



HOUSTON VISITING CHRISTIAN SCIENCE NURSE SERVICE

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Eliminating Fear

Infodemic is a new word cropping up in health bulletins and news reports. It means “an excessive amount of information concerning a problem such that the solution is made more difficult” (yourdictionary.com). This is true now, and it was true in 1918 – 1919 when a global pandemic was marked by far more devastating effects. Does our environment inevitably shape our thought and our experience, or is our thought capable of transcending our mortal experience? The experiments (conducted near Niagara Falls, New York) detailed in the following article provide an answer to this question.



Image by David Mark from Pixabay

From the April 12, 1919, *Christian Science Sentinel*:

The experiments made at Goat Island by Navy doctors in an effort to learn something about the influenza germ, carry a lesson that every person should study and understand. Fifty young sailors volunteered to become influenza victims, that the doctor might study the disease more carefully. These young men had no fear of the disease; they willingly offered themselves. They were placed with flu patients; they were given jars of flu germs, which they breathed into their lungs; they had flu germs injected into their bodies. Then the medical men prepared to study the cases as they developed.

But no cases developed among these fifty sailors! These men had been inoculated; they had been exposed to the disease in every manner; they had breathed in the germs and eaten and slept with flu victims, and not one of them became infected! The medical men confessed themselves baffled. All their ideas of the disease were topsy-turvy. The bunk about the masks was again exposed; and it was shown that the disease was not communicable, not contagious. The doctors are still wondering.

The explanation, however, is simplicity itself, for it was proved by each of these fifty young men. These fifty young men volunteered to act as subjects upon which to be experimented. This showed clearly that they did not fear the disease. In other words, they could not acquire what they did not fear. Since their fear of the disease was gone, the disease was absolutely nonexistent, even though every effort was made to force it on them.

There can be no clearer nor better proof of the oft stated and rapidly being accepted fact that mind controls matter. Medical men are now acknowledging this condition. They are the first to tell patients to eliminate fear. When this is done, their work is done. There would be no cases of influenza if every person in the state would do as these fifty Goat Island sailors did; namely, eliminate fear of the disease.

God's Children

The other day from the woods behind our home there appeared six young deer calmly walking down the greenbelt. They stopped just outside our wrought iron fence as we breathlessly watched through the window. They serenely munched grass and nibbled low-hanging tree leaves. Once in a while, a deer stopped, stood perfectly still and vigilant, until seeing, sensing all was well, resumed eating. The other deer continued grazing, unafraid and unaffected. Then, a different deer repeated the same alert stance. Thus, these dear creatures calmly moved about their business. When they were finished, they one by one slowly and naturally disappeared into the heavy brush of the woods. They illustrated the equipoise of Love, and I thought how God is perfectly caring for them. The night before had brought a hard rain, surely drenching the deer, yet they appeared unfazed and beautiful – and dry! Their poise and grace and alertness stay with me. We, like those deer and the sailors of Goat Island, truly do remain untouched by false fears as we move alertly, serenely, confidently through our day.



Photo by John Royle on Unsplash

Mrs. Eddy posed this question when she wrote in April 1910:

“When will mankind awake to know their present ownership of all good, and praise and love the spot where God dwells most conspicuously in His reflection of love and leadership?” (*The First Church of Christ, Scientist, and Miscellany*, p. 356).

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