

HEALTH

Is a Bargain Between You and NATURE

How to Achieve Immunity from Disease

(Specially Written by Dr. Ulric Williams)

*"For there be many that perish in this life because they
despise the Law of God that is set before them." 2 Esdras, ch. 7, v. 20.*



DR. ULRIC WILLIAMS.

*Disease does not attack healthy people;
it is the outcome of failure to fulfil the
requirements of health.*

MAN has arrived thus far in his pilgrimage towards higher stages of consciousness through the operation of the Law, of whose working he has been, for the most part, almost entirely ignorant; but he will make further progress only through response to the Spirit of which that Law is the outward expression. Our failure to solve the problems of disease, education, economics and international relationships is due to the fact that we have insufficiently responded to the Spirit of God and His Law.

Consequently we have almost completely overlooked the adequacy of His provision for our well-being in these departments. Man seems to think he can ignore these provisions and escape the consequences by some artificial expedient; to think, in fact, that by means of operations and drugs, he can maintain his health, while he continues to do the things that have made him sick. For long enough man has regarded disease with dread; but, rightly understood, there is little to fear. Disease is not something mysterious attacking us from without, due to germs; it is mostly a degenerative process, going on within, due to wrong living; and, of this, the acute illness is Nature's method of cure. A conception which is revolutionising accepted methods of prevention and treatment all over the world.

There is little to fear. Disease does not attack healthy people; it is the inevitable outcome of failure to fulfil the requirements of health. Germs are an accompaniment, often, of the disease process; but are never the primary cause. In general, we need not fear sickness if we obey the laws of health; and if, through ignorance or neglect, we have failed to obey those laws, and so become ill, there are immense recuperative powers in reserve which will assert themselves when we cease to do the things that were making us ill.

The requirements of health are, in general, exceedingly simple. They are:

1. Psychological; right thinking.
2. Physical; right use of foods, and sensible general habits.

Not a heavy price to pay for immunity from disease! The two chief consequences of failure to obey these simple requirements are:

First, a shortage of certain essentials to well-being; namely, vitamins and mineral salts; and

Second, an accumulation in the system of uneliminated waste.

Dead foods will not support healthy life; and the conventional diet is composed chiefly of denatured and adulterated foods often coloured, flavoured and preserved with poisonous chemicals. If white flour and white sugar killed the first time we ate any, nobody would be so unwise as to partake of them; but because the degenerative process is slow, and many years may elapse before disastrous consequences appear, we do not seem to relate cause and effect. Scott, Evans, Oates and Dr. Edward Wilson perished on their return trip from the South Pole because scurvy wore them down. They suffered from scurvy because they did not know that refined foods will not support healthy

life. It was an expensive lesson by which we have been unduly slow to profit.

The conventional diet is still altogether excessive in quantity, and dangerously lacking in the essential vitamins and mineral salts. It is one of the greatest factors in the production of disease. The second great physical cause of the degenerative process is the accumulation of waste; and for this there are three chief reasons:

A sluggish elimination of the waste naturally resulting in the body from tissue activity.

The absorption, from the bowel, of waste matter resulting from the fermentation and putrefaction of excess and unsuitable foods.

The indulgence in all manner of rubbish never intended to be used as foods, for dealing with which Nature has made no provision.

So comprehensive is God's provision, through His natural laws, that mechanism has been provided for dealing with all ordinary accumulations of waste. The body is a self-cleaning machine; there are five great eliminating channels, and when poison has reached a level in the body likely

to be dangerous to life, Nature makes us ill, too ill to eat (if we are wise), while she throws out (if we will let her), through the usually adequate channels she has provided for the purpose, the poisonous accumulations that were threatening well-being.

This is the healing crisis; it is Nature's attempt at cure.

So blind have we been that, due to our materialistic viewpoint, we have almost completely misunderstood the significance of these phenomena; and conceived of them as something attacking us, and threatening life, attributable to germs. Consequently, orthodox attempts to deal with disease have been confined mostly to endeavouring, by means of knives and drugs, to suppress the acute illness; and when they have succeeded have merely prevented Nature from protecting us from the consequences of ignorance and neglect.

I have been consulted several times by men suffering from advanced cancer of the stomach. I always ask one question; and I always get the same answer. The question is: "How long have you suffered from indigestion?" And the answer: "Almost all my life."

Next I ask another question: "Why do you think you have suffered so long from indigestion?" And the answer, often in the form of a question: "Do you mean, something wrong with my food?" Men try to live upon refined and adulterated foods in excessive quantity; they bolt their meals; they chew hurriedly; they rush off directly the meal is over; they insult their interior with fluids at an almost intolerable heat; they worry and fret; they smoke and drug; and when the inevitable consequences appear, their symptoms are characterised as nervous dyspepsia, and treated with a bottle of medicine. And we are told by those who presume to advise, that the cause of cancer is not known! Evidently orthodoxy does not know. We have been too concerned with seeking a cure, while Nature's purpose is to prevent, since it is (Continued on page 8.)

*This is the first of a special
series of articles by Dr.
Ulric Williams on "Health
by Nature's Methods."*