

### *The Wisdom of Natural Living*

**A**LL DISEASES are merely symptoms, signs that some law of Nature has been broken, that some obstruction has been put in the way of the smooth, self-regulating functions of the normal organism. The organism may temporarily adapt itself to the abnormal conditions, or the obstruction may be removed, and if the damage done is not too great and enough vital force remains the organism “cures” itself.

Yet, so tenacious are the vital forces of Life and so wonderfully constructed is the human body that not only will it survive continued abuses but will function in a more or less, but ever less, efficient manner. Slowly but surely the destructive and degenerative processes go on until some organ can no longer continue. The pains and strange feelings which are Nature’s warnings of the presence of these processes may be deadened by one or more of the hundreds of painkillers, the tired and sluggish body can be whipped with false stimulants in ever larger doses, and dead or seemingly useless tissues or organs may be removed. However, such misguided and futile efforts never actually check the deterioration.

Does it not seem curious that the parade of modern disease and early death is paralleled so closely by the “march of progress” in purer, refined, processed, and concentrated foods? During the twentieth century, as our food supposedly attained the ultimate in quality, there was a constant influx of new physical ailments, in spite of an ever-increasing body of scientists working in more and more laboratories. Yes, curious and quite suggestive to anyone who uses his eyes and brain.

What is the answer to the universal search for

true health and freedom from disease and pain, to a long and useful life far beyond the accepted three score and ten?

The first and basic lesson is that true health and vibrant strength is the normal state of being of all living things and that disease is abnormal.

Second, this normal state of true health can be reached and held only if all the elements needed by the organism are made available to it and in the right amounts.

Third, these elements must be in their natural, organically compounded state, with none of their living forces destroyed or damaged by heat or other physical or chemical means applied to bring about so-called purity, preservation, refinement, or concentration.

It is a fundamental truth that no natural food is in a refined or concentrated state. This is especially true of the protein type of foods which is so loudly advocated because of a completely erroneous theory that the body needs large quantities of protein or nitrogenous foods to rebuild worn-out muscular tissue. Truly informed scientists know that this is a false theory.

Next in point of danger is the consumption of an excessive amount of carbohydrate foods, especially of the starchy type. An excess of these foods brings about a different but just as deadly train of diseases. Cereals, bread, and similar foods should be carefully limited as to amount and to those which are as close to their original natural state as possible.

Then what shall we eat if we are to achieve and retain a normal state of vibrant health and absence of disease? All life, without exception, depends solely and completely upon the Sun. The method of

utilization of the solar force may of course differ according to the organism. At the purely physical level man and animals cannot absorb this force directly, but must rely upon lower orders, such as plants, which have the ability of assimilating simple inorganic compounds and of converting these into complex organic compounds in combination with varying amounts of hydrogen, oxygen, nitrogen, and carbon. This wonderful and all-important phenomenon can be accomplished only through the agent chlorophyll and in the presence of light which, regardless of its immediate source, owes its being to the Sun.

We come now to the final and in some respects the most important phase of all. The keystone of the arch of normal health is based on the soil in which the plants that supply our food must grow. If this soil does not contain all of the necessary elements, the plant, and in turn our own organism will be correspondingly deficient. If these vital elements are not present and available in adequate amounts, the plant becomes diseased and a victim of pests which Nature provides to eliminate any species it considers weak and unworthy. We may temporarily and partially thwart Nature in this process by killing off these scavengers through the use of poison sprays and the like, but since we never seem able to kill off every last one, new generations quickly acquire immunity. Thus we enter a race, and it seems to be a losing one, to find new and more deadly poisons which must be used in ever increasing amounts.

Animals and man feeding upon plant or fruit which is diseased or deficient in any element in turn becomes diseased and abnormal. On the other hand, excessive quantities of certain elements may also cause an unbalanced state of the soil which brings about other changes in the plant life growing upon it. Again these changes may harmfully affect man or animal which uses the plant for food.

It is highly questionable whether our body can



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ever adapt itself to all of the changed conditions that occur when plants are grown on unbalanced and deficient soils; certainly any such adaptation cannot take place in a few hundred years.

The organic compounds, enzymes, vitamins, and other substances still undiscovered in natural foods, accompanied by a seemingly infinite variety and degree of texture, color, odor, and taste are the mediums through which solar energy and life itself are transmitted to our cell structure by means of its own complicated processes of digestion and assimilation. Clear thinking and reflection cannot but help to make us realize that these complex organic compounds must, by their very nature, be made available to our organism in their original, living state, or as nearly in such state as is possible.

Practically all means of preparing, refining, preserving, or of concentrating foods so alter their taste as to make them lifeless and incomplete and thus more or less unsuitable for providing our body with all the elements it needs for normal growth and for carrying on its normal functions.

The vital forces of life are so strong that organisms may develop to a certain degree on excessive amounts of unnatural foods; they may live for a time in an inefficient state, but they can never reach

their ultimate in growth and development nor in degree of vibrant health. All sincere students of natural philosophy come to these simple and irrefutable conclusions sooner or later.

One has only to stroll leisurely through a natural forest, along wooded streams, or across fields untouched by man to see how well Nature balances her handiwork. Observe the lush and healthy condition of the plants and trees, the absence of blight and disease. Even the, insect population, ever present, even necessary in Nature's plans, is kept in check and balance.

That is the state in which our ancestors found the land. Without vision our forests were cut down, our grassy plains plowed up, our soils exploited. Erosion, floods, pests, blights, diseases, even changes in climate were the inevitable result of such wasteful and shortsighted practices.

Soil, in a natural, balanced condition, is a living and highly complex structure of powdered minerals, rocks, organic matter, worms, bacteria, molds, fungi and other important substances as yet undiscovered.

Plant life draws upon these substances during its growth and development, and as man and animal remove the plants and their fruits, the equivalent in kind and amount must be returned to the soil. The mere addition of inorganic, chemical fertilizers cannot bring back or even maintain the required balance and life. The situation is made worse by the fact that most of these fertilizers bring about conditions unfavorable to the growth of the vitally necessary living organisms and creatures which produce a natural, fertile soil.

By the almost universal modern practice prevalent in this and many other countries of using these inorganic and incomplete fertilizers, much of our land is in an unbalanced state and so starved for various substances that the plant and tree life grown upon it are no longer normal. How can we hope to be a healthy people when we must rely



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upon the products of such an unhealthy soil?

In the final analysis, food has always been the determining factor in the progress, even survival, of a people. The United States of America has been gifted with great mineral and other resources. These with our large areas of productive lands and forests have enabled us to grow rich and strong, at least in material things. Yet these resources are by no means inexhaustible; a current inventory of these presents a far from reassuring picture.

Let us remember that Nature's greatest law is the law of survival of the fittest, and that this law applies to each and every living thing—to the individual, and to the nation, and to the world. Yet Nature is never vindictive; it wastes no time on idle revenge. Therefore it is up to us as individuals to learn and to practice the simple ways of natural living, to demand unrefined, unprocessed, and undepleted foods, to insist that our resources are not further exploited and wasted, that our lands are once more made healthy and truly fertile. □

—W.G.T.