

Salt mines: Shine a light (February 5th 2012)

The icy conditions remind us of another benefit which comes from salt and the historic place of Cheshire in supplying the nation's needs. Do we visit the museum? Do we think on and appreciate the power of this simple compound? Just enough gives taste and life. Too much and the effects are reversed –horrid taste and toxicity in the short run and multiple illnesses in the long run.



Light too is essential for life but can be dazzling and confusing if too strong. The flickering flame of candles is most often associated with religious thought and ceremony but sunrise and sunset, starlight and moonbeams all have their place in expressed spirituality



The Bible Text sees Jesus likening people of belief to salt and light in the world

Matthew 5: 13-16