



# NOW

## A Journal of Affirmation

Thought

Suggestion

Mental Science

Psychology

February 1924

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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.

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**A Journal of Affirmation**

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

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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**.

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### THE TOUCH OF GOD.

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Have you not felt, in some calm, quiet night,  
Away from earthly sound that frets and jars,  
A touch of something- or a flash of light,  
Or the sweet pity of a thousand stars?

Or when in deepest sorrow you have knelt,  
And known no earthly power could you console,  
You've cried aloud in anguish- and have felt  
A holy peace come stealing o'er your soul.

What were the empty sorrows of the past?  
Or all the weary paths your feet have trod?  
When you have pierced life's secrets- and at last  
Deep in your heart have felt the touch of God.

Jessie Wilder.

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### A GREAT TRUTH

-----

Did the Almighty, holding in his right  
hand truth, and in his left search after  
truth, deign to tender me the one I might  
prefer- in all humility, but without hesi-  
tation, I should request search after  
truth.

LESSING.

## NOW:- A Journal of Affirmation

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

### Lesson 16.

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THE LAW OF LIFE.  
AFFIRMATION IN DAILY LIFE.

**U**nderstanding the power of Thought and the power of Auto-Suggestion it is proper that you learn to use it in your daily life.

You have been told to Suggest and Affirm health for yourself and your patients from the Ideal. I give you here the Law of Life. I regard it as the most important instruction one person can give another. It is the boiled down wisdom of the ages. It is all of New Thought in three lines:-

Build yourself a perfect Ideal.

Act as if that Ideal were real in the objective life.

You will thus make it real in the objective life.

Memorize this and act upon it. In every walk of life use it. It is Emerson's "Chant the beauties of the Good," made practical.

Form your Ideal of health, happiness, prosperity, of social conditions, marital relations, parental relations, business conditions, political and civil relations. Having formed it-LIVE it! All your Affirmations are to be from it. All your Suggestions are to be from it. You are to act as if it were already seen in the objective life, by all your friends.

For instance, you are in business and wish success. Make your Ideal of what that success shall be. Having made this Ideal always take it to BE a reality, and

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think and act as if it were. Whenever you think of yourself, think of yourself as in that condition. When you speak, talk as if that condition were a reality. If asked how you are succeeding reply: "Well! I am successful!" Keep a cheerful outlook. Never cry "Hard times." Never complain. Never fear! SEE that Ideal before you and it will materialize for you.

Is it happy marriage? See yourself happily married. Affirm it to yourself and expect the one to come to you whom you need for that marriage. Do not be the least anxious, whatever you affirm will come when the SOUL is ready. COME IT WILL.

Is it travel? See yourself on the route, talk and act as if the journey was coming at any moment. You will thus materialize it in thought and it will come. The law is as sure as mathematics. Live as if an Ideal were here and it will be here. A few illustrations:-

For Health affirm:-

I am health.

Live as if you were health.

You will thus become health.

For Success affirm:-

I am success.

Act as if you were success.

You will be success.

For Happiness affirm:-

I am happy.

Act as if you were happy.

You will be happy.

For Rest affirm:-

I am rest.

Act as if you were rested.

You will be rested.

In like manner whatever condition you wish to affirm it is, then act as if it were, and it will be.

This is but the constant application of the Law-I am that which I think I am.

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Thus for health in yourself, or in patient, you must assume health before it can be. It is the admonition of Jesus, in Matthew: "Whatsoever ye ask in prayer, believing, ye shall receive." "For the Father knoweth what things ye have need of before ye ask Him." And in Mark we find the Law more clearly laid down: "Whatsoever things ye desire, when ye pray, believe that ye receive them, and ye shall receive them." It is also in the promise: "He that believeth and is baptised shall be saved!" Belief is necessary to any baptism. Believe! Act in this belief; this is the earlier form of the Law I have just laid down. There never was a more important Law discovered by man. It bears the same relation to Human life that Gravity bears to crude forms of matter, and that Evolution bears to animal life. The consciousness of this Law, and his obedience to it, makes man king of himself—makes him Conscious Law. This Law gives him power to make his life what he chooses. Through conscious obedience man lifts himself from all subjection to the so called laws of nature and he becomes Nature, becomes a law unto himself. I cannot sufficiently emphasize the necessity of your becoming so familiar with the Law, and making it so consciously your object of obedience that it becomes second nature for you to affirm and live the Ideal. Remember: I am that which I think I am. I affirm what I think I am. I become through affirmation that which I think I am. I may think what I desire. I cling by will to that affirmation which will make me happy, and by so doing I am happy. Commit the above statement to memory and use it constantly whenever you are inclined to wish, desire, pray, regret, lament, hope or fear.

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I am that which I think I am, is no doubt the saying reported by Moses as the words of Jehovah—I am that which I think I am. The same appears in an older book— the Egyptian Book of the Dead. I am that which I am. Thus have 6000 years attested its value. Appreciate the value of Affirmation by affirming. The Power of Affirmation is the greatest possible power man can wield. It is the annunciation of the Soul of its possibilities. And well for him, or her, who heeds the voice of God:—I AM. You may place after these two words any others you may choose. Among the infinite possibilities of the Soul are now, any you can affirm. Trust your SELF! Affirm! Live! BE! that which you affirm.

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### IMMORTALITY

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It must be so; Plato, thou reasonest well,  
Else whence this pleasing hope, this fond desire  
This longing after immortality?  
Or whence the secret dread and inward horror  
Of falling into naught? Why shrinks the soul  
Back on itself, and startles at destruction?  
'T is the divinity that stirs within us;  
'T is heaven itself that points out an hereafter  
And intimates eternity to man.

ADDISON.

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## THE LAW OF MENTAL MEDICINE.

By Dr. Wm. Franklin Kelley.

### Part 4.

**T**here is only one absolute guaranteed method of curing ailments, mental and physical, and that is this; remove the Predominant Impressions of disease and the patient will get well. Prayer is one method and often a very successful one. Suggestive treatment is another method. This is a new and very useful system of treating all manner of ailments, especially mental and nervous diseases and difficulties. There are various other methods of healing by affirmation and denial such as Christian Science, Mental Science, Faith Cure, Divine Healing, Worship at Shrines, and numerous others. In all these systems the one great truth brot into play which does the healing, is the getting of a new realization of health in place of the old belief in disease. This is the essence of all mental methods of healing and is but another way of explaining the Law of Mental Medicine.

THE INNER THOT—Matter is the vehicle of the Mind. There is no movement or phenomena of matter not produced and supervised by innate design. The power of Mind over matter is omnipotent and omniscient. Life is the animating of matter by Mind, and all physical life depends upon this animation for its organic existence.

The life of the body depends upon the animating presence of the Soul. It is the Soul that builds the body, but the force which determines the Soul activity

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is that. That is subconscious as well as conscious and often the stronger that is the subconscious mental process which enters the nervous system from the inner resources of the Mind. This is the true explanation of some of the intricacies and mysteries of Mind Power healing. It is the inner that which heals. The inner that which builds. The conscious that is seldom deep enough or forceful enough to impress the nervous system very strongly but the feelings and impressions which sink deeper carry weight and force. These deeper thots are the potent, silent forces of human life which control man's destiny. This is not only the Law of Mental Medicine but the Law of Life.

If you are sick you have a Predominant Impression in your Subconscious Mind that you are sick and that impression stands sponsor for the condition of your Mind and body. Get rid of that impression. Fill your Soul with health thots. If you have a deformity of any kind, there is in your Psychology a corresponding image which has caused the cells of your body to build tissue and bone structure of a deformed nature. Efface from your mind that mental picture. Fill your consciousness with thots of perfection. The cells build according to the mental design. They do not build in a haphazard manner. They build under the controlling influence of Predominant Mental Impression. This is the Law of Life and all things in the material universe are so created and builded, governed and destined. This is also the Law of Mental Medicine.

THE TRUTH ABOUT HEALING—There is today, as never before, an awakening of the Human mind to a conception of things spiritual, particularly in the study of Mind power and metaphysical healing. The mar-

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velous growth of Christian Science, New Thought and kindred cults, clearly proves that Mind Power and the health problem are as potent factors in the twentieth century as they were in the days of Christ.

It is not our aim to challenge, laud, or condemn any system of mental or metaphysical healing. We have no interest in cults or isms. As scientific investigators our interest is in knowing the truth and in teaching the truth for the truth's sake. Perchance, by this we may find some truth in places least expected. Should such be the case, as students of science we are logically forced to accept the truth, regardless of who has it first. It is child's play to say, "I do not want what you have because I do not like you." There are thousands of good people who have not grown up. Let us not be of that class.

Just here, we may ask the student who is biased or set in his opinions against any of the several forms or theories of mental or metaphysical healing, to try to be open minded and far seeing enough to discern the fine but vital distinction between health principles and the theories of the many cults and isms which advocate mental or spiritual healing in some form or other. We do not claim that any of these systems are altogether wrong. That each has some truth, tho possibly much error, we will allow. To this field we are to apply the hand of scientific research, to the end that whatever truth may be contained in these several doctrines, which may be of value to mankind, may be brot forth and separated from the maze of mental and emotional rubbish in which it is well nigh obscured.

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### GOD AND THE COUNTRY

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By Chas. Matt. Berkheimer

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**T**his subject reminds one of Walt Whitman and his "Open Road," green fields, and long, dreamy lanes that wind and curve, along which you find the "lurking places of God," but, anyway, I do not seem to know much about the country, for I have been living mostly in the city for the last 25 years, and you know there is an old saying that "God made the country, but the devil made the city," and you, of course, automatically know the rest.

I like the country because of the fresh air, and solid rest, and freedom it gives you to think and revel in the spiritual self. Emerson said he liked the country because there he could wear his old shoes. I like it because there I can read about Emerson and what he has written, and enjoy the "infidelic" thots of such men as Leslie Stephens, Lecky, Voltaire, Ingersoll et. al., for the works of such men help to spiritualize my thot, and give me guidance and comfort, such as no man will ever get squatting in an "ediface of moonshine," as Stephens characterizes the average orthodox church. Some of these fellows even say that Jesus was a "misguided enthusiast," who thot that the world was quickly coming to an end, something that I had often thot, but was afraid to speak it "right out in meetin'." They also wonder how a business man in this work-a-day world could actually follow such a "non-human" character as Jesus, and ever do any business, and I have often thot of that myself, which, of course, is all to

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the credit of this "sublime character," as the Sage of Concord expressed it when referring to the spirituality of Jesus. You see "great minds run in the same channels," eh? Let's forget it, for this is merely a mental lark inadvertently.

I some times think it would be a good thing if the "silly old world" would go to an end, for I believe, with Cardinal Newman, that progress in this world is merely a dream, and not progress at all. Just for instance, what do houses and lands and automobiles, and childhood and youth amount to, anyway? Just vanity, says the Preacher, "Nothing amounts to anything, but God," and God is not whiling away his time on such trifles. When a man sees thru the eyes of the Spirit all these earthly shadows lose their apparent significance. Let's take a flight; what do you say? Let's "explore" God, and "get next to" the Heart of Being, and then we will know what non-being is, for there is no other way to find out.

But then I was to write something about the country, but how are you going to write what you don't know, tell me that? While writing this I am sitting by the palisades on the Pacific coast, and I have just been thinking how fine it will be when all the sea water of the ocean shall be turned into lemonade, and we all may "drink free until we bust," as a certain writer in Europe has hinted. And then along with this I was thinking how nice it would be when Rawson's gold in sea water is all screened out, and each fellow may have several truck loads of bullion drawn up to his back door each morning ready for shipment to the mint, which is herewith written with one hand, as you hear it said. Wouldn't that be fine? Beats farming, and the fine poetry

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of Wordsworth, and even the New Thot philosophy, don't you think? Sounds like the Arabian Nights' tales, you say. Well, that is all right-- the Arabian Nights' book is a good one, and how I wish I could write one as good and charming, but there isn't a word of philosophizing in it, but it is said the populace came to the window of the supposed author at night, and begged him to tell them some more such good stories.

Story telling is an art, and all classes of people like good stories. and the fellow who can tell them successfully has a fortune in his kit. Hawthorne and De Foe succeeded, and who that has read Edgar Allan Poe's "Gold Bug," could ever forget it. and yet it is merely a detective story, and maybe it inspired Conan Doyle's "Sherlock Holmes," for all I know. The great trouble with most of us is that we are nothing more or less than mere "hack writers," bungling together the fake ideas and whims of other people out of the dusty past, and have no ideas or thots that are really our own. Let's take another flight, and touch the star sticking on the end of the crescent, and get some fresh material and put it into form, for, you know, we are all advised to hitch our wagon to a star, and why not to a crescent?

You may think that those so-called infidelic men referred to quoted by Doctor Berry in his great work on the freedom of thot were sacrilegious when they spoke of the enthusiasm of the High Initiate from the Sun Jesus, but the fact of the matter is that they were merely digging the dirt away from the roots of the tree of truth, as Beecher stated of Colonel Ingersoll. If it were not for the so-called infidels breaking away from the

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ossified forms and creeds we would be a sorry lot, indeed. Creeds are merely for monkeys and imbeciles, but not for men. "The letter killeth, but the Spirit maketh alive," said the Master Initiate. About the only creed that I know of that is worth anything is this, to recaptivate: I BELIEVE IN CONVERSION, AND A HOLY LIFE, AND IN JESUS CHRIST AS THE SON OF GOD AND SAVIOR OF THE WORLD, which represents the triple Spirit, and yet nobody has yet been able to prove that there is a triple spirit. God is one and yet three, they say, God is three and yet one, they assert, but who are they? The Gnostics of the second century referred to God as Father-Mother. That was before "Science and Health" was written. Father-Son represents two-thirds, or male principle; Holy Spirit, or Comforter, one-third, or female principle, hence Father-Mother, which he is, but not in the sense of sex at all, for he is neither sex, but merely produces both, which is quite enuf. God is the neutral Spirit without form existing between the male and female principles, or positive and negative poles.

Referring to my subject again is all that is necessary, I suppose, in order to ease up matters, for I don't intend to write upon it, if I can get out of it, and I seem to be getting out of it all right, but I shall stop before I get into deep water, and quit when I'm thru, something that so many people fail to do, for I agree with William Walker Atkinson when he says that every word uttered beyond the finale weakens instead of strengthens an article, which is smart advice for the puerile writer of to-day in his vociferous word juggling, all of no account to himself or anybody else. A few suggestions as to the choice of words, and ef-

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fective constructive are always good and useful to the beginner. Also some of my friends want me to write long articles, not realizing that the short story and the short article are the popular pieces of literature to-day, and rightly so, too, which is another point for the beginner to remember.

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### CONSTRUCTIVE PSYCHOLOGY.

#### Part 2.

By Peggy M. Reeves, M.A.

**E**very human creature should be educated, both male and female. They should not be educated along cultural lines only, but along industrial lines also. There are men and women in the world today who are unhappy, yet they have an abundance of wealth, but they lack riches. Riches constitute happiness, with all its attendants; love, home, children, friends, and the consciousness of some one thing well done.

Every man and woman should put back into the commonwealth of their country, either in brain or brawn, as much as is necessary for their support when taken out. The unhappy homes, with their dissatisfied, discordant, and often criminal occupants, attest the fact that idleness does not give happiness to those who indulge in it. "Soul mates" and "Affinities," with their attending disgraceful conditions of absconding husbands and wives and mothers, would become a thing of the past if every one had their par-

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ticular work to do; their own place to fill, and would fill it with pride in themselves and in their work.

Pride is a very necessary thing to cultivate in your mind. Be so proud of your good name that you would do nothing to tarnish it. If you are a hod carrier, be the best one who ever carried bricks up a ladder. If you are a banker, be the most honest and helpful one in the land. If you study law, become the best councilor at law in your state. Be not "persecuting" attorney. Be proud of yourself, your God-given ability; be and do your best at all times. To do your best, is all God asks of His angels.

Ignorance is the curse of the world today. Fear is the child of ignorance; fear's royal consort is worry, and their premium baby is Doubt. When the mind is filled with fear, worry and doubt, what is the result? The things which result from this state of mind take in every negative and evil deed that is known to man. The most dangerous kind of ignorance, is ignorance of yourself and your possibilities.

All mental and physical force comes from the blood. If your blood does not circulate freely, is deficient in quantity or quality, it is impoverished and your thoughts will correspond with it. No man can be a Christian if he has stomach trouble, gallstones, corns or the toothache. A pain-ridden body cannot possess a clear thinking and acting mind, Normal life without normal stimulation is not possible, and the only proper stimulation that can be supplied comes through interesting forms of work. Interesting work is, psychologically speaking, play; when you are doing that which does not stimulate your interest, it then

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becomes labor. The gamester, the adventurer, the ne'er-do-well, and the criminal are not always abnormal, from a biological, evolutionary standpoint, but they have failed, through misdirected efforts, to become interested in the right kind of business, profession or work. The only remedy for the irregularity, pettiness, illhealth and unsuccessfulness of the modern woman, will come through education. Not alone along cultural lines of education, but along industrial lines as well. The woman with a special, occupational interest is usually the sane, well poised woman. Normal life without activity cannot exist. Emotions to be healthy, must be expressed in action. Suppressed emotion will find an outlet in some secret way, and may develop unhealthy motives of thought and will. Men and women of certain types, will suffer from the arrested desire for activity. If their desires for activity are suppressed, or repressed, they are certain to break loose in some unexpected way, which will often surprise themselves as much, or more, than it does their friends, family or associates. Monotony will drive certain types to a point of distraction, and this is particularly true of the house wife, whose life has been one long, drab day, and who is suffering from some one or more diseased organ of her body.

It is said that Napoleon lost the battle of Waterloo through having a spell of stomach trouble, which evidently dethroned his WILL. God did not create a world of weaklings, neither did He intend His creatures to become weak through wrong thought and wrong living. The law of right living— and that there is a law by which we must live, if we want to get what we want HERE and NOW—can no more be gain-

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said than can the law of gravitation, which is also one of Nature's laws.

Getting "what you want, here and now," is success, and the law of success should be taught, understood and practiced. The first lesson of this law, is this:- NO good comes TO YOU, but all good comes THROUGH YOU, so be fearless in your faith. Learn to stand upon your own ego. Cultivate that ego, but do not get your egoism confounded with your egotism, for they are very distinctly different.

When you have turned the searchlight of science within you, and have begun to imagine, dream, and really desire the things that are yours, your desires will give birth to ideas. Cling to your ideas, believe in them, follow where they lead. They come from the I AM. Visualize your ideas so plainly that you see them materialized. You will then be able to grow "oaks of prosperity from acorns of ideas." Never depreciate yourself in any way. Never think of yourself as incompetent, ignorant nor ugly. Think of yourself at all times as being the most capable person you know, and the most agreeable one. Think of yourself as a creature of beauty and a joy forever. It is not alone necessary to think well of yourself, but it is necessary to think big, creative thoughts. Right thinking is the real business of life. Men are not always what they think they ARE, but they are always what they THINK. Do you not see from this that if you Think failure, you ARE failure? When you pause often enough and long enough to grasp and understand this fact- for it is a proven fact- you will realize that you are a part of the great, creative Universal Mind.



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