

## PHYSICAL TONE.

"In the healthy body every cell is polarized in subjection to the Central Will. Perfect health, therefore, is orderly obedience, government and harmony. Every cell is a living entity, whether of vegetable or animal potency, and wherever disease is, there are disunion, error, rebellion and insubordination; and the deeper the seat of the confusion, the more dangerous the malady and the harder to quell it." J. C. Street.

The thought of the above quotation does not mean that the insubordination is necessarily conscious to the diseased individual, but that it surely obtains within the physical arena of his life. Because it is not the outcome of his deliberate choice, the case is not hopeless in the nature of things, but is open to better conditions. The deeper self which has intended no rebellion against the laws of bodily well-being may now distinctly intend harmony, and so lift the body to a higher plane.

And the last sentence in the quotation does not mean that you are to undertake a vast amount of hard work, assuming that you are not in perfect physical condition. You are, rather, just to begin and go on thinking yourself in a real way as in harmony with the Central Will, which is our White Life, and to hold steadfastly in the deeper self the ideas, Affirmation and Realization of Splendid Personal Tone.

Some of the meanings of these powerful words will be unfolded later, In the meantime, as all things are subject to law, let us observe a number of the general conditions to three-fold health, that of body, mind and the inner self, regarding their totality as the atmosphere, so to speak, in which courage most easily and perfectly thrives.

Fear in man is a result of repeated suggestion, to which low health-tone is a natural invitation. Health is the primary tonic against fear. Perfect physical health is mere strength. Perfect mental health is mere brain sanity. Perfect soul-health is the whole of the man at his best. When the body is buoyant, the mind clear and inspired, the soul harmonic with all existence rightly in the universe, then is the impulse of fear easily mastered and the habit of fear finds no encouragement. There are, indeed, courageous invalids who have not come into the secret of right thought so far as health is concerned, and fearing atheltes and scholars who have neglected the secret of courage, and timorous saints who have failed to possess themselves of the confidence of goodness. Nevertheless, the eternal law is evident that the one great enemy of fear is The White Life in Harmonic Mind in Buoyant Body.

A person who affirms and realizes these conditions must, in the nature of

things, be possessed of perfect health. In the tone of such health courage is inevitable.

That you may come to this ideal, you are invited to observe the following instructions. Health is a trinity, and we may begin our studies with its natural basis:

The general tone of health.

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The word "tone" means, "sound in relation to volume, quality, duration and pitch," then, "peculiar characteristic sound as of a voice or instrument," then, "characteristic style or tendency, predominating aim or character, tenor, strain, spirit."

Hence, in the sense of health, tone signifies "the state of tension or firmness proper to the tissues of the body; the state in which all the parts and organs have due tension or are well strung; the strength and activity of the organs on which healthy functions depend; that state of the body in which all the normal functions are performed with healthy vigor".

We thus see that health-tone involves the whole personality, physical, mental and moral.

But the truth of the matter hides in a deeper region than that of mere material flesh or organ. Matter is a form of the Universal Ether, so far as science seems to declare, or, at least, matter presupposes the ether in a state of vibration. Your body is a "field" in which etheric vibrations are constantly taking place. All its reality and all its activities involve such vibrations. The brain, regarded as the organ of conscious life, of thought and feeling, and the entire nervous system, involve such vibrations. And as your thought and feeling constitute the foundation of your moral character, the latter also becomes a matter of movements in the ether.

In the case of heat, light, electricity, etc., differing kinds of such vibrations determine the kinds of phenomena. We may say, then, that there is one general kind of ether-movement for matter, and another for thought and feeling, and another for the moral life. Each individual, however, presents variations of these general kinds of vibrations, a particular variation for his body, and for his mental person, and for his right or wrong self-spirit. We individualize the ether, Or, we are individualized as we use the ether.

The tone of a person's health is determined by the state of the etheric

movements characteristic to himself.

If the vibrations underlying the body life are full and harmonious according to their individual character for a person, his organs are all sound and active. He possesses physical tone. If there is a similar fullness and harmony within his mental life, he must exhibit health of mind. If a corresponding condition obtains in the moral personality, the highest health of the deeper self prevails.