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A Journal of Affirmation.



VOL. III. NO. 10.
MONTHLY.

JANUARY, 1903.

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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 KHAYYAN.

HENRY HARRISON BROWN, EDITOR.



Only from day to day
The life of the wise man runs;
What matter if the seasons far away
Have gloom or double suns?
To climb the unreal path,
We stray from the roadway here;

We swim the rivers of wrath,
And tunnel the hills of fear.
Our feet on the torrent's brink,
Our eyes on the cloud afar!
We fear the things we think
Instead of the things that are.

—John Boyle O'Reilly.—

Published by "NOW" FOLK, 1437 Market Street, San Francisco, Cal.

DEEP WISHES IN THE HEART THAT BE,
ARE BLOSSOMS OF NECESSITY.—D. A. Wasson.

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CONTENTS.

| | |
|--|----|
| On the Ferry— <i>Poem</i> | 3 |
| Do Right | 3 |
| Ranch Philosophy— <i>Poem</i> | 4 |
| Affirmations..... | 5 |
| Soul Culture Lesson..... | 6 |
| Stand Alone | 7 |
| “Cui Bono”— <i>Poem</i> | 8 |
| Some Telepathic Phenomena..... | 8 |
| Miscellaneous: A New Year Invoca- tion— <i>Poem</i> , Nature Cures, Work Now, The Inclusive God, Lincoln's Good Advice, Demand and Sup- ply, Universe is Eternal, Etc..... | 9 |
| Editorial Notes | 12 |
| Man as a Love-Center— <i>Editorial</i> | 14 |
| Mental Tonic | 17 |
| Thought Changes Tissue of Brain, 17 | |
| Book Reviews | 18 |
| Happiness and Health..... | 19 |

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the Cyclorama of the Battle of Gettysburg, and others of more than nation-
al reputation.—[*Editor of NOW*].

NOW IS THE ONLY BIRD THAT LAYS EGGS O' GOLD.—Lowell

WE ARE SPIRITS CLAD IN VEILS!
MAN BY MAN IS NEVER SEEN!—C. P. Cranch.

NOW.

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POEM.

ON THE FERRY.

On the ferry, sailing over,
To the pleasant Oakland shore;
Where the mists that here surround me,
Have lifted wings for flight once more!
On the ferry, gaze I, leaning,
Where the Golden Gate is gleaming,
In the noonday's liquid gold;
The Pacific inward rolling,
Brings us treasures manifold.

On the ferry, I am musing
On the wondrous power of Truth.
How mankind is ever crossing
The ferry 'twixt old age and youth.
As cave man on dead log drifted,
Till intelligence was lifted,
So man floated with Life's tide.
Time like shark from cradle followed,
And caught him as in pain he died.

Now like steamer, with Life's current,
He with hand on rudder goes.
Whence he came and whither tending,
He like yonder captain knows.
Wireless messages he's sending,
Loving thoughts, he's conscious blending
With his loved, no matter where.
As he knows the pier at landing,
He for future has no care.

Time and space by Thought are conquered!
Man's on the ferry evermore!
From achievement to achievement,
He by Will is ferried o'er!
Golden Gates are ever turning,
Brightest suns are o'er him burning,
Dews of Peace upon him fall.
Life's bright bay of Love surrounds him.
The blue of Good is over all.

Mists of doubt like those now lying,
O'er the city of my love,
From the Human Soul have risen,
And we emancipated move.
All before us lies enchanted,
Isles by fears and pains unhaunted,—
The Ideal white and clear!
Glorified is now the Human!
God and Heaven and I are here.

—HENRY HARRISON BROWN.

DO RIGHT.

Sincerity is the way to heaven.—*Confucius.*

The instincts of man are right. He is led by them until he learns to lead himself by his reason. Conscience is the remnant of instinct. Reason is the Human side of life. Conscience is the Divine side. Reason is the Conscious, conscience is the sub-conscious side. The subconscious tells us, "Do right;" reason tells in detail *what* is right. Principle,—the Absolute, God,—works through conscience; the Individual works through reason. Reason is the faculty that lifts man from the brute and makes him Human. By it he is differentiated from the Absolute. He is an "I AM;" is subject to reason in his objective, to conscience in his subjective life. "Is" I said, for no matter what a man does, his conscience will never keep silent. Its "Well done" or "Ill done" is ever thundering in his ears. It is the voice of God in the soul of man. Conscience never says anything. All it ever gives is the FEELING, "Do right." When we do right, it makes us feel good. When we do what it tells us not to do, we feel unhappy. Thus reason belongs to the realm of Thought and conscience to the realm of feeling. Truth is what seems right to my Reason. Good is what feels right to my conscience. When I do that which seems right and feels right, I am happy; unhappy when I do otherwise. Obedience to these two monitors of life is termed "sincerity." The sincere man is one who follows reason and conscience in his doing. He will tell the truth in speech; he will act truth in life. He tells that which to his reason is right. He does that which

☞ See Important Notice on page 12.

I AM CAPTAIN OF MY SOUL.—W. E. Henly.

he feels is right. These two are a unit in the sincere and self-reliant man. Until a man has faith in himself, has faith in his judgment to tell him what is true, and faith in his conscience to tell him what is good, he cannot be sincere. There is a war within. Whenever there is conviction, there is peace. Every conviction is founded in faith in his ability to judge for himself. If he decides that Moses or Paine, Joseph Smith or Mrs. Eddy shall be his guide, this decision is founded upon his faith in himself to judge which of these are nearest to truth. We cannot get away from self. We are compelled to trust the faculties that makes us Human. When we thus live, we are at peace within. When we do not thus obey, there is discord within. Happiness is found in obedience to Self. Unhappiness is disobedience. Obedience is only where there is sincerity. Thus is the Great Chinese Sage correct when he says, "Sincerity is the way to heaven." Man enters by no other route. The Hebrew prophet said for the Lord, "A sincere and contrite heart I will not despise." We thus have heaven located. That which has been sought so long is found. Heaven is an interior state. It lies not in the intellectual realm, but in the realm presided over by conscience, the sub-conscious, or the spiritual. Heaven is in feeling that we have done right. To keep in heaven, we must be sincere. In all we do, we must follow the path which we have decided right. The religionist, when sincere, is in heaven. I love and reverence his sincerity. I may have little respect for his judgment, but that he respects himself and does what he thinks is right is enough for me. Who shall decide for him but himself? Therefore the affirmation that leads man to the Kingdom is, "I am able of myself to know Truth. I live Truth as I see it."

Suggestion of one to another must become affirmation to the receiver before it actuates, hence all our powers are controlled only by self.—*Christ's Way.*

AN HONORABLE LIFE IS THE KINGDOM OF HEAVEN.—Dr. C. A. Bartol.

RANCH PHILOSOPHY.

SYMPATHY.

When yer feelin' worn an' weary,
 An' yer pocket 's mighty low,
 Then the brightest day seems dreary,
 An' yer heart beats kind o' slow;
 Along then comes a kindly feller,
 Points a bright spot in th' skies;
 Truly then yer heart feels meller
 Towards him that 'll sympathize!

When yer see a feller sinkin
 Deep an' deeper in th' dumps,
 Don't go hawin' an' a blinkin'
 'Bout hard times an' Wall Street slumps;
 Try an' lift him out o' the cellar,
 Show him bright lights in the skies,
 An' yer heart will grow more meller
 Every time yer sympathize!

Continually we should be ready
 To say a helpin' kindly word,
 Plantin' our feet down good and steady,
 Examples to th' human herd;
 With cheerful thought our minds keep faller,
 Our weathereye toward th' brightest skies,
 An' Loves bright rays our hearts 'll meller,
 So go ahead an' sympathize!

—SAM EXTON FOULDS.

THE SUB-CONSCIOUS.

At least ninety-eight per cent. of our mental life is sub-conscious. If you will analyze your mental operations you will find that consciousness—conscious thinking—is never a continuous line of consciousness, but a series of conscious data with great intervals of sub-conscious. We sit and try to solve a problem, and fail. We rise and walk around, try again and fail. Suddenly an idea dawns that leads to the solution of the problem. The sub-conscious processes were at work. We do not volitionally create our own thinking. It takes place in us. We are more or less passive recipients. We cannot change the nature of a thought or of a truth, but we can, as it were, guide the ship by the moving of the helm. Our mentation is largely the result of the Cosmic Whole upon us. Annihilate the Cosmos, and our thinking would instantly cease.—*Prof. Elmer Gates, in "Mind Building."*

POSSESSION.

Seek not to detain him who would leave thee.
 Grieve not for things that are seemingly lost.
 Forever a part of thee, is that which belongs to thee.

Thine to command are Life, Love, and Liberty.
 Health, Wealth, and Wisdom, thine from Infinity.
 Believe now, O Beloved, in thine own Divinity.
 Now and Forever, thou art one with Eternity.

—W. M. N., for NOW.

* AFFIRMATIONS. *

[An affirmation bears the same relation to Soul Culture that an axiom bears to mathematics. It is to be taken as Truth, not reasoned upon, but accepted. Thus held, it will mould the expression of life into its own likeness. The "I" is the ego of the person who affirms. As one says, "I am happy," when all goes well with him, he is to learn to say, "I am happy," when all seems ill to him. He will thus, by Auto-suggestion, produce in himself that mental state which is happiness. These Affirmations are given every month as spiritual gymnastics by which one may grow into self-control. When they are repeated, or held in mind, other and injurious thoughts cannot come in. Thus by conscious choice one becomes Master of Fate.]

STEADINESS OF PURPOSE.

Without haste; without rest!—*Goethe's Motto.*

The seasons come and go with order and precision.

I partake of the order and precision of the season.

The tides come with the regularity of their queen, the moon.

I am moved with the regularity of moon and tide.

Nature's law of gravity is constant and Almighty.

In Love of Truth, I am equally constant to my Ideal and equally almighty in my life.

Nature's Law of Crystallization molds world and tear.

I also am the master of the Law and crystallize my body and my surroundings from the same ONE, from which the sun and flowers are crystallized.

The earth is "sure and firmset," sustained in its place by the forces of the One Infinite Power.

I am sure in my ways and firmset in my Thought. In the One Infinite Power, I am a Conscious Law and direct, with equal order, my Life's expression.

I move through ether as a manifestation of the One whose first Law is order.

I live on the earth a manifestation of the One whose Power is Life.

I enjoy the beautiful and wondrous universe about me. It is a manifestation of the ONE whose Life in me is Love.

I love all this universe that causes me through feeling to know that I am.

I think about this Universe in which I joy as a manifestation of the One who in me finds ITS only conscious expression of Selfhood.

By my thought, I become ONE with It as Creator. I now consciously create my Life into beauty and pleasure.

In consciousness of Unity with all Power, I rest.

I have dropped every burden. I find all yokes easy.

My every path is one of pleasantness and all my ways are ways of peace.

I know only content, peace, rest, joy and gladness.

I haste not; I rest not.

Like sun and wave, like moon and tide, like diamond and pebble, like flower and bird, I orderly and patiently manifest.

Like a child, I trust the Power that guides and moves in silence and in order.

I am One with IT. I unfold each day more and more that which I am.

I realize in this orderly life that I am a Conscious Son of Infinite Life, Love and Truth.

"Order is Heaven's first Law." I am orderly. I am Heaven.

DREAMS OF THE IDEAL.

Young men dream. They dream and they fancy themselves immortal. They dream and they fancy themselves infallible. They dream and the heaven of love opens its pearly gates to them; they dream at the dizzy heights of eminence and fame rises before their eyes; they dream and dream, and how often their dreams come true only to confuse and to baffle the awakening.

And yet, except that the dreams of yesterday become sometimes the realities of tomorrow, where would the world be? It is the ideal that though it never be reached, still lifts us out of the gutters and mounts us to the skies. Though it never be quite attained, he that most nearly approaches it will have least to regret. Let us bear it in mind that Moses was permitted to see but not to enter the promised land.—*Henry Watterson, in Louisville (Ky.) Courier-Journal.*

It's not wine that makes a man drunk; it is the man himself.—*Chinese Classic.*

SOME OF US CALL IT LONGING, OTHERS CALL IT GOD.—W. H. Carruth.

* SOUL CULTURE LESSON. *

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I AM SUCCESS.

How I Won It through Affirmation.

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No. 10.

SILENCE.

Be still and know that I am God.—*Bible.*

Surely he carries a talisman
Under his tongue.—*Emerson.*

Speech is silver,
Silence is gold.—*Dutch Proverb.*

Who would win Success should understand the Law of Suggestion. Suffice it here to say that Man is controlled by that which causes him to think until he shall learn to think such thoughts as he chooses. This is the Law of Suggestion, *I am that which I think I am.*

This being true, the successful man has learned two things: first, that he must think success; second, that he must cause others to think him success. A study of Suggestion, as taught in books and class is indispensable to a mastery of the Art of Succeeding, and to some of these sources I recommend you.

The one powerful Suggestion I wish to make now is that of Silence. Like all Suggestions, it effects both yourself and others.

Man "surely carries a talisman under his tongue," but he also carries a serpent there. He is to free the talisman and discipline the serpent. The talisman is silence. It was a maxim of the old mystics, "Silence is Power." The better way is to say, "Power is Silent." The Silent man is a man of power. William the Silent and Gen. Grant are men who used the talisman of Silence, and by it tamed the serpent, speech, and made it wise.

Say little. For success, let this be your rule. I tell no one my private affairs. "Mum" is the business word, save to those to whom it is wise to

speaking. Men talk themselves into failures. Let us understand from our position of Thought as Power that every word represents a thought not only to yourself, but also to your auditor. Concentration is Power. A Suggestion repeated until it makes an impression carries the day. Too many words diffuse thought, scatter it. Diffusion is weakness. Concentrate your thought into a few words, make them effective by clearness, firmness and repetition. Then let them germinate in silence. Thought-seeds have you sown. Consider them seeds and let them sprout and grow. Silence develops patience. Patience, as Emerson tells us, is a quality of great souls. Impatience is in itself failure. It suggests to the onlooker weakness, causes doubt and fear and drives him from you. "I will fight out on this line if it takes all summer," gave confidence to a nation. No matter what is going on about you, keep still. Presence of mind is another phase of the same quality of power. Be still, no matter what comes up. Success lies in this self-mastery.

To cultivate this habit of silence is to insure Power of accomplishment. "Think twice before you speak" is another proverb. But it is not twice thinking, it is *right* thinking. It is in *letting* yourself think. You do not think when you "think twice." You think once and reason once. To learn to let the brain think for you is the greatest possible achievement. This achieved, all needed wisdom is open to you.

This *letting* is the "Going into the silence" of the "Christian" and other order of "Scientists." It is no other than concentration, paying attention to Thought from the Inner Man. It is listening to the Inner Voice. It is a call upon the Indwelling God for direction. Well IT thundered to the old Prophet, "Be still and know that I am God!"

Cultivate this dropping into the silence when you wish Power, Wisdom, or Rest.

A FACT IS THE DIRECT SPEECH OF THE FATHER.—Theodore Parker.

When a word is needed, let it come from the silence. Were you all the time talking, you would not be listened to. You cheapen yourself by babbling. If you give the impression that you hold your words cheap, they will be so held by those who hear you. Speak when it is time to speak and let your words be power. *Success lies in the feeling you create in others.* Note this well. Men and women are swayed by feelings. Emotion controls life until the wise man is developed who controls his feelings by his thoughts. Therefore, seek to make those with whom you deal FEEL well towards you. By conduct and words, draw them to you. Forget words in your own feelings. Feel kindly, feel humanely and you will naturally use the words that carry these feelings. Dr. Holmes tells us that politeness consists in the wish and the art of being agreeable. The wish is the controlling Power. Desire is King in the Soul. We have now found the Key of Success; it lies in the word, "Love." Love your fellow-men. They will feel your love and respond. From love your words will be born. From love all your Suggestions will be made. Love is the Indwelling God. In loving under this thought you give Him conscious sway. Under his direction, you speak only the few words love prompts. You will feel love. You will receive love. When one is loved and loves, there is nothing beyond in this universe that can be called success. Such an one will have Health, Happiness and Prosperity. These and these only constitute success.

Not even hypnotism is a new thing under the sun. In the first of six lectures on the Religious and Sacred Literature of Babylon, to be delivered at the British Museum, Mr. W. St. Chad Boscawen said that among the cuneiform inscriptions are some very curious passages, which speak of a 'medicine man' visiting a sick person and making passes over his body, and the fact is corroborated in a recently discovered sculpture, where a god is seen making passes behind the neck of a kneeling figure.—*Christian World.*

STAND ALONE!

If people knew how rapidly they acquire strength by standing alone, they would be less timid about running counter to the opinions of their friends, and they would be slow in taking other people's advice. But I need not talk. It took fifty years experience before I threw off the influence of others; indeed, I am only beginning—like a toddling baby—to feel my mental feet under me at this time. But like that baby again, now that I have found them, I am getting competent to go alone with most astonishing rapidity. It is because I am going so that I am leaving all fear and anxiety behind me. Oh, the strength in having nothing to lean on!
—*Helen Wilmans, in Freedom.*

It is this non-compromising attitude towards Truth that gives Mrs. Wilmans Power. I know of no one in the field of Mental Science that has more. NOW rejoices when any crutch or cane, staff or shoulder upon which one has leaned is removed. Too great is the tendency for writers claiming to be of the New Thought to offer advice, give rules, establish formulas, tell "how" to gain health success or happiness by following some method. These are all errors. Truth alone is to be trusted, Truth as it is in one's own Soul. Only Principle is to be followed. Methods and details will care for themselves. "Let us" says the old thought. The New Thought says, "I AM. In Whittier's phrase, it is "My Soul and I." "God and I with naught between" says Chadwick. But in ours it is "I AM." Upon that we lean. The New Thought has come, fulfilling the command of old: "Undo the heavy yoke. Let the oppressed go free. Proclaim Liberty throughout the land to all the inhabitants thereof." All the burdens man knows are those imposed upon him by himself through submission to the "say so" of some one else. Cease from this leaning. The Christ of the New Thought comes to break every staff. "Be thyself! Trust thyself." These are the first Principles of Individuality—of a true life. When once all external things are removed and we find ourselves, then can we exclaim, "O, the glory of standing alone!"

“CUI BONO?”

Into this world, with its hurry and bustle,
Its achievements most grand, its fame and
renown.

We all claim a footing, and tug here and tussel,
For our share of glory, our part in life's crown;
And while it is noble to strive for the highest
And ne'er to grow faint, though fortune may
frown,

Its the mark of a coward, and treason most dire,
If, building your house, you pull others down.

No matter how plain the style of your dwelling,
No matter how poor its timbers may seem,
If, as a true builder, your bosom is welling

With hopes beyond right as yet in a dream,—
You'll feel independent in pride of possessing,
Though life be obscure, or filled with renown;
But days that pass on will bring you no blessing
If, building your house, you pull others down.

There are many who build without a foundation,
Who never have sought on plan of their own,
But have watched other minds of high or low
station,

Have scattered their work, then each stick
and stone

Have gathered and claimed as truly their portion
And built into shape, though conscience might
frown;

But the great Master Builder who guards well
each nation—

When building His house, their house will pull
down.

—Abbie Walker Gould, for NOW.

SOME TELEPATHIC PHENOMENA.

I regard the fact of genuine thought-transference between persons in immediate proximity (not necessarily in contact) as having been established by direct and simple experiments; and, except by reason of paucity of instance, I consider it as firmly grounded as any of the less familiar facts of nature such as one deals with in the laboratory.—*Prof. Oliver Lodge, F. B. S. (in Proc. of S. P. R. Part, 17, p. 451.)*

As my assistant went to the office of the *Examiner* Saturday evening, Dec. 13, to put an advertisement in the Sunday edition, he was met there unexpectedly by Dr. McIvor-Tyndall, the Mind-Reader. He said to my friend, “Let me tell you what you are here for” and, taking his hand, he read the advertisement which had not yet been taken out of the pocket, saying: “It is ‘NOW’ lecture, by Henry Harrison Brown. Its title is, ‘Health Fads.’” This was the advertisement.

The topic was correct and no one knew it excepting myself and assistant.

The following experience is unique and can hardly be confined to telepathy. I am inclined to add clairvoyant perception to the telepathic message. I have a correspondent, W. M. N., in Connecticut with whom I exchange telepathic messages. In reply to a recent letter he wrote:—

“Did I feel your letter of the 2d before receiving it? Well, I guess *some!* An influence vibrant with intense joy! But I will tell you something still more wonderful. On the morning of the 11th I was awakened by a vibration which I felt through my whole being. I afterwards fell into a doze, when suddenly I heard the sound of a bell, like a telephone bell, only much louder and clearer. It apparently sounded in the left ear, the one with which I listen to the 'phone. The ringing continued until I was fully conscious that it was a telepathic call. Then I heard the voice of the speaker. This was followed by a vision of him and a sight of NOW. I could see the poem and other matter, though I could not read them clearly; yet from the vibrations I then felt, when compared with those the poem and articles produced in me when the paper came, they were the same and actually came from NOW that morning.

“I take this to be a manifestation of clairaudient and clairvoyant powers. It made clearer the meaning of your editorial on ‘Post-Hypnotic Suggestion.’ I already knew that the subconscious was the only real conveyor of Thought between us but your way of putting it made it clearer.”

The Philosophical Journal of this city for Dec. 6 says in a report of our lecture upon Suggestion: “Mr. Foulds made a successful experiment in Telepathy. A committee selected a word in a book while he was blindfolded in an adjacent room. He came into the hall, selected the book, told page, line, and spelled the word, all within a very few minutes' time.”

Thoughts materialize into deeds when someone vitalizes them by approval.—*Elbert Hubbard.*

TO-DAY OF ALL DAYS IS THE DAY TO BE ADMIRER.—Thoreau,

* MISCELLANEOUS. *

A NEW YEAR INVOCATION.

Oh, year, yet fair and young
Bring in the Golden Age that's sung
By poets in their prime;
The age that signs the slave's release,
When greed of selfish gain shall cease,
And charity shall so increase
There can no more be crime.

Oh, year, yet pure and new,
All your pages shall keep clean and true,
As God, we know, ordains!
Love and Progress shall hand in hand,
Be sentinels in every land,
Until all earth's armies shall disband,
And Peace perpetual reigns.

—Susie M. Best, for NOW.

NATURE CURES.

Dr. Carr, editor of *Medical Talk* tells in the Sept. number of his magazine of the case of an old soldier of a wealthy family who was afflicted with a bad form of stomach trouble. It was called by physicians by almost every name in the medical lexicon that could be applied to any trouble thus located. He became a mere skeleton, was confined to his bed and his death expected at any minute. While thus low, an old soldier encampment was held near his city. He was waiting to die, but wanted to see the old soldiers once more. At his earnest solicitation, but much against the advice of doctors and friends, he was taken on a bed to the camp. He smelled the coffee and meat at the camp, demanded some, had it and fell asleep, woke and demanded bean soup, which was given him. He refused to go home, stayed on the camp two weeks and went home improved and with a new hope and new stomach. He discharged all doctors, threw away medicine and relied upon nature. He made an astonishing recovery. Says Dr. Carr: "He is now hale and hearty and owes his existence to the fact that he broke away from everything in the nature of theoretical advice, medicine, and even dietary rules. It was nature

that led him out of the quagmire into the light.

Nature would do this oftener if we would allow it. There are thousands of invalids who only need to believe in themselves, believe in their hearts, believe in their own vitality. This is all they need to get well again. A person thoroughly convinced that he is sick, thinks sick, acts sick, eats as if he was sick. This alone would make any one sick. To believe you are well, to insist upon it that you are not sick, goes a long way towards rescue from any chronic ailment. It is our confirmed conviction that a vast multitude of people are slowly dying from want of confidence in themselves. They need to obey the words of the Master, "Take up thy bed and walk." This is the message we are trying to bring to the world. But without faith this cannot be done. 'Thy faith hath made thee whole,' is what the Master said to one of his patients. 'Thy faith hath made thee whole,' is the secret of most cures. It is as true of those treated by drugs as of those treated by immediately appealing to their faith."

WORK NOW.

"To think of the goal is to travel the distance over and over in your mind and dwell on how awfully far it is. We have so little mind—doing business on such small capital of intellect—that, to wear it threadbare looking for a far off thing, is to get hopelessly stranded.

A goodly dash of indifference is a requisite in the formula for doing a great work.

Nobody knows what the goal is—we are sailing under sealed orders. Do your work today, doing it the best you can and live one day at a time. The man that does this is conserving his God-given energy and not spinning it out into tenuous spider threads that Fate will probably brush away. To do your work well today is the sure preparation for something better tomorrow. The past has gone, the

future we cannot reach, the present only is ours. Each day's work is a preparation for the next. Live in the present—the Day is here, the time is NOW.—*Elbert Hubbard, in Little Journeys.*

SUGGESTION DOES IT EVERY TIME.

The following items are from a physician writing to the *Medical World*, concerning his success, who says this in relation to one of his patients: "I then assure the woman that all is well and that I can cure her alright. I get her to believe it too." The editor, in giving directions for the cure of a common complaint, says, "Disabuse his mind of the fears engendered by quack literature; get his mind on healthy subjects. Teach him that there are others in worse shape than himself and that cure is only a matter of time and patience. Having *treated the mind*, then," etc. Another physician says in an article: "It is the man and not the method that succeeds." And yet we have examining boards to see if the student knows the method.

HUMAN CENTERS.

Each person is a center of a force (more powerful than electricity) without circumference and thoughts are thunderbolts needing millions of Edisons and Morses to harness and direct them. Man is a soul and has a body and there are no limitations excepting to his body.

We shall begin to understand why it is that in the noise of the outer mind man hunts for truth; in the silence of the subjective mind, truth seeks the man.

Thought, like electricity, is dynamic force as capable of being directed to a distance and focused for good or ill as is the electric current and we can control it and consciously and intelligently direct and use it. Today not one person in a thousand does this.—*Grant Wallace in S. F. Bulletin.*

THE INCLUSIVE GOD.

There is only one world and there can be only one God,— the Inclusive God in whom the earthquake and the volcano, with their destructive energy and their sublime indifference to our human happiness and the human heart that aches over the awful wreck, alike find their ultimate ground and their efficient cause. God is the God of the earthquake and the fire. He maketh the clouds his messengers, he rideth upon the wings of the wind. And, if we cannot reconcile the outgoings of his might, which are sometimes so destructive and appalling, with the most kindly motions of our human hearts, it is still by them that we must interpret these, not in their immediate intention but in their fundamental character. Here is the moral ideal; and, in all reverence, we are obliged to say, "If God does not equal and surpass it, so much the worse for God." It is the highest that we know, and we shall not consent to stultify ourselves by lowering this standard when we turn with it from man to God. God must be ever better than our best of act or thought or hope or dream, and we are bound to interpret all that is dark and terrible in the divine outgoing by what is best in our own beating hearts. If we do not feel ourselves justified in doing this, then, through light and dark, through sorrow and destruction and pain and death, we must cleave close to the ideal. For it is better to acknowledge and to worship the divine image revealed to us as mercy, pity, peace, and love, exalted to the highest pitch of our conception, than it is to conceive of God as something less than the utmost of our possible ideal, and stoop to worship that.—*John W. Chadwick, in Christian Register.*

Oh, trouble is a thing which many people borrow,
And the flight of time gives other folks some
sorrow.

And it is a fact, my dear,
Which to me seems very clear,
That *today* will be *yesterday, tomorrow.*

—*Loftus Frizelle in Nov. St. Nicholas.*

GOD COULD NOT BE UNKIND TO ME IF HE TRIED.—*Thoreau.*

THE MEDICAL BRIEF

has the largest circulation of any medical journal in the world. From some of its editorials we quote these passages:—

Medicine is an inexact science, growing as man's knowledge enlarges and is therefore peculiarly exposed to errors.

The therapeutic power of the mind is doubtless greater than has been credited. It can be used to practically reconstruct the individual where it is sufficiently developed to furnish an instrument of power. In case of chronic diseases, it is often our main reliance. Drugs aid us while we are getting the mind properly focused so as to bring its powers to bear on the patient's welfare.

Where the mind is cast in lethargy, or has retreated into the past to dwell amid darkness and ruin, the body is abandoned to the working of elementary laws and forces. We have to arouse the mind, bring it into the foreground and transform it into an engine of activity and power. As this is done, unless there is organic disease, the various members of the body retreat into the background and fall into their regular appointed places in the service of a general life purpose.

LINCOLN'S GOOD ADVICE.

Abraham Lincoln and an Illinois farmer had long been friends and the latter had written an every day sort of letter in which he said, among other things that he had been in poor health. Out in Illinois, they are able to this day to quote what is called "Lincoln's prescription" sent to the farmer in reply by the President.

"Do not worry," it read. "Eat three square meals a day. Say your prayers. Think of your wife. Be courteous to your creditors. Keep your digestion good. Steer clear of biliousness. Exercise. Go slow and go easy. Maybe there are other things that your especial case requires to make you happy; but, my dear friend, these, I reckon, will give you a good lift."—*Exchange*.

THE UNIVERSE IS ETERNAL.

We can as little imagine a first beginning of the eternal phenomena of the motion of the universe as of its final end. The universe is unlimited and immeasurable in both time and space. It is eternal and it is infinite. Nor can we imagine a beginning or end to the uninter-

rupted and eternal motion in which all the particles of the universe are always engaged. The great laws of the *conservation of force* and the conservation of matter, the foundation of our whole conception of nature, admit of no other supposition. The universe, as far as it is cognizable to human capability, appears as a connected chain of material phenomena of motion, necessitating a continual change of forms. Every form, as a temporary result of a multiplicity of phenomena of motion, is, as such, perishable and of limited duration. But, in the continual change of forms, matter and motion inseparable from it, remains external and indestructible.—*Haeckle, in History of Creation*.

DEMAND AND SUPPLY.

We must make a *demand* for the things we wish. The plant makes its demand and receives everything necessary to sustain and perfect its life. We must first know what we want and then feel perfectly sure that it is ours, that we need it and that we have it. Let this apply to everything in life, but keep the unselfish always foremost. There is nothing selfish in demanding everything needful to make us rightly related to the world and our fellow men. Taking this position, we eliminate selfishness. We demand for ourselves *and for others*, insisting that it is right, that it does not deprive any one else, that it is for our good and for that of others. All things are for us and for *use*, and not to abuse. By indulging such thoughts, we attract everything necessary to our well-being, happiness, health, strength, friends. We may not receive at once the things desired, but we should cultivate patience and rest assured that they will come in due time and in a way that will do us the greatest possible good.

—*Charles Brodie Patterson, in Mind*.

Thank God for joy!

For glad, sweet thoughts that flood the Soul
and spring

Lark like into the sky to soar and sing:

For kindly airs that woo to bud and flower

Thy dormant being, and awake new power

With each new morn; new purposes that bring

To heart and Soul their full and just employ.

Thank God for joy.

—*Anon.*

In the course of evolution, there is no more philosophical difficulty in man's acquiring immortal life than his acquiring the erect posture and articulate speech.—*Jonh Fiske*.

OFFICE OF NOW,

1437 Market street, San Francisco, California.

JANUARY, 1903.

NOW,

HENRY HARRISON BROWN,
EDITOR.

A monthly Journal of Positive Affirmations.
Devoted to the Science and Art of Soul Culture.
It is the utterance of the Editor only. All thought
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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HE ALWAYS WINS WHO SIDES WITH GOD.—Old Hymn.

HOW "NOW" FOLK PASSED THANKSGIVING.

We go to press too early for me to tell you how we passed Christmas. But that you may understand the beautiful climate and opportunities of San Francisco, I will tell you how we passed Thanksgiving (Nov. 27). At 9:30, we left for the beach at "Land's End." Here we have the full swell of the Pacific breaking upon cliff and boulders with thunderous roar, also a fine sandy and pebbly beach. It was a beautiful day and we became like little children, giving ourselves unre-servedly to the enjoyment of the day. We first had a meeting with singing, Affirmations of thankfulness and a short address by the editor of NOW. We then scattered, played ball, built houses in the sand or, barefooted, toyed with the waves until they caught us and dashed us with spray. Few that were not thus baptized. A lunch came at 1 p. m., then there was more play, dancing, posing for photographs, musing and silence, with ocean for teacher in its wondrous interplay of sound and color. Each one followed his or her inclination until sunset warned us that it was time to go home. We sent thoughts to all NOW readers that were in less mild climates and wished them all a Thanksgiving with us sometime, here where Nature seems to have given all that we can use in the external to bless ourselves and each other. Come next year, play and give thanks with us.

In speaking of the death of a public man, the San Francisco Examiner calls him "a failure" and gives this reason for doing so. It is well for all young men to ponder upon this wise sentence:

He was a very clever man and he got full credit for his cleverness, but there was a fatal lack in his make-up. That lack was his want of high aims. He was without serious patriotic purposes. The game of politics interested him and he played it assiduously, but sneered at it and his fellow players while he played; and yet the habit of partisanship had so grown upon him that he could not escape from it.

**"NOW" FOLK AND NOT "NOW"
CO.**

When in June, 1901, I returned to San Francisco after a year's residence in San Jose, the need long felt, became more evident, that there must come into my life and work as assistant. "He will come," had been my Affirmation for a year. He came unexpectedly. A young medical student saw the need and said, "I will attend to business for you and let you devote yourself entirely to your Lectures, Lessons, and paper." From that time he has done so and the business success is won. When in Nov., 1901, the "NOW Baby," "How to Control Fate" was to be published, another young man had found his place in the same Love of Truth and the query arose, "What shall we call ourselves?" and the designation, "NOW Company" was chosen. Then we had no more plan than now. We now realize as we did not then that we are an organism growing as the lily grows. We have considered the lily and *let ourselves grow*. Since then five others have been drawn to us. "NOW Co." does not suit us. We are not a business company. We have not entered the competitive business world. We are a Brotherhood. We have sought a designation fitted to our Principles. We find it in this:—"NOW Folk;" for we are a "Folk;" a people united in one common love, living and enjoying life, and not a firm working for subsistence, profit or fame. Therefore we have changed the name under which we wish to be known. Henceforth all the business heretofore done under the name, "NOW" Co. will be carried on under the name, "NOW" Folk.

1903.

The first time I write this is for Jan. NOW. Three years of the Twentieth century passed and what an avalanche of teachers along the lines of individual redemption. Thousands of papers covering every phase of the New Thought, well edited, are scattered

all over civilization. They are supplemented by books, lessons, and lectures. The medical press, as shown, is fast taking up the thought that mind controls body. We dare not prophesy what the century will do, but this we venture, it will see "Man's Greatest Discovery,"—Thought is Power,—so utilized that telepathy will take the place of our present methods of conveying thought. Disease will be the exception and long life the rule. Co-operation will be the business rule and the Golden Rule the rule of conduct. The glory that comes with the thought of working for this evolution of Human Power is Life itself. NOW has no other purpose. It starts the New Year with intensified enthusiasm. Our only purpose is to bring Man to a sense of his possessions as a Son of the Highest and help him to the control of his own life by affirming this inheritance of Immortality *here and now*.

A CONCERT

will be given at Auditorium of Y. M. C. A. Hall in this city by Mrs. McFarland on the eve of Jan. 15. Mrs. McFarland is daughter of Howard A. Streight, the well known artist. She has a beautiful voice cultivated by the best teachers. She is well known in eastern cities. For the last few months, she has been successfully following her profession in San Jose and comes to this city at the request of friends who wish to enjoy the pleasure she can give them. She has secured fine talent to assist her. Our readers will be able to learn particulars from the daily press.

We have received a prospectus of The Washington Sanitarium and School of the Art of Attracting Opulence and All Things Desirable, at 1713 G Street, N. W., Washington, D. C. It is the sixth year of Mrs. A. C. Geels and Miss Mildred Tong's school. From what we can learn, it is a desirable school and well worthy the patronage of those who desire instructions in the Art of Health, Happiness, and Success.

ACCEPT THE PLACE THE DIVINE PROVIDENCE HAS FOUND FOR YOU.

*
* **EDITORIAL.** *
*

MAN AS A LOVE-CENTER.

[Ninth Article on the Science of Mental Healing.]

God hid the whole world in thy heart.—*Emerson.*

And every cloud that spreads above
And veileth love, itself is love.—*Tennyson.*

Behold it (Soul) saith, I am born into the great, the universal mind. I, the imperfect, adore my own Perfect. I am somehow receptive of the great soul, and thereby overlook the sun and stars and feel them to be the the fair accidents and effects which change and pass. More and more the surges of everlasting nature enter into me. Let man then learn the revelation of all nature and all thought to his his heart; this, namely: that the Highest dwells with him; that the sources of nature are in his own mind.—*Emerson.*

We have dealt with Man as a center of Power (Aug. No.), as a Thought-center (Oct. No.), and now we have to deal with him as a center in the most potent of all Power, Love. Man is a center of God in God. God stands in the common thought for the Ideal of ALL-Power. But in God, in the ONE, in the Absolute, it is undifferentiated and latent. We can only say that God is the Infinite Possibility out of which Man is a manifestation. God is the Possible; Man is the Manifest. Omnipotence is the only real thought of God. He is All-Possible Power. Out of this reservoir of All, comes in millions of ways manifestations which to our consciousness are Modes of Motion, Vibrations of Energy. Energy, Motion, God, Man, IS. Now is the word of wisdom. Use that which IS now. We can deal with IT only as Mind. Under every manifestation of IT, we find Intelligence. A study of this Intelligence gives our science; applying what we have learned of IT, we have Art; becoming IT in conscious thought, we are Man; using IT as Man, we are creators of Destiny. To use again Emerson's wondrous expression, we are "Conscious Law." For IT (God) in us is ALL; is only potential without us. Without us IT has consciousness, but is not conscious

of Itself. In Man IT is Self-Conscious. This makes IT in Man the Conscious Possessor of All-Power. IT in Man is the Human Soul. This Soul is a center of Power in All-Power. The Soul possesses All-Power along self-coosen lines. In all manifestations below Man, there is no self-choice. The mineral, vegetable and the animal are the unconscious servants of latent Intelligence. This Intelligence works orderly. This order is termed Law. All individualities except man are the unconscious servants of Law. Man is the conscious servant until he develops his power and becomes the Master of Law by being himself LAW. He becomes this Master the moment he realizes that he is ONE with Omnipotence. Jesus, speaking from the Soul-side of life, said: "My Father and I are ONE." This recognition of Unity is the second birth. Out of the animal, Man is fully born. He was necessarily born into the animal life. By unfoldment, he has come to recognize himself as a manifestation of the ONE and is the only individual in existence that has this power of recognition. With this recognition goes the power of expression. This seems to be what the ancient prophets perceived when they spoke of the second birth. It also explains what is meant by the "Only begotten Son of God." MAN is the only Son because he is the only one that can say, "God and I are ONE;" is the only one that can choose and direct his life as God-manifest. This manifestation of God in Man is first but a manifestation of Power in him as Life. Life is first found in protoplasm. From this come both the vegetable and animal forms of Life. God is Life, therefore, only in these. To apply the word "Life" to the chemical action of minerals is a misuse of terms and confuses science and philosophy. God is Power; God is Attraction; God may be many more Principles in Rock, but He is not Life there. From the ONE come all these manifestations, but the manifestations are not one. We name manifestations and call the

Principle that holds the atoms together in the rock, "Attraction." In the Plant it is another form of Power and we call it Life. In animal, it is the same Power but with it go still other forms and among them we find the instinct of reproduction. God in animal, whatever else he may be, is reproduction. To call this sexual instinct Love is as erroneous as to call the attraction in rock, "Life." It is not Love. It is that form of attraction which is developed from fertilization in the plant and can only be termed, "the instinct of reproduction." Man comes into existence with all the animal instincts. Among them are these of reproduction. Because the perpetuation of the Human race is so important, he seems surcharged with the reproductive instinct. It is his strongest passion. It is called "animal passion" and rightly so. This is not in any way derogatory to him or it. Were it not for this passion, God would have no Son. It is the seat of all that differentiates Man from brute. In the sexual passion lies the origin of civilization, art and religion. The sex passion has also another function. Sex has a dual purpose: first, the animal; next, the spiritual. The animal perpetuates the species. The Spiritual develops the Individual. Through it, the latent forces of the God in man finds expression. The generative functions not only generate another individual but continually generate the body and furnish all the vital power that Man uses. He is drawn to the opposite sex by the reproductive needs of the race. This is the animal manifestation of the Principle of attraction. It is sexual instinct. It is not Love any more than the attraction of the rock is Life.

Man has individual needs and these needs draw him to his kind independent of sex; to the external world; to the expression of pleasure in society; to expression of feeling in presence of wind and wave, sun and stars, mount and plain. Out of these needs, Love is born. Nothing but the Human

loves. It is a degradation of the term and a great error to say that any animal loves. To love is to be Human. To love and to be loved is the distinguishing sign of Man. Take this away and you have not Man, but brute in human guise. Therefore, in this study of Mental Science (or a better term is Soul Culture) we are to study Man as a Lover, as an animal developed to Love.

Love is the highest form of Omnipotence yet manifest to Human consciousness. It is the One manifestation of Divinity that crowns all others. It is the highest pitched vibrations of Divine Power. We must depart from the ordinary thought of Love and consider it as Power, as a manifestation in Man of Divine Energy. We deal with it as science deals with sound, heat and electricity. It is here that we find the greatest significance of "Man's Greatest Discovery." By Telepathy he has demonstrated that Thought and Love are forces that can be sent from one person to another and be felt; that accomplish results as marked as those accomplished by heat, steam, light, or electricity. Love is today a demonstrated Force and, as such, is the most powerful agency that Man can use for any purpose. It is the only Force that he ever has used. It is the only Force that has ever impelled him. It is interior Power. He has directed Love by his thought, but Love has done the work.

The ordinary conception of Love has no place in Mental Science. We have nothing to do with that narrow conception which limits Love to sex or to thing. To us Love is a Universal Principle. We regard ourself as a center of Love in the one Divine Love. From it, we draw all we can at any time express in any chosen way.

The animal nature has been left behind. Man has outgrown it and the "Coming Man" has come. He has not done this in any arbitrary way, not by rule nor regulation, not by statute law nor conscious effort. He has, as a Soul, unfolded through expression,

living and enjoying until the sexual instinct for reproduction has been left behind. With it has gone all the so-called vices and evils that spring from this instinct, gone as disease goes by paying no attention to it. Turning attention to the nobler issues of Life, sex has been forgotten and ignored. There is no greater evil than the present attempts to cure society by constant portrayals of the sexual vices. Hold up the Ideal of Virtue. Teach the beauties of Self-Control and the lesser manifestations will disappear. Sexual instinct unfolds into the Love of the Spiritual Man. He has come to recognize himself as a Love-center in the Universe and to realize that as he expresses Love he lives and that through Love he is redeemed from all the conditions which he has brought up from the animal and from those he has created in striving to find his place out of the animal as "A Son of God." All these lesser forms were necessary lessons. Well says Emerson in closing his Essay on "Love:" "Thus are we put in training for a love which knows not sex nor person nor partiality, but which seeks wisdom and virtue everywhere to the end of increasing wisdom and virtue. We need not fear that we can lose anything by the progress of the Soul. The Soul may be trusted to the end. That which is so attractive as these relations must be succeeded and supplemented by what is more beautiful and so on forever!"

DANGER OF PHYSICAL CULTURE.

There are thousands of wrecks all over the country that have been made so by over training. There is a notion that every man must have muscles like an athlete. Everything possible is done to procure hard and tense muscles. People go into training at great expense and loss of time, and diet themselves, all for the sake of performing some prodigious muscular feat. But after the thing is over, after the show is out, then the man has on his hands the fact that he has more muscle than he needs in his natural avocations. This muscular tissue becomes a danger and a threat. The degeneration of mus-

cular tissue through disuse; the formation of uricacids instead of pure urea, poison the system and are almost sure to produce some form of kidney or spinal disease.—*Dr. Carr, editor of Medical Talk.*

Think rightly; hold in imagination and as a reality the perfect body fitted to do all that the Mind requires of it and one will have all and more than any system of "Health Culture" can give them. These courses of "Health Culture" are apt to lay the foundations of disease because *they are founded upon the recognition of body, are efforts to train body. Train the mind to think Health and the body will be cultured to reflect Health.*

MENTAL SCIENCE VS. MEDICINE.

All thinking men are aware of some virtue in the various methods adopted by charlatans. They have long known that the principles upon which are founded osteopathy, Christian Science magnetic healing and the like, are rational and have some utility in the treatment of disease. If the regular profession would include these precepts within the scope of their teaching and practice, the quacks would be driven from the field of action, and the dignity and honor of the medical profession preserved.—*O. B. Hall, M. D., in Medical Brier.*

If the Medical Profession would absorb all the methods adopted by "charlatans," the question arises, "How much would be left of present medical teaching and practice? Can Christ and Belial dwell together? Can Light and darkness be one? When they can, Medical Practice and Mental Healing can be one. Absorb, Dr., certainly, but when you have done so, there will be no use for your diplomad instruction.

THE GAUGE.

'Tis not what we possess, but what we are,
That counts with God!
He strips the outward seeming in His star,
And stamps a clod

The Soul that carries Self's ignoble scar.

—*Susie M. Best, for NOW.*

"The Psychological Calendar for 1903," noticed last month, can be obtained from Mrs. J. M. Young, 508 Powell street, San Francisco, Cal. Price, 50 cents.

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MENTAL TONIC.

Little Dolly: "Why is the hour-glass made small in the middle?" Little Elsie: "To show the waist of time, dear."—*Christian Register*.

Teacher: "Johnnie, when Satan comes to tempt us to do wrong, what should we say?" Johnnie: "Go 'way back and sit down."—*Christian Register*.

Mamma (to Walter, who has just returned from his first experience with a fishing rod): "What, back so soon?" Walter: "Yes'm. I thought I'd come home. The worms were so nervous I couldn't get 'em on the hook."—*Exchange*.

"Friend Charles," asked a Quaker, "why does thee use thy buffalo robe with the hair side out?" "That is the way the buffalo wore it," was the reply. "But," retorted the Quaker, "the buffalo wore it with the hair side toward us."—*Lippincott's*.

Mrs. Tilford of Sorosis: "It must have taken Daniel Webster a long time to compile the dictionary. Don't you think so?" Tilford: "Daniel! You mean Noah, don't you?" Mrs. Tilford (tartly): "Now don't be silly. Noah built the ark!"—*Brooklyn Life*.

One morning a loyal Irishman was at work near the top of a telephone pole, painting it a bright green, when the pot of paint slipped and splashed on the sidewalk. A few minutes later another Irishman came along. He looked at the paint, then at his countryman, and inquired with anxiety in his tone: "Doherty, Doherty, how ye had a himorrhage?"—*Christian Register*.

A gentleman asked a question of a boy who was fishing. The boy mumbled an indistinct response. "Why can't you speak plainer?" said the gentleman. "What have you in your mouth?" "Wums, wums, fur bait," answered the boy. "That was the first instance I ever knew," remarked Mr. Stockton, in telling the story, of anybody's really speaking with baited breath."—*New York Times*.

Secretary Shaw's homely phrases are reported in the papers. Not long ago some influential men tried to persuade him against his will. To their arguments he replied: "Gentlemen, I expect to get into more or less hot water while I am in this office; but you must excuse me from stepping into a bucket from which I can see the steam rising."—*Christian Register*.

THOUGHT CHANGES THE TISSUE OF THE BRAIN.

There is no reason for doubting that the changes in brain tissue, which accompany each thought and feeling, are also modes of motion, transferable into other physical modes. But thought and feeling themselves, which can neither be weighed nor measured, do not admit of being resolved into modes of motion. They do not enter into the closed circuit of physical transformations, but stand forever outside of it, and concentric with that segment of the circuit that passes through the brain. It may be that thought and feeling could not continue to exist if that physical segment of the circuit were taken away. It may be they could. To assume they could not, is surely the height of rash presumption. The correlation of forces exhibit Mind as in no wise a product of matter, but as something in its growth and manifestations outside and parallel. It is incompatible with the theory that the relations of the human soul to the body is like that of music to the harp; but it is quite compatible with the time-honored theory of the human soul as indwelling in the body and escaping from it at death.—*John Fiske*, in "Through Nature to God."

It is incompatible with all known facts that there should be a mode of motion that is not a transference of some other mode. All that science knows is concerned with such transference of force. If brain changes are caused by thought and feeling, (Mr. Fiske very carefully says "accompanying") the changes are a transference of thought and feeling into physical force. The Universe is a unit. The one law of conservation is universal. When we see a channel where water runs, we say said channel was made by the water. Analogy leads us to say, when we see brain changes where thought runs, that thought made the channel. This inference passes into a demonstration when we know by telepathy that Thought is Force. Telepathy is the "Missing Link" that philosophers like Fiske and materialistic scientists need that they may solve the problems that are otherwise insoluble. It is the one discovery that makes Immortality a scientific necessity.

* BOOK REVIEWS. *

[Books received will be noticed under this heading. Those we have space for will be truthfully reviewed.]

"The Waters Above the Firmament, or The Earth's Annular System," by Isaac N. Vail. Second edition, revised and enlarged. Ferris & Leach, Philadelphia. Will be noticed later.

"In the true light of Immortality, 'Who Am I?'" by David Jensen, B. D. O. C. Price, 50 cents. 1239 Santa Fe Avenue, Denver, Col.

A curious book in which the principle of Affirmation is mixed up with a new interpretation of the Bible in which the conclusion of earthly immortality is reached. It is good as any of the new Biblical systems of revamping old thought now so common. Its affirmations are helpful to one that inclines to the theological method of reasoning.

"Lessons of the Immanence of God," by Levi Wilson Platt, 431 Charles Block, Denver. 16 parts. Price, \$2.00.

The fundamental idea of these lessons is: The Divine idea is the church of the One God of heaven and earth—the Within and the Without, Jesus the Christ is the first and the last, which is all inclusive, "Inasmuch as ye did it unto the least of these, ye did it unto me."

"Annals of Earth," by C. L. Phifer. Am. Pub. Association, Chicago, Ill. pp. 289. 1890.

A story in blank verse of the development of earth in which the bible stories and mythology are blended.

"One of the Blue Hen's Chickens," a Mental Science South Carolina romance, by Virginia Durant Young, the only woman editor in the South. For sale at her office: Fairfax, S. C. A pleasant little story.

Soundview is a new exchange, Vol. I, No. 3 and 4, Ollala, Wash. L. E. Rader and Frank Reid, editors. An independent attempt on the Philistine line. It calls itself a magazinelet. It sets the reader to thinking and causes old prejudices to fall away. It is, therefore, welcomed. Independent thinking and free speech are the only means of national unfoldment. It proves that its name is no misnomer by its sound opinion of NOW. It says: "Among the New Thought publications that have reached my desk, none have more favorably impressed me than Henry Harrison Brown's NOW, published in San Francisco. It is neat in its makeup and is brimful of bril-

liant sayings, original and quoted. It is truly an inspiration to read such a vigorous monthly message as NOW brings. What I especially admire is Mr. Brown's penchant for Emerson, whom I regard as the Father of the New Thought. Mr. Brown is the author of some very helpful books.

Spirit Fruit, Lisbon, Ohio. Monthly. Published by Spirit Fruit Society. Issued as a free gift. Money received only as a gift, given by its readers who wish to help widen its circulation. I so fully appreciate the spirit of this journal and its editors, that I wish to call attention of NOW readers to it. It has its own peculiar way of looking at Truth, but its spirit is so kindly and so broad, its thought is so clear, that it has a benediction for all. Its vibrations are helpful. Its Principle:—LOVE. The Oct. and Nov. numbers are full of valuable instruction. Send the editor a few stamps or dimes for a copy.

Medical Talk, Dr. C. S. Carr, Editor, Columbus, Ohio, is one of the most progressive of journals and one of our most readable exchanges. It is as near being a NOW supplement as a journal can be and have an M. D. connected with it. So many articles or paragraphs are marked that I would like to copy that our copy looks like the manuscript of a new contributor after having passed the editor's hands. We like the magazine. We like the spirit of Dr. Carr. He has live, stimulating ideas. Here is much that gives a solid foundation in medical lore for our Mental Science. It is only 50c a year. Medical Talk Publishing Co., Columbus, Ohio.

The Higher Thought, Evelyn Arthur See and Agnes Chester See's journal, published at Kalamazoo, Mich., will, in its January issue, give a complete review of the recent position taken by the Christian Science church in withdrawing its healing practice from the certain classes of disease, with a view to man preserving life within himself, that he may not through the influence of this strange act come to doubt the sufficiency for him of the God in him; and also, in further aid to the seeker in Truth and to protect him in the thought of his own faith, the review will trace the cause of this retrograde action to its real source. Every reader or student in the New Thought should read this consideration of the great and momentous question involved. There will be no free sample copies of this issue. They can be had at the regular price, five cents per copy.

HAPPINESS AND HEALTH.

PROF. ELMER GATES.

I have discovered that bad and unpleasant feelings create harmful chemical products in the body, which are physically injurious. Good, pleasant, benevolent and cheerful feelings create beneficial, chemical products which are physically healthful. These products may be detected by chemical analysis in the perspiration and secretions of the individual. I have more than forty of the bad and as many of the good.

Suppose half a dozen men in a room. One feels depressed, another remorseful, another ill-tempered, another jealous, another cheerful, another benevolent. It is a warm day, they perspire. Samples of their perspiration are placed in the hands of the psycho-physicist. Under his examination, they reveal all those emotional conditions distinctly and unmistakably.

To sum it up, it is found that for each bad emotion, there is a corresponding chemical change in the tissues of the body, which is life-depressing and poisonous. Contrariwise, every good emotion makes a life-promoting change. A noble and generous action blesses the doer as well as the beneficiary. Every thought which enters the mind is registered in the brain by a change in the structure of its cells. The change is a physical change more or less permanent.

Any one can go into the business of building up his own mind. The thinking organ undergoes perpetual changes in cell structure and is never finished. Even in old age, it is not too late.

Let the esoteric mind-builder systematically devote an hour each day to calling up pleasant ideas and memories. Let him summon those finer feelings of benevolence and unselfishness which are called up in ordinary life only now and then. Let him make this a regular exercise, like swinging dumb-bells. Let him gradually increase the time 60 or 90 minutes per diem.

At the end of a month, he will find the change in himself surprising. The alteration will be apparent in his actions and thoughts.

It will have been registered in the cell-structure of his brain. Cells useful for good thinking will have been developed, while others productive of evil will have been shrunk. Morally speaking, the man will be a great improvement on his former self.—*Exchange.*

Every good thing is loved into life.—*Elbert Hubbard.*

DEMONSTRATING OVER FLEAS.

I remember you asked me how I demonstrated over the fleas, and I will tell you as best I can, for often the statements would vary as they came to me: "I am God's child, live and move, and have my being in God. I am a spiritual being, living in a spiritual realm; when created I was given dominion over all things. I claim that dominion now. I was created by love, am surrounded with love, and love all God's creation. I love you, little fleas. I love you because God made you, but he gave me dominion over you, and in the name of love I command you to stay in your own place and not disturb one of us." We were never disturbed again. Our son has a dog and four cats that he plays with continuously, but the fleas do not trouble him in the least."—*F. O. W., in Harmony.*

"ON, ON, SIR!"

A great astronomer was once telling the story of his life.

"When I was a boy," said he, "I grew tired of mathematics."

In one of his discouraging moments, he declared he was going to give them up. He collected his books and began to put them aside. One book, however, he thought best to look into again. Now, what, think you, were the words that this boy found there that fixed his attention? These: "Go on, sir; go on, sir."

Did he take the advice?

Yes; he took these words for his master. All through his life, whenever he grew tired of any undertaking, this master was his teacher—"Go on, sir; go on, sir."

"No one ever won a victory by turning his back and running away," said this wise man.

—*The Peninsula Methodist.*

What's the use of worrying?

Fretting doesn't pay.

What's the use of hurrying?

It's the slowest way.

Half the whims that worry you

Never will come true;

Then why let them flurry you,

As you daily do?

Live your life out easily,

Then it will be long,

Take what happens breezily,

Whistle, sing a song!

Don't waste strength in worrying

Over phantom ills,

Don't waste time in hurrying,

That's the pace that kills.

—*Somerville Journal.*

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