

SPIRITUAL HEALING.

By E. P. B.

WE can humbly say that our human ideas of God and of His Will are truer than those of earlier ages. Much has been discovered, while many things once thought true we no longer accept. To know God we must study the laws by which He works; for this purpose He has endowed us with intelligence and the power of reason, and thus made us responsible beings. It is a false reverence which hands back this responsibility to God and neglects His plain laws. The Will of God is to be wrought out in the world and not passively accepted. Much so called resignation is merely ignorant misunderstanding of His divine purpose. Many things God can only accomplish when the conditions are favourable, and this because He voluntarily limited His power in making man and now awaits his co-operation in the establishment of His Kingdom. Error is useless and harmful. Truth is necessary to fulness of life.

Let us apply this to the realm of physical suffering. It is not God's pleasure that anyone should suffer through ill health. Whatever virtues may be strengthened thereby, the normal method is surely by means of well being. God's desire is that all should be healthy. Our Lord Jesus Christ by His healing ministry clearly revealed this truth. To tell someone who is ill that it is God's 'chastening' weakens the patient's effort without which recovery may be impossible. The fact that lessons are learned in sickness does not change it from being itself an evil to be expelled.

To say that suffering is the work of Satan is as beside the mark as to say it is the Will of God. Neither is anything but an excuse and quite unworkable as a solution to the problem. We know it is not according to natural law, except where nature herself has fallen and awaits redemption; thus 'the wolf shall lie down with the lamb' when men are true sons of God.

Man himself is responsible, and the pity is the innocent suffer through the guilt of others even to the third and fourth generation. The power of free will has been misused by someone, but our endeavour is not to search for the cause so much as for the cure. Not to blame but to heal.

How is healing possible? There is one means without which all medical and surgical science would avail nothing. At the same time these are often necessary to enable the means to operate.

God has given us a body, a mind and a spirit. It is this spirit which links us to Himself, and it is to this and through this that He contributes to our well being as we open the channel by prayer. The spirit is constantly active. It re-creates the body cell by cell. It is the healer of the body. Immediately any part is abnormal the spirit seeks to restore it. It protects the body by means of an army of corpuscles in the blood. In these ways is manifested the purpose of our Maker to eliminate disease of every kind and to restore health and harmony within.

Our attitude therefore is to be one of intelligent co-operation. Assured of God's desire for our complete well being we confidently turn to Him in faith and open our being to His inflowing power. A careful study of the healing ministry of Jesus Christ will make plain this beautiful truth. 'Thy faith hath saved thee' just meant that through implicit confidence in His ability to heal them, many enabled Him to communicate the increase of spiritual power without which they had remained as they were.

It is most desirable to-day to proclaim this neglected truth to men. Its oversight in the Church of Christ has resulted in the formation of Societies outside, which have taken and adulterated it with a great deal of irrational teaching. The truth is too strong to be refuted, too beautiful to be defaced. It simply asks our acceptance to make us free from error and all evil.

Would you be whole in body, mind and soul;

Seek Wholeness with the Lord ;

Then cell by cell within the olden shell

There shall be formed Love's body of the Light

Which is immune from sickness, sin, and death."

But there is something more than physical healing implied here. Observation shows that a person may be sound in physique and yet not possess complete well-being ; on the other hand, invalids may have everything but health. After all there is in human personality a self, or soul, sometimes termed character, that constitutes what we really are. This is the building not made with hands erected by the spirit within. It begins to take shape in early years, the foundations were laid before conscious life began. It is constructed of thoughts and feelings and many other materials difficult to classify ; its increase and stability are according to our daily life. Physical health from being most important without becomes least important within. Moral and intellectual health matter much more. Thus soul is the result of life while spirit is the principle. Neglect causes it to deteriorate, while the misuse of the mind or body may undermine it and cause its downfall. This means loss. Loss to ourselves and to the community. The truth may be put in Scriptural language, but it means the same thing. "If a house be divided against itself, that house will not be able to stand." Unless the lower, the sensuous is subordinated and controlled by the higher, the spiritual, it will ruin the character, the soul. And so we are told not to be afraid of 'them which kill the body, but are not able to kill the soul,' but to fear evil which is able to destroy both soul and body. Again, men are rightly termed fools, who say to the soul, 'Soul, thou hast much goods laid up for many years.' When the soul is required by God, these things do not matter. Not the least important among the many beautiful truths about the soul is that it survives physical death.

To return now to the idea of spiritual healing. We see now that there is one principle throughout. The emphasis was placed first upon the well-being of the body because it is so apt to be overlooked in religion, but after all the well-being of the soul is of more importance. Since the soul prospers through the power of the spirit, and the spirit is life as coming from God, then commu-

nion with God is a source of strength, and apart from Him we are liable to fail. 'To him that hath no might He increaseth strength.' 'Work thoroughly your own salvation, for it is God that worketh in you.' No one is sufficient of himself to live the life that is most worth living. But 'as many as are led by the spirit of God these are sons of God,' the Spirit Himself bearing witness with our spirit.

How refreshing it is just now, when duty calls to an environment far from helpful to spiritual health, to ask and receive of heavenly grace. By sincere and simple prayer we at once enable God to impart His divine strength. Those who draw the water know the secret of its becoming wine.

"What thy need? He can supply it:

Longing? He can grant:

In Him is exhaustless fulness

For each want."

A HOLIDAY HAUNT.

BY NURSING SISTER.

WE often hear Ootacamund spoken of as the Queen of Hill Stations, and indeed her right to reign cannot be disputed; but seldom I think has her near neighbour Coonoor been the subject of a poet's rapture.

As a holiday haunt, Coonoor is nearer the plains and living is slightly cheaper than at Ootacamund. So, as I am thinking of tired nurses' pockets, I will devote this sketch to a brief description of the smaller place.

One has to be in the Nilgiris to get the right atmosphere, that blue dreamy air of the evening, and the pleasantly invigorating air of the morning. The word itself, derived from the Sanscrit *Nilan* (blue) and *giri* (a hill), implies the wonderful combination to be found at Coonoor, of the health giving breeze, and the mystic haze suggesting, and inviting romance at the close of the day.

Coonoor is in the Nilgiri Hills at a height of 5,600 to 6,000 feet. Indeed, at the top of Teneriffe, one of the celebrated climbs there, the height is well over 7,000 feet.

The place abounds in beautiful walks, many of them through tea estates; through groves of tree ferns; through, and over, forests of bracken; and the sweet odours—as one passes through the woods treading the fallen leaves, moss and bracken underfoot—the odours alone, pungent, crisp and health-giving are a tonic both for mind and body.

One day, after wandering with a *chokra* as my guide and a book as my friend I spent a whole afternoon lying on a couch of bracken just under the summit of Lamb's Rock. From there one can see Metapollium the last plain station from which the engine begins her puffing, panting, expostulating hill climb, and the plains themselves rolling, rolling into mist. Around one are flowering creepers; the shade of mighty trees; patches of sunlit moss; and