angel's breast forever its name resplendent
In heart of God this song of songs is known as
Brotherhood.

My song eternal harmonies peals forth for
every clime, [chain;
And in its diaphason rolls no clank of bar or
It sweeps in glorious grandeur over all the
shores of time,
And where 'tis sung all hearts grow glad like
gardens after rain;
The wheel, the knout, the lash, the bond take
wings and fly away,
Grim want no longer trails mankind like hound
on scent of blood
And there dawns for all the nations God's own
fraternal day,
First born of Love and ushered in by song of
Brotherhood.

My song shall be the glory of the ages yet to
come, [sea,
When joyous millions sing it on every shore and
When Ignorance has fled away, when Selfish-
ness is dumb
When Knowledge, earth's true Sovereign, shall
come to set men free.
My song Christ's Kingdom heralds, sounds
knell of pomp and pride,
And the glory of its music pours down like
bursting flood
To sweep from all the nations, like wave of
cleansing tide,
All greed and self, and thus sound dawn of day
of Brotherhood.—J. W. Walsh.

**STOPPED THE BEATING
OF HIS HEART.**

Mahatma Agamya Gure, Parama-
hansa, according to report in N. Y.
Herald, recently allowed Dr. S. Bar-
nett to make a careful test as to his
ability to stop the action of his heart
by Suggestion. The doctor used a
stethoscope. This is his report. "His
pulse a minute ago was full, strong
and regular, beating at the rate of

seventy-four a minute. Then it weak-
ened down for about five seconds until
it ceased altogether for five seconds."
Taking his stethoscope he says:—"I
heard his heart beating normally till
I told him to stop. Then it grew
weaker, until there seemed to be no
circulation of blood. I could hear a
very faint ticking as if from a great
distance all the time, but it did not
appear to me that any pumping of
the blood was done." * * * There
is absolutely no question whatever
that he did it. This is certainly a
wonderful thing."

The prophet has no honor in his own
country providing he has not ortho-
dox credentials. This "wonderful
thing" has been done for years right
in Dr. Barnett's city by every
travelling hypnotist, yet with every
opportunity to investigate the aver-
age M. D. will declare the phenomena
fraud. The stopping of the heart is
a manifestation of the Law of Sug-
gestion. Every individual has power
to inhibit the action of any organ of
his body, and to inhibit pain. To the
uninitiated it seems marvelous to see
pulse obey command, and blood not
flow when a vein is cut. Surgical
operations are performed under simi-
lar suggestion as Dr. Barnett gave
the Mahatma. Any good work upon
Suggestion will place the experiment
within the power of the ordinary
American. At suggestions I have had
one pulse weakened and one accel-
erated at command, so stated by the
attending M. D. who had declared it
impossible and would scarcely credit
his own tests in the matter. This is
the Principle underlying all mental
healing. Mind *does* control body.
Thought causes blushing or paleness.
By the same Law it can, when we
know how to use it, completely con-
trol the circulation. Man has power
over his body as he has over the earth.
His Greatest Discovery was to learn
that Thought is Power. Now he can
use this Power intelligently to build
up, as he has ignorantly used it to
tear down his body. Thanks to the

Mahatma for teaching to ignorant M. D.s this fact. It was not necessary that the teacher come from India. Thousands of physicians are using Suggestive Therapeutics. Every Thought-Healer teaches that all diseases are cured by the same apparently "wonderful," but in reality the simplest of all processes, namely, by thinking. Think your heart has stopped and it will stop. Think you have heart trouble and you have. "As a man thinketh *in his heart* so is he." What the Hindu does under his philosophy speculating as to cause, we do under the modern scientific method and understand what he makes mysterious.

FIRST PERSON SINGULAR.

Last month I called attention to the use of the Indicative Mood and Present Tense in New Thought literature. Still more important is it that we speak and write in the First Person. The Second Person is preaching hence it always hits the other fellow and not me. First Person is Being and always hits me. The power of Affirmation in its grammar which is always First Person singular—I AM!—has power to change a life. "You are," "He is," is passed from person to person as a ball on the field is passed from hand to hand and none keep and live it. The average New Thought writer has no more power than the reverend who preaches for others. In New Thought each preaches to himself. He says—I AM! and every shot hits the bull's eye. "You are," glances off like buckshot from an iron-clad. Who would be power must speak from the Universal—I am that I am! and couch all instruction in the First Person.

This is especially true of hymns and responsive readings. The Psalms derive their wonderful power from the author's "I" and "My." The words of Jesus live from the same cause. "I and my Father are One," have a power to pierce the heart. "You and

your father are one," would have been almost valueless. Few would translate them into "I and My Father!" They would be passed to the next needy one only to have him pass them on. No! Never preach! Never tell another what *he* is! "What am I?" is the question each is to answer. AFFIRMATION is the only road to power.

The power of the first person and weakness of the second is well illustrated in an otherwise beautiful hymn by Mary O. Page in "Songs of Truth." I print it as she wrote in the left hand column and as we sing it in the right, that the difference may be so plainly seen that we shall have more affirmative writing.

All is yours; 'tis but by asking;
Ere you send your silent plea,
Heaven unlocks her richest treasures
For your waiting eyes to see.

All is yours, when Faith upholds you
Sets your waiting spirit free;
For our Mighty One has promised,
He your "all in all" will be.

All is yours, O blessed knowledge!
Like the sands beside the sea;
Or like drops within its waters,
Shall your many conquests be.

All is mine! 'Tis but by asking;
Ere I make my silent plea,
Heaven unlocks her richest treasures
For my waiting eyes to see.

All is mine, when Faith upholds me
Sets my wondrous spirit free;
For the Mighty One has promised,
"I your all in all will be!"

All is mine, O blessed knowledge!
Like the sands beside the sea;
Or like drops within its waters,
Shall my many conquests be.

SILLINESS DONE BROWN.

There is a little "New Thought" monthly published in San Francisco bearing the enigmatical title of "Now" and edited by Henry Harrison Brown. The September number lies before me. The leading article written by the editor is entitled "What Shall I Eat?" It is a curiosity. It should be framed and hung upon the walls of the Park Museum to astonish the natives and to illustrate the possible silliness of a champion New Thought disciple.

To him "All is Mind," matter does not exist. He eats God, what silly nonsense. If it "makes no difference what he eats" let him try to live a month on sawdust and we will write him a scriptural warning "Prepare to Meet Thy God."—*Human Nature.*

SUNWARD!

Fly on, O Eagle, fly;
Mount toward the sky!
What though beneath your wing
Earth's vilest insects cling
With poisonous sting;
On up to Heaven's blue—
That realm was made for you!

Brave monarch of the air,
Toward God! Nor care
If grovelling in the dust
They cry from sin and lust
That fail you must.
On to the towering peaks
Your growing nature seeks!

Go into realms so pure
None can endure
Who seek to bring you dearth;
They breathless speed to earth
That gave them birth.
O Soul! To you I sing;
Your Throne awaits its King!
—Horace Walter Burr.

AN EMINENT PROFESSOR
ON SUGGESTION IN MEDICINE.

Irregulars in every profession have ever taught the regulars. What is at first characterized as charlatanism, fraud, nonsense, imposture, error, or evil, has been forced upon their attention by irregulars; later it is taken up by the professors who, tagging along, work out details with snail's pace, only to claim as their own that which, at expense of reputation, others have made popular. This fact is repeated in the present acceptance of the Law of Suggestion. First antagonized as evil; Next ignored; then accepted; now there are attempts to shut out by law all who first discovered and used it. It will not always be so, for New Thought is the open door for Truth.

G. M. Stratton, Professor of Psychology of the University of California, recently said before a local club:

"That mental treatment of disease is prevalent as a fact is shown by the prominence of the mind curist, the Christian Scientist and the like. It is also more or less prominent in osteopathy. The reasons for the spread of this is largely due to the growing recognition of the importance of Suggestion as a means of influencing the physical conduct of the body and also to the fact that regular practitioners who have heretofore been rather conservative in adopting

mental Suggestion as a treatment are now coming into the fold. Hypnotism is getting more and more prevalent as a means of treatment, and is being recognized by scientific men everywhere. Probably some day, not very far away, mental Suggestion and psychology will be part of the regular equipment of all medical men.

"So much for the practical work. On the non-practical side, the advantage will be in favor of increased opportunities for research. The abnormal cases that a regular physician often finds will add to the science of psychology. It will finally tend to offset a certain narrowness of view, as if the body were the whole man. In this way the physicians' own estimate of human nature will be altered, his powers of sympathy enlarged and his whole work given greater value."

If Professor Stratton is "on to his job," he knows that Suggestion is of still more value to the teacher, and will do more for students at college and for general humanity in the mental and spiritual realms than it can do in the merely physical. But the chances are that he limits its operation to body, and thinks the medical profession the one from which wisdom is to come in this department of applied knowledge. The medical profession has added very little to our knowledge of Suggestion. French and German physicians have indeed used it but they have worked under professional limitations.

In our country the stage hypnotist has done a thousand times more for the psychologist than the doctors. Add to these the Magnetic and Mental healers and the various public psychics and we have the source whence has come to the professions the knowledge they are now exploiting, because it is becoming popular. Suggestion does not belong to the doctors. It will ultimately place the profession of medicine upon the "retired list." The doctor with his preconceived notions and his adherence to body, is not the one to teach Suggestion. He limits it to the horizon of his education and practice. The go-as-you-please is the only one to explore the unknown fields of mind. Professors and physicians may follow and clear the way these first have blazed.

IS ALL MIND?

"The tendency among scientists now is to consider living matter as one whole, whose branching variations are only to be understood in relations."—TALCOTT WILLIAMS, in November *Booklovers' Magazine*.

In criticising NOW's position upon any question my critics are requested to stand with me and look from my point of view. NOW has standing in every issue, this—Its basic Principle—*Man is Spirit and can manifest as Spirit here and now!*

All I write from this Affirmation will be false to him who affirms, Man is body, or man is body and spirit. The mass of my critics have paid no attention to this Principle. They have attacked certain details and from their point of view. Placing myself in their position I accept their reasoning. NOW has but one purpose, *i. e.*, to bring Man to a consciousness of Himself as Spirit. From this position all I say is true. A certain journal whose claim is that man is controlled by matter, says concerning my food articles: "In the light of common sense it seems ridiculous to answer Brown's statements." From the point of Spiritual knowledge, it is not common sense to tell me that I am controlled by the head I made. The Creator is not controlled by the universe he created. I AM! I made and manifest through a body. I change my body and even the shape of my head. Not a photograph have I that does not show that my head is developing in the frontal region. Unity is the only position. I claim ALL is Mind (Spirit). Prove this untrue, then I will listen to you. I know myself as Spirit.

Some orthodox friend who believes in the power of the will to bring all things to pass will tell us: "It is a duty to bear patiently with all these seemingly harsh conditions for the sake of the happiness that is laid up beyond for those who trust and obey God."

"Beyond?" What is the matter with Now? A piece of bread, when I am hungry, is of more account to me than every good thing that

could be promised a couple of weeks hence. Why should I be starved in the present is the question. If life is not worth living this minute, how can it ever be worth living? Life can be nothing but life, omnipotent, omniscient, and omnipresent. Life and God are synonymous. Life and death, health and sickness, joy and sorrow, plenty and poverty, have not the least relation to each other, but as long as people believe them to be akin, they will suffer the penalty of their thinking. * * * "What is the remedy?" do you ask. The abandonment of plans and the total renunciation of all effort as to how you shall help God. The Infinite needs none of your assistance, and as everything possessed by the Great Cause has always been yours, you have no need to pray for present help. * * * Take into consideration that there is nothing outside of principle and spirit that will yield the slightest real satisfaction. Cease to calculate and contrive. Stop talking about ways and means. Fold your hands and let the things that belong to you flow in.

—Eleanor Kirk's Idea.

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.

CLUBBING LIST.

NOW will club with any of these journals. Deduct 25 per cent from the price of the two. For instance: where the combined price is \$2, they will be sent for \$1.50 from this office.

Nautilus, monthly, Holyoke, Mass.....	.50
Eleanor Kirk's Idea, monthly, Brooklyn, N. Y.	1.00
Fred Bury, a Journal, monthly, Toronto, Can.	1.00
Christian, monthly, Denver, Col.....	1.00
Mind, monthly, New York city.....	2.00
Life, monthly, Kansas City, Mo.....	1.00
Higher Thought, monthly, Kalamazoo, Mich.....	.50
Unity, monthly, Kansas City, Mo.....	1.00
Wee Wisdom, monthly, Kansas City, Mo.....	.50
World's Advanced Thought, monthly, Portland50
Dominion, bi-monthly, Brooklyn, N. Y.	1.00
It, monthly, San Antonio, Texas.....	1.00
Radiant Center, monthly, Washington, D. C....	1.00
Listen, monthly, Evansville, Ind.....	.50
Correct English, monthly, Chicago.....	1.00
Medical Talk, monthly, Columbus, O.....	.50
Banner of Light, weekly, Boston.....	2.00
Philosophical Journal, weekly, San Francisco.	1.00
Suggestion, monthly, Chicago.....	1.00
Magazine of Mysteries, 223 Williams St., N. Y.	1.00
Ezodus, monthly, Pelham, N. Y.....	1.00
Light of Truth, weekly, Columbus, O.....	1.50
Psychic and Occult Review, monthly, Toledo.....	1.00

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

238

N O W .

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

DECEMBER, 1903.

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.

SUBSCRIPTION RATES.....\$1.00 per year
Single Copies, 10 cents.

ADVERTISING RATES.....\$2.00 per inch
3 insertions, \$5.00. No illustrations.

Send money in bills, P. O. Money Orders payable
at Station B, San Francisco, Express Orders, or in
silver. Do not send personal checks or bank drafts.
Postage stamps (1c and 2c only), for parts of the
dollar when more convenient for sender.

A blue ~~mark~~ across this item is a notice that your
subscription has expired. Please renew.

Foreign subscribers, outside of Canada and Mex-
ico, must add 25c to the ordinary subscription price
to cover postage. Do not send foreign P. O. stamps.

Entered Jan. 6, 1903, at San Francisco, Cal., as 2d
class matter, under Act of Congress of March 3, 1879

NOW goes to press before Thanksgiving Day comes. "NOW" Folk will send that day Good Thoughts to all humanity and especially to all the Great NOW Family. We have been abundantly blessed during the last year. Vibrations come to us from grateful hearts in all parts of the world. For this we are thankful and shall still more closely press to the Over-Heart during the coming year. Christmas holiday will come before we issue another NOW. May the Christ-Child—LOVE—nestle as a new birth in each heart and each feel that the Magi have brought to him priceless gifts of the Spirit. "NOW" Folk give Greetings to all. To those who will affirm during the year—All IS Good! we can promise still greater joy when next Christmas comes. Greater gift than this Affirmation can no man give.

From this sun-land, where flowers still perfume the air and where we picnic out of doors, "NOW" Folk send

greetings to friends in regions where ice and snow now reign. Each season and each locality has its own particular pleasures. I could enjoy a good New England snowstorm, a sleigh-ride and snow ball sport. The Truth is fast organizing centers, and sometime we can claim our "Home" in every state, then a Thanksgiving or a Christmas visit will be in order from the editor to homes that have annexed themselves to the original one. Winter is a good time to crystallize "NOW" Centers, where "NOW" Lessons and publications can be studied. We are ready to encourage all such "Centers." One set of Lessons is enough for each "Center." Two or more persons can thus unite. Nothing better in way of Unfoldment can be devised. Those interested write to this office.

Do you realize what a benediction our 25c books are? Before they were issued this question was considered—What form will best reach the masses? The Great Public needs illumination, but how best to reach it? The higher priced books are limited in circulation. The Thought to be given forth is the Twentieth Century Savior. There was no merely personal interest in the matter. The question of personal profit did not enter. Truth and Love were the inspiration. Up to that time NOW had not paid its publishing expenses. I had no sinking fund; my income from public work furnished the means. The same spirit which sent it forth also sent the books forth in the 25c form. They are put up in the best form the price warrants, allowing a due compensation for time and labor. All income from them we put into the publication of others. Upon this principle our first book, "How to Control Fate," was launched. It has demonstrated the principle as workable. The book has met with a *loving* response from all classes. Each book that has followed has enlarged the NOW family. Each reader becomes one of that

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

Family. Letters which come as testimonials of benefits received stimulate "NOW" Folk to go ahead. The last book, the "Primer," is already welcomed as a NOW baby by many who have longed for such to love. Other books are only waiting for the dollars that "want" to be used in printing. Do you realize the possible good one of these books, written in the Spirit of Love and Truth, and carrying only the vibrations of this Spirit, can do as a missionary among your friends? Can YOU not put 25¢ each month into one book for this purpose? Every week some one writes for them saying: "I wish them for missionary work." Ladies, can you not do with the old church zeal missionary work in this way? What better message can you send out this Holiday Season? We desire to be part in this good work and therefore make this offer:—Until Jan. 1, 1904, for missionary purposes, we will send Mr. Brown's 5 books to any address for 60¢. This is 40 per cent off the usual price. Also NOW will be sent one year for missionary purposes to new subscribers for 40 per cent discount, which makes 60¢ for the 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 publications see "Table of Contents" page.

A lady subscriber in Nome, Alaska, writes: "Seeing your request for names to whom to send sample copies I send you the enclosed. This goes on the last steamer this season and we settle into eight months' stillness. But a few have formed a 'NOW' Center, have all your books and Lessons, and will study together till summer opens opportunities for work." She adds: "Some of our citizens have gone to N. Y. City to raise funds. We hope for enough to blow off the top of our magnificent hill and put up a mill; then all of us, including 'NOW' Folk, will possess the gold." Thanks for the Thought and good will. When

only a small portion of those who wish us well, succeed in materializing the coin, all we need for erecting a NOW Soul Culture Temple will be put in our hands. A temple built and dedicated to the Spiritual nature of Man. In the meantime we are doing our very best with the material at hand. On an income of several hundred dollars monthly we maintain our work. When the income grows to thousands of dollars monthly we can only do on a larger scale what we are already doing.

We always like to be judged by our peers, therefore we appreciate these words from the editor of *The Higher Thought*. They come at the close of a business letter. Evelyn Arthur See is a teacher along spiritual lines. She feels and gives utterance to Truth that frees one from limitations of sense, a condition all may enjoy.

"I want to say a word to Mr. Brown and thank him personally for the beautiful message and the true note he has sounded in his first page poem 'The Voice in the Silence!' Such revelation of the at-one-ment of the Inner life will rob the grave of its horrors and of its sting. Speaking the word of Truth and Life for you all, I am," etc.

Among the Spiritualists our friends Mrs. Lilly, Mrs. Ada Foye, and Mrs. C. Mayo Steers have resumed work in the city. In work along New Thought and psychic lines our city is wide awake. All good teachers find a welcome. Sometime all who are now one in Spirit will be one in thought. Then all will know and worship—The I AM God!

F. J. Colville, Dr. J. McIvor-Tyndall, J. Stitt Wilson, have continued their lectures and their classes during last month. The first two will continue. Mr. Wilson is making arrangements to visit San Jose. To our many friends there we recommend him.

* EDITORIAL. *

SOUL AND BODY.

Their Interdependence and Relations to Unity.

No. 9.

I WAS! WHAT WAS I?

Nor Aught nor Naught existed; yon bright sky
Was not, nor heaven's broad woof outstretched
above!

What covered all? What sheltered? What
concealed?—*Hindu Vedic ode.*

Embracing all, supporting, ruling o'er,
Being whom we call God, and know no more!
—*Derzhavin.*

The one comprehensive riddle of the universe now remains—The Problem of Substance. What is the real character of this mighty world—wonder that the realistic scientist calls Nature or the Universe, the idealistic philosopher calls Substance or Cosmos, and the pious believer calls Creator or God? Can we affirm today that the marvelous progress of modern cosmology has solved this "Problem of Substance," or at least brought us any nearer to the solution?—*Heackle*, in "Riddle of the Universe."

"By primitive and very ancient men it has been handed down in form of myths and thus left to later generations, that the Divine it is which holds together all Nature." This tradition which Aristotle thus nobly speaks, continued through the succeeding ages, and illumined by the Light which has come into the world, may still express the worthiest thoughts of the modern scientific investigator and reasoner.—*Prof. Asa Gray*, in "Darwinia."

As cell springs from protoplasm, so does the crystal form itself from the shapeless mother-ley or formless bodies, by the mere re-arrangement of the atoms, and by so doing manifests very striking signs of an inner life. * * * This rotary motion exists so generally through space and is so universally perceptible among all aggregated cosmic masses as to clearly point to the presence of some universal cause.—*Buchner*, in "Man and Nature."

Little flower—but if I could understand
What you are, root and all, and all in all,
I should know what God and Man is.

—*Tennyson.*

See the workings of the Law by which the foundations of the earth are laid—the Law, or the Mystery, of Crystalization.—*John Burroughs*

The highest generalizations are not unfrequently the most potent in their effects in virtue of their influence on all those subordinate generalizations which regulate practice.—*Spencer*, in "Genesis of Science."

The whole universe is animated by a single principle of life.—*John Fiske*, in "Through Nature to God."

A magnificent, an overwhelming conception—God filling all things with himself so there is no room for anything else.—*Rev. S. R. Calthrop*, in "God."

There is but one Deity, the Supreme Spirit, who is of the same nature as the Soul of man.—*Hindu Vedas.*

The Maker of all things and all persons stands behind us, and casts his dread omniscience through us over things. * * * Behold, it saith, I am born into the great, the Universal Mind. I, the imperfect, adore my own Perfect. I am somehow receptive of the Great Soul.—*Emerson*, in "Over-Soul."

Above, below, in sky and sod,
In leaf and spar, in star and man,
Well might the wise Athenian scan
The geometric signs of God!
—*Whittier*, in "The Over-Heart."

I know that the spirit of God is brother of my own.—*Walt Whitman*, in "Walt Whitman."

Nature is one in all her manifestations. Her laws are uniform in their operations. Each separate thing in all her realms forms in obedience to the one Law of organisms—that of Crystalization, the one Law, Attraction. Attraction, the inner power, Crystalization its objective manifestation. From smallest to greatest, from the hypothetic electron to fixed star all things are crystals, attracted to and held to, centers.

Daniel E. Wing in *Popular Astronomy* for November, says of the birth of worlds:—"Areas of gas, in diffused nebula form are visible; also nebulae in various stages of condensation. Evidences of spiral motion are plainly discernable in many nebulae, and such motion is believed to exist in all. It is impossible to conceive of matter in

a state of rest. Centers of attraction form, with a swirling motion like a whirlpool. Acting under its own gravity the mass becomes more and more condensed."

Vortical motion has been detected by photography in many of the fainter objects in which the naked eye will fail to find it, and centers of condensation are faintly shown by the same means. This fact should be well fixed in the mind:—*Each thing in nature is a condensation of Original Substance through the Law of Attraction around a center.* Each thing can affirm—I am a Center in the One Something.

What is true in principle of one center is true of all centers. When Truth is found in one manifestation we find it is repeated in each manifestation we study. To understand this discussion this truth is to be held firmly in mind. "In the beginning," commences the ancient attempt of a much earlier people, from whom the Hebrew obtained it, to account for creation. How much farther have we progressed than to say "in the beginning?" There was a creation but it was not of worlds, and it was not by God; it was a creation by man; a creation of God and the Not-God; of the me and the Not-me. Till the Self-Conscious animal, called Man, came there was only the Un-named, and what was it? What *is* IT? We know no more now than did that first Accadian who said "In the beginning"! We have created out of IT and named SOMETHING, but what *It is*, we know no more than earliest man. About It we know much more, and the possibility of this knowledge is infinite.

There was Something "in the beginning" and IT is best termed Substance or Existence. I like the last best. Ex-istence does not mean, as some have claimed, "that in which things exist," but it does mean that from which *things* come. The origin of the word is "stand forth"; "Come out of," is a good translation. Existence was, and out of IT Man created, by divid-

ing Ex-istence into two parts, God and the Not-God. God is one part of Existence and things are the other part. Therefore the term God in every language, stands for that which is behind all phenomena, stands for the power from which all *things* come.

In this Existence, in this One Substance, are all possibilities, and from that which is *no thing* come through the Law of Attraction all *things*. Things are centers in the One; centers in God; centers in the Universal Substance; centers "standing forth" in the One Existence. This is a fundamental thought, and under the Principle of Unity is never to be forgotten. Science recognizes this fact of centers not only as far as it knows Nature, but also as far as it imagines Cause. Centers in gas are seen; centers in ether are imagined. That which controls these centers, which is above and within these centers, call it what one may, must create, materialize, these seen centers about itself. Ether is the most ethereal imagined garment of Deity. Ether centers in atoms which are imagined "vortex rings of ether in ether." Now within these rings, these atom-centers, are 100,000 or more imaginary little centers called electrons or ions. It will be found necessary before the "Beginning" is reached to imagine each ion to be composed of millions of smaller centers and so on *ad infinitum*, for Substance is continually divisible into centers, but it is inseparable. A center, large or small, can only be, because it is a manifestation of the medium, and in the medium, of which it is a center. Prof. Wing sees centers in space among the finer vibrations, which are called nebulae. He likens them to a whirlpool. This likeness holds good of every center and is imagined of the ions. They are collections of—What? Something! Rotating centers! They rotate and condense and we name them gas. Later they become worlds. Before they were observed were not they ether? Were they not rotating centers of ether?

Before they were ether, were they not rotating centers in some other condition of the ONE, and before that, in some other rotating condition, and before that, in some other, and so on till we reach pure Substance? "It is impossible to think of matter or of atoms at rest!" say the scientists. When we find REST we have found Cause; we have found God. "Be still and know that I am GOD!" What is God? Stillness! REST!

The center of each rotating circle, of each revolving sphere is at rest—is still. When we reach the Great Center of Universal Substance we shall find IT still. The Universal Center is Rest. P-E-A-C-E is a most important word for man to utter. In it lies, for him, every possible condition of unfoldment. When he is still at his center, he is at peace, and when he is at peace, all the wisdom and potential power within him, as a Center of God in God, is at his conscious command.

This center within each condensation of Substance into things is Spirit, is a Soul. Each thing has a spiritual center, or using the common term, has a Soul.

Where were these souls before they became things? The answer to where was the whirlwind before it became a whirlwind? and where was the nebula before it became nebula? will answer this. As souls they were not. They were possibilities awaiting conditions to call them into manifestation. In the rough marble at my feet lie the possibilities of a statue finer than any Apollo ever carved. When will it manifest? When the conditions needed come to call it forth. That condition to the rough marble is Human Thought; to Souls it is Divine Thought.

What those conditions are no man knows. What the conditions are that start nebula no scientist knows. It is! and upon this fact of its existence he reasons and imagines. So do we upon souls. They Are. They obey the Law of Attraction. They are centers

in the ONE. They are, like whirlwinds, created as centers within the One. A whirlwind is in air and remains in air and has all the air for its body, so souls are created in Spirit, from Spirit, are Spirit, and have all Spirit for their bodies.

But whirlwinds are dissipated. So with a single exception are souls. Whirlwinds, when the equilibrium of the atmosphere is restored, are absorbed into the one air. Smoke wreaths exist, "stand out" from the great body of gases in which they are centers, for a little while, but are soon absorbed into the mass. Nebulæ exist for a season only when compared with eternity. They condense into suns and finally dissipate by radiation their forces, and disappear as masses, into the original Substance from which they came. So with the Souls of all save MAN. Attraction holds plant-souls and brute-souls together like smoke wreaths for a time, but they ultimately become absorbed into the One Substance. Immortality is the reward of individuality. The price of personal immortality is that personal responsibility which comes from perfect individualization. MAN alone has this. As essence all forms are immortal. Personal immortality alone belongs to MAN. He alone is made in God's image. He alone has the power of choice, through which to control his environments. He alone has dominion over the crude vibrations called matter. He alone will never die, for death lies not in the dissolution of the coarse envelop which the center has drawn about itself. Death is the loss of individuality by absorption in the One. Thus the Genesis promise "Thou shalt never die," is true. MAN cannot die. He lives a SOUL forever.

This Human Soul, this Spirit center, is organized at conception. Centers are formed by the meeting of two currents of force; by the union of two lines of vibration; by the conjunction of two Modes of Motion. "Male and Female created he Him," says the old

Accadian philosopher whose words were copied upon the Assyrians' brick tablet and from thence found their way via the Jew to modern thought. Two lines of force create all *things*. In Man they are the Male and Female lines. These mingle and another Man is created. Each child is a new center in the One; is a new Soul. Once created it is immortal, because it is Self-Conscious. It can say—I AM! This power to know Itself, to separate existence into Me and Not-me, makes it immortal. Can it be re-incarnated? Ask the whirlwind if it can be? Once dissipated it cannot be again. Another whirlwind can come in its place. Can a Soul be re-incarnated by the same process it was first made? Impossible. The result of all conceptions is a new Soul. Whenever a Soul reappears in earth vibrations, it has a body of its own make. Re-embodiment is the necessity of every Soul. It must create its new body consciously by the same processes through which the first was instinctively created. Victory means the creating at will, and the leaving at will, any form of manifestation. This immediate body we now possess and which is seen by the senses, we may re-create consciously while we possess it so that we need not leave it till we choose. If we are thrown out of it by ignorance of our power, we must sometime learn that power and materialize a body at will. The present body was materialized from the One Substance by the Soul instinctively obeying the laws of Spirit. Consciously and intelligently we shall later have one we make, because we know we ARE Spirit and consequently are LAW. This is our answer to the question What was I? I was not. I was not crystallized. I was part of the Undifferentiated. I was Essence. I was Potential Power. I was lying in the Infinite Possibilities. Now that I am a crystallization of One in the One, I am that which I am,—*An Immortal Soul*.

MENTAL TONIC.

A maiden called Lily McNally,
Was a faded old maid of our alley;
But a valet named Walter,
Led her to the altar,
Now she's the Lily of the Valet!
The "NOW" office boy.

He (weakly)—"It is very good of you, Mrs. Houston, to come and see me when I'm so ill."
She (gushingly)—"Not at all? I wish it were more often."—*London Sketch*.

Lady (of uncertain age)—"I have put your seat next to mine, Mr. Rawlinson; I hope you do not mind?"

Mr. R.—"Mind, my dear lady; you know how little it takes to satisfy me."—*Tid-Bits* (London)

"I don't want to be too easily won," she said. "Naturally," he conceded. "So, if I say 'no' now," she went on anxiously, "you won't get mad about it and never ask me again, will you?"—*Chicago Post*.

Teacher—"You notice that boy who stands at the foot of the class? Well, last summer he was the brightest boy in school."

Committeeman—"He is now. I notice the foot of the class is nearest the stove."—*Puck*.

"Her name is Pearl, and I thought when I married her that I was accumulating a pearl of great price," said the pale-eyed, stoopy-shouldered man, the while a wan grin wrinkled his meager complexion. "But the mother of Pearl soon gave me to understand that her daughter was the pearl that was cast before swine, and that I was the swine."—*Smart Set*.

Teacher—"Now, then Tommy, you have no good excuse for staying away from school yesterday."

Tommy—"Well, it ain't my fault."

Teacher—"It isn't? Why?"

Tommy—"Cause I done my best to think up a good one."—*Philadelphia Press*.

He thought he saw a bankers' clerk
Descending from the bus:
He looked again, and found it was
A hippopotamus.

"If this should stay to dine," he said,
There won't be much for us.

—*Lewis Carroll*.

* 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.]

A correspondent asks:

"Why, since Life is continuous, should we kill animals for food?"

Several ask similar questions. This will answer them all. Because I must kill to live. Self preservation is the first law of individual life. Should I adopt the principle of "never killing anything" I would starve, providing I was not first eaten myself by animal or insect. Yes, "Life is continuous," for that reason I cannot take a bite of fruit or nut, a drop of water, or a breath of air, without killing something. Where draw the line in the size of animals, on one side of which it is right to eat, and on the other wrong? It is as wrong to take the life of animalcule in water as it is that of fish. It is as wrong to kill bacteria in air as it is to kill bird. It is as wrong to kill mosquito and flea as it is ox and pig. Life is life, and is sacred in smallest as it is in highest. All the attempts of vegetarians based upon this plea of life are illogical, for egg and seed-germs are life. Cabbage and potato are as much life as beef and fowl. Life is fed by life. Human Life is the highest expression of Life. All other forms are subject to it. Man has perfect right to maintain Himself by feeding upon those lower forms of life that best suit him. He is, by experimenting, finding what they are. "NOW" Folk are inclined to vegetarianism, not for the reason that it is wrong to kill. We prefer other forms of food. They best satisfy our taste, both physical and esthetic, and the latter perhaps is the strongest reason. We do not like to see the market and abattoir, we love to look on orchard and grain field. Sentiment has its proper place in selection of food. Refined persons do not like to kill. Veg-

etarianism is based on sentiment. Do not try to justify it by argument.

B. W. C. writes so finely on a postal card that my reading glass does not allow me to pick it all out. This question I do find:

"Do you maintain that a general blanket thought of health will keep the teeth from decaying if you eat white flour?"

My friend, come up higher and look at the Principle I do maintain. There is Life in the Soul; Life is Intelligent. When we trust it, we are led to choose, through love of it, that which is best suited to maintain our bodies. When one is convinced that chemists and doctors know more of his needs than his own Soul, he will trust them, till then he will trust Soul.

"Will it be enough for me to affirm health, or must I believe in some formula?"—L. M. B.

Believe in Truth. Affirm Health in the Spirit of Truth; then forget all about your condition and your Affirmation and let health manifest.

"What is your position upon the question of our duty in time of strikes?"—B. M. A.

Affirm peace, and believe it. Do your duty as citizen as far as your conscience will let you. Beyond that point suffer as martyrs, reformers and good men always have.

"Should I punish my children?"—A. M. D.

Children have all the right to personal liberty you have, and they have one right you do not have, *i. e.*, the right to your loving direction. Give them this and there will be no need of punishment. Disobedient children are created by unwise, disobedient parents. Love and Truth in the home will manifest in the children. Therefore correct yourself, and not the child. Correct your methods of training—put more love into them.

I believe in the Now and the Here. I believe in You, and I believe in a Power that is in Ourselves that makes for Righteousness.—Elbert Hubbard.

* * * ETHICS * * *

SAN FRANCISCO'S MAYOR.

The re-election of Mayor Schmitz of this city is a matter of national importance. Every city paper of any influence opposed him. Efforts were made to prejudice the people by calling it "a class issue." Wealth and respectability, party spirit and the "400" were arrayed against him. Despite this he was elected by a large plurality. San Francisco recently voted \$17,000,000 for public improvements. A new San Francisco is assured. Already has capital shown its confidence in this city by offering to take the bonds at low rates of interest. "We, the people," are surely caring for our interests. From US, "the People," come business men, and from the people come the officials. To doubt the ability of the inhabitants of a city to govern it and own public utilities is to live under the old doubt that made all past tyranny possible. Centralized power has always feared diffusion. Those who declared "All men free and equal," and later wrote, "We, the people," had no such fear. *Faith in humanity—trust in the Human Soul is the only Savior.* This good government is coming.

He who lets the world, or his own portion of it, choose his path of life for him, has no need of any other faculty than the ape-like one of imitation. He who chooses his plan for himself employs all his faculties. He must use observation to see, reasoning and judgment to foresee, activity to gather materials for decision, discrimination to decide, and, when he has decided, firmness and self-control to hold his deliberate decision.—JOHN STUART MILLS.

The last scene we shall witness during the break-up of capitalism, just before the change to socialism, will be the

crushing death-embrace of organized capitalism and organized wageism, two competitive principles, like enormous cobras, now gliding forth to encoil each other. And as these principles perish, justice and comradeship will welcome humanity into the 20th century Eden, the co-operative commonwealth.—*New Commonwealth.*

Let us have the light. Let the house cleaning go on. We have had a government of corporations and for corporations long enough. Let us have a government of the people for awhile and see how it seems. The question is deeper than party politics. It is a question of the preservation of representative government, of the rights of the people to control their own affairs, making the laws and selecting their own agents.—Ex-GOVERNOR W. D. HOARD, of Wis.

The State Inspector of Kentucky reports that out of 534 factories he inspected 183 children were under fourteen years of age. 401 of such children cannot read or write. Over 1,000 boys under 16 were operating machines. The state should join with religion and morals in saying that such industries as threaten to die under the the new regime had better quickly die and save the proprietor from further iniquity. *Unity* (Chicago).

By no process can coercion be made equitable. The freest form of government is only the least objectionable form. The rule of the many by the few, we call tyranny. The rule of the few by the many (democracy) is tyranny also, only of a less intense kind.—HERBERT SPENCER.

We are nearer the Co-operative Commonwealth today than the negro was to freedom in '55. Socialism will be established within ten years as sure as there will be any one here to see it.—*The Appeal to Reason.*

"Opportunity is always in the present tense. There is no other kind."

* BOOK REVIEWS. *

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

"Koradine," a prophetic story. Alice B. Stockham, M. D., and Lida Hood Talbot. The Stockham Co., Chicago. 435 pp., \$1.00.

Every young man and woman, no matter how young, be it 10 or 80, should read this book. Told in pleasant story are important truths. The heroine is an Ideal Girl, such as Truth, Love and Liberty promises hereafter in every home. The power of Affirmation, the influence of Thought, the benefit of example, the peace of praise, the purity of love, the spontaneity of action, the faith in the upward tendencies of the soul, are all exemplified in the characters and the unfoldment of the story. It is wholesome, inspiring and practical. In an age of weak, ignoble realism in literature this Ideal comes like a breath of pure air after an evening in the close atmosphere of a fashionable reception. O Nature is so good, so sweet, so pure, so divine! Why do we not trust her more! Liberty is all she needs! Hold up the Ideal and let the soul grow into manifestation. This seems to be the motif.

—
"Psycho-Therapy in the Practice of Medicine and Surgery." By Sheldon Levitt, M. D., Chicago: Garner-Taylor Press, 79 Fifth Ave. 1903. \$2.00.

No physician should attempt to continue his profession until he has mastered this book. No presentation of the Principle of Suggestion as applied in his profession has equalled this. All the results of past experimentation are here crystallized into the BEST book for the doctor that it has been my fortune to read. Every doctor of whatever school among NOW readers is advised to study it for the sake of the power it will give him to heal and to bless. The style is clear, concise and chaste. The author is a physician of extensive experience, familiar with the practice of the prominent schools. For years he has used the methods here advised. Typographically the book is excellent. A fine arrangement gives each paragraph a title, which makes it convenient for reference. A necessary index is supplied. The author is to be congratulated in this age of titles in the temperance he has shown in his plain M. D.

Upon two points only do I disagree with him. First, in his belief that "well chosen drug remedies have curative power." Physicians are not the ones to decide this point. Metaphysicians who have full faith in the power of mind will alone reject drugs and demonstrate their uselessness. The other point is his desire that only physicians shall be allowed to use this method of healing. This desire arises from the limited view of the subject, due to his professional education. The Law of Suggestion is Universal. Its greater field is outside the mere curing of disease. Suggestion unfolds the Soul powers and makes a new man in every respect. An attempt to limit its use to any class is like attempting to limit thinking and breathing. It cannot be done. Limiting the practice of any art is tyranny. It is much safer to allow every person who wishes to use even drugs to do so than it is to limit their use to any school; the public is safe only when there is freedom, and the responsibility that freedom brings. This again shows a one sided view of Suggestion. It is true that the title of the books limits Suggestion to the cure of disease, but since disease is mental in its origin, any view of Suggestion that limits it to body is narrow. Dr. Levitt does not do this, but yet is not free from the limitations educated men so often show; they forget that it has been the traveling hypnotist that created the public interest and sentiment which makes it possible for him to practice, and that from them more than from the European hospitals has come the knowledge which he has so beautifully utilized. That he understands the power of thought is shown in his chapters upon Telepathy and his treatment of "Christian Science" and "Absent Treatments." Having recommended the book to doctors, I wish now to more strongly recommend it to mental healers. They need the information here given. It is a good book for every one and should be in every home that there may be through its instruction no need of healing.

—
"The Angel's Diary and Celestion Study of Man." By Mrs. Effie M. Sherry and her brother Charles Samson, from the Celestial Spheres. Published by Mrs. J. A. S. S. Lender, 2201 Lincoln Ave., Denver, Colo. Price, \$1.50.

—
"Love of Life and Life of Love." Truths every Youth and Maid should know. Leon Andruth. Leonidas Publishing Co., Chicago, Ill. Price, probably 25c.

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

N O W .

247

The Angel's Diary and Celestion Study of Man ❖ ❖

By MRS. EFFIE M. SHIREY and her brother
CHARLES SAMSON, from the Celestial
Sphere. For sale, wholesale and retail.
Price, \$1.50. Usual Commission to Dealers.

Mrs. J. A. S. S. Lender,

2201 LINCOLN AVE., Denver, Col.

WE HAVE A VERY

Valuable Mine

In Nevada Co., Cal.

And we need some additional capital to
put it on a paying basis. You can
secure a

Competency for Life

By taking A THOUSAND SHARES
for \$250. We prefer to get

All Cash,

But if you wish, will give you time
to pay for it. For further particulars
call or address,

N. W. KLEYN-SCHOOREL,
1312 Market St., San Francisco, Cal.

Koradine

By ALICE B. STOCKHAM and
LIDA HOOD TALBOT.

A FASCINATING STORY.

Illustrates life's unfoldment and teaches that bodily
health is possible to all. The book is original and
entertaining and teems with brightness and cheer
from the first. Koradine is unusually clear-headed.
She reflects and reasons, and is full of quaint conceits
and poetic ideas..

Mrs. Thos. K. Bescher: "A book to be read, enjoyed,
believed, acted on."

425 pages. Extra Levant Cloth. Prepaid, \$1.00

Stockham Publishing Co.

70 Dearborn St., Suite 56.

Chicago.

FACIAL EXERCISE ❖

Would you Change Your Face if you could? Then
try our exercises. They plump the cheeks, banish
wrinkles, and smooth out lines. Send 25c for illus-
trated booklet.

METAPHYSICAL BOOK CO.

Box 2600.

Wash, D. C.

WANTED!

Men and women to join the Altruist Community, in
and near St. Louis, which provides a permanent
home and employment for its members. Send for its
monthly paper; 10c a year; sample copy free.
Address THE ALTRUIST, 2711 Franklin Ave., St.
Louis, Mo.

FOR MAN'S WELL-BEING, FAITH IS PROPERLY THE ONE THING NEEDED.—CARLYLE

"These Are My Jewels,"

By Stanley Waterloo. Price \$1.

If there be a child or young person in the world
whom you care for, make him or her a present
of "These Are my Jewels." This clever story
will attract and the thoughts implanted will
help throughout the rest of a life.

LIBERAL BOOK CONCERN,

Headquarters for Metaphysical, Occult and Liberal
Literature,

87 Washington St., Room 419, Chicago, Ill.

—SEND FOR A CATALOGUE—

MONEY IN IT ❖ ❖ ❖

Send 10c to help pay postage and we will send
100 different samples of magazines and news-
papers. Biggest money's worth you ever saw.

PACIFIC ADV. CO.,

120 Sutter St.,

San Francisco.

THE NEW LIFE, IDA M. BROOKS, Editor.

A monthly periodical devoted to a finer and nobler
realization of life. 75c. a year. 3 mos. for 25c.
Sample copy free.

If you are tired of the OLD LIFE, with its pain, heart-
ache and emptiness, read THE NEW LIFE, and
you will come into and live the NEW LIFE, which is
joy, peace and bountiful supply of all good and de-
sirable things. Address

THE NEW LIFE PUB. CO.,

Box 176,

Orofino, Idaho.

TELEPATHY.

Mind Reading and Thought Transference.

Lessons by

O HASHNU HARA.

The first course of Practical Lessons upon this fas-
cinating subject yet given to the world. Gives prac-
tical tuition in the development of Every Phase

OF

MENTAL TELEPATHY.

PARTIAL SYNOPSIS.

Telepathy Defined. Mind Reading. The Ordinary
Methods. Telepathic Experiments with Cards.
Reading. Unseen Names fastened in Sealed En-
velopes. Ordinary Experiments. Thought trans-
ference. Communications at Close Quarters. Practical
Effect of Telepathy. Methods of thought trans-
ference. Necessary training. Communications at
Long Distances. How to transmit Sentences. To
receive same. Passive Telepathy. How to Make
Absent People come to you by Thought Command.
How to Make them bring any Specified Object.
How to send Messages at Pre-arranged time. How
to Send Messages without any Agreement. Tele-
pathy in the Waking State. Telepathy in Natural
Sleep. Experiments in Projecting the Astral. How
to visit other people during Sleep. The Pineal Gland.
Eastern Methods. Concentration and Will Power.
Health treatments by Telepathy. Copper Appa-
ratus. How to Impress your Will upon others. Dis-
tance Annihilation. Telepathy in Business. An In-
valuable Faculty in Life Success. How to read all
Minds, etc., etc.

Price, \$1.00, postage 5c (greenbacks accepted)

APOCALYPTIC PUBLISHING CO. (DEPT. N),

15 Tothill Street, London, S.W.

FORM DOES NOT CONTAIN THE SPIRIT; IT IS ONLY THE OUTWARD EXPRESSION
—FRANZ HATRMANN.

248

NOW.

LOCAL ADVERTISING.

Please mention NOW when patronizing advertisers

H. B. WARD, Dentist,

Phone Page 78.

3 HAIGHT STREET.

W. C. SHEPARD, Attorney-at-Law,

Murphy Bldg.,

San Francisco.

ALVIN J. PURNELL, Tenor,

VOICE CULTURE.

117 S. 2d St., San Jose. 909 Polk St., San Francisco

ETHYL SMITH, Scientific Palmist,

1218½ Haight street,

San Francisco

MRS. HEYWOOD KUNZ; Singing.

Open for engagements for lectures or entertainments
14 McAllister street. Take elevator.

Office Hours: 10 to 5; 7 to 9 Excepting Saturday

Class Lessons in the Higher Interpretation of the
masters, Shakespeare, Goethe, Balzac. Call between
hours nine and twelve.

Address

ANGIE D. ROSSEN,
826 Ellis St., San Francisco, Calif.

McNEIL BROS.,

Printers and Publishers,

354-364 Hayes St., San Francisco.

San Francisco Rochdale Co-Operative Grocery,

24th & Hampshire Sts. 'Phone Mission 244

Do you trade with our co-operative grocery?
If not, why not? Our prices will suit you.

ORDERS SOLICITED.

Goods delivered at any place in the city.
Out-of-town orders attended to.

Millbrae - California Milk Co.

ABSOLUTELY PURE Milk and Cream

Without preservatives or adulteration.

CITY DEPOT: Pilsom and 21st St.,
'Phone Mission 359. San Francisco, Cal.

partment Store prices.
*The Special Displays of Holiday
Merchandise, and the savings to be made
are worth traveling many miles for.*

The Emporium
San Francisco
California.



Holiday money
goes farthest
here, in Calif-
ornia's Grandest
Christmas Store
where everything
is sold at De-

WE BELIEVE IN PEOPLE WHO BELIEVE IN THEMSELVES.—ELBERT HUBBARD.

Digitized by Google

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

N O W.

249

Cards in this column, 50 cents per month;
one-half inch; three months, \$1.00.

In writing to advertisers, please mention NOW.

LULA M. COGLEY,
CHRISTIAN HEALER,
918 16th St., Oakland, Cal. Rooms for Patients

WHERE OTHERS FAIL, I SUCCEED
in the treatment of many diseases and for Success.
Write for terms. **ESTELLA E. GILLHAM,**
213 Enterprise Bldg., Denver, Colo.

A PSYCHIC PICTURE.
of your Personality, Possibilities, and what you
are best adapted to. Send Handwriting and 12c to
JEAN HIGINBOTHOM TUCKER (GRAPHOS),
Windsor Arcade, Fifth Ave., New York.

PSYCHIC DELINEATIONS.
Of character and future from the chirographical aura.
Send 12c and specimen of handwriting.
HENRY RICE, Graphologist, 1927 Madison Ave., N.Y.

"LOVE'S MILLIONAIRE." 50c. New Thought
Song. N. C. Page.
"THREE LITTLE CHESTNUTS." 30c. N. C. Page.
Nothing like it. Song for little ones and grown ups.
Both sent on receipt of 50c just to get acquainted.
R. M. WIDMER,
308 West 116th St., New York City, N. Y.

MUSIC—"The Figure System, for Guitar," price,
\$2.00. Any child can learn to play a piece in a few
hours. Your money back if you are not satisfied.
I also have valuable books for sale. Send stamp for
particulars. **Mrs. F. DAUGHERTY,**
910 E. 47 St., Los Angeles, Cal.

E. N. TREADWELL,
Violin Teacher,
Water Color Artist, Psychometrist, Healer.
Classes in Psychic Unfoldment, Readings, Diagnosis,
and Treatments, both by personal interview and
correspondence.
31 Van Ness Ave., Room 14,
San Francisco, Cal.

Lack of Self-Confidence
Positively Cured by Yourself at Home
By means of **PROF. L. A. VAUGHT'S**

Successful Self-Confidence Guide
How much have you lost socially and financially for
want of self-confidence? Do you want to cure your-
self of this defect? **ARE YOU IN EARNEST?**

WRITE FOR FURTHER PARTICULARS.
Send 10c for a sample copy of **HUMAN CULTURE.**
If you want to know yourself and your talent, to
better your condition and be a positive success, this
Journal will point you the way. \$1.00 a year.

Human Culture Company,
130 Dearborn street, Chicago Ill.

Common Sense Advocate.

Edited and Published by
ENGENE DEL MAR.

A monthly devoted to Mental and Physical
Science, clearly presenting the Principles of
Health and the Larger Life and defining the
methods of Attainment.

Subscription, \$1.00 a year; foreign, \$1.25;
Single copies, 10c.

P. O. Box 1364, Denver, Colorado.

Power Through Self-Culture

Is the title of a series of lessons by Dr. P. Braun now
being published in *The New Man*, in company with
many other good things. Send 2-cent stamp for
sample copy, latest reduced prices of books, etc.

SELF CULTURE,
1409 N. 20th street, Omaha, Nebraska.

WONDERFUL CURES Through Psychic Forces

I have something better to offer you than others.
I will take your case, no matter what or how seri-
ous your disease, for \$5.00, and if I fail to heal you
perfectly—you to be the sole judge—I will promptly
return every cent of it to you. Confidence in my
ability to heal is my reason for making this offer..
Editor "OCCULT TRUTH SEEKER,"
Lawrence, Kansas

Medical Talk

Is a monthly home magazine
that is bravely fighting the bat-
tle against drugs. Its publisher
says:

"MEDICAL TALK advocates no particular school
of medicine, but tells the mothers and other
members of the family things they should
know. In fact, it is a magazine that should be
in the home of every family. It is more widely
quoted than any other of its kind.

"The food question, physical development, the
care of the body without the use of drugs, and
similar subjects, are the leading topics treated
of every month by some of the most able writers
on these points. It is issued monthly at the
exceedingly low price of Fifty Cents a Year."

Terms: MEDICAL TALK, One Year - \$50

GOD IS ANOTHER NAME FOR HUMAN INTELLIGENCE.—CHANNING.

ALL IS AN ENDLESS MANIFESTATION OF ONE ALL-PREVAING CREATIVE POWER.
—JOHN FISKE.

250

N O W.

Weltmer's Magazine

In its 3d year.

A Powerful New Thought Exponent,

Non-Sectarian, Scientific, Progressive.

Edited by PROF. S. A. WELTMER.

Each copy contains an article from
his pen.

It is always full of practical, helpful
reading and is worth its weight in
gold to any truth-seeker.

SAMPLE COPY FREE, all requir-
ed is your name and address on a pos-
tal card. Address,

Weltmer's Magazine,
NEVADA, MO.

SUGGESTION

Is a practical home magazine
devoted to suggestive thera-
peutics, hypnotism, psychic
research, and the application
of the principles of the new
psychology for health, success
and happiness.

A postal brings a copy: \$1 per year.

HERBERT A. PARKYN, M. D., C. M.
EDITOR.

Suggestion Publishing Co.,
4052 Drexel Boulevard,
CHICAGO, ILL.

"OPEN AIR" IS THE REAL GOSPEL OF OUR TIME.—EDWARD EVERETT HALE.

THE HIGHER THOUGHT

EVELYN ARTHUR SEE and
AGNES CHESTER SEE'S Publication.

This leading new thought journal, published at
Kalamazoo, Michigan, is just now commenc-
ing a series of articles on The Delivered Life,
being an announcement of the way to escape
from the sense of the bondage of physical ex-
perience.

Mr. and Mrs. See are now teaching this great
truth in Chicago and with the warmest interest
on the part of all those who have come to
know something on the Doctrine of Deliverance.

Their publication, The Higher Thought, is a Journal
of Realization, in truth, and Henry Wood says of it:
"It is a refined and well conducted periodical, free
from egotism and crudity. There is a great educa-
tional work to be done and The Higher Thought is
a fitting channel."

The Higher Thought is a strictly high grade journal
in clear enunciation of the higher powers of man,
with one page especially as a Children's Depart-
ment. Quarto. Fifty cents a year.

Three Months' Trial Ten Cents. Address

THE HIGHER THOUGHT,
(at present) 459 La Salle Ave., Chicago.

MEGRATH STATIONERY CO., wholesale and
retail Booksellers, Stationers and Engravers,
newsdealers and subscription agents. 1308 Farnam
St., Omaha, Neb. "NOW" Co. publications on sale.

IT

WHAT IS IT?

A New Thoughter by an M. D.

IT will make you acquainted with your self.
IT is devoted to the evolution of the individual.
The two continued articles, "Revealed," and
"Not Vibration but Revolution," are exception-
ally "hot stuff" and will be printed in book
form when concluded in IT. IT'S IT all right.

Monthly, \$1 a year. Single copy, 10c.

G. RALPH WESTON, M. D.,
128 California St., San Antonio, Texas

UNITY

Devoted to
Practical Christianity.

A 64-page monthly magazine.
\$1.00 a year. Sample copy free.

Wee Wisdom

The only metaphysical journal
published for children.
16 pages, monthly, 50c a year.

1315 McGee St., KANSAS CITY, MO.

ORDER IS BEAUTY! LAW IS LOVE.
CHILD-LIKE HIS WORLDS OBEY.—W. C. GANNETT.

N O W.

251

The Essentials of Life.

Pure air and water; good, wholesome food; deep breathing; exercise in the sunshine; a good bed; a good conscience and not-afraid-of-an-idea. What more do you want? Why, you want SOUNDVIEW, the magazine that advocates such doctrine; the little 4 x 6 that everybody is talking about. If you haven't seen it you ought to. It's not an "organ," it's a chunk of individual cosmos that gyrates in no set orbit. It is exponent of the "Society of Evergreens," composed of men-not-afraid-of-an-idea (and women), an organization that encompasses all the isms and ologies but is tied to none.

A Special:—SOUNDVIEW till Jan. 1, 1905, and both of Dr. J. H. Greer's splendid HOME books; "A Physician in the House," and "A Wholesome Woman," for only \$2.50. Price of books alone is \$5.00.

MORE SPECIAL:—SOUNDVIEW till Jan. 1, 1905, and a copy of "Wildwood Philosophy" (the best thing since Emerson's "Nature"), by a West-Coast Evergreen, a cloth bound book, for the price of SOUNDVIEW alone.

MOST SPECIAL:—SOUNDVIEW for 6 months for 25 cents, just to give you a taste of the stuff (and nonsense) we send out. You can spare two bits; pungle pleasantly.

Regular price of SOUNDVIEW is \$1.00 per year, 10 cents the copy. On sale at newsstands. Address,

BOSS EVERGREEN, Olalla, Wash., U. S. A.

P. S.—Don't send stamps.

P. S. 2.—All these offers include membership in the "Society of Evergreens."

THE GOOD NEWS.

Do you believe the Bible promises of healing, of present help, and deliverance from danger, disease and death? In faith and works? In healthful, helpful, practical religion? If so, subscribe for THE GOOD NEWS, 50c a year. Sample free.

Address

FRED DEEM,
Columbus, Kansas.

How We Master

Our Fate

Fourth Edition.

By URSULA N. GESTEFELD.

A series of articles, descriptive and explanatory of human experience, and what we can do to make it satisfactory. A vade mecum for all.

Some of the Subjects Considered:

Living by Insight or by Outsight.—Where the Senses Belong.—The Origin of Evil.—Destiny and Fate.—How to Care for the Body.—The Law of Liberty.

It is full, complete, and it is our conviction that no greater book has ever been written. Judged from any standpoint the book is an artistic piece of work; judged merely by the fair intellect, it is a superb exposition of truth.—Boston Ideas.

Price, 75 Cents, Postpaid.

THE GESTEFELD PUBLISHING CO.,

194 DEARBORN ST., CHICAGO, ILL.

Just Out! Holiday Books!

HOW TO COMMAND MONEY. Unique method of Joseph M. Wade, a unique business man. May be practiced by any man or woman. Compiled by Mabel Gifford. Pocket size. 50c.

PRIVATE LETTER ON SEX-DEVELOPMENT; how to prevent and repair waste and establish physical and mental control. M. Trueman. 30c. Letter size.

RESURRECTION OF ADAM AND EVE; their "sin" and what came of it. Development by Etheric Vibration. Mabel Gifford, D. L. S. Letter size. 25c. The three for 90c.

M. GIFFORD, Publisher,

38 B. H. Ave., Mattapan, Boston, Mass.

BOSTON IDEAS

61 ESSEX ST., BOSTON

Condensed news on all world topics. Special Dramatic and Social correspondence, Masonic news, folk lore, woman's interests, etc.

OUR LITERARY DEPARTMENT

is devoted to notice of the most important books and magazines of the day. The Psychic value of publications specially considered.

TO AMATEUR WRITERS.

We will edit and publish in BOSTON IDEAS, free of charge, articles from such writers as are animated by distinct individual thought. We thus afford you a field for definite development of conscious literary vigor. Enclose stamps for possible return of manuscript to

BOSTON IDEAS,

91 Essex street, Boston.

ELTKA,

A Journal of Twentieth Century Psychology practically applied to the Art of Living.

Edited by H. B. WRIGHT.

ELTKA advocates Harmonious development—Physical, Mental, and Spiritual—the ideal state which gives peace, success, and happiness to all.

Every force, every form of energy, works through law. No advance is possible but through conformity to it. The principles of psychology underlie all human growth. The natural world in growth responds to its highest possibilities unwaveringly, eternally. Human growth follows the same process.

ELTKA, in a simple, clear manner, tells of those Laws of Nature upon which depend all human happiness, health and prosperity. ELTKA is invaluable to all who are interested in Psychological Research.

Send 25c for a six months trial subscription, to

THE WRIGHT CO., Publishers,
115 Marion street, Corry, Penna.

PSYCHIC POWER,

through Practical Psychology, a quarterly magazine devoted to Personal Magnetism, Hypnotism, and Psycho-Physical Culture. Send ten cents for a sample copy.

WM. A. BARNES,

127 Hower Avenue,

Cleveland, Ohio.

THEOU ART OWN BROTHER TO THE EVERLASTING STARS.—HOWARD S. TAYLOR.

Seven Books in One.

The bound volume of NOW for 1902 is a library in itself. No student of the New Thought can afford not to have a copy. It contains inspiration for every moment. Following is a summary of its contents:

"How I Won Success through Affirmation," a series of 12 Lessons by Henry Harrison Brown. These are judged by experts to be the best lessons yet put out on this subject and are simply PRICELESS to any one.

"The Science of Mental Healing," by Henry Harrison Brown. This is the first attempt made in the New Thought to place Mental Healing upon the same scientific basis upon which rests the Science and Art of Electricity, Music and engineering. That the author is successful is testified to by the many who, during he year, have so written to him.

Poems, by Henry Harrison Brown. Twelve poems upon New Thought topics.

Ranch Philosophy, by Sam Exton Foulds. Poems in dialect upon New Thought, the only ones in existence.

A book of Affirmations by Henry Harrison Brown. Psalms of Health, Joy, Peace, Contentment, etc., are here. They are more valuable for the Unfolding Soul than all the lore of schoolmen.

Miscellaneous Selections. These make a most valuable book since they have been selected with care along the most scientific and advanced lines of Mental Science.

Phenomena upon which Soul Culture is based. Another most important contribution to the data of New Thought.

These seven books and other valuable matter, comprising Vol. III. of NOW, nicely and durably bound in cloth, will be sent postpaid for \$2.

"NOW" FOLK,

1437 MARKET STREET,

SAN FRANCISCO, CAL.

Style and Fit

are a man's first consideration when he is about to buy a suit. Price is the next. We have studied both very closely, and we are prepared to make you a first-class stylish suit to order at cash prices on installments for

\$1.00 per Week ❀ ❀ ❀ ❀

NEUHAUS & CO.,

(INCORPORATED)

MERCHANT TAILORS,

727 and 729 Market Street,

San Francisco.