

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

—EMERSON.

NOW.

A JOURNAL OF AFFIRMATIONS.

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

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

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HENRY HARRISON BROWN
Editor and Proprietor.
Office, 33 South Second Street,
San Jose, Cal.

One Life All.

Wave after wave rolls up the strand,
As with retreating feet,
I leave my footprints on the sand,
Where wave and footprint meet.
Backward the flow, and I in play,
Follow retreating foam,
As broken wavelets cuddling, seek
Strength in their restless home.

From this seabeach to Japan Isles,
One stretch of throbbing sea.
One and the same is every drop,
On China shore or gemming sea.
From Ocean's breast, or crystal snow,
The meadow spring or rainbow dome,
From Shasta's crest, and sunny isle,
The echo comes, "We're one!"

One Life is all! From wave to wave,
From sand grain up to sun,
From polyp to the Manger-Child,—
Drops of the Eternal ONE.
Behind each drop all Ocean's power;
Behind man all of God's!
Wave after wave on shore has stopped,
At Man-beach, now at clod's.

O, Unity! I'm lost in thee!
I bathe within thy power!
I revel in thy Liberty!
Reborn in Love this hour!
From God, I am! A Vibrant Soul!
A Personal God is Man!
Throughout all space Life's waters roll!
And through that space—I AM!

HENRY HARRISON BROWN,
Cliff House, San Francisco, July 13, 1901.

Let us all mind our own business. How curious it is that men should quit their work and make a business of looking after the business of others. No man is ridiculous excepting when he neglects his own affairs to look after the business of other men—no man but is splendid when he is minding his own business. Is there anything finer than to mind one's own business? O cursed spite, that men are born to set each other right.

—*Elbert Hubbard.*

A thread of Law runs through thy prayer,
Stronger than iron cables are.
And Love and Longing, towards its goal,
Are pilots sweet to guide the Soul.

—*D. A. Wasson.*

Affirmations.

Desire.

As the heart panteth after the water brook,
So panteth my Soul after thee.—*Psalmist.*

The longing to be so
Helps make the soul immortal.—*Lowell.*

I, an immortal Soul am a manifestation of Infinity.

I am an indivisible part of the ONE, that is All.

I am in essence, All.

All is in me demanding manifestation.

Expression and manifestation are one, and both are Experience.

I must experience constantly or lose my Individuality.

Because I experience that which no other does, I maintain my Individuality.

I seek constantly new Experience.

I am, as a conscious Individual, constantly pushed into Expression by that which I Am.

I am an outlet into Conscious Expression for Infinite Mind.

The more I express the more I am, the greater my Recognition of Self.

This necessity of Expression I name, Desire.

Desire is God in the Soul demanding Expression.

Desire is the Word of the Divine within me.

I will obey the God within and follow Desire.

What I Desire, that I will Express.

With results, I, as a Conscious Individuality have nothing to do, except to accept them as right, necessary and good.

I as a Soul desired this Expression, therefore all the results are Good. Results only evidence the Soul's Unfoldment from the Unconsciousness of the ONE into the Self-conscious Individual.

I am more for all I express. I learn to control Desire through Experience.

Repressed desire finds vent in ways that are sure to bring pain and suffering. Repression is denial to Unfoldment. Repression is Death?

I will not die. I am Life. Life will have free Expression in me.

Desire is my monitor and guide.

I use Reason to direct the Expression of Desire, not to repress Desire.

Whatever way Experience has found best, that I will reasonably use in Expressing Desire.

I am a reasonable Being and my reason was given me to use in applying the knowledge gained by Experience in directing the Expressions of Desire in the Now.

I Now and Here express my Love and Truth as Desired; as seems to me reasonable; and all the results of this Expression are Good.

The Divine in me makes no mistakes. I desire, I act and unfold into Self-control by thus living free of the limitations of Fear.

To desire is to act, and if results are not what I choose, then will, by an Affirmation direct Desire into another channel henceforward, for I am King over my realm,—this Manifest Life.

I desire All-Good to express Itself in me. I desire All-Wisdom to express Itself in me.

I desire All-Power to manifest in Wisdom and Goodness in me.

I desire my Life to be Beauty, Truth and Love.

I desire that Life shall, in the Love of Truth and Goodness and Beauty, be Successful.

This Desire brings fruition through that perfect Trust and Faith that casting out Fear and gives freedom to desire. Therefore I live free from all mental conditions that impede the full expression of my Desire.

This Free Expression brings Health, Wisdom, Happiness and Success.

Because I let the Soul have its way through me in Liberty, I enjoy Here and Now the consciousness of Immortality, and possesses the complete Mastery of the Flesh and its environments.

I am Now living as a Conscious Child of the One.

The thing we long for, that we are,

For one transcendent moment,

E'er the Present poor and bare,

Can make its sneering comment.

Still through our paltry stir and strife,

Glows down the wished Ideal,

And Longing moulds in clay, what Life

Carves in the marble Real.

—*Lowell.*

GO WAKE THE SEEDS OF GOOD ASLEEP THROUGHOUT THE WORLD.—*BROWNING.*

NOW

Primary Lesson, No. 15.

No Limitations.

There is no real liberty as long as one holds over himself in thought any limitation. The worst of all slavery is that of "I cannot." He who says this cannot even try. Belief in the possibility, is the first requisite of success. Belief in it as *already* success when it is only thought, is the key to success. Millions are bound in the prison of "Can't." The only possible hope for any growth lies in the words, "I can!" I am one with Omnipotence! What is impossible for Omnipotence to do? It is only when we separate ourselves from the ONE that we think, "cannot" and "impossible." Unity is the cure for all failure, all ills, all sorrow. God is. I AM! We are ONE. That ONE is Omnipotent! I CAN. In this mood of mind, the thing—anything—everything—is *done*.

In Affirming—I AM—one affirms faith in the Infinite, and has outgrown limitations. He can do anything he will. And he wills to do anything he thinks is *Right*; anything his reason and conscience approves. He cannot throw his will, nor place his heart, upon anything that is not in harmony *with* the God within, and that God is his Conscience. Conscience cannot tell *what* is Right, but it thunders at all times—DO RIGHT; *follow your best thought*. No matter what that thought is, as long as you feel it is the Right, DO IT! And in this abandonment to your thought all thought of Limitation passes away, and you are one with that Power that works in and through you to *Be* and to *Do*. When Reason, Conscience and Will are in accord in Faith, the man is invincible. The words "can't," "if," and others of like import should, when used in connection with any desired object, be banished forever from the vocabulary. "Can" and "Will" then take their place. There is no Limitation in Nature's thought. There must be none in the Thought of Nature's child. There will be none when once we enter into a Realization that we are its children. Nature has put up no barriers; Man will erect none. Along the path of life is only this sign—

NO LIMITATIONS.

Music is a making manifest to our dull ears; the divine harmony of the Universe, and thus all music is sacred music, and all true musicians are priests, for by their ministrations we are made to realize our Oneness with the Whole. Through music we read the Universal.

—Elbert Hubbard.

For NOW.

Doctrine of Common Sense.

By LORNEA FOLLETT,
Author of "Realization."
Part First.

I met face to face just now a most pertinent inquiry in Charles B. Newcombs "Discovery of a Lost Trail." "Why is it," he asks, "that when we hear a suggestion of some pleasing possibility we think it too good to be true, yet when disappointment comes it is just what we might have expected?"

Why indeed? Pessimism is the arch conspirator against humanity. Half the ills that flesh is heir to, may be laid in justice at this door. "As a man thinketh in his heart, so is he."

Why is not happiness as apt to come as pain? Why is not health as contagious as disease? There is no reason why, all other things being equal, except that we expect, plan, and wait to be sick, or miserable, tomorrow. We accept this condition with all resignation as a penalty for living, a necessity of nature, a circumstance, inevitable.

It is not suggested that chafing, fretfulness and complaint, should take the place of resignation, when the necessity of resignation comes, but we bear many things that can be helped. We suffer needlessly many times. We do not expect to saunter down a railroad track and meet a locomotive at full speed and not be harmed, yet we encounter eternal laws at every step and must face the results, and doing so, often say—"God sent it as a retribution for our sins."

Yes it is a retribution—a retribution for our ignorance. But God did not send it! We sent *for* it ourselves to come by the first express C. O. D. If it be possible for Personality to render the judgment of Infinite Justice, against Divinity, it is in the statement—to discipline our souls. God causes us to suffer? None will deny it to be a discipline, and a needed one perhaps until our eyes are opened, but who wishes to throw the blame of the results of a faulty life on the perfect name of God?

If we are not strong enough to bear our own burdens, let us make none to be borne. Not that it hurts God to bear them—No! But a noble man never shifts responsibility.

Rev. Francis E. Mason touches on a tender spot in this theory when he says: "The nearer you are to the cause, the more vivid the effect. If God is the cause of sickness and pain, evil and grief, the nearer to God you are, the sicker you will be."

Is not this pure logic? For what purpose is our logic if not for use? This *He* said: "Whatsoever a man sows he reaps."

Did you ever catch a cold when coming home from the rain, wet and chilled? No? Well I did. I did the sowing. It was because I did not understand. The disease was helpful. It revealed my weakest point. Then I became wise and healed myself; cured the weakness with a thought.

Atkinson, Ill.

Then if you be a spiritual being, living in spirit, can you have the fever? Can you have anything the matter with you at all? Can you have anything the matter with you when you live in the bosom of the Father? You can not. It is the realization of that truth that forces this so-called material body to respond to the spiritual thought. In healing the sick you do not have anything to do with the body at all. You do not have any recognition of the body whatever. When I am called on to treat a patient, I do not have to think of the body; not one particle; not any more than if it did not exist. I think of the spiritual perfectness of the person I am praying for, and when I realize that it is the perfect image and likeness of God, living in God, I am forced to the conclusion of its perfection and wholeness. That is as far as I have to go. When I make this realization God's natural law forces this so-called body to respond to the spiritual thought.—*Col. Sabin, in Washington News Letter.*

It is one of the most prominent doctrines of the Gnani that the power of expelling thoughts, or if need be of killing them on the spot, *must* be attained. Naturally, the art requires practice, but like all other arts, when attained there is no mystery or difficulty about it. And it is worth the practice. It may, indeed, fairly be said that life only begins when this art has been acquired. For obviously, when, instead of being ruled by individual thoughts, the whole flock of them, in their immense multitude and variety and capacity, is ours to direct, to dispatch and to employ where we list, life becomes a thing so vast and grand compared to what it was before, that its former condition may well appear almost ante-natal.—*Edward Carpenter, "The Gnani."*

I wish the bottom of the hills
Were moved up to the top;
Then when I wanted to go up
I'd simply have to drop.

—*The Philisten.*

"Poor fellow," said the sad-faced man. "He was cut off in his prime. I warned him long ago."

"Brain fatigue, resulting from his haste for riches. He lost sleep thinking about schemes to advertise his preparation for prolonging life."

THINGS SEEN ARE TEMPORAL; THINGS UNSEEN ARE ETERNAL.—PAUL.

From *Boston Ideas*.

There's One I Love.

As one at twilight hour, in pensive mood,
At open window sits, while from afar
Come thoughts of home, on beams of even-
ing star;
Or hungry-hearted, starving for Love's food,
Finds suddenly dispelled, this inky brood
Of prisoning thoughts, by some sweet viol's
strain,
That breathes remembered tunes, and once
again
He is a boy with naught his joy to mar—
So camest thou into my life! No beam
Of star more soft; nor strain more sweet!
Two blendid lives in harmony complete
Were ours that eve. And now 'tis like some
dream
When angels bent my cradle-bed above!—
Aye! 'Twas an angel bent;—his name is
Love!

HENRY HARRISON BROWN.

NOW office, San Jose, California.

Fraternity! Love's other name!

Dear Heaven-connecting link of being!
We yet shall clasp thy golden dream,
As Soul sfull-stated, grow far seeing!
Thou shalt unfold our better part,
And in our life-cup yield more honey!
Light up with joy the poor man's heart,
And Love's own world with smiles more
sunny!
—Gerald Massey.

How many a glorious record,
Had the angels of me kept,
Had I *done*, instead of *doubted*,
Had I *warred* instead of *wept*.
—Anon.

Like the tide on a crescent sea beach,
When the moon is new and thin,
Into our heart's high yearnings,
Comes welling and surging in—
Comes from the mystic ocean
Whose rim no foot has trod—
Some of us call it Longing,
And others call it God.
—W. H. Carruth.

Atlas could never have carried the world
had he fixed his thought on the size
of it.
—Elbert Hubbard.

An optimistic Confederate officer who
had been wounded, and who lay in a
temporary hospital with a leg amputated,
heard his black body-servant wailing,
and said: "Pomp, why are you crying
so?" The servant answered: "I'se
cryin' case you'se only got one laig,
Massa." "Then stop your foolishness,"
the officer replied, "and be glad you'll
have but one boot to clean hereafter."
A spirit such as that sees everything
from the view point of a practical phil-
osophy capable of ridding life of half
its sorrow.

Words of Gold.

From Blackheath, England, comes
this: I am delighted with the sample
of NOW received, as it exactly expresses
the power of "Science," which most ap-
peals to me. . . . Your teaching is
wonderfully practical. . . . Will you
print "Suggestion, its place and power"
as a leaflet? If so, please send me 6,000.
I hope you will do so. It is the most
helpful and clearest thing I every read.
—W. S.

I am proposing to print that article as a
tract. How many will you order at
\$1.00 per hundred, or three for 5 cents?
This is the best thing ever printed as a
foundation on which to build a Science
of Mind. Send in orders soon for as
many as you can distribute.

"The Reading has set me on my feet,"
writes a gentleman in New York.
Lotta writes: NOW for this month is
missed, but I will enjoy it all the more
in August. I cannot keep house with-
out it.

"NOW first opened my eyes to Truth.
A lady handed me a sample, and here I
am," said a lady as she came into my
San Francisco Class. I intend NOW to
be an Eye Opener.

"The New Thought is my life. I
could not live without it." Writes, one
of my best California friends. True,
for it IS life.

"I have long felt grateful to you ever
since I received the sample copy of
NOW, it was so inspiring and helpful.
I have wanted to send my sub. but a boy
seldom has a spare half dollar. I wished
it for many, others will share it. As
soon as school closes, I throw open my
rooms to a large number of boys who
use them as a sort of club headquarters,
where they come to read, study or play,
and I desired them to find NOW among
the papers. Although but 19 I am
deeply interested in the New Thought.
I am taking a course in Philosophy at
the University. I like NOW the best of
the many papers of advanced thought
that I have seen. It is the most inspir-
ing." F. G. L. D. of S. Dak.

I will try day by day to do simple duty
the day brings with it, and let the mor-
row take care for the things of itself.
One might as well be striking with
hatchet and hammer at a star in the
sky, attempting to shape and tinker it,
as to sweat and toil so over the future.
The star is not more completely beyond
one's present reach than is the future,
save as it is influenced by the manly
doing of to-day. W. M. Baker.

Blessed is the man who has found his
work.
—Elbert Hubbard.

Psychometric Readings.

Have you noticed my advertisement for
Psychometric Readings? Have you
seen in "Words of Gold" how well sat-
isfied my patrons are? Then why not
send your \$1 for a Reading? You can-
not do better than to learn from the
Soul-side what your possibilities are,
and in what direction to look for health,
happiness and success. I will make
this offer, good until October 31st, for
50c, I will send a Reading to all *new*
subscribers. Remember! until Oct. 31st,
my Reading and NOW for \$1, NOW is
50c per annum.

What the New Thought Stands for.

BY CHARLES BRODIE PATTERSON.

Alliance Publishing Co., New York.
Price, 10c.

This is to be recommended without re-
serve. It is the fairest review of the
differences between Christian Science
and the New Thought that I have seen.
It does full justice to Mrs. Eddy and the
great movement that has followed from
her work. Would that it was scattered
broadcast for its awakening power. Here
is a thought from its pages:

The New Thought practioner stands firmly and
squarely on the *affirmative* side of life. No
such thing as *denial* enters the mind of the New
Thought Healer when he treats his patient. He
recognizes all wrong mental conditions—mal-
ice, hatred, envy, jealousy, pride, sensuality,
and kindred emotions—as indicative of a lack
of development, and perceives that with the
introduction of an affirmative thought no di-
rect denial is needed. Affirmation carries with
it all necessary denial within itself. When the
feeling of Love enters the heart the false feel-
ing of hate must go out. When the thought
of Law enters the mind, unlawfulness and dis-
order can have no place.

The greatest help is Self-help, and the highest
form of assistance, helping others to help
themselves.
—Fred Bury's Journal.

From Wisconsin comes this from W.
S. R.: Were you my elder brother and
we had been together all our lives, you
could not have delineated my character
more correctly. You were correct in
stating my ancestors to have been a
hardy race. My grandfather lived to be
104 and my mother's parents lived
above the nineties. . . . NOW while
small in size is a giant in intellect.
When I first began to read it, I missed
the articles on spirit phenomena that I
had been accustomed to reading in other
journals, but by close study of NOW I
find that these phenomena which at
one time interested me so much was but
the chaff that covered the golden grain.
You have created in me a desire for
more and larger life.

OFFICE OF NOW,
33 South Second Street, San Jose, California.

AUGUST, 1901.

NOW.

HENRY HARRISON BROWN,
EDITOR.

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not credited to others is his.
Its basic Affirmation is:—Man is Spirit and can
manifest as spirit here and now.

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Notice! The Editor of NOW is, with the exception of a few days each month, in San Francisco. Letters will reach him two days sooner when sent there.

He is teaching classes in "Soul-Culture," and also classes in "The Science and Art of Suggestion." He has just finished his first classes this term of his Institute, and has begun new classes in both these branches, but he will form others, to meet at any desired hour, or place. Regular classes at above number. Mr. Brown refers to his patrons, and will upon desire give them as references. He has no hesitation in saying that he has no superior as a teacher of "The Science of Mind." He founds all his instructions upon the recognized facts and deductions of modern science and the Evolutionary Philosophy. The objective and subjective worlds are subject to the same laws. The one Principle that rules man from without is Suggestion, and from within is Affirmation. To understand these and how to apply it is to be Master of Fate. Terms reasonable. Call or apply at 1423 Market street, San Francisco.

Every Monday at 8 p. m. the editor of NOW gives a talk upon "Suggestion; its Place and Power," at the rooms of the Twentieth Century Club, No. 11 Flood Building, corner Market and Fourth streets. These talks are free to all.

"Christian" versus NOW.

Thomas J. Shelton, editor of *Christian*, is a wonderful seer. He is a man of power. He is an inspiration because of his fearlessness and his strong assertions. But the seer is rarely a philosopher and still more rarely is he a scientist. The seer is necessarily inconsistent. He announces Truth as he perceives it by the flashlight of intuition. He is not a continuous light. Shelton is delightfully inconsistent, and more delightfully non-scientific. We would not have him take a course in physics, for that would spoil him for what he really is valuable, viz: stimulation. For this we like him. It is only when he would drop from the mount of Inspiration and pose as a philosopher he makes us tired.

All seers, when the revelation of Truth comes to them, find themselves limited by their intellectual unfolding and their theological bias. Shelton was a priest of the orthodox type. Once a priest ever a priest in thinking. No danger that he will cheat the undertaker by an earthly immortality until the experiences of the body has worked out theological virus. This virus shows too plainly in a three column article in July *Christian*, inspired by an innocent remark of NOW, protesting against so many new interpretations of the Bible. This remark Shelton construes into an attack upon the Bible. Delightful logic! We have had such for 1500 years. It is theological. Give it a rest, Shelton. Sectarian logic is out of place in one who claims to live not only in the twentieth century, but to live forever in the body. "Survivals" are recognized by science and we are compelled to class this most delightful and youthful method of unreason, as a theological survival in the editor of *Christian*. Another evidence that the New Thought editor has not been redeemed from theology, is that he uses the old epithets of the church. He calls the editor of NOW "Foolish" and a "thin thinker;" orthodox "chestnuts" used as arguments.

But another "chestnut" that he throws at us, is the assumption that the Bible and Truth are synonymous. Truth is *in* the Bible, but it is not Truth *because* it is in the Bible. A vast difference. Truth writes Bibles and all books, even *Christian* and NOW are born of Truth. He puts his opinions concerning Bible, for Bible. Pope Pius could do no more. "If I open my window and look out upon the Rocky Mountains," he says, "I would be as foolish as this editor, if I should say, 'Get away old Rocky Mountains.'"

Excellent logic. Mountains may be changeless, but opinions of them change, and I prefer the opinion of the modern geologist, to that of Moses or Shelton; besides I can climb Mountains, and cannot climb opinions; therefore I know they are not identical. Shelton is only reading a new interpretation into the old Hebrew or Greek thought. I like this ancient thought. But I prefer to drink at this

fountain without it being royed by even a *Christian Scientist*.

I do not see that Truth is helped by calling the Sun and moon in Genesis "Spiritual Wisdom" and "Intellect." I have as good a right to say they are civil and ecclesiastical government. Such Symbolizing as is now common concerning the Bible would make Mother Goose teach Christian Science; Fairy Tales, Mental Science; and the biography of Napoleon teach a scheme of Human Redemption. Insanity has no more foolish ravings than much that passes as Bible interpretation. Shelton also repeats the old pulpit cry, that all that we possess of good, in all direction, comes from the Bible. He says that Mrs. Eddy and Brown drew their thoughts from the Bible. I can say for myself, that away back in the time when Mrs. Eddy was getting her thoughts from the world of decarnate spirits as a medium, I was also being taught by them. My Inspiration came not from Bible but from Science. And Youman's work on the "Conservation and Correlation of Forces" and Emerson's Essays, (read from 1862 to 1869) laid then the foundation for my present Science of Mind.

To say that all our civilization is from the Bible, is contradicted by what we know. The Bible is the product of brighter civilization than the Hebrew. He borrowed all his possessions in way of development from other nations. Even the "Genesis Legends" are found on the Babalyonian Tablets 3000 years before the Jew had an existence. The Bible is the winnowed literature of a people, peculiar to us, as they are the later representatives of the wonderful civilization from which they sprang. A study of the Higher Criticism on part of many writers and editors would save the New Thought from much deserved censure. Egypt and other Nile valley nations, and the isles and shores of the Mediterranean had a civilization in many respects superior to our own. We find art flourished in Asia where Bible has never gone. Christian missionaries and many travelers found all the virtues among heathen tribes. Humanity, charity, philanthropy, brotherhood, virtue, thoughtfulness, honor and honesty all flourished before the Bible, and are now found where Bible has not penetrated. Mankind is ONE, and all that we are, men always have been. No revelation can rise above the capacity of the seer. No people can be lifted; they unfold. Through the Human brain of today the Truth of today finds expression, as through human emotions today, Love finds, as it ever has, the expression the occasion demands.

Truth depends not upon book, man or society; upon priest, king or church. Its home is in the constitution of man. If Shelton, Eddy, Wilmans, Brown, and all teachers of the New Thought, were to pass away by a cyclone. Truth will have lost nothing, nor man, nor earth; for Truth will find an expression at the right time through the right one. It chooses us. Not we it. It is POWER, and finds us and uses us, and we are only happy

THOUGH HE SLAY ME YET WILL I TRUST IN HIM.—PSALMIST.

when thus used. Is it our loss and not humanity's nor Truth's, when we keep silent. And Bibles grow from the Human Soul and are as Whitman says, "Shed as trees shed leaves." Being largely an expression of the cravings of humanity for the ideal, the Bible is for us a wonderful book of devotion. A book to stimulate to *living*. A good book for *living*, as it awakens strength in line of our ideals. But it is a bad book to *think* by. We have science now, where Bible-world had mystery. We have Law where they saw an arbitrary will. We have entirely changed our mental attitude from theirs, aye even from that of 100 years ago. Therefore only as we can enter into the spirit of the writers, and grow in spirit, the less we read the Bible the better. For as true as thought is creative, so is it true that here "The letter killeth; the spirit maketh alive." Shelton *et al.*, keep the Bible for your private devotions, but give the interpretations a rest

From *The People's Press*, (Chicago), July 6, 1901

Hypnotism Not "Evil."

Editor *The People's Press*.

DEAR SIR—It is really too bad to see such a fine discourse as that of Dr. E. E. Hall upon "Hypnotism," in your issue of April 13th, marred by the word "Evil" in its title, and by some apocryphal instances of its evil effects in the body of it. Since the possibility of its working evil is a mooted question, it is well for teachers not to be positive in such statements—and better, not to touch upon that point. Many of the best informed declare that it has no power for evil. At the worst, its positive benefits outweigh so enormously all its fancied evils that, in thinking of it we should no more think of evil than in thinking of electricity. We recognize the benefits here, though nearly every day some one is killed by a live wire. From an extended experience, I do not believe that hypnotism can be used for evil. I know of no case. To bring up as an excuse for wrong-doing the plea that one was hypnotized, is the old excuse of being influenced to do wrong by others magnified in its possibilities to harm a thousand fold. I know of nothing so destructive of all good as to allow this plea for wrong doing. If teachers, juries and mothers allow it, then there will be no human responsibility. For, if you do something because I hypnotized you, then some one hypnotized me, and he was hypnotized, and so on, ad infinitum. No person can be hypnotized against his will. No person can be hypnotized to violate his conscience. This is a law as inviolable as that of gravity. Conscience is the protector. Wheat will not grow on rock. Suggestions will not take effect where there is not in desire a place for them to hold. Human responsibility is lodged in the person. He who is true to his conscience is safe anywhere, and at any time. He who is false is safe nowhere, at no time.

The instances cited of its evil effects need corroboration, and when followed up will all be found, I believe, to be simply "They say."

I am personally sure of one—that of the Anderson-Gray case in Kansas. It has been denied; but a story once in the press seems to live forever. There was no such case as reported. There was an Anderson-Gray case, but hypnotism played no part in it. From an address of Judge Hazen of the Kansas Supreme Court, published in the *State Journal*, Topeka, April 6, 1895, will be found this passage: "In affirming the conviction of Gray no new doctrine was announced, and no new style of evidence was established. Hypnotism was not considered or ruled upon in any way. The reports thereof are unfounded." That settles that. It was a reporter's canard. So will be found, I am sure, the rest of these reports of the evil effects of hypnotism. They start merely as opinions of some person of how something happened. Hypnotism contains more for the good of mankind, in health, happiness, education, morals, cure of habits, opening up of new mental faculties, and in revealing spiritual possibilities, than any previous discovery man ever made—and I will not except the printing press.

Truly yours for Truth,

HENRY HARRISON BROWN,
Editor of NOW, and Teacher of Mental Science, San Jose, Cal.

O happy day for him who gives up striving to be richer, wiser and more clever than his fellows and settles down *content to be himself*. . . . Then has for him the millennium dawned. Then shines the sun for him. Then for him blooms the rose; for him the waters murmur and the wind sighs in the forest, or croons the rustling corn. He shares the speed of the trout and the song of the wren. Everywhere he is in touch with the heart of humanity. All joys are his joys; all sorrows his to assuage. Child is he with childhood everywhere. To him flow the love and heroism of the world; for he has no longer any private or particular life. His bark has sunk to another sea—he sails now on the serene and smiling waters of the Universal.

—Stanton Kirkham Davis

Henry Harrison Brown, editor of NOW, gave an address on the evening of August 1st, before the Twentieth Century Club of San Francisco, upon "Thought as Force, or the Greatest Gift the Nineteenth Century had for the Twentieth." There was a full attendance and the address was appreciated and highly complimented. He is ready to repeat this address on reasonable terms before any society or audience. It is an exposition of the Demonstrated fact that Thought is Force, and its possibilities as the bases for a New Civilization. Address NOW office for terms.

An Experiment and a Challenge.

For how many years the following experiment has been performed the editor of NOW does not know, but he has performed it for more than twenty. Until recently he has given it but little significance. Has treated it as the scientific and philosophical world still treat it—as not worthy of thought. But recent investigations have convinced him that it contains more for humanity than the fall of the apple did to Newton and through him to the world. If any reader of NOW has any knowledge of any notice of this experiment in literature anywhere, or of any attempt at explanation, he or she is earnestly requested to report it to me. I am going to solve the problem for the good of humanity.

Here is the experiment.

Let any number of persons join in the experiment. If there are five persons it may be done this way: One sit at convenient height on a stool. The four place themselves respectively behind each shoulder and beside each knee. Place palms of hands together, index finger extended, the rest closed as in clasped hands.

All five must breath in unison and regular. Begin with the hands, below the shoulders and knees, and as they are raised upward all inhale. Raise the hands to any convenient height; then as they are brought down all exhale. Repeat this for three times, then as the hands come up the fourth time, place the index fingers under shoulders and knees and the person will be lifted from the stool as easily as a feather. There will seem to be no weight, when there is perfect rhythm and harmony of thought. All think and act in harmony. If more persons are to join the experiment the party may be laid on a table and lifted the same way. Any weight may also be lifted. Recently in my class a large table covered with books was easily lifted. By lengthening the number of inhalations and exhalations, and perfecting the rhythm by music I am theoretically sure there is no limit to the power that can be manifest.

Now—What is, and Where is, that Power?

[I will answer next month in an editorial that will mean more to the future welfare of humanity than the discovery of Franklin of the electricity in the clouds. Meanwhile experiment, report and find what the scientists have said upon it.]

Henry Harrison Brown can be engaged for Sunday lectures, or for classes and weekday lectures within a reasonable distance of San Francisco, on New Thought topics, and at reasonable terms.

I CANNOT DRIFT BEYOND HIS LOVE AND CARE.—WHITTIER.

The NOW Class.

This class was organized in January. It has now many members. We have united for mutual assistance. All who wish can join. Send for the February NOW for directions, (5 cents.) It is for Success in Business, for Health, Spiritual unfoldment or any human Want. Cost: A subscription to NOW, and 50 cents for the first month. After that a monthly letter, and any freewill offering. Pupils join any time, and leave any time. We learn to help ourselves by helping others. We can learn, nor help, ourselves in no other way. Join and be helped and receive help.

Sincerity. . . . Serenity. . . . Study these words. They are conditions of Class-receptivity.

Be faithful to your hour of sitting. Tell no lies to SELF. Benefits come from Truth. Then be truthful to Self.

Nor is there any system of healing that can cure a man and leave him to live as he lists. This is a noxious medical heresy: it is either ignorance of all the laws that govern life, or worse. Nor is there any mental science of healing the ills the flesh is said to be heir to, that man can learn and successfully apply, irrespective of the degree of his mental attainments and spiritual development. It is possible to give the student of spiritual philosophy only the alphabet, and he must become in himself all the rest.—*W. F. Evans, in Primitive Mind-Cure.*

The more I study into the laws of life, the more I am convinced that self-healing is the best healing. If you employ anyone to assist you, let it be in the nature of aid to your own efforts. Make yourself passive to the workings and vibrations of your own life forces within you.—*Dr. P. Braun in the New Man.*

Brother Yates writes to NOW Class: "I feel a growing strength. My eye is getting better all the time. I will now enter Class for Inspiration."

"Keep me in the Class for I am growing," writes a member from Denver.

Are you encouraging others to join the Class? If not, why not?

C. Y., of Missouri, writes: "I am getting along real well. Keep me in the class for Unfoldment. June NOW has not come and I am lost without it. I do not wish to get along without it." NOW is mailed regularly to each subscriber. If it does not arrive it is the fault of the postoffice. Send for extras when it does not come. That it is missed pleases me.

Everything is as good as everything. The day isn't over till it has all got lighted up; the world is round and life is as round as the world.

—*Mrs. A. T. D. Whitney.*

"I can speak of Peace as the strongest manifestation experienced. After the first sitting it came to me as that perfect peace that passeth understanding, a constant continuance of it would be heaven indeed. It seemed like a seal of approval on the course I had taken. I am sure that perfect dominion of spirit will bring it continually. I want to receive as the flowers do sunlight." Mrs. M. C. B., Mass.

Books Received.

The Earth Not Born of the Sun. Fal-lacy of all cosmic theories. By D. K. Tenney. H. L. Green, Pub. 213 Indiana St., Chicago. 25c. This is worth study and much that is said merits commendation. Certainly there is as yet no adequate theory for the origin of the earth and this book places many objections in way of the present hypotheses of the scientists.

The True History of Mental Healing by J. A. Dresser. Geo. A. Ellis, Boston. 25c. This is a needed and valuable history of the movement. It places the credit to the one whom every unprejudiced reader will gladly honor, Dr. P. B. Quimby.

Longley's Beautiful Songs. Vols. 3 & 4. 600 Penn. Ave., Washington, D. C. 25c. A fine collection of original songs and music for all who are outgrown or wishing to outgrow the old sombre songs, or the silly sentimental ones of today.

Cultivation of Personal Magnetism. Leroy Berrier. 56 5th Ave., Chicago, Ill. \$1.00. This is a good book for all who would have some knowledge of the Occult or Psychic forces and have some method in the development of the same. It is a good mile-stone on the road of the evolution of that coming science of Mind, that will yet be formulated out of all the present movements in Mental Healing, Hypnotism and Suggestion.

The Philosophy of P. B. Quimby. An-neita Gertrude Dresser. With selections from his manuscript and a sketch of his life. Boston: Geo. H. Ellis. This book deserves to be read and preserved as a monument to him who first perceived that it was in harmony with the One Universal Law—Mind—to heal by thought. Like all discoverers he could not fully elucidate the methods and the philosophy, but *he healed, and he taught,* and from this spring has flowed the present stream called the New Thought, as far as the application of Truth to Life, in Demonstration, is concerned. Millions have believed. Quimby taught them to LIVE, truth.

All states are mental states. There is nothing else in the universe, visible or invisible.

—*Leo Virgo.*

The Individualist. Philippi, W. V. \$1 per year. A new Journal in the New Thought. "Devoted to personal development, and the realization of the best in life." It is welcome. There cannot be too many who will look for the best. Better they who have nothing in life but GOOD, then all is best.

Regeneration.

By F. D. Dowd.

The Eulain Publishing Co., Salem, Mass. Price \$1.

F. B. Dowd was one of the helpful men to me away back in the seventies. Anything that bears his name is therefore ever welcome. This is the ripe fruit of his mind. It deals with the question of sex. Whether or not one agrees with the author, the book is a rich contribution to a field of literature far too limited, and one too little studied for any expression of dogmatic opinion, and much less for the formations of rules, regulations, or even advice. That the author is a reincarnationist, and writes from that basis, will recommend him to a certain class, but will repel from him that larger class that sees in reincarnation only a speculation for which no scientific basis has yet been found.

A Beautiful Extract.

There is published in Denver each month a fine Lesson in the New Thought by Ione. Number four has just brought Light to NOW table. The title is "Esoteric Common Sense." They are 25c apiece, and may be ordered from this office or from box 445, Denver, Colo. Let us build on this rock of Unity. It is such a big, strong rock. No wave of delusion can possibly wash it away. Unity is the universal, harmonious law. Humanity is all one; nature is all one; differentiated by vibratory law. As the man is the microcosm of the Universe, so is the atom the microcosm of the man. Individual intelligence constitutes the atom, and individual intelligence moves the Universe.

Remember that the life you are expressing is your opportunity to grow, and you develop your soul forces by the knowledge of Spirit. Now, Spirit is not away off somewhere in the mystic unknown. It is here, around us. Spirit is that substance that *is.* By understanding the laws of vibration you come into that knowledge of Spirit, which is eternal life. But you must live the life.

I think the song that is sweetest
Is one that is never sung—
That lies at the heart of the singer
Too grand for mortal tongue.
And sometimes in the Silence,
Between the day and night,
He fancies that its measures,
Bid farewell to the light.

—*Anon.*

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—(People's Press, Chicago.)

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What Does It Mean?

A few correspondents have written their opinions of Foss's poem in the May NOW.

I think that Foss' poem means—we are what we think we are. But we must not only think but prove it by doing.

—Mrs. C. F. T.

Mrs. Florence S. Kellogg, of Fay, Kansas, writes: "The great lesson it teaches is faith in one's self and the belief that we can do the work God put into our hands. A man is that which he thinks in his heart he is. Therefore think noble and higher of yourself."

R. H. Levey, of Malta Bend, Missouri, writes: "We are what we think we are. Thoughts mold the man. Circumstances are the vehicles to success. Think, look, and act, and some day we receive the reward. While we are catapulters let us be content; some day we will have wings. The millionaires would like the content of the chump in the cornfield. The general would like the peace of mind of the soldier. The president would like the zest of the boy, on each life there is the work God had for it."

Hain't got no use for sighs an' tears!—

Jest whistle an' sing,
An' the Lord will bring
Sunshine in the mornin'.

—Lowell Otus Reese.

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Good Words.

Henry Mitchel writes from Melbourne, Australia: "I have received the April **NOW** and am delighted with it. I was the first person to introduce Mental Science into Melbourne. The first meeting was held at my house some seven years ago. We were bitterly opposed, and for some time made no headway. Now I should judge we have some 1200 to 1500, and have regular meetings and a paper. The tendency is strong for progress now. We have a large field in Australia. I will be pleased to receive a quantity of back numbers of your paper for distribution and will be pleased to assist your circulation here in every way."

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