

THE WORLD'S NEW THOUGHT JOURNAL.

FEBRUARY

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A YEAR

# NOW

THOUGHT IS POWER

A Journal of Affirmation

HENRY HARRISON BROWN,  
Editor.

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



SOUL CULTURE

ART OF LIVING

PSYCHOMETRY

INSPIRATION

SPIRITUAL HEALING

MENTAL SCIENCE

SUGGESTION



PUBLISHED BY  
"NOW" FOLK

NEW THOUGHT CENTER OF PACIFIC COAST  
105 STEINER ST. SAN FRANCISCO

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From all Life's grapes I press sweet wine.

Henry Harrison Brown

# NOW

A JOURNAL OF AFFIRMATION

Vol. VI.

FEBRUARY, 1906

No. 6

## Cause and Effect.

Cause and effect are chancellors of God.—  
Emerson.

Spring brings songsters to the grove;  
Autumn loads harvests in the wain;  
Summer comes, the ripener,  
Winter sows ice where once was grain.  
Tidal wave follows waxing moon,  
Eclipse is sure in planet's round;  
Bursts the bulb from rain and sun,  
While copse, invites the water's sound.

The Law is one in all of these;  
Cause everywhere's equal to Effect.  
There's plenty where the Law's obeyed,  
There's famine born in each neglect.  
God's chancellors forever, these,  
Throughout all worlds their forces run;  
Know one and 'tother is in it—  
There's no division—they are one!

God, then, is Cause! God is Effect!  
God here and there and everywhere!  
God without as star and sun,  
God within as curse and prayer!  
Thus I am Cause, for we are one;  
I build this temple, bone and nerve!  
As body I am but Effect,  
As Cause I'm Law and cannot swerve.

Whatever is, I'm one with it;  
I caused it to express, to be!  
And since it is, I'm one in it,  
And as Effect it lives in me!  
As light and shadow both are one,  
And both must be or neither can,  
So God and Man must both exist!  
No Man, no God; no God, no Man!

Thus we are one that each may be;  
In God I am, and thus am Cause!  
But still I know myself as One—  
As one I am Effect of Laws;  
Cause and Effect are one in Soul!  
Two sides of this most wondrous life,  
All blends into one perfect Whole!  
There's ever Peace where seemeth strife!

—HENRY HARRISON BROWN.

The greatest joy of joys shall be  
The joy of going on.  
—Sam Walter Foss.

## What Thought Can't Do.

Not yet have men and women learned  
that a negative proves nothing and has  
no effect, because it is nothing.

Emerson says: "Omit negative propositions. The good mind chooses what is positive and what is advancing . . . embraces the affirmative!" This is scientific. It is saying: Choose that which *is*, and never try to do your work with that which is not.

But patent as this is, nevertheless it is with nothings that the masses largely deal. For this reason their lives amount to so little, and we hear of disease, failures, sorrows and death—all nothings to the Real Life.

No more common objection to Mental Science, New Thought, Soul Culture or Christian Science than something like this: "Well, it won't set a broken leg!" "New Thought won't keep you from dying!" "Mental Science won't make you a millionaire!" "Christian Science never will cure all humanity!" And next to this come reports of failures. "My brother was treated by Christian Science and died!" "I had a friend who took absent treatments of So-and-So and it did him no good!" "My wife believes in Mental Science, but don't get well!" and so on for a thousand times. All these failures are facts, but what of it? What does your "don't" and your "can't" prove? Only that we have not yet done it.

Does any failure ever prove that a thing cannot be done? The history of every human achievement is a history of what has not been done being done now. All progress is but extending the realm of the actual into the realm of the possible. What *is* impossible? Who dare say that

any dream is? In the Divine possibilities of the Soul all dreams are not only possibilities, but are present realities. Who dare say they never shall be realities in the objective life?

One of the greatest lessons the St. Louis Fair had for me was the exhibition of locomotives from time of Newton to the present. Newton's invention was exhibited. He knew steam was a form of force. He knew it could be applied to locomotion. He placed a huge tea kettle on wheels, put a fire under it, and had the steam come out against a plate before the nozzle. The cart did not move. As well may a man lift himself by his boot-straps. No doubt many then said: "Fool! He might know that steam will never draw carts!" But the Idea was infinite. Newton's Ideal made from the Divine Idea did not work; but Newton's thought has moved millions of engines. It is recorded that after Fulton's application of steam to a boat, a scientist in England wrote a book proving conclusively that steam could never propel a boat across the Atlantic. The first copies of the book were brought by the first steamer that crossed from Liverpool to New York City.

Impossible in but the word of ignorance, unbelief and failure.

The world cares nothing for him who can't, and cares as little for the opinion of the unbeliever. "What *can* you do?" is the question asked of every man. What *does* and what *can* Mental Science *do*? What can "NOW" Folk *do*? What *can* Henry Harrison *do*? are legitimate questions. The answers can only be based upon what we have *done*.

It is no matter now whether Mental Science can grow a leg where one has been amputated or not. That question is not up for discussion. That all *cults* of New Thought *do* heal is a fact. From these facts, learn how to extend the horizon of doing. The patent office shows a thousand patents that were failures to one success, but the failures only helped on the ultimate success. Every case of mental healing helps on that time when there will be no amputated limbs and no broken bones.

Wisdom places no limit to the power of any principle, but it also knows that every principle in its application follows nature's law of growth. "Consider the lilies, how they grow!" They do not burst at once from ground to bloom. So the perception of an idea, or possession of a fact, means that endlessly will the idea within the fact unfold through human endeavor.

Tell me not that you have not; I deal with those who possess. Tell me not what you cannot do; I deal with those who can. Tell me not what Thought cannot do; I want to know what can be done. Tell me not what has not been done; I must reason upon what has been done. Tell me not of what is not; I must deal with what is. Tell me not of nothings; I can think upon and work only with something.

Dealing with negatives is dealing with what is not. Think of a merchant advertising: "I have not," "I don't keep." Think of a customer coming in and saying: "I wish that which you have not." Could business be done on that plane? No more can life live upon negatives; nor can civilization so flourish. O, ye who deal in negatives, ye are back numbers! "Go 'way back and sit down!" Ye who would live, who would be healthful and happy, obey the motto on the cover of NOW: "Nerve us with incessant affirmatives!" Do not tell us what we can't do, but stimulate us by telling us what we can do, and for your own happiness drop all negatives and affirm—I Can!



***Love Thy Neighbor as Thyself,  
not Better.***

A great part of this demand for effacement of self under the spirit of altruism, made chiefly by certain people whose sentiment dominates their judgment, contravenes the best interests of the individual ego as viewed from the standpoint of physical health and mental happiness. I contend that that is a morbid sentiment which leads one to find, or to fancy that he finds, his highest level of Being in primary devotion to the ostensible good of others. Principles of action are the same in both collective and individual cases, each representing an aggregate of unitary sentences.—*Dr. Sheldon Leavitt in Thought.*

**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.

**Praise.**

I praise the One in whom I live and in whom I find my joy.

I praise the Universal Life that fills my veins with vigor and my heart with gladness.

I sing the praises of the One in whom I find my power to think and to feel.

I praise the Glorious Forces of the Universe that sustain my body and build for me this wonderful earth and sky.

I praise the Unseen One that blooms in the rose and lily and fruits in shrub and tree.

I praise the Intelligence that with order and system unfolds the marvels of life throughout the changing year.

I praise the Indwelling Wisdom that from day to day carries on the wondrous mechanism of the worlds above me and sustains the sun, stars and comets in their rounds.

I praise the Divine Life that pulses in every vibration of nature, through every living thing, and finds joyous expression in the Human Soul.

I praise the Divine Love that has filled my heart with praise and given to me other Hearts that respond to the love I give them.

I praise the Omnipotence that in wisdom has so ordered human Life that we love friends, are set in families and states; that made of one brotherhood all the nations of the earth.

I praise this Divine Love and Wisdom most of all for my power to think and to love, that thus I may become consciously allied with Itself in expression of Divinity.

Nameless and Unknown, but Ever-present and Ever-felt, I praise It, because It is thus hidden and unknown, for I am thus stimulated to find IT within as my Real-Self to know IT there in Its fullness. I praise this One whom I love to call by many names, and whom I feel in many ways, because in my praise I find Soul expression and expansion, and thus become one with IT in expression.

I praise that Intelligence which in me has led me to a recognition of Unity and enables me to say, "God and I are one." God, Allah, Jove, or Christ, I praise thee for thou art my Self in unbounded Being, and in praise alone do I become One with All that Is.

Praise the Lord, O, my Soul; for thou by praise maketh thyself conscious of thy Divinity!

All that is within me praises the Indwelling, the Omnipotent Love, maker of Heaven and earth, and in this praise I find my Life and my Redeemer.

"Praise the Lord! Sing unto him a new song! Let everything that hath breath praise the Lord."



**Only a Little Leaf.**

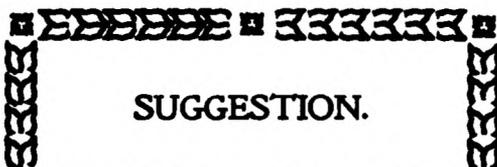
It was only a little leaf;  
But on it did shine the sun.  
The wind did caress, the birds did sing;  
And it lived till its work was done.  
It was only a little leaf;  
But it took its gladsome part  
In the great earth's life; and at last  
Earth clasped it to her heart.

—Minot J. Savage.



If your stomach don't digest,  
Start a jolly whistle,  
Whether working or at rest,  
Don't forget to whistle;  
Whistle lively, whistle long,  
Whistle something funny.  
Laugh and sing, grow fat and strong,  
Keep your health and money.

—Dr. J. R. Mahon.



**THE LAW OF SUGGESTION** is technically stated thus: I am that which I think I am.—In Bible language it is: As a man thinketh in his heart so is he.—In metaphysical statement it is: A person is governed by his conviction of Truth.

**Suggestion in Daily Life No. 6  
Conversation.**

**HEALTHFUL THOUGHTS CAUSE  
HEALTH OF BODY.**

Since the first requisite for success is health, let us have a lesson on the Power of Auto-Suggestion in inducing healthful conditions of Life. The Mental Scientist never forgets that physical conditions are but the reflections of Mental states; that the body is the creation of Mind, and that Mind creates through Thought. Therefore the only requisite for a healthful body is healthful thinking. This is as plain and simple as the table of two in multiplication. *Think health and you will have health.* Healthful thoughts produce healthful physical conditions. This fact should be instilled into the child at the earliest age. And before he can understand, he should be trained to *think* healthful thoughts by hearing only healthful suggestions.

For your own sake and for the happiness of all about you suggest only healthful thoughts.

But what are healthful thoughts? So many people think that they are helping one to health by sympathizing with him; by calling attention to the fact that they are sorry that he is ill. That they think they help another to bear by saying, "O, I am so sorry for you!" or by asking, "O, what can I do to help you?" From the kindest motives these expressions spring. But they are as kind as one would be who, in trying to put out fire, poured oil upon it. Ninety-nine times out of a hundred friends aggravate conditions by their unwise sympathy. To

know *what* to say and *what* to think is the acme of Human wisdom. And to know *what* to say and think to the ill is to be The Great Physician. And the Law of healthful thinking is so simple that a child may obey it. It is NEVER SAY OR THINK THAT WHICH YOU DO NOT WISH TO SEE IN PHYSICAL MANIFESTATION. *Don't think of that which you do not want.*

The Ideal is the only real. The mental picture of health as surely controls the expression of the Energy we call Life as the engine controls the manifestation of that energy we call steam, or the electric arc-light controls that energy we call electricity. The mental image of health as surely shapes the physical body as the mould in the sand shapes the iron that is poured into it. The mental picture as surely shapes the body by directing the energies that make the body, as the picture in mind of artist directs his hand in carving the statue.

All the engineer asks is a sound engine. All the artist asks is a perfect Ideal of his statue. All the foundryman asks is a correct model. From each of these comes the expected expression of Universal Energy.

So is it with the Human Soul. All it asks from the individual Thinker is a mould, a model, a mental engine, and, having no decision of its own in the matter, it is compelled to fit itself, in its expression, to the model, mould or engine furnished it.

Fix this thought in your mind: *You are by virtue of your power to think the creator of your physical body, once it is given you by your parents and Absolute Law.*

Therefore it is your privilege to choose how you will live in this objective expression. You can live in a body diseased, painful and decaying, or in one the opposite of these. Which shall it be? You are deciding every moment by the thoughts you think. Right thinking will give you a healthful body.

Dr. Holmes in his masterpiece says:

**Whatever we have dared to think  
That dare we also say.—**

*William Lloyd Garrison*

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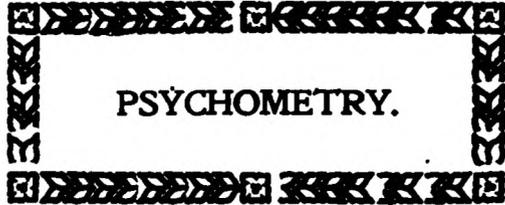
“Build thee more stately mansions, O, my  
Soul,  
As the swift seasons roll!  
Leave thy low vaulted past!  
Let each new temple, nobler than the last,  
Shut thee from heaven, with a dome more  
vast,  
Till thou at length art free,  
Leaving thine outgrown shell by Life’s unrest-  
ing sea.”

But the poet did not tell the Soul *how* to build these more stately mansions. His medical skill did not reach so far. It was reserved for the metaphysician to complete the physician’s work. Here is the law: *Think Health and you have health. Think stately mansions and you build them!*

The time to think health is when you find that it is not yours. Begin to build by Affirming to yourself your power of self-creation. Your power to create a body to your desire.

To do this, know that disease is but a negative condition—a condition of want. It is a lack in the manifestation of the All-Life which you are. It is not a lack of Life, but a lack in manifesting the Life you are. Now decide to let the Life you are flow into perfect objective manifestation. How? By building the picture in your mind of yourself in health and *keeping it there*, despite all temptations to think its opposite. Concentrate upon it till it becomes a mental habit. Let no thought of illness or want enter your mind. Soon the Soul will build from the pattern thus set. Ignore the thought of old conditions. Never talk, save to a healer or helper, about your ills. Never think about them, save to affirm they are gone. For once gone from your mind they are gone from your body. Let them go by crowding health thoughts in.

But since happiness and peace of mind are the Soul sides of health, let all your thoughts be happy, peaceful and joyful. From these thoughts build your ideal, and health must follow as effect from cause.



**PSYCHOMETRY** is the Science and the Art of recognizing and interpreting sensations not recognizable by the five senses.

### **Second Series. Lesson 6.**

#### **PSYCHOMETRY AND HEALTH.**

“I am so sensitive to everything that I suffer!” This expression is often made and is made as an excuse for suffering and for illness. Is it necessary that you suffer because you are sensitive? Would you give up your sensitiveness because you suffer? Do you not also enjoy because you are sensitiveness? Is it not a question of choice with you? May you not enjoy all the time and thus ignore the suffering?

I like to ask you these questions because I would set you to thinking upon a very important question. Personally I think it the most important in any one’s life. The one only line of human development is in this increase of sensitiveness. As we unfold in consciousness of our possibilities this increase of sensitiveness must come. The only possible evolution of Man is through increase of sensation—of feeling. Therefore, you must either remain without further development or learn how to enjoy your increase of sensation.

Because of this fact, Psychometry is the most important study the race has ever taken up. The knowledge of Psychometry means more for the future of the human race than do all the physical sciences. All the colleges have not for man the blessing this one study holds for him. Once its possibilities are understood, students will rally to its study as never they did to any other branch of knowledge. It is the first science ever partially formulated in the study of the Human Soul. It is Soul Science. This being so, it must have an intimate relation to physical health.

The increase of nervous diseases, of insanity, of vice and much of the crimes is due to this sensitiveness. It also creates poets, artists, dramatists, actors and orators, and gives them audiences; it gives birth to inventions, reforms and religious awakening; calls into being fads and fashions; lies behind marriage and divorce. Sensitive to dislike and repulsion, we are also in like degree sensitive to attraction. We are drawn from, or drawn to, and ignorant of the force we get into conditions of suffering. We are not to have less of sensitiveness, but are to control it. Control is present need. Still more sensitive will the race become till where one sensation now is, millions will be. The Soul must ultimately recognize every sensation caused by the infinite vibrations of Universal Energy. Therefore, since it is the natural unfoldment of these, this increase of sensation must redound to physical health. To live more in one moment through increase of sensation than the savage does in a lifetime, is to possess, in consciousness, immortality now. This Realization of Immortality, Psychometry opens up to the individual. Therefore, do not regret, but rejoice that you are sensitive, just as you rejoice that you can think. To feel more is to have still greater power to think.

Cultivate sensation. But learn to choose among the many sensations those you desire. Learn the origin and meaning of sensations. Learn to feel and *not* to feel at will. This is the Art of Psychometry.

Health is but a condition of sensation; of pleasant sensations. Disease the opposite. While the cause of illness is mental, he who will not feel unpleasant sensations will never be ill. All illness begins in some simple feeling, in some slight sensation. If it is then conquered by ignoring it, there is no illness to follow; but if it is noticed, illness comes; for to notice, to recognize, is to cultivate. This is a very important Law of Health. *To recognize a sensation is to cultivate it.* Whenever you feel anything unpleasant you may at once take control of it, and either by a thought change it to a pleas-

ant one, or may study it and learn whence it came, what it means, and what it has for your unfoldment. In either case you master it. To ignore by holding thoughts of pleasure will give health. To understand the cause will give you intelligent protection and wisdom.

What Suggestion is to the intellectual life, Psychometry is to the spiritual life. To become proficient in it as an Art, is to live while incarnate superior to the body, and to enjoy at will the communion possible in the two conditions of life. You may close your intellectual perception to the sensation arising in the five senses, and live in those that come from the higher octaves of Eternal Energy; and at will you may come back to the sense-life, and thus enjoy the two. The problem of the nineteenth and all preceding centuries of the Christian Era was to learn how to live in the two conditions of life at the same time. Jesus did this, and told us how, but not till the last half of the nineteenth century did intellectual man realize what this spiritual Elder Brother knew. That knowledge is now known as the Art of Psychometry. The twentieth century has the task of making that Art the common heritage of the race. For health and happiness, for the salvation of the race from destructive conditions of society, business and government, to save the race from physical ills that threaten its extinction, there is but one remedy. Jesus gave it—*Spiritual unfoldment*. The only knowledge that will save the world from a repetition of the decay of nations, as in ancient civilization, is the mastery of present materialism, through *conscious* development and *use* of the spiritual faculties. *Man must live as spirit*, then health, happiness and prosperity follow as day follows sunrise.



Give free and bold play to those instincts of the heart which believe that the Creator must care for the creatures he has made, and that the only real, effective care for them must be that which takes each of them into his love, and, knowing it separately, surrounds it with his separate sympathy.—*Phillips Brooks.*

**In the pure soul, whether it sing or pray,  
The Christ is born anew from day to day.**

*Elizabeth Stuart Phelps*

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**Leona.**

[One of the sweetest poets of the new time was James G. Clark. Not a line of his but is replete with beauty, melody and noble sentiment. The following poem of his has been by competent literary critics pronounced unsurpassed by any other production of its class in our language. It is perfect in rhythm, beautiful in figure and expression. Leona was his mother. The poem was composed while he was watching by her bedside in her last illness. It expresses the faith of a soul at one with the All-life. For to Mr. Clark there was no death.]

Leona, the hour draws nigh,  
The hour we've awaited so long,  
For the angel to open a door through the sky,  
That my spirit may break from its prison  
and try  
Its voice in an infinite song.

Just now as the slumbers of night  
Came o'er me with peace-giving breath,  
The curtain half lifted revealed to my sight  
Those windows which look on the kingdom  
of light,  
That borders the river of death.

And a vision fell solemn and sweet,  
Bringing gleams of a morning-lit land;  
I saw the white shore which the pale waters  
beat,  
And I heard the low lull as they broke at  
their feet  
Who walked on the beautiful strand.

And I wondered why spirits should cling  
To their clay with a struggle and sigh,  
When life's purple autumn is better than  
spring,  
And the soul flies away like a sparrow, to sing  
In a climate where leaves never die.

Leona, come close to my bed,  
And lay your dear hand on my brow;  
The same touch that thrilled me in days that  
are fled,  
And raised the lost roses of youth from the  
dead,  
Can brighten the brief moments now.

We have loved from the cold world apart  
And your trust was too generous and true  
For their hate to o'erthrow; when the slander-  
er's dart  
Was rankling deep in my desolate heart,  
I was dearer than ever to you.

I thank the great Father for this,  
That our love is not lavished in vain;  
Each germ in the future, will blossom to  
bliss.  
And the forms that we love, and the lips that  
we kiss,  
Never shrink at the shadow of pain.

By the light of this faith am I taught  
That my labor is only begun;  
In the strength of this hope have I struggled  
and fought  
With the legions of wrong, till my armor has  
caught  
The gleam of Eternity's sun.

Leona, look forth and behold,  
From headland, from hillside, and deep,  
The day-king surrenders his banners of gold;  
The twilight advances through woodland and  
wold,  
And the dews are beginning to weep.

The moon's silver hair lies uncurled,  
Down the broad-breasted mountains away;  
Ere sunset's red glories again shall be furled,  
On the walls of the west o'er the plains of  
the world,  
I shall rise in a limitless day.

O! come not in tears to my tomb,  
Nor plant with frail flowers the sod;  
There is rest among roses too sweet for its  
gloom,  
And life where the lilies eternally bloom  
In the balm-breathing gardens of God.

Yet deeply those memories burn  
Which bind me to you and to earth;  
And I sometimes have thought that my being  
would yearn  
In the bowers of its beautiful home, to return  
And visit the home of its birth.

'Twould even be pleasant to stay,  
And walk by your side to the last;  
But the land-breeze of Heaven is beginning  
to play—  
Life's shadows are meeting Eternity's day,  
And its tumult is hushed in the past.

Leona, good-bye; should the grief  
That is gathering now, ever be  
Too dark for your faith, you will long for  
relief,  
And remember, the journey, though lonesome,  
is brief,  
Over lowland and river, to me.

The language of New Thought has no "don't's." It embraces no negative commandments. Its purpose is to teach man to do all things well and to use all things according to eternal law. Life insurance has been a blessing to thousands; and as long as it continues to be a blessing it may be taken out by any one, and will not interfere with his faith nor with his belief in the life eternal. Things are neither evil nor good; it is the way they are used.—*Eternal Progress.*

**Autobiographical.**  
**Instances of Self-Healing.**

So many have asked me to continue the articles from my own life that I give these few instances. My life has been uneventful in way of healing. My editorial in September covers most of the ground.

In the Fall of 1894 I was engaged in the county political canvass in Kansas. I had been talking from two to three hours every evening for three weeks. I had addressed a meeting one evening at a little town, and the next evening was to be in an adjoining county. In order to make the railroad connections I was to rise very early and ride ten miles across the country to a station on another railroad. I retired a little before midnight, feeling as well as usual. The weather was frosty, but not cold. After a short sleep I awoke with an intense pain in my chest and a burning fever all over me. All the symptoms of pneumonia were mine. It took me several minutes to collect by wits, for fear at first seized me, and I thought what would I do in a strange place and among strange people, and especially what would I do about my evening address. All the conditions that *old Thought* brings, which are familiar to you all, came upon me. So great became the fear that, in spite of my fever, my teeth chattered at thought of being sick.

After a few minutes of this condition, which was the result of coming to consciousness in this unexpected manner, I gained self possession. I began to *think*. I had been controlled by feeling till then. Now, *Thought* took possession of my case, and I began to talk to myself in this wise. It is even now my habit. When something new comes up that I do not easily master by silent thought I give myself oral Suggestions. "Henry Harrison," I said, "you have an appointment for tomorrow night. Must rise at 6 A. M. and ride to meet that train. Now you cannot afford to be sick. It is not necessary. You will master this condi-

tion. Now, lie on your back perfectly passive and let the Soul take care of you. Soul knew all these conditions before you left Topeka. Otherwise it is not omnipresent and omniscient. It is prepared for this occasion. Now, lie passive and let the Soul's omnipotence heal you!" In this manner I quieted myself, and with these thoughts soon fell asleep. I awakened at the right hour and found that I was in a perspiration, with pain all gone. I took my journey, and never gave a better address during that campaign. But for my knowledge of my power to think and to heal I would have been not only out of a job, but out of comfort, in a long fit of sickness.

During the Summer of 1896 I passed thirteen weeks camping out among the Wichita Mountains in Oklahoma, with some friends who were prospecting for gold, which, by the way, existed only where so many millions more do, *i. e.*, in imagination. I was led by these friends to think I was a millionaire, and, *in my mind*, I spent it all in building my "NOW" Temple and School in that delightful region. And when the assay showed only "a trace" of mineral I was just as rich as if I had had the gold and spent it. I had had the joy of planning and of spending. The realization of the ideals then formed are now materializing. It has taken nearly ten years for these *Thought* germs to sprout. But this is another story from that I wish to tell.

In riding over the prairie it was my habit to jump from the buggy and pick up flower, stone, insect, anything that I wished to study. Doing this one day, I caught my foot and wrenched the instep. I thought little of it, but the next morning I found it so swollen and sore that it was painful to move my limb. "Oh!" I said, "here's a pretty howdedo! Well, let us see! Foot, I made you to walk with. And walk I will. You don't boss my business. I guess not! So, we will make this agreement. I was intending to remain in camp this forenoon and write up my journal and letters. I will give you till after dinner to right your-

**Let's not burden our remembrance  
With a heaviness that's gone.—**

Shakespeare

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self. I will leave off shoe till then. But understand—after dinner I shall put on shoe, and I shall go up the mountain, and you will do your part of the walking!"

I then attended to my business, went about camp with one shoe on, and thought no more of my foot. I wrote my letters; prepared the dinner for the friends, as it was my turn. After dinner I put my shoe on to a *well* foot and passed all the afternoon upon the mountains, gathering mineral and floral specimens, and in watching the beautiful blue and gold of the lizards as they lay sunning on the warm rocks.

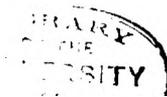
Acute difficulties are thus readily removed. Chronic difficulties have made a deep impression on the mind, and unless there is that deep and intense faith of the woman "with an issue of blood, who had suffered many things of the doctors" and who came to Jesus through the cloud, and touching but the garment, was made whole, *because she believed and in faith touched*, thus opening the fountains of her own life to the currents of Omnipotence that were waiting to flow through her every nerve and artery. "Thy faith hath made thee whole!" said Jesus. Those who did not understand said: "He felt virtue going out of him." He never said so; he never would, for he never claimed he had any power to heal. It was the Father that healed, and the Father dwelleth in you. "Our Father," "My Father and your Father. My God and your God!" Thus he claimed nothing for himself that he did not claim for each person. So faith works the healing; the healer only awakens faith into activity. Where shall we locate faith? It must have location. It matters little where, for it is a mental condition. Faith heals, and not the person or thing in which faith is located. Were the sick healed only when they exercised faith wisely, few would be healed. Fortunately it matters little where the objective center of faith is; the spiritual center is always in the individual—there God is, and there the healing is done. "A sin-

cere and a contrite heart I will not despise!" said the Hebrew prophet. "Who so prays in sincerity, no matter to what God he prays, I, Indra, answer his prayer," say the old Vedas. Intelligence, all possible learning or science cannot change the power of faith. "Except ye become like little children!" is the one test of spiritual success.

Developed intelligence changes the location of the Power. New Thought people have learned that the Soul is Divine, that to Man, the Son of God, belongs, by inheritance, all Power. "All that the Father hath is mine!" said one, who had learned this long ago. What he was then, all men now are. He located Power within himself, and in the Father who he said was within the inner kingdom. We in like manner locate power within, and there we place our faith, and he who so believes and is sincere, uses his faith to heal, and is healed.

On another occasion I had a similar experience. I was giving a course of evening lectures, illustrated by Suggestion and Psychometry, in the little town of Gorham, Western Kansas. As I stepped down from the platform of the little store to the walk I turned my ankle. O, but it was painful, and I cringed for a moment. Instantly I rallied my forces under the thought: "I cannot be ill tonight. That lecture is to be given!" and I sent the thought of Healing power into my feet and straightened up, planted my foot squarely on the ground, no matter how it pained, and walked to my hotel. Before I had crossed the street the pain ceased. I had no more of it. Signs of the strain were there for quite a while, but no soreness.

These are instances of cure by the use of the Life forces under the direction of a determined Will. I have since learned to use less Will, to be less positive in my thought, and to gently let Life heal. But, in every direction in the use of our powers, we must give the Will direction, and until it learns a quiet obedience to quiet thought, we must positively direct it what to do. As



**The dependence of liberty shall be iovers;  
The continuance of equality shall be comrades.—**

Walt Whitman

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we create any other habit, we are to create habits of health. The Will is the unthinking servant, and it soon learns to repeat a condition that we have in our decision given it. The power of *conscious choice* is the one power that differentiates us from brute. This choice, when made, is to be *consciously* held to, through our Will, until that Will become used to this obedience; then it will automatically do what we have decided shall be its function in the matter. By these and similar instances I have trained my will so that on all ordinary occasions it acts in the lines of protection and health. Were I to properly suggest to myself, no accident would befall me. I have so learned to use my mental forces that I do not expect any accident. They will never come, unless I, by some fear or some neglect of faith, open the way for them. When any bodily conditions—old conditions—come up, I can easily rise above them, because my Will has been trained into obedience and takes and holds the Affirmations of Power and Life which I make. If these examples help any of NOW readers to understand the Law of Healing any better, I am glad that I have had them, and glad that I have written of them.



**For Value received—I Pay!**

Mr. A. P. Barton, editor of *The Life*, gives some experiences which coincide with our own. "Freely ye receive; freely give," applies not only to the healer. The selfish mental condition that will not pay for value received does not in reality receive.

Another Bible maxim much quoted by the free-will offering advocates is: "It is more blessed to give than to receive." I have no doubt of that. The one who receives a free gift is not, as a rule, blessed by it at all, while the one who gives it may feel a sort of self-gratulation or response from his own personal pride in the act, that feels good. But he who assumes to do all the giving, in order to get the blessing, is selfish. He should allow the other fellow to get some of the blessing.

A woman in an adjoining State applied to

me to treat her for a lameness which had forced her to use crutches for years. She said to me in her letter that she was very poor, but would pay me something if she ever got able to do so. I treated her for about three weeks; she reported at one time much improved, then worse. About this time a "worse" report came. In answering her letter, I was impressed to say, and did say, "If you will send me \$10 you will get well." She received my letter one afternoon and sat down that evening before retiring and wrote me saying she inclosed \$10. As it was too late to get a money order, she left the letter unsealed till morning and retired. The next morning she added a postscript: "Upon rising this morning I find my lameness all gone and I have no use for crutches. I greatly rejoice, and consider the \$10 I inclose no value for what I have received." And she never did use them again.

In this case it was surely blessed to give and receive, to pay for what was being done, *to be just*. And I have no doubt that this good woman found a poverty disease broken up, too, by my requiring her to pay what she had thought she could not pay.

A good woman living in a western city had a most excellent husband, who had been earning \$35.00 a week for many years and turning it all over to her, had the poverty disease, fostered by the free-will offering plan. So, although she had a nice brick residence elegantly furnished, horses and carriages, other improved property and many vacant lots in the city, she did not pay for her magazines, got treatments free and lessons only from those who charged nothing, contending all the time that she was very, very poor and could not pay. This went on for some years, when her pessimistic, free-will offering, poverty thoughts began to tell. Her husband lost his position, which he had held for twenty years, they lost all their property and now they are really, sure enough, beggars and dependents.

This is an inevitable result of the poverty disease encouraged and intensified by the free-will offering plan.

You really owe mankind nothing but to love them and help them to help themselves. Don't be so bigoted and self-important as to assume that a burden of saving people rests upon you. Every one must save himself. And don't meddle, don't interfere by throwing your charity blocks in their way.

See that thou owe no man anything but to love him, and, if you may, help him to help himself. Help him to be just and never expect to get something for nothing, by requiring him to be just to you; and do not kill his self-respect and cripple his self-dependence by trying to give him something which he has not earned, paid for or deserved

**Definition of Terms used in Suggestive Healing.**

It is advised that each reader of NOW memorize these definitions, as they will not appear again:

A SUGGESTION is an impression made upon the mind of another through the medium of one or more of the physical senses, or by thought transference. Anything that impresses the mind in any manner is called a Suggestion. An intelligent understanding of the Laws of Suggestion is an invaluable aid to parents, teachers and physicians, for the whole system of education and a large part of healing is founded upon this law.

A SIMPLE SUGGESTION.—Is one given a patient or subject in the waking state, or where there is no degree of hypnosis present. The physician's advice, placebos, directions, etc., and the admonitions of parents or teachers are good examples of this kind of Suggestion.

AN AUTO- OR SELF-SUGGESTION.—Is one arising within one's own mind, or as the result of some impression received from without—real or imaginary. What we think or suggest to ourselves are auto-suggestions. All Suggestions must first become Auto-Suggestions before accepted or acted upon by a subject or patient. The Auto-Suggestion is stronger than any other. The strongest always prevails; hence the subject or patient is absolutely as much responsible for every act or inclination in sleep as when awake. One is at all times responsible.

A POSITIVE SUGGESTION.—Is one direct, explicit in Affirmation.

A NEGATIVE SUGGESTION.—Is one implying a result different to the affirmed Suggestion.

MENTAL SUGGESTION, OR TELEPATHY.—A suggestion received by a subject or patient independently of the five physical senses, or other objective means of communication; thought-transference.

A SUGGESTIONIST.—Signifies one who practices Suggestion in any form.

A SUGGESTER.—Is one who offers suggestions. Inanimate things or conditions may constitute a suggester.

SUGGESTIVE THERAPEUTICS.—Is a term given to the science that treats of the healing of disease by application of the law of Suggestion; healing by an intelligent use of Suggestion.

A DOCTOR OF SUGGESTIVE THERAPEUTICS.—Is one who practices Suggestion as a remedial agent.

HYPNOSIS.—Is artificial sleep, induced by Suggestion. This state of mind is characterized by a heightened degree of susceptibility to Suggestion. It is a psychical condition similar to that in which exist a dreamer's mind when experiencing the usual delusions, emotions, etc., of dream sleep. Receptivity of mind is not only increased by the induction of this sleep, but the power to act upon and carry out Suggestions is likewise increased.

HYPNOTISM.—Is a term applied to the artificial induction of sleep, and all that pertains to the condition and phenomena of sleep.

A PRE-HYPNOTIC SUGGESTION.—Is one given just previous to the induction of hypnosis, to be acted upon while entering or during the sleep.

A POST-HYPNOTIC SUGGESTION.—Is one given during hypnosis, to be acted upon when awakening, or after sleep is completely over. This form is most often used in the healing of diseases and habits.

HYPNOTIC.—Productive of sleep.

HYPNOTIZER.—One who induces sleep.

HYPNOTIZED.—One in the state of sleep.

SUBJECT.—One receptive of Suggestion.

PASSIVE.—Unresisting, quiescent state of mind, in which receptivity to Suggestion is increased.

By the practice of auto-suggestion and affirmation one is best able to come to a knowledge of the now unknown depths of his own nature, and to awaken every dormant faculty of mind, and cause the whole self to respond to and effectually carry out the aspirations of the soul.—*Bible Review*.

**Christmas.**

The world His cradle is,  
The stars His worshippers;  
His "peace on earth" the mother's kiss  
On lips new-pressed to hers;

For she alone to Him  
In perfect light appears—  
The one horizon never dim  
With penitential tears.

—John B. Tabb in *Atlantic*.

**The Soul is pilot gray on the sea of Lore,  
Where barks of Touch are sent from every shore.←**

J. W. Powell

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As I was sitting in my room the thought of POWER came so strongly to me, and the questions came: How will I use the God-power within, delegated to me? Shall I fritter it away by dwelling upon thoughts of sickness and weakness? Shall I concentrate my efforts upon talking of my troubles to myself and my friends? Shall I allow myself to dwell upon the sad things of life and feel that such only, come to me? It requires Power to do this, and it requires concentration. I can so use this God-given Power, but I do it to my own destruction. Such use drags one down to pain, weakness and disease. It's time to turn about and use this Power to our upbuilding. Count our blessings. Think on them. Ah! there is Life! It is first. *I live!* This is a glorious thought. Then I have the beautiful about me. I see what God in Nature has given. Sunshine, birds, trees, and flowers. But more than these is the Soul, wherein all these are contained. I live to unfold the infinite possibilities within me. Each day I express from that abundance. Opportunities are everywhere. My mind and hands are busy all the day. Joy and gladness fill me. I am one with the Father. What God is, I am, and I am Joy, Health and Gladness. MARGARET.

'Tis not a million dollars that I want or need, but the ability to draw the dollar a million times that I may have a constant supply. What a blissful state of mind to be in; to know that I can purchase anything I want and pay my last dollar for it, knowing that by the power of God, or Thought, another and another will come. Infinity is waiting to come to me the moment I desire and will. O, the joy of not having to bother one's head about bank accounts or investments! Or

even to have the fear of losing a dollar out of my pocket nor having to wonder where the dollar for tomorrow is to come. To know that all my desires are God, desiring through me, and before I desire He has furnished Supply. God is truly my Father, and the Father includes the Son, and the Father is my Supply. The fatted calf is waiting for me all the time. Experience helps me each day to go to the Father within and there I am supplied. ROBERT.

One of the prettiest walks at Mt. Home is up Bean Creek to "The Boulders." It is very long, but full of joy to those who make it so. We start along a regular path by the eddying creek for half a mile or so, and come to a large redwood which has fallen across the creek in such a way as to make a fine foot-bridge, which will be crossed by people for many years. From there the creek is full of large boulders which have laid there for many thousand years, and during all this time the water has been bubbling over them and wearing them smooth, and wearing into them many holes of odd and curious shapes. Our walk terminates at a huge boulder which would fill a large sized living room. The swirling water has worn away the bank all round it. Along this best walk one can get a fine idea of the beauty of nature and study her wonderful works, and get some idea of the time and patience with which she works.

ELMER,

(One of the "NOW" Mt. Home boys.)

"NOW" Folk Mt. Home, Jan., 1906.

Dear "NOW" Folk: "Home" indeed! Full of peace and health and beauty. Where the Soul may learn of, and unfold, its possibilities and its power. It is impossible to help others until we learn to help ourselves. Here with the silent, powerful and ever-present voice of God made manifest in every object upon which the eye rests, from the first moment when the sun touches the tips of the mountains until it slowly warms these gigantic redwoods down to their very feet, we are glad. Glad for the newborn day; glad for whatever it may bring; glad for the

**Whene'er I meet my sailing peers,  
"ALL'S WELL" I to their hall reply.—**

*Edith M. Thomas*

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Life that in which we may play our part;  
glad for this spot where the weary in  
body may rest, and tired hearts find love  
and peace.

This is what has come to me *here*, after  
many months of soul-wearing pain and  
sickness. In Truth, this is from a grate-  
ful heart. I can say: "All is Good!"

MRS. E. VOORMAN,  
1207 Market St., Oakland, Cal.



"There is one mind common to all in-  
dividual men!" This thought of Emer-  
son's brought me first to the realization  
of Unity. Then experience settled and  
sealed my conviction. If there is but one  
Mind then we all partake of that Mind.  
We all feel, think and express; in this  
we are all of one mind. We differ only  
in our ways of expression. This one  
thought of Unity leads me to see that my  
thought mingles with that of my brothers.  
It makes no difference whether he is near  
or at a distance, our thoughts blend just  
the same. His vibrations are with me  
and mine with him, and these vibrations  
extend throughout the universe. Thus  
it is that I learn all about a rock by hold-  
ing a piece of it in my hand. By holding  
an article a person has touched, I enter  
his vibrations and can read his character.  
All thoughts of space are eliminated, for  
vibrations from each thing in the uni-  
verse are all around me, they are in any  
cubic foot of space as much as in any  
other. All these vibrations are playing  
upon me and have a response from me at  
all times. But I have the power of  
choosing what and when I shall recog-  
nize them. Thus by thinking good,  
strong and kind thoughts only the best  
vibrations can enter into my life. This  
great power dwells within us—the power  
of choice. I can choose the best. I am  
one with the Father; one with my  
brother. I am one with the Universal  
Mind. My Father reveals to me from  
His abundance just as fast as I am able  
to receive. All is mine, for my Father and  
I are one.

SAM EXTON FOULDS.

**Assertion.**

I will be—what I will to be;  
You may say to me "Yea" or "Nay,"  
You may offer me praise or blame,  
But I shall not stop nor stay;  
'Till the light goes out of the sun,  
'Till the salt goes out of the sea,  
And the savor out of the salt—  
I will be—what I will to be!

I will be what I will to be;  
You may mete me praise or blame;  
If I may not fly—I will climb,  
And the net result is the same!  
'Till the light goes out of the sun,  
'Till the salt goes out of the sea,  
And the savor out of the salt—  
I will be—what I will to be!

I will be—what I will to be;  
You may bid me to kneel and serve;  
I will keep my course in the strife,  
And I will not halt nor swerve.  
'Till the light goes out of the sun,  
'Till the salt goes out of the sea,  
And the savor out of the salt—  
I will be—what I will to be!

I will be—what I will to be;  
I will be it here and now;  
Ye shall not vex me with "When"  
And ye shall not bid me "How";  
'Till the light goes out of the sun,  
'Till the salt goes out of the sea,  
And the savor out of the salt—  
I will be—what I will to be!

I will be—what I will to be;  
You may envy and frown and grudge,  
But the Law forbids you to slay,  
And the *Hard* forbids you to judge;  
Therefore, 'till the sun is dead,  
And the salt goes out of the sea,  
And the savor out of the salt—  
I will be—what I will to be!

—Arthur H. Goodnough in *Boston Ideas*.



In making his remittance for the second three  
months, a business man in Missouri writes:  
I have derived great benefit from your last  
letter and Affirmations contained therein, both  
mentally and physically and feel that I am  
growing steadily towards my ideal in every  
way, and I want to keep under your instruc-  
tions until I have realized my desires. You  
sensed my feelings with great accuracy and  
what you wrote in reference to them has in a  
great measure come true. I have a great deal  
more confidence than I ever had and wish to  
advance steadily in this direction, so I enclose  
check for \$5 for three months' treatments.

Yours sincerely,

G. L. F.

### **When and how to Eat.**

After the growing of healthy articles of diet, one should then wait for the normal or natural hunger, which will call for the precise food needed to repair the tissues of the body. No thought of what one eats or drinks should ever enter the mind until it comes through this hunger from within and makes itself known to man's thought-taking part of himself; he should then co-operate with it and supply the things asked for from within. The thought-taking part of man is the servant, not the master, who is Life itself, lying deeper and further back than this thought-taking part.

The mental attitude is everything, but everything must be in its place. It is the thought part of man that should be concerned in procuring pure air, pure and perfect food, pure water, and other hygienic conditions. This is the right mental attitude *before* food is eaten. To eat of impure and imperfect foods, and to drink contaminated water, and then to take an attitude of thought to change their natural poisonous action into a natural healthy one *after* they have been taken, is an incorrect attitude of mind. It would be contrary to natural law, and cannot be done; for no law of nature can be changed by thought, or by anything else.

It is not necessary to give any thought for or against *digestion* after the food is taken into the digestive system. Digestion or indigestion, assimilation or disassimilation, do not depend upon a knowledge or a lack of knowledge of these processes. It is not one of the conditions to have food digest or not digest, that one should know or not know about digestion. But it is one of the necessary conditions to have the air, food, drink and other hygienic conditions just right for healthy digestion and nutrition.

Get hungry, choose what this hunger calls for, and eat it, and think *not at all* as to whether it digests or not, but take an amiable condition of mind. Eat for the *joy* there is in eating, and for no other purpose, and only to the extent of satisfying hunger; and the true purpose of food will be served in making healthy muscles and nerves. No one ever eats right, who does not eat for the *joy* there is in eating. This is always an amiable mental attitude; it cannot be otherwise.

Think? *Yes*, but do it at the proper time; and that, so far as man's sustenance goes, is to *think and act and get* pure and perfect food, pure water, pure air, and every other hygienic condition which will promote and be most conducive to health. Eat of this pure and perfect food *when hungry*, and only what this hunger calls for, and nutrition and elimination will be full and complete. No matter what it is that the *true* hunger calls for, respond to it, if it is in the proper condition to be used as food. Too many offer a normal hunger poisons instead of healthy foods.

True hunger asks for "bread," but a "stone" is given instead.—*Health Magazine*.

### **Don't get Self-Conscious about what you Eat.**

Isn't this true, though? Just as soon as a person becomes self-conscious and begins to wonder and worry as to what effect the food he eats is going to have upon the stomach and the intestines and the system in general, then the mischief begins.

He may eat cereals and predigested foods of all sorts, he may eat nuts and fruits, or sip milk and eat only raw vegetables, or any other thing that some overzealous dietician may prescribe, but if he keeps his mind on the matter all the while wondering what it is going to do to him, whether it will agree with his stomach, or make him bilious or give him dyspepsia, no matter how wholesome the diet in itself may be, by his meddling self-consciousness he will counteract the good it might otherwise do him.

The mind is the most powerful factor we have to deal with, and its effect upon the body is beyond our ken sometimes. We once knew a woman who, while eating, was always saying: "I know this will disagree with me; I am sure this will give me dyspepsia; this tastes good, but it will clog up my liver," and so on and so on. The very things she feared she brought upon herself. If she had eaten the same food without a thought of what it might do, she probably would never have suffered from the pangs of indigestion or known what a torpid liver was. But she meddled with processes over which she had no control, and the mind, more powerful than even a healthy organism, diverted what might have been healthy, normal digestion and brought upon her the very effects she so persistently affirmed would result.

Select good wholesome food, chew it to a pulp, swallow it and think no more about it. It is the stomach's business to take care of it after you swallow it and you have nothing more to do with it. If you allow the mind to intrude itself into the affairs of the stomach you will surely spoil the good work that the stomach would otherwise perform. Keep your mind off the matter. Eat your food and enjoy it, then go about your affairs and let the stomach alone.—*Medical Talk*.

ETERNAL PROGRESS, which the editor suspended, has returned to the field, and New Thought people are to be congratulated that it has, for Mr. Larson is among the most logical and free of the writers upon New Thought. He dares carry the Principles to a logical end, and does it fearlessly, in a most pleasing manner. It is a rare pleasure for me to read one who sees so clearly along the lines of my own work. The January number is enlarged and he promises still more expansion of its pages. It is 50c a year. Cincinnati, Ohio.

# Obstruction is but Virtue's foll. The Stream Impeded has a song.—

Ingersoll

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## Training for Leadership.

One great flaw in the education of the young is its failure to develop individuality. Boys and girls with the most diverse tastes and talents are put through the same curriculum. The dull boy and the bright boy, the dreamy booklover and the matter-of-fact realist, the active, inventive spirit, and the one whose soul is attuned to hidden music, the youth with the brain of a financier, and the one who delights in mimic warfare and strategic games,—all are put into the same mold and subjected to the same processes. The result is inevitable. Nine-tenths of the children educated in this machine-like fashion are copies of one another and reproductions of the same pattern. Our system of education tends to destroy individuality.

Except in cases where special talents and characteristics are so marked that they can not be dulled or blunted by any amount of conventional training, the collective method of education destroys individuality, nips originality in the bud, and tends to make the child a weakling, or an imitator, instead of an original, forceful, distinct entity.

A great many people remain trailers all their lives, followers of others, echoes instead of realities, because their distinctive qualities, their original powers, were not developed, called out, or encouraged in youth.

What a sorry sight is a man with great possibilities of leadership following somebody else all his life, seeking the advice of others when he is amply able to give it, and never daring to venture on his own judgment, because he has always leaned upon others, or depended upon some one else to lead the way! His common sense and power of independent decision, his strongest inherent qualities, lie dormant within him. He is doing the work of a pigmy when he has the undeveloped capabilities of a giant, all because of a lack of proper individual training.

True education, the education for which the world is ripe, is unfoldment, calling out the germs of possibilities, developing original force, fostering self-reliance, encouraging and stimulating initiative power and executive ability, cultivating all the faculties, and exercising, strengthening, and buttressing them.

We want leaders and originators more than we want followers or imitators. We have enough, and to spare, of those who are willing to lean on others. We want our young people to depend on themselves. We want them to be so educated that their qualities of leadership, their originality, and their individuality will be emphasized and strengthened instead of obliterated.

Self-assertion, the spirit of independence, the courage, the manhood which respects its own powers and is determined to rely upon them, and belief in oneself, the qualities which characterize a leader, can be cultivated by every

human being. But if these qualities are not drawn out in youth they may forever lie dormant in the soul.

Scores of college graduates, who have won their diplomas legitimately and honorably, fail hopelessly when they attempt to grapple with the practical side of life. They have no qualities of leadership, no independence of thought, and no self-reliance. They are stuffed with facts and theories, but their executive faculties, their power of combination and assimilation, the qualities which grasp and hold and manipulate, all lie dormant within them. They were not trained in boyhood to depend upon their own judgment, hence it is weak, hesitating, and uncertain. Their common sense has never been put to the test. They do not know how to be aggressive, or how to marshal their facts and theories and reduce them to working proportions.

Whatever you learn in school or college, remember that it is the executive talent, the ability to do things and the power of achievement that counts. It is not the great scholar, who is brimful of facts and theories, but the practical man, who knows what he ought to do and who will do it, who deals with conditions, not theories, and who can bring about results, who is in demand everywhere.

Education is not a stuffing of the memory with facts and theories until it becomes like an unwieldy encyclopedia or dictionary that can not be handled with ease. A really educated man is not loaded down with text-book information that he can not put into practice. He knows how to utilize every bit of his knowledge. His education gives him executive power, and makes him master of himself, with ability to manipulate perfectly all the powers that God has planted in his soul. The man who is rightly educated will never be a leaner, imitator, or follower. He may not, necessarily, be a great leader, but he will not seek his opinions from others; he will trust his own judgment, will pilot his own bark, no matter how rough or troubled the waters, will be himself, and will live his own life, wherever his lot may be cast.—*Success.*

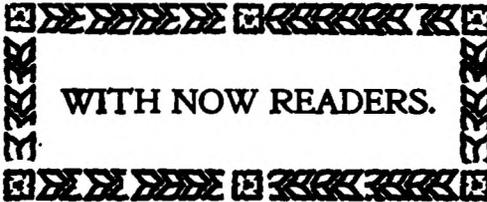


## In Glad Content.

De po' man sleep contented—  
Leave doors en winders wide.  
De midnight robber shake his head—  
Cross to de yuther side!

De risin' en de fallin'  
Of stocks dat screech en scream,  
Don't ever make a ripple  
In de sweet dream what he dream!

De po' man sleep contented—  
De way it is, you see,  
His treasure is in Heaven,  
En de good Lawd got de key!  
—*Atlanta Constitution.*



Will there ever come a time when every one shall have enough of everything. I am so tired of poverty. MRS. H. M.

There is but one way of prophesying and that is to reason from what has been, and from the trend of the unfoldment of the race. I am sure from my point of view that the time will come when there will be for each one all he or she may desire of any and all things. But that time will never come to any race or people at one time. It will come as health and intelligence come, first to the individual. Many have now this condition of mind. For wealth and poverty are but mental conditions. Therefore there will come a period in each life when there will be all that person can enjoy of any and every thing. No person requires much of anything. "Just for today" is the only real want. There will come a time when there will be one standard of proprietorship, and that will be *use*. Can I use? Things are mine as long as I can use them. Have I use for this? No! Then it is not mine. Any hoarding, any sense of ownership, any thought of possession, any pride of gain; all these will pass away; for what needs one to own, when the Soul possesses all? Possession can be realized only in using, and use is limited to the present moment!

So, my dear sister, learn to FEEL rich; learn to THINK rich, and thus you are rich. You will draw each day the things you can use for that day. It is but living in the teachings of Jesus when he said: "Seek first the kingdom of God and right living, and things shall be added!" Note well: "FIRST!" The kingdom of materiality is now first, and there things are wanting, save to those who can contend and meet things on that plane of want and have. Read "Dollars Want Me!" and apply the principles therein

stated, and never mind the coming time. Have *now* enough for all your needs. Can one develop Spiritual faculties while continuing their ordinary affairs? I have little time for study or the silence! W. H. C. Concentration and the development of spiritual powers can go on under any conditions of environment. It depends not on externals, but upon mental conditions. It is a question of will. The Soul is independent of matter, and all that is necessary is for an individual to determine to live the spiritual life and STICK. It is this lack of sticking that causes the failure and discouragements of so many who take up New Thought. Begin now, no matter what your conditions are. Take what time you can. No person but can find fifteen minutes a day, even if it be five minutes at a time. Read a single Affirmation in NOW. Then think about it. When the POWER of that Affirmation begins to work there will be a change in environment and more time will be ready. The Soul will gain power of expression and impressions will come, which, when followed, will cause greater changes. As you learn to trust the Soul-currents that know their way there will be all needed conditions opened to you. Just trust! Will and stick! It will be at first hard to concentrate under ordinary conditions—but you can do it. You must do it to win. Any compromise will only delay. Commence and learn to concentrate anywhere, under any conditions, and you have won the Mastery through Suggestion. (Affirmation.)

THE FOLLOWING INTERVIEW appeared in *The Detroit, Mich., Free Press*, Sunday, November 5, 1905:

***There's No Theology in the New Thought.***

"But Every Act or Thought and Well Being of Our Bodies May be Controlled by Suggestion." Says Henry Harrison Brown.

Henry Harrison Brown, editor of NOW, the world's New Thought magazine, and leader of a "Now Thought" center in California known as the "NOW Folk," arrived in Detroit yesterday to establish here a center. He is the guest of Dr. Burrows, at 132 Michigan Avenue, where his meetings will be conducted

for two weeks. The opening meeting is to-day at 2:30 p. m. and another lecture will be given in the evening.

Mr. Brown is one of the leading exponents in this new movement of mental science, or as he calls it, "Practical Psychology." The belief is that thought is power, and through right thinking one may control his destiny, his health and his happiness.

"It is the practical application of old principles," said Mr. Brown, "based upon the affirmation that thought is a form of power. This power must be used intelligently to attain results. Suggestion, or auto-suggestion, is the method. Every act or thought of our lives and the well-being of our bodies may be controlled by suggestion.

"For instance, supposing it is the natural state growing out of a certain situation of environment that one should be unhappy. Let this one say to himself: 'I am happy!' Let him give himself up to this Suggestion; let him work upon himself hourly with this thought: 'I am happy'; and presently he is happy.

"It is the same, practically, in all body healing. A man, by his own practical thinking, may repair nature's defects. My mother used to say to me when I was a boy: 'Henry, now if you get your feet wet you'll catch cold.' I would go out, get my feet wet, and catch cold. Why? Because it was in my mind that I had to catch cold; I thought it was necessary; I knew I would catch cold.

"But now it is not so. I often get my feet wet, but I say: 'I shall not catch cold,' and I do not. It is the power of the mind. I place my body by this power in the condition where it refuses to take cold. It is the same with all other ailments, this being only a simple illustration. We may mold our whole lives in this way, and thus become a demonstration of this new thought, this mental science, in which healing is possible.

"There is no 'Christian Science' about our folk or our work. The Christian Science people have the right principles, but they lead up to them in a theological way. There is no theology about our work. We simply make these principles a practical science.

"There are many cults, schools, and gatherings under the name "New Thought." They are constantly increasing. Now that astrologists, phrenologists, palmists, mediums, fasters, health-fooders, physical culturists, mystics, and many-styled jokers have attached themselves to the movement, it compels us to explain our belief.

"New Thought teaches a present heaven. Man is spirit here and now, with all the possibilities of divinity within him. He can consciously manifest those possibilities here and now. We teach soul culture, the art of living, inspiration, spiritual healing, mental science and suggestion. The 'Now Folk' have a home in the mountains near Glenwood, Cal. We live the simple life, give brotherly love, atten-

tion, care and liberty, and we work to attain all this.

"I came here to establish a new center of New Thought. Chicago has about forty of these centers. As yet there is none in Detroit. I hope to leave a strong center here."



### Federation Notes.

A meeting of the Board of Directors was held in Chicago January 15th to devise plans for advancing the purposes of the Federation. A public meeting was addressed by Prof. S. A. Weltmer, H. H. Benson and C. D. Larson, Editor of *Eternal Progress*. No report has come to us at time of going to press.

\* \* \*

We have received the report of Secretary Weltmer, and it is a fine one. All who would understand the work thus far accomplished and would know why more has not been, and why some promises have not been kept, should send for the report. It is hoped that each member will read and profit by it and act from it. The new certificates of membership are fine. Every person interested in the movement we feel should unite with this Federation of those who are one in spirit and many in thought.

\* \* \*

The Federation is preparing a Bulletin of Healers, Teachers, Lecturers, Societies, Schools, Reading Rooms, Libraries, Publications, Writers, Churches and other meeting places of those who are in any cult of New Thought work. If you wish your name among them send it in, and if you would further the work of the Federation send names and information for this Bulletin. Such lists will be of service to every New Thought person. It will help them to find the assistance needed at any time and to locate healers, meetings, and will give needed information to those who seek help when away from home. The new constitution is also printed. All information and printed matters sent free to all who apply. Membership given upon application. No fees. Free-will offerings received. Address, Ernest Weltmer, Nevada, Mo.

## Call this God; then call this Soul; And both the only facts for me.—

Browning

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### **Eternity is all.**

If thou hast scaled those walls sublime,  
Tell me, oh! tell me, friend,  
What is there just beyond this time?  
Tell me, what is the end?

No answer comes, but all is still;  
Beyond this great, broad sea  
The way is dark, the water chill,  
No answer comes to me.

In silence now I wait to hear  
This message, beautiful, fair—  
The message comes in notes so clear:  
"There is no over there.

For all is now and all is here,  
Thou'rt in the crystal sea;  
Time, space is not. Be of good cheer—  
'Tis all eternity.

Trust all the way thy inner light,  
And be thou always true,  
And all thy pathway shall be bright;  
Just live to love and do.

No wish of thine shall go unfilled,  
No joy thou shalt not share,  
Thy conscious life shall be so thrilled  
With love so beautiful, rare."

—Lena Kyle in *Bible Review*.

### **The Old Age Habit.**

It seems to be the case that some men speak boastfully of their ages. It cannot truthfully be said that any woman looks on the approach of old age with equanimity.

The first touch of gray in the hair, the crow-feet around the eyes, are seen in quite young women, and is more often premature than not, and the result of carelessness or wrong living conditions.

As a matter of fact, if we could only realize it, gray hair or white is really pretty, and when in company with a bright complexion, becomes almost beautiful.

The old adage, "A woman is as old as she looks," might with advantage be changed to "A woman is as old as she feels," and then might be a handy text to hold on to and work with during the day.

By remembering that your outside appearance comes from inside, you would begin to study to control and banish all those disagreeable thoughts which leave such strong external evidences.

To remain ever young, banish from your mind all thoughts of trouble and sorrow, all ugly thoughts. Do not harbor envy, jealousy, revenge, or malice. In fact, try to love your neighbor as yourself. You will find in holding happy, healthy and helpful thoughts that the lines and wrinkles will disappear and beauty will reign instead.

Do not give way to feelings of languor and inertia. Keep busy! Do your work, whatever it may be, with vigor and vim.

Do not count your years and say, "Oh, dear, I am growing old." Rather forget them and say, "I am as young as ever I was."

Much benefit is derived from the condition you keep your mind in.

Say to yourself: "I am looking as old as I feel—and I feel like twenty."

Mix with young people, find enjoyment in their pleasures. Try and forget self, and that old self will forget you and pass on.

Thank God that you live in the twentieth century, and are somebody instead of living in the sixteenth or seventeenth, when you would have been nobody; or, if you were about 40 and really in the full strength of your maturity, relegated to the chimney-corner in a big arm chair, with caps, mittens, and knee muffs to ward off rheumatism—poor old granny! a being almost on the same plane as elves and fairies! She exists no longer. Nowadays the grannies are as active and bright as the grandchildren.

—Pray the prayer of Plato old!

"God make thee beautiful within."

—*Health Culture*.

### **The X-Ray in Medicine.**

When Prof. Roentgen made the discovery that bears his name, the medical profession took it up, and it has been heralded far and wide as a great specific, and even yet there are those who are daily injuring their patrons by its use. Like every attempt to cure by external means this is a failure. The *Journal of the American Medical Association* for October 10th, quotes from *Therapie der German Gegenwart*, of Berlin, this significant statement: "De la Camp remarks that Roentgen internal medicine has not profited very materially by the Roentgen Rays to date, except in clinical diagnosis in combination with other methods of examination." Let them down easy. It will not do to let the laity know that the profession has made a mistake. The great expectations awakened by the discovery of radium will equally fail. The human body is not builded or cured by anything but that which first builded. The builder and maker is God, and he never used on primitive man, nor on babe, any of these. As long as the public mind has faith that a thing will cure there are cures, but when the thought dies out the cures cease. Note this in regard to healing fads and patent medicines. Suggestion is the cure in every case.

### **Convention Addresses.**

The two Convention Addresses published under title of "The Call of the Twentieth Century" are not copyrighted. I used that title for an address given in 1901 in this city. And also repeated the address two years later, and then perfected it for the St. Louis Convention of the New Thought Federation in 1904. Since the book was published my attention has been called to the fact that President David Starr Jordan, of Stanford University, has published a little book by the same title. He recently gave an address in this city by the same title. As his little book is copyrighted and published before mine, I have no right to use the title. Therefore, in subsequent editions we will use the title of second address as the title of the book. It will be known as "The New Emancipation!" which we will copyright if some one has not got ahead of us with that title.

Realizing that we had unconsciously and unintentionally encroached upon the copyright of Dr. Jordan's book, I wrote in explanation. His reply is so kind and courteous, and I also wish NOW readers to know that I am not guilty of plagiarism, that I give these sentences from it. He says: "I was not worried over use of the same name as the one I had chosen. I thought either your book had priority in printing, or else the same name struck you as a good one; and, as at best it can be used only for the first few years of the present century and never any more, it would do no harm if a half-dozen books had that title. Surely not more than one will be immortal. As a matter of fact, I thank you for your courtesy and shall be quite willing to see your essay go under the same title, for I notice no particular similarity between its contents and those of my book."

Whether Dr. Jordan's "Call of the Twentieth Century" shall become immortal or not, its thought will enter into the race-thought and thus find its immortality. But he has written others that are well worthy of immortality. If NOW readers wish to see President Jordan's

book, it can be ordered from any bookstore, and is well worth study. I think it is 75 cents.

Ernest Weltmer, secretary of *The World New Thought Federation*, writes under date of Dec. 25: "I was delighted to see NOW. I was afraid it was not coming again. That would be a loss the New Thought world could not well sustain. I wish all you boys and girls a very happy Christmas and a happier New Year, that shall be but the beginning of a brighter future." Good thoughts from our friends help us to make all these good wishes material realities.

My brother has improved greatly; that is, he has become more cheerful and is busy all day. The most astonishing part is that his improvement dates from the day on which your treatments began.—F. L. S.

The President of an Eastern Normal College writes: "I have just received October "NOW" and am much delighted with it. It gives me pleasure to read the most excellent articles which appear in that magazine. \* \* \* There is certainly a great movement forward along the line of constructive thought. People are beginning to realize as never before, the necessity of right thinking by all who desire right living!"

A gentleman wrote for treatment for his little daughter. The day the letter was received the treatments began. The father writes: "She began to improve and began talking about your "NOW" Folk two days after I sent my letter. She wanted to go to Everitt and see Mr. and Mrs. Nicholas."

### **Success.**

Dr. R. Strath, President of Seattle Psychological Society, sends us a series of Affirmations, with the above title, printed on silk, to hang on the wall of our room. Success is the cap-stone of a strong pyramid whose foundation is *Sincerity*, while other virtues come in as blocks in the right place. Price 25c.

Inquiries have been made of us concerning Helen Wilmans. This item, from the Los Angeles, Cal., *Examiner*, is all the information we have:

Mrs. Post owned and established a beautiful little town in Florida, dedicated to her work, and upon which she expended thousands of dollars. "Seabreeze," however, as it is known, will no longer be the home of the "mother of mental science." If the "fraud order" is raised from her name, her husband's and the family's, she will resume her work in Los Angeles.

EDITORIAL.

***Non-Resistance.***

Resist not evil, but overcome evil with good.  
—*Jesus.*

It is one of the most encouraging signs of modern progress in philosophical and educational matters that, in theory at least, there is a return to nature. In medicine there has long been this belief, and wise physicians make no attempt, save to assist nature in her efforts to restore normal conditions.

"God knows best!" is the often expression. But too often human reasoning, limited and finite, is placed before the instincts and intuitions, which are the voice of God.

In all our education, in all our experiments, there is a necessity for us at all times to keep before us that Love of Truth which will cause us to drop, without a moment's hesitation, any opinion that a new perception of Truth shows us to be erroneous. Truth, for its own sake, should be our aim. Truth does not need us, but we need it, and it will care for us and itself, for Truth is but God in one form of manifestation.

Ready receptivity of Truth is one of the characteristics of children. It is, therefore, one of the characteristics of those who have found the "Kingdom of Heaven," whose other names are Peace and Happiness.

A common condition of disease through unrest is this of contending for Truth. Arguments, discussions, contradictions and rejections are all destructive methods. Behind them lies not a Love of Truth, but a love of one's personal opinion. They are born in egotism; in a belief of superior wisdom.

There is much that passes under name of a desire to help others, and in the excuse, "I want others to see the Truth," that is but a desire to make others sense our own smartness. This is right; do we always recognize that others have the same right? The moment one contra-

dicts another there is forgetfulness of that other's right to hold and to express his opinion. To force an opinion upon another by contradiction, by force of reasoning, is as bad as to force it on him by the force of a club or a law. A true love of truth, a true sense of the rights of others will not allow a person to contradict or antagonize, or to attempt to refute another's statement. Equality will ever be courteous. A thought of superiority always makes dogmatism and tyranny.

Out of this error arise those mental attitudes that give rise to repressive laws, and that divide politicians into antagonistic parties, and make the bitter enmities among theologians and sectarians.

"I am right!" and "You are wrong!" arise in the false idea that one person can think and decide Truth for another. They belong to the dark ages of civilization when priest and king were the sources of Truth and Power. Times have changed. Since then we have

" . . . Learned that the men who have changed the world with the world have disagreed."

For this reason there is a growing recognition of the value of constructive thought.

It is the custom to seek Truth through discussions and argument; to deny and to refute. Two sides to each question, and men divided and contended for that side which they thought was right. The old "lyceum" method of our school days was the only way men knew of finding Truth. It was a way; but the benefit came not from the denials, but from the Affirmations there made. "The world moves!" said Gallileo. This Affirmation changed in human Thought the front of the universe. The denials of ignorance had no weight. Truth alone is. Error is the absence of Truth. Error is nothing. Why pay any attention to it? Has nothing any power? Do you trust Truth when you contend with what is to you error? No; you fear that Truth will not work its way, and so you think to help Truth—help that which is infinite to convict a weak reasoner, that it really is

# I thank whatever gods may be For my unconquerable Soul.~

W. C. Henley

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"Poor God," says Emerson, "with no one to help him!" Truth does prevail. It is all that does prevail, for it is all there is. Why not *let* it—simply *let* it prevail? Get into its current and trust it!

The only rule I lay down in all my classes, and it is the only one necessary for all the affairs of life, is—NEVER CONTENT. NEVER RESIST! This is but a paraphrase of the Law as laid down by Jesus: "Resist not evil . . . *but* . . . OVERCOME EVIL WITH GOOD!" Overcome with good! Overcome error with Truth! How? By affirming it. It is not only every man's privilege, but it is his duty to himself, to his fellows and to Truth, that he affirm Truth as he sees it. But there his right and duty ends. No author, no speaker, no friend has the moral right to say of any statement of another: "It is not true!"

To write a book or to preach a sermon, to refute another, is an encroachment upon the liberties of another, which no one will do when once the full meaning of liberty of thought is understood.

The world cares not for what you do *not* think, believe or know. It does care for what you *do* think, believe and know. CONSTRUCTIVE THOUGHT is now the world's perception of its needs. Builders and not iconoclasts are now demanded. What can you *do*? is the question. "He that *doth* the will of my Father!" was Jesus' standard of kinship. Any antagonism destroys the only bond of kinship—Love.

We have passed from barbarism to present conditions by some one individual gaining a larger perception of Truth and proclaiming it by word or deed. A better stone hammer, a better bow, a better vehicle, a better mode of transportation; each came as an Affirmation; no denial by another of the perception thus given ever stopped the ongoing of Truth.

*Constructive Thought* is New Thought! It is new thought because they who live in it, never antagonize. There is no tearing down of the old, for it served and still serves those who need. There are no denials, for it has no place in it for the

battling with nothings. It deals alone with that which is—and Truth alone is.

It recognizes that each person, from his point of view, will have a different perception of Truth from every other, and being true to himself he must so affirm. Otherwise he is not a man, but a parrot; not a thinker, but a repeater.

We desire men and thinkers. The only way to get them is by encouraging the freest expression, with the consciousness that each will be treated with that respect which is accorded every other person.

It is of no importance, the road we have passed. It is of no importance to my life of today what it was yesterday. No importance to my thought of today is the thought of the past. History is an intellectual pleasure; a joy to know what man has done, that I may be inspired to do more than men have done; but all the past lives in the ability of the present to express the thought of the present.

For this reason NOW never antagonizes the expression of any one, but is fearless in affirming its own opinions. Sometime we place ours and that of others side by side that our readers may make from both their own, which will be different from either.

In all our NOW meetings we invite those present to express some thought, without paying any attention to any that has been expressed. If a stranger begins to say that he does not agree with another, he is kindly informed that he is out of order; that we do not care for what he does not believe, but that we do care to hear him express what he does hold as true. The liberty of each to be himself or herself is a fundamental principle of living, and we guard it sacredly. Where there is what is to us error we overcome it with our Good. Affirm the Truth and trust it. It does prevail. Antagonisms breed contentions, and uneasy conditions which are disease. All resistance is pain. No matter how false or how wrong, do not antagonize. If your friends have not Truth it is nothing. Affirm Truth that it may fill the vacuum.

BOOK REVIEWS.

Hon. Sidney C. Tapp has a story in the Press of the American Baptist Publication Society, Atlanta, Ga., entitled, "The Struggle," which is announced to be, in its relation to present commercial and corporate evils what "Uncle Tom's Cabin" was to the slavery question. Should it prove to be really thus, it is the novel needed. Every patriotic American will hail such a book.

"NOW" has received from the Secretary of the American Press Writers' Association a leaflet entitled "THE ARMY AND THE NAVY: A DEMONSTRATION OF THE USELESSNESS OF VACCINATION" by Alfred Russell Wallace, LL. D., F. R. S. It is a few pages from the author's 25c pamphlet entitled "Vaccination A Delusion" which can be obtained through The National Anti-vaccination League, 50 Parliament St., Westminster, London. We quote the conclusions of Dr. Wallace, one of the greatest of modern scientists, upon this unholly practice:

"Vaccination is not only a *worthless* but an injurious operation . . . a gigantic Medical Imposture!"

**BLACK BUTTERFLIES:** A novel by Berthe St. Luz. R. F. Fenno & Co., N. Y. Cloth, illustrated. \$1.50.

Those who like the sensational, the unrevealed and smatterings of Hinduism that leads to the belief in the marvelous, will find it here, in a very peculiar story.

**MENTAL ART** of The Art of Mind Development by Samuel George. Price 25c. Power Book Co., Wimbledon S. W., London, Eng. This little book shows how character is portrayed by Phrenology, Physiognomy, Palmistry, Graphology, Psychometry, Solar Biology and Astrology. All of these are classed under Mental Science. It does not attempt to teach but simply to report facts along these lines.

**A MODERN MIRACLE.** Psychic Power made plain. By Cornelia Banister, author of "Self-Building." The Grafton Press, N. Y. Price not given.

Through the means of a little story the author deals not only with the psychic forces of life but incidentally touches many of the pressing questions of the day in industrial, mercantile, commercial and social fields. It is well worth

putting into the hands of those who are not awakened to New Thought ideas.

**LOST IN THE BOTTOMLESS PIT,** by Rev. J. Howard Cashmere. Denver, Colo. Price \$1.25.

The author styles himself "Professor of Hypnotism, Mesmerism, Telepathy, Clairvoyance, and allied Psychic Phenomena," and claims for his book that it is "A Revelation forming a working hypothesis for the solution of every problem of life and mind." I will not attempt to pass judgment upon so tremendous a claim. I find some most profound perceptions of Truth in the book, but I also find some most peculiar positions, and to me most erroneous conclusions, drawn from the facts and positions of modern science. It is a book born in the psychic, and no doubt there is much in it that neither the author who received it in vision, nor the readers are yet able to correctly interpret. Those fond of following speculations and delving in the deeper mysteries of the Hidden World will find much here to study. The author claims there are two *egos*, one of which dwells in the right central lobe of the brain, and the other, which is the subjective mind, dwells in the left central lobe. The interblending of these two egos is most interesting, in his speculation, and is the extreme of the reincarnation and dualistic theory of life. All interested in the ingenious working out of theories will enjoy this book.

**RIGHT AND WRONG THINKING AND THEIR RESULTS.** By Aaron Martyn Crane. Lothrop, Lee & Shepard Co. Boston. \$1.50.

The teachings of this book, in the main, harmonize with those of this magazine. I wish the author had more clearly understood the facts of the power of hypnotism, for it is not true that any such power exists as he fears. No person can control another's mind. Consent, willingness, is the fundamental condition of any influence one person can have over another. Self Control is the only sure foundation. Laying blame upon another is only an excuse for self-failure.

The style of the book is clear, free from technicalities or verbosity. The philosophy is simple and in full accord with common sense, and the thoughts are in accord with those of the best teachers in all ages. Good will come to every reader.

**MIND** has been reduced to \$1.50 a year or 15c a number. And it has during the last few months vastly improved in quality. New Thought has in *Mind* a journal that holds the place that the great reviews hold in ordinary literature. It deserves a wide circulation. It appeals to the cultivated and the studious. This extract from its "Message to the minds of the many:"

# The hour is not wasted that brings with it tranquillity of mind and an uplifting of the heart.—

Bradford Torrey

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The term New Thought is in a way a misnomer. There is nothing intrinsically new about the view of life so designated, though it is new to many people. As a matter of fact its philosophy is as old as the world, one might say, and at the same time it is applicable to every phase of activity and need that confronts the world to-day. If this latter were not true it would be of but transient, if any, service. It is the conviction of its adherents that New Thought has a vital message to the world and a lasting contribution to its progress. Its basic principles, though called by other names, perhaps, underlie the bulk of the reformation and progress of the day.

New Thought is not a cult. It draws no lines of demarkation; it separates itself from no good thing. It stands for the impartial investigation of all systems of thought, and all human experience, and the acceptance of all the truth which can thus be discovered. It antagonizes, excludes nothing that the sun shines upon, or the mind of God in creating called "very good." Philosophically, it might be called the fourth dimension, for it interprets and interpenetrates all philosophies; it underlies and enfolds all good things. It stands for the overcoming of evil, not by antagonism, but with good, the good that is irresistible, because of its courage and verity. Although it is not necessary to fight, it requires courage of soul to face the problems of life unflinchingly; and verity—the spirit of truth which is sharper than a two-edged sword—to stand fearlessly, unflinchingly, on the side of right. So only is evil, any or all the evil of the world, overcome with good.



**AN INTERLUDE.** By Catherine Josephine Barton. May be obtained in the office of *The Life*, Kansas City, Mo.

This is a dainty little booklet by one of the editors of *The Life*. It contains four little articles: *The Rose and I*; *Multiple Nature as Lover*; *Magnetism versus Love*; *Is Divorce a Mistake?*; *The Fifth Beatitude*.

The style is smooth and enticing. The first is a little prose poem of Nature-sympathy. The personal charm lies in the naturalness and the sense of self-poise conveyed by the grace of the writing. Price 25c.



**THE CULTURIST**, Walter Hunt, editor, Cincinnati, Ohio, \$1 a year, is a new candidate for our favor, and it finds a warm welcome. It treats of burning questions of ethics, economics, sociology, metaphysics, esthetics and the science of rational living. It has a corps of the foremost thinkers in the United States as contributors. This first number drew so upon us that it found its way to our dinner table, where only the choicest goes.

**MENTAL HEALING.** By Leander Edmund Whipple. 280 pages, fifth edition, \$1.50. The Metaphysical Publishing Co., N. Y. City. Everything Mr. Whipple writes is excellent. This book has been by many critics placed at the head of the line of similar literature. NOW considers it among the best. It is free from so much of that theological speculation and Biblical interpretation that belittles so much of New Thought literature. Like Mr. Crane, Mr. Whipple perpetuates the error of fear of Hypnotism, and writes that believers in Hypnotism claim that "the independent will of another may be fully controlled by the exercise of sufficient wilful determination on the part of another," and he also says "The hypnotic subject *unconditionally* surrenders his personality to the dictates of another." Neither of these statements is true. Mental healing and hypnotic healing and all kinds of healing are the result of Suggestion. It is a sad fact that so many teachers have not themselves studied and practiced Suggestion so that they may know that Nature heals by the one Law. From this false premise of the control of one mind by another, whether that other is willing or not, arises that weakness of character which finds cause outside himself for all that is unpleasant, when the Cause of all human conduct is within. Till this fact is preached "line upon line," can we have that stability of character which gives manhood and womanhood. This position of Mr. Whipple's is the only one in the book we can criticize, and it is a serious blot upon an otherwise valuable book. He recognizes in Chapter XIV the unity of all healing methods.

Some time I intend to discuss this position of metaphysics. Meanwhile, see what I have to say upon this claim of "wilful control of another," in my little pamphlets, especially "Not Hypnotism but Suggestion."



**HEALTH BUILDING, or Health Without Fads.** By Joseph Ralph. L. N. Fowler & Co., London, Eng. Fowler & Wells, New York City. Price 50c.

This book contains very much of excellent advice. The position NOW has taken upon the food question is emphasized here. "Never eat unless there is a natural hunger present, no matter if you miss one meal or miss twenty," says the author. Here are a few more rich sentences: "Let not the reader imagine that health is attainable except through the practice of *right living and right thinking*." "Eat with the mind; drink with the mind; breathe with the mind; and make the mental factor the stimulating principle in the process of health acquiring."



To be happy, do the thing you most want to do. If that is not possible, be as happy as you can by doing the thing you next most want to do.

# The power of the Higher Life Is the power of the Higher Thought.←

Francis Ellingwood Abbot

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OFFICE OF NOW

105 Steiner street, San Francisco, California.

Vol. 6 FEBRUARY, 1906 No. 6

## 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.

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Entered Jan. 6, 1903, at San Francisco, Cal., as 2d class matter, under Act of Congress of March 3, 1879

February 14th — St. Valentine's Day.

Will you in Love remember NOW?

The Valentine we like—\$5.00.

Would each subscriber send us one, we would immediately have our printing plant located at our Mt. Home.

For each \$5.00 Valentine we will, after six months, pay in trade \$6.25, thus giving you one in return.

See our plan as outlined on page 172 of January NOW.

Already a few subscribers have sent for the \$5.00 Certificates.

Mr. Brown's Class in Suggestion convened at "NOW" class room January 15th. His classes in the Bay Cities were not arranged for on going to press, but soon will be.

How many of our books can you use among your friends in the next two years? Send for a certificate good for \$6.25 in trade, and do missionary work and help us to do our own printing. We send it for \$5.00, payable in trade after six months.

The interest in our movement is increasing. From every State and Canada come letters of inquiry. A lady in Bordeaux, France, is preparing to come to our Mt. Home for a year. From Australia come several, and one gentleman in civil office is arranging to come during his vacation. Our possibilities are comparatively limitless. We need capital to prepare room for those who desire to come. We certainly have, "A WORLD NEW THOUGHT CENTER!"

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## Hold your Thought, your Mind, your Will in Principle and you will succeed.←

Eva C. Hulino

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Our new book on "Concentration" has waited; because of so many other demands we could not yet invest in it. When enough Stock Certificates are sold we will not only print that, but several other manuscripts now ready. We need a press of our own. We will save city rents and expense on printing, for we shall do our own work, and will save delays that come from trusting work to others. We know the press is for us. We are holding for its materialization this spring. "NOW" Folk will then surprise their patrons with prompt and excellent and abundant work.

I was among the redwoods at our Mt. Home for four days. Joy unspeakable in this communion. Spires of Nature's first temple are they, 200 and 300 feet tall and graceful as a lily. I tramped hill and valley, followed the water courses, made trails through forests, and found what I sought—health and happiness. The "NOW boys and girls," aged from 10 to 70, tramped with me, and we had a constant picnic, for the weather was delightful. Spring rains had not yet set in. Since then they have come in sufficient quantity to insure good crops for this year. Cattle are now feeding in the green pastures, while our Eastern friends are sleigh-riding and feeding their stock in barns. But since Man is Power, to bless himself and to use all conditions for blessing, for this reason there is joy in all places and in all seasons. We have our share on this Coast, and know our readers have theirs wherever they are. The affirmation, I am happy, creates a heaven for us independent of environment, but since we can choose "NOW" Folk choose Santa Cruz Mountains. Come and test for yourselves.

The following letter is of too much interest not to give it to NOW readers. The questions of Mental Healing and of absent treatments are up before the intelligence of the age, as before a jury, for decision. The evidence is not all in, but it is coming. Each day there are witnesses called before the Court of

Commonsense, and gradually the jury will be convinced as to how the verdict shall be. A lady in the eastern section of California commenced taking treatments through my letters about eighteen months ago. With those letters, which contained advice as to how and what to think, went the silent life forces which each person radiates in a greater or less degree. These radiations from myself and those I may command from the Universal, I concentrated upon her twice a day by my thought. Soon she took up the study by mail; and later placed her daughter and mother in my care. These sentences are from a letter of Jan. 14, '06: "Mother's health has been remarkably good this Winter. . . . I feel so thankful for her general good health all Winter, and feel that it is due to the treatments. My daughter is much better than formerly. No complaint of old troubles. For her I cannot express how thankful I am. . . . With the exceptions of . . . I am much better. I try to treat myself. I have more time for study. Lately I am gaining rapidly. Can practice easily; but I often feel that 'The Current' is turned off. I seem to go by steps, and just now by bounds. I wonder why? When I read a lesson or an article in NOW I feel the *thrill* of its vibrations and readily fall into a passive state, not always as far as I wish, but always some good results." This after less than two years' study by a lady living where she has no companionship in thought, she is finding the Kingdom of Power that is within every human Being. All any teacher, Healer, book or friend can do, is to help one to realize that this Power *is* within, and to help them to the expression of it. I AM POWER TO BE WHATEVER I WILL TO BE. This is all the basis from which to think; it is the power to be or to do. God does all the rest.

Now is the time to sow the seed  
For the harvest of future years.

—Lizzie Doten.

A lady who was in my Chicago class and who has been a subscriber to NOW from the first volume, writes from that city, Jan. 11, as follows: "My dear, dear friend: NOW magazine teaches us not to apologize, but I will explain the reason why I did not write as I promised. I was called home by the death of my sister-in-law. . . . You are with your dear family, and no doubt glad to get back and to take a needed rest; but O, if you could only have stayed with us a little longer! We all need you so much; but we must not be selfish, as everyone that meets you thinks as I do. O, what joy it brings to son and myself when we talk over the little visit we had with you in our own home, and how thankful we are for the instructions you gave us! We have been greatly benefited already. We will not forget to reward you when able to do so. The time I spent in your classes and in your company was the greatest pleasure I ever experienced; it was Heaven itself. I have lived in those thoughts ever since. I do not care for other company. When it came time to say 'Good bye' at the class, I could not control my feelings, for I felt that I was losing the best friend I ever had. But you have taught us that there is no space and that thought is our abiding place, and I have lived in the class-thought every day; ay, every hour since. Your teaching has done me a world of good, and I am determined to keep right on till I am satisfied. God bless you and your work is my constant prayer.—E. L. B."

My "Autobiographical Notes" have attracted more notice than I anticipated. Calls come in from subscribers for more. Though my life has been a varied one, I think it has little to interest the general reader. The effect of our experiences upon our development is of value and not the experiences themselves. Still, when any thing I have suffered or enjoyed can help others, I have no right to withhold it. Biography is the most instructive of all reading. I have neither egotism, or its opposite, to prevent my telling all or

any life experience, where it will do good. Why not face one's own soul fearlessly? Why not tell the Truth? Could we learn any other way save in the way we have? Has not every condition to be met with the wisdom at that time? Did I have at 20 or 40 the wisdom of today to guide me? Had I as common school teacher, as soldier, as real estate agent, as Spiritualist lecturer, as Unitarian minister, the wisdom I now possess, I would then have been editing NOW, and not at that work. Life is a School. We should so look at our past. From my lessons in life I write. Not as theory do I write. Fact is all I write, for I have been IT.

I once gave an inspirational poem at the close of a lecture and later caught these lines. They will emphasize what I say in my Autobiographical Sketches.

Life is a school, where each must learn,  
Lessons of Truth, in graded turn.  
For Good alone each life is wrought!  
Each act its own reward has brought.  
Deep suffering, and holiest bliss,  
Alone can fill Life's urn like this.  
Evil the soil whence ever springs  
Through suffering, earth's holiest things.  
Thus by these steps thy worth is won!  
To Higher life Pass on! Pass on!

While in Denver I desired to call upon Thomas J. Shelton of *Christian*, whom I respect very highly. Knowing that he was not usually open to callers, I addressed him a note, requesting an hour set for my call. I received no reply. Several weeks after the letter was forwarded me by Mr. Shelton himself, it having been sent to a wrong address. In an accompanying letter he says: "I watched for you all day and the next, but you did not come. . . . I really wanted to see you!" The original is so Sheltonesque that I give it entire: "My Dear Henry—By all means come and see me at any time it suits you. If no one answers the bell, step around to the side door and walk in." The next time I am in Denver I shall "walk in" if I have to fly, like Santa Claus, down the chimney. I was disappointed, for I desired to "beard the

lion" of New Thought in his den. I was not afraid! I know he is not so formidable as he sometimes seems to be in *Christian*. At the right time we'll measure Love's swords (pruning hooks?) together.

George P. Rowell, the veteran advertising agent, virtually the father of the present advertising agencies and originator of "Rowell's American Newspaper Directory," has, during the year 1905, contributed each week a chapter of reminiscences, entitled "Forty years as an Advertising Agent," to *Printers' Ink*, the best journal for advertisers that is published in the United States. Biography is always valuable, and autobiography more so, and I have read few that have given me so much practical information and courage to win in my own work as this. I am glad in a degree to repay him for the pleasure by thus expressing my debt to these reminiscences. The last installment closes with this modest estimate of himself: "My life has been a long one. I have told the part of it that had to do with advertising; have told much that seems trivial, but I have classic authority that men are interested in whatever concerns a man. My career has been one of half successes!" There is nothing trivial in a human life. Little things determine careers and successes. It is in this respect that this story transcends ordinary biography. It lets us into the little things of daily life and teaches us that trifles cannot be neglected and success depends upon careful attention to details. "There is no great or small to the Lord that maketh all."

An old soldier comrade writes of the Convention addresses: "The New Emancipation reminds me of Lincoln's Gettysburg address, but yours outreaches his edict of emancipation by emancipating us from disease and death. He freed the human body; you free the South and announce to the world the final triumph of man over all ills. O, blessed America! thou art the home of the free and the

land of the brave, when such thoughts can find utterance in thee! I was at the Nevada Convention and regard it as one of the most contagious in its spirit of any I ever attended. I caught it and it has stayed with me ever since."

Mr. Frank J. McCoy of Betteravia, California, passed two weeks with "NOW" Folk at both their Homes. On his return to his home he sends us this letter: "My Dear Henry Harrison: I feel that I ought to express a word of gratitude for the very pleasant time I spent with you during the Christmas holidays. You have truly an ideal and congenial Home. You made me feel that I was really one of the family, and I think this is the acme of kindness to a visitor. I knew I could come and go as suited my convenience without causing any inconvenience. Tell Mamma Chappell that the lunch she put up for me was delicious. I enjoyed it very much. With much love to you all, which in my heart I mention separately, I am,

Yours in Love and Truth,  
(Signed) FRANK J. MCCOY.

### **Be Ready For Instant Battle.**

A man should keep his mind up to the standard; he should keep it disciplined and ready for action. To do this it must be trained, drilled every day in mental tactics, so that it will be strong, vigorous, and alert, ready to act in an emergency with the maximum efficiency of which it is capable. What condition for a sea fight would our navy be in if we, for five years, dropped all gun practice and ship discipline, and allowed all the naval officers and sailors to do as they pleased and have a good time? Young men would say that would be ridiculous. But is it any more ridiculous than to expect the mind to cope with a commercial crisis or a political emergency, or to solve a great social problem with untrained powers?

Your mind is your personal navy. Your faculties are your ships and men; and if you are not ready for life's battle, ready for an emergency, how can you expect to conquer when the crisis comes?

Many an army has been conquered because the men were caught napping and the officers unprepared. It is the alert general, who has his forces in perfect trim, disciplined with a fine persistent drill, that conquers in the conflict. If you do not keep your mental forces up to the standard, if you do not train them to seize with power and to grasp with vigor you will never be victor in life's battle.—*Success.*

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D. pt. 22

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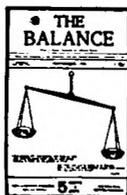
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