

THE TRUE CAUSE OF CONTAGION

There are many people of a supercilious nature who are always ready to crack a joke at the expense of Christian Science and kindred methods of divine healing, which teach its followers to cultivate a fearless attitude of mind under all conditions. But as a matter of actual fact, an enormous percentage of our sickness is actually due and traceable to feelings of fear upon the part of the patient.

Travelers who have visited uninhabited islands report that birds and beasts found there were unafraid of them at first, but they soon learned the predatory nature of man and fled before him in fear of their lives. Thus the ruthless nature of man has in ages past spread fear all over the earth; we have conquered, tamed and exploited both bird and beast, and what we could not conquer we have slain, until every breathing thing hides in fear of us. That is to say, among the larger animals, none is so large that it does not fear and flee from him. But when we turn in the direction of the little things, then the case is different, and man, who thinks he reigns supreme on earth because he has put all the larger creation in a state of fear, trembles in turn before the minute things in the world, and the smaller they are, the more he fears them. The microscope has told us that such a small creature as the house fly carries about on the fur of its legs thousands of parasites which we fancy are inimical to our health, and therefore fear prompts us to spend millions of dollars on fly paper, fly screens, fly traps and other devices to rid ourselves of this pest, but our efforts are largely in vain; though such vast sums are expended yearly to exterminate the fly, it is so prolific that it breeds quicker than we can slay.

But we fear its cousin the mosquito even more. The microscope has told us that this little insect is one of the chief messengers of the Angel of Death, therefore we fight it in fear of our lives; but it thrives in spite of the vast sums yearly expended upon its extermination. Then there is the milk we drink. Under ordinary conditions it is said that there are one hundred thousand germs to the cubic centimeter, but under the best and most sanitary conditions this army of destroyers can be brought down to ten thousand; so in fear and trembling we pasteurize this fluid before we dare to give it to the children of tender age. Every drop of water we drink swarms with germ-life, says the microscope, and even the coin and currency wherewith we purchase the necessities of life are vehicles of death, for they are infected with germs to an almost unbelievable extent. Once we started to launder them, but it was found that the bankers could not so easily detect counterfeits after they had been washed, so we abandoned the process. We either fear the counterfeiters more than the germs or we love money more than health.

Is not this whole attitude ridiculous and unworthy of our high and noble estate as human beings, as children of God? It is well known to science that an attitude of fear breaks down the power of resistance of the body and thereby lays it liable to diseases that would not otherwise be able to get a foothold. From the occult point of view it is perfectly plain why this is so. The dense body that we see with our eyes is interpenetrated by a vehicle made of ether, and the energy from the Sun which pervades all space is constantly pouring into our body through the spleen, which is a specialized organ for the attraction and assimilation of this universal ether. In the solar plexus it is converted into a rose-colored fluid which permeates the nervous system. This may be compared to electricity in the wires of an electric or telegraphic system. By means of this vital fluid the muscles are moved and the organs perform their vital functions so that the body may

express itself in perfect health. The better the health the larger the quantity of this solar fluid which we are able to absorb, but we can only utilize a certain part of it and the surplus is radiated from the body in straight lines. You have seen the paper ribbons which they fasten to the front of electric fans in candy, stores and fruit stands. When the fan is set going these streamers float outwards from the fan. The streamers which flow from the whole periphery of the human body also radiate in straight lines when we are in perfect health. This condition is therefore aptly described as radiant health. We speak of such a person as radiating life and vigor. Under such conditions no disease germs can ever get a foothold in his body. They cannot enter from without because of these invisible streamers of force, any more than a fly can enter an opening in a building covered by an exhaust fan. And those micro-organisms which enter the body with the food are also quickly expelled, for the vital processes in the body are selective as shown by the kidneys for instance, which excrete the waste matter while retaining vital substances necessary for the economy of the body.

But the moment we allow thoughts of fear, of worry, of anger, the body endeavors, as it were, to close the gates against an outside foe fancied, or real, then also the spleen closes up, and ceases to specialize the vital fluid in sufficient quantities for the necessities of the body, and we shall then see a phenomenon which is analogous to the effect of lowering the voltage or cutting in more resistance in the electric fan. In that case the paper streamers will begin to hang down, they will no longer wave over the candy or fruit to protect it and keep the flies away. Similarly in the human body, when the thought of fear forces the partial closure of the spleen, the solar fluid does not go through the body with the same speed as before. It does not then radiate from the periphery in straight lines, but these lines become crumpled and thus they allow easy access to the little deleterious organisms which may then feed unobstructed upon our tissues and cause disease.

Whether the consistent Christian Scientists, Mental Scientists, or others who believe in Divine healing, know this law or not, they act according to its dictates, when they affirm that they are Children of God, that they have no reason to fear, for God is their Father and will protect them so long as they do not deliberately disregard the ordinary laws of life. Medical science knows that the so-called disease germs are not dangerous, unless there is soil predisposed to their culture, and it is noteworthy that the New York board of health has now abolished fumigation for all diseases except small-pox, thus typhoid, pneumonia, diphtheria and other diseases which were formerly thought to be of no contagious a nature that they must be guarded against by fumigation, are now regarded as either less dangerous or else it has been discovered that the process of fumigation is not efficient.

The actual fact and the truth in the matter is that contagion comes from within. So long as we live a common sense life, feeding our bodies upon the pure foods which come from the vegetable kingdom, taking a sufficient amount of exercise, and keeping mentally active, we may rest secure in the promise that the Lord is our refuge. There shall no evil befall us so long as we thus show our faith by our works. On the other hand, if we belie our faith in God by disregard of His laws our expectations of health are vain.

Last year a Doctor who was imbued with fear of contagion in an abnormal degree visited Mount Ecclesia. On the night of his arrival a mosquito lighted upon his nose, he brushed it away in great horror and asked anxiously: "Are they malarious?" He was always looking for pathological conditions and soon went away dissatisfied with our

ideas, especially the idea that fear attracts and trust in God repels pathological germs. This was to him ridiculous in the extreme. We had with us at that time, one of our student friends, who was suffering from tuberculosis, but by means of a rational diet and the pure air of Mount Ecclesia, he was gaining fast, had, in fact, gained ten pounds when this doctor took it upon himself to tell our poor friend that it was an outrage that he would stay on Mount Ecclesia, or come into the dining room, that he was a menace to everyone at headquarters, etc. The poor young man became so disturbed that in spite of all we could say to him he had no rest and he left shortly afterwards. There is no doubt in our mind that had we been allowed to keep him we would have eventually cured the disease by the help of the Elder Brothers and our physical methods. As it is he died shortly after, and we feel he was killed by the inconsiderate fear of this doctor. And he is only one of thousands who are killed by others or who commit suicide by taking a dose of fear, for fear will kill just as surely as any mineral poison, it is perhaps even more deadly.

Shortly afterwards Mrs. Heindel and the writer moved into the cottage where the young man had lived with his mother, despite the protests of all concerned on Mount Ecclesia. We have lived here almost a year, and have as yet developed no symptoms of disease, for we trust in God and live accordingly, and so long as we maintain that attitude nothing can harm us.