

# Health Germs.

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## HEALTH GERMS.

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In the fall of 1889 it was my pleasure to spend some time in Stockholm, the Venice of the North. While there I visited the National Gallery where there were representations of the best artists of their country. Many pictures interested me. After passing from room to room I became greatly interested in a large painting, probably sixteen by twenty feet in size, that occupied one side of an apartment of the gallery. This was called "David and Saul." David was seated upon a tiger rug in the attitude of playing upon his harp, while Saul at the opposite side of the room was reclining upon a dais. The whole setting of the picture was in warm, oriental colors.

From the moment I entered my attention was transfixed, and I seemed to see that which I never have seen in another picture. The warm glow of the sunlight fell in slanting rays across the face of David and lighted up the couch upon which Saul was resting. So real

was this that the friend who accompanied me, although a frequent visitor of the gallery, remarked: "How fortunate that we have come just the hour when the sun is shining upon the picture." Passing to one side I discovered that it was not the rays of the sun, only those which the artist had placed there, and that it really was a cloudy day. As wonderful as the artist had depicted the sunlight, it was far transcended, however, by the spiritual light represented in the eyes of David. Divine love and wisdom seemed to radiate from his countenance, while Saul apparently had just a glimpse of what was a living fact in David's life.

To me this is the most wonderful picture in the world. I had looked in hundreds of galleries in the faces of the Christs and the Marys to see this representation of spiritual life, but no other artist had seemed to have disclosed and reproduced it as in this masterful painting of this northern land. My friend urged me to look at other pictures, but I said "No; this is enough for one day." My heart was filled.

May I hope to present to you another picture. When only a child of nine or ten years it was my fortune to be a constant attendant upon the Friends' Meeting. I can now see the little girl with her brown hair braided and tied

with rosy-hued ribbons, her white dress with straight waist and a full skirt, her paper circular fan that opened and closed with marvelous mechanism, the meeting house so quiet and still, the elders and preachers sitting upon a high seat facing the audience, which was divided by a partition separating the men from the women. I can hear the low hum of the bees and the murmur of the winds. But most of all I can remember the radiant faces of the men and women who sat upon the high seats. I can still remember their severe, plain clothing; the broad-brimmed hats of the men, the soft, pearl-colored, long-hooded bonnets of the women, with spotlessly white muslin kerchiefs crossed upon their breasts. All else may fade from memory, but the radiant, harmonizing, spiritual expression of peace in their faces must live forever, for truly were they not listening for the voice of the Spirit, and although there were no audible words spoken, did they not from their faces express the deeper meanings that they themselves had experienced? Oh, how I remember those hours of silence—stillness, stillness, until even thought was hushed. The eyes forgot to see, the ears forgot to hear, and only spirit listened to Spirit.

Have you not seen the same light upon the countenances of our own people? Have you

not seen those who have been transformed as though a new life had been given them?

What is it? The ineffable expression the artist gave David? What is it that beamed from the faces of the devout Quakers that made such a lasting impression on the little girl? What is it that has given so many of you the ability to renew your youth and have the power to radiate health and peace to those about you? Is it not the soul's recognition of spiritual growth and power, manifested in peace of mind, harmony of soul, and health of body? Is it not wholeness or at-oneness of all life—a trinity of spirit, soul, and body expressed in unity? He who knows that Spirit is all in power and is redeemed from the domination of the material things and the illusion of the senses, in his redemption redeems all things. To him there are no unlucky stars, there are no venomous vipers, no illusive microbes, no death-dealing infusoria.

The converted man in love and wisdom has dominion over all things. He fills his lungs with the breath of the glorious morning without thought of miasma or malaria. He partakes of food prepared for him asking no questions, knowing that *one man's meat is not another man's poison*. He roams the sweet-scented woods without fear of inhaling poison-

ous odors or of the stealthy approach of any creeping thing. The activities of life possess his soul while he rests in the knowledge that his resources are drawn from the Infinite. Indeed, the inter-etheric atmosphere of all life becomes filled with life-giving germs, the product of creative thought force. They are the seeds of health and strength, so full of life-giving and life-saving power that it can but be imparted to others. The mere presence becomes infectious and the contagion of health may be carried without look or word.

"Your presence is better than medicine."  
"It always makes me feel well to see your face." "I wonder why I am always better than I was before you came." Who says this? Why, the sick and suffering everywhere. And to whom? To physician or friend who carries sunshine in his heart and joy in his face. Health and harmony is his and he radiates it everywhere. From such a person health is catching and it is the one contagion of which we have no fear.

The robust, rubicund, jolly man, full of cheer and wholesome mirth, is welcomed by every household and on every occasion. He scatters the germs of a blessed contagion, and his infectious presence is sought by all. He defies tradition of evil effects from drafts, climate,

impure air, bad food, and even of bacilli and bacteria. He is tonic to the weak, a stimulant to the debilitated, an antidote to poison, and veritably the ounce of prevention to all ills.

How we avoid the growler and the grumbler, the person who is always having *feelings* and is full of a mistaken notion that other people are interested in them. These people are the wet blankets of society, the venomous vipers that stealthily poison existence. They are bound up in a sense of self and the importance of their temporary bodies. They are constantly looking for snakes in the grass, are frightened at shadows, and are anticipating harm from all sorts of things. They live in and for the body, realizing and recognizing no power but that of the physical senses, to which they are cringing slaves.

Life is made up of opposites—heat and cold, light and darkness, health and disease. The scientist knows well that cold and darkness belong to the class called negatives, the nothings of life, and that darkness or cold can be put out of a room only as light and heat are introduced.

Disease is only the negative of health; it is want of ease, of harmony; it, too, is one of the no-things of life. It has long ceased to be considered an entity, the personal devil of the

body to be exorcised by all sorts of enchantments and vile nostrums. Can we say of a negative that it has existence, that it has a place and power? Remember that your body is not *you*, and that the positive force, the ruling power of life, is the spiritual man.

Recognizing the mastery of the spirit, you yourself are in possession of health, strength, and endurance, and with love, wisdom, and power you are able to communicate it to others. Yea, it must be, you cannot withhold it, you abide in it and radiate it as the sun, the great positive of the universe, radiates light and heat. Climate, drafts, cold, heat, and bacilli, all disagreeables, become as nothing to you. You cease to be influenced by them, because a negative cannot vanquish a positive, darkness cannot drive out light. When you recognize the power of the spirit, when you know it is the positive of life and thus gives you the mastery, then you know that matter, in the shape of your physical body, has no power over you, and you need not travel a long road to know that disease and pain are among the delusions of life, and are as easily dispelled as a nightmare vision.

Let the decree go forth in thought, word, and deed that you voluntarily have joined forces with the potent positives of life.



Health, strength, love, wisdom, and power belong to the realm of mind; their source is the Infinite, and by your natural and inherent relations to all life are your legitimate right. Like a feast spread upon the table, they are yours for the taking, and once in your conscious possession you must give them forth to others. Thought, word, and act reflect the wholeness and harmony of your life.

The greatest truth that man has ever found is that he consciously can train himself into realization of spirit and its mastery over the physical, into an understanding of the oneness of all life and the power of good over evil, of health over disease.

Thoughts are creatives; words are spoken thoughts, and stand for the thing spoken. One can hold to a given thought until he brings about the condition of that thought. It must be uttered and repeated in confidence, when the result will be a complete picture of the thought or word reiterated. This is a law capable of proof. Suppose you say:

*"I am a living, spiritual being. I have the attributes and powers of spirit."* Repeat it again and again, and sooner or later you will come to realize the power of the spirit; the spirit that is whole, and in harmony with universal law, in which there is no disease nor discord.

*Good only rules my life.* Say this one hundred times a day if need be, and goodness and love will rule your life. You are a unit of the whole, and as you have within you the germs of love and harmony that constitute the whole, by your claim, these germs grow and develop. You speak the word and become a manifestation of that which you speak.

*I have life, health, and strength;* realize these words in your innermost soul, and health and strength are yours. They are words of healing.

*I have love, wisdom, and power;* by the operation of the law they are yours. Could all the children of the world only know this prayer of faith, this working of the law, we would have health in place of sickness, love vanquishing hatred, and good ruling all things.

Spirit knows no sin, sickness, nor sorrow; as you claim you are of spirit, that you have the attributes of spirit, that you are a living, spiritual being, you shall have no sin, sickness, nor sorrow. The word is the sword of the spirit; it is the key to the door. Speak it, and in freedom the spirit shall know all, and have power over all. When one has trained himself into this knowledge or experience of health and harmony, he represents a positive condition and must needs radiate health and harmony to

others. He builds, constructs, and grows in health, strength, and endurance; in love, wisdom, and power; and living them without lectures or spoken words, his very life becomes an infectious sermon.

We must consciously enter into our possessions and claim that we are living souls rather than poor, weak, and material creatures. We must not dwell in mere physical sensation, but in affirmed and cultivated conscious superiority over conditions until they wheel into line and serve us. *We are greater than anything we have to contend with.* We are master of all conditions. Let us enthrone the ego which is spiritual, created in the image of the Infinite, and utilize something of the divine potencies that have been hidden by self-imposed limitations. Let us dwell in this consciousness until the spiritual light shines through the windows of our soul, touching all with our presence as Saul was touched by the divine radiance shining from the countenance of David.

Potentialized health germs become infectious through a redeemed contagion, while life, love, joy, and peace follow their dissemination.

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