

# WEEKLY UNITY

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

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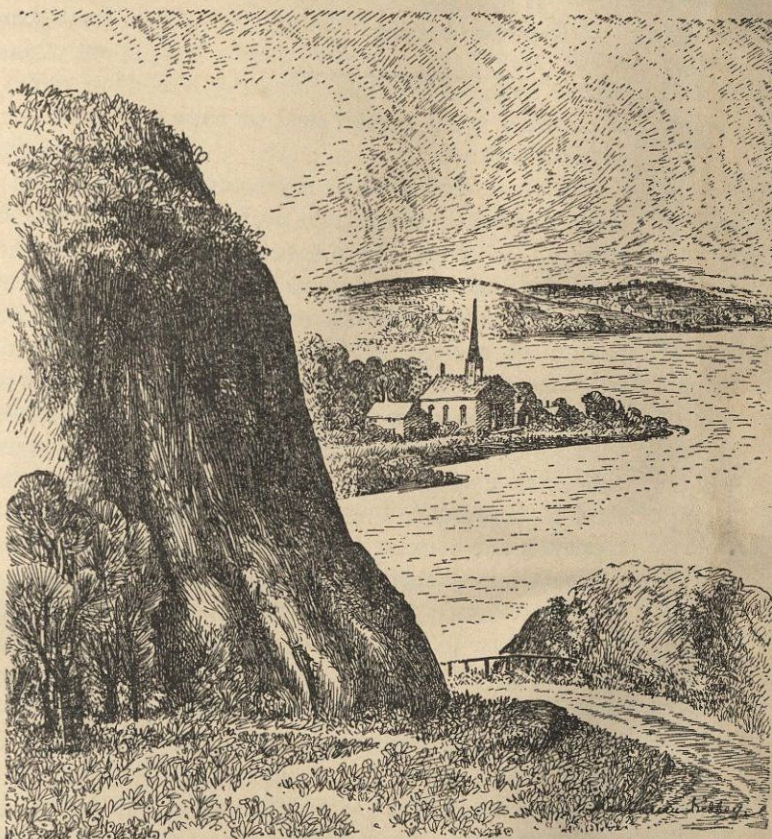
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## *How Prosperous Are You?*

SOME YEARS ago when I was struggling for a foothold in my career, I found myself in New York, living on thirteen dollars a week. My income averaged about fifteen dollars a week, but I had to save something out of it toward clothes.

New York has never been a cheap place to live in for the average individual with a decent standard of living, and the thought of materially lowering my standard of living never occurred to me. I did not know how on earth I could do it, so I promptly appealed to God for prosperity. To all intents and purposes my prayer went unanswered, for my income did not increase by one penny. But oddly enough my prosperity did!

I lived by what seems to me now must have been a series of inspirations. Take the matter of a place to live, for example. In New York at that time there were many thousands of people with incomes like mine who were living in the slums, in crowded tenements, dirty and squalid. I moved into an old but still splendid apartment house in one of the better parts of town—137th and Broadway, if you know New York, is by no means a bad district. There was a uniformed elevator boy and a porter. My room, rented to me by two sisters who had their own apartment, was small to be sure, but it was very delightfully furnished, and had a private lavatory, running



BY HAROLD S. KAHM

water, and a full length mirror. It cost me \$3.50 per week.

In His own way God had shown me a way to get a first-class room at a bargain in New York.

Shortly after that I met a girl who told me bitterly of the hardships of the poor. She was paying seven dollars a week for a tiny, damp, cheerless, wholly miserable rat-hole of a room in one of the meanest sections of the city. When I told her there was no necessity for her to live like that and described my place, she flatly disbelieved me. It had never even occurred to her to look for living quarters in the better part of town instead of the worst. She took her lot for granted, and blamed it on America's "sixty

families." Of course she did not believe in God. I mention this incident because it was the first time I had become aware that my case was rather special and that God might have been responsible for it. My prayer might not have been completely in vain after all!

But then there was the matter of food, now that shelter had been provided. How could I manage? Inspiration came quickly to my rescue. A walk around my new neighborhood disclosed the presence of one of the Nedick units, an Eastern chain of refreshment places that specialize in a ten-cent breakfast consisting of a

glass of orange drink, two doughnuts, and coffee. These places—there must have been five hundred of them—were spotlessly clean and were patronized by all classes of people from the very poor to the very rich. I had always been accustomed to a light breakfast, so here was my chance to breakfast adequately for a dime a day.

So much for breakfast. Lunch was more of a problem until I received another mental flash. The neighborhood abounded in bakeries and delicatessen shops, and I soon began lunching in almost kingly fashion. A nickel brought four very large, crisp rolls, fresh out of the oven, for a dime I had my choice between a dazzling array of delicatessen items—roquefort cheese, sardines, and a number of other things. And for dessert—well, there was my

big problem. Those fiendish bakeries displayed, in their windows, elaborate varieties of the most tempting little pastries, each one costing a nickel. My problem was one of choice, and sometimes it nearly drove me mad! But it was, I will tell you frankly, a most delicious kind of madness. I finally resolved the problem by trying a different dainty each day, determining to sample them all in time.

Twenty cents for lunch! A dime for breakfast! Anyone in New York would have told you it could not be done. My usual luncheon companion was a book, taken from the public library without cost. After lunch I customarily took a relaxing stroll along Riverside Drive, which was just a block from my door.

Dinner was another problem to be solved, for I was quite determined to obtain through my dinners any vitamins that I might have missed in my other repasts. After a brief period of exploration I discovered a variety of very delightful little restaurants where one could dine quite handsomely on forty cents, or in some cases even less! In a shop on 45th Street one could obtain a complete dinner, with almost more good food than it was possible to eat for just a quarter! It was a well-appointed place and had been written up by local newspaper columnists as one of the most amazing eating places in town. I do not think I discovered this place or any of the others by accident.

My amusements were for the most part inexpensive. Exploring New York on foot is a fascinating business at all times, and I did a lot of it—Chinatown, the Bowery, Battery Park. "East Side, West Side, all around the town" I ambled in great delight. There were free band concerts in Central Park in summer and many free lectures here and there. If I wanted to spend an evening listening to the radio, I dropped into the lobby of the Y. M. C. A. I discovered the Staten Island Ferry, which offered a wonderful half-hour boat ride for a nickel. I spent hours at the Bronx Zoo, the Metropolitan Museum, the Museum of Natural History, and other institutions that were free to the public. And once a week I invested fifty-five cents in a top-balcony ticket to a Broadway play! Of course there were movies in abundance, with admission prices as low as fifteen cents for a double feature! And



## Miracle of Renewal

By Ruth Harwood

ONLY through the giving  
Is life's stream  
Kept pure and living.

And only through the sharing  
Is life's tree  
Kept ever bearing.

of course I spent a good deal of time with my friends.

Having a washbowl in my room, I learned to wash all my own things excepting my shirts. This saved me a good deal of money. I gave up cigarettes, and adhered solely to my pipe, paying an average of fifteen cents a week for tobacco. I had quite a bit of change left over for sundries, and for such small luxuries as candy bars, bus rides, and excursions to Coney Island. And to top it all, I was able to put money in the bank each week!

Years later, when I was sometimes making as much money in a month as I made then in a year, I was to look back upon those days of "poverty" with actual nostalgia. Now I could walk into a fine bakery, survey all the good things, and if I were undecided, calmly order half a dozen of each. I could go into a good restaurant and order a two-dollar dinner without a second thought. I could take the subway if I chose or a taxi. It did not matter. I was prosperous now, on my own cherished terms. I had money, all that I needed! But alas, most of the zest had departed. I could no longer be thrilled by discovering a bakery that sold four rolls for four cents instead of a nickel. I no longer tingled with excitement when I held in my hand a ticket to a play. Being prosperous enough to take many of the good things of life for granted, I had lost much of my appreciation of them.

One day the sudden thought came to me that I was not as prosperous, earning \$150 and more a week, as I had been when I was making less than fifteen!

I learned many new things about life, and one of them was that the al-

leged boredom of the rich is probably not always fiction. To have everything you want without much if any effort is soon to want nothing or else to search for things that are not easy to get. The millionaire who scours the world for some rare jewel for his collection does so in order to enjoy the thrill of discovery, the satisfaction of achievement. Well, I did the same thing when I searched for four-cent pastry to save a penny! Or when I walked a long distance to save carfare, only to discover that I thoroughly enjoyed the walk!

Paul knew what He was talking about when He declared that "the love of money is a root of all kinds of evil." If money cannot bring happiness—and that has been well proved a million times—the love of money can only lead one into unhappy paths.

But what is prosperity? Does it not involve money? Yes, of course it does—a sufficiency of money for one's needs. But far more than this, prosperity is a mental or spiritual attitude; it is the fantastically marvelous ability to appreciate to the full everything that you have; to find zest in every precious moment, pleasure in every task, love in every direction!

If I cannot appreciate as a blessing the house I now live in and nothing will do but that I acquire a bigger and better house, all that will happen is that when I do get the bigger and better house I shall soon be dissatisfied with it and be wanting a still finer one. If I love money ardently enough to work furiously to get it, brushing aside all opposition, I may get this succession of finer houses, but I shall not eliminate from my system the poison of constant dissatisfaction, which is a sturdy barrier to happiness for anyone.

I am now confident that it is only when I appreciate and love my present little house that I can have even a bigger and better one, which I shall also love and enjoy. Only if I am prosperous now and appreciate what I have can I hope to have more still. "Unto every one that hath shall be given, and he shall have abundance," said the Master.

It is a solemn truth. If what you have is a restless dissatisfaction, you will get more of it, no matter how much money you may acquire. If you have a present happiness, a present appreciation of God's blessings, then you will have still more of them.

whether your income increases or not. Money of itself is of no value; it is useful only in so far as we are able to appreciate and enjoy the things it can buy. If we do not have this constructive attitude, then wealth becomes an empty mockery.

It behooves each of us to ask the question "How prosperous am I?" and to accept prosperity as a state of fullness, of abundance of good blessings, of richness of life and experience. If we are prosperous in these terms, we have truly entered the kingdom of God, and then there is no limit whatsoever to what further blessings we may ask for and receive. Because we already have, we may have more without limitation.

It was only when I mastered this truth that I was able to find a solution to the alarming problem of having material prosperity and not enjoying it. I asked God for the answer and received it. My prosperity was given me so that I could have greater power to give aid and happiness to others, and as soon as I used this blessing to the full my enjoyment of my improved financial condition multiplied again and again.

A friend of mine was having trouble working his way through medical school. Presto! His troubles were over! His grades shot upward as he found himself with more time to study, and fewer economic cares. His joy filled my heart.

When two young friends of mine got married and did not have enough money for furniture for their new home I instituted a system of anniversary gifts, figuring they were entitled to an anniversary once a month that first year! Each month their home sprouted one new item of furniture—a lamp, a chest of drawers, a table, an armchair, and so on.

In a thousand ways, large and small, important and unimportant, I discovered how to give happiness to others and in giving it to gain it for himself. I blessed my prosperity! The richer a man is the more completely happy he can be by sharing his wealth with others.

I recall one small incident in particular, for it is rather amusing. Vacationing in Vancouver, B. C., I found the hotels packed and I could get a room only at the Y. M. C. A. In the washroom I got to talking with a young fellow who with three of his

buddies were in trouble. They had driven up from Seattle and run out of money. They had slept in their car the previous night, two of them curled up in the rumble seat, and they had no money for supper. They had wired home for funds, but thus far had not received an answer, and it was dinner time! I made no comment, but walked down to Robson Street, which abounds in food shops, and bought a huge bag of delicious pies, a Canadian specialty. I found the car parked outside the "Y" and told the goggle-eyed boys, in ostensible seriousness, that I was distributing free samples of pies, and if they liked them, would they please tell their friends? You should have seen those pies disappear!

No matter how much or how little you may have, count your blessings! Thank God for each one of them. If all you have is a loaf of bread, thank God for the wonderful blessing of bread. If you can walk, thank Him for this priceless gift. If you have a friend, thank Him for your friend. And above all, thank Him for His constant presence and for His dazzlingly wonderful promises, which are unfailingly kept. This is the very foundation stone of true prosperity. Upon that foundation you can build the palace of your dreams, only it will not be a dream, but a magnificent reality.

I am no longer nostalgic for those wonderful days of "poverty" in New York, which I found so rich and satisfying, for I have learned to accept and to appreciate fully the wonderful new blessings God has bestowed upon me. Each day of my life is wonderful, for it is a day spent with God, and therefore one constantly filled with happy surprises, the occasional dark shadow of evil being nothing more than a prelude to some still greater blessing.

Says the Talmud: "Who is rich? He who is contented with what he has."

No other prosperity is possible.

### Source

"Where did I come from?" Straight from God,

Like the shell from the sea or the sprout from the sod.

You are part of it all—no less, no more,

So stop your queries and trust and adore.

—Ella Wheeler Wilcox.

## Face That Problem

By Mary L. Kupferle

LET US face that problem confronting you right now! Let us look at it squarely and see it in its true light and take it for its true worth. No matter how long it has hampered your perfect expression of health or peace or success, let us now refuse to believe in failure or discouragement. Its appearance in your life is actually a shadow, temporarily darkening your thoughts and your day. It is only in your thoughts that you are bound and deceived by error and unhappiness.

There is one sure way to cut those ties, child of God; and it is so simple and easy and perfect a way that we are apt to pass it by and look for a more arduous and difficult one. But it is in the simplicity of divine law that all things are made plain.

Become as a little child, beloved, meek, and humble, willing to be guided by your Father and Maker. Free yourself from the tight, cramping style of vain struggle and let, just let, His will be done in you! Relax and turn your face to the sunlight, as the shadows fall behind. As you still all noise and clamor and focus your attention on the magnificence and glory of the Father's word, on the blessed assurance of His ever-loving care and guiding hand, part of this heavenly blessing will seep into your heart and mind and body.

When through your complete acceptance of divine law the clear, full light of Truth and wisdom are permitted to shine forth, all shadows will dissolve. Then, beloved, the shackles that bound you will lose their power and suddenly drop and fade into nothingness.

Stand straight and strong and free, my child, unfettered and unbound, acknowledge your divine and glorious heritage of health and plenty, peace and joy, the birthright that was yours from the beginning and now awaits your acceptance. Hear your Father's promises:

"Thou shalt also decree a thing, and it shall be established unto thee."

"All things whatsoever ye pray and ask for, believe that ye receive them, and ye shall have them."

"Ask, and ye shall receive, that your joy may be made full."

*By Lowell Fillmore*

We can understand the word of God when He speaks within us, because we, His children, are created in His

image and likeness. Surely a child should be able to understand his father. We do not need to waste our time in worrying about material things, for we can go straight to the source of all things and secure all we need. According to the assurance of our omnipresent Father-God, we shall find the kingdom of heaven on earth and demonstrate our dominion over all things in the outer world.

Life's burden will be easy and our way will be joyful when we let the will of God be done in us, as we follow God's perfect, harmonious laws. Life is difficult for those who run afoul of God's perfect laws or rules of life. A person who would overcome the evils of the world should take his mind off the things that seem to be evil, and direct it toward the everywhere present goodness of God in which all is well. Material things are but the outer manifestation of God's spiritual substance, and so we find that order is quickly restored in the outer world when we conform to the law within.

When we are obedient to the divine law we abide joyously in the beautiful Garden of Eden; but when we are disobedient we deport ourselves to a world of hard labor, in which we must earn our bread by the sweat of our brow.

There is of course much physical, mental, and spiritual work to be done by us in the world, but when our work is done in the spirit of love, harmony, and peace, we find that it becomes a joy to all who serve. However when we strive to accomplish results by physical force and personal will power, or when we are moved by fear, our labor becomes hard and thankless.

The greatest need in the world today is for man to reattune himself many times each day to the will of God so that he may keep close to the joy of living. When difficulties assail us let us realize that it is time to be quiet and forget our fears and selfish desires as we acknowledge the presence of God within us and listen for His word: "Be still, and know that I am God."

### As a Man Speaketh

By Beth Munson

My days with joys are brimming,  
My heart knows peace and rest,  
Because I said, "God bless him,"  
I too was quickly blessed.

## Someone Prayed

### No Insurmountable Problem

*Dear Silent Unity:* From time to time I have written to you for help in solving what seemed to me an insurmountable problem. Each time your warm response has come I have known that my problem would be solved. I want to thank you all for the wonderful help you have given me.

The last time I wrote you regarding my son, who is away at school. He had missed several weeks from classes because of illness, and his counselor said he could not finish the year if he did not improve—also he had been undependable, probably because he was swamped with make-up work. I have just had a letter from him saying his work is all made up and his grades are excellent. A previous letter from him written soon after I asked you for help told me he realized he had not been dependable and would never let it happen again. He took the matter very seriously, and now his entire attitude has changed for the better.

How can the power of prayer be doubted when one sees such changes take place! I am so grateful to you for your help that words cannot express my feeling.

The story of Unity in our family I think is quite interesting. We had not known of Unity until my father, who was nearly seventy years old, started studying it. We thought little of it until we realized that it was changing his life. This year at the

age of 87 he passed on. He has been an inspiration to all four of us daughters, for life to him was a very happy thing in his late years. All four of us now value Unity and its help beyond measure. It has proved always to be a source of help and strength to us. We bless you in your work and thank you for the inspiration and help you are giving.—G. B. B.

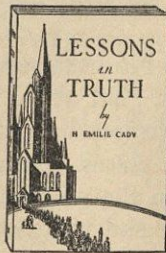
### God Can and Does Heal

*Dear Friends:* My beautiful little girl was just learning to walk when somehow she had a hard fall and bruised her knee. Her knee began to swell and a fluid formed under the cap. The X-ray photograph showed infection of the bone. I was beside myself with worry and grief; my hands seemed tied from lack of money and indifference of the family. Oh, God! What should I do? As in answer I looked up I noticed the little printed card on the wall of the doctor's office. "We can cleanse a wound, but only God can heal" (or words to that effect). So I gave up my burden and asked God to carry on in this prayer:

"Dear God, would You heal my baby's knee? I have done all the doctors told me to do and still she is no better. If You would want her to walk again, then it is up to You. I have done all I know how, so please, God, heal her. I ask it in the name of the Lord! Amen."

In time she was healed, and now, years later, seeing her walking with the other school children, I thrill to realize the wonders of God, and I am humbly and reverently grateful to Him for His healing.—P. P.

## Make Lessons in Truth Week a week to remember . . . SEPT. 9-15



AGAIN it is time to prepare for Lessons in Truth Week. During this period Unity readers everywhere will unite in prayer and special study of Unity's fundamental textbook LESSONS IN TRUTH, and the blessed results of this world-wide spiritual communion will make Lessons in Truth Week really "a week to remember."

### Now is the time for you to prepare for Lessons in Truth Week

The only requirement for admission to Unity's world-wide study group, September 9-15, is that you have a copy of LESSONS IN TRUTH. With the book you will receive a copy of a helpful new booklet The Lessons in Truth Study Guide that offers you just what its title implies. If you already have LESSONS IN TRUTH, you can still have this new study guide; it is free.

Decide now to join other Unity students in observing Lessons in Truth Week and receive the blessings that are yours if your heart is attuned to Truth. Make Lessons in Truth Week your own "week to remember."

*Lessons in Truth*  
is priced  
at \$1.

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

# THE SOCIETY OF SILENT UNITY

THE HEALING DEPARTMENT OF UNITY SCHOOL

## + A Message to You: Asking in His Name

*Dear Friend:*

Jesus Christ withheld nothing of Himself when He said to His disciples: "Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto the Father. And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son. If ye shall ask anything in my name, that will I do."

With loving understanding Jesus Christ was preparing His disciples for the work they were to carry on after His physical separation from them. He knew they would be fearful and sorrowful. He knew it would seem almost impossible to them to carry on the works He had established with their help. He knew they would meet antagonism, ridicule, and persecution. He also knew what He meant to them, for they had been with Him during His ministry of healing and teaching.

Have you ever thought what the name of Jesus must have meant to those disciples who for several years had been with Him almost constantly? As you think about the association of Jesus Christ and His disciples, the many lessons He taught them, the miracles they had seen Him perform, the love and kindness He so graciously bestowed, the strength, wisdom, and courage with which He met every opposition, you will come into a very real and vivid understanding of His name and what it means.

The name of Jesus was a magical name to the people who lived in Galilee and the surrounding countries. "Jesus is coming! Jesus is coming our way!" The good news spread before Him wherever He went. From the hills and byways came the people. Often they brought their sick with them, a child who was misshapen, a parent who was paralyzed, a mother subject to falling spells, a crippled neighbor, a blind grandfather. Out from hiding places in the rocks the lepers came and at a distance followed the crowds that lined the roads Jesus traveled.

The name of Jesus Christ went before Him. The halt, the deaf, the beggar, the weak, and the sorrowing waited breathlessly for His approach. His name meant help for them. The women with small children in their arms eagerly scanned the road. Perhaps He would reach out a hand and bless their little ones. The name of

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

I hear the voice of God saying, "Let there be light," and I understand.

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

The promise "Whatsoever ye shall ask in my name, that will I do," is now fulfilled in my abundance.

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

I hear the voice of Jesus saying, "Thy faith hath made thee whole," and I am healed.

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Jesus meant love and understanding to them, such as no man had ever known before.

Jesus is coming! No newspaper, no radio to spread the glad news. Yet it reached the most remote hamlets and scattered dwelling places. "Jesus, the man who fed us in the wilderness, is on the way. Hurry and bring the boy with you. Maybe He can straighten his legs!" No urging was needed. Neighbor helped neighbor to get down to the road where Jesus was coming, the Jesus who healed them, the Jesus who understood them and taught them as no other had ever done, the Jesus who blessed their little ones, the Jesus who understood the hunger of their heart and fed them spiritually so that they were satisfied, even as He had fed them from the material loaves and fishes all and more than they could eat.

What do you suppose the name of Jesus meant to Zacchaeus? Zacchaeus

was a rich man, a man of some importance as a collector of revenue. Certainly he was not the type of man who would pay homage to the average person. But he wanted badly to see Jesus, and being short of stature he knew he would not have a chance to see in the crowd that was gathering. So he ran as fast as he could and climbed a tree that he might surely see Jesus as He came down the road.

What would the name of Jesus Christ mean to you if through Him you had experienced what Lazarus experienced, or if you had been Mary or Martha? If you are one of those who wonder what Jesus meant when He said, "Ask in my name," review your New Testament. Put yourself in the place of His disciples, or of Mary Magdalene, or of those whom He fed in the wilderness, or of those who at some time were healed, comforted, blessed. What would the name mean to you today if someone at your door cried: "Come quickly. Jesus Christ is here! He is coming down the road?"

The more you think about what the name of Jesus Christ meant to those who sought healing, to those who followed Him for three days in the wilderness, to the people in the tossing boat, the more you will realize what a vitally meaningful name it can be to you.

The name Jesus Christ is charged with the power of His works, charged with the power of divine love, understanding, faith, and joy, filled with the very substance of eternal life and wholeness. The very love and power of God, All-Good, is in the name of Jesus Christ. So when you ask in His name you ask in love. You cannot ask unlovingly or selfishly in His name; you cannot ask for anything that can harm another. When you ask in His name you ask in joy, faith, and understanding. These He gave to you when He gave you the right to use His name, the right to draw upon every good thing in heaven or earth in His name.

The love and faith embodied in the name of Jesus Christ works upon the life and substance of God as mightily to prosper you as it does to heal you. We now ask His prospering faith to work through you in His name:

The promise "Whatsoever ye shall ask in my name, that will I do," is now fulfilled in your abundance.

In His name,  
Silent Unity

## The High Watch

### Beware!

The appeal of the divine law is twofold. The "Thou shalt love Jehovah" of Moses and the "Come unto me . . . and learn of me" of Jesus Christ voice the constructive appeal. By obedience we have all to gain. The negative appeal sounds a warning: "Beware lest thou forget Jehovah thy God . . . I testify against you this day that ye shall surely perish." This "or else" of the divine law is being reinterpreted in our time by doctors and psychiatrists. Love in the heart exerts its freeing power over the body, giving health and strength a chance to become manifest. Contrariwise, hate and resentment enslave the body, making of it a prey to pain and crippling disease. The Kansas City Star publishes a report by Frank Carey on a recent medical finding made public in Philadelphia. We quote:

Chronic victims of pains and aches in the muscles and joints—without organic ailment—may be suffering from nursing a smoldering grudge against someone close to them.

This was the concept advanced today by Dr. Edward Weiss of Temple University medical school in discussing a condition which he said has been called "psychogenic rheumatism" by some investigators.

He told the American College of Physicians at its twenty-seventh meeting in a prepared address that the term had been applied to persons who have aches and pains and often a slight fever but who disclose no organic ailment during physical examination and laboratory studies.

Weiss said he disliked the term "psychogenic" because he said such persons were not suffering from any disease of the mind, but rather from "a disorder of their feelings"—often linked to a marital or parent-child problem.

Asserting that the muscles serve as a means of defense and attack and that internal tension is most easily relieved by muscular action, Weiss said:

"The individual with muscular aches and pains would often like to express his aggression against someone in particular but is prevented from doing so by the affection or respect for that person that is mingled with his hostility."

He declared such persons usually are totally unaware that they bear a chronic resentment.

And he added that when a doctor, by direct questioning, brings that resentment to the surface, improvement of the patient's physical condition takes place.

"So often," he said, "we find these pa-

tients wearing sacroiliac or abdominal supports when what they need is inner support. Instead of trying to bolster them up with a crutch what we ought to do is try to develop their inner, emotional security."

Emotional strains and frustrations account for many excesses and abnormalities. When the relation between mental feeling and physical reaction is understood the wrong mental habit can be corrected. A second news item in the Star throws light on some excesses not hitherto understood:

Some people go on "food benders" to seek relief from emotional frustration in the same way that others indulge in alcoholic bouts, Dr. Louis H. Twyeffort, a Philadelphia psychiatrist, reported today.

Declaring excessive eating, with consequent excessive weight, could often be traced to an emotional disorder, he told a clinic session of the American College of Physicians' twenty-seventh meeting that such a phenomenon accounted especially for many cases of extreme overweight in adolescent persons.

Frequently, said the chief of the consultation clinic of the Institute of Pennsylvania hospital, such cases of overweight are erroneously diagnosed as due to some glandular disorder.

He cited the case of a youth in his twenties who weighed 442 pounds as a result of excessive eating and who told the doctor:

"All my life I have hidden my troubles behind a plate of food. If I had taken to alcohol instead I would have been dead long ago."

On one occasion, Doctor Twyeffort said, this youth went on a four-to-five-hour eating spree at an all-night restaurant after "he had had a falling out with a girl friend."

Under psychiatric treatment, the doctor reported, the stout lad gradually was able to cope with his emotional problems and "no longer had to regress to the more primitive physiological way of seeking sensory satisfaction." He took off about one hundred pounds and "subsequently made an excellent record in the merchant marine," the doctor said.

Doctor Twyeffort also told of a twenty-year-old girl who was frustrated by "an overdomineering family," and who turned excessively to food because she said she got "so few satisfactions from my family."

Still another woman of twenty-seven, who suffered from social isolation and general embarrassment when in groups, told the doctor: "I could eat all day. It isn't really appetite because I'm not hungry. I eat when I am most worried . . . and it makes me feel less lonely."

Describing other objective signs of emotional upset, Doctor Twyeffort said people who admit a predilection "for aisle seats in the movies, or rear pews in church" may be victims of claustrophobia. And oftentimes, he said, some hidden emotional disorder can account for physical manifestations such as muscular aches and pains.

## Notes and News

### The New Lessons in Truth Study Guide

☛ Unity students who participate in Lessons in Truth Week, September 9-15, may study and review *Lessons in Truth* with the help of a new study guide. This 24-page booklet contains some interesting facts about H. Emilie Cady and her book *Lessons in Truth*, and seven daily assignments with suggestions for meditation and study.

If you already have the book *Lessons in Truth*, just ask for your copy of the new study guide, which is free. The study guide is included free with each *Lessons in Truth* order filled at this time.

### Prison Chaplains Welcome Unity Literature

☛ "I sincerely hope that you will continue to send us as many copies of *Daily Word* as you can spare," writes a chaplain of a State prison to Silent-70 Unity's department for the distribution of free literature to institutions.

The chaplain continues: "*Daily Word* is widely read by the inmates here, and they find in it splendid instruction and moral guidance. I too find it most interesting."

Another chaplain writes in appreciation of twenty-five copies each of *Teach Us to Pray* and *Lessons in Truth*, which he expects to use in classes for the study of the Unity teachings.

The above-mentioned publications, as well as any of the other Unity books, booklets, and magazines, are sent by Silent-70 to individuals and libraries of hospitals, prisons, industrial homes, orphanages, homes for the aged, and schools for the blind. Silent-70 sends out approximately half a million pieces of literature each year. Unity is assisted in this ministry by friends who send love offerings for this purpose.

### Wee Wisdom Stories for French Children

☛ Readers of Unity magazine will want to join Unity in thanking and praising a friend, now living in Switzerland, who writes as follows: "Now that your literature can reach us again I wish our children could enjoy all the lovely things in *Wee Wisdom*. The need is great for a new education of our children, especially since the children of today will be the men of tomorrow. I have found a publisher who has expressed his willingness to include in his illustrated paper from time to time translations of stories from *Wee Wisdom*. These I shall translate for him. I wish the entire *Wee Wisdom* magazine could be made available to our children, but our effort will be a beginning of spreading the Truth among children here."

## Responsive Service

Sunday, August 4, 1946

Unity Subject—*The Meaning of the Sabbath*

INTERNATIONAL SUBJECT—*Jesus Teaches the Right Use of the Sabbath.*  
—Exod. 20:8; Mark 2:23-28; Matt. 12:9-13

8. Remember the sabbath day, to keep it holy.

23. And it came to pass, that he was going on the sabbath day through the grain-fields; and his disciples began, as they went, to pluck the ears.

24. And the Pharisees said unto him, Behold, why do they on the sabbath day that which is not lawful?

25. And he said unto them, Did ye never read what David did, when he had need, and was hungry, he, and they that were with him?

26. How he entered into the house of God when Abiathar was high priest, and ate the showbread, which it is not lawful to eat save for the priests, and gave also to them that were with him?

27. And he said unto them, The sabbath was made for man, and not man for the sabbath:

28. So that the Son of man is lord even of the sabbath:

9. And he departed thence, and went into their synagogue:

10. And behold, a man having a withered hand. And they asked him, saying, Is it lawful to heal on the sabbath day? that they might accuse him.

11. And he said unto them, What man shall there be of you, that shall have one sheep, and if this fall into a pit on the sabbath day, will he not lay hold on it, and lift it out?

12. How much then is a man of more value than a sheep! Wherefore it is lawful to do good on the sabbath day.

13. Then saith he to the man, Stretch forth thy hand. And he stretched it forth; and it was restored whole, as the other.

### Lesson Interpretation

*What is the true meaning of the Sabbath?*

The Sabbath represents the consciousness in which we have peace of mind, rest of soul, and inward stillness. Metaphysically it has nothing to do with any day of the week, but it denotes the refreshing that comes to those who have fulfilled the divine law in both thought and act.

*What is the origin of the idea that one day in seven should be dedicated to rest?*

It derives from the Bible account of the creation. The six "days" or periods of intense creative activity of Divine Mind are followed by the seventh "day" or period of rest.

*Is rest a phenomenon observable throughout nature?*

It is; from the ebb and flow of the tides to the action of the mind. Everything indicates that recurrent seasons of rest form part of the divine plan.

*What is the Sabbath of the mind?*

A state in which we are free from care and harassing thoughts and can devote ourselves to contemplation and prayer.

*Why was the Sabbath made for man?*

To give him the poise that comes from a counterbalancing of activity and contemplation. He needs to devote one seventh as much time to contemplation and rest as he does to activity.

*As sons of God what is our ultimate goal?*

Peace of mind and achievement. Without the former the latter cannot be realized.

*As far as we can discern it, what is the purpose of creation?*

To bring forth the perfect man. In so far as the perfecting process requires special seasons such as the Sabbath, these seasons are provided. Man does not exist for the purpose of observing them. On the contrary they exist because he needs them.

*Is it possible for us to free ourselves from the hold of tradition?*

We can disregard the tradition that we must carry the world's burdens on our shoulders and refuse to entertain worry or to be careworn. We can

consciously remove our thoughts from all that distresses us and center them in God, who frees us and leaves us in peace. By working out our own salvation we can always dissolve binding traditions.

*What is the test of whether we are to keep a day set aside for rest?*

If any good can be served by constructive work on the day set aside for rest, or if any work is necessary, our duty is to interrupt our rest and do with our might what our hands find to do. "It is lawful to do good on the sabbath day" or on any other day.

### To Be Held in the Silence

*I make the Sabbath in my consciousness by developing and expressing divine peace.*

(The lesson for next Sunday is from Exod. 20:12; Mark 7:9-13; Luke 24:52; Eph. 6:1-4.)

## Field Activities

BERKELEY, CALIF.—Unity Assembly, Dwight Way, announces the following activities: Sunday, 11 a. m., devotional service. Thursday, 2:30 p. m. and 7:30 p. m., study class. Daily silence, 12:20 p. m. Center open daily, 11 a. m. to 4:30 p. m. Susanna H. Scott, leader.

SAN DIEGO, CALIF.—Unity, San Diego, 1941 Thirtieth St., announces the following activities: Sunday, 9:45 a. m., Sunday school; 11 a. m., devotional service. (These services are held at 1620 Sixth Ave.; all other services are conducted at the center quarters.) Sunday, 6 p. m., Unity. Tuesday, 2 p. m., study class. Wednesday, 8 p. m., midweek service. Center open daily, 10 a. m. to 4 p. m. Marie H. Fleming, leader.

SAN FRANCISCO, CALIF.—Unity Temple, 21 Post St., announces the following activities: Sunday, 11 a. m., devotional service. Tuesday, 11 a. m.; Thursday, 6:30 p. m. and 8 p. m., study class. Center open daily, 9:30 a. m. to 8 p. m. Robert W. Hulbert, leader.

SANTA CRUZ, CALIF.—Unity Society of Spiritual Christianity, 153 Garfield St., announces the following activities: Sunday, 10:30 a. m., Sunday school; 11 a. m., devotional service. Tuesday, 2:30 p. m., study class. Center open daily, 10 a. m. to 4 p. m. Alice M. Hopkins, leader.

DETROIT, MICH.—Detroit Unity Association, 1124-34 Maccabees Bldg., announces the following activities: August, 1946, featuring guest speakers during the month of August. These services will be held at the Detroit Institute of Arts:

August 4, 11 a. m., William Quinn, Columbus, Ohio.

August 11, 11 a. m., Elsie Rosenberg, Rochester, N. Y.

August 18, 11 a. m., Elmer M. Gifford, Milwaukee, Wis.

August 25, 11 a. m., Lillian M. Mitchell, Buffalo, N. Y.

The midweek service will be held each Wednesday at 8 p. m. in the center quarters. J. Hunt, leader.

A complete list of the Unity centers offering a ministry of devotional services and classes in the Unity teaching appears in each issue of *Unity* magazine under "Unity Centers." For information may be secured by writing to the Field Department of Unity School. Attend the nearest Unity center for further enlightenment of the spiritual principles set forth in the literature.

### WE HAVE A GOD THAT CARRIES US!

• A prophet of olden times looked at a procession of idolators each bearing his god and chided them, "Ye have gods that ye carry, but we have a God that carries us!"

Yes, God carries us—if we will but acknowledge Him as the one power and accept His bounty in our life.

DAILY WORD, Unity's magazine of daily devotions, can help you remember that God carries you. It is edited under the supervision of Silent Unity and contains a prayer, a Bible verse, and a practical Truth lesson for each day in the month.

The price of a year's subscription for DAILY WORD is \$1.

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