

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

—EMERSON.

NOW.

A JOURNAL OF AFFIRMATIONS.

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

'Twas only striking from the calendar
Dead yesterdays and unborn to-morrows.—OMAR KHAYYAM.

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SAN FRANCISCO, CAL., JUNE, 1900.

HENRY HARRISON BROWN
Editor and Proprietor
Office, 621 TURK STREET,
SAN FRANCISCO.

An Occult Hymn.

Mine are Life's sorrows and its joy!
I welcome anguish and all strife!
I claim the hours without alloy,
But prize the miseries of life.
They all are mine! Since I am all
I all must know would I be free!
Serving obediently their call,
I have achieved Life's Mastery.

As long as Pain could wound me, I
Did suffer pain. Blind Worry too
Was close companion at my side,
As long as I her ear did woo.
Lank Poverty, with her unrest
Followed my footsteps day by day;
Until I learned "What is, is best!"
Unmasked, they now sing on my way.

'Tis I that make, or mend, or mar!
I mold the moments as I breathe!
Lovingly doth Pain and Care,
Where once was cross, the roses wreath.
Thus I, Creator, Destiny,
Have changed the power in wand of Time!
All Good and Wise is Life to me.
From all its grapes I press sweet wine.

Henry Harrison Brown.

SAN FRANCISCO, May 24, 1900.

How Can I Master My Fate?

By Flora Paris Howard, 621 S. Broadway, Los Angeles.—This most important question arises in every one's life. How can I, as an individual, master my fate? The answer I would give is, study yourself. When you have found yourself, your latent powers, and use them for good, you will master your Fate.

STUDY these thoughts. PRACTICE them, IDENTIFY yourself with them as you would the food you eat, by letting them become one with you.

Keep them by you. Ponder them in your heart. Think of all of them you can wherever you are. If you cannot keep them all in mind. Say, I AM ALL OF THEM IN ONE AND NOW!

I increase in strength, power and wisdom.

Every true desire of my soul is a prayer. Sin, sickness and death have no place in my life.

I am conqueror over them all.

I do not live in the past nor the future.

I work in the eternal NOW—This hour, this day.

My life and my life's work is to study myself.

I have all power, and am all powerful. I am divinely beautiful; I am born of God.

I create only good in world. There is no rebellion in me; all is peace. My body is not me. It is mine. All of my thoughts are subject to me and must obey me.

I master all conditions in life by the power of my word.

My word is God, gone forth to do my bidding.

I have the very faith of God. I have all faith in myself and in my spoken word of Truth.

I have faith and trust in all humanity. I am one with all life's forces.

I am one with the soul of Infinite Life. I am one with the Infinite Power of Love.

I am one with the seen and the unseen forces of God.

Day by day I unfold my Godlike powers. Day by day is my true life being made manifest.

Day by day I increase in wisdom, love and power.

Day by day I build my character for good; to bring the Truth that makes me free.

Truth alone frees me; body, soul and spirit.

Thy will, O Truth, be done in me!

I make every day contribute to my eternal good.

I make every day contribute to the good of someone.

I am all this and more. Why? Because, I PRACTICE WHAT I PREACH, therefore,

I AM MASTER OF MY FATE.

I ask not far before to see,
But take with joy my road,
Life, Death, and Immortality,
Are in my thought of God.

F. L. Hosmer.

☛ SAMPLES ARE SENT TO ALL WHO APPLY.

I Am Fearless.

Fear and Faith are the opposites of life. One must be master. Each moment each individual is making choice of the one that shall carve his life into the next expression. One is the way to the kingdom of self-mastery; the other is the way to the degradation of the slave. We may be what we desire by right choice. We are the results of previous choice between these two. Fear is the only devil. Faith is the angel of Love. They are opposites, and they work opposite results in life's expression. Fear drives; Faith draws; Fear is obtrusive; Faith is modest; Fear is domineering; Faith is patient; Fear is master; Faith is companion. It is by choice of one of these that man builds his life. He chooses either consciously or unconsciously, and the results he calls good or evil. He is taken captive by Fear if he does not choose Faith. But Faith ever waits till he has learned to love and voluntarily choose her. She will not so much as by a single hair draw him against his will. But once he has given his trust to her she will be ever near and make the dreams of his Soul realities in expression. There is, therefore, a more important affirmation than this—I am Fearless. There is not one that will bring health, prosperity and happiness sooner. Affirm this self-confidence. Courage and Faith becomes your expression. Then all things will be added to you. I AM FEARLESS, I AM PEACE. These two joined are Life Eternal, here and now.

The spirit of co-operation seeks to secure the best possible conditions for all. It is the spirit of human brotherhood, equality and liberty. It is the ethics of Christianity as taught by its founders. Under universal co-operation the right of every human being to food, shelter and raiment would always be recognized, and the necessities and comforts of life would be distributed for use and not gain—Equity, Topeka, Kan.

WEAK AFFIRMATIONS WEAKEN US AND THOSE WHO HEAR US —FANNIE B. JAMES.

NOW.

Primary Lesson, No. 3.**EXPERIMENTS IN THOUGHT TRANSFERENCE.**

Before there can be any positive position in reasoning, there must be facts. In this new field of study, facts are to be first sought. Each person must collect data for himself. He can do so by the following experiments: Find some one ready to experiment; a lady and oftentimes a gentleman; but usually I find a careless, good-natured boy is the easiest to train. But keep trying until one is found.

Blindfold the subject, do not touch him. This removes from the experiment the theory of muscle reading. Select some object and mentally order him to touch it. Concentrate your mind on it. Here lies the success of the experiment. If your mind wavers you will confuse him. I find the best success in beginning by experimenting to take something on which the boy readily concentrates; for instance his knife. As you, in silence, tell him to go, he will feel an impulse to pitch forward. If he moves he will be drawn to the hidden thing. He mechanically does this and lays his hand on it. From this, as a starter, the experiments may proceed to any length. It only requires patience to demonstrate that thought is the greatest power man can use. That Thought connects minds as the wire connects two batteries.

Follow up this first success with this experiment: Tell the subject that as you pass among the persons in the room whatever they do to you he will feel. He is still blindfolded. If you fear he will tell by hearing, cover his ears. Soon he will feel the prick or the pinch, etc., that is done to you. If your subject is intelligent enough you may try this: Hold with all your concentration a simple statement, like "Fire will burn;" or "I am happy," and tell him to note his feelings. In a little time he will feel as you shall think.

This was tried in my presence. The subject said, "I feel so cheerful, I also feel generous. I want to share with you what I have." "My thought," said the operator was, "The Lord Loves a cheerful giver." I recently tried this in a company of ten, and nine of them felt the emotion.

This experiment may be tried: Seat the subject at one table and yourself at another, back to back and any distance apart. Tell him you are to draw geometrical figures and he must draw them. He will, if you concentrate, by keeping the pencil drawing till he says "Done." He must draw the first that comes into his "mind's eye." You may then take the nine digits; then pictures. Soon these pictures will be transmitted easily. I was, not long ago, in a company of those who meet to experiment and the subject was trying to get the thought of a lady. He said: "I do not get en rapport with you. But I get a picture from some one." Having described the picture, a gentleman said: "Come to my office and I will show you that picture. I felt I could send a stronger thought and I sent that picture."

Several ladies of my acquaintance met twice a week for experiment. They tell me of this: They took turns in being leader. Mrs. P. was leader this time. "I held the thought," She said: "They all caught the sensation of devotion and faith, but Mrs. W. burst out in song, 'Thou Christ, art all I want', which were the words I held." To thus get words is rare and memory may account for the words here.

Success depends on the ability of the subject to keep from intending his mind and in thinking as little as possible, and in the power of concentration on part of the operator. But since each may easily learn there is no reason why all, if they will persevere, may not thus come to its wonderful knowledge that *Thought is force*

(Written for NOW.)

Divine Love is my Supply.

BY ANNA MCGOWAN

(Author of "Wrinkles," "Supply," etc.,
Los Angeles, Cal)

How? The substance of all the real wealth, opulence and power in this world is Divine Love. Without it there could be no permanent supply. Man may amass wealth through sharp business practices, but unless tempered with Divine Love he is poorer than a beggar. His life is made miserable lest he lose it, and sooner or later it will go as it came, by sharp transactions.

To make Divine Love my supply I must draw from the great reservoir of abundant supply by the same power which creates that abundance. That power is Love. By generating love in my own life I form a connecting link and a channel between myself and universal wealth, through which abundance of all things good shall flow to me, and there shall be no fear of losing it, for it is mine by Divine right and no one can take it from me.

How will I generate this love? By holding loving thoughts of everything and everybody, "thy neighbor as thyself" and more. I must love all my disagreeable surroundings and limited circumstances; all my burdens and crosses. Until I love them more than I desire wealth, wealth will flee from me. A good plan to generate love is to have this motto ever in your mind—*I love you!*

When you meet one who is unpleasant, say mentally, "I love you!" To every hateful task that comes as duty, say, "I love you!"

If your surroundings are unpleasant and the grind of poverty is upon you, say, "I love you!" looking it squarely

in the face. Later on you will see that you had reason to love them all.

This practice persevered in will surely bring results. It is the law. But do not be disappointed if results do not come at once. The law is not to blame because you have clogged the channel with envy, spite, revenge and greed.

When shall I generate this Divine Love? After I have gotten even with neighbor Jones who makes his opportunity to pasture his cows in my corn, or to turn his chickens into my garden? After I have settled with Deacon Brown for cheating me in horsetrade? After I have paid my compliments to Mrs. Brown for scornfully passing me unnoticed? Or after I have effectually "sat down" on Sister So-and-so for criticising my last book? Nay, verily, if I wait to do all this I will have the channel between myself and my supply so clogged that I may never make the connection. I will begin NOW.

Hypnotism and Suggestive Therapeutics, are the coming means of relief from pain and the next step medical men will take, nay are taking, therefore they offer to every student a wide and useful and profitable field of labor. See advertisement. I will form classes at any time and will guarantee that each pupil shall understand the principles and know how to apply them if he or she comes with an ordinary capacity for receiving instruction.

MENA, ARK., May 14, 1900.

TO WHOM IT MAY CONCERN:—In April '98, I saw the advertisement of Henry Harrison Brown as a Psychometrist and wrote to him about 18 lines of a common letter. I received a prompt reply. I have had many readings from both gentlemen and ladies prominent in psychic circles, but for accurate and extended reading with the sensing of prophecies years ahead he has pre-eminence. This I send voluntarily as an act of justice.

MRS. V. E. PAULK,
Mental Science Healer and Teacher.

"Praise God from whom all blessings flow," but remember, the kingdom of God is within you and therefore all blessings flow outward.

PSYCHOMETRIC READING FOR ADVICE AT "NOW" OFFICE EVERY DAY, FROM 1 TO 4 P. M. TERMS \$1.00.

THE INFINITE ALWAYS IS SILENT.—JOHN BOYLE O'RILEY.

Give to Him That Asketh of Thee.

Ay, give! To whomsoe'er shall ask thy love,
Give! On the plane they seek, their hunger
feed!

Remember thou hast suffered in thy need!
Give and no question ask, but rise above
All thought of Self, in this thy worth to prove
Or vice to shun. As brother give! Content
To know thy happiness, itself hath lent,
To one whose brow hath known the bloody
bead.

Give of thy Life, thy Thought, thy Love, thy
All!

From him hath not, turn not thou away!
The ONE hath given thee Itself! Then call
Thy brethren and thy kindred in, nor stay
Thy hand! To save is loss! thus giving, live!
The gift of gifts is Love. To have it,—Give.

Henry Harrison Brown

The Higher Wisdom.

BY H. W. DRESSER.

[Readers of NOW will enjoy this from the author of those most valuable works: "The Power of Silence"; "The Perfect Whole"; "Voices of Hope"; "In Search of a Soul," and that very helpful book for all who would learn to *Live Truth*; "Living by the Spirit." In response to my request for a word for NOW, Mr. Dresser, in a brotherly letter, sends this, saying: "It expresses my message, so I take it out of my store of 'Higher Law' material and send it to you. May the peace of the Spirit be with you in your labors, that you may lead your readers on from affirmation to realization."]

The Higher Wisdom is a spontaneous revelation or unfolding, in the silent precincts of the human mind. It is not necessary to rush about speculating and investigating. It is not necessary to read all that is written, or hear all that is said. Much may be learned in this way, and a certain familiarity with it is essential. But it is not the highest. To receive the highest one must dedicate one's life to it. Set apart a large proportion of time to meditation and to silence. Life must be simplified. While the mind is full of social and intellectual activities it is simply impossible for the Spirit to enter. And so those who attend lecture after lecture, and read book after book, always asking what they shall do next to be spiritual, must begin by eliminating this over-strenuous activity. If you really are in earnest do not make so many engagements, do not allow yourself to be hurried, give up three-fourths of your activities and dedicate the rest to the Spirit.

Psychometry.

Psychometry is soul-reading. The psychometrist comes *en rapport* with the spirit of his sitter through the laws of vibrations, and the "Book of Life" is opened to him.

It is better than Phrenology in delineating character, for it deals with cause, whereas Phrenology deals with effects.

The psychometrist can thus advise those who need, and give consolation, strength and hope. For only one who understands Spiritual conditions can rightly advise, or properly help another. He is the only person who knows himself.

As one would go to doctor, minister or friend come to him. Come in sincerity, receive; weigh and use, as commonsense directs, what is received.

A Psychometric Reading includes a delineation of character, of condition and environment, mental and physical; diagnosis of disease; advice in business; advice as to choice of profession and the adaptability of the person to any line of business or profession; the result of natural tendencies, with advice as to how best to guide or restrain them so that the soul development may be harmonious and life happy. Answers given from the Soul side to whatever questions it may be proper thus to answer.

These readings may be made from letters, photographs, relics, a written name, a letter, or any article, or directly through thought connection. Any method that will suffice to connect the mind of the reader with the person or thing to be read.

All who honestly desire to investigate the New Philosophy, that declares Thought to be a mode of motion, will find Psychometry to be the Open Door to Life itself.

There are many excellent Psychometrists before the public, and that they may fast increase is the prayer of all who understand the need of Humanity for that knowledge which is Self-Protection to the millions of sensitives who now, without it, are going into all the various nervous diseases and to insanity. The race must understand the psychic laws and obey them, or pay a severe penalty.

To know and *live* with the laws of SOUL is peace and all prosperity. It is the province of Psychometry to re-

veal and demonstrate these laws in life. It reveals to consciousness the real world of the SOUL. It is the inherent gift of God to each soul. Let him "who seeks, find" here as everywhere, the power that helps him to be his own Destiny.

A Medical Prescription.

An Ohio letter reads thus: "I am an M.D., 60 years old. Am tired of the old thoughts and old ways. Have a poor memory, weak digestion, and am tired most of the time. What shall I do?" Answer: Hitherto Faith has been the stay of your patients. Have the same faith in Mind that they had in you, your pills and powders, and you will get young again. Subscribe for NOW and take its affirmations with this faith until they demonstrate themselves in you. Take this dose every day on retiring and on rising, with portions of it during the day, for one month. Then read seven times, slowly and thoughtfully "Idols Dethroned." Follow this with daily doses from Mrs Cady's Lessons," alternating with Dresser's "Living By The Spirit," for three months longer. At this time you may choose your food,—but do not take too much. Too many get cloyed in Mental Science by too much and too stimulating food. Try Wilmans, Trine, Newcomb, in small doses, but well titrated. But while under this treatment, *Let your body alone! Keep mind off it!* Let it be taken care of by the Soul (the Ego). Let the old thoughts of which you are tired slip off like the cast off the snake and put on the new garment of *Faith in Self*. Follow this, and you will ultimately travel back to maturity. All these useless signs of the thought of age will pass away, and the freshness of youth take its place. Try it and report in one year for another prescription. This costs you only 5 cents, the price of NOW, but it is worth Millions if you follow it.

This is to certify

That Henry Harrison Brown cured me of rheumatism of months standing by three treatments, after the doctors had failed to help me. This was 18 months ago and I have had no return of it since. MRS. S. M. BEAM, San Diego, Cal., May 14, 1900.

Psychometric Meetings.

Every Monday at 8 P. M., there will be at NOW office a short lecture by the Editor, upon Psychometry, followed by public readings. Admission 10 cents.

FIRST 3 NOS. OF "NOW" SENT FOR 10 cts.

FINALITIES ARE AN IMPERTINENCE IN A GROWING AGE.—J. W. CHADWICK.

NOW.

OFFICE OF NOW,
521 TURK STREET SAN FRANCISCO, CAL.

JUNE, 1900.

NOW.

HENRY HARRISON BROWN, EDITOR.

SUBSCRIPTION RATES - - - 50 CTS. PER YEAR
5 cts. per number, post paid.

A monthly Journal of Positive Affirmations.
Devoted to the Science and Art of Soul Culture.
It is the utterance only of the editor. All thought not
credited to others is his.
Its basic Affirmation is:—Man is Spirit and can mani-
fest as spirit here and now.

Address all communications to 521 Turk Street. Make
all Money Orders payable at Station "B", San Francisco.
Send money in bills, P. O. Orders, or in silver. Post-
age stamps (1c. and 2c. only), for parts of the dollar,
when easier for sender.

My Supply.

He who dares assert the I
May calmly wait,
While hurrying Fate
Meets his demand with sure supply.
Helen Wilmans.

This is a supply number. Health means Harmony. There is no harmony in want, be it want of health, happiness or of means, wherewithal to care for the body or of enjoyment. Health means in "Soul Culture" and in all true Mental Science, Health of body, mind, and estate. Harmony with spiritual law means health, happiness and prosperity.

Poverty is the main cause of the unrest, the dis-ease, that afflicts mankind. Remove poverty, by the right means, (and that is by a change of mental attitude) and all attendant evils will disappear. Therefore, it is the legitimate field of the Metaphysical teacher, of every school, to help his pupils to rise from poverty to opulence.

There is enough in the Universal One, from which all *things* materialize, for each one to have all desires met without robbing anyone.

Infinite Supply is all about us. Where is the fault? In ourselves. We have not known how to claim our own. The law is simple and is laid down by the greatest political economist, and scientist, as well as the greatest sociologist and socialist that the world has in its historic records. He was not a theologian, neither did he deal with questions of a future life; but did deal most practically with questions of the "life that now is." His name is Jesus. He gave the law thus: "Seek

first the Kingdom of God and his righteousness and all things shall be added unto you."

Let the law be analyzed. "Kingdom of God?" "It is within you," he said. "God is Spirit," he again said. The kingdom of God then is the SOUL, the Ego. "Know thyself as spirit," is the law. Live rightly; live in accord with the Spirit; obey spiritual law; then all things shall be yours. "Things," are manifestations of the one Spirit.

Plain directions: live spiritually, love the Good; then all things that are materialized from spirit shall be yours at desire.

"First," yes! Not things first, but the condition of mind. Love the Good! in faith trust the All Good! then Desire! then Let it Come! This is All! But it is God. Few there be that enter in at this straight gate because they love money or power or ostentation, etc., first. They love "Things," first. Reverse the process. You are the Master; for you are One with God, are recognizing the king in his regal authority in His right place. "Now God do your work," one can say when he has taken this attitude of expectancy, born in Desire and Trust. And God *will* do His work. It will be an impotent god, that does not when these conditions are made.

Poverty is much a mental condition as is consumption or a cold, and can be cured by the same means, i. e., Affirm your possession of All, as part of the One. Repeat this affirmation, no matter what the appearances are; no matter if hungry and houseless, affirm that God is your supply and that you possess all, as indivisible part of Him. Know that your poverty is the legitimate result of the beneficent law of Cause and Effect. You have sown poverty-seeds in thought, and reap the crop. Now, sow amid the results of previous sowing that you do not enjoy, the seeds of plenty, and as poverty came from the first sowing, so will plenty come from the present. Sow! no matter how black the sky or how damp the soil. The seeds have God within them and cannot fail.

"I am supplied with all I want from the Infinite Substance." Let this be the affirmation until you *realize* that *all is yours*, for God is in you and you in Him. You have thus re-polarized yourself and will draw plenty, as the magnet draws the needle. Try it.

But keep on affirming till the Supply comes. It will come.

Soul Culture.

This term was first used by me in a series of articles in a little paper in 1888. I was the first person to apply it to a system of practical philosophy. I began to lecture and give lessons in Soul Culture in 1893, in Topeka. Since then others have taken up the word and are teaching under it. I wish no monopoly of the word nor the Truth. I am glad to see it becoming common, as I used it with the thought and the hope that in it there might be a union in practical work of all metaphysical schools. In the physical, the intellectual, the esthetic field, Culture stands for no person's particular idea, but for the general thought of unfoldment, so may this word stand in the spiritual field for all means that are intended to develop soul power. This unity must come. It is the plan of the universe. Truth is one, and all these various schools must unite in a practical work of redemption. Till then NOW will work with all and oppose none. All are good.

"Human Nature"

For June has this joke on NOW. "Our friend Brown, of NOW is of the same piece, [with Shelton, Struble, etc.] He says: 'God and I are one. God and I cannot be separated.' Well Brother Haddock, since God is ALL, is the infinite and everlasting Substance that fills all space and since He (or IT) is everywhere, I must believe, until you show me how I can be out of the everywhere, that I am somewhere and that where I am God is. Since two cannot occupy the same place at the same time, I must conclude that God and I are ONE and are only different names for the same thing. God is the subjective and 'I' am the objective manifestation of the ONE Substance. Subjectively I am God; objectively I am Henry Harrison Brown. Make the conception of God big enough to include yourself and you will have no trouble. Most people make too small a God to include themselves. The God of NOW is ALL.

\$1,000 for 5 cts.

This is the proportionate value of this "Supply" number of NOW. It teaches the Law of Opulence and from obedience to it all may be freed from the fetters of Poverty. You cannot afford to miss it and each number will be equally valuable. Only 50 cts. per year.

ARE YOU A SUBSCRIBER TO "NOW"?
IF NOT, WHY NOT?

REWARDS AND PUNISHMENTS ARE THE REACTIONS OF OUR OWN ACTIONS.—THE VENDANTA.

"Organize for Freedom."

This is the shiboleth Helen Wilmans utters for the Mental Science Temples. This is setting the step for the 20th century progress. All other organizations have been, whether so designed or not, organized for authority, and have become tyranny. That there is individuality enough among the real Mental Scientists to keep it free from any close corporation that claims a monopoly of truth, is not for one moment to be doubted. The old workers will train into Freedom, those inclined to lean, until these Temples shall be bodies of men and women who have demonstrated that liberty is law and Law is LOVE. The San Francisco Temple has started out with excellent material. Is already doing most excellent work. Let all who love mental freedom send it each day at noon, its hour for concentration, thoughts of wisdom and prosperity. It meets every Sunday at 11 A. M., in Golden Gate Hall, 625 Sutter street. Address, MRS. A. K. LAIDLAW, 1000 Golden Gate Ave., for information or a Declaration of Principles.

A Graduate of Harvard

Now in the publishing business in Boston, writes of the April NOW:—"NOW came to-day, and really is quite exhilarating in its effect. The paper on the whole is better than . . . The editor is refined and has a knowledge of literature that enables him to quote from the highest writings."

PRATT, KANSAS.

I heard you speak the words,—“Now relax and Peace and Relief are yours”—three days before your letter came. In it you said, “Now I speak for you relaxation, peace and relief.” Have been better ever since.

Mrs. L. K.

Dr. G. L. B. of La Crosse, Kan., says:—"I wish NOW godspeed. As for yourself, we are all one and cannot wish each other anything." O, if all the world could realize this; then, George, altruism would usher in the millennium. It IS here when WE feel it.

C. A. Wallace of Denver, writes:—In NOW I recognize the able hand that wrote the beautiful pearly expressions in the NEW MAN for which I am so thankful. Don't you know, for the last five years I have been wishing that you would publish a paper of your own. Everything comes to those who wait!

GROVE CITY, PENN.

From Penn. Frank writes: "I have nothing but gratitude and love for you for what your letters have done for me in the past and I know a letter from you will straighten me out again. The poem "Peace" I have committed to memory and it serves me well."

I take so many Science papers that I felt that I must call a halt, but your "Journal of Affirmations" captured me once more. The April number is so good and right to the point in every word, that I wish a few copies for distribution. MRS. OLIVE C. H.,
Manistee, Mich.

HOLD FAST TO THE PRESENT; IT REPRESENTS THE WHOLE OF ETERNITY.—GOETHE.

Mrs. M. A. Reed, who has successfully taught her classes in The Science of Being, from Cape Cod to Golden Gate, writes from Spokane, Wash.: "NOW is full of pearls of Truth. The affirmations are fine and to the point. The whole paper is a lesson. SUCCESS is stamped upon its every page. The bells are ringing; the flags are flying; NOW has come to stay." "Yes, the world needs the NOW Affirmations, therefore, it has come to stay. God's errands never fail."

Your lovely little NOW is at hand and found a way to my heart at once. It is the paper of all others and I read a great many metaphysical papers. Yours is all building and not a word of destructiveness in it. JENNIE E. W.,
Pawtucket, R. I.

Royal S. Kellogg, once a teacher in the Kansas State Agricultural College writes: The paper is You and I like its strong individuality. It is good for the blues. It is refreshing to get hold of a publication that is capable of recognizing Truth under more than one aspect and whose mission is to reconcile rather than disrupt. The world is too full of selfish builders and I am glad you have taken this stand for Freedom to do. The marginal quotations, are particularly good and appropriate. I am glad you have such good typographical work and such an excellent paper."

A young Methodist minister writes from Ohio: "NOW came yesterday and it was the most refreshing baptism I have had for months. I do not know the secret of your optimism or of the inspiration which I received and do receive still when I come in contact with your words. Yet I am sure that it is there, for the words carry the suggestion of peace and tranquility. Such is the effect of your NOW as I read it. I must have some copies of that poem "Peace. I have brightened many lives with that which I had."

It is a wonderful thing to be alive, to accept from the hand of the Infinite all the unlocked treasures of the universe, to be a recipient of all the garnered harvests of all the preceding ages, to comprehend how thought does energize and shape the physical world. Address of J. A. Plummer before the Stockton A. O. U. W. memorial services.

All that Nature made thine own,
Floating in air or pent in stone,
Will rive the hills, will swim the sea,
And like thy shadow, follow thee.

Emerson.

Free Meetings

Are held at The Soul Culture Institute every Sunday and Thursday evening at 8 o'clock. To these meetings the public are welcome. Each Sunday there will be an address by Henry Harrison Brown. Remember:—Sunday and Thursday evenings at 521 Turk street.

The NOW Course of Lessons in Psychometry.

The reader's attention is called to this course as advertised on last page. Psychometry is taught both as an art and as a science. The necessity of sensitives understanding themselves is more and more evidenced each day by the increase of the nervous diseases and insanity and unhappiness that comes from that condition. A course in this line will be of untold benefit in this particular alone. It will enable the student to protect himself from all unpleasant vibrations and to come en rapport with any he may choose. There is not before the American people another course like it or that will give for the money so much valuable information. Those who take the \$10 course have the benefit of experiments that will convince them of their power in this line and from it they will reap benefits in health, happiness, usefulness and prosperity. The lessons are all new and prepared for those who need elementary instruction. Each reader of NOW may for the next 8 weeks have an extra subscription to NOW with each \$5 sent. Thus help your friends to the Light while helping yourself.

"The World's Advanced Thought",

Lucy A. Mallory, editor, Portland, Ore., says of NOW: "Henry Harrison Brown, whose writings on occult themes have made his name familiar all over the world, has commenced the publication of a monthly journal entitled NOW, which will be of great value to everyone who is interested in SOUL-CULTURE, Self-Control and Spiritual Unfoldment." True, Lucy. I knew that one who would journey fifty miles on Saturday to hear me preach a Unitarian sermon on Sunday, would feel that NOW was in its place when side by side with the paper she has sacrificed for these many years. Now, John Anderson and his Jo, we will go hand in hand, but not "down the hill," but up, to SELF-MASTERY and ALL it implies.

It is a curious effect of looking through the telescope to make one feel warm in a cold night; that is to forget the body wholly. The soul seems to assert its supremacy and to walk among the stars.
—Longfellow's Diary.

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God has provided in abundance, air for all who breathe. There is no need for any one to struggle for it. It is unnecessary to hoard it; it is impossible "to get up a corner" on it. A sufficiency is all that is desired. All, too, may share equally in the sunshine; people do not have to fight for it. Under the great spiritual law of co-operation will come, with equal ease, all the other necessities of life—without struggle, without greedy or avaricious thoughts, and without injustice. People will be surprised to find that under this law so little effort, on the material plane, will produce results so great. There will be spiritual opulence and intellectual wealth, but economy of bodily wants, for the greater the spiritual growth the simpler the physical wants and the fewer the material desires.

Let us, therefore, not debase the spiritual ideal by arousing the selfish nature in men, under the claim that the development of spiritual forces will give the power to "make money" and to "get rich". This is unworthy of occult teachers, and debasing to the spiritual nature. Let us rather teach men to seek growth through the unfolding of inner powers, which will bring the "new heaven," and then to live in harmony with the divine law of co-operation, which will alone bring the "new earth."

Charles Emmett Barnes in June "Mind".

"Unity,"

(Kansas City, Mo., an old and tried Mental Science journal) says: "A journal of affirmations, called NOW, is on our exchange table. It is filled with the spirit of health, strength, peace, prosperity—good all the way through its eight pages, and vindicates its name and purpose."

"Self,"

(Mrs. Norris' paper, Oakland, Cal.)—Is in the June issue fully up to the standard set in the first number. It has this good word for NOW. "If you want to know how to live now, write to Henry Harrison Brown, editor of NOW. There is no philosophy for NOW but this: 'I am one with the Father.'"

"Christian,"

Has the largest circulation among all the Mental Science papers and is the strongest. It is good, therefore, to have its individualized editor, whose opinion nothing can buy, say as he does in the June number of NOW. "NOW, Henry Harrison Brown's new monthly, is driving right along toward success. It is neatly printed, makes good, clean reading and is up to date." "Thanks, Thomas J.—I am! How pleasant it is to dwell in unity!"

A Mental Science Cure.

(A little boy to his sister who had fallen and hurt herself)—"Don't cry sissie, dear! Don't cry! Say—Dam."

Book Table.

NOW wishes it had ten pages this month to say all it would of the good things that are on its table. It can only name a few and say a word:

"Wrinkles,"

Their cause and cure. By Anna McGowan, author of "Supply," Los Angeles, Cal. Price 50 cents. Address author.

Read Mrs. McGowan's article in this and see how she can handle this subject. It is beyond price to all who would keep perpetual youth.

"The Sphynx."

An Astrological Monthly, \$3.00 per year. Boston, Mass. This is a most astonishing revelation of the growth of this science. It has sixty-two pages this month well filled with interesting matter.

"Advance Science Journal."

Harry Gaze, Oakland, Cal., \$1.00 per year. It is the latest of the new journals to reach the table. It is devoted to "The advancement of physical immortality."

"Lessons in Truth."

By H. Emilie Cady, Unity Tract Society, Kansas City, Mo. Price 75 cents. These are the best course of Lessons NOW has ever read, and it recommends them. They are free from dogmatism, and do not offend the rationalist by using Bible as authority. They are full of good sense with a common sense view of Scripture.

"Living by the Spirit."

By Horatio W. Dresser, G. W. Putman's Sons, New York City. Price 75 cents. This is the best book NOW has found for the beginner. It is from a cultivated man. His style is more Emersonian than any other writer in Mental Science. It has no theological basis and is free from all verbosity. It can be understood by the average reader and yet it will serve as a text book for a life time. Such is the simplicity and yet the profundity of Truth.

"Wrinkles,"

By Anna McGowan, Los Angeles, Cal., (50 cts.) is one of the most practical of books. To look at the photograph of the author at fifty-seven years of age and mistake her for a woman of thirty is warrant enough that she has something of importance to tell concerning the carrying of youth in spite of years. Obtained of the author.

"The New Name."

Seven Lessons in the Science of Being. By Dr. George W. Carey, San Francisco, Cal. Author of "The Biochemic System of Healing, &c." Price 50 cents. Sold by the author. (See a lv.) The difference between this system and Mental Science is not at first apparent. NOW can only differ with the author in his conception of matter and spirit being eternally distinct. These quotations are good enough for NOW: "There is no Mental Science, or *Mind Known*, apart from Spirit or Infinite Intelligence. Mind is Being, and Being is Mind. So there can be but one science or real knowing. When we realize eternal oneness and perfection there is nothing more to overcome, for Truth is eternal. Man is God in expression. A belief in Evil is the cause of all unhappiness. We do not tire at play. It is thoughts—the operation of mind on body—worry, fear, and anxious thoughts for the morrow, that tire." The peculiar theory of Dr. Cary's does not appear till the last lesson. It is this: "We shall direct from the air produce, as Nature now does, all the food and material we need. Wool, cotton, flax, silks, etc are all produced from the elements through the slow, laborious and costly process of animal and vegetable growth. Why not produce it direct?" But get the book and study it.

"The Fat of the Land and How to Live on It."

A practical cook and text book for general use. By Ellen Goodell Smith. For sale by author, Pansy Park, Dwight, Mass. Price not given, but probably \$1.00 and it is worth a library. It teaches how to live without taking life and sets a tempting bill of fare made from grains, fruits, nuts, vegetables and milk. With chapters on nut and vegetable oils and how to use them in cooking; and how to feed infants, and much more of interest on the food problem. The author is a practicing M. D. and her book is the most valuable, in this line, NOW has ever seen. While NOW is not vegetarian, it is simply because it has not yet been tempted to lay aside all animal food for something better. Still it is, no doubt, the way of evolution and in time man will outgrow all desire for anything but the simplest foods and will entirely eschew meats. Could the tables be set with such meals as this book recommends, it would soon see the beauty, utility and glory of a simple diet.

Build to-day the strong and sure,
With a firm and ample base,
And ascending and secure,
Will to-morrow find its place.

Longfellow.

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