

**FACTS AND  
FICTIONS OF  
MENTAL HEALING**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649580521

Facts and Fictions of Mental Healing by Chas. M. Barrows

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.  
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

[www.triestepublishing.com](http://www.triestepublishing.com)

**CHAS. M. BARROWS**

**FACTS AND  
FICTIONS OF  
MENTAL HEALING**

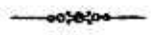


275

FACTS AND FICTIONS  
OF  
MENTAL HEALING.

BY  
CHAS. M. BARROWS,

AUTHOR OF "BREAD PILLS: A STUDY OF MIND-CURE," ETC.



BOSTON:  
H. H. CARTER & KARRICK,  
No. 3 BEACON STREET.  
1887.

COPYRIGHT, 1887.  
By CHAS. M. BARROWS.

---

J. S. CUSHING & Co., PRINTERS, BOSTON.

## PREFACE.

---

A LITTLE more than two years ago there was published a pamphlet entitled, "Bread Pills: A Study of Mind-Cure," the purpose of which was to direct attention to the subject presented, and lead thoughtful persons to perceive that psychical healing has a basis in reason. Perhaps the essay owes a wider circulation than its merits would seem to justify to the fact that it was written in popular instead of technical language, and was not pitched on too high a key. The writer of that pamphlet, though not himself engaged in the work, has enjoyed exceptional facilities for studying the operation of mental healing, and investigating a great number and variety of cases of alleged cure. He is convinced by the results of many careful tests, that if the mental treatment of disease be not all that its most sanguine advocates picture it, it is a powerful therapeutic agent when skilfully used, and based on a philosophy which has done the world incalculable good.

The first question asked about mind-cure is a material one. Are there any genuine cures? It

does not matter much what ails the patient who puts the psychical remedy to the test, so long as he is actually relieved of some kind of *dis-ease*. Make sure of that single point, and mental treatment is entitled to a respectable place beside the doctor's medicaments; and we may join hands with Rev. Dr. Denison of Williams College, and affirm that "the mind-cure is not a dabbling with the black art; it is simply experimenting . . . with a natural force. Something of an experiment, to be sure, for an invalid whose mind is not over-robust, but a clean and honorable business withal."

When the possibility of producing a mental cure is established, and the incredulous spectator has settled upon some theory of accounting for it, there will be time enough to put Macbeth's question:—

"Canst thou not minister to a mind diseas'd,  
Pluck from the memory a rooted sorrow,  
Raze out the written troubles of the brain,  
And with some sweet oblivious antidote  
Cleanse the stuff'd bosom of that perilous stuff,  
Which weighs upon the heart?"

The hard-headed materialism of the day is apt to be suspicious of a new thing that lacks a basis of physical verity, on which common sense may plant its feet; but show that your phenomenon is produced by the operation of a natural force, and the objection is removed.



Believing that people are convinced by leading them to reason from what they already know to what we wish them to accept, the writer has tried to make it apparent that there is a sound physical reason why well-directed thought should help the sick as much as medicine does; that a mental cure is nothing mysterious, but a natural event, which could not but take place under favorable circumstances. In presenting the case, however, he has not sought to compel the reader's assent. On the contrary, it has been his aim to awaken thought, and deepen the reader's interest, by fairly stating the evidence both for and against mental healing, and leave him to decide for himself. There are facts that prove the possibility of such cures beyond a peradventure. There are fictions also, which must be abandoned if mental healing is to get and retain a hold upon the popular attention. It has a philosophy that will bear the intensest light that can be thrown upon it; and the subject needs only to be presented to educated, thoughtful persons in the right way, to appeal to their intelligence and convince their reason.

There is, too, a higher phase of the subject which the writer has not overlooked. When a man once perceives that there is a force residing in the mind, or operating through mind, powerful enough to control a sensation of pain or illness, he finds it an easy step to the larger truth of the supremacy

of spirit over matter. Thus mind-cure becomes to many the gate by which they pass out of the "weary kingdom of illusions" into a fuller spiritual life, into the world of realities, that transcends the world of the senses as true substance transcends mere shadows. These ideal aspects of the subject are considered in the final chapters of the book.

C. M. B.

Boston, May, 1887.

## CONTENTS.

---

CHAPTER	PAGE
I. INTRODUCTORY SURVEY . . . . .	9
II. CREEDS OF HEALERS . . . . .	30
III. ESSENTIALS AND NON-ESSENTIALS . . . . .	52
IV. MENTAL CAUSES OF DISEASE . . . . .	69
V. THE EFFECT OF THOUGHT ON DISEASE . . . . .	89
VI. TREATING THE SICK . . . . .	106
VII. THE PHILOSOPHY OF CURES . . . . .	121
VIII. A SURGEON'S TESTIMONY. . . . .	135
IX. THOUGHT ATMOSPHERE . . . . .	152
X. THE LIFE THAT NOW IS . . . . .	165
XI. SEEKING THE LIGHT . . . . .	184
XII. HELP FROM IND . . . . .	201
XIII. EMERSON'S IDEALISM . . . . .	217
XIV. THE REAL LIFE . . . . .	240