

WEEKLY UNITY

"Ye shall know the truth, and the truth shall make you free"

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WE LIVE in a mental world, and the realization and acceptance of this truth is a vital step forward in our progress toward the greater Truth. Nothing exists for us save in our interpretation of it. To one man a piano means concerts that he can enjoy hearing, to another it means a business opportunity, to a third it may mean a lot of noise and a waste of time, while to a fourth it may be an inspiring symbol of the great, slow march of civilization. To a small boy, forced to practice exercises when he would rather be playing baseball, it is a hateful object. The piano mover has a still different conception of it.

It is entirely possible that no two human beings have quite the same interpretation of the same object, the same word, the same situation.

The world we live in is thus necessarily a private world, largely of our own making. Things are as we see them, not as others see them. The small boy dragging reluctant feet toward the piano for his hated hour of practice certainly does not have the same impression of the word "music" as does his enthusiastic mother, who would not miss a concert. But she insists her view is the correct one and that his is wrong. But his view cannot be wrong for him, for it is the only one he has. His view may be changed, to be sure, but not by force!

By and large, we tend to consider life as being concerned with certain facts that everybody of good sense knows to be facts. When some individual flies in the face of these acknowledged facts we call him an impractical dreamer, who probably will end up in the gutter. We cannot see his point of view, so we can-

not understand what he is driving at. It doesn't make sense! But it is significant that most of theories that have been popularly accepted as facts are not really facts at all. They are facts only to those who accept them as such, and thus have the quality of true illusion.

When the atomic-energy theory was first proposed, some scientists advanced the idea that if ever a single atom were split the whole world would disintegrate. They themselves accepted this theory as a fact, and so of course did the popular mind. Then some bold spirit split an atom and nothing happened to the world. The scientists changed their opinions, and

BY HAROLD S. KAHM

the masses of people, sheeplike, changed theirs too.

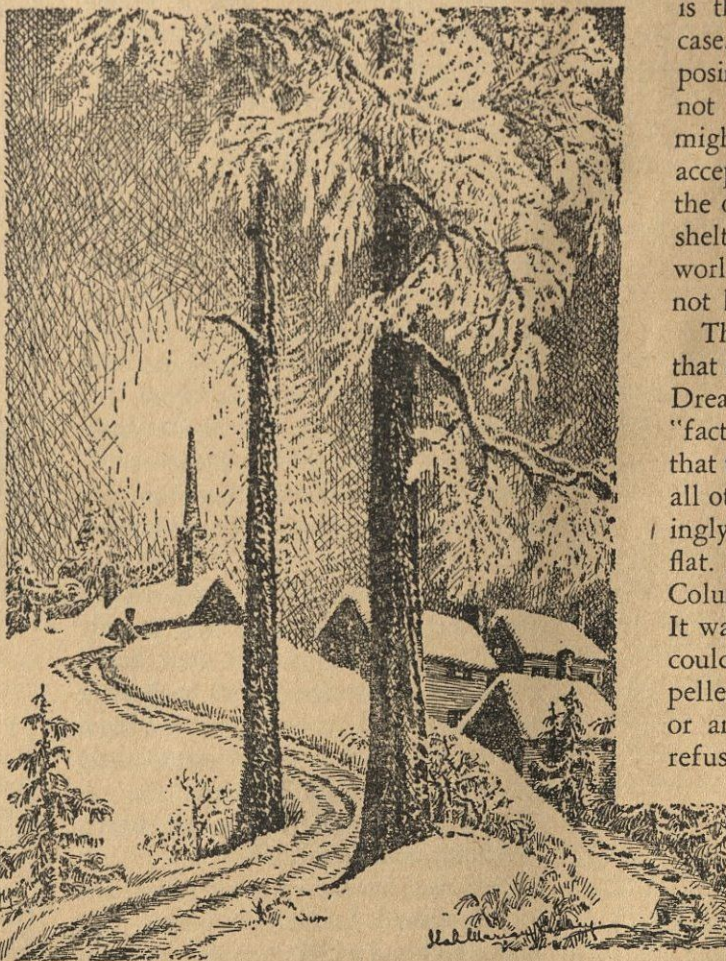
For centuries the world accepted the belief that the night air was injurious to health. We laugh at that now, but to the people who accepted it as factual, it was a fact, just like the fact that two plus two make four.

Everything that we hold in the form of material concepts is subject to question, to revision, subject to the possibility that what we believe to be true may not be true at all. All the long history of man affords voluminous proof—it would require many thick volumes to record the various facts—that man's judgment is unreliable, and that he is easily deceived.

When we attempt to evaluate the apparent obstacles in our path the yardstick most commonly used is that of "the facts of the case." We examine these imposing, towering facts and do not dare to dream that they might not be facts at all. All accepted facts seem obvious to the one who houses them and shelters them in his private world. So how can such facts not be true after all?

There is actually no "fact" that is as powerful as a dream. Dreams are the changers of "facts." Columbus dreamed that the earth was round while all others accepted unquestioningly the theory that it was flat. Motivated by his dream, Columbus changed that "fact." It was a "fact" that no vehicle could move without being propelled by a living force, man or animal, but dreamers who refused to accept this fact created the steamboat and the automobile. It was a "fact" that man could not fly in the air like a bird, but a dreamer, laughed at like the rest, created the air-

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DARE TO DREAM

It's on the Way

By Alice Bateson Rainie

"HE HAD it coming to him!" A friend of ours had received a well-deserved promotion in the business world and another friend, speaking about it, said the foregoing words, adding, "And I'm glad of it."

Both expressions are idioms common to American speech. We are noted for using catch and slang phrases that can be and often are very significant, and these expressions, broken down and analyzed, can be given a literal meaning that illustrates many truths of the laws of Spirit. Our friend's promotion was "on the way"; it was "due" him because of his industry and integrity; "he had it coming to him."

Sometimes when this expression is used it is coupled with another. "He asked for it. He had it coming to him." The manner in which the words are spoken usually implies that the speaker feels that justice has been meted out and some wrong corrected. The man who habitually invites the negative by his disregard of the rules of Spirit usually gets negative results from life, and people say of him, "He asked for it. He got what was coming to him."

But how much more do we get from life what is coming to us when we ask for good by our behavior and prove the truth of the words in a positive way!

Several incidents have come to my knowledge that prove this to me so vividly that I feel I must pass them on so that others may receive assurance and perhaps a little inspiration from a record of them.

One bleak winter's day late in February, while shopping in a near-by city, a relative of mine saw a florist's window filled with pots of golden blooming daffodils. These spring blossoms, with their fragrant cups, like chalices tipped up to receive the sun, have always stirred a deep longing in this woman. They took her back to a brief but idyllic interlude of her child-

hood in Victoria, British Columbia, where they, with sweet-smelling English violets and heady wallflowers, bloomed in her garden in prodigal profusion.

This particular day, she said, she longed to buy a pot of the blossoms to "take spring home" with her. So she went into the shop, intent on fulfilling that desire. Outside, with the purchase under her arm, snugly wrapped in many folds of newspaper to protect the blooms from the biting cold, she remembered a girl who had been writing to her, a "letter acquaintance" she had made through a newspaper column she wrote. This girl had tuberculosis and was confined to a dingy room in a small dark house.

"Lois would love these flowers," she thought, and jumped into her car and took them to her.

Returning to her home in a suburban town four miles distant, she went about doing the common household tasks that had been delayed by her trip to the city. Toward midafternoon the doorbell rang, and she answered it only to find a friend of long-standing whom she had not seen in months. In the friend's arms was a green-wrapped, tall, cone-shaped package.

The visitor handed the package to her, and when she unwrapped it she found a large bouquet of daffodils.

"I thought your mother might enjoy them," the friend said; and when this relative told me later about the incident she said: "I smiled; for she didn't know that she had brought spring to me, the spring I thought I had forgone when I took my daffodils to Lois; and even though the flowers were for Mother, I received enjoyment from them, so I had a double pleasure."

She told me several other incidents that proved she truly received from life what her behavior "asked" for, although she did not consciously ask for their manifestation. She merely proved the Bible promise that bread cast upon the waters comes back after many days and, as one wit has added, "battered"! But she did consciously expect good from life, and she received it in wonderfully sweet, heart-warming manifestations.

A flower lover like many of us, she often wished for certain plants. She had never had a cyclamen, but felt that to buy one just for herself was an extravagance or luxury she could not afford. But near Christmas two years ago

she thought, "I'm going to buy myself a cyclamen," and she did. On the way home she remembered a friend who had been long confined in a hospital. So she stopped off and left the plant with its cheery blooms. A few days before Christmas, a business friend of her husband's sent an immense plant twice as large and with many more blooms than the one she had taken to her sick friend, and the next day—"butter" on the bread!—she received another cyclamen. It was from a classmate of her son's whom she had entertained the previous summer. So she had not one but two cyclamens, a measure of her blessing "pressed down, and running over."

Additional accounts would be repetitious; but the same thing happened in the case of a white hyacinth that she cherished. She brought it to bloom and, after enjoying it a while, then took it to an old, old lady as a gift. The very same day she received a potted plant, a white hyacinth, from another friend.

Her philosophy is the occasion of much fun-making in her family. Her husband and children twit her about it. Whenever anything new or beautiful is brought into the house, as a gift or a purchase, they wink at one another and say, "Now who can give it to?"

One night when the A gas ration was at its lowest, she and her husband were walking to the motion picture theater. He said, "Well, according to your philosophy a car should come along about now and



Peace

By Standcliffe Ellis

IF I want peace,
I must not seek for it
In distant lands.
I cannot find it with the torch,
Or sword, or scourge,
Thoughts of inharmony, revenge,
hate.

The place of peace is lodged
Within my mind and heart.
So I must seek it there
And manifest it to the outer world
In thoughts, and acts, and deeds
Of love and peace.

pick us up. You're always giving rides to waiting pedestrians." He had no sooner spoken than a car drew up alongside of them, and the driver said, "Would you like a ride?"

They got in.

"Where are you going?" he asked.

"To the theater," she said.

"That's fine. I'm going right by it."

She gave her husband a good hard nudge with an I-told-you-so look in her eye.

"She asked for it." "She got what was coming to her."

We ask for what we get from life by our mental expectations and our good deeds. I do not worry about the future because I have had demonstrated so clearly in both spiritual and physical things the truth of the saying. I am asking by my actions and my expectations for a rich, full life of service and happiness, and because of this I am sure these are "on the way" and are "coming to me."

I am trying to ask by my living for the things promised in the Bible, and I think—yes, I know—that I shall receive them. The promises do not change. We must claim them by asking for them, and then we shall surely "get what is coming to us."

Unity Literature in Foreign Languages

Since Unity students abroad can again communicate with Unity headquarters they write of how much the literature they had at the beginning of the war meant to them. For example a woman in France had a copy of *Teach Us to Pray*, by Charles and Cora Fillmore, which she shared with her friends by translating many helpful passages.

A woman in Italy who had some old copies of Unity literature on hand writes of how she typed ninety copies of selected articles from these magazines each month for persons hungry for a message of Truth.

For some time Unity has been busy translating Unity literature and printing it in foreign languages to send to friends overseas. Unity now has publications in Spanish, Russian, German, French, Italian, Dutch, and Swedish. In Spanish Unity publishes a bimonthly magazine, *El Sembrador*, *Lessons in Truth*, and several booklets and

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Dare to Dream

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plane. Men who knew for a fact that one cannot make a hundred million dollars on a fifty-dollar investment laughed at F. W. Woolworth, who had a dream that was stronger than facts.

What is a dream? In its truest essence it is a form of prayer. There are of course two kinds of dreams. One is the dream that says, "Wouldn't it be wonderful if—but of course, it's impossible." The other is the dream that says, "Wouldn't it be wonderful—and why not! There is a way! It can be done, and I'll do it!" The first dream is a prayer made without faith; the second is a prayer made in faith.

A dream, like a "fact," is a mental conception, but unlike a fact it is usually something we have created ourselves. It is thus alive, vital, energizing, powerful; it is a living thing born out of our own spirit, mind, and body. It is the sum total of all motive power, all human energy, all accomplishment. For no man can do anything without first dreaming about it in however small a way.

I cannot so much as go downtown to shop without first picturing that act in my mind as a kind of dream. I cannot build a table without first dreaming that table into existence in my mind. It may be a fact that I must go downtown to buy a suit of clothes or else go without one; it may be a fact that I am capable of building a table. But these facts are useless without the driving engine of a dream. I dream—call it picture in my mind—the new suit and how I will look in it, or the table that I would like to build, and this dream causes me to act. Without the motivating dream the fact is dead and useless.

We try to limit our dreams to the "facts," and thus we limit our achievements. Another man disregards the apparent facts and lets his dreams soar to the heavens, and because he believes not in the "facts" but in his dreams, he discovers a continent, writes a masterpiece, astonishes his family, his friends, and the whole world. Every man who succeeds in any undertaking is a surprise to all the people who have considered his future solely in the light of the "facts" they knew about him and never believed he could really amount to much. They did not under-

stand the force and power of his talent for dreaming and for believing in his dreams.

The only truly "idle" dreamer is one who has no real faith that his dream can be made real, that it is actually a reality from the beginning and awaits only his final acceptance of it as reality. To dream positively and effectively is to know and accept the truth that "with God all things are possible" and that there is absolutely no exception to this rule.

To permit oneself to be engrossed in the world of "hard facts," which is primarily a world of appearances, is to violate the Master's wise injunction to "judge not according to appearance." If one were to judge by appearances, no achievement would be possible however small or great; for all outward appearances are deceptive to the human eye.

The greatest known force in the world of material things, atomic force, is present in this sheet of paper from which you are now reading, but you do not see the atoms, only the paper and the printing. Yet the atoms in that bit of paper contain enough power to blow up a city block. But the average man says, "This is only a piece of paper," for he judges solely by the appearance. To the scientist with a dream that piece of paper is a universe, its possibilities infinite; he knows better than to judge by the appearance.

It is so with every object, with every situation and circumstance in the world; it is almost never what it seems, and the power to see it in its true light, or to alter it, is left to the dreamer.

No matter what it may be that you desire you can make your dream a reality by not being afraid to dream and by believing in your dream and recognizing it as a prayer made in faith. "All things, whatsoever ye shall ask in prayer, believing, ye shall receive."

Dare to dream! Your dream is true.

To Keep Happiness

The very essence of happiness is honesty, sincerity, truthfulness. He who would have real happiness for his companion must be clean, straightforward, and sincere. The moment he departs from the right, she will take wings and fly away again.—Orison Swett Marden.

Things to Be Remembered

By Lowell Fillmore

+ Prayer in Business

REMEMBER that in every human heart there is a desire to be helpful, to be of service to others. Human ignorance often crowds this desire into the background because the self is afraid it will come to want. As Sis Hopkins would say: "I don't believe in doing nothin' for nobody that ain't done nothin' for me." But when the true spiritual nature is awakened in an individual a clearer vision of the joy of service and giving presents itself.

Even though you may not have worldly goods to distribute there is always something you can do and give to make the world happier and better.

Recently I read a letter that gave me a thrill. It was from a woman in a distant city. She had been writing to Silent Unity at various times, asking for their prayers. Her letter shows how an understanding, loving stranger rendered the writer of the letter a real service in the course of her daily routine task. She was able to do this because she understood that there are riches in God's kingdom that are above price but that are available to all who will use them. Here is an excerpt from the letter addressed to Silent Unity:

"As in other instances, your sincere and loving prayers have been a source of unfailing help in my recent health challenge. God bless you all in your steadfastness, and I am truly grateful for your loving-kindness.

"I am sure this will be of interest to you. I was alone during my illness, so it was necessary to call Western Union to send the wire to you. After I had dictated the wire I was overcome to hear the operator say, 'Now, honey, you know before this wire is even sent the Lord will answer.' In addition she repeated a beautiful affirmation. Of all the operators in this city it seemed like a miracle that I should contact the one who was interested in Unity.

"I have never received such instantaneous help. I have not been able to locate this understanding and loving woman to express my appreciation of her wonderful work, but I ask God to bless her, not only because she helped me in a time of need but be-

cause she is a source of help and inspiration to so many others. You just never know through what channel your good may come."

Here a telegraph operator aided in the healing and cheering of a person in great need of help without even revealing her own name. She was interested only in doing something help-

Suggestions for Daily Meditation

Sunday. *I gladly share the riches of the kingdom of God with those who need help.*

Monday. *I am able to share God's riches, because He supplies me with more as I use what I have.*

Tuesday. *I can always offer a silent prayer or give a silent blessing to help someone who needs it.*

Wednesday. *He profits most who serves best, for by his services he draws upon God's riches, which increase by right use—righteousness.*

Thursday. *God works through me as I perform my daily duties, helping me to be better and do better.*

Friday. *I can always give something, a blessing or a prayer, to help someone.*

Saturday. *My affairs are secure in God's hands. All is well with me and mine, because I have chosen to serve Him only.*

ful in God's service for a sister in trouble. Perhaps she exceeded her authority in her position, but since the modern business method includes selling good will to the public, I believe that she did her company a real service in making for it a lasting friend in this case.

When God works through a telegraph operator and her company to comfort and heal a sick woman surely no one can take offense, for all concerned were blessed and prospered. Perhaps someday certain of our public service corporations will include a "spiritual help" department to encourage and minister to unhappy, despondent, or ill customers. Would not this be

a blessing to many? Why not a spiritual department in every business, every factory, and every union? When business is built upon a spiritual foundation it is secure, for the wisdom and power of the Creator of all things is behind it. An organization that fails to co-operate with God misses many opportunities for extending its service to its employees, its patrons and the public. Lasting peace will be attained only when the love of God becomes an active element in the lives of individuals and in the conduct of business. The problems of a business concern are substantially reduced when God is invited to become a partner. God is wiser than men, and He is able to guide the directors of a business safely through dangerous experiences.

Unity Literature

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pamphlets. In Russian and German several booklets and pamphlets are available. The work of translating more Unity literature into Italian, French, and Dutch is proceeding. Unity's foreign-language publications will be sent without charge at the time, because a special fund has been established for gift literature in foreign languages. This fund, called the Good Neighbor Fund, takes care of all Unity gift literature with the exception of that which is distributed by Silent-70 and the literature in Bulgarian. Through the thoughtfulness of those desiring to be a "good neighbor" who might not otherwise have done so have been and will be enabled to receive Unity literature.

If you have relatives or friends abroad who you believe would be interested in Unity's literature in their own language, send their names and addresses to us. Thus you will have part in helping us spread the encouraging word of Truth to people abroad who are united with us. We hope that the whole world will rest from its woes by embracing the teachings of the Prince of Peace.

Do You Need Help?

Are you in need of healing, guidance, employment, supply or comfort? Ask Silent Unity to pray with you and prove for yourself how perfectly God answers prayer. Address your letter or telegram to Silent Unity, 917 Tracy Ave., St. Louis, City 6, Missouri.

THE SOCIETY OF SILENT UNITY

THE HEALING DEPARTMENT OF UNITY SCHOOL

A Message to You: Thoughts Harmonized

Dear Friend:

Your thoughts are harmonized by Spirit, and good health is thereby founded and sustained.

God did not share His mind with you so that you might use it haphazardly to produce negative, angry, anxious, untrue thoughts that build up inharmony in your mind, body, and affairs. God breathed His Spirit into you in order to inspire you with the living thoughts of Truth, which harmonize your life and affairs with His perfect idea of life, love, substance.

Your thoughts can tap the infinite reservoir of divine life, love, and wisdom, or they can delve into negation, suffering, and chaos, according to your choice and will.

To say that you cannot stop worrying is to admit that you turn your thoughts away from the Spirit of God within you. You let your thoughts run in old grooves of fear, uncertainty, and anxiety. You permit them to serve error instead of Truth.

Joshua said, "Choose you this day whom ye will serve," and Jesus declared: "No man can serve two masters; for either he will hate the one, and love the other; or else he will hold to one, and despise the other. Ye cannot serve God and mammon."

"Choose you this day whom ye will serve," dear friend.

Choose the way in which your thoughts are to run, whether in the way of unhappiness, resentment, fear, worry, sickness, and lack, or in the way of the Spirit of God within you and be harmonized and directed in the way of Truth and wholeness.

No person but you can direct your thoughts. You are the only one who can choose the course of your thoughts. The way of error thinking, of doubt and fear, worry and uncertainty, discord and self-pity is hard, for it is unnatural to the mind God has given you. The circumstances and conditions brought about by wrong thinking are hard to bear, for they bring into manifestation the imperfections of the pattern supplied by the wrong thoughts.

Through wisdom, even the wisdom of God, is built your body, the house of your soul, and by understanding, even the understanding of God working in all Truth through your mind when you let it, good health is established in your body. Furthermore,

Daily at 11 a. m., join us in this thought for spiritual illumination:

All my acts are wisely planned.
"And God said, Let there be light:
and there was light."

At high noon each day concentrate your attention on this thought for prosperity:

This day and every day I decree divine prosperity in all my affairs.
"Thou shalt also decree a thing, and it shall be established unto thee."

At nine each night let us acknowledge the healing power of Spirit with this prayer:

My thoughts are harmonized by Spirit, and good health is thereby founded and sustained. "Through wisdom is a house built, and by understanding it is established."

as you direct your thoughts in the understanding of divine health and wholeness your thoughts heal and uplift others.

To a greater extent than you perhaps realize your happiness, your well-being, your environment depend upon the quality of your thinking. It will take you but a moment to prove this. Just turn for one instant from the thought of weakness to the recognition of God as your strength and see what will happen. You will feel the power of inner strength sweeping through your entire body. Hold to thoughts of strength, never permitting yourself to waver back and forth between thoughts of sickness and weakness and thoughts of health and strength, and you will quickly find that you are stronger, healthier, happier in every way.

The name of God is a composite of many names, such as love, light, life, and so on by which He may rightly be known. So if God seems far from you just turn to the Spirit of life, the Spirit of love, the Spirit of light, faith, strength, peace, wisdom within you, and let your thoughts dwell upon these things. You will find them everyone embodied in the luminous name of God, and you will find God, your all-inclusive good, responding to you, answering your need, inspiring your thoughts, no matter by what name you call Him.

Jesus Christ knew God as His Father. He urged all people to know and love and depend on Him as a Father. Let your thoughts pursue the course of the infinite Father's love, and your thoughts and life will directly be harmonized with the Father's love and joy in every person, every good thing.

"The thoughts of the righteous are right," declared Solomon, and again, "Commit thy works unto the LORD, and thy thoughts shall be established."

Thinking and doing are closely bound together. So often work reveals much of a person's thought structure. Poised, balanced, right thinking means confidence and success in what one does. Sometimes a person's work or so-called overwork, threatens his health. This is not right and cannot happen when one's work as well as one's thoughts are committed unto God. Since your work should strengthen you in health as well as enrich you in substance and happiness, we repeat the words of the wise king, "Commit thy works unto the LORD, and thy thoughts shall be established." Likewise commit your thoughts unto Him and your work will be established.

Your thoughts are harmonized by Spirit. Remember this always. You are not the victim of your thoughts or of any other person's thoughts. Through the Spirit of God, the power of His mind in you, you are the master, the controller of your every thought.

Rise up, dear friend. Shake off the shackles of negative thoughts, with their fruits of unhappiness and error. Lay hold of the upbuilding, health-creating substance of spiritual thoughts within you. "And the peace of God, which passeth all understanding, shall guard your hearts and your thoughts in Christ Jesus."

Silent Unity.

The High Watch

Understanding Ourselves

That interesting theme, the two halves of the human entity, mind and body, occupies the attention of doctors and psychiatrists no less than that of metaphysicians. Under the name "psychosomatics" (*psycho* pertaining to the soul or mind and *soma* to the body) medical science by implication discloses how necessary it is for us to understand ourselves if we would escape crippling mental inhibitions. In the magazine *Life* Francis Sill Wickware discusses "Psychosomatic Medicine" at length, citing case histories in support of his finding that "upset emotions can cause illness, obesity, even accidents." We quote *Life*:

The patient, G. K., lieutenant in the army, received severe abdominal wounds at Anzio and was sent to a base hospital in North Africa. He was twenty-three and had been decorated twice for bravery. He had no previous army medical history and apparently had always enjoyed exceptionally good health. The outlook was favorable for his complete recovery. However, after several months of convalescence he complained of increasing 'pains in the heart,' accompanied by severe shooting pains from the left shoulder down to the wrist, with occasional attacks of dizziness, suggestive of angina. Examination, including electrocardiogram readings, disclosed no organic disease or functional abnormality and the lieutenant was assured that there was nothing wrong with his heart. Nevertheless, his symptoms persisted and he also began to complain of extreme fatigue, although he was permitted only the lightest exercise a few minutes daily. The cardiac symptoms by this time had become more incapacitating than the rapidly healing abdominal injuries. Presently the patient was interviewed by Major R., a psychiatrist.

"During the psychiatric interview it developed that the symptoms first appeared about a month after the lieutenant misconstrued a remark by one of the hospital doctors to mean that he would be given a medical discharge. He had been promoted from second to first lieutenant in the field and had expressed a sense of guilt at being in the security of the hospital while his comrades were still fighting. This guilty feeling increased greatly after he convinced himself that he would be discharged and he became bitter and resentful, frequently remarking that he was 'as good as anybody.' The cardiac symptoms appeared to be a response to this neurotic state and possibly represented an unconscious attempt to justify his noncombatant status.

"Psychotherapy consisted of pointing out the patient's original error—i.e., his mis-

interpretation of the doctor's remark. He was assured that except for his cardiac symptoms there was no reason why he should not leave the hospital in a few weeks and that he might expect to be back in active service shortly. It took several interviews to persuade him that the medical discharge was his own invention, but when he finally was 'sold' his outlook abruptly changed. The heart symptoms disappeared completely and in a short time he was out of the hospital." Although this heart trouble was of emotional origin, the pains and disability were as real as if caused by true angina.

With trifling changes of detail the case of G. K. might be one of many hundreds of thousands of similar cases recorded in many wars. In the Civil War his condition would have been known as "irritable heart." In World War I it was called "soldier's heart," "effort syndrome" and "neurocirculatory asthenia." But in World War II it is correctly designated "cardiac neurosis," a term referring to heart trouble with an emotional rather than an organic cause.

The physical effects of various emotions are readily observable:

Everyone knows that emotions produce acute physical reactions. We know that the physical act of blushing is a response to the emotion of embarrassment, that trembling, palpitations and increased sweat secretions accompany fear, that disgust may lead to nausea, and that shuddering and gooseflesh may be produced by horror or sudden fright as well as by cold. We speak of "breathing easier" after a dangerous or anxious period is past and of "taking a load off the chest" by expressing pent-up thoughts. Perhaps the most striking single example of the interplay between emotions and the physical reaction is furnished by the lie detector, a notable psychosomatic machine. The most hardened criminal or most expert liar cannot control the involuntary mental conflict which occurs with the telling of a falsehood and which is registered physically by minute changes in skin temperature, secretion of perspiration, blood pressure, pulse rate and other indices recorded by the machine.

The emotions are being increasingly recognized as a causative factor in physical ailments:

Until quite recently most physicians believed that only peptic ulcer (stomach ulcer), mucous colitis, and other gastrointestinal disorders could be classified as truly psychosomatic. Today, however, the emotions are regarded as the primary cause—or as a precipitating or aggravating factor—in many cases of bronchial asthma, hay fever, hypertension (high blood pressure), arthritis, heart disease, rheumatic disease, diabetes mellitus, the common cold and various skin conditions such as hives, warts and allergic reactions. Indeed, the more *avant garde* practitioners now would include many other things—tuberculosis, obesity and alcoholism, for

instance. Tuberculosis, of course, is caused by the bacillus, but psychiatrists believe that a percentage of patients unconsciously impede or prevent recovery because they find that the disease is congenial and that convalescence fills an emotional need, a theme which has been explored by Thomas Mann in "The Magic Mountain."

As for obesity, its usual cause is overeating, but overeating is interpreted as an act whereby the gourmand compensates for some inner deprivation or frustration. Long recognized by psychiatrists as a definite disease and not merely a bad habit, alcoholism is only the visible symptom of a serious emotional disturbance, frequently with sexual implications. . . .

That many accidents are due to emotional disturbances is becoming obvious in the light of recent discoveries.

The most intriguing psychosomatic fact is that many common accidents—fires, burns, cuts, automobile collisions and the like—also can be traced to emotional origins. Nearly everyone knows certain individuals who seem constantly to have mishaps of one kind or another; and there is statistical proof that a percentage of people actually have a predisposition to accidents. In studying automobile accidents, for example, the National Safety Council discovered that drivers with a record of five accidents were 14 times as numerous as the laws of chance would indicate, while those with seven accidents were 9,000 times common. Furthermore, the study revealed that in a conspicuous number of cases the same persons repeated the same accidents. In another study the National Research Council investigated the records of commercial drivers employed by a number of utility companies and recommended assigning to different jobs the 5 per cent of drivers with the highest number of accidents. When this was done the accident rate for the group as a whole dropped 80 per cent. But the men who changed jobs continued to show an accident rate far above normal on the new jobs. As stated by Dr. Flannery Dunbar, noted woman psychiatrist and

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Wee Wisdom an Ideal Valentine

WEE WISDOM, Unity's magazine for children is an ideal gift for any child of five to thirteen years of age.

WEE WISDOM provides character-building material that gives a child many pleasant hours of happy, absorbing, constructive fun. Parents and teachers find in it much material both for occupying the child's time, attention and interest now and for developing him into a useful, courageous, honest and co-operative citizen of tomorrow.

A WEE WISDOM subscription is truly a gift of love, an ideal valentine for the children you love.

WEE WISDOM is priced at \$1 a year.

UNITY SCHOOL OF CHRISTIANITY
917 TRACY, KANSAS CITY 6, MO.

Responsive Service

Sunday, January 27, 1946

Unity Subject—*Building for Eternity*

INTERNATIONAL SUBJECT—*Religion in a Nation's Life.*—Exod. 28:1; 35:4-9, 20-29

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1. And bring thou near unto thee Aaron thy brother, and his sons with him, from among the children of Israel, that he may minister unto me in the priest's office, even Aaron, Nadab and Abihu, Eleazar and Ithamar, Aaron's sons.
4. And Moses spake unto all the congregation of the children of Israel, saying, This is the thing which Jehovah commanded, saying,
5. Take ye from among you an offering unto Jehovah; whosoever is of a willing heart, let him bring it, Jehovah's offering: gold, and silver, and brass,
6. And blue, and purple, and scarlet, and fine linen, and goats' hair,
7. And rams' skins dyed red, and seal-skins, and acacia wood,
8. And oil for the light, and spices for the anointing oil, and for the sweet incense,
9. And onyx stones, and stones to be set, for the ephod, and for the breastplate.
20. And all the congregation of the children of Israel departed from the presence of Moses.
21. And they came, every one whose heart stirred him up, and every one whom his spirit made willing, and brought Jehovah's offering, for the work of the tent of meeting, and for the service thereof, and for the holy garments.
22. And they came, both men and women, as many as were willing-hearted, and brought brooches, and ear-rings, and signet-rings, and armlets, all jewels of gold; every man that offered an offering of gold unto Jehovah.
23. And every man, with whom was found blue, and purple, and scarlet, and fine linen, and goats' hair, and rams' skins dyed red, and sealskins, brought them.
24. Every one that did offer an offering of silver and brass brought Jehovah's offering; and every man, with whom was found acacia wood for any work of the service, brought it.
25. And all the women that were wise-hearted did spin with their hands, and brought that which they had spun, the blue, and the purple, the scarlet, and the fine linen.
26. And all the women whose heart stirred them up in wisdom spun the goats' hair.
27. And the rulers brought the onyx stones, and the stones to be set, for the ephod, and for the breastplate;
28. And the spice, and the oil; for the

light, and for the anointing oil, and for the sweet incense.

29. The children of Israel brought a freewill-offering unto Jehovah; every man and woman, whose heart made them willing to bring for all the work, which Jehovah had commanded to be made by Moses.

Lesson Interpretation

What has free will to do with the building of the enduring body?

The enduring or eternal body cannot be built except as we willingly turn our thought to God and devote ourselves wholeheartedly to the work of expressing Truth in all that we think, say, or do. Only those who were "of a willing heart" could make an offering to help build the tabernacle.

Does the tabernacle represent the enduring body?

No, it represents the temporal body, but this is to be changed into the eternal, spiritual body (the Temple).

Why are the "gifts" of the temporal or perishable body represented as precious?

Because the functions of the body are enduring and every function has its spiritual counterpart. Even so-called physical gifts are precious and without price. A court of law may assess the damage done a person in the loss of an eye, but no money damage can compensate for such a loss.

Does the setting up of the tabernacle have a special symbolical significance in connection with our journey up from sense to Spirit?

It denotes the establishing of a new state of consciousness. We take our pattern from our conception of the divine, but our consciousness as well as our character and our body we make ourselves.

Is personal service of value in the building of the eternal body?

When given freely and willingly it is of inestimable value. The spirit in

which it is given determines whether it is the work of God or a mere expression of the personal or sense self. He who without love and in a grudging or defiant spirit sacrifices himself does so to no purpose or profit to himself.

Since all substance is at bottom divine, why should we give back to God what we have received?

All substance belongs to the universal and must be returned to it. Unless we dedicate our substance to higher uses it is dissipated in sense expression and is lost to us. All that belongs to God must be put to God-like uses if it is to serve according to its nature and give the greatest return of which it is capable.

Does the soul give back in proportion to what it receives?

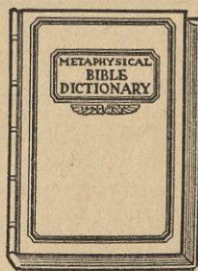
Because the law of increase is exemplified by the soul the latter transmutes its gifts into more precious forms by the alchemy of love and gives more bountifully than it receives. Woman represents the soul. "And all the women that were wise-hearted did spin with their hands, and brought that which they had spun, the blue, and the purple, the scarlet, and the fine linen."

Is a cheerful giver the only acceptable one?

In the spiritual realm, yes; for he gives himself with his gift and thus makes himself receptive to the return blessing for which the perfect equilibrium of divine law provides. The grudging giver does not obey the whole law and receives a meager compensating blessing.

To Be Held in the Silence

Through faith I build the substance of Truth into my mind, body, and affairs.



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The High Watch

(Continued from page 6)

leader in psychosomatic medicine: "The consensus of reports . . . is that from 80 per cent to 90 per cent of all accidents are not due to defective machinery, to a physical or mental defect, or to lack of skill in the worker, but to an x factor in the person injured."

In brief, the x factor is the personality or emotional complex of the accident victim himself. For any number of possible reasons the individual unconsciously exposes himself to an accident-producing situation. The motivation may be to withdraw from a difficult domestic situation, to cover up a failure, to obtain sympathy and attention or to commit suicide. On record is the case of a man who in the course of twenty years was struck by lightning three times, was buried alive in a coal mine, lost an arm and one eye by being shot through the air from a cannon, fell off a 30-foot cliff and suffered multiple fractures, was thrown by a horse and dragged through a barbed wire fence, fractured his skull by falling from a bobsled, was run over by a horse and wagon at the age of eighty-two and by an automobile the following year, when he also fell on the ice and broke his hip. The layman would consider this fel-

low a victim of a jinx, but the psychosomatic doctor would say that he had a compulsion to accidental self-destruction and subconsciously wanted these disasters to happen. The doctor would call them purposive accidents. . . .

High blood pressure and the common cold, along with heart disease, may have their origin in the mind:

Cardiovascular disorders (heart disease) comprise another major psychosomatic group. These are of special importance at present not only because of the high rate of psychosomatic heart conditions in the army, but because heart trouble of one kind or another has begun to affect a much younger segment of the civilian population than before. Formerly a heart patient as young as thirty-five was a rarity. Today, according to Dr. Flanders Dunbar, army and public health statistics show that this condition has become a major problem in men in the fifteen to thirty-five age group. This, in part, is a psychosomatic reflection of the increased emotional strains and stresses of war, Doctor Dunbar says.

The high blood pressure that often precedes or follows heart trouble is also frequently psychosomatic in origin. Increased pressure may, of course, be due to an organic condition like arteriosclerosis, which

impedes the circulation of the blood. It can be due solely to emotional stimuli. As noted before, a considerable rise in blood pressure is caused by rage or fright. This rise is temporary and subsides with the disappearance of the emotion. But the emotion were to continue, so would hypertension. The chief personality characteristic of persons with hypertension is resentment. When the resentment is chronic hypertension and heart trouble follow.

A somewhat similar explanation is offered for the psychosomatic factors in the common cold. Most people have noted that this infection is highly capricious. Sometimes an individual in good general health will contract a cold in mild weather for no apparent reason. At other times he may be tired and run-down and be exposed to severe weather, yet no cold will develop. Though no one is absolutely sure about the origin of the common cold, it is thought that it is the result of an attack by the virus on the nasal mucosa when resistance of the latter is temporarily lowered. Sudden chilling, for example, contracts blood vessels in the mucosa, changes the color of the membrane and presumably lowers its resistance. Studies by Thomas Holmes, H. G. Wolff and H. Goodell have shown that emotional stress can produce changes equally seen in the mucosa. In other words, a strong emotion like fear may reduce resistance to the cold virus just as much as getting caught without an overcoat in a blizzard.

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Draw Nigh to God and Prosper

"Draw nigh to God, and he will draw nigh to you," we are told in the Scriptures. With God near us, our good is near us, and we prosper. For God in this nearness reveals to us divine ideas that we can demonstrate into visibility as our manifest good.

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Field Activities

BIRMINGHAM, ALA.—Unity Center, 406 N. St., announces the following activities: Sunday, 11 a. m., devotional service. Thursday, 11 a. m., healing service. Friday, 11 a. m., class in *Christian Healing*. Daily noon silence. Center open daily, except Saturday, 10:30 a. m. to 3 p. m. Harriet E. Price, leader.

A class in *Lessons in Truth* for colored students is conducted each Wednesday, at 7:30 p. m.

TROY, N. Y.—Unity Society of Practical Christianity, 27 Fourth St., announces the following activities: Sunday, 4 p. m., devotional service. Tuesday, 2:30 p. m. and 8 p. m., class in *Lessons in Truth*. Wednesday, 8 p. m., healing service. Center open daily. Marian A. Hoagland, leader.

ALBANY, N. Y.—Mrs. Hoagland also conducts a public lecture each Monday, at 8 p. m., at Y. W. C. A.

MILWAUKEE, WIS.—First Unity Center, E. Wisconsin Ave., announces the following activities: Sunday, 9:30 a. m., adult class; Sunday school; 11 a. m., devotional service. Monday, 7 p. m., class in *Lessons in Truth*; 8:15 p. m., class in human relations. Tuesday, 2 p. m. and 8 p. m., class in *The Twelve Principles of Man*. Wednesday, 8 p. m., class in Bible interpretation. Thursday, 8 p. m., healing service. Friday, 8 p. m., class in prayer. Center open daily. Elmer M. Gifford, leader.

A complete list of the Unity centers and a ministry of devotional services and class instruction in the Unity teaching appears in each issue of *Unity* magazine under "Unity Centers." This information may be secured by writing the Field Department of Unity School. Ask your nearest Unity center for further enlightenment on the spiritual principles set forth in Unity literature.