

Bahai Nest. Mount Carmel.

Haifa Syria

August 11th 1914

Dear friends!

I did not feel well today. I had a fever and a headache beside, so I decided not to descend the Mountain but stay in my Nest. For the last 3 days I was getting worse and today I felt so bad that no matter how I tried I could not gather enough resolution to go down. It is so bad to get sick. One becomes so helpless and useless. Why can't this human mechanism go on working without wear and tear, without physical sufferings and pains is beyond my imagination? Some say, that man can free himself from sickness if he observes the rule of hygiene and follow a simple plan of sane and sound life without indulging in the bubble-like frivolities and dissipating pleasures that undermine the foundation of health. The human body is like unto watches. Its delicate, sensitive instruments must be handled with ^{personal} dexterity and knowledge. For this reason, many people have come to believe that if we desire to have an evolving and perfecting humanity, ever rising higher

and higher, the children of the race must be grounded in the knowledge of self protection. Once this knowledge universally taught, it will improve human stock, add to the longevity of life, eliminate many germ diseases and impart to man a new vigor and energy. Already, there are many noble pioneers in this field and all the lovers of humanity cannot help but wish them godspeed and brilliant success.

At noon Badi Buishrui came up and reported that the Master had inquired about me. Hence I decided to go down, even if I did not feel well. When I entered the garden I was ushered in the Presence of the Beloved immediately. He was walking and humming to himself a beautiful song of spiritual thrill and beauty. He gave me a detailed Tablet addressed to the Editor of the Christian Commonwealth and asked me to translate it. The rest of the afternoon was spent in translating that Tablet and doing other works. It was about sunset when I ascended the Mountain of God, feeling a little better.

The figs have ripened and every morning one may go out and pluck the juicy fruits from the green trees. Around my nest there are several fig trees

and you can ~~imagine~~ me sitting under their over-shadowing branches. Grapes and watermelons are in abundance. Peaches, melons and pomegranates have appeared in the market but they are yet too dear for the poor. One can buy a very large watermelon for 3 or 4 cents and a large basket full of figs ~~or~~ grapes for an equal sum.

A beautiful supplication revealed for the Portland Bahai Assembly is as follows:—

"O Thou heavenly Father! Thou hast the Armies of the Kingdom and the Spiritual Angels! We helpless ones are the broken-winged birds; we are longing to soar towards the Immensity of Thy Kingdom. We are the parched-lips fish; we seek the Ocean of the Water of Life. We are the moths of the mortal world; we yearn the Lamp of the Immortal Realm. We are weak and powerless but we are fighting against the legions of the world.

"Therefore, O Thou Lord of Hosts! Grant Confirmation;—so that the Army of Lights may win the victory and the legions of darkness be vanquished. Assent us in the service of the Kingdom and inform us

with the Divine Mysteries. Confer upon us the Glad-tiding of the Everlasting Sovereignty and grant us a portion and a share of the Life Eternal. Unloose our tongues in Thy praise and make our eyes seeing; - in order that we may behold the world of the Kingdom and with an eloquent tongue glorify and laud Thy Beauty and Perfection. Verily Thou art the Generous, the Kind.

(Signed) Abdul Baha Abbas.

a lovely Tablet addressed to the Bahai Assembly of Stuttgart, Germany is as follows :-

"O ye kind friends and the beloved maid servants of His Holiness the Incomparable One! The letter that you have written on the anniversary day of the declaration of the First Point (the Bab) - may my life be a ransom to him - became the cause of great happiness. Praise be to God that the members of that radiant assembly have turned their faces towards the merciful Kingdom, that on such a blessed day you ~~are~~ gathered together with perfect love and were occupied in the commemoration of God. With his heart and spirit Abdul Baha was present in that gathering and was associating with you with the utmost confidence and intimacy.

In that meeting Divine susceptibilities were experienced and the Confirmations of the Kingdom witnessed. The mention of that congregation will be handed down to posterity and its praise will be on the lips of men throughout the future ages and cycles. Therefore, be ye engaged in the glorification of the Merciful Lord, for ye were helped to hold such a meeting wherein the faces were shining, the hearts were attracted with the Fragrances of God and the spirits rejoiced with the Infinite Bestowals. The Candle of that meeting consisted of the Outpourings of the Kingdom of Alaha; the food of that assembly was the heavenly Sustenance; the beverage of that gathering was the Wine of the Love of God and the melody of that company was the song of the glorification and praise of the heavenly Father! I am hopeful from the Divine Bestowals that that Memorial Meeting may be held every year; that you may commemorate the dawn of the Morn of Guidance - the First Point and bring to mind the prophesie which he gave ^{concerning} the appearance of the Blessed Manifestation, Baha-Allah.