

Are We Beyond The Reach Of An Urgent Warning?

*Asks Dr. Ulric Williams
In This Health Article*

ARE we beyond the reach of an urgent warning? A little self-control and self-discipline seems a cheap price to pay for immunity; yet many of us have had our tonsils and appendices removed; our teeth are rotting away; sight and often hearing are at fault; some are crippled with rheumatism; many are suffering from chronic digestive troubles leading almost inevitably, sooner or later, to cancer; yet every necessary provision for health is available at negligible cost. We ignore almost every law of health for 20, 30 or 40 years. Then when at length the degenerative process becomes alarming we take fright and look for a quick way out. But there is no quick way out.

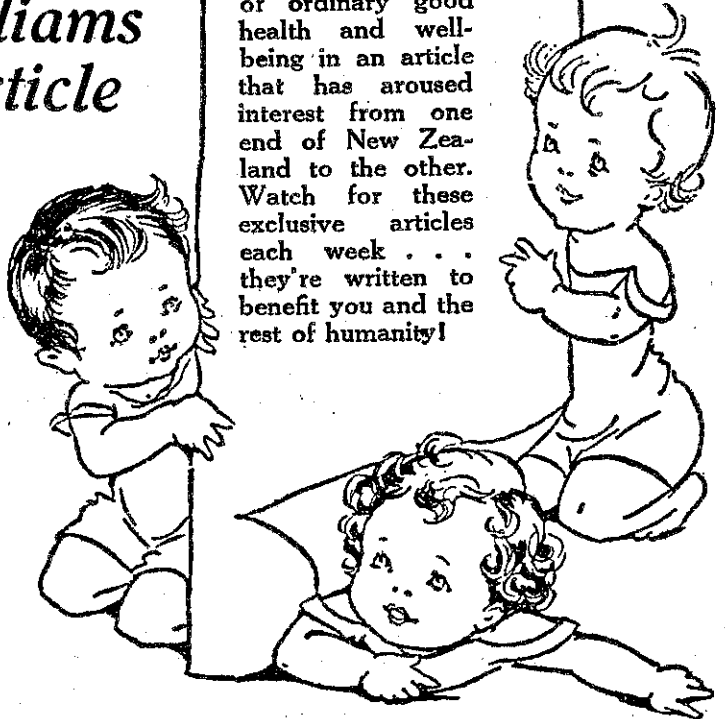
Disease, whether of body, mind, soul, or estate, is mostly of the nature of a degenerative process. This process may be arrested and converted into a regenerative process by conversion and obedience to the laws concerned. There is no other way. Orthodox medicine and surgery are popular because they proffer a quick alternative—but do not be caught in that snare. Symptoms may need treatment, it is true; but don't let their successful dispatch deceive you into thinking that you can ignore the faults in your method of living that gave rise to them.

Nature's methods are slow. The worst eczema case I have ever seen took two years to recover. Advanced cases of tuberculosis take eighteen months, two years, and perhaps much longer. A woman who weighed 17st. 10lbs., had a blood pressure generally about 250; she was severely troubled with palpitation and neuritis; was breathless on exertion; and had difficulty in concentration; was troubled with cramps in the legs; headaches, and general depression. She lived, under instruction, for nearly two years on a daily ration of fruit, raw salads, and a small piece of toast. To-day she weighs 9st. 7lb.; her blood pressure is normal; she has neither aches nor pains; while her quick wit and beautiful complexion attest a high degree of physical well-being.

You whose sufferings are so closely akin—do you am I; you will find none greater than keeping healthy.

A New Race Will Arise . . .

Says DR. ULRIC WILLIAMS in this article, the second of a series written specially for the "Radio Record." Last week Dr. Williams discussed the fundamentals of ordinary good health and well-being in an article that has aroused interest from one end of New Zealand to the other. Watch for these exclusive articles each week . . . they're written to benefit you and the rest of humanity!



think to attain relief with medicines? It is likely to cost you dear. It is natural to look outside ourselves for cause and cure of troubles arising within; but it is spiritual to acknowledge our fault and seek to correct it.

God is not a tryant enthroned afar off; He is the Great Invisible Power in Whom we live and move and have our being; He is the Spirit of Life and Love; His purpose, for each of us, is our highest good. We wonder why disease is allowed; but it is not His fault. He is doing His utmost to prevent it. It is we who will not allow Him. There is no need for poverty or disease. We can set about abolishing them as soon as we like. For generations we have bred from unhealthy progenitors; but, as consciousness unfolds, a new race will arise. Many difficulties will have to be met, and obstacles overcome; but if we are looking for a mission in life, why, here is one lying ready to hand.

We, in this country, are uniquely situated; and the world is looking on; and as success is seen to attend our efforts, it, too, will fall into line. A mighty heritage for a little land and for us who, perhaps, people it for this purpose! You may be fond of sport. So



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