

THE WORLD'S NEW THOUGHT JOURNAL

10 cts.

MAY, 1910

\$1⁰⁰
A Year

NOW

THOUGHT IS POWER

A Journal of Affirmation

HENRY HARRISON BROWN,

Editor

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



SOUL CULTURE

ART OF LIVING

PSYCHOMETRY

INSPIRATION

SPIRITUAL HEALING

MENTAL SCIENCE

SUGGESTION

Published by
HENRY HARRISON BROWN, Glenwood, California,
SANTA CRUZ MOUNTAINS

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"NOW" CLASSES

SOME TESTIMONIALS

Sacramento, Calif., Feb. 1, 1909.

To our beloved Teacher—Henry Harrison Brown:

At the close of our last lesson in your Course in Suggestion, our class, consisting of over forty students, tendered you an unanimous rising vote, a token of our appreciation of the scientific and helpful instructions received during the course. * * * *

Unlimited good, we are sure, will follow; the intelligence developed has made us stronger and more capable of performing our daily tasks, better able to understand and appreciate life; and life, we have learned, is worthy of our high esteem.

Signed { PROF. J. H. BURDEN,
MRS. MARIE A. COUGHLAN,
MRS. ELVIRA H. PARSONS,
MRS. CORA T. BLACK,
W. F. JACKSON,
W. R. MACRILL,

Sacramento, Calif., Feb. 8, '09.

To Whom It May Interest:

Greeting: We, whose pleasure it was during the last week to meet with, and listen to, Henry Harrison Brown's simple interpretation of Emerson's Essays' wish on behalf of the class, to express our sincere appreciation of the many beautiful lessons of life, learned therefrom. He opened before us wide avenues of Thought and each of us could but learn the lesson of making the NO W with its opportunities the ladder by which to attain the beautitudes of a perfect life.

Signed { MRS. ELVIRA H. PARSONS,
MAYME E. JACKSON,
MRS. LULU E. JOHNSON,
Committee.

Sacramento, Calif., Jan. 31, '09.

Mr. Henry Harrison Brown.

Dear Sir.

You have stimulated us to renewed efforts in the direction of right thinking; you have shown us a higher plane of action; you have awakened in each of us the firm resolve to conform our daily life to our best ideals. The spiritual and moral uplift of these meetings with you will never leave us, and in all the problems of the future we will remember your helpful suggestions.

With sincere respect and affection,

Signed { MRS. FINENY MACRILL,
O. P. DODGE,
MRS. W. F. JACKSON.

PSYCHOMETRY

Advice by Henry Harrison Brown.

Advice in business, on matters of Life, and in development of any Psychic faculty, Physical, Intellectual, Esthetic, and Physic will be given by the editor of NOW. He has had 40 years' experience and rarely fails to read correctly.

He is the most practical of advisers. He points out the possibilities of the individual from the Soul side and reveals the errors in the Thought Life. These readings are NOT fortune telling. As advice they are priceless to the recipient. Hundreds have testified to this fact.

Write a short letter as to a friend, giving outlines only of the desire, and enclose \$1.00. Reply will be sent at once.

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DO you need **TREATMENTS** or **ASSISTANCE** of any kind? Are you ill in body, mind or estate? Do you desire personal instruction in regard to the laws of health? in correction of bad habits? in the awakening of dormant faculties? or in the development of self-control? If so, take advantage of the following—

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In your letter tell in *outline only*, your trouble and your desire. No case taken for less than three months. Terms: \$5.00 a month in advance. He will write you (each month) a letter of directions suited to your case, together with such other advice, information and literature as he feels best to send you. Besides this, he will treat you daily through Thought power and Spiritual vibrations.

You are to report (your progress or difficulties) each month, and a reply and additional directions will be sent in answer. By this means you will come into close relation with your healer. His letters will contain invaluable information. He will give the **KEY** to the **CAUSE** of your troubles, and this will enable you to cure them.

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From all Life's grapes I press sweet wine.

—Henry Harrison Brown

N O W

A JOURNAL OF AFFIRMATION

VOL. VII.

MAY, 1910

No. 5

Enough

I AM! These forests proclaim it!
The brook and the birds say "Amen!"
I AM! But what else shall I name it?
When earth rolled in chaos, e'en then—
Aye, e'er an atom was floating
In space, I was there!
I was One then with the Eternal!
God and I are One, not a pair!
I am Power! I am Life! I'm immortal!
I am Love! This grove echoes the Law!
As these I am Infinity's portal,
And from Infinite Supply I may draw.
Each day I've enough for the day!
Thus in peace as the One do I dwell!
And whate'er the external may say,
As Soul I affirm, "All is Well!"
HENRY HARRISON BROWN.



Realization

How sweet it glides in days this life of mine,
Unto that higher life that I shall know,
When I shall see in beauty, white like snow,
The things that now seem of most dark
design!
O soul! I know thy wisdom line on line
Is clear to me as I in patience grow!
As rivers to the parent ocean flow
So drift I to a consciousness divine!
O, give me faith! an eye that's on the goal;
All things of little worth to cast aside!
O, let me now forever trust the soul,
And in this new-born consciousness abide!
God is my life and His life is the whole—
God and myself—there is naught else beside!
SAM EXTON FOULDS.



As our success began to come, I seldom put my head upon the pillow at night without speaking a few words to myself in this wise: "Now a little success; soon you will fall down; soon you will be overthrown. Because you think you are quite a merchant; look out or you will lose your head—go steady!" These intimate conversations with myself, I am sure, had a great influence in my life. I was afraid I could not stand prosperity and I tried to teach myself not to get puffed up with any foolish notions.

—John D. Rockefeller in "Random Reminiscences of Men and Events."

Tapping Infinite Supply

Providence supports but does not spoil its children. We are called "sons" but not the darlings of Deity.—Emerson in his Journal.
We believe in a Uni-verse. It cannot be broken into parts. It cannot be in any way limited. It cannot act partially. No one of its manifestations can be separated from Itself. Behind every manifestation of IT, as Intelligence, or as Force, rests ALL of Itself. Each individual is an expression of the Whole. Whether it is a breeze or a cyclone, it is the whole of earth's atmosphere expressing itself. Whether it is a dew drop or an avalanche the whole of earth's moisture is in the manifestation. Life of sea-weed or of man is an expression of the One life. Our individual life is fed in and by the One,

"As ocean feeds the babbling founts
That find in it their grave."

It is for us to know that all the qualities we center in the One are in us, in limitless amount; that at any time we may express whatever we desire. **Enough** is the word for practical use. Enough of everything, and of everything that I wish, and where I wish, and as I wish.

That this possibility is reality we each have evidence in the unexpected resourcefulness of daily life. We find ourselves possessed of wisdom, when suddenly called upon to use it. Possessed of self control by power within, when had we prepared for such an event, we should have weakened. Found ourselves courageous when had we known beforehand we would have fled a coward. Found ourselves with a flood of thoughts and a fluency of expression, when it was usual for us at

**Whene'er I meet my sailing peers,
"ALL'S WELL" I to their hail reply.**

—Edith M. Thomas

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such times to be trembling and dumb. Found ourselves filled with strength to do that which we never did before and never have been able to do again. But the fact that it came once proves that it can come again under like conditions. It is for us to learn the condition and put ourselves intelligently into these conditions; then this wisdom, this faith, this courage, this power, this strength, will be on tap at will. The great desideratum of our life is **to have Infinity on tap at will**, as the water in a hydrant, the electricity in the battery. To have our supply of Infinite Power in our control.

The universe is Force. Why not have this Universal Energy on tap? Why not have the reservoir of Universal Life ready to flow at turning of a faucet? Why not have the store-house of wisdom, so we can take what we need at any time? Why not have the dynamo of Universal Force where the pressing of a button can fill us? Why not make God "a **Present Help**" and use Him as we need? Why not at all times have ENOUGH?

Simply because we have never studied ourselves as Power, as we have studied other manifestations of God as Force. We have studied to control Power without, neglecting ourselves as Power.

It is the province of NOW to study Man, as a manifestation of the Universe and to learn how, as Emerson says, "To put God in our debt!"

When I turn the faucet the water must flow. When I make connections the electric current must run. In like manner NOW claims that when I make connection Infinite Life is mine. When I make right conditions Universal Intelligence is on tap for me. When I join my individual will to the Universal battery all the Power I desire is mine. When I move the right lever I am filled with whatever I desire. "Blessed are they who hunger and thirst . . . for they shall be filled." Here we have a hint of the WAY. And

He said "I AM THE WAY!" and He also said, "The Father and I are ONE!" This is the key to Infinite Supply:—Recognition of Unity. Recognizing that each individual is but an expression of the Whole. This is Realization.

The church has recognized this in a faint degree in calling God, Father. Mental healers and Christian Scientists recognize it as the fact underlying healing, I AM ONE WITH INFINITE LIFE! is the only healing formula, no matter by whom used or how expressed in language.

But it is Now Philosophy to recognize that I am one with all the many qualities and potencies of Infinity. The Affirmation underlying the Practical NOW Philosophy is:—
I AM POWER TO BE AND TO DO
WHATEVER I DESIRE TO BE
AND TO DO.

And that Power which I am, is limitless. I may at WILL draw upon it for whatever I desire. No matter what be my desire, the Power of accomplishment is mine. Even if it be for what the world will condemn as immoral still I AM I, and I AM POWER and I may use the POWER I AM as I may direct as Will. There is no judge outside myself! There is no executive except myself! I AM THAT WHICH I DECIDE MYSELF TO BE.

The possibility of using this Power as physical strength is demonstrated by the many instances of human endeavor where extraordinary power is manifest in emergencies. Every person has realized it. What is the "open door" to it? I quote elsewhere some experiences reported by the pugilist James Jeffries. Those incidents are valuable and help us to learn how to get enough of anything.

Had I space I would narrate many from my own life and those reported to me from lives of others. Many were the instances during the great disaster in this city in 1906. Only one

The arena of the new standpoint of science is that of the pupil's own mind.

Elmer Gates

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will I mention: A lady weak from continuous illness, when the danger came, packed a trunk and took it down three flights of stairs and with a rope hauled it to top of Beuna Vista Heights and when next day she would move the trunk was not able to lift even one end. And this was her normal strength. Whence that power of the day before? Infinity! **Enough** because she called for enough. "As thy day (need) thy strength shall be."

Inspiration is not limited to thought. It is limited to **POWER**. That power may be used as one chooses. I find this condition of inspiration when writing, lecturing, teaching, reading, walking or on horseback. It is **ME** whenever I become unconscious of limitations. When I forget the personal self in the Universal Self. Here is the Law of Accomplishment, the Law of Power! "I am He that sent me!" Act from Principles capable of Universal Application. Forgetfulness of the personal self in the thought of the moment.

The mental attitude is **CONCENTRATION!** The Art of Voluntary Concentration is the Art of Living. **NOW** teaches this, and all the books that I write are to help one to this accomplishment. (See "How to Control Fate" and "Concentration: the Road to Success.") Concentrated was Mr. Jeffries and concentrated was the sailor of whom he tells. Concentrated is the Christian Scientist, and concentrated is the Healer; these do it understandingly. Concentrated is the poet, the orator, the inventor, the mother. These have obeyed the Law without understanding it. When they shall **learn** it and obey it then **ENOUGH** power are they at **will** to do whatever they desire. Learn, through Affirmation, to become consciously **ONE** with **ALL**.



Your cheerful words drive away gloom.

GEO. R.

Power

It's not the clang of steel on steel,
Nor legions well in war-ways drilled;
It's peace of Soul, when Self is stilled,
And sensibility to feel,

That through our single Being flows
The life of All! That tree and clod
Are throbbing with the pulse of God,
As we, as every flower that blows.

Whoe'er feels this, 'mid the moiling throng,
May sit at ease and watch the fray,—
As one would children deep in play,
Oft weeping o'er a fancied wrong.
A. F. GANNON.



Business Lesson No. 5

Courtesy

Dr. Holmes tells us that "Politeness consists in the desire to be agreeable." This then must surely be reckoned among business assets. It is a quality lacking in so many who wonder why they are not successful. They try. Ay! there's the rub! Trying in this case does not come from the desire to be agreeable but from the selfish desire to make a trade—to make business.

When there is not the desire, the attempted smile is a smirk such as we see on the stage in portrayal of the lower Hebrew salesman. A smirk that repels, a voice that grates upon the nerves, and which creates an "itching palm" that drives the sensitive and truly polite away.

The desire—this is the asset. We are dealing with the psychic forces, for they are the forces that control the objective life. There must be behind every successful life this humanitarian feeling. It is present in all men that meet men in a spirit of Brotherhood. It is absent in all those who place Self first. It is absent in all business men who place the dollar mark (\$) upon everything they do, and look for it upon every person they meet.

The fundamental asset—Love—being present, there is no other desire but

**Obstruction is but virtue's foil.
The stream impeded has a song.**

—Ingersoll

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to make the person happy. This leads to a pleasant smile, and a courteous act, the voice carries with it the feeling of friendliness.

Whenever I go into a business place and the first words are those of the spirit "You have no business here if you have not some money to spend!" I retreat and find another place. Recently a man in a gruff voice asked as I entered his place of business "What do you want?" as if he was speaking to an intruder. I had a purpose. He had something which I wished to inspect with a view of purchasing. I replied "Nothing" and walked away. Am I different from others? Not in feeling and thinking. Other may remain. I did not.

I called a few days ago to look at goods, and the clerk approached me with a friendly face and asked "Can I do anything for you?" "I think not. I came in merely to look and learn." I replied. "I will be very happy to help you if there is anything in particular." There was. I was hunting for some appliance that would lighten my filing away items for future use in this magazine. I mentioned the fact and he gave me much information and the conversation led into channels where I mentioned my philosophy and found him "New Thought!" He did not lose by his courtesy.

The first impression is power for success or failure. And the person who can make a good first impression through sight, or word, or gesture, or in bearing, has a valuable asset. And to make a person feel "at home" is to lay foundations for business success with him. "Come!" said Jesus, and his philosophy and method is the best yet found. He was success.

"Speak, History! Who are Life's Victors? Unroll thy long annals and say, Are they those whom the world calls the victors—who won the success of the day? The martyrs or Nero? The Spartans who fell at Thermopylae's trust? The Persians or Xerxes? His judges orocrates? Pilate or Christ?"

He only wins success that keeps eternal things before him and works from that Vision. Then wealth may come and it will be used for good, or it may not come, still his efforts are used for good and despite seeming evidence to the contrary—"I have never seen the righteous forsaken nor his seed begging bread!"

The desire to be ONE with the Many, the realization that it is the Many made One, that means True Living, lends charm of manner that is an asset that cannot fail to draw dividends. Temporary success in things means too often failure in the end in the big things of Life. Rockefeller and Carnegie, with many other men of business and wealth, realize the fact that money does not mean success. The latter said, "Money is dross!" Not dross in business, but dross in life; dross compared with honor; with Truth; with Love; with friends. And money may well be left out of the assets when the young man starts in business. Has he the art of drawing people to him? A business man called upon me a few days ago for consultation. He is in many ways my ideal of business success. He FEELS he is doing right and has no pangs of conscience. Has a reputation as a man. While his friends know he might gain wealth, would he imitate their methods as he is well able to do, they still rest upon him, and whenever there is in any society or club the need of one who has and will use the initiative, he is there. "I have a host of friends and am crowded with opportunities!" Why? He is one of the most pleasantly agreeable of persons. Love exudes from every feature; is in grasp of hand; in tone of voice. Courtesy is not only an art learned in society, it is Life's expression.

A young man asked me why he was discharged recently when there came a necessity for a "lay off" among the employees of a certain business, and others more recently employed were

To the receptive soul the River of Life pauseth not nor is diminished.

—George Eliot

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retained. I had some experience in that place of business and with him. I answered, "You lack that confidence in self that causes you to look down when you should look up!" "What mean you," he asked. "I notice that when you meet people you drop your eyes instead of looking at them. This is discourtesy. People feel it. Your employers see that you fail, where others with more confidence succeed."

Be in thought a friend, and you will win friends. And the friend made today is capital tomorrow. Send out this feeling and you will as naturally be courteous as birds are graceful. Cause people to feel your good nature and not the grasp that characterises the Shylock.

A great eastern railway system has established a school of instruction where this necessary asset is acquired. All corporations, where the public is served realize that courtesy, in an employee, is **business in the concrete**; business done up in the small parcel of a look, word or act. To acquire use this Affirmation: **I love everybody and would do them good.**



Extract

(From a reply to a letter of a Friend.)

So you mistook and got wrong train
And had to transfer?
Well, I know you'll do't again
And then will transfer.
Why? Because we're all at school
And but for mistakes each were a fool—
We learn by transfer.

Somebody took wrong road long ago,
And had to transfer.
Thus taught us which way to go
Without a transfer.
So must you ride on shaky rail;
Others learn as you tell the tale
And save a transfer.

So never mind! All roads to Rome
Lead with transfer.
You can't miss the Father's Home
On any transfer.
So happy be. Enjoy the ride
If rain come, why get inside!
Never mind the transfer.
HENRY HARRISON BROWN.

Strength at Need

James J. Jefferies in the story of his life, which he is telling in the "*San Francisco Examiner*," narates several instances of great strength at need. I have space for only one, but the whole two chapters, 6 and 7, are well worth study. He was working upon an iron oil tank. The guy ropes of the derrick gave way and the timbers falling pinned one of the workmen between them. Mr. Jefferies says:

Everybody, as I said, was stock still and staring. But I didn't even think. I don't know to this day how I ever moved so quickly. The next thing I remember I was at the top of the ladder and stepping on the platform. There was the man pinned under the timbers. In another instant I had my shoulders under them and was straining for the heave. They came up slowly as I straightened my back and legs, up and clear, and then with a final effort I threw them out and sideways to fall crashing on the ground. I fairly tossed them away from me.

Later, when it was necessary to replace these beams, he says:

To my surprise five of us couldn't budge the timbers. It took eight men, myself included, to move them one at a time, and as far as effort is concerned, I'm sure I lifted with as much good will as when I tossed them both off of Kelly single handed. Eight of us did shift them around, and soon they were up again, securely guyed this time, and the work went on. Mr. Smalley, our boss, came around and looked at me for a long time, and looked up at the mast and boom. I felt embarrassed, for even as a boy I never did like to be stared at as a freak—a thing I've never gotten over. Mr. Smalley was quiet for a while. Then he took hold of my arm and said: "Well, Jim, you're a pretty husky boy. I've know some strong men in my time, but none that could do what you did. Some of them were as big as you, so it isn't just the muscle. Where do you get it?"

I didn't know, so I didn't answer.



Horrible to Contemplate

Miss Ina Coolbrith, one of the most widely known among the American women writers of poetry today, says:

"The time is coming when all our literature will be written by women. They read most of it today. Everything is written for them, and in time they will be our only writers. American men have no time for culture, and that is why the Europeans attract so many of our women."

**All outward wisdom yields to that within,
Whereto no creed nor canon holds the key.**

—Bayard Taylor

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AFFIRMATIONS

Consciousness of Being

I am thankful first of all for this Consciousness of Being.

I realize myself, and for this I am thankful.

In the consciousness of Being I know myself as Power.

I recognize that consciousness of Power is a Realization of myself as Life.

O the wonderful fact—I AM! I Live! I am Conscious!

Because I am conscious and know my Self, I think.

I, in Consciousness, know my Self from that which is not my Self.

In consciousness of Self I find a Light within, which enables me to understand the Not-Self.

I am conscious of the changes in the Self and the Not-Self, and in the relations between the two, and for these changes I am thankful.

This consciousness of change is an expression of Self. Through them I become more conscious of that which I am.

These expressions I term experiences. My present consciousness of Self is the sum total of my experiences.

For all that I have experienced I am thankful.

I did not know that I could feel until through experience I learned to know my power of sensation.

I did not know that I could enjoy till joy came to me. Now I know what joy is, and what it is in the Non-me that brings me joy.

I did not know that I could suffer till experience taught me. Now I know what to avoid in the Non-me that would bring me suffering.

I was not conscious I could have pain till it came and taught me to avoid those expressions that cause pain.

Through experience I am learning the possibilities of that which I am.

Consciousness proclaims the possibility of expression as infinite.

Through Consciousness of Self I realize that as Me, I am immortal.

This Consciousness of Immortality arises in my being able to know my Self as a manifestation of Cosmic Consciousness.

I am not a separate entity in immensity, I am immortal Consciousness.

Through this Realization I enter the Rest "prepared for me from the foundation of the world."

I am free of all limitations because I am conscious of Immortality.



Statements for Healing

Since the cause of disease is ignorance, the remedy is Knowledge, which is the illumination of Spirit when you give it your attention and become receptive to it—when you let it in.

Healing is the awakening of consciousness in you, a change from belief in sin and disease to a knowledge of the Truth.

One thing alone heals—*The Realization of God's Presence.*

There is but one treatment, though expressed in various forms of language—*The Recognition of this Presence.*

There is but one Omnipresence—*God—Spirit.*

There is but one foundation—*Truth.*

—From "Spiritual Healing," by Charles Edgar Prather.

How familiar, and bright as ever, does the rejuvenated magazine NOW appear. We rejoice in its resurrected life, power and wisdom. It had been engulfed in the earthquake of San Francisco, but it could not die for it must be eternally NOW. Its editor, Henry Harrison Brown, is one of the able, clear and forceful writers of *Power*, and will continue as such, for which we all are glad. The subscription price of NOW is \$1.00 a year, but we shall be glad to send it to you for a year in connection with *Power* for only 25 cents extra—that is, when you renew or send a new subscription for *Power*, add 25 cents, making a total of \$1.25, and we will send you both *Power* and NOW for one year.

—*Power for March.*

(This offer is good with us. For \$1.25 we will send *Power* if both are ordered at same time. —Ed. NOW.)

As a matter of fact, a man's first duty is to mind his own business.

Geo. C. Lorimer

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Forward Face

Have you missed in your aim? Well, the mark is still shining.

Did you faint in the race? Well, take breath for the next.

Did the clouds drive you back? But see yonder their lining!

Were you tempted and fell? Let it serve for a text.

As each year hurries by let it join that procession

Of skeleton shapes that march down through the past,

While you take your place in the line of progression.

With your eyes on the heavens, your face to the blast.

—Ella Wheeler Wilcox.



The Invitation "Come"

By HENRY HARRISON BROWN.

Every word in this message, "Come unto Me all ye that are heavy laden," as in every real written truth, is valuable, and has its place. In this invitation the word "Come" has a deep significance. While its place as an invitation is well understood in theology, there is a meaning in it for students of psychology that I think few understand.

We who have followed the mental practice of healing, realize that it is useless for us to attempt to cure until the patient is ready. Until he "Come!" This readiness consists in that mental state which opens to the reception of Truth. As water to a dry soil, so is Truth to one who "comes." All opposition is removed; all antagonism is laid aside, not alone in thought, but in willingness of spirit.

This willingness is the beginning of faith, for faith is not an intellectual process. No one can tell you *why* he has faith, any more than he can tell you why he loves beauty. As beauty lies in spiritual perception, and the joy in the response of the soul to its vibrations, even so faith is the reception of Truth. In faith lies the cure. "Thy faith hath saved thee!" and "Thy faith hath made thee whole!" were the words of Jesus. Those who were healed had "Come." It was not the physical coming. It was the coming in spirit, coming in faith, that was the open door to Life. And when they thus came into the atmosphere of Jesus, whose radiations were All-Power, they—because they were receptive—were healed.

The effect of coming thus in faith upon the body is to relax it. I have found that there is little effect produced upon my patients until they have shown that they had heeded the Voice, and had indeed "Come" by relaxing every muscle, and given Life a clear and unobstructed channel through the nervous sys-

tem by their relaxing. We cannot relax under any fear, doubt, antagonism, restraint, or mental limitation.

Thus here, as in all that Jesus, said, we find a scientific basis for his words. Here we have the mental and physiological reasons for his call, "Come." He did not say, "I go to you and give you rest." "Behold, I come quickly, and my reward is with me," he said, but his reward is in proportion to the receptivity in the one coming. "He that heareth the word and doeth it," is the one that *comes*.

This call is practical. It means, that for health I must be in the spirit of willingness, of receptivity, and of expectation. "I will give" is the promise. This promise we are to expect will be fulfilled when we do our part. It is impossible not to be rested when we put ourselves in this attitude of willingness, receptivity, expectancy. When the mind is like a clear, still lake, or, as Tennyson says:

Imagination, calm and fair,

The memory like a sunset air,

The conscience like a sea at rest—

then it is impossible not to feel the "Comforter which is the Spirit of Truth" healing us.

"Come, and I will give!" Simple as is the call, it is the one great demand of the Universal upon the personal self. It is a call to the renunciation of all selfishness, and to the forgetfulness of all personal desires. It is the merging of personal will in the Divine Will. Aye, it is the passing through Gethsemane, and out of its agony saying, "Not my will but Thine be done" Then angels come, as in the Garden, ministering. The result is happiness—*rest*. In body it is *health*.

—From *Power for April*.



Teachers should quietly and persistently lead their pupils to think for themselves, to make them solve some problems and work over some questions for personal gain. This habit can be deepened in a class by a year or two of cultivation. With the general statement that the Sunday-school must be made attractive, I fully agree; but let it not become a place where the will is enervated, and weakness of resolution is encouraged, and a robust moral enthusiasm is enfeebled. It would be a shock and sadness to us all, if we found that our Sunday-schools were doing even less than the common schools in establishing moral endurance and in educating the will.

I thank whatever gods may be For my unconquerable Soul.

—W. C. Henley

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A Choice

If you must sit and sigh
And have the blues,
Why don't you try
To realize
That there are sighs and sighs,
And blues and blues,
From which to choose?
They're heavenly blues, and blues of tranquil
seas,
Both pleasant—if you have them, pray have
these;
And when you sigh, be like the turtle-dove,
Who knows not grief, and merely sighs for
love.

—Blakeney Grey.

One cent's worth of electricity will make four cups of coffee, or cook a steak, or boil two quarts of water, or make a Welsh-rabbit, or operate a seven-inch frying pan for twelve minutes, or an electric griddle for eight minutes, or an electric broiler for six minutes, or run a sewing machine for three hours, or an electric flat-iron for fifteen minutes, or a luminous radiator for eight minutes, or a heating pad for two hours, or a foot-warmer for fifteen minutes, or a massage machine for four hours, or a curling iron once a day for two weeks, or a dentist's drill for an hour and a half, or an electric piano-player for an hour, or vulcanize a patch on an automobile tire, or keep a big glue pot hot for an hour, or brand electrically one hundred and fifty hams, or raise a passenger elevator five stories a minute, or raise two hundred and fifty gallons of water one hundred feet high, or raise ten tons twelve feet high in less than one minute.—*Scientific American*.

You speak about making NOW 32 pages. I say No! Coal by the bushel. Diamonds by the small piece. This is the kind the gods want. We ought to pay you 25c. a number for your winnowed grain. It is priceless. Money cannot pay for it. This number has more of finest grain in it than a dozen of your readers will find. Some like myself will find one. That pays. We have many New Thought magazines each month and yours contains more real truth and practical teachings than all the rest. I want more of the plants that come from your garden for they are true to their kind, never fail to fruit and never wilt in summer, freeze in winter, never lack vigor and the crop is an hundred fold.

A. A. C.


Your blessed work; who can rightly estimate it? For myself, I am glad to affirm the beauty and joy of life since I first received NOW into my family. Before that—well, I don't like to think about it.

MRS. L. M. E.

He Watches Over Israel

He watches over Israel, and sweeps
The fulness of his mercy into 'one
Great ocean of eternal deeps!
No helm need I, no guide
When at my side
Is set the Maker of an hundred suns.
He watches Israel nor sleeps,
Lest I should stumble in the closing dark.
Like some poor leper as he creeps
By rugged rut or notch!
Without a watch
My faltering feet would never reach the mark.
He watches over Israel, and keeps
The greatness of His mercy to the close!
He slumbers not nor sleeps!
In all my little flight
By noon or night
I know that he will lead me to repose.
—Dugal Mundi in *The American Israelite*.

Thought Is Power

Address of Henry Harrison Brown at
the Metaphysical Festival, Los
Angeles, May 1, 1909.
Says Emerson, "Beware when God lets
loose a thinker. Then all things are
at his mercy. It is as when a con-
flagration breaks out in a great city!"
and he continues by showing us that
civilization in all its phases is but the
materialization of human ideals. Pro-
gressive men have thought and civil-
ization has grown therefrom.
"Institutions," he says again, "are but
the lengthened shadow of great men."
The religious system that grew out of
the thought of Buddah and Jesus, the
reformations Luther, Knox and Wes-
ley thought out, the inventions that
came from Stephenson's and Edison's
thought, the discoveries of Henry and
Darwin were thought graneries for the
world. The thought of Franklin, Spen-
cer and Emerson changed the race
tendencies, while that of Copernicus
and Galeleo and of modern astronom-
ers has changed the front of the uni-
verse. The thought of engineers and
mechanics has changed the wilderness
to a garden and that of the architect
has smitten the rock and "upheaved in
pride the city springs." 
Man has thus by the omnipotence of

Hold your thought, your mind, your will in principal and you will succeed.

—Eva C. Huling

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his thought been the special creator who through the laws and the material of absolute creation, has carried on the work of evolution which ceased when the grey matter of the human brain was created. This work of special creation is limited to thought-creations which are ideals. Man's work lies in the imagination. Here he builds the models that later find shape in the objective world through the use of that One Power which has builded all that is ever expressed in individuality.

Thus Man as THINKER shapes the Universal energy into all the forms that through mechanics and art make our world of use and beauty.

The Absolute created by bodying Itself forth in chaos and later in a world of matter. Man, as special creator, shapes this crude material to his thought. Man is the Absolute **thinking!** Elsewhere it in the Absolute **working!** The Absolute **creating!** Wind and wave are the Absolute manifesting in vibrations of lower pitch. Man is the Absolute at its highest vibration. As the Absolute manifests in beauty in rose, and in song, in bird, so is IT, the Absolute, is manifesting as thought in Man. Thought is thus a form of Universal Energy. Man is God individualized. Man is the only individuality among all the individualities of Universal Energy that can say: "I AM! I exist!" For Man to form a mental picture is for him to create that which necessarily takes objective form. That which is thought-created must become manifest to the senses. The artist creates the model in his mind which the hand obeys. The statue exists before it is shadowed forth in stone.

In like manner each condition of joy or sorrow, of health or disease, exist in the mind of the individual as a thought-image before it can appear in the body. The artist grows mentally that which he creates in the material. Each thought has its conception, gestation and birth as an ideal. But rare-

ly do we intelligently and determinately build our ideals of life. We let them be builded for us by heredity, by race-conditions, and through the suggestions of the objective life. Statements of the senses and the reflections of experience are the chief sources of our ideals. Ideals should all come from within, expressing our desires and purposes. Consequently we, having no definite ideal, are constantly changing them. For this reason our life is a composite of many ideals, and the exact reflection of none. Because of this, it is unsatisfactory.

To be satisfied we must constantly live the wished-for ideal, the one built to our desires; the one that carries with it the purpose of our life. To this ideal we must cling with that persistency with which the artist clings to his. We must hold before us constantly not the picture of what we wish to be, but of that which we are; for that which we now are, is this mental picture. We are not body, but are that reality which is reflected as body. To cast a reflection the reality must exist. Life is the only reality. Life is to individual consciousness Thought —**I am that which I think I am.**

That I may be health I must think health, and thus create a wholesome body. To have health now, I must think health now. To think I **shall be** will never create present health. Present tense, indicative mood, is the only grammar of my Now Philosophy. **I am health.** Thus as artist carves present ideal into statue, we may create now wholesome conditions for ourselves.

As germ in seed, or bird in egg, all possibilities exist in the soul of man. But unlike seed and egg, he has consciousness, and may through choice decide how and when these possibilities shall have expression. This expression he determines by his thought. Creating mental pictures he becomes in expression, the picture he creates. If he thinks he must be controlled by

The power of higher life is the power of Higher Thought.

—Francis Ellingwood Abbot

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circumstance, he builds from that suggestion and is thus the slave of matter. If he builds from choice, he is a freeman, realizes his divinity, and becomes a Law unto himself. He is thus through self-conscious control the King of kings.

Since I build my statue or my house from material created by the Absolute, which material is the expression of divine ideas, in like manner I must build my ideals from divine ideas. I must give these ideals objective form, through the material in which the Infinite has previously embodied Itself. My power as an individual begins, and ends, in my power to build from infinite Ideas, my Ideals; begins and ends in Thought-creation. These ideals. Life take as moulds into which to shape Itself. As water shapes itself to the vessels so Life is necessitated to shape itself to human ideals. This is the one great, and the only important fact in human life. One which when understood will redeem the race from all slavery to matter, and to circumstance, and give him control of his destiny. **By his thought power in building ideals he controls the sub-conscious Reality. It does his bidding. The Conscious Man controls and directs the God-in-man.**

The Non-Me is subject to the Me, whenever the Me shall come to know its power and to intelligently use it. When we do this then we live consciously as "Sons of God," and find that "He hath given the Son dominion over all things." The lesson for us to learn is to think as artists and as freemen, and to create the model of that which we wish to be, and persistently to concentrate upon it as the artist concentrates upon his.

Our life as Human Beings is lived in our ideals. As animals we drift with heredity and follow race tendencies, and like bird and beast are under the control of conditions. Man as human puts the animal nature, from which he is emerging under his feet, and direct-

ing it himself as WILL, makes it his servant. As Man we use the body and physical environment as the expression of our ideal and thus obey Tennyson's admonition when he says, Hold thy scepter human soul and rule thy kingdom of the brute.

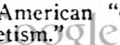
We being sons "of Adam who was the son of God" are not limited to the kingdom of matter, but inherit all the powers of Mind. I only need to give these powers intelligent direction and as Man I become the lord of creation! All creative power belongs to me. Where the Absolute ends creative work I am to begin and am to create a better world by my Thought.

This new century is the century of "the Coming Man," of man coming to his own, of man not only ruling the kingdom of the brute, but man directing the universal kingdom-of-God in its expression through, and for, himself. Each individual man is as independent in his orbit as suns and stars are in theirs.

This is our destiny and we are coming to it through our spiritual awakening and the realization of our divinity. Taught by the Law of Suggestion how to build more stately mansions for the soul we are becoming, through intelligent use of ourselves as imagination, whatever we desire to be and will to be.

"The one transcendent moment" of Lowell's verse become the ever-present and eternal NOW:

The thing we long for, that we are
For one transcendent moment,
E'er the present poor and bare,
Can make its sneering comment.
E'en through our paltry strife
Glows down the wished Ideal
And Longing moulds in clay, what Life
Carves in the marble Real.

Pictures are painted on all vehicles and the horse wears a variety of charms to ward off the "Evil eye."—*Arthur H. Warner, concerning Sicily in Geographic Magazine.* The above is recommended to those Christian Scientists who fear the American "evil eye"—"Malicious animal magnetism." 

The true incentive to a useful and happy labor must be pleasure in the work itself.

—William Morris

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The Emmanuel Movement has done good just as the popular interest in hypnotism and Christian Science has done good. They emphasize and make clear the value of mental therapeutics and spur the doctor and psychologist to a renewed study of its nature, limitations and practical application. It will also serve, perhaps, to recall the practicing physician from too cold a materialism; and to prevent a dehumanized scientist from taking the place of the doctor of the old school.

From an article in Popular Science Monthly by Doctor Howard Gage.

The time is coming when people will be educated to see that partisan politics should have nothing whatever to do in municipal elections. Under the spoils system, neither training, ability nor experience counts as fitness for office, and that is why scandals crop out. It would be about as logical to appoint men to places in office because they had long noses as to appoint them because they had served the politicians loyally.

S. G. KELLOG, President of Civil Service Commission.

Civil service reform means only less corruption in politics, and you will notice that those who protest against it usually have an ax to grind at the expense of the taxpayers. It is inconceivable that in our schools and institutions there should be any but the merit system. *RABBI MEYER, San Francisco.*

It is taught in all the fearless institutions of this country, that there is no sense in which God is more in heaven than he is on earth.

—*HAROLD BOLCE in Cosmopolitan Magazine.*

The great curse of America today is, we are living too much on our nerves. Hence the widespread growth of functional disorders of the nervous system—a growth so widespread that there is not a day passes but we hear of some man prominent in the professional or business world, driven to premature retirement because of nervous breakdown.

DR. McCOMB, of Emmanuel Movement.

Suggestion is an attempt to reach and control this sub-conscious activity.

DR. SAMUEL McCOMB, in Everybody's Magazine.

January NOW just received is worth to me more than the year's subscription. *G. McK.*

"NOW....None other like it."—Mrs. O. L., Minn.

"I am gradually growing out of Eddyism. It has been wondrous and terrible. I have constantly been pursued by the thoughts of my persecutors, the work still continues and I am warned by letters from prominent Christian Science teachers that they will never stop until I am six feet underground. I am kept in the torture chamber," etc., etc. And here is an extract from one of the letters written to the writer of the above:

"It is necessary to discipline those who use channels of error. But God is Good, All and over All. And the dear Cause is safe. God bless our dear leader for her unremitting love patience and goodness. I was startled to think you could be so deceived. It is nothing less than the same type of thought that led Swedenborg to say that he visited Heaven and Hell. I pray God that you may be delivered from it all and regain a clear understanding of His mind—Christian Science."

My Answer: This trouble is but your own Fears. You have been taught that all diseases are but belief. I carry out this Principle to affirm:—**ALL THIS PERSECUTION IS BUT YOUR BELIEF IN THIS OUTSIDE POWER TO HARM YOU.** Cast it away. **NO POWER BUT YOUR OWN THOUGHT CAN HARM YOU!** You create all these devils; you build this torture chamber for yourself. Your persecutors realize that it is only by Fear that they can thus torture. This becomes their fundamental dogma. While affirming "All is Good and God is over ALL" you have been taught that Evil is stronger than Good and live in fear of "malicious thought." "Love is the mighty Conqueror!" Fear the Great Tyrant. You have now to choose between them. I am with you for **FREEDOM.** Will you go with me? Then affirm: "Blessed am I when persecuted for great is my reward in the kingdom of Power, of Love, and of Truth!" By this **belief in the All Good** you will find peace of mind and health and happiness.



Appreciated

"Grandmother is so good to the baby."
"That's nice. I suppose she cares for it a great deal of the time?"
"No, you misunderstand; she lets it alone."

I, grateful, take the good I find;
The best of now and here.

—Whittier

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Vol. 7 MAY, 1910 No. 5

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Personal communications will reach the editor a few days sooner if mailed to the San Francisco office.

Notice that the editor will pass most of his time in San Francisco. His office is 589 Haight St. On one of the main streets. Easy of access from all parts of the city by transfers.

XXX Every subscription to NOW
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XXX and close with number 12.

To Correspondents:
Please put orders for books, subscriptions and requests for advice, each upon a separate slip. That will expedite office work.

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The Power of Truth to Save

A patient in Alaska writes me under date of March 10. He shows so clearly the power of thought couched in Affirmation that I quote from his letter:

"Last fall I went on a stampede of 1200 miles from Fairbanks on a boat, hoping to recuperate my lost fortune. While there your letter found me. It was like manna to my soul, so full of generous feeling and true sympathy. I made the thoughts in it my daily thought. And also while coming out over 'the cut-off' trail. I walked safely 642 miles and for days the thermometer was 50, 60 and 70 degrees below zero. Those beautiful Affirmations and thoughts were my daily food. I came through without a frost-bite, while others on the trail at the same time with me, had their fingers, faces and feet frozen. One poor fellow lost both feet. I am thankful for health and strength. And I find I am gaining daily, though slowly."

“Concentration, the Road to Success

A few weeks ago I was one of a big house party in the North. One night after dinner there was a stupendous row—people dancing and singing and playing about as they do in these big country house parties. Suddenly I noticed Mr. Andrew Carnegie sitting in the middle of it all, and quite unconscious of it all, buried up to his ears in all sorts of tremendous financial figures and problems.

"Why, Mr. Carnegie," I said, "how on earth can you manage that in all this frightful din?" He gave a start. "Why," he said, "do you know I never even knew there was any one in the room; I have been so busy with these figures?"

"Ah," I replied, "that is why you have succeeded in life as you have. I never realized it before; now I know."

—Lady Constance Richardson.

Friends passing a few days in this city may find rooms at this number—589 Haight Street.

What is "Man's Greatest Discovery?"
Read my book and see.



"What cure for morbid thoughts?" Affirm first—I can control my thought! I do control my thoughts! Fix this as a belief in your mind. Then choose what thoughts to think. Select some poem, some passage of scripture, some pleasant memory. Morbid thoughts cannot get in when you hold pleasant ones. Analyze your thoughts and you will see that these morbid thoughts arise from exaggerations of the personal I. It is, What I want. What I wish. What I do not have. What others have that I do not. And a thousand other forms of the selfish I. Turn to Principles! Think from them and you will always be happy. It is concentrating upon the "Personal I" that causes morbidity, meloncholia, suicide, and insanity. No one ever gets into these conditions who thinks "From principles capable of universal application." Put self out of mind. Enjoy all conditions. Love everybody and everything. Believe in the Omnipresence and I promise relief.

The January number of NOW has been handed me by a friend. I like it so very much that I wish to become a subscriber. So much stuff called "New Thought" it not well presented that your magazine is made to stand out in clear relief as an exponent of absolute Truth. To me there seems no admixture of error in this number. I like the way you have it printed—the short, concise, epigrammatic statements on every page. You seem to have the faculty for presenting the wheat grains without the chaff. I am so tired searching stacks of chaff to arrive at a few kernels of truth. I have seen your name mentioned in various journals and am glad to find you worthy of a closer touch.

—DR. A. M. C. B.

The freer and purer the inner man the wider is his sphere of vision and his sphere of action.—*Kabbala*.

Desire success so intensely that you attract it as the magnet attracts the steel.

—*Ella Wheeler Wilcox*.

New Thought Meeting every Sunday, 8 p. m. at B. & B. Hall, 408 Van Ness Ave., near McAllister St., opposite St. James Hotel.

Book Notices

(Under this heading I will acknowledge all books and pamphlets received. I will give them such notice as I have space and feel to give. This space is not for sale at any price. All books noticed may be ordered through this office.)

Spiritual Healing,

By Charles Edgar Prather, editor of *Power*, is the best book on the subject I have ever seen. The points wherein I differ from the author are so few that I unhesitatingly recommend it; first for its freedom from dogmatism; then freedom from fadism; and best of all its freedom from any personal desire to draw some new interpretation from the Bible and thus found a cult. Mr. Prather is free and scientific in his use in Scripture. Price in three forms of binding, 30c, 50c and \$1.25, postage 5 cents. Power Pub. Co., 730 17th Ave., Denver, Colo. May be ordered through this office.

"Power to him who power exerts."

Blessings on "the Man who dares."

If I cannot say what I believe to be true, then I won't speak.

—*Roosevelt to Authorities of University of Egypt*.

"I read in January NOW that Mental Science does not know disease and that names of disease, diagnosis and recognition, belong to the medical profession. In the enclosed circular mention is made that convalescents and patients can be received and treated by mental science. This seems to me inconsistent with the other statement." MRS. K. C. We do not recognize disease as the medical profession does, but we do recognize the fact that there are mental conditions and beliefs of others called disease and we treat them as such. And since people name these conditions we must recognize that they so name; while we never treat disease but do treat Life and Health.

Of all the positive demands I have made, there has never been one on which I have insisted more unflinchingly than that one concerning money matters. Some annoyances about other things would and did come, for the fortification of self was not guarded in every direction, but there has been no weakening about money. It was essential to my freedom that I should have it; there was nothing in all the world to prevent me from having it.—*Helen Wilmans*.

NOW—the cleanest, sanest and most helpful magazine of its kind.

—H. H. M., Navy Dept., Washington, D. C.

**The dependence of liberty shall be lovers;
The continuance of equality shall be comrades.**

—Walt Whitman

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