



10

# NOW

A Journal of Affirmation

Thought

Suggestion

Mental Science

Psychology

OCTOBER 1924

15 ¢ Per Copy

\$1.50 Per Year

OCT 20 1924  
GIFT

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

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

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

SAM E. FOULDS,  
Editor.

## List of Writers

HENRY HARRISON BROWN  
HENRY VICTOR MORGAN  
DR. WM. F. KELLEY  
EUGENE DEL MAR  
SAM. E. FOULDS  
JESSE M. EMERSON  
JESSIE WILDER

Published by  
SAM E. FOULDS,

589 Haight St.

San Francisco, Calif.

**NOW**  
**A Journal of Affirmation**

---

Vol. XX.                      OCTOBER    1924.                      No. 10.

---

A Monthly Journal of Positive Affirmation. Devoted to Mental Science and The Art of Living.

---

Its basic Affirmation is:-  
Man is spirit here and now, with all the possibilities of Divinity within him and he can consciously manifest those possibilities HERE and NOW.

---

**CONTENTS**

Demonstrable Psychology  
Arranged from the mms. of H.H.B.

The Law of Mental Medicine  
Dr, Wm. F. Kelley

Mental Healing and Evolution  
Eugene Del Mar

The Opening of the Inner Vision  
Henry Victor Morgan

Ideals  
Jesse M. Emerson

Poems etc.                      .

---

Subscription Rates (anywhere) \$1.50 per year. Single copies, 15 cents.

---

A cross in this		_____		means that your
subscription				has expired.
Please renew				promptly, or
send card of		_____		discontinuance.

---

# NOW

## A Journal of Affirmation

---

Entered at Second Class Rates at San Francisco, Cal. P.O. Jan. 14, 1915.

---

Vol. XX.

OCTOBER 1924.

No. 10.

---

### JUST WHERE YOU ARE

Though other paths may seem more fair,  
And sunshine gleam afar,  
God bids you tread the common pathway,-  
there  
Just where you are.

You miss the hidden chances all around  
In gazing out afar,  
By serving God each day your place is found  
Just where you are.

Though you may long for power to live  
and do,  
To be a guiding star,  
God has a better work laid out for you  
Just where you are.

Jessie Wilder.

--+=--

Hold the thought and work and plan to a definite end, that's the kind of psychology that always wins out- in the Bible the same thing is called "watch and pray."

DEMONSTRABLE PSYCHOLOGY  
(Arranged from the mss. of H.H.B.)

Lesson 24.

THE IDEAL

The thing we long for, that we are,  
For one transcendent moment,  
Ere yet the present poor and bare,  
Can make its sneering comment.  
E'en through our paltry stir and strife  
Glow down the wished ideal,  
And longing moulds in clay, what life  
Carves in the marble real.— LOWELL.

**P**AUL tells us that "Faith is the evidence of things hoped for and the substance of things unseen." Is not this the Ideal? You wish for, hope for, and desire health, happiness and prosperity. These are the Ideal. They are "things unseen." They are the Soul demands. They are Nature's promises. They are your inheritance as a Child of the Infinite. You have not learned the Art of Living till they are yours permanently. Till then, you are an artisan working under compulsion and not under love as every artist works. Till these are yours, you have not your position as a "Human Being," nor your place as a "Child of God." It is the purpose of these Lessons to develop the FAITH that will enable you to take what you desire from the One Substance in which all is. The Ideal is the real in the Soul; in the Immortal life. That which we term the real, is but a shadow temporarily cast called the objective life. It is for us to claim that Ideal as the only REAL, and to *Live* it now, the REAL WORLD is the world of Thought and Love. It is the world of Emotions and Ideas. This is the only world in which we live, or can live. Thought and Love form the Eternal World; they are the

only manifestations of the Everlasting Life. That life we live now, just as we shall live it forever. No one during all eternity can get away from his thoughts and his loves. They make his world, they make his *everlasting* world. In this thought you will perceive the wisdom of these Lessons, they teach you how to build your eternal habitaton, "not built with hands" but with thoughts.

That habitation is the Ideal. The Ideal is of your creation; is your home. You may build it as you choose, but once built, you must live in it. "We build our ideals, and they in turn make us," says Prof. Le Conte. Thought is creative and creates in and by the Ideal. External conditions shape themselves to the Ideal.

All human power ceters in the power to choose what thoughts to use in creating an Ideal. If we put it into Principles, as laid down in these Lessons, that objective life will result in heaven. If we put details, personalities, selfish longings, and ill will, into that ideal the result is for us a hell. We live in the results of our thoughts, in the realization of our Ideal.

As sure as the sculptor carves what he has previously wrought in clay, so do you carve in the objective life that which you have made in thought and love from the plastic substance of the Soul. Personally responsible are you, for the happiness, or the sorrow of your life, because, you have the choice of your thoughts.

### **WITHOUT LIMITATION!**

The important thought with which to lay the foundation of your Ideal is this faith in the Infinity of your Power as an Unfolding Soul. Never use an IF when you think of any desired manifestation. All things come to the Faithful Soul, to the one that trusts itself in consciousness of

its own Infinity. Affirm— All Good is possible to me. Then act in that thought.

Fear, doubt, hesitancy, impatience, all find no place where FAITH IN SELF reigns. Enthroned this FAITH as the foundation of your Ideal.

## DEMONSTRATION

You are to demonstrate every Affirmation. When you LIVE as you wish, you then demonstrate truth. Till then you do not make truth your own. To live Truth, first think it, affirm it, and repeat the Affirmation till you feel its truth, then keep on affirming till you forget everything, but that you FEEL what you affirm, and have in the realization, forgot to affirm. But to BE what you desire, first affirm that you *are* and keep at this Affirmation till you have created a channel in your nervous system, for the truth you affirm to flow.

## REALIZATION

When you have thus demonstrated you forget in the consciousness of Being, all you desire, and simply enjoy that condition which you have created. You have become that which you affirmed and have entered into and now inhabit the mansion you have builded, by your choice of thoughts. This is Realization. It is Heaven. It is that state where all thought of Self is lost in the sense of completeness. I AM ONE WITH GOD, would be the words, could one have a desire to express in language, the feeling, for Heaven is not thought, it is Feeling, it is Love. We reach Heaven by roads Thought builded, but once there, we do not think, we feel; we enjoy that one and build a completer one by thinking more divinely. "Build thee more stately mansions O my Soul!" says the poet. You are daily building either more stately, or more un-sightly ones. Sometime the suffering in the un-sightly will educate you to build better ones, and

you have all eternity to learn. You are an Unfolding Soul, and sometime will arrive at the consciousness of your power, and will then consciously build by chosen thought. Till then you will let tramp, unwise, unholy, unloving, and impure thoughts pick you up, because you do not keep them out by Affirmations of the All Good. Realization is the victory over Destiny, the Perception of Immortality. It is living the Eternal Life while in the flesh. It is the Victory over Death and corruption.

Thus I stand in the Great Forever

With thee as eternities roll!

The Spirit forsaketh me never!

Thy Love is the Home of the Soul.

*Pettinger.*

## AFFIRMATION

Your power is manifest in your Affirmations. You can BE that which you wish only as you affirm that you ARE that which you wish. The road to the realization of the Ideal lies through AFFIRMATION. THINK it, THINK it, THINK it, till you live it. Affirm that which enters into your conscious ideal life. Illness does not so enter, but by thinking of it, you unconsciously build it into the Ideal, and until the thought is neutralized by a positive one of health, it lies in the subconscious producing conditions that result in illness. Therefore never allow yourself to think, much less to talk about, and still less to affirm, anything you do not wish to manifest. Do not say—"I am feeling bad!" or "I am afraid that business will fail," or "I hope to get well." Know that the best you can think is a reality in the soul-life. Claim the right to have the best materialize. As you grow into the habit through Affirmation, you will bring to yourself the desired health, friends and success.

## MENTAL HABITS

Remember the control of Destiny consists in

your control over your thoughts. You do not wish to be constantly on the watch for thoughts that militate against your Ideal. Therefore as you create habits of walking, swimming, working, you can create mental habits – thinking habits. You have been doing this all your life. Worry is a habit; remove any condition from a worrying person he will hunt for some other condition upon which to worry for the habit is his only mental occupation. Therefore the importance of correct mental habits. The Art of Living consists in the formation of correct mental habits. You can form habits you desire through AFFIRMATION. It will require at first an effort on your part, but through practice you will Succeed. You will create the habit of looking on the bright side; will ever know that behind the cloud the sun still shines; that every experience is a lesson and is good; that all so called obstacles are only opportunities for Unfoldment. This, at first, is so foreign to the common habit of thinking, that you will necessarily use your will consciously, to hold to the Thought – mind **HOLD TO THE THOUGHT** – and let the Thought do the work. Thought will make a channel, create a nervous system, through which to act just as the thought of music, creates a musical nerve in the fingers of the pianist. This created you will unconsciously be directed in conduct by the thought which you have chosen and to which you have given control of your objective manifestation.

**This is the  
GREATEST THOUGHT**

you can hold – **I THROUGH CHOICE OF THOUGHT  
CAN DIRECT THE EXPRESSION OF THE SUBCONSCIOUS LIFE. I CAN DIRECT BY THINKING  
THE MANIFESTATION OF THE ETERNAL SOUL. I, THE PERSONAL GOD, CAN DIRECT TO MY  
CHOICE THE MANIFESTATION OF THE ABSOLUTE GOD.** These lessons have taught you how, viz. by Affirming that you are that which you desire to be.

Thus you make the channels through which the Almighty Power within the Soul, finds objective expression. Till you do thus consciously choose the Absolute God, by Universal Law controls your life. You will be subject to that law till you through unfoldment become Law, and direct your own life through choice. You are then in words I love to quote from Emerson- "CONSCIOUS LAW." Here is his line which memorize and be:- "And Conscious Law is King of Kings."

### THE LAW OF CONSCIOUS CONTROL OF LIFE

Affirm you are the Ideal!  
Think from that Ideal!  
Act from that Ideal!  
Then you become the Ideal.

This is the most important Law man ever discovered. It is simply:- think and act as if you were now, that which you have heretofore wished to be. It may be put thus: Taking the Affirmation, I AM SPIRIT.

Affirm; I AM Spirit! Act as if I were Spirit!  
Then I shall be Spirit.

Affirmation: I AM HEALTH. Affirm; I Am Health!  
Live as if I were health! Then I shall be health!

Affirmation: I AM LOVE. Affirm; I Am Love!  
Act as if I were Love! Then I shall be Love.

Affirmation: I AM PROSPEROUS. Affirm; I AM Prosperous!  
Act as if I were Prosperous! Then I shall be Prosperous.

Make your Ideal. Live from that Ideal and you will be that Ideal. This is the way of the artist. He builds the Ideal; keeps it before him; it guides his hand, and carves from the marble the form he has in his mind. It is Life transmuted into thought that does the carving. It is Life transmuted into thought that makes you a conscious being. It is Life transmuted into

Thought that enables you to consciously enjoy the heaven you have built. Thought is the tool of the Conscious Man, the Personal God; with it he carves in the marble of the objective life the Ideal he makes in the subjective.

(The End)

--+=--

## SUCCESS

I hold that man alone succeeds  
Whose life is crowned by noble deeds,  
Who cares not for the world's applause  
But scorns vain custom's outgrown laws;  
Who feels not dwarfed by nature's show,  
But deep within himself doth know  
That conscious man is greater far  
Than ocean, land or distant star;  
Who does not count his wealth by gold,  
His worth by office he may hold,  
But feels himself, as man alone,  
As good as king upon a throne;  
Who, battling 'gainst each seeming wrong,  
Can meet disaster with a song,  
Feels sure of victory in defeat,  
And rise refreshed the foe to meet,  
Who only lives the world to bless,  
Can never fail— he is success.

(Henry Victor Morgan—

## MENTAL HEALING AND EVOLUTION

BY Eugene Del Mar.

**O**NE'S understanding of one's development, and one's condition are primarily mental. One grows from within as a result of absorbed and assimilated sensations and influences from without. External conditions afford the occasions and opportunities for mental action, but externals are never causes. External influences affect the being exactly as the mentality apperceives or interprets them.

A draught does not cause a cold. It is an occasion and opportunity for the mentality to place its own interpretation and meaning upon an atmospheric condition. If, mentally, one has endowed a draught with the power of unpleasant or painful influence, the mind so translates it and the body follows the trend of the mind.

But if, in the draught, the mind recognizes a beneficent stirring of the Eternal Spirit, a zephyr of pleasant messages, the breath of a loved one cooling the fevered brow, or the creative agency that gives life to the flowers, the trees and the animals, then there are no malevolent draughts; there is fresh air only.

The human body is played upon incessantly by forces from without, and occasions and opportunities for the expression and manifestation both of disease and of health are never absent. Germs are not the cause of disease, though disease may manifest itself in disease-germs. The germs are normal, however. If the presence of germs were the cause of disease, disease would be a normal and necessary condition. But disease-germs are the result or concomitant of disease and not its cause.

When mental harmony is restored, the physical manifestation is readjusted and disease-germs give place to health-germs.

An intensifying consciousness of Unity eliminates fear. Death is seen to be a beneficent incident of eternal life, everlasting punishment is recognized as a nightmare of the imagination, and as the consciousness of duality fades away life becomes joyous. There is not only a vision of the Brotherhood of Man, but a Unity of all Nature. The activities of the Universe are found to be the expression and manifestation of a profound and wondrous harmony. With the consciousness of a Universe of perfect harmony, the Self consciously participates in that harmony, expresses itself in mental peace, and manifests itself in physical health.

Health and happiness are as contagious as disease and misery. Man is a creator, and conditions of health and happiness are normal and at the command of every individual. Healing the Self and curing others of disease are the primary missions of the present spiritual movement. Its grand and all-inclusive message is that of healing, and fundamentally all healing is self-healing. Neither physical nor mental treatment of one person by another will— of itself— produce, or result in, health or lack of disease.

Health is the corollary of living the life. Those who are content to be cured— who are satisfied with the elimination of symptoms— will be obliged to suffer again and again until the cause is removed. It is probable that there is no form of physical ailment that can not be disposed of effectually through right thinking and living. No specific treatment of disease is necessary or essential fundamentally, even though it may be of decided benefit and advantage.

The purpose and aim of mental healing is the attainment of a spiritual life, a life of principle. The advantage of the elimination of physical discords is in the greater scope thus afforded for spiritual attainment. The inharmonies being removed, the finer harmonies more readily assert their influence upon the consciousness. Physical healing is an adjunct of, or incident to, mental or spiritual healing. The mental and physical inherently and inseparably are One. While the former fundamentally is cause, and the latter effect, they are always in complete correspondence.

As mental healing and the attainment of spiritual consciousness are reciprocal, no limit or finality can be placed on one or the other. In its primary function of "curing," mental treatment can remove all outer physical symptoms of inharmony, but in its grander and all-inclusive office it carries no suggestion of bodily ailments. After the readjustment of the lesser or grosser harmonies, its work is translated to the distinctly mental realm.

Mental healing in its broad interpretation and final analysis, is nothing more or less than evolutionary growth. All development essentially is mental, and all healing denotes the conversion of false ideals into true ones, and these again into existent physical conditions. So that, in predicating mental healing as the essential process or method of the present spiritual movement, it is given a comprehension and scope that is inclusive of all phases of growth and all the problems of life .

—=+==—

Back issues of NOW containing the DEMONSTRABLE PSYCHOLOGY LESSONS can be had at regular rates. Address this office.

KINDLY SEND IN YOUR RENEWAL.

## THE OPENING OF THE INNER VISION

BY Henry Victor Morgan

**T**HIS is the day of fulfillment. The creative constructive prophecy of Joel: "And it shall come to afterward, that I will pour out my spirit on all flesh; and your sons and your daughters shall prophesy, your old men shall dream dreams, your young men shall see visions. And also upon the servants and upon the handmaids in those days will I pour out my spirit," is coming into abundant realization. What of old was considered exceptional and miraculous is fast becoming so commonplace that the man or woman in whom the transcendent powers of telepathy, clairvoyance and prophetic vision are not made manifest will be considered abnormal.

The star of cosmic intelligence shines brightly on the horizon of thought, and all eyes shall see the glory of the lord and be satisfied. A deeper consciousness of soul is bringing to the children of men a new vision of possible attainment. Science and religion have clasped hands and side by side are working for man's emancipation. The old order perisheth so that the new order may appear. Millions now living know from actual experience that the eyesight has another eyesight and the hearing another hearing; that the Father that dwelleth in them knoweth all things and can and does give it to all whose eyes turn to inward celestial instruction and divine guidance.

Of old, there was but one school of prophets in which the nature and capacity of the human soul for direct inspiration and cosmic knowing was taught and demonstrated. Today in every hamlet of civilization earnest men and women meet for class instruction in the things of the spirit. There are literally now thousands of schools of the

prophets. Besides the many journals devoted exclusively to soul science, the popular magazines are devoting pages to things transcendent and from the most unexpected sources come inspirational instruction from those on whom the spirit has been poured and in whom the consciousness of soul gloriously manifests.

Titled noblemen hire great theatres to tell of the things the eyes of their souls have seen and the ears of their souls have heard, and the renewing from within that their bodies have experienced. Trained physicians are bearing witness to the discovery of the healing power of God where all material means have failed. The world's greatest genius of horticulture, who has written his name in letters of light on the annals of history, writes gloriously of his experience in telepathy and physical healing through purely metaphysical processes. Truly can they who stand upon the hill-tops of creative thought shout for joy and sing triumphantly, "Mine eyes have seen the coming of the glory of the Lord."

It is the science of the invisible, the realm from which man may think and work as God. It is the science of the soul, that realm invisible to the outer sight but easily discernable to all who have experienced, or who desire to experience the great awakening. It is that marvelous realm of power that Jesus called the Kingdom of God, and to whose beatitude the understanding of Paul was opened on that memorable journey to Damascus when he was made aware that the dead do not die but work from realms invisible to sense.

It is the world that was open to Carlyle one wintry day in Edinburgh concerning which he writes: "Divine moment, when over the tempest-tossed soul as once over the wild weltering chaos it is spoken: 'Let there be light.' Even to the greatest that has felt such moment is it not marvelous and God-announcing; even as under simpler figures, to the

simplest and least. The mad primeval discord is hushed. Instead of a dark wasteful chaos we have a blooming, fertile, heaven-encompassed world."

Emerson describes it as "The day of days. The great day of the feast of life is that in which the inward eye opens to the Unity in things—to the omnipresence of Law."

In Methodist Class Meeting, in Divine Science and Christian Science testimony-meetings, hosts of living witnesses bear testimony to this opening of their inner vision that has brought into their lives purposeful power and plentitude of peace.

The great Bible classic concerning the opening of the Inner Vision is the experience of the Apostle John as recorded in the book of Revelation. He tells us that he was in the spirit on the Lord's day and saw and heard things invisible to sense. It was given him to see the new heaven and the new earth, and to realize the state of man on earth when his heart of love holds sway. Well may he say: "Blessed is he that readeth and they that hear the words of this prophecy and keep the things that are written therein; for the time is at hand."

I do not claim to fully understand the symbols manifold in this marvelous revelation, but all who have in any degree experienced the great awakening will find in it abundance of inspiration concerning the glory awaiting all who, through spiritual insight, have escaped the great illusion. Surely this power transcendent is the very heart of Christianity. It is the kingdom of power and the principle of glory. It is the great transfiguration wherein the inward becomes master of the outward and the dominion of man over nature is eternally established.

When we remember that all men are capable of this awakening, that there is in every human soul

an infinite capacity for knowing the highest truth, we begin to learn what it means to preach the gospel to all men. Whitman, from his mount of transfiguration, writes: "This is the meal equally set — this is the meal for natural hunger; it is for the wicked just the same as for the righteous. I make appointments with all; I will not have a single person slighted or left away." While the Apostle John, thrilled by the ecstasy of the vision universal, cries out: "The spirit and the bride say, Come. And let him that heareth say, Come. And let him that is athirst come; and whosoever will, let him take the water of life freely."

I add my voice to the mighty choral invitation. To all who read these words and long for the kingdom consciousness and for direct knowing; to all who desire healing for the body through the transfiguration of the mind; to all who desire to radiate divine helpfulness and infinite good cheer, so that the very thought of you dispels the clouds of darkness and despair — I too would call you to the feast day of life. Not as though I had already attained, either were already perfect but my eyes have seen and my ears have heard and there is in my soul a divine certainty that the kingdom of man is at hand.

My soul has seen in vision deep  
The things that are to be,  
And since I've seen, in joy I sing  
Of Love's democracy.

\*\*\*\*\*

There are no sick, there are no poor,  
Hate's captives all are free,  
My soul has seen — and deep I know  
The things I've seen shall be.

--+=--

THE LAW OF MENTAL MEDICINE.

By Dr. Wm. Franklin Kelley.

Part 12.

KEEP YOUR WILL SUPREME – Will power is a divine attribute. It is a definite contraction of Consciousness, a focusing of the Spirit upon a thought or desire, which in turn gives rise to a mental or emotional impulse, then nerve excitation and brain action, and this results in creating in your personal life the thing willed. Will power wisely directed is limitless. It was born to lead, not to be led nor enslaved. Do your own planning and thinking. Make up your Mind what you want. Find out whether your want is the gushing of a Predominant Mental Impression or the result of your better judgement. Be careful about that habit Mind of yours and those desires which swamp and consume you. Perhaps they, too, are the satellites of some fool thot.

Train your Mind to think originally. Have character and personality in your thot and expression. Get just a little bit out of the rut of custom so that the world will know that you are living. However don't be a fool and jump the traces entirely, or you will lose the very thing you are trying to win, namely, Supremacy of Being. To be a Super-man you must be in the world, but don't let the world know too much about you. Keep your own counsel. Practice conservation concerning your own weaknesses. Shout your virtues to yourself, but forget the weaknesses. They will gradually disappear for lack of attention. Remember that the thing to which you give attention is the thing that will take place in your life. Therefore, think of the thing you want to do and forget the thing you do not want.

Having set your standard by reason of your will and reason, then above all things else, believe that this standard is growing more powerful and that it is taking possession of you. Believe it to be the governing factor in your life. Trust it and feel that from this time on your life is going to be controlled by it. This is the primary process and the scientific way to establish a desired standard in your Subconscious Mind. Study the Mind and your mental attitudes until you learn to picture in your own consciousness just what you want to realize in your life. Then picture the realization of it. Stamp it on your Consciousness until the force of the repetition and strength of concentration impresses it upon your Soul, then it will react on your Nerve Energy and become a reality in your physical life.

You can learn how to control your Nerve Energy and cell life at will by developing the force of habit so that you make your nervous system your ally. Your nervous system or Habit Mind must be more than neutral. You must gain the active cooperation of the Soul in the doings of your Conscious Mind or your Will will lose most of its force. To accomplish this start in right now to form new habits which will be conducive to the life you desire to live. Do not have any habits of any kind which are not for your good. If so, get busy and change them. Cut out the bad habits. Establish habits which will impel you to do rightly. Get the habit of being good. By getting your habit mind on your side, the game of life is already won.

**MIND THE BUILDER**— The Mind is the body builder. Under the direction of Mind the cells perform the task of body building. Thus, it is the cells which actually do the work, but it is the Mind which tells them what to do. The Master Mind is present in each cell. It interpenetrates the cells; it exists around them and thru them; it is their

creator and preserver. Mind is the Divine Architect which plans harmony of organism and directs the arrangement of cell growth into symmetry of form according to the design of species. So marvelous is its work and accomplishment in body building that the world, not knowing the Psychology of life, has almost universally mistaken the body for the real man and has considered the Mind a product of the body instead of the body a product of the Mind.

You are an equivalent of the sum total of your thinking. You can build that palaces or mud huts. You can make your body a worm in the dust or a temple of the living God. Your life is what you make it by your thought. Start in right now to control your thought action. Create, originate; do something new. Avoid the old grooves that are so easy to get back into. Unfetter your thoughts from notions, prejudices, and limitations. You can do what you will once you learn to use your will to direct your thought power. Intelligence and will in combination make man Divine. You can be Divine if you wish. But unless you believe in yourself and try to assert your Divinity, you might as well count yourself a dead one. Your Soul takes you at your word. It strives to make you what you think you are and what you claim to be.

Think well of yourself. Think well of what you have. Think well of what you do. Think invincibly, think persistently, think with unflinching resolve. Harness your thought force and drive it toward the goal of your desire with supreme Will. Accomplishment comes by thinking, planning, working. Don't be afraid to work. But don't keep your nose so near the grindstone that you don't know what you are doing nor where you are. Take a rest occasionally and breathe a bit. A little recreation will give you an opportunity to think, your overworking will get you nowhere but to the cemetery.

All conditions are that made, whether mental, physical, financial or otherwise. Fill your Consciousness with new thoughts and different ideals and you will soon create different realities. You can make your conditions what you want. You are not a creature of circumstances except as you allow some foolish notion to control you. Get a mirror and take a look at yourself. If you do not like your looks, look squarely into the face of your image and say with conviction, "That face is going to change. Those features will soon portray a new person - a beautiful character and a Super-man or Super-woman." Get it in to your Consciousness that it is the mind that makes the man. You can be what you want to be. Change your thots and your way of thinking and your entire personality and environment will change accordingly. Try it and try hard. You will be suprised at your wonderful success.

(The End.)

#### A CHAT WITH YOU

You had better send in that delayed renewal at once, for next month's issue is to contain an installment of a new series by Dr. Kelley on "PSYCHO-ANALYSIS" Eugene Del Mar, the most distinguished of American new thought writers will contribute and lots of other good things. It gives promise of being a fine issue.

If you are one of those who want to obtain back issues containing the "DEMONSTRABLE PSVCHOLOGY" Lessons send in your order at once. They will soon be all gone. An English news dealer of New Castle on Tyne just sent in an order for 130 copies to complete the files of his customers. A hint to the wise is sufficient.

## IDEALS

BY Jesse M. Emerson

**S**EE that there is born within you an "ideal", clear, true, distinct and beautiful. Obey it by doing the things which will embody within your soul, the nearest reality of this beautiful picture. Hold it constantly reflected in the mind, so that its rays may shine upon your subconscious self.

Above all, hold bravely to the ultimate purpose of "becoming", that which you have long acknowledged to your inner self, as the noblest, and most to be desired condition, possible.

With your first resolution, make your perspective of what you have to do, in order that you may achieve final victory.

Make it so perfectly clear, that you will be enabled to perceive the ultimate of your endeavor, which is, finally to attain. Anything less would be like going but partly through college, without graduating.

Such a mental course, on your part, you will find helpful. Later you will discover that every brave act in support of your splendid resolve, to become what your ideal stands for, will bring you that much nearer to the full, and final realization.

As the days pass, your effort should be, to do, in order that you may be, this will prove the rich fruitage of your life's work, well planned and carried out. This only will enable you to reach full realization of your heart's desire.

--+--

## SUBCONSCIOUS MIND

PRODUCES INSTANT CHEMICAL CHANGES IN THE HUMAN ORGANISM, as demonstrated through an experiment, more convincing than a volume of testimonials. Let me show you without cost how to make this experiment.

This unconscious activity of the mind is responsible for all human conditions, including health, environment, talent and ability, success or failure. Anyone may control and reeducate this important function for any desired results.

Absolute evidence on request. Write before this offer is withdrawn.

J. A EICHWALDT,  
16 Fruitvale Branch, Oakland, Calif.

---

### ARE YOU SICK? UNSUCCESSFUL?

Need a position?      Need a tenant?      Need to  
sell your property?      I have HEALED and HELPED  
others, why not you? Five Dollars monthly for  
treatments and Six Lessons free except postage,  
which is about 50 c.      PRAYER CHANGES THINGS!  
EXCELLENT RESULTS!      TRY ME!      LOVINGLY YOURS,  
MARY FRITZ, D.D.      Dept. 14-23.      COLLISON, ILL.

---

### HEALTH                      HEALTH                      HEALTH

#### UNRIVALLED HEALERS IN YOUR OWN TOWN

Unsurpassed success in healing, success, triumph in affairs. Daily treatments. UNITY IS POWER—every case cared for by the World Helpers of Humanity, Edith Moore, Principal; Lelah A. Wagner, Vice President, FLAG POND RD., SACO, MAINE.

---

Back issues of NOW containing the DEMONSTRABLE PSYCHOLOGY LESSONS can be had at regular rates. Address this office.

---

KINDLY SEND IN YOUR RENEWAL.

---

---

# BOOKS THAT INSPIRE

BY HENRY HARRISON BROWN.

If you are seeing practical new thought teachings—these are the books you need. They have helped thousands to realize and use the Power that is within.

Titles:-

THE LORD'S PRAYER: A Vision of Today.  
124 pp. \$1.00  
SIX STEPS IN MENTAL MASTERY. 120 pp. 50¢.  
CONCENTRATION: The Road to Success.  
120 pp. 50¢.  
SUCCESS: How Won Through Affirmation.  
64 pp. 50¢.  
THE MASTER'S TOUCH. 64 pp. 30¢.  
SELF-HEALING THROUGH SUGGESTION.  
64 pp. 50¢.  
HOW TO CONTROL FATE THROUGH SUGGESTION.  
64 pp. 50¢.  
NOT HYPNOTISM BUT SUGGESTION. 64 pp. 50¢.  
MAN'S GREATEST DISCOVERY. 64 pp. 25 ¢.  
DOLLARS WANT ME. 64 pp. 50 ¢.  
HEALING WORDS OF JESUS. 20 ¢.  
WHAT IS NEW THOUGHT? 15 ¢.

The following are 10 ¢ each:

SIX TRACTS ON SEX.

- (1) Friendship: The Third Function of Sex.
- (2) BODY-BUILDING: The First Function of Sex.
- (3) PROCREATION: A Secondary Function of Sex.
- (4) THE ULTIMATE OF SEX.
- (5) PLACE OF SEX IN RACE DEVELOPMENT.
- (6) SOCIAL HYGIENE; SEX EDUCATION.

All Books Sent Post Paid on Receipt of Price.

SAM. E. FOULDS,  
589 HAIGHT ST. SAN FRANCISCO, CALIF.