

Give it a Go— But Remember, Billions Have Tried it Already



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A THOROUGH grasp of certain principles is essential if we are to understand the problem presented by disease. It is exactly because there are still so many who fail to comprehend them that we have made such disappointing headway in our efforts to solve this most pressing problem. The points are these:—

FIRST: Disease is mostly a degenerative process, due to failure to fulfil the requirements of health, and of this process the acute illness is frequently Nature's method of cure.

SECOND: The primary causes of almost all diseases may be grouped under two heads:—(1) Psychological: Wrong beliefs or ideas; and mental tensions. (2) Physical: Wrong feeding; and wrong general habits.

THIRD: The reason for the occurrence of chronic disease is (a) continuation of the cause, and (b) suppression of Nature's efforts to heal.

True, there may be contributory causes—hereditary, environmental, bacterial, economic, or accidental; but, in the main, whatever your symptoms may be, the causes will almost invariably be found to be either psychological or physical, or both. Sometimes the one predominates, sometimes the other; but if you look for permanent relief without correcting the cause, well—give it a go, by all means. But remember that a good many billions of people have tried it already, but not one of them has ever succeeded so far.

And when you have failed, reflect that correction of the cause is usually followed by disappearance of the effect.

Let us see for a moment what frequently happens when we approach a typical case in ignorance of these simple principles:

A young man, 24 years of age, a footballer of very fine build, sought medical advice because of paleness, loss of weight, headaches and bilious attacks, accompanied by loss of sleep and inability to concentrate. His doctor, having been taught that germs are the cause of disease, went through the customary preposterous rite of tracing them to their lair; and could do no better than advise him to have his tonsils removed. So he entered one of our big hospitals for the purpose. Here the diagnosis was queried and a comprehensive examination undertaken, all the resources of a modern hospital being called upon for the purpose. All these tests were negative, so he was told there was nothing the matter with him, and discharged. His disturbing condition gradually became worse,

Now let us approach such a problem from the common-sense point of view. What is likely to be the matter with such a young man? As I have said above, and hope to say frequently again:

Whatever your symptoms may be, look for the cause of them in your methods of living!

Look to the thinking, the diet, and the general habits. So we did; and a few questions immediately disclosed that the man had a gargantuan appetite; that his diet contained a tremendous excess of starch and meat food; that he bolted his meals; that he was in the habit of going to bed very late; that he washed down his meals with large draughts of strong tea; that he had almost no molars to chew his food with; that he was given to worrying over his work and his physical condition; and that he was exceedingly constipated into the bargain.

Not a very difficult problem, is it?

But many thousands as simple go, not merely unsolved every year, but are definitely made worse, and frequently chronically and even dangerously ill by treatment which, though usually well-intentioned enough, is wrong in principle, and therefore inevitably ineffective in practice!

This young man must have his teeth put in order; he must eat slowly and chew thoroughly; he must go to bed in reasonable time; he must not wash down his meals with tea; he must give up the attempt to live on excessive quantities of dead and adulterated foods, and exercise moderation and wise choice; he must resume the exercise he had been ordered to stop; and, he must be encouraged to discipline his thinking, so that the destructive habit of worrying may be replaced with the constructive one of cheerful confidence.

It is in just such exceedingly simple problems that we are constantly being betrayed, by orthodox beliefs, into a variety of costly and tragic blunders. Tonsils and teeth are removed—probably the appendix and gall bladder also—while all the time the causes continue and effects become consequently more difficult of correction. The degenerative process gradually gets worse and, sooner or later, symptoms of gross disorder appear.

Operation after operation is advised; and expensive treatment and investigation of every kind undertaken, until at last some symptom occurs for which there is no effective expedient—at which stage the sufferer is told that nothing more can be done for him.

Apparently we have yet to learn that disease seldom attacks healthy people. If we would enjoy good health, however, we must be willing to take a little

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