

THE THREE Essentials Of Right Living

(Specially written by Dr. Ulric Williams.)



... Plenty of fresh air and sunlight.

IF we can discover what are the requirements of health, and are prepared to fulfil them, we shall find ourselves in a position to avoid the pitfalls of disease.

These requirements of health are exceedingly simple. They are these:—A happy and contented mind; right use of foods; and sensible general habits.

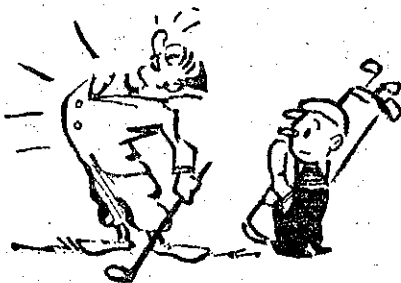
THE HAPPY AND CONTENTED MIND.

MAN is essentially a spiritual being. He is evolving slowly from a condition purely animal, to a consciousness perfectly spiritual. Fear, worry, anxiety, resentment, self-pity, bad temper, indifference to the sufferings of others, pride, greed, jealousy, gluttony, cruelty and lust are characteristics of the natural animal man. Cheerfulness, unselfishness, kindness and generosity, good temper, self-sacrifice, honesty, purity and love are attributes of the higher spiritual man. There is a devil and an angel in every one of us.

Fear is the primordial instinct of the natural animal man; and faith is the developing faculty of the higher spiritual self. Fear is a negative destructive vibration, and constructive faith a positive healing force. Faith seems to be an instinctive reaction and I often remark that, if people had one-tenth of the faith in good that they have in evil, what an age of miracles this would be! Fear is faith in evil, which is the exact opposite of faith in good, which is faith in God.

"As a man thinketh in his heart so is he." The thought we hold in our mind tends to materialise. How vitally essential therefore to hold in our mind only thoughts of good; unqualified confidence in the all-pervading presence and power of good (which is faith in God), will necessarily ensure our holding the right type of thought in our mind.

If we really believed what we say we believe, that God is the spirit of power and love around us and within, why, surely, there would be no room for fear or any other negative reaction. On the contrary, there must be every reason for rejoicing and exultation. Personally, my whole life is based upon this belief.



... Lots of deep-breathing.

RIGHT USE OF FOODS.

IGNORANCE regarding the essentials of correct feeding is responsible for more suffering than most people dream of. Yet it is easier to feed correctly than they dare to hope. Modern scientific finding has at last come into line with Biblical instruction. It is now conceded that a low protein diet, composed mainly of fruit and vegetables, is the most suitable for human use.

Moderate use of the natural foods, in suitable combination, will go a long way toward ensuring physical fitness with a large degree of immunity from disease.

A little discipline and self-control is required, but I can speak from experience when I say that, once the unnecessary luxuries and indulgences have been dispensed with, they no longer prove a temptation. Eat slowly, chew thoroughly, do not drink with your meals, and remember the happy and contented mind!

Breakfast should consist of fruit: two kinds fresh, and one dried. A few nuts may be added, and a cup of milk, or cocoa made with milk.

The principal item in the lunch meal should be a large, raw salad; and there is much scope for originality and variety in making raw salads. A dressing compounded of olive oil is preferable. This is the meal at which the starch part of the diet is consumed, either in the form of wholemeal bread, wholemeal toast, scones, or rusks, or sometimes a potato baked

in and eaten with its jacket. Butter and cheese are used sparingly. Bran biscuits are suitable, and honey may be taken in moderation.

In the dinner meal vegetables bulk largely again. Meat or fish are taken only once a week, an egg dish once or twice a week, and one of the vegetarian meat substitute dishes on the remaining days. Potatoes are not eaten at the dinner meal because, for better digestion, it is best to keep proteins and starches apart. A variety of vegetables, conservatively cooked without salt or soda, should always be provided. Rarely use puddings. The best form of sweet is stewed fruit, fresh or dried, together with a little junket, or occasionally custard. Cream may be used sparingly; and raw sugar—never white.

Begin the day with a large, warm, unsweetened lemon drink. Between meals take orange, lemon, or grapefruit drink with warm water, and sweetened, if liked, with a little honey. Or vegetable (Continued on next page.)