

HOW TO GET WELL!

A METHOD OF SELF TREATMENT

thing to cry over ; by so doing they not only make themselves thoroughly miserable, but unfortunately succeed in making every one around them miserable also; and then they wonder why people shun them, why no one seems to care for them. "Every heart knows its own bitterness." Then why should we expect others to carry our woes, too?

The common instinct of self preservation teaches all of us to flee from what disagrees with us, and after a few hours spent with a person suffering with chronic "blues"—what a blessed relief to get into the brighter atmosphere of happy natures. All generous minds love the happy natures ; then why not try to be ourselves happy, that others may see and learn to love the good that is in us, in greater or less degree, according as we let ourselves think and act.

Our whole lives are made up of habits ; then why not form the habit of being cheerful? What better medicine than sunshine and mirth? Why should we allow our spiritual natures to become mouldy and mildewed, figuratively speaking, by persistently shutting out the sunshine of gladness? Like the ostrich who hides its head in the sand and believes itself unseen, because it sees nothing, the average human being shuts eyes and ears to causes for happiness, and as a consequence are as truly miserable as their worst enemy could wish them to be.

Come weal or woe ; on, on we go!  
A mighty, hurrying throng,  
Why not be gay, and cheer the way  
With joy, and mirth, and song?

The Country of the Future

"There is a country called THE FUTURE which is very beautiful ; and very happy are its inhabitants.

"There every one does as he or she pleases, for few please to do hurtful things.

"The land is very fertile, and each one uses as much as he is able ; and there is abundance to spare.

"The houses are many and scattered over the country. Most of them are small, and but few of them alike in size or appearance.

"Of dress there is much variety, for people dress to please themselves, to suit their occupations, their tastes and their physiques. There is no distinctive male or female dress. No one desires to know of what sex strangers are. People do not dress to hide their bodies, for they are not ashamed of being men or women.

"Great privacy prevails in the homes. Persons are not offended if their friends do not wish to entertain them every time they call. There no one can be insulted and few are injured. But every one is very sensitive lest some other should construe any of his or her actions to mean a restraint upon others' harmless actions.

"Parents never demand obedience of their children ; they reason with them ; they tell them their experience and leave them free to act, so that children are very self-possessed and self-restrained. The most intelligent parents are sometimes much troubled because they have to restrain their offspring while very young ; and so they make use of every means in their power to make the time of restraint as short as possible.

"Everyone consciously seeks his or her happiness, and nearly everyone finds it in his or her peculiar way. No one blames another for not going his or her way. No one blames another for not having the same colored eyes as he or she has.

"In that country they like or dislike qualities. Essentials of persons or things please or displease them ; neither age nor relationship, nor position is a factor in their judgments.

"They are not a moral people ; they are under no obligations to each other, but they are a healthy people, a happy people, a wealthy people and also a peaceful people.

All this is the Country of the Future—the dwelling of rational beings.—From "L'Enfant Terrible"

If you are sick you may be whole. This is the glorious message of Mental Science. It does not matter even if doctors have pronounced you incurable ; we do not recognise any disease to be incurable. For instance, diseases like consumption, heart trouble, cancer all yield to mental treatment.

What is disease? It is as its name implies, a lack of harmony in the physical system. Instead of the normal condition of ease there is dis-ease. Disease is not an entity ; it is a negation, the absence of health or wholeness. This is what Scientists mean when they tell you that disease is an illusion. It is an illusion in the sense that it has no more power that what our minds have given it.

It is a fact admitted now by most people that the mind is positive to the body ; that if a person has happy thoughts, his body will express harmony, while on the contrary, a diseased mind means a diseased body. There are no end of different complaints that mankind suffers from, each having a fine high-sounding title given it by our learned doctors of medicine. All these different troubles may be traced to one cause ; directly or indirectly, disease is always the out come of wrong thinking.

It is not merely the patients own thoughts that injure him, but he is affected by the thoughts of others ; for each individuals brain is connected by invisible links to the brains of his fellows. We are influenced by race beliefs, and many of these beliefs are poisonous in their nature ; they enter our subconscious mind, and unless we are strong and positive, they carry on their deadly work. The subconscious mind is that part of our being which receives thoughts of others, unconsciously to ourselves, and acts independently of outer consciousness. It has been likened to a great reservoir, which retains our past experiences ; and it is undoubtedly the architect of our body.

Look at one person who is transported with joy, at the receipt of good news ; and observe the dejected condition of another who has received what he considers bad news, and then tell me that mind does not control matter. But you say that it is only in part that mind is master. I challenge anyone to show me one single instance where disease is not traceable, directly or indirectly, to wrong thought. Law is universal, and if mind controls the body partially, it controls it entirely. But even if you only believe its power to be limited ; that you recognize the power of the mind at all, will assist you, and as you find your health being restored you will have more confidence in mental power.

Here is a mode of self-treatment :

Retire to a quiet secluded place and close your eyes ; as near as possible be quite reposed, physically and mentally. Try for awhile to exclude all thoughts from your mind ; but do not make any abnormal effort in reaching this condition of silence ; always be mentally in repose. Your mind is now at rest and sufficiently negative to receive impressions. After a little while, repeat mentally, several times any one, or all, of the following sentences. (Of course you need not use the same words unless you like ; the thought expressed in these sentences may be done in your own way).

I AM ONE WITH INFINITE LIFE.

I AM LIFE.

I AM FILLED WITH GOD.

I AM ONE WITH GOD.

I AM FILLED WITH THE LOVE OF GOD.

I AM LOVE.

ALL IS GOOD ; THERE IS NO EVIL.

ALL IS LIFE ; THERE IS NO DEATH.

GOD IS ALL.

GOD IS LOVE.

IF GOD IS ALL, AND I AM ONE WITH GOD, MY SICKNESS IS AN ILLUSION OF MY OWN CREATION ; THEREFORE I AM WELL.

MY BODY IS MY SERVANT ; I DEMAND THAT IT BE WHOLE.

MY WILL IS SUPREME.

I WILL BE WHOLE.

I AM FEARLESS AND FREE.

If you do not quite believe the truth of all the words you say, the mere repetition of such sentences will help you, if you only hope they will. New light will gradually open out to you ; you will grow by degrees in this divine science. The more you recognise the truth of the statements you mentally affirm, the sooner you will be well. But, persevere ; don't force the New Thought. Years of thinking on the old lines are not changed in a day. Do not be discouraged with an apparent failure. There are no failures, you simply have or have not succeeded. Success will come ; only persevere. Spend a short time—say, half an hour—in the silence, each day. It will be an intellectual and spiritual treat, and will also build you up in every way. Do not diagnose your case too closely. The Truth drives all diseases out of the system. There is only one thing we should be negative to—it is Truth

In my early days in the Science I used similar words as above, and found them very helpful to me ; but since my mind and body have become stronger, a simple calm recognition (not mere animal assertion) of the Will or the "I" is sufficient to keep equilibrium. Demand Health, you have a right to it ; it is your normal condition. Expect Health ; expect it to-day. The most horrible disease could be cured in a moment if we only had faith, or confidence enough. The secret of Jesus' miracles was in his recognition of oneness with the Father (or Life) within him. And the man with the least spark of life within him is as great as Jesus if he could only recognise it ; for all life is Infinite ; only in recognition is the Power. Above all, do not be anxious, and look for results. They will come in due time, in orderly sequence.

F. W. B.

THROWING BOUQUETS

"Stop throwing bouquets, and quit praising people so much," we heard a man say the other day ; it is ridiculous and sickening." We wonder why this man was opposed to having a bouquet thrown at him, or a word of praise spoken in his favor, until he added : "There is Mr——he is always being praised, but I don't like him, he is a——, I don't see what people want to be always praising him for anyway. Nobody ever praises me and I don't want them to either." And his face lengthened out like a telescope, with which you could see the faults of people a thousand miles away and fifty years back ; and we thought, he wants a great big bouquet himself, so we slung one at him, in the shape of some kind words, which he caught with ease, and as he enjoyed its beauty and fragrance, the aspect of his face changed, and nothing was reflected except goodwill towards all his neighbors.

No, don't let us stop saying kind words of our fellows ; don't let us quit throwing bouquets, but let them fly as long as the posies last. If we could have our way, every person should wear a bonnie boutonniere and every path be strewn with flowers. WATERTOWN TIMES.

The martyr cannot be dishonored. Every lash inflicted is a tongue of flame ; every prison a more illustrious abode ; every burned book or house enlightens the world ; every suppressed or expunged word reverberates through the earth from side to side. It is the whipper who is whipped, the tyrant who is undone.—Emerson.