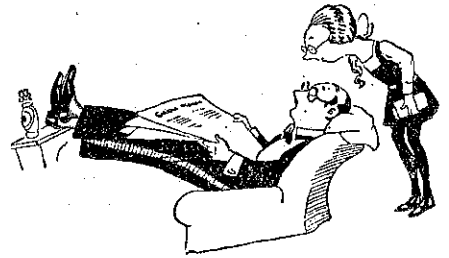


BLIND and DEAF to Simple Truth



Specially Written by Dr. Ulric Williams.

IS there really such a scarcity as there appears to be in New Zealand of public-spirited men and women? Or are they all blind and deaf to simple truth?

Rather over a year ago, two of Mrs. P.'s small daughters—she has seven—were miserably ill with "septic throats," catarrhal conditions of nose and chest, with bunches of enlarged glands in the neck. I had for some time wrestled with her scepticism and prejudice in the matter of correct feeding and healthy general habits. Now I insisted upon a fast, followed by a very simple diet of milk, fruit and vegetables, together with sun-bathing, rest and deep-breathing practice.

Last week Mrs. P. brought the two young people to see me. What a marvellous transformation! Narrow, rickety chests had filled out; miserable thin sticks had become lovely, sturdy limbs; pale, flabby, and almost functionless skins were pink and brown; thin, pinched, unhealthy-looking faces with woebegone expressions were ruddy, laughing countenances, wreathed in bright curls! No coughs. No catarrh. No enlarged glands. Two pictures of beautiful glowing health! God's lovely laughing babes. And Mrs. P. says they are all the same! She has very restricted means but, indeed, has made the most of what she has.

Mrs. P., I stand at the salute! I reverence your devotion and faith. You have gloriously succeeded, where so many, better placed for success, have been too slow even to make the attempt. I'm delighted with you; proud of you. You are right in the forefront of New Zealand mothers.

And as those two tiny people are tactfully trained to self-control and becoming restraint, while relishing healthy fun and despising weakness and self-indulgence, and instructed in quiet reliance upon the adequacy of the great power within, what splendid beings they will become!

We are concerned at the rising insanity rate and may well wonder how many of the miserable wrecks who find their way into our asylums began their degenerate decline in just such a condition as, until recently, menaced these infants. And how much crime and moral delinquency is attributable to similar causes!

I am looking for the time when parents will see their children's needs are adequately supplied and when the betrayal of their offspring by ignorance or carelessness will be regarded as such a crime that no one will care to face the weight of public condemnation.

Signs of Awakening.

I AM thankful to say that on all sides there are signs of an awakening. So it will not be long now before the incidence of disease will be rapidly on the decline in this wonderful land.

Many instances have been given in the course of these and other articles and talks of the almost miraculous efficiency of Nature's methods—when Nature is given her chance. But it is not to be thought that success is the invariable rule. By no manner of means. Success must be earned, and can be earned fully, only by faithful and persevering obedience to all the requirements of healthy life.

One great trouble, with many, is that when the degenerative process that is disease has progressed so far that its symptoms cause suffering or alarm, the afflicted one, not unnaturally, desires immediate relief. He doesn't much care what is done to him or how much, in reason, it may cost. What he does not want is to be told that he has brought his miseries upon himself, and that nobody but himself can make good the lost ground.

It does not interest him to learn that, even if his symptoms are modified or removed, whether by physical or spiritual means, unless he will mend his mistaken ways, worse will sooner or later befall. In fact, what he demands is that something or somebody shall make him well in order that he may continue to do the things that are making him ill.

It isn't the lack of spiritual response that surprises me, where sickness is concerned; it's the sheer absence of ordinary common sense. There's nothing we can't give up, if we like; and no habit we can't control—if we want to enough. And, having given up those things that occasion ill-health, it is a matter of common experience that, so long we as keep our thoughts away from them, the appetite for them is dead. So why kill ourselves, or languish in decrepitude or pain, in order to indulge our craving for assorted indulgences we neither need nor really desire?

Fantastic Costs.

YET, rather than make the effort to give these up, people submit, at a cost often fantastic in wretchedness and expense, to a variety of expedients, the outcome of which, in the long run, is frequently to accelerate the decline while banishing for ever the last hope from reform.

Obedience to very simple laws usually spells good health, long life, immunity from disease, increasing spiritual response, better family, social and business relationships, greater prosperity, with, very commonly, the disappearance of any symptoms of disease that had previously been present.

The power that heals is within. The faculty that sets it to work is faith. But the law, in relativity, is "according to your faith be it unto you." Few realise the negative implications of this law. Faith in good is constructive—and heals. Faith in evil is destructive, and causes disease. Just as inevitably as confidence, courage, cheerfulness, determination and perseverance tend towards recovery and well-being do fear, pusillanimity, pessimism, weakness and vacillation tend toward decline and ill-chance.

People must realise the might of the power within. It is a terrifically potent force and, negatively directed, will drive you as inevitably to hell as it will tend towards deliverance when positively aligned.

Mr. A. is a chronic dyspeptic. His pale, dejected countenance, screwed up in a whine of perpetual protest, advertises his aggressive pessimism. His only happiness consists in making himself and everybody else miserable. He is continually whining about his symptoms and talks of nothing else. In fact, he enjoys ill-health. He is continually consulting medical men and healers of every kind. Not because he wants to get well— (Continued on next page.)



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