

Health Is In You



by

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"And as thy days, so shall thy strength be."

(1) Each new day is a link in the many-linked chain of life. A chain is as strong as its weakest link. Life is only as strong as its weakest day. Days should be lived wisely and bravely, thus will our life in its turn become brave and worthwhile.

We are commanded: **"Be strong and quit yourselves like men."** (2) Life is strong, and are we not children of life? Therefore let us turn away from weakness and affirm **"I am a child of the Infinite and the Infinite is my strength and my protector."**

LIFE OFFERS YOU LIFE

Think of yourself as being a child of life. Life so strong and so mighty, life ever ready to grant every deserving seeker a brimming measure of its richest endowment — good health. Heed the promise **"I will take sickness away from the midst of thee."** (3) Listen again, **"I will heal thee and I will add unto thy days."** (4) Let us trust Life and we will be preserved and kept alive.

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We read, "Why art thou cast down, O my soul? And why art thou disquieted within me? Hope thou in God: for I shall yet praise him, who is the health of my countenances." (5) The Great Physician is ready to forgive all our iniquities and heal all our diseases when we are ready to forsake our ignorant, gluttonous, sinning ways and seek the tender loving Spirit of Life in whom are hid all the treasures of healing, wisdom and knowledge. Did not Christ, the healer, understand that disease was self made when he addressed himself thus to the man taken with the palsy "Man, thy sins be forgiven thee." (6)

No evil can befall us, no disease can harass us, when we stoutly determine to live in the light and strength of life. No face is condemned to wax pale, no person is destined to remain feeble if the promise is believed: "For I will restore health unto thee and I will heal thee of thy wounds." (7) Faith in Life is necessary for the healing of sickness.

HAVE FAITH THAT YOU CAN BE HEALED

Try to implicitly believe and carry out this promise: "Therefore I say unto you what things soever ye desire when ye pray, believe that ye receive them, and ye shall have them." (8) The thought of faith has power to heal our weakness and sickness. Let us not condescend to re-

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main troubled with pains and discords, let us instead "fight the good fight of faith and enter into our potential right, an abundant life of precious health."

"In the beginning was the word and he sent his word and healed them, and delivered them from their destructions." (9) The healing supply ever waits our command. Let us open ourself now to the healing spring of Divine Love and affirm with all the faith of our nature "Life, Life, Infinite Life flows through me." Life is perfect health, if it were possible for life to become diseased all life would come to an end. Life has always been health, life is health now; and life will remain health, through all time and eternity.

BELIEVE THAT HEALTH IS IN YOU

Open yourself to the healing essence of life this very moment. Face the light, lift up your head, believe as you affirm and speak the healing word: "Life, life, Infinite life flows through me." Feel the inflow of renewing, healing energy of Infinite Life and rejoice because your redemption from sickness is at hand and your emancipation from suffering draweth nigh.

When we turn to the source that gave us life and discard man made erroneous conceptions of healing, we shall find the fullness of life and health awaiting us. At that moment we will

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come into the glorious realization of the promise, **"Then shall thy light break forth as the morning, and thine health shall spring forth speedily."** (10) Life can save us to the uttermost. No matter how long we have had to bear the cross of pain and suffering it is well to remember: **"Is my hand shortened at all that it cannot redeem?"** (11) Our health **CAN** be restored, our every wound **WILL** be healed if we do our part and cease transgressing and turn to the source that can "bind up that which was broken and will strengthen that which was sick."

HEALTH IS NOT MAGIC, IT IS LAW

"And they brought unto him all sick people that were taken with divers diseases and torments and those that were possessed with devils and those which were lunatics, and those that had the palsy: and he healed them." (12) So transcendent is the inherent healing power of life, nothing is impossible to its rectifying touch. No man who is sick is denied access to this greatest of all Physicians. But there is a question of belief to be considered. Two thousand years ago these words were uttered by the Master Healer of all time, **"According to your faith be it unto you"**, and great multitudes followed this healer, and we read, **"He healed them all."** (13) The Christ power to heal is not confined to a favored few, it is a gift for all men

who dare to use it to regain perfect health and strength. **"Then touched he their eyes and their eyes were opened."** **"And as many as were touched were made perfectly whole."** (14) Life is ever ready to place its healing hand upon our weary brow and restore strength to our bodies and peace to our souls. The majestic power of the Healing Spirit is turned in the direction of suffering, when the sufferer calls upon it. Simply say: "Infinite Spirit of Life, I have faith that I can be healed; heal me, O Infinite Spirit of Life."

BELIEVE THAT ALL THINGS ARE POSSIBLE

We are created by life in the Divine Image and Likeness. Everything that Life or God creates is good. In fact, we read, **"And God saw everything that he had made, and behold it was VERY GOOD."** (15) A man is not a creature of the dust. Through the breathing of the Divine Breath into the nostrils of man, "Man became a living soul." Try to comprehend: you are a "living soul", not a poor suffering human being. When this realization is a substantial reality, the restoration of health becomes a simple affair. Believe that length of days and long life and peace are your inheritance and they shall become yours. **"He is in the way of life that keepeth instruction."** (16) Harken to these instructions and open your whole being to the Infinite, Cleansing, Healing Life Principle, and

welcome it to throb and pulsate through your entire self so that you may become rejoicingly alive and well. Speak from the depths of your soul, "Health is for me. Health is for me. I rejoice that Health is for me and now becomes mine."

THE HEALTH OF GOD IS YOURS

"Understanding is a well spring of life unto him that hath it." The supreme understanding of human existence is the knowledge that understanding giveth life to them that have it. **"For as the Father hath life in himself; so hath he given to the Son to have life in himself."** (17) We are children of the Father, therefore the life that is in the Father is in us. Knowing this truth, let it become a shining sun by day and a beacon by night to such an extent that we will refuse to tolerate a condition of weakness to impede us in any way. Let us turn from lower things to higher. Disease is finite, health is infinite. Why dally with the finite which hurts and troubles, rather let us move upward into the region of the Spiritual Life and seek that light of health and healing which is accessible to every man, and when found let it become our star of hope and armor of defense forever more. How tragic it is to remain held down in the thrall-dom of pain and suffering when Life is offering us Life and healing here and now. Lift up your eyes, stretch forth your hands and heartily exclaim "I will arise and shine for my light is

come! I will arise and shine for my light is come!"

GOD WANTS YOU TO BE WELL

The Teacher of Galilee says, **"I am the way, the truth and the life."** (18) When there is a dearth of vital energy and health force, we should go to the well of healing and supply. There is nothing abnormal in the healing of the body through Spiritual Law. We learn, **"The very hairs of your head are all numbered."** (19) If that statement be true, and it has never been refuted, then should we not value life more highly? Should we not recognize our divinity and our potential greatness and refuse to remain a moment longer in the throes of suffering? The yoke of disease may be broken, when we open our mind to truth, when we train our will to accept health discipline, then all things become possible. **"The eyes of the blind shall see out of obscurity and out of darkness."** (20) **"The ears of the deaf shall be unstopped."** (21) **"Not having spot or wrinkle or any such thing; it will be perfect and without blemish."** (22) "Promise after promise are recorded, so why should we be afraid." Let us banish fear and lift up our voices with the assurance that strength is returning and give thanks we are on the road to recovery and happiness.

AFFIRM: "I WANT HEALTH, I AM HEALTH!"

Life offers us life, not a dwarfed sickly life but one of richness and abundance. Let us put our trust in Him who holds in his right hand the soul of every living thing and in his left the breath of all mankind. Him who giveth to all life and breath and all things. Our hands are not bound, our mind is unfettered, our legs are free from trammeling gyves. Let us awaken therefore and claim from life what life is eager to bestow a larger, greater, vaster existence of health and fullness. Though our hands are weak, they may be strengthened. Though our knees tremble, they can be steadied. Though our bodies suffer, they can be released from their anguish. All things are possible, if we train ourselves to believe that all things are possible.

"And their feet were made straight feet and the flesh of the child waxed warm." (23) Let us cease accepting the ills to which human flesh is heir. Let us ever remember we are living souls quickened by spirit, not merely bodies of profitless flesh. As children of the Infinite we have power over the flesh, so let us affirm, "My perfect soul self is changing my imperfect flesh self into the glorious state of my perfect soul self."

QUICKEN YOUR BLOOD WITH INCREASED FAITH

When we live in the light of the spirit we have power over the finite. We read, **"For if ye live after the flesh ye shall die; but if ye through the spirit do mortify the deeds of the body, ye shall live."** (24) It is only through spiritual understanding that we can present our bodies holy and acceptable, which is not only our privilege but also our duty and reasonable service. Hear the stirring admonition, **"What? know ye not that your body is the Temple of the Holy Ghost which is in you."** (25) Too often we desecrate our bodies with gluttony and overeating, then wonder why the cross of sickness has come upon us. **"For the drunkard and the glutton shall come to poverty."** (26) **"And at last it biteth like a serpent and stingeth like an adder."** (26) When we conquer our desire for too much food then shall we begin to walk in the liberty and freedom of radiant health.

"For they that are after the flesh do mind the things of the flesh, but they that are after the spirit, the things of the spirit." (27) When our chief interest lies in food, when the spirit of self rules within, then are we prone to disease and suffering. **"A sound heart is the life of the flesh."** (28) How can our hearts retain wholeness and soundness unless our days and thoughts are manifesting that way? Let us cry out for health with all our heart and soul, know-

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ing the prayer of faith is answered even before it is uttered. **"Ask, and it shall be given unto you; seek and ye shall find; knock and it shall be opened unto you. For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened."** (29) **"And all things whatsoever ye shall ask in prayer BELIEVING ye shall receive."** (30)

DECREE THAT HEALTH IS YOURS

"The Lord will give strength unto his people." (31) In the sanctuary and protection of life we find strength and beauty. In the knowledge that all is good and all is well with us we find comfort, solace and healing. The sickness that comes upon us is often self made through lack of life understanding. Somehow, because of our daily obligations, duties and responsibilities we had neither time nor thought to get that greatest of all getting — "understanding", and without understanding or vision not only individuals but whole nations shall perish. God offers power to the faint, and to the weak increased strength. Listen, **"they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run and not be weary, and they shall walk and not faint."** (32)

The purpose of life is not to drag out a weary existence, it is given so that we may live in wisdom and wholeness. From this moment cast

anxious fear away, submerge yourself into the sparkling soul of life. Renew your faith and trust and know that nothing is impossible in Truth. Restore your courage and optimism, for we read, **"In quietness and in confidence shall be your strength."** (33) We sin against the Spirit of Life when we declare and constantly dwell on our pains and torments. Rather let us pursue an opposite and wiser course—and with all the confidence of our being heed the admonition, **"Let the weak say I am strong."** (34)

CREATE STRENGTH BY FAITH

Life is enduring and O so strong and brave. Can we, the sons and daughters of life, afford to be less? Let us renew our courage this very hour, let us speak unto our weakened parts the renewing thought "I am strong." In the beginning was the word, that selfsame first word is now within the reach of every sufferer. The original word is usable in two forms, inward and outward. Let us speak inward the healing vitalizing, energy and essence of life, likewise speak out the plaguing ills and pains that test our faith and paralyze our ambition. What greater words of renewing can be uttered than these, "I am strong, in the strength of God I am strong."

Our bodies can become strongholds of vital energy when we cooperate with life and begin to use the health unfolding ways and means

provided by life and so freely offered to every sufferer.

"I will even make a way in the wilderness, and rivers in the desert. I will give unto him that is athirst of the fountain of the water of life freely." (35) Life's greatest need is health, how drab and useless our lives become when we are tormented by weakness or sickness. Fortunately, however, there is a way from the sick bed to the towering altitudes of radiant health. **"And let him that is athirst come. And whosoever will, let him take of the water of life freely."** (36)

PERFECT ACTION ENSURES HEALTH

The guilt of the whole world is ignorance of the power to command life to heal us and protect us. We incline toward weakness more than toward strength. We are prone to place our trust in feeble wish and hope instead of in demanding and claiming the health that is Divinely ours. **"Thou shalt also decree a thing and it shall be established unto thee."** (37) Believe that high promise now. Cast out doubt or self pity or resignation. The law alone is the truth, **"We are indeed children of the light and we are children of the day."** Let us arise in the might of our supreme inheritance and return to the way of health and life. Let us begin to decree that our weakness is passing and that the strength of Life is pouring in through our open receptive

bodily and mental channels.

“He sent his word and healed them and delivered them from their destruction.” (38) Fear not to ask for liberation from sickness and suffering. How can we be truly happy when we writhe in pain? Suffering is so unnecessary, we seem to hold to it entirely too long. Due to faulty teachings of the past we have looked upon sickness as being a natural condition of life. The contrary is the truth, it is health that is natural and normal. Wherever we turn we find the inference that disease is the result of broken laws, and when commandments of health are preserved, health of body is maintained. **“And I will cleanse them from all their iniquity whereby they have sinned against me, and I will pardon all their iniquities whereby they have sinned and whereby they have transgressed against me.”** (39)

CHANGE FROM ERROR TO TRUTH

“The blind receive their sight and the lame walk, the lepers are cleansed and the deaf hear, the dead are raised up and the poor have the gospel preached to them.” (40) The gospel of glad tidings is: **“There is power to Heal even the man who is sick unto death.”** **“Jesus saith unto him, Rise, take up thy bed and walk, and immediately the man was made whole and took up his bed and walked.”** (41) Two thousand years ago healing miracles, signs and wonders

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were wrought among the people, great marvels and demonstrations of healing were performed, and multitudes were released from agony and suffering. That healing power is still intact and available to all who call upon it. **"Hear, ye deaf; and look, ye blind that ye may see."** (42) **"The Lord openeth the eyes of the blind."** (43)

The greatest mental blindness is to sit complacently in the prison house of bodily suffering and believe that it is a condemnation from the Lord. To calmly accept sickness is to accept the darkness of life. We cannot see in the darkness, but we can move out of the darkness into the light and health of life. How timely is this assurance, **"I will make darkness light before them and crooked things straight."** (44) When we study life deeply, when we delve deeper and deeper into the core of life we find that all is good and receive higher sight so we too, can exclaim: **"Whereas I was blind, now I see."** (45) And when our eyes are free from the scales of error, our mouths are filled with a new song of health and healing.

LIFE IS GOOD

When we know the Truth concerning life, when we grasp and realize the friendliness and goodness of life, then will all darkness end, as the knowledge of Truth sets us free. No disease can hold us back, no pain can crush our spirit, we will come into our own with power of dominion over all suffering. **"Then shall the**

lame man leap as a hart and the tongue of the dumb sing." "From the sole of his foot even to the crown of his head there was no blemish in him." (46)

How beautiful is this thought: "And he shall be as the light of the morning, when the sun riseth even a morning without clouds; as the tender grass springing out of the earth by clear shining after the rain." (47) A perfect body, a peace filled mind, a glorified spirit. These are lofty aims which every sincere man and woman may achieve.

HEALTH IS WITHIN YOUR REACH — "CLAIM IT"

It is well to practice the habit of patience when striving for release from sickness. It has taken many years of transgression of life's laws to reduce us to the low state of bodily suffering. It is not good nor wise to desire an instant return to health. Little by little is the way of life. Read this admonition: "**He hath made everything beautiful in His time.**" (48) We cannot hurry the healing forces; we must exercise patience and everlastingly persist in speaking the word that will ultimately lead us out of the wilderness of suffering into the Eden of glorious health, never neglecting for a single hour to silently think or audibly affirm, "The God power within me is mightier than my weakness." Even though our suffering is no fault of our own but comes from inheritance, our spirit should

not be plunged into dismay. We inherit "God Power" in a greater measure than any weakness that can afflict us. "God Power" is all conquering and all healing, and when we proclaim to the whole world in ringing tones of faith and perfect assurance "The God Power within me is mightier than my weakness", something is going to happen. And what happens will be a profitable and a delightful experience for the sufferer. Health will re-assert itself, weakness will begin to move out, pain will lessen and presently disappear, all in the light of stirring faith and supreme courage, radiating from our triumphant declaration of the Truth. |

FAITH MEANS ULTIMATE WHOLENESS

Life wants the sick to become well; existence can only be bright and sunny when the spirit of untroubled health is registering within. How goodly it is when our countenance is as the sun's, shining in health and strength.

Men are as pliant clay, therefore let us surrender ourselves to the Divine Potter to reshape and re-fashion our weakened bodies into organisms reflecting sturdiness, healthfulness and physical wholeness. Make a deep proclamation at this moment, "I want health, I am health, Health is mine." Put your soul into your statement. "Lift up thy voice with strength, lift it up, be not afraid!" (49)

From every possible source of contact draw

forth health and true health knowledge. Be alert and vigilant to recognize the pure truth concerning health. Open your ears and make your life responsive to the Divine Ambassador of health when he happens to stop at your door. **"Behold, I stand at the door and knock; if any man hear my voice and open the door, I will come in to him and will sup with him and he with me."** (50)

OPEN YOURSELF TO HEALTH TRUTHS

Let us not be satisfied to exist in incomplete and partial health. Let nothing short of the abundant life of full health and wholeness suffice. The whole health of life is available and it can become ours to possess and enjoy indefinitely when we are prepared to help ourselves to its beneficent goodness.

The direst of all tragic happenings is to accept the enslavement of disease, fearing that it cannot be avoided or overcome, when the contrary is the reality and truth. **"Thy hands were not bound nor thy feet put into fetters."** (51) Really every man is free to live as he wills, and if visited by sickness, that is not indicative that sickness should be accepted or feared, rather should we wage a strong fight against the discord that has come upon us.

But if we have accepted the condition of sickness there is still hope for us in this promise, **"And now, behold I loose thee this day from**

the chains which were upon thine hand.” (52) If our head hangs down, if our back is weak, there is a commanding force that can lift our heads and strengthen our backs so that life can once more become a “Glorious Inheritance” with every burden removed from our shoulder.

YOUR DIVINE RIGHT IS TO DWELL IN HEALTH

The premier faculty of man is personal faith. **“And as he prayed, the fashion of his countenance was altered.” (53)** When faith is richly present its mysterious power can lift us from our bed of suffering into the rejoicing plane of ease and health. Read and re-read this statement, **“All things are possible to him that believeth.” (54)** Life can and will heal us when we believe with all our heart and soul that we can be cleansed from our suffering.

“If ye abide in me and my words abide in you, ye shall ask what ye will and it shall be done unto you.” (55) Our joy cannot be full if we suffer the torment of pain, but our joy can be full when we receive our healing through the exercise of faith and the cessation of wilful or unconscious transgression against the laws and principles of life and living.

Faith, prayer and penance will not alone heal our stripes and close our wounds. **“Ye ask and receive not because ye ask amiss.” (56)** Not only is it good to pray, but we should watch also. When we watch and pray we fulfill condi-

tions governing the healing of disease and then we receive the measure of health we claim, and happiness becomes established in our soul once again.

RIGHT ACTION BRINGS PERFECTION

To watch means we have to examine our habits and change from ways of darkness and indolence into ways of light and activity so that physically, mentally and spiritually we comply with the requirements of the law necessary to restore us into the sweet and precious harmony of good health.

The relation that exists between the mind and the body is very intimate. The condition of the mind affects the health to a greater degree than is generally realized. A poised mind and a cheerful spirit is in harmony with the principle of healing and should be zealously encouraged. **"A merry heart doeth good like a medicine."** (57) **"Be ye transformed by the renewing of your mind."** (58) Wrong thinking makes life a burden and often causes illness of body and mind. By the mere reversal of a thought quite often the shadow of sickness may be lifted and the beginning of a sweeter, healthier existence may be installed.

Disease never comes without a cause. The seeds are sown in the body or mind and suffering appears. The transgression of law is the principal factor producing sickness. Men disre-

gard the principles of health and adopt wilful habits of eating and living, and then cry out against life and against God for the suffering that has come upon them. Responsibility for pain and suffering as a general rule rests on the individual, and it is futile to blame God for our afflictions. Man is fearfully and wonderfully made, and we should do all possible to preserve intact the delicate mechanism of our bodies and do as we are commanded, to **"Glorify God in your body."** (58) This message is pregnant with meaning: **"If thou wilt diligently harken to the voice of the Lord thy God and wilt do that which is right in his sight and wilt give ear to his commandments and keep all his statutes, I will put none of these diseases upon thee which I have brought upon the Egyptians; for I am the Lord that healeth thee."** (59)

GOD HEALS THROUGH LAW

The perfect life of health is encouraged by complying with physical, mental and spiritual laws. Become alert and vigilant to live wisely and temperately, and thus do we preserve and lengthen our life. It is written: **"I will take sickness away from the midst of thee."** (60) And again it is written: **"I will heal thee and I will add unto thy days."** (61)

Everywhere is the message of hope and consolation flashed to us that healing may be our portion when we comply with life's laws and turn from the dark vibration of disease to the

vibrant attitude of glorious health. And as a result of this change, **"Then shall thy light break forth as in the morning and thine health shall spring forth speedily."** (62)

If physical means fail to remove torment from our bodies, we should turn to the Greater Physician and place our affairs in His care and keeping, and no disappointment will accrue as a result. "It is the spirit that keeps us alive." "He will heal us . . . and he will bind us up . . . he will raise us up and we shall live in his sight."

GOD'S HEALING LAW AWAITS OUR CALL

All suffering is the reaction to broken laws. Constant health is the reaction to conscious or unconscious harmony. Disease does not follow from advancing years, nor is it the mark of old age. Disease is unnatural living, first, last and all time. It is the mark of ignorance of life's laws. Education and culture are most desirable, but knowledge of life's laws should be part of every man's education. How excellent it is to be well educated and accomplished, but at the same time versed in the basic, fundamental principles of natural healthful living.

Old age symptoms also reflect ignorance of the individual. No man has ever died from old age. No man can prove that we cannot live for centuries or, as a matter of fact, forever. Any departure from the ease and spring of youth is

the sign of careless or ignorant living. Let us turn for a moment to the promise, **"All mine are thine."** (63) The health, peace and joy of God are freely proffered to every man who proves his worthiness. Life is but a tempestuous sea to millions because of a limited consciousness and a lack of life harmony. Above all, overshadowing every other fact and possibility of life and living, the unprejudiced open minded observer discovers this undeniable truth. "Life, whether in its physical or spiritual condition, is never helped by mawkish sympathy."

Search where you will, out in the fields or in the innermost recesses of the soul, one gleaming, irrevocable truism stands forth unaltering — justice is back of all phases of life, not sympathy. Men cannot continue to break God's laws with impunity and expect to receive a brimming measure of all the rich blessings of life. If the rewards of life were passed out to the ignorant and to the careless and indifferent, there would be little encouragement for any man to adopt disciplinary habits of living so that he might fulfill the law and thus deserve the best that life holds.

LEARN TO DESERVE HEALTH

"No good thing will he withhold from them that walk uprightly." (64) There would be no sense, meaning or stability in life if we could get something for nothing. When sickness is nigh us, not only must we pray for power to ov-

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ercome our affliction, but also we must scrutinize and examine our life and discover the "why" of our distress. **"Walk ye in all the ways that I have commanded you, that it may be well unto you."** (65)

The greatest poverty of life is weakness, a weakened frame, a tottering body. But such a condition need not be a permanent one. The immutable law of life is change, and the superior type of change is a change for the better. The only man in the world that cannot find improvement is the narrow-minded man who denies it to himself and thus condemns himself to a life of distress and suffering. The prophet of old wrote: **"Poverty and shame shall be to him that refuseth instructions."** (66) On the other hand, the open-minded "learner", as the rays of the sun draw their energy from the sun, will receive illumination and profitable instructions from a thousand sources which the close-minded man never notices. **"Blessed is the man that walketh not in the counsel of the ungodly nor standeth in the way of the sinners, nor sitteth in the seat of the scornful."** (67)

DESIRE TO KNOW TRUTH

Life is dependent on air, water, breath and that subtle something which we define as the "life principle" of the Universe, in other words, the "Spirit" in which we live and move and have our being. The highest aim of existence is to endeavor to live a perfect life. A perfect life

means the possession of perfect health as a first requisite. It takes no great capital or intelligence to live the imperfect life of sickness and suffering, and yet ignorant millions live "just to suffer." Our birthright is perfection. "His work is perfect", then let us enthusiastically work to learn how to remove our steps from the dark path of the valley to the safe broad summit of the mountain top.

"Take fast hold of instruction: let her not go; for she is thy life." (68) It is of the utmost importance to possess health understanding. When health is absent, the light and aspiration of life fades too. "The wise man is teachable, that is the reason he is wise." The stiff-necked man refuses to learn, so he punishes himself. The old prophet advises: **"He that walketh with wise men shall be wise."** (69) A realization of the Truth will dissipate every ill. Just as the introduction of light floods out the darkness, so will the entrance of the light regarding health and disease banish every form and penalty of the flesh.

AFFIRM, "THE LIGHT OF TRUTH IS FOR ME."

We are born under exact laws which decree health if obeyed, and attract disease if disobeyed. Our physical bodies are formed from the food we eat, and if food is taken to excess, the body becomes clogged and precious nerve energy is exhausted in endeavoring to digest, assim-

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ilate and eliminate this unnecessary overplus of food. When food is overcooked and when an excess of refined, concentrated food is eaten the life element of the food is destroyed, and such food will not build red blood, sturdy bones and healthful tissues. When incompatible mixtures of food are frequently consumed, such disharmonious combinations become a menace to health and are the forerunners of various dire and dangerous diseases. In order to preserve our health and life we should learn to curb our appetite and eat in moderation only, and choose simple nourishing food, favoring to quite a degree raw and cooked vegetables and fruits. The significance of this verse means much to every thinking person: **"And the leaves of the tree were for the healing of the nations."** (70) When those who are sick will conform to natural living and sane eating, how much more quickly will life restore the sufferers to normal health and wholeness.

KNOW THAT HEALTH IS A LAW

"But ask now the beasts, and they shall teach thee." (71) When animals are indisposed they stop eating and soon return to a condition of ease and health. It is a grievous error to eat heartily when ill; almost all physical suffering is due to indiscreet eating so we lessen our chances for quick recovery when we overload our system with additional foodstuffs.

The mind of the flesh is the mind that is ad-

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dicted to things of the flesh, particularly the lure of appetizing food. We often prevent God from saving our lives by our reckless ways of eating and living. **"Fools because of their transgressions and because of their iniquities are afflicted."** (72) Before we can have the permanent assurance of health we must forsake the ways of ignorant, wilful living and return to the ways of moderation and harmony. Nothing seems to be impossible in the province of "God Power." **"I will restore health unto thee, saith the Lord."** (73) **"I will ransom them from the power of the grave; I will redeem them from death."** (74)

SICKNESS IS A SIN

No matter how dire our affliction, let us believe: **"Behold, I will make all things new."** (75) Let us cease picturing ourselves as being under the sway of pain and suffering; let us put up a sturdy resistance to weakness and assert with all the energy and faith we possess, "God can heal me, God can heal me."

The power that created and sustains the universe surely has the ability to re-create and heal our physical ailments. The desire for a fuller understanding of this Spiritual Power should possess us. It can save us to the uttermost; it can and will heal us the moment we begin to comply with its necessary conditions.

On every hand men and women are suffering for lack of health. Knowledge is the key to the whole situation. Exact knowledge that will

unfold to us our triune nature and the method whereby our three sides of life, body, mind and spirit may be harmoniously managed. Our minds dwell in our bodies, but God inhabits both our minds and bodies. When we feed our bodies the right physical food and when we supply our minds with the proper spiritual food, then the crown of life is ours and sickness as far as we are concerned ends forever.

LIVING SHOULD BE A SEARCH FOR TRUTH

Life is pregnant with possibility when we begin to live our best. **"Understanding is a well-spring of life unto him that hath it."** (76) To possess understanding and to put it in practice means to know how to live here on earth in the demonstration of peace and health. **"Give me understanding and I shall live."** (77) To have understanding is synonymous with control, the ability to rise above harassing conditions and live in the light of perfect harmony and truth. **"For wisdom is a defense, but the excellency of knowledge is, that wisdom giveth life to them that have it."** (78) Life was never intended to be a downward drag. When we find that life is yielding sickness and discouragement we should learn the cause is not the discrimination of life against us, but merely a manifestation of our personal unfitness and ignorance. **"The way of life is above to the wise."** (79) Consequently, when our way of life leads us to the confines

of a sick bed, we should realize that wisdom is lacking in our mode of living. It is a distinct truth the way of him who is wise is an ascending way; when wisdom is absent in our plan of life building our life's road bends downward to the valley of limitation and suffering.

ALL DISTRESS SIGNIFIES ERROR

"Whoso is wise and will observe these things, even they shall understand the loving kindness of the Lord." (80) Potentially, life is good and all is good, even suffering is valuable when it arouses us to the fact that we are not in harmony with the powers of life and we are actually self made slaves and enemies to ourselves. When the perception of our personal ignorance seeps into our brain it should awaken our ambition to learn how to live better so that life may cease interfering with us and hampering us, even for our own good.

Some day all men will comprehend sickness, and even death will be dominated by the Divine Inheritance in man. Life is of God and life is the greatest thing in the world and it is a sin against God when sickness is accepted and tolerated as a natural part of life and living. Millions ignorantly imagine God visits us with affliction, but in reality lack of understanding is back of our punishment. The law of life is exact and unchanging: the reaction to broken laws means an affliction attracted by the transgressor. If all men could transgress with impunity,

all life would speedily end on this earth. Consequently, sickness is sent to force us to examine our ways so that we might mend them in the light of truth enlightenment, therefore all that exists is necessary for the growth of man, therefore all is good.

SICKNESS DISCLOSES FAULTY LIVING

If faith alone could keep us well and strong, the whole world might be rejoicingly well. But alas "Faith without works is dead." The expression of even the deepest faith in itself will not heal our bodies or save our lives. We must exercise faith; pray, affirm, give thanks. But, to make our faith, prayers and affirmations potent we too, must learn to work and act in the direction of health so as to earn and deserve life's greatest of all blessings. The human will is part of Divine Will, and when we use our will to force us to supervise our habits of eating, that is the first step away from bodily suffering. Then we should use our will to force us to walk in the great out-of-doors each day and draw in mighty draughts of health imparting ozone at the same time. We should train our will to love the sunlight and bask in its health unfolding rays at every opportune time. We should train our will to learn how to relax and conserve our strength and vital energy so that we will have a reserve force of vitality stored up for the future time of possible need or stress.

LIFE IS PHYSICAL AND SPIRITUAL

Life is not just a single phase of cosmic experience, it is many sided, and all sides of living should be examined and studied. **"My heart is glad and my glory rejoiceth, my flesh also shall rest in hope."** (81) Over and over again in the Bible we read of the many sides to our being. Examine where you will, one-sidedness is always an illogical and dangerous philosophy.

True, the body is not the "real you", but the "real you", our spiritual self, cannot express or demonstrate save through its instrument the body. Spirit and flesh are part of one stupendous whole, and both are necessary and both must be acknowledged and glorified if we are to attain the high standard of health-mastery and life-mastery. In the proportion that we gain life-understanding we begin moving out of the plane of suffering and pain. As we use our wisdom concerning life and living, our physical stress falls away. Our thoughts brighten, our step becomes agile, our body lightens, torment passes and we realize the pure truth of this bygone promise, **"Thou art loosed from thine infirmity."** (82)

WISE LIVING ENDS SUFFERING

Before we can come into the state of perfect health which is unconsciousness of our body, we must take on the yoke of obedience and

discipline of truth. Unless we forsake our sinful, hurtful ways of living and thinking we will find life a harsh taskmaster. Each man is his own life-builder, and it is a pity if we are not versed in exact ways of living so that life becomes a friend instead of a punishing oppressor. We display the grossest ignorance in attaching blame to conditions or others when sickness rends us. It would be intelligent to turn within and take stock of the quality of our thoughts and the purity of our habits, and seek for the true causes of our misfortune and endeavor to remove them as speedily as possible. **"Let the wicked forsake his ways and the unrighteous man his thoughts."** (83) When we do our part, something profitable will happen almost immediately, but if we depend on others, or on life to cure us, we have a sore and grievous disappointment waiting ahead.

MEN PUNISH THEMSELVES

"He that built all things is God." (84) Nothing just happens, mind and purpose are back of everything that lives and moves. There is a perfect plan hidden somewhere, even in the most adverse condition of affliction. What we consider evil or imperfect is due to our lack of vision and understanding. When we enter into a realization of the truth we discover we were mistaken and that God never errs; that he had a Divine idea back of sickness because all that is created comes from God, and even in bodily

suffering created by man there is a deep and wise purpose and intention permeating it.

The only evil that can be attributed to sickness is to remain in its clutch without learning its cause and origin. Nothing can be lasting, and even the direst and most obstinate pain and physical distress will pass from us when we apply intelligent, natural and spiritual measures. We should stoutly affirm, "All good is mine" at the same time visualizing our bodies as becoming free from pain and torment.

RISE ABOVE PAIN AND WEAKNESS

The health of life awaits our demand. The everlasting perfect health of God is within our reach day or night. Simply practice truth habits and send out the call for help and power in the consciousness of true faith. **"And whatsoever we ask we receive of him, because we keep his commandments and do those things that are pleasing in his sight."** (85) And again, **"Call unto me and I will answer thee and shew thee great and mighty things which thou knowest not."** (86) As we learn the inner ways of life we discover how faulty and mediocre is our education. Traversing the outer surface of existence is not sufficient to lead us into the inner chamber of high power. We must learn to sink shafts leading to the essence and soul of life so that we may speak with authority concerning the

deeper invisible phases of existence, never forgetting that the unseen is the real.

THE UNSEEN SAVES AND HEALS

To be well is to establish peace within. When our bodies are racked with suffering, our hearts and souls are disturbed and peace flees from us. We are admonished to **"Live in Peace"**, (87) for true peace can become ours in but just one way, the way of knowing. We are told, **"Let us therefore follow after the things which make for peace."** (88) Sickness is not conducive to peace, nor is worry or anger. Peace is not attracted through the expression of jealousy, fear or weakness. Peace results from right thoughts, clear motives and wise acts. When mental or physical confusion reigns within, life is distorted and injured extensively. But when we resolutely follow the way of health and peace, soon the harmony of God becomes again a prominent part of our life. **"Mark the perfect man and behold the upright, for the end of that is peace."** (89) **"Great peace have they that love thy law, and nothing shall offend them."** (90)

THE PEACE OF HEALTH FOLLOWS FULFILLMENT OF LAW

How earnestly we should concentrate on that word law. Law governs everything in the universe. We cannot think or move without con-

tacting some form of law. It is well to know that health is a law, the result of compliance with the basic conditions underlying man's threefold nature, body, mind and spirit. How comforting it is to learn that "great peace" is promised those who love or obey the laws on which the security and beauty of permanent health are based. To live in attunement with the law means we have safety now, and preservation from stumbling or falling in the future.

Health thoughts should be stamped into our consciousness so strongly that when contagious or infectious diseases appear they will have no effect upon us. Contagious and infectious diseases are created by nature to strengthen the power of resistance to man's self made diseases of civilization. The greatest health thought we can unfold is the "fulfillment of the law consciousness." To know, deep down in our souls, that we have paid the requisite price for the gift of health and that it is ours by right of this daily discipline in health habits and health thoughts. **"If thou wilt enter into life, keep the commandments."** (91) And what are these commands supposed to be? To be abstemious in our intake of food, in other words, to control our appetite; to keep our body clean; to value air and sunshine and to keep the mind clear and our thoughts joyous and optimistic.

DISEASE ENDS AS TRUTH IS FOLLOWED

"The Joy of the Lord is your strength." (92)

Weakness is the darkest misery of life. Follow this plan of action in health building for profitable and gainful results. We should ignore the greatest point of suffering and turn to our greatest point of strength. What we concentrate on tends to multiply, what we disregard tends toward stultification. When we discuss our old operations and pains and fears, they re-light themselves and begin to grow afresh. When we discuss health and hope and faith, we rise above the hurtful things and diminish them and encourage the growth and development of life's essentials, such as health and happiness. Life always inclines to follow the trend of our held, gripped thoughts. Thought has a far reaching effect on every atom of our body, so we should strive to encourage the type of thought that will inspire us to higher altitudes of vision and health. In other words we should endeavor to magnify whatever strength we have. We should aim to encourage its increase and presently our weakness will be overshadowed by our newly developed concept of strength and health.

CONCENTRATE ON STRENGTH

When we allow ourselves to grow doubtful and depressed concerning our health, we delay the healing process. Let us shed every form of

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doubt and disbelief, let us imbue every molecule of our body with the idea of life and health. At the same time audibly affirm, "God is my life and I am a part of God's life, so the health of God is mine." We are warned against the doubtful attitude, **"Neither be ye of doubtful mind."**

(93) We are encouraged to express the courageous consciousness as consistently as possible.

"And be ye renewed in the spirit of your mind."

(94) **"For God hath not given us the spirit of fear, but of power and of love and of a sound mind."** (95)

A sound mind in a sound body, how desirable are these great possessions. The chief quest of life should be a rich and abundant life of health and wisdom. These prized assets are not obtained without serious work and struggle. Constantly should we train ourselves to seek and search each passing day for these blessings of health and understanding, for without them life is as nothing. It is a sin to calmly accept a life of sickness under the false impression that it is necessary, or the idea that it is sent from God as a form of punishment. Suffering will surely end when we look up and learn how to rise above the darkness of disease. **"He brought me out of a horrible pit, out of the miry clay, and set my feet upon a rock, and established my goings."** (96)

GOD IS EVER READY TO HEAL US

It is of little matter how deep we have allowed ourselves to fall under the tyranny of suffering. When we awaken to our own might and power and trust in God, our stay in the mire and darkness of illness will come to an immediate termination.

Disease power is the earth's greatest ravager and devastator, but disease wilts away under the sun of truth and understanding. **"The Lord on high is mightier than the noise of many waters, yea, than the mighty waves of the sea."** (97) **When the enemy shall come in like a flood, the spirit of the Lord shall lift up a standard against him."** (98) Disease is commonly referred to as an enemy because it prevents us from doing what we want. When we are well, everything lives for us; when we are afflicted, everything seems to be set against us. But as darkness ushers in the dawn, so can the standard of "Health Truth" end all the darkness of suffering even though we have suffered year after year without ceasing. When health is present it is good to be alive. Without health life is just a torment. Fortunately, however, we now are in possession of the exact plan of living whereby disease loses its power over us and we banish it forever from our lives. **"For the Lord thy God bringeth thee into a good land, a land of brooks**

of water, of fountains and depths that spring out of valleys and hills." (99)

LOOK ABOVE SICKNESS AND DISCORD

Is it not comforting to know we are not condemned perpetually to a life of suffering, and learn that as we gain in wisdom we lose our disabilities. If we refuse or ignore the wisdom of life, then of course we decree continued self humiliation and self suffering. **"If ye be willing and obedient, ye shall eat the good of the land."** (100) Life renders to each man according to his deeds. If we choose to live according to God's perfect plan and become obedient to his demands, then we decree a life beautiful as our reward. But when we do not choose to live rightly and harmoniously our future will most assuredly yield much punishment and sorrow. **"Obey my voice and I will be your God and ye shall be my people; and walk ye in all the ways that I have commanded you, that it may be well unto you."** (101) Well is it to know, that as we "sow we reap". Eternal justice, not uncertainty, is back of all the processes and functions of human existence. We are warned, **"Who will render to every man according to his deeds."** (102)

LIFE IS SOWING AND REAPING

Life is lived in harmony or out of harmony with law. Our daily reactions are witnesses as to the type of life we have elected to live. When

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we are careless and indifferent as to our habits and thoughts the reaction will come as a form of punishment. When we watch our ways, and obey the mandates of God's laws our life is a sequence of joyous rewards. To sin is to suffer, to obey is to live a life of radiant health. We are all, each and every one of us, children of the Most High, but we drag our heritage in the mire when we elect to ignore, defy or disobey God's laws of righteous living. **"Though he were a son, yet learned he obedience by the things which he suffered."** (103)

It is a frailty of man that he is not willing to learn unless through his own personal experience. Few men are willing to learn through the experience of other sufferers. We go the limit in intemperate habits, which later in life are responsible for the ills to which human flesh is heir. Let us change from our stubborn disobedient ways without delay, and seek the way of health and peace so that the gladness of health may reign once more within. And as we seek to reform, let us declare, "I shall find the truth and the truth shall set me free."

TRUTH IS BETTER THAN EXPERIENCE

It is the privilege of every man to choose the manner in which he will conduct his life. If we are not versed in the principles of truth, we will in all probability choose incorrectly, and as a result disharmony will occur. **"Choose you this**

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day whom ye shall serve . . . but as for me and my house, we will serve the Lord." (104) When we choose rightly we have the consolation and inspiration of sure protection. **"There shall no evil befall thee, neither shall any plague come nigh thy dwelling."** (105) The life of the man who is dedicated to the unfoldment of understanding will endure all the tempests and storms of existence. **"The house of the righteous shall stand."** (106)

When we decide to amend our erroneous ways and search for the light of truth somehow we will find our way back to happiness and health. Our daily prayer should be "Lord grant me wisdom." We may be willing enough to live a life of harmony, but the necessary discipline to assure health in abundance seems so overwhelming that we delay our start on the road to self health — the flesh is weak indeed. The temptation to choose the easy way is the downfall of millions. Well it is to appreciate this admonition, **"Blessed is the man that endureth temptation."** (107) The true glory of life is strength, to be strong of body and mighty in the strength of faith. The race of life is not destined to be won by the weak but by the strong. Strength of body imparts courage and confidence to mind and heart. To build a strong life we should aim to live our best. We can never reach the top of the mountain if we decide to stop when we have climbed half way. **"And let**

us not be weary in well doing: for in due season we shall reap, if we faint not." (108)

AFFIRM, "I AM STRONG."

When we elect to follow the high way we are strengthened because of our lofty choice. The way of truth is hard at first, but the way grows easier every day. Besides, the reward will more than compensate for all our expenditure of effort. To be strong is a wholesome and worthy desire. We lift our eyes to the hills for strength, but too we find strength from wise habits of living and the formation of a harmonious state of mind. **"Let the weak say I am strong."** (109) Well it is to affirm many times a day, "My weakness passes and now I am strong." Quiet and confident persistence in right living will soon bring forth gratifying results, strength will be increased, health will be improved, peace will be re-born within. Life may be a song or a cry, let us live so worthily that life will ever be a glad, flowing song.

Not only should we desire to build physical strength, but also to become strong in wisdom. **"A wise man is strong; yea, a man of knowledge increaseth strength."** (110) We do not gain strength through fear, but through courage. In the sanctuary of Truth we find not only strength and health, but courage also. It is wisdom personified to forsake little ways and trifling thoughts and turn our face toward strength ways and higher thoughts. Let us attune our

comings and goings to righteousness and thus protect our present and future life. **"The Lord will give strength unto his people."** (111) Not only strength, but substance as well. **"For the Lord God is a sun and a shield: the Lord will give grace and glory, no good thing will he withhold from them that walk uprightly."** (112)

TRUTH ATTRACTS PEACE

The term a "Righteous Life" refers to a life that is dedicated to harmony and desire to live in accordance with the laws of life which are likewise the laws of God. The living of a "Righteous Life" is our sole protection and insurance against sickness and suffering. There are times when even the man who is pledged to righteous living will suffer from an accident or fall prey to sickness but his desire to live his best will become a shield of protection to him and speedily he will be restored to health as before. **"Many are the afflictions of the righteous, but the Lord delivereth him out of all of them."** (113)

When all men discover the truth concerning health, sickness will disappear from the earth. Protection from disease is acquired in just one way, to live the health way. It is no more difficult to live righteously than it is to live to suffer. **"In the house of the righteous is much treasure."** (114) **Righteousness exalteth a nation."** (115) **"Say ye to the righteous that it shall be well with him, for they shall eat the fruit of their doings."** (116)

REACTION IS AS THE QUALITY OF THE ACTION

A tree is known by its fruit, the manner in which we ordain to live our life determines the quality of our life. We cannot find figs on a thistle plant, neither can we discover health in an unrighteous life. The good life is a shining, gleaming one, a life that radiates health and healing to all. As we drop our anxious thoughts and disease forming habits we create an inner receptivity for mental brightness and the radiance of health. **"Blessed are they which hunger and thirst after righteousness for they shall be filled."** (117)

Inertness often holds us back from gaining the kingdom of health. We lack initiative and driving force, consequently we dally with procrastination and postponement and life is over before we realize what existence means. Failure after failure is recorded because of our weak habit of holding back, we are fearful to investigate life, afraid to take the offensive in a sweeping drive against pain and disease. Failure always attends those who neglect to help and improve themselves. Life being the soul of justice cannot reward those who do not strive in the right direction. **"They that seek the Lord shall not want any good thing."** (118) However, let us not attempt to force issues or overstrive in any way. Health is so necessary the greatest and most perfect boon that comes from God. Yet the

way to win back health is by degrees, little by little, not by high pressure methods or a force. And so, after we have patiently endured we obtain the promise. **"But let patience have her perfect work, that ye may be perfect and entire, wanting nothing."** (119)

AFFIRM, "I AM THE SOUL OF PATIENCE."

The chief danger of sickness is falling into a state of despair, losing all hope of recovery. When we are plunged into the throes of despondency let this gleam of hope illumine the dark places of our mind, **"With God nothing shall be impossible."** (121) When we trust God and turn to him for deliverance we do not move in vain. His promise is, **"And I shall put my spirit in you and ye shall live."** (121) **"Where the spirit of the Lord is, there is liberty."** (122) Courage, hope, faith and love promote health and prolong life. It is difficult to be glad and cheerful in the presence of bodily pain and suffering, but the encouragement of bright thinking is earth's most potent medicine.

The old and erroneous advice offered the sick to travel or to have a change of climate was both costly and unwise unless it is to escape well intentioned but health ignorant loved ones. Sickness loses its power over the human frame when right thinking and temperance in eating are introduced and made a constant part of our daily life.

HEALTH IS EVERYWHERE — CLAIM HEALTH NOW

Every good influence should be employed in combatting disease. Mild exercise, daily walking, vital food, Vitalic Breathing, prayer, faith, affirmations, herbs, everything that is good and helpful may be used in our fight to win back health and increased life. Our personal responsibility should be stressed at all times. According to the quality of our habits, so is the quality of our life. When we are ill it is a living message from life flashed to us that our habits are faulty. Though we personally believe our habits are the very best, that does not make them so. The true value of our mode of living is indexed in the health or non-health of our bodies. If we are sick, we are in ignorance. If we wish redemption from suffering, we must return to the way of life-understanding. If we decide to wait for this enlightenment to come to us, we will wait in vain. Perfection comes from seeking and searching for the ways and laws of perfection in living. We are surrounded by light, yet often we are content to sit in darkness. Great is our hunger, yet many starve amid plenty. It is all due to dimness of vision, the healing supply is always here, but through our closed eyes we cannot sense it. Our earnest hourly prayer might profitably be **"Open thou mine eyes, that I may behold wondrous things out of thy law."**
(123)

OPEN YOUR MIND TO TRUTH

God never intended men to be born into a suffering existence. God delights in joy and healthfulness. Christ said, **"I am come that they might have light and that they might have it more abundantly."** (124) Many men and women are never ill because they live in harmony with the laws of life. Illness is kept at a distance when harmony of law is observed. Illness is irresistibly attracted when ignorant or wilful modes of living are practiced. To the sick the world is filled with suffering. To the well the world is heaped with joy. The change from the dark viewpoint is made possible by improving our state of health. Strike a lusty blow this instant against the clouds of pain. Let us cease dwelling on the gloom of suffering. Let us look beyond our ill health away beyond the pall of darkness and realize the truthfulness of the prophetic promise, **"Then shall thy light break forth as in the morning."** (125)

THE LIGHT OF TRUTH IS FOR YOU

Sickness is usually alluded to in the term of darkness, and it is indeed the deepest of all darkness. But it may be changed from a permanent and fixed cloud into a passing fog that will melt away with the coming of the dawn. We are advised to **"pray without ceasing"** (126) and the mightiest of all prayers the sick

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man can offer is not for healing but for power that will enable him to help him to heal himself. When sickness comes, heavy is its hand and weary is the human frame that must bear its soul crushing burden. But even the worst form of disease can be mastered when we regret our sins and turn to the light of healing. Those who are sick should strive to turn their attention from their travail of soul and concentrate on that seemingly inaccessible blessing good health. Make health desire a soul hunger and God will not withhold health and strength from any sufferer. If our desire to be well is but a half-hearted, feeble, partial wish, we cannot hope to win. But when we work and pray with the intensity of our whole being the reward will come, as God is in his Heaven to save, not to destroy. Well it is when our hearts are troubled with darkness to cry out into the night, "The light is for me, I want the light, the light is mine, the light is for me." And just as surely as we call so will we hear the healing word of old, **"Neither do I condemn thee, go thy way and sin no more."** (127)

DISEASE IS BUT DARKNESS OF LIVING

It is the duty of man to investigate when he is sick. The best form of investigation is this self question. Am I doing all possible to remove the cause of my distress? There can be no sickness without a cause. The world treats symp-

toms and neglects causes, consequently the whole world is sick and troubled. Nothing happens from nothing. Sickness does not come of itself, it is created by the transgression of life's laws. The violation of law may be accidental or unconscious, but that in no way excuses the sufferer. Man is placed here on earth by God to learn how to live well. He is endowed with mind, brain and senses, and if he fails to use them for his own benefit and health preservation, the fault is his very own. It all goes back to the warning admonition, **"With all thy getting get understanding."** (128) We pay a too high price for ordinary things when we neglect to obtain the greatest thing of all—life wisdom. **"He that keepeth understanding shall find good."** (129)

KNOW, AND FOLLOW THE WAY OF TRUTH

Men of extensive education are ill because knowledge is never life-wisdom or understanding. Men who put their trust in other men or in the dimension of the flesh are ill because ordinary understanding does not grant immunity from the contraction of disease. Men who are young, gay, gifted are ill because there is a vital lack in their lives; they do not know the truth about the laws of health, therefore they are unable to win back the health they have allowed to slip through their fingers. Men who refuse to learn that suffering is self made will continue

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to suffer from their false viewpoint. The door to a life of everlasting health and strength is labeled "Understanding". To believe there is any other way is a lie and a self delusion.

"Happy is the man who findeth wisdom and getteth understanding. For the merchandise of it is better than the merchandise of silver, and the gain thereof than fine gold. She is more precious than rubies and all the things thou canst desire are not to be compared unto her. Length of days are in her right hand, and in her left hand riches and honor. Her ways are ways of pleasantness, and all her paths are peace. She is a tree of life to them that lay hold upon her, and happy is every one who retaineth her."

(130) With life wisdom our expectation for a better life increases. Nothing can be denied us when we know. It is only when we refuse to learn and merely guess and hope and drift that uncertainty seizes hold of our lives. The man who refuses to study his body and the laws of Nature and of God working in him stands condemned as a foolish man. The man who proclaims himself as being all wise and who mocks at truth is not only a fool but likewise he is self-deceived because he rejects to examine the truth concerning life and health. **"If a man thinketh himself to be something when he is nothing, he deceiveth himself."** (131)

FIND LIBERATION IN TRUTH

Health freedom is never found in error, but

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disease springs from that source. Health is ever found in truth, and to unwaveringly pursue truth will in due time reveal good health, as physical wholeness is akin to truth.

When we examine the life of Christ we learn he was perfect through obedience to God's laws. Jesus lived an outdoor life, he walked a great deal, he meditated and fasted, all factors of the utmost benefit in the building of good health. Jesus took time to think, but the modern man says he is too busy to think, so he shirks thought and investigation of the really important facts of life and as a result he lacks the protection of understanding. Thus he invites constant suffering and pain. Life should be rich, fragrant and power filled, it cannot just become that way, but it can be built that way by purposeful thought and intelligent action.

KNOWLEDGE IS THY MIGHT

A clearer knowledge of life is the world's greatest need. In order to be at our best we should become familiar with the basic attributes which govern existence. A true knowledge of Natural Laws is the foundation of real life education. Our chief safeguard against disease is to learn how to prevent its occurrence in our life. This knowledge is needed by all, it is as necessary as breathing and sleep. Nature testifies to the handiwork of God. Man, the most marvelous of all living creatures, is the supreme creation of God. Notwithstanding man's majesty

and surpassing inheritance, he early in life falls a victim to disease and tribulations which lower animals avoid. In spite of man's privileges and culture he is still lamentably ignorant in respect to his triune nature and its proper management. A human being is composed of food, water, oxygen and spirit. Neither water, air or spirit will alone or together keep man alive. Food too is needed for the normal functioning of the life processes and the maintenance of life. Every cell, tissue, bone, sinew, nerve and blood drop takes on the same quality as the food that is consumed day by day. Therefore the first understanding of physical life is to recognize that our bodies are built by the food we eat. The various materials eaten determine the exact quality and stability of the edifice. Likewise does the food we eat day after day decree the quality of our personal health.

RIGHT FOOD AND RIGHT THOUGHTS ATTRACT HEALTH

There never was nor can there ever be a true science of health unless it is based on the foundation of truth regarding diet as being the chief causative factor in breaking down health and thereby causing old age and death. The cry of the body is for live foods, but most people stuff the body with overcooked devitalized foods which are incapable of building pure blood and rugged health. In order to digest food properly and accelerate a free circulation of the blood a

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knowledge of breath science is essential. Man is allowed to breathe at will so that he may learn to breathe consciously whenever the body is in a state of motion. This important truth is not known or is ignored by the unthinking man, so the multitudes are but half alive. **"The Spirit of God hath made me, and the breath of the Almighty hath given me life."** (132)

The wilful disregard for the first two cardinal principles back of health is the outstanding cause for the frightful suffering of humanity. No rapid progress in the prevention of disease will take place until we understand the first reality of health lies in food and breath understanding. God wants men to be happy and free from physical distress, but men are not willing to so live that they may indeed demonstrate life as the perfect image and likeness of God.

HAVE TRUTH AS YOUR AUTHORITY

Man makes himself wretched because he is stubborn in adherence to error. He continues to abuse his body because of his fleshly appetites. He vainly imagines he can continue to overeat or overwork and still maintain a full measure of health. But laws are made to be observed, not broken and whether it be a physical, mental, or spiritual law that is transgressed presently life presents the bill in the shape of physical torment or suffering, and the sinner must pay

and pay until sin ceases or death intervenes. **"I shall put my spirit in you and ye shall live and I will place you in your own land."** (133) The Spirit of God is in every human being, it is there to play on the body which is the only means of spiritual expression. When the body is abused and mismanaged, the Divine Spirit is unable to express the full measure of life harmony that it should express. The fault is not God's, it is occasioned by the individual. When the body is cared for intelligently, harmony flies to it and health possesses it. When ignorance rules the management of the body, discord appears and disease is attracted.

SICKNESS FOLLOWS FAULTY HABITS OF LIVING

There is one inflexible, unchanging life principle, whenever sickness or pain is present it is there because of folly or ignorance. Never, never, can suffering lift its head unless unwise methods of living have preceded it. Men should become teachable in health matters. The prophet solemnly warns us, **"Cease from thine own wisdom."** (134) Unfortunately the wisdom of man as a general rule when it refers to health is the opposite to Infinite wisdom. But man in his blind conceit or satisfaction is incapable of comprehending that he is far afield from the truth. He continues to carry on with his eyes closed and ends his existence in the mire of the ditch of blindness of living. **"But they regard**

not the work of the Lord, neither have they considered the operation of his hands. Therefore, my people are gone into captivity because they have no knowledge." (135)

The only lasting, unbeatable, invincible defense of life is to know the pure truth concerning the laws and realities of life. **"For wisdom is a defense and money is a defense, but the excellency of knowledge is, that wisdom giveth life to them that have it."** (136) From the pages of the past and present we read the commanding admonition of life, "Know or suffer, know or die." There is no way possible to dodge or escape the penalty of transgression. Life knows all and pays us according to our worth, not according to our own imperfect estimate. When our payment is in the shape of punishment let us not increase our ignorance and guilt by crying out against the cruelty of life. Let us turn within and examine our mode of living and discover where we have personally erred and thereby created the physical distress that has seized us.

THE UNEXAMINED LIFE IS A MOCKERY

Life may become almost burdenless when we live so beautifully and intelligently that our life payment will be health, peace, ease and happiness. But if we have to bear a burden it is well to remember, save in rare instances, it is self-created. **"Every man shall bear his own**

burden." (137) In life education it is well to know that all things pertaining to life are important, so wise is the man who has the broadest possible conception of the art of living. Not only must we become students of our physical plan and learn how to select pure food and govern and subdue our appetite and practice filling our lungs many times each day with God's breath of life, but also fill our minds with joyous thoughts. In addition, we must revere the power of the spirit and utilize it every hour of the day. **"And the Spirit of the Lord will come upon thee, and thou . . . shalt be turned into another man."** (138)

CHANGE FOR THE BETTER

When we renounce our old ignorant disease attracting ways we find that life purges us from our pains and aches. **"Thy iniquity is taken away and thy sin is purged."** (139) The old life of suffering and unreality has passed away and is forgotten and a new and vaster existence is spread before us. It is a grievous sin to submit for a single hour to the torturing hand of suffering. The tender, Divine Hand of God is stretched forth to save and sustain us when we are sufficiently advanced to know that of ourself we can do nothing. **"Call upon me in the day of trouble; I will deliver thee, and thou shalt glorify me."** (140) The chief way in which God delights in glorification is in the improved health and happiness of his erring children. The nat-

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secrets of everlasting health and life. But are we not the sons and daughters of life, and what parent would deny life to his child! Life never withholds from us; it is men and women who are to blame, they withhold from life. Men will not heed the voice of life, they claim to have no time to discover the secrets of untroubled living. So they go down to their premature grave after a greater or lesser degree of pain and suffering. Let us unstop our unresponsive ears for a moment and let the chain and fetter breaking promise of old enter and tell us of the plan whereby we can find the solution to every anxiety and life problem. **"Ask and it shall be given you, seek and ye shall find, knock and it shall be opened unto you."** (144) That single statement contains the solution of every trouble that has ever touched humanity.

KNOW THAT WHICH IS VALUABLE

The greatest ignorance of all is to fail to become a true judge of values, to be unable to recognize the spurious from the real, the false from the true. It is the nature of man to choose the easy way instead of learning that power does not come from ease but from effort. To live so that we deserve the highest and best from life means eternal vigilance on our part and above all compliance with the laws of life. The glory of health enjoyment is the highest and most important of all earthly blessings. When

health is absent, misery abounds. When health abounds, joy unconfined is present. Is it not good to wage a fight for health and the attendant joy that follows its presence? Nothing for nothing is the law of the universe. There would be no sense or justice in living if we could get something for nothing. When we fulfil conditions, when we meet the requirements that will ensure us perfect health, then and then only does it become ours. If the seeking of health is held out to be simple and easy, we are being deceived. The joy of perfect health can only be obtained through strict denial, rigid discipline and everlasting vigilance against disease forming habits. We can always be sure we have lost our way if we imagine health can be found by any other process.

PRACTICE THAT WHICH IS GOOD

When we harmonize with God's laws as exemplified in Nature, we cannot hide or separate ourselves from health. It will attend us all through life. Likewise if we decide to ignore the laws of Nature and of God we cannot escape the reaction of disease, and suffering will be our shadow thereafter. As the wise man studies the habits of humanity he discovers immediately what seems to be a great conspiracy waged against the health and life of all the people. Every form of advice that would inform the people as to the danger of acid forming food and its deleterious action on bodily health is

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fought or more or less rigidly suppressed. Search one thousand grocery stores and outside of uncooked fruits and vegetables practically all other foodstuffs are acid formers and health destroying agents. Our sincere desire ought to be to learn how to stay well and to be able to recognize the foods that are inimical to health and endeavor to avoid them as we would a mad dog. Our daily prayer should be, **"Thou wilt shew me the path of life."** (145) The way of health winds upward, that is the true path of life. To stay on that ascending way we have to be food-wise and food-minded so that we will not poison our body cells and bleach away our youth by these tempting acid foods which fill our hospitals, jails, asylums, and lavishly feed our cemeteries with self destroyed men and women.

AS OUR HABITS IS LIFE A CRY OR A SONG

A long life, inner peace and a healthy body are laudable desires, and they may be attained by wise habits of living. **"He is in the way of life that keepeth instructions."** (146) There can be no perfect sense of security unless we know the rules of health and follow them assiduously day after day. The well-spring of life is understanding and without it the joy of living will be constantly marred by physical suffering. When our thoughts center on unrestrained, unintelligent eating and drinking there is but one harvest

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awaiting us, suffering and still more suffering. **"For to be carnally minded is death, but to be spiritually minded is life and peace."** (147) When we refuse to curb our excited appetites and concentrate on the pleasures of eating and entertainment we are living after the flesh and in so doing we invite sickness and death to flow to us. But the man who endureth temptation and trains his will to resist the lure of much food will be crowned with length of days and unconsciousness of flesh.

The cry of every sufferer should not be for health or healing but to be shown the way to find health for himself. We develop into weaklings when we train ourselves to become leaners. We should not ask for healing but for illumination so that we can follow God's perfect plan of helping ourselves. Let those who are ill affirm, **"Shew me thy ways O Lord; teach me thy paths."** (148) Then in some subtle, mysterious manner a book will be handed to us or a messenger will appear and the call of our soul will be answered and we will find that long forgotten way back to health and the life abundant.

THE WAY OF HEALTH IS OPEN TO ALL

Life offers us life when we dare to walk the narrow but right way. Few walk in this path of safety, but those who discipline themselves and seek its security and safety are immune to the many ills which plague those who refuse the

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protection of "God's way of health and life." The broad, easy way of life is strewn with myriad sufferers. Poor souls by the millions, victims of bad eating habits, clutter up the sides of this roadway of destruction. The grievously ill move slowly along the sides of the road, the young dance gaily along the center of the way of sickness and death. They are too immature and unseeing to notice that their own condition a few years hence is represented in those who now painfully drag themselves slowly along, tortured by their dietetic sins and intemperance of the past. God speaks to all sinners, **"Walk ye in all the ways that I have commanded you, that it may be well unto you."** (149) There is but one step to take to change sickness into health, and that step is "habit reformation." We are all walking bundles of habits, and our accumulated habits bless or curse us. The reaction to bad habits create physical pain and suffering. The reaction to good habits create physical ease and good health. If our intemperate habits have a greater grip on us than our desire for health, we continue to suffer until merciful death delivers us from our own self created suffering. How we should be on our guard to prevent self defilement through our ignorance of the influence of our daily diet and the part it plays in building health or disease. What man knows that every cell and blood drop of his body is composed of the food he has eaten in the past. Few men know this vital truth, so the vast majority of

men are deceived as to the reason of disease and rarely blame the true cause of all the suffering of ignorant humanity.

PAIN IS LIFE'S GREATEST TEACHER

It is comforting to understand that pain is not necessarily a permanent condemnation. Pain like darkness will pass when light is introduced. Suffering is the darkness of ignorant ways and disease forming habits. Pain will continue just so long as we continue to transgress wilfully or unknowingly. When our habits are changed and our wrong modes of living mended, then suffering ceases but not before. We are not living in a world of chance but in a world of law and order. It is strange how we sympathize with the sick instead of rebuking them for their sins and teaching them how to live wiser and better. Those who are well are really entitled to approbation and praise for their intelligence in discovering how to eat right and think right and thus remain well and fit. But almost invariably we lavish our prayers and our sympathies on those who have lived ignorantly and thus created their own travail and ill health. Did not Jesus say **"Sin no more lest a worse thing come upon you."** (150) Life is ready to reward us with a brand new existence when we are ready to return to the ways of moderation, sobriety, temperance, unselfishness and truth. Not only will we re-establish health within us but youth

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and beauty also. "His flesh shall be fresher than a child's; he shall return to the days of his youth." (151)

TURN FROM LOWER THINGS TO HIGHER

Every move and thought in the direction of health will bring about a distinct improvement in body and mind. Just as the Eternal Justice of life metes out suffering to the sinner so will it repay health to him who followeth the health laws of God. No evil pursues the doer of the word, but trouble flows immutably to him who ignores the truth or sins against it. In the days of our youth life flows along like a song and we drift with the tide depending on our parents for guidance and food. If our parents are lacking in life-wisdom we are most likely to be illy instructed and improperly fed. Then as we emerge into middle life the seeds of wrong living fed to us in our youth can no longer be subdued by the inner healing forces of the body. Our power of resistance is broken down through daily poisoning from acid forming meals, and disease appears under some one of its many tagged cognomens. Then tragedy after tragedy takes place. Not comprehending there is a cause behind the disease which is but a symptom or visible symbol of faulty living in the past, the sufferer presents himself to have the symptom treated or cured. Meanwhile he continues to feed the disease forming fuel to his body in the

shape of wrong food and dark thinking and so the vicious circle is welded complete and can never be broken save through chance enlightenment as to the true facts of the case or by the intervention of death.

LIKE BRINGS LIKE

This almost universal ignorance of the cause of disease is not confined to the poor or to the laboring classes. Kings, Presidents, Educators, Ministers, Physicians, Rulers, Scientists and Teachers are as lamentably ignorant of the truth as the slimly educated masses. These men in high places sicken and die as the poor do, because they do not know nor will they take the time to investigate the truth concerning health truths. Primarily and basically life is sowing and reaping. We cannot expect a bountiful harvest when we sow meagrely. We cannot hope to create strong bones and pure blood and vibrant health if devitalized materials are fed to the body in the shape of food. Miracles do not happen in life; a tree brings forth fruit according to its kind not according to speculation or chance. When improper food is habitually used there can be but one result, a change of body tissue, the forerunner of disease and premature old age. The almost universal system of eating acid forming foods creates an omnivorous unnatural appetite which simply cannot be assuaged and of course the greater the amount of food consumed the more certain is suffering to

accrue. The prophet Isaiah says, **"He shall snatch on the right hand, and be hungry; and he shall eat on the left hand, and they shall not be satisfied."** (152)

THERE IS NO DARKNESS SAVE IGNORANCE

Sickness has come into the world through the ignorance of health fundamentals. Sickness can be driven out of the world in just one way, through the constant practice and discipline of natural health laws not selfish, man made, erroneous laws. The people have trusted to man for centuries but man has failed ignominiously; disease and suffering are found everywhere and the whole earth is in the throes of weakness. The wise use of life will grant us immunity from the hand of disease. In order to discover how to use life we must study nature and co-operate with God. It is only by taking these steps that we can find peace from pain and physical torment. Not only is God the God of the Spirit but also the God of the physical. **"I am the Lord, the God of all flesh, is there anything too hard for me."** (153) Some day in the distant future mankind will grow out of weariness and weakness. Some day a new morning of health promise will dawn for all men as it has dawned for a few men today. Each man can hasten the coming of that golden dawn of glorious health promise if he will incline his ear toward the Divine voice that calls out **"Come unto me all ye that labor**

and are heavy laden and I will give you rest."
(154) Rest and healing are ours the moment we move out of our self made prison house of suffering and get back to the way of truth and right living.

SICKNESS IS SELF-MADE

There are four forms of disease, congenital which is quite rare, contagious which is a necessary measure for the perpetuation of life, also functional and organic diseases self made. Functional diseases are all more or less susceptible to suggestion, affirmation and prayer. Organic diseases are deep-seated, advanced and usually stubborn in healing because of change of tissue and inner congestion. However, the most incurable organic disease is subject to alleviation or cure through the medium of faith and affirmation. However, when a change of diet is employed in corroboration with prayer and faith often even an incurable condition can be restored to normality. The sufferer must never lose heart, he must keep turning hither and thither until he finds the method that will correct his suffering. There is a supply somewhere and the one who never abandons hope may in due time find the path to redemption. Men do not know what they do, so God's sustaining hand is ever ready to lift those who are fallen when they call upon him. We are not placed here just merely to transgress and suffer the resulting punishment. We are here to enjoy

health and happiness and to live our best. Though our transgressions are as thick as a dark cloud every one can be blotted out and forgotten if we turn from the sins we have committed and observe the laws of life. **"And I will cleanse them from all their iniquity whereby they have sinned against me, and I will pardon all their iniquities whereby they have sinned and whereby they have transgressed against me."** (155)

RECOGNIZE THAT WHICH IS TRUE

The way to health is known only to a few people. More than ninety-nine per cent of the people of the earth are misinformed or live in health-darkness. When a man is sick he is blinded; he has lost his sense of direction; he is struggling for the light to guide him back to health, but those he trusts for guidance suffer from self same diseases themselves, so the blind leads the blind and both die. Struggling, dim-eyed-exploited humanity self deceived or deluded by personal ignorance or exploited by selfish interests, working chiefly for personal gain. Men rarely take time to think, they drift along with the tide of life, scarcely giving a thought to the prevention of disease. Presently, the inevitable reaction to sinning ways appears in the shape of a suffering body. After a process of unnatural, man-devised treatments, a temporary improvement may appear. But with the

continuance of the past sins of gluttony, indolence or dark thinking, the disease re-appears again in the same guise or often in some other, far more dangerous form. **"Whoso keepeth the commandment shall feel no evil thing."** (156) To protect ourself against a living death of pain and suffering we have to keep informed as to what constitutes the real principles of health.

EVERY MAN IS BORN UNDER LAW

Law is King in the whole universe, and when health laws are obeyed the joy of good health follows as certainly as the day follows the night. When health laws are infringed there can be but one result, disease. The understanding and practice of health principles ensure good health always. There never was, there never can be a substitution for the personal observance of law. Friends, neighbors and loved ones will sicken and die, but the man who follows the laws of health and of life will be preserved. **"A thousand shall fall at thy side and ten thousand at thy right hand, but it shall not come nigh thee."** (157) Others may stumble and fall and be victims of accidents, but those who are attuned with the laws of life and of God are protected and guarded to the highest degree. The power that delivers men from sickness and death is knowing the law and utilizing it day by day. **"Then shalt thou walk in thy way safely and thy foot shall not stumble."** (158) The ever-

lasting arms of God are ever ready to sustain those who decide to walk in the light and fulfill the divine conditions that will ensure a perfect life of health and harmony.

TRAIN AND PRACTICE IN HEALTH WAYS

When the spirit of laziness seizes us we will find it exceedingly difficult to walk in the way of harmony and truth. To live a life of power and health means there is much to do before we can deserve the rewards and rich abundance of life. **"In the morning sow thy seed, and in the evening withhold not thy hand."** (159) The good life is a busy one. It means eternal vigilance, study, seeking, and above all practicing laws and principles of truth. Knowing the truth should not make us indolent. By our knowledge and also by our labor in following truth principles a beautiful life can be created and enjoyed. Knowledge alone will not ensure us good health, we must apply and use our knowledge then we are assured that because of our worthiness no good thing can be withheld from us. The hearer of the word still remains in the ranks of the ignorant until he resolves to utilize the knowledge he has gleaned. Good health is a delight and its simplicity of attainment is within the reach of every thinking man. Health is not barred to any man, save by the indifference or limitation of the individual. In order to enjoy money and culture, good health is essential.)

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There is no substitute for health in all the world, but it must be bought and paid for. The price which life demands for physical wholeness is personal effort, adopting health building habits, thinking rightly, living harmoniously, eating vital foods in moderation, and loving our neighbor as ourself. Living such a type of life means health, happiness and continuous profit. **"And the Lord shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden and like a spring of water, whose waters fail not."** (160)

FULFILL ALL THE LAWS OF HEALTH

Never should we forget that life is three planed, body, mind, spirit. In all planes of being there is a wrong and right way to live. Suffering attends the harmful method of operating life in any or all of its planes. We are unlimited in our potentialities when we discover our powers and put them to work to heal and restore us to radiant health. There is much error or self deception in referring to the term Truth. Truth is not one-sided or limited in any way. The Truth concerning health and healing means the understanding of the laws of body, mind and spirit and the intelligent and consistent use of these laws. Truth means living toward truth ways and noting an increased, expanded life as a result of this superior method of living. Those who live

in the truth are guided, guarded and protected because of the majestic power which the practice of Truth wields. Followers of truth in all sides of being can with perfect assurance and profound authority affirm, "Because I am a student and follower of Truth ways I am unbeatable and invincible, so come what may I am prepared."

ALL THINGS ARE POSSIBLE IN TRUTH

Health, happiness and wisdom will follow the application of the laws of truth and life. The first move toward the restoration of health is to get back into the harmony of our triune nature. The harmony of our whole being is the equal and superior of even the most direful disease. **"With God all things are possible."** (161) God is the artificer of man's body, mind and spirit, and when we harmonize with God's rules and regulations governing man then the contact is made and the healing accomplished. (When we rout our faulty sense mind and install the perfect mind harmonious we will not be so prone to impose too much food on our stomach or burden our minds with thoughts of fear, worry and stress.) Let us learn not to limit the degree of health which we should possess. Let us not accept any physical bondage whatsoever. Whatever condition of the body that inhibits our happiness or prevents us from living triumphantly must be expelled from our life. Our

Divine heritage is **"Peace be unto thee, fear not, thou shalt not die."** (162) More and more we should stress our Divinity as children who are born into a rich inheritance. Millions dwell on the darker idea concerning life, they imagine that we are destined and condemned to an existence of travail and suffering. This is a faulty idea as those who live in the harmony of God's laws seldom get sick or have to undergo suffering.

WHAT WE FEAR WE ATTRACT

Even the sins and omissions of our parents can be prevented from reflecting upon us if we live in the light and truth of a perfect and harmonious life. Let us strive to cast fear out of our lives, as that which we fear as a rule has no foundation in fact. Particularly we should wage war against the fear of a weak or tainted inheritance. Such apprehension unfits us and prevents us from expressing a courageous, gainful career. Resolve to trust these promises, **"In God have I put my trust: I will not be afraid what man can do to me."** **"I will not be afraid what flesh can do unto me."** (163) **"Yea, though I walk through the valley of the shadow of death, I will fear no evil, for thou art with me; thy rod and thy staff they comfort me."** (164)

When sickness clutches our body, we should not fear it, rather should we bestir ourself to the understanding that it is a personal fight to be waged to rid ourselves of the enemy within

our gates. We should visualize that we are created in the perfect image and likeness, and as long as we are in pain we are unworthy custodians of our body. The body can live forever because we are distinctly told **"the last enemy to overcome will be death."** (165) Disease, too, is an enemy, because, if it remains unchecked it will end even the strongest and most virile life. Men have not learned how to harness the powers of body, mind and spirit, and as a consequence men are condemned to suffering and premature death. When we know the facts of life we become cognizant of the exact manner by which we prevent or dissipate disease, and accordingly being wise we may live to rejoice, not to suffer. Let us not listen to the babblings of ignorant men who urge us to accept suffering as a cross from the Lord. Let us defend ourselves against those who would pretend to cure us with untrue or impossible methods. **"Understanding is a well-spring of life unto him that hath it; but the instruction of fools is folly."** (166)

WHAT WE HOPE FOR WE CREATE

When men take time to meditate and reflect purposefully and intelligently they will come into the realization that each man is the manager and builder of his own personal life. If all is well with him, he proves that he is a worthy life governor and builder. If he has allowed weakness or sickness to creep upon him then he

demonstrates his stewardship is of shoddy quality. Rarely do we find men who are sufficiently advanced to recognize they are personally responsible for the type of life which they daily manifest. Each man decrees the degree of his life whether he is aware of it or otherwise. If we are guided by understanding, we harmonize with Nature's laws. If we are obeying the laws of God then our life must be health filled and power filled. But if we choose to deny our personal obligation of stewardship and personal responsibility, then we stand condemned in the sight of God as a foolish man. **"Let no man deceive himself. If any man among you seemeth to be wise in this world, let him become a fool, that he may be wise."** (167)

INVESTIGATION NOT IGNORING — WINS

In the beginning all wise men and great discoverers have been dubbed fools or quacks. But at the testing hour the scoffers and self-appointed critics, amid the jeers of an awakened public, tumble from their tottering cynic seats because of ignorant self-deception and inability to recognize truth.

The chief impediment that prevents all men from living in the possession of health is their early training. Before a child can reason for himself his parents fasten their ignorance upon him and condemn him to a life of suffering and limitation. Length of days is the only possible

way we can hope to escape the bondage of early training. It takes years of living to give us enlightenment, and frequently with the passing of many years we awaken to the fact we have been living on the limited lower strata of life and that we were born to live on its towering heights.

LIFE IS AS THE DEPTH OF OUR MIND

To live wisely means a life of high power. The key to such a worthy existence lies in the mind. By the mind we are freed or enslaved. If the weeds of error fill our mental garden, we can see but weeds and thistles. If our mental world is filled with the flowers of life—understanding our life is decreed to be sane, health filled and beautiful. If all is not well, if sickness grips us let us cast out this disturbing mental weed of error and ignorance and plant instead the seeds of true wisdom. God offers health and strength to all men without money and without price. Simply let us turn to God and seek to live as he would have us to live and no longer will we be a prey to suffering or physical torment. **"Therefore will I save my flock and they shall no more be a prey."** (168) No matter how unclean we may be, irrespective of the depths to which we have sunk there is still a chance and opportunity and certainty of healing in the boundless, limitless beneficence of nature and transcendent power of God. What man will sol-

emply decree as being utterly impossible God will smilingly demonstrate as being easily possible. Therefore, let us not lose our courage, let us get into harmony and believe and give God the joy and opportunity of opening our blinded eyes and disclose to us the mighty, little known remedial possibilities of existence.

OPEN YOUR EYES TO TRUTH

It seems strange how men oppose a new idea or a new truth. Hands and voices are lifted by the unthinking or the selfish against the introduction of a new truth. Those who are close minded fight the introduction of any new project even if it is of the most vital benefit to them. Men seem to glory to wear the chains of suffering because they refuse to believe the truth that disease is a personal sin, a self-built penalty formed from the pursuit of ignorant ways and habits. Physical suffering is indeed self-degradation. If wrong habits of living are not mended healing cannot take place. The sick man may well cry unto the Lord for illumination so that he may discover how he is sinning against himself and be shown the way to be relieved of his distress. **"He sent his word and healed them and delivered them out of their distresses."** (169)

DARE TO LIVE IN HEALTH

If we are lacking in health wisdom, there is a way provided to get it — the way of Truth. Truth does not force itself upon unwilling lives.

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The spirit of desire and receptivity must first be established before the Truth can wing its way to quicken and heal us. Desire to be well and willingness to refrain from old and faulty methods of living are the two mightiest steps we can take toward a life of good health. The greatest stumbling block against winning health is lack of faith; somehow we cannot bring ourselves to believe that disease and good health are both inner products, a personal self-created loss or gain. Labored arguments should not be necessary to prove that men suffer from themselves. We are blinded by an endless list of mysteriously named diseases. We are frightened by the constant advertising of contagion, plague, bacteria and germs. We are confused by ponderous dissertations on intricate theories regarding molecules, tissues, nerve cells and diseases. In the midst of all this weighty, scientific jargon we simply grow bewildered and do not know where to place our trust. Our senses deceive us and our inclination is not dependable. We should trust to our reason alone and reason will whisper to us get back to the study of nature and of God and there you will find rest and redemption from suffering. "Heal me O Lord, and I shall be healed; save me and I shall be saved: . . . for thou art my praise." (170)

LEARN TO KNOW YOURSELF

(The proper study of mankind is self study)
Ignorance of self is the cause of the majority of

all bodily disorders. We are strangers to ourselves. Men are versed in science, art, books, music, creeds, laws and money but remain on the outer porch of the temple of life. Everywhere we turn disorder meets us. Men are rushing to and fro seeking something they can never find of themselves. Whoever is not receptive to the influence of Truth is his own betrayer and life wrecker. The sources of power to heal us are within our reach yet the vast majority of people live to suffer. The light concerning health is ever waiting for us to switch on but millions live and die in the darkness of error. Health food for the whole world is ever placed before those who hunger for freedom from suffering. But blinded to Truth the earth's millions go down to their graves hungry and thirsty for life's most bountiful gift — good health.

TO BE MORE WE MUST KNOW MORE

The tree of life is laden with delectable fruit, health, joy, peace, youth, beauty, supply, but we cannot comprehend good from evil and we turn our back on the tree of life so laden and heavy with earth's richest treasures. Will men ever learn! Will men ever know they are their own saviours or their own oppressors? Will men ever recognize that Nature laws are God made and God appointed. Unless we study Nature we cannot find the whole truth concerning health and life.

"Strength and beauty are in his sanctuary."
(171) Let us begin to study our life painstakingly

ingly and persistently. Marvel at the wonderful mechanism of your body. Determine to feed it and care for it in a more intelligent and wiser manner than ever before. Life is not given to us to destroy but to save. Life is in our keeping — be worthy of God's trust who loaned you your life. Even the greatest transgressor is never deserted or abandoned; all men can find health if they do their share toward the rebuilding of a new life. **"Lo I am with you always"** (172) is an ever living, everlasting promise for each son and daughter of the earth.

YOU ARE YOUR OWN LIFE BUILDER

Life is sweet when we know how to live. Resolve to gain that wisdom now, today. God is the designer, but living man is his own sculptor. The tools for life-fashioning are committed to man's hands. Through proper food, conscious breathing, cleanliness, rest, exercise, peace and prayer we can alone build a structure that will ultimately be known as a Life of Perfection, a Temple Beautiful. Begin work on this Divine Model immediately. Strive in your studio of life to construct this majestic edifice and ever know as you work and dream and fashion that you are not working alone, that God is a co-worker with you and soon health, joy and abundance will become your reward. **"For the Lord thy God bringeth thee into a good land, a land of brooks of water, of fountains and depths that spring out of valleys and hills."** (173)

Bible References

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| (1) Deut. 33: 25. | (42) Isa. 42: 18. |
| (2) Sam. 4: 9. | (43) Ps. 146: 8. |
| (3) Ex. 23: 25. | (44) Isa. 42: 16. |
| (4) II Kings 5: 6. | (45) John 9: 25. |
| (5) Ps. 42: 11. | (46) II Sam. 14: 25. |
| (6) Matt. 9: 2. | (47) II Sam. 23: 4. |
| (7) Jer. 30: 17. | (48) Eccl. 3: 11. |
| (8) Mark 11: 24. | (49) Isa. 40: 9. |
| (9) Ps. 109: 20. | (50) Rev. 3: 20. |
| (10) Isa. 58: 8. | (51) II Sam. 3: 34. |
| (11) Isa. 50: 2. | (52) Jer. 40: 4. |
| (12) Matt. 4: 24. | (53) Luke 9: 29. |
| (13) Matt. 12: 15. | (54) Mark 9: 23. |
| (14) Matt. 14: 36. | (55) John 15: 7. |
| (15) Gen. 1: 31. | (56) James 4: 3. |
| (16) Prov. 10: 17. | (57) Prov. 17: 22. |
| (17) John 5: 26. | (58) Rom. 12: 2. |
| (18) John 14: 6. | (58a) I Cor. 6: 20. |
| (19) Matt. 10: 30. | (59) Ex. 15: 26. |
| (20) Isa. 29: 18. | (60) Ex. 23: 25. |
| (21) Isa. 35: 5. | (61) II Kings 20: 5, 6. |
| (22) Eph. 5: 27. | (62) Isa. 58: 8. |
| (23) II Kings 4: 34. | (63) John 17: 10. |
| (24) Rom. 8: 13. | (64) Ps. 84: 11. |
| (25) I Cor. 6: 19. | (65) Jer. 7: 23. |
| (26) Prov. 23: 21. | (66) Prov. 13: 18. |
| (26a) Prov. 23: 32. | (67) Ps. 1: 1. |
| (27) Rom. 8: 5. | (68) Prov. 4: 13. |
| (28) Prov. 14: 30. | (69) Prov. 13: 20. |
| (29) Matt. 7: 7. | (70) Rev. 22: 2. |
| (30) Matt. 21: 22. | (71) Job 12: 7. |
| (31) Ps. 29: 11. | (72) Ps. 107: 17. |
| (32) Isa. 40: 31. | (73) Jer. 30: 17. |
| (33) Isa. 30: 15. | (74) Hos. 13: 14. |
| (34) Joel 3: 10. | (75) Rev. 21: 5. |
| (35) Rev. 21: 6. | (76) Prov. 16: 22. |
| (36) Rev. 22: 17. | (77) Ps. 119: 144. |
| (37) Job 22: 28. | (78) Eccl. 7: 12. |
| (38) Ps. 107: 20. | (79) Prov. 15: 24. |
| (39) Jer. 33: 8. | (80) Ps. 107: 43. |
| (40) Matt. 11: 5. | (81) Ps. 16: 9. |
| (41) John 5: 8, 9. | (82) Luke 13: 12. |

- (83) Isa. 55: 7.
- (84) Heb. 3: 4.
- (85) I John 3: 22.
- (86) Jer. 33: 3.
- (87) II Cor. 13: 11.
- (88) Rom. 14: 19.
- (89) Ps. 37: 37.
- (90) Ps. 119: 165.
- (91) Matt. 19: 17.
- (92) Ner. 8: 10.
- (93) Luke 12: 29.
- (94) Eph. 4: 23.
- (95) II Tim. 1: 7.
- (96) Ps. 40: 2.
- (97) Ps. 93: 4.
- (98) Isa. 59: 19.
- (99) Deut. 8: 7.
- (100) Isa. 1: 19.
- (101) Jer. 7: 23.
- (102) Rom. 2: 6.
- (103) Heb. 5: 8.
- (104) Jos. 24: 15.
- (105) Ps. 91: 10.
- (106) Prov. 12: 7.
- (107) Jas. 1: 12.
- (108) Gal. 6: 9.
- (109) Joel 3: 10.
- (110) Pro. 24: 5.
- (111) Ps. 29: 11.
- (112) Ps. 84: 11.
- (113) Ps. 34: 19.
- (114) Prov. 15: 6.
- (115) Prov. 14: 34.
- (116) Isa. 3: 10.
- (117) Matt. 5: 6.
- (118) Ps. 34: 10.
- (119) Jas. 1: 4.
- (120) Luke 1: 37.
- (121) Ezek. 37: 14.
- (122) II Cor. 3: 17.
- (123) Ps. 119: 18.
- (124) John 10: 10.
- (125) Isa. 58: 8.
- (126) I Thess. 5: 17.
- (127) John 8: 11.
- (128) Prov. 4: 7.
- (129) Prov. 19: 8.
- (130) Prov. 3: 13, 18.
- (131) Gal. 6: 3.
- (132) Job 33: 4.
- (133) Ezek. 37: 14.
- (134) Prov. 23: 4.
- (135) Isa. 5: 12, 13.
- (136) Eccl. 7: 12.
- (137) Gal. 6: 5.
- (138) I Sam. 10: 6.
- (139) Isa. 6: 7.
- (140) Ps. 50: 15.
- (141) Ps. 146: 8.
- (142) Ps. 127: 1.
- (143) Ps. 127: 1.
- (144) Matt. 7: 7.
- (145) Ps. 16: 11.
- (146) Prov. 10: 17.
- (147) Rom. 8: 6.
- (148) Ps. 25: 4.
- (149) Jer. 7: 23.
- (150) John 5: 14.
- (151) Job 33: 25.
- (152) Isa. 9: 20.
- (153) Jer. 32: 27.
- (154) Matt. 11: 28.
- (155) Jer. 33: 8.
- (156) Eccl. 8: 5.
- (157) Ps. 91: 7.
- (158) Prov. 3: 23.
- (159) Eccl. 11: 6.
- (160) Isa. 58: 11.
- (161) Matt. 19: 26.
- (162) Judge 6: 23.
- (163) Ps. 56: 11.
- (164) Ps. 23: 4.
- (165) I Cor. 15: 26.
- (166) Prov. 16: 22.
- (167) I Cor. 3: 18.
- (168) Ezek. 34: 22.
- (169) Ps. 107: 20.
- (170) Jer. 17: 14.
- (171) Ps. 96: 6.
- (172) Matt. 28: 20.
- (173) Deut. 8: 7.

