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# NOW

## A Journal of Affirmation

Thought      Suggestion      Mental Science      Psychology

APRIL 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.

SAM E. FOULDS,  
Editor.



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NOW:

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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Peggy M. Reeves, M.A.

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# NOW

## A Journal of Affirmation.

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Vol. XX.

April 1924.

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### HIS FACE

I do not ask God's face to see—  
Enough His garment now for me.  
The sunset clouds with love aglow  
I watch, I dream, deep, deep I know  
Behind the cloud a Glory stands—  
At times I see the Painter's hands,  
Across the heavens a glory trace.  
I rest content—I wait in peace;  
Love knows when I have inward grace  
I then shall see and know His face.

HENRY VICTOR MORGAN

### COMMON SENSE

The use common sense in new thought is the exception rather than the rule. To expect that the magical use of Affirmation and Suggestion to change and correct your misspent life is vain, in fact it is time wasted in useless effort.

We are held down by our besetting sins, and we all need first of all to experience a change of heart. We need first of all to see our error of living in days past, and then before we confidently begin to direct the inner life—cut out our bad habits and besetting sins.

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

Lesson 18.

PROTECTION OF SENSITIVES.

**S**ensitives are a large and extending class of persons who are controlled by feelings. From them come the mass of insane, the victims of nervous prostration and the geniuses. They FEEL and do not understand what, or why they feel, and are worn out by this constant strain upon their nerves. They take on the physical and mental conditions of others. Their nervous system seems made to reflect every condition about them. They are not understood by those less sensitive, and suffer from the upbraidings of friends and from their own condemnation. They are never helped by ordinary means. Only by the mental cure are they to be reached.

They are the advance guard of the Coming Race, because they are the more spiritually developed of the race. Like all advanced individuals in every species being less able to endure the old conditions, they must suffer till they either build conditions more favorable, develop bodies adapted to their unfolded state, or die off. The problem of the century is:— Will the advanced races go on, or will they like the developed races in the past, die and leave the problem of Mastery to succeeding generations. Jesus was a sensitive. He said: "I am in the world and not of the world." Humanity must learn to be in and of— both. We are to be Spirit and live also in the consciousness of body. The sensitive is the promise of the coming

earthly immortality.

Knowledge is Power and the knowledge you are attaining in these lessons will save the race from this backward step of ancient nations. Did I not see this power in Truth I would never have made nor ask you to make sacrifices for it. This perception is the Savior of the race. It is never safe for the body for one to grow into this spiritual condition, without special conditions for protection. The ancient societies and religious orders afforded this in the past. Jesus had protection "from the wise men of the East." "Enter into the closet" is a mystic command and few had "the reward openly." We are to make practical in every day life the "mysteries" of which Paul revealed only one, namely: "We shall not all die." The knowledge in these lessons if used will place you where Paul hoped to be.

Sensitives also include those who are conscious of possessing one or more of the "Gifts." They are those who naturally or consciously have developed some psychic phase. The protection of one is equally applicable to all. Whenever one feels in his bones that a thing is so; whenever one has an impression; when one in a discussion, or in a speech, finds himself inspired; when one in writing finds himself carried beyond his previous knowledge; whenever one has premonitions of the coming of a friend, of disaster; it is evidence that he needs two things, i.e. knowledge how to use, and how to protect himself. In the previous lessons you will find these directions.

The Law here most applicable is:--**HAVE A FIXED STANDARD OF RIGHT AND LIVE FAITHFUL TO IT.** Conscience will be your protection from so called moral evil.

For physical conditions follow the laws

for Self Healing; affirm protection; remember the Law of Suggestion; and never think of harm as coming from any condition.

Here is a tremendous thought:- The race must rise superior to externals in its present unfoldment, or it must return to savagery, through the death of the more advanced, under the law of the survival of the fittest. As conditions now are the spiritual are the unfit. But the race will live and the spiritual will be the fit. These will conquer the earth and redeem it from all evil conditions. Practice of the Law of Suggestion will save the race. Self Protection through AFFIRMATIONS OF TRUTH will carry humanity through the changes that are to come. A remnant of the race will be saved, as Noah in the old tale for a future stock who through Affirmation born of Truth will rise superior to death and will walk earth with their consciousness so awakened that they live on both the physical and the spiritual planes of life. This is the meaning of the phenomena of Suggestion. In these lessons lies this promise. You can develop any faculty and protect yourself from any condition when you affirm protection, believe it, and LET THE SOUL PROTECT YOU.

Here you are to practice the law of ignoring that which you do not wish to feel. When you come into sympathetic vibrations with another you are to be aware that you are only reflecting another's feelings. In this consciousness you will let slip from you at will the condition. Without this consciousness you may hold a condition as your own till it becomes your own through self suggestion. Much disease begins in sympathetic vibrations. Often it comes telepathically, or in psychic vibrations. Sensitives taking these as their

own make them so. Thus melancholy, despondency, jealousy, envy, anger, or hatred each find a lodgement in those who indulge in some kindred feeling and is nursed till it becomes a chronic condition.

Never allow evil thoughts or feelings to enter the mind. Affirm— **THE ALL GOOD IS MY PROTECTION.** The Psalmist says: "The Lord is my shield and buckler!" Let Him, under some name, be yours. With this affirmation, **BELIEVED**, you can pass through any condition without danger.

Persons will tell you they cannot help feeling these conditions. As long as they say they can't they cannot. Protection comes through believing one can and so affirming. This is the most important work. Teaching— I can— you can keep many sensitives from asylum and hospital, from misery and death. A lady came to me, saying: "I have to isolate myself from society, people tire me so, and so many are painful to me." Auras of persons will affect us thus **IF WE LET THEM.** We are to be positive to those who do not attract us. This thought,— "I am as good and as wise and as powerful as another," and the affirmation of equality in Self Assertion, is protection. This shrinking comes from lack of proper self esteem. Self Esteem and the Affirmation of Self Assertion— **I AM SUFFICIENT UNTO ALL NEEDS—** is necessary. It brings a healthful mental attitude. It breaks up reliance on external authority. It is important that Self-Respect, Self-Knowledge, and Self-Reliance be inculcated. They are condensed in the affirmation— **I AM SUFFICIENT UNTO ALL MY NEEDS.** They who are not thus self-sufficient, self-directed and self-protected must suffer. Self-Control means health. The opposite means death. "The unfit die!" Fitness consists in power to master and comes from

within. Think mastery. Do the thing you fear. Go to the place that hurts. Face the person you do not like. Be where it is painful. In all these affirm your superiority to the condition and grow till you are superior. Face the music and near the band as possible. **BE FEARLESS!** There is ever danger where there is fear because Fear creates it. When your mind is filled with fear the highest angel, were he to approach you, would be clothed in fear garments. Jesus was wise when he said: "Fear not little flock for it is the Father's good pleasure to give you the kingdom." He could not give it to them while in fear. Emerson says: "God cannot reveal himself to cowards!" It is essential before you attempt psychic unfoldment that you banish fear of the Unseen as you have already banished fear of disease, failure, etc.

Fear is the only danger that besets any one. Out of fear grows antagonism. A vast mass of the unpleasant conditions which are termed insanity, obsession, malicious magnetism, and evil thoughts, arise from the antagonism of Fear-thoughts. Contention always results in evil to the contender. "Overcome" with good thoughts. Fix in your mind thoughts of the All Good and all is well. Since so much has been said of evil spirits I quote the words of the very best possible authority, Andrew Jackson Davis. In a published letter he says: "I deny utterly for all time that individuals are led into evil and crime by persons in the other world." Since there is but one life, and it manifests in the world of sense, it follows that what is true of one manifestation is true of the two; both are mind, and the I AM is the same in both. It is impossible for evil to be induced in one who will not believe

in evil; in one who loves the good.

You are to Love the good, and Fear not. Fearlessness brings the passive receptive condition necessary for unfoldment.

It is impossible to enter the silence with fear. It is impossible to listen to the Soul under fear. Here is Tennyson's advice:

How pure at heart, and sound in head,  
With what divine affection bold,  
Should be the man whose thought would hold  
An hour's communion with the dead.

In vain shalt thou, or any call  
The spirits from their golden day,  
Except like them, thou too canst say  
My spirit is at peace with all.

They haunt the silence of the breast,  
Imagination calm and fair,  
The memory like a sunset air,  
The conscience like a sea at rest.

But when the heart is full of din  
And doubt beside the portal waits,  
They can but listen at the gates,  
And hear the household jar within.

This applies to all "Listening in the Silence." You must attain it through fearlessness.

When you have attained this condition, then you can consciously develop psychic powers, without danger may be a Sensitive—with consciousness of telepathic, clairvoyant, psychometric, inspirational, powers. Till you develop protection it is not safe to heal, or place yourself negative to the auras of others, as this is to invite pain. Many have learned the Law through taking conditions from those they would heal. They have taken mental conditions that have

lasted for days. One can as readily distinguish between his own and another's condition as he can between his own and another's voice.

Learn to affirm "safety," anywhere and toward anything. Use these Affirmations:-  
I AM NEVER HARMED. I AM AT ALL TIMES PROTECTED. I AM AT ALL TIMES SAFE. I AM ONE WITH THE ALL. Many who once suffered till life became a burden, now face all and life is joy.

### Practice.

Use the affirmation- I AM FEARLESS.  
Do the thing you fear till you find it easy to face it. Speak the word you fear, and till it does not hurt. Go where you dread and till you love the power of victory. In Love of Good and Right take the condition you have shrunk from and till it exists no longer. Affirm all is good. And all is mine. In this inspiration do that which your reason tells you to do, or what Love prompts and do it fearlessly. Select some one thing you have feared and do it. Nothing can harm you when you thus affirm. Face in Love, fearlessly, knowing that perfect love casteth out fear. Use this month the affirmation I have put thus:-

Love, the I AM, is LORD within!  
Daily He brings mine own to me.



### N.B.

Why not recommend these lessons to friends? These lessons are part of one of the finest systems of mental philosophy ever outlined. If you have some one you want to help give him a subscription to this magazine.

THE LAW OF MENTAL MEDICINE.

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By Dr. Wm. Franklin Kelley.

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Part 6.

**U**ntil this law was discovered, psychologists did not know what it was that controlled the Mind. Man often thinks himself sponsor for his actions when really what he is doing is the very opposite of his desire and better judgement, and seldom if ever, is his judgement of his own making entirely; neither are his likes and dislikes of his own forming. This is proved by the fact that we so many times persist in doing things which are not best for us, even tho we know that we are not doing as we should.

I once knew a man who had a very bad temper. Under normal conditions he was a very fine character. However, in his home, many irritating circumstances would call forth an outburst of temper. In the absence of a more deserving victim, his delicate little wife suffered. They have both repeatedly told me that even at the time of the outbursts, the man would affirm most emphatically his love, and would give his right arm could he but refrain from such conduct. Why did he act this way against his own reason, his love and the one person in all the world he loved most?

To the above question there is but one intelligent answer— the Predominant Mental Impression rules. In this particular case the man came from a father who drank. In his childhood he was treated cruelly. His subconscious mind was filled with destructive thoughts and vile language. Consciously the man was educated and refined,

but the childhood self, those mental images of early life, formed a part of his personality which under the stress of emotions became his master.

Let us now apply this fact in a more general way. Do you rule your own life? Do you always do as your better judgement dictates? Do you do as you will to do? Do you ever make promises to yourself and then fail to make good? If you have never had such experiences you are exceptionally fortunate or else you have never tried to get out of the grooves of your habit mind.

What is that? What is will? What is desire? We have answered these questions. These are elements of the subconscious mind. They are Predominant Impressions due mainly to association of ideas in the flow of consciousness. This is shown by the fact that ideas which to one person seem rational may not seem so at all to some one else. So the rationality as well as the will is nothing more or less than an association of certain Predominant ideas. The same principle holds true in our emotions, our habits, our temper, our natural traits of character. All these things are traced right back to the same fundamental cause, the Predominant Impression of ideas.

**MASTER OF THE INNER SELF**— Recognizing as we do that man has an inner mind as well as an outer consciousness, and having observed the demonstrations that the inner Mind is all potent in the life of man, it behooves us to study this inner self and master its activities that we may be able to guide our destiny and shape our lives as we desire. "But," some will say, "I do not accept your theory of Predominant Impression. I do as I please. I control my life and destiny." "Just a mom-

ent, please; do you ever have a headache? Do you have indigestion, or are you constipated? Have you ever tried to change any habit or custom which you know you would be better off for changing? Are you master of your nervous system.

If you are not master of yourself, you must admit that you need a better knowledge of yourself. All subnormal conditions are the result of your nervous system and cell life being controlled by a perverted Predominant Impression of a nature which more or less constantly suggests these conditions to the life forces of your personality, and the only way to become well, is to bring about a change in these mental conditions so that health thots will dominate your life.

Change the Predominant Impression by an act of will in the Subconscious Mind, and the external effect will at once begin to be Manifested. If all the objectional ideas pertaining to disease are eradicated, the ailment will immediately disappear.

This is what happens in instantaneous cures. The outward expression is always the result of an inward mental state, or predominant idea. Whether the condition be Good or Evil the cause of its existence and the power of its maintenance is Mind.

To change the cause, you must change the internal thought, then the external condition will change as a natural consequence. There is absolutely no exception to this rule. There can be no other result, for this is the law of life. If the idea be changed and the sick thought removed, your consciousness of the idea changes accordingly, but if the external condition changes and the idea remains, you are still about as sick as tho you were physically ill. Real cure comes by changing the mental attitude of the inner cell life.

This cell consciousness we have termed the Predominant Mental Impression.

It is well to note that the elimination of the consciousness of an idea does not necessarily prove that the idea is vanquished from the subconscious mind. If the conscious mind had the power of making real its dreams without the aid of the Soul, the visions of the intoxicated brain, the opium fiend and the insane, would at once be in a material way, and the flighty imaginings of the child mind would be quite as durable as physical reality. Fortunately, Mind Power in its creative function does not work that way. To accomplish the creative act, you must let go of the mental image and allow it to vibrate into material reality.

Mind is the designer, creator and controller of all material forms. However, those designs and those forms by which it performs its marvels of creation are mental, not physical. The things of the Mind belong to the world of Mind. Things are things to the Soul and to the Mind, but only force to the world of matter. Keep this fact in mind and you need not be led astray. Sanity and safety in using the master-formulas of Psychology demands that this fact be remembered. The conscious thought must be submerged, then in time must be transformed into the psychology of cell life before it becomes a physical reality.



**N.B.**

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## GOD AND THE BLUE SKY

By Chas. Matt. Berkheimer

**W**hy not God and the black sky, or red sky, or yellow sky, you say? Because the spiritual belongs in the blue light, or even silvery gray colors. Emerson says the dim spiritual world when he might just as well have said the blue spiritual. Kant says the vast void of pure reason, which means the same thing. Another thinker says God is the father of mind and nothing else, in which event God would be the father of himself, and maybe he is for all I know; it is too deep for me— you guess?

When the eclipse was on on September the 10th. last, and I was gazing up at it, while the fog and thin clouds were swirling over and around it like at night, I thot how fine it would be to be standing on the moon in your astral body looking down 240,000 miles at the earth, and then turn your cosmic gaze and look up at a mean distance of 93,000,000 miles, as the astronomers guess. Whew! but wouldn't that be a fine experience in the thin spiritual atmospheres that essentially inhere there. Then you could look around and see something—see a host of material planets speeding thru space under cosmic laws at terrific rates of speed. I remember having been out in the spiritual standing in the grand stand reviewing the white horse army as it passed by, and I thot how fine it would be to review the planets and celestial hosts from the moon.

Lately I attempted to read Einstein's three divisions of his theory of relativity, and to say that I really understood it mathematically would be a joke, as I do

not claim to be one of his 12 disciples who work calculus to such fine points. I tried next to read the explanation of Einstein's theory by Professor Lorentz, but that didn't work, so I remembered having heard Bishop Fowler say that he could read great books but that he couldn't write them, which was even more than I was doing in these instances.

Then I thought I would investigate a little and see if I could not find out what electricity is, even though Steinmetz says nobody knows. I tried the violet ray, and the Tesla current, wireless, et cetera, and one electro-therapy man told me it is from one of the cosmic currents surrounding the earth, and this satisfied me for the present—"that settles it" I said, for it is a variant of spirituality just as I wrote about 20 years ago while editing "The Phalanx." Spirituality is about the only thing I am interested in vitally, because when you have that you have the principle of everything else included.

So much for that as an explanation of "something," but how about the blue sky, you say? Well, (and we must not have too many wells according to a noted authority), the fact of the matter is, that I did not really promise to say anything on either the first or the last part of this subject, but by beginning I offered, which amounts to practically the same thing. The dictionary explains the sky as the vast blue dome overhanging the earth, but that vast blue dome is not a dome at all, but infinite space, and it would be tautology to attempt a further explanation of it. I think, though, it is the ether, about which philosophers and scientists disagree. According to Haeckel the total amount of ether in the known cosmic universe would not weigh more than 250 pounds, so you see how

light and transparent it must be to be anything at all. "In the midst of the sun there is light, and in the midst of the light there is truth, and in the midst of the truth there is imperishable being," so you see the ether may be very God of very God—almost past finding out, as the Bible hints, and yet there are a lot of things that the Bible don't know. If we practiced morality to-day as it is stated in the Bible they did several thousand years ago we wouldn't be blameless, comes from a smart woman, who says she belongs to no church because Jesus did all his preaching in the open— in boats, and on the mountain tops and hill sides. No worse, tho, than the infamous treatment France has meted out to conquered Germany, as explained by H.G.Wells, a noted Englishman who is credited with knowing what he is talking about. France seems to be very much like Jack Johnson in that she does not care what the world says about her so long as it says something. Did France pay indemnity when Napoleon used to go out of a morning and stick a nation in his pocket before breakfast? Yet Germany made France pay in 1871, and, therefore, Germany should pay too, as she can, but even then Richelieu started the see-saw by first taking Alsace-Lorraine away from Germany in 1642, something that seems to be almost forgotten by a lot of people just now, either ignorantly or wilfully, who can say? President Harding was right when he said that man is adrift from his religious moorings, and that there is evidence everywhere of the need for the restoration of the soul of religion.

President Harding was capable of telling us what the soul of religion is, but he didn't. The soul of religion is embodied in the great Sermon on the Mount,

whose cardinal principle is "Do unto others as you would that they should do unto you," which is a precept about 7000 years old, and practiced to some extent by all the nations of antiquity, but we seem to have it to learn yet, and return to, or something like that, who can say?

We pride ourselves upon our knowledge, education, and enlightenment, and yet knowledge and education are not enlightenment. Enlightenment is illumination, and illumination is from above, and not from mere information and indignation, or the lower mental, as the theosophical books tell us, or as any really illuminated man will tell you. Mrs. Eddy states that as she came into a full realization of the healing principle all mortal knowledge faded from her objective mind, which is true God sight, or quickening of the Spirit of Truth. Illumination means that you see clearly and distinctly any distance with the third eye, which is located in the central forehead, and this you do while the physical eyes are asleep, or closed. The third eye is a great cosmic mental spot light radiating up from the solar plexus, and you switch it at your convenience to any object you wish to examine.

I have had the great pleasure and solemn experience of appearing in two places at the same time, and ranging my great third eye to suit myself in examining old, familiar places thousands of miles away, just as it is said Laotze, and another one or two did. This knowledge applied embraces the principle of how Jesus moved the ship some three miles "immediately," as the New Testament records.

The Hindus have a saying that in deep sleep the individual soul becomes the ALL-SEEING, a statement that occurred to me keenly recently as I was preparing an

article on dreams at the request of the editor of a magazine in Delhi, India, and it is worth the most serious consideration from any angle.

CONSTRUCTIVE PSYCHOLOGY.

Part 3.

By Peggy M. Reeves, M.A.

**N**ever forget this most important fact— which is also a proven fact— that by improper thinking— which is destructive psychology, you can create confusion. Your close relationship to the governing Principle of Life and the Universe, is so simple and beautiful that once grasped, will never be relinquished or repudiated. Your daily life and deeds are the reflection of your predominating daily thought. Your mental outlook is your creator, and also the creator of your conditions and possessions. We have been told that the "real battle of life, is one of ideas. It is being fought by few against the many." Progress or precedent, which will you choose? Progress will lead you to the mountain heights of victory, to the very pinnacle of your goal, no matter how high it may be. Precedent will bind you to the slow moving ox-cart of a life of disappointment, with now and then perhaps, a flashlight of what you might have been. Cultivate your imagination. Vision and desire, if healthy and honest, will give birth to an idea. Use your idea for a working model, which will enable you to become and to be; to possess and to have all that you desire, or would be and be.

come. Your every thought creates mental vibration. The entire Universe is based upon the law of vibration. Constructive thoughts— Constructive Psychology— will produce the vibrations of success. Destructive thoughts— Destructive Psychology— will produce failure, unhappiness, and all undesirable conditions.

You should not accept this statement as true because it is written in this article. It is a provable fact, and all you have to do to prove that it is true, is to prove it in your life, to your own satisfaction.

You who are unhappy, dissatisfied and unsuccessful, can change your unhappy path in life to the highroad of success. I have done this, and what I have done, you can do. Mark Twain has said, "Don't stare up the steps of success, but step up the stairs." That phrase inspired me at a time when there seemed no silver lining to the clouds overhanging my path.

The door of success is fastened with a combination lock. All who enter this door must know the letters in the combination. You must not only know these letters, but you must be able to use practically the two powerful and potent qualities which these letters spell. They are FAITH and LOVE. Easily spoken, but often difficult to practice. No human being can ever hope to reach the very pinnacle of success— and remember that success constitutes ALL that is good in life— until he or she has banished from the mind all feelings of resentment, envy and hatred toward his fellow creatures. Your thoughts and deeds are like the Australian Indian's Boomerang— you can throw them out in any direction, but they always come back to you, the one who throws them. Establish in your own heart the Altar of Universal

Brotherhood; realize that you are your brother's keeper, and attend well to the task. When you feel inclined to adversely criticize another, put upon your tongue the bridle of silence. Instead of adverse criticism give constructive advise. If you feel inclined to "knock" someone, remember to cushion your mallet with kindness before you strike the first blow:

"Just a word in kindness spoken,  
May heal the heart which is well nigh  
broken."

Think of how YOU would feel under like circumstances or conditions, and see if you cannot exercise some regard for the fellow at the other end of the bargain.

When once you realize the great good you will get by turning your hate thoughts toward humanity, into LOVE thoughts, you will never again cherish for anyone any thoughts except those of love and kindness. Never was there a truer saying than this: "Love will make life a continuous merry-go-round of success, if you will but add to your love—faith." We are told that the meaning of faith is "things hoped for, but not seen." By being faithful to your faith and to your work, you can soon see and realize all that you have hoped for. Shakespeare tells us, "Man, to thine own self be true, and it follows as the night follows the day, thou canst be false to no one."

Psychology will tell you, Be FAITHFUL to yourself, to your obligations, both moral and social, and most important, be faithful to your work. No self respecting man or woman would want it said of them that they were unfaithful in their work. Practice "Love and Faith" continually and under all conditions, for they are the combination which will unlock the door of success, and swing it wide open for all.

Love and Faith are the priceless seals of Constructive Psychology. Constructive Psychology practically applied to your commercial, social and business life, will fill your life full to overflowing with all the good things of life. Constructive Psychology will teach you inductive thinking, which will enable you to bring to yourself all things which you desire.

The forces of life are vaporous, changeable and fickle, therefore each one of you must be capable of stabilizing yourself, and enhancing the strength and rate of your thought vibration. This is accomplished by concentrated thought and effort. Concentration of thoughts which are never transmuted into actual, practical values, is waste of time. Concentrate your thoughts on money, and never do anything to get it, and the money will never come. Paul says, "Show me your faith by your works;" that is constructive psychology. Think out your plans at the earliest possible moment, then get busy with them. Keep to yourself, as much as you possibly can, the big ideas and plans you have mapped out. Have a big secret with yourself, you will find it a propelling force, constantly driving you forward. Never spend your time telling your friends what you are going to do; save that force to spend on your efforts.



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