

The Time for Decision

by William Esser, N.D., D.C.

Editor's note: This is another timeless article by NHA co-founder, Dr. William Esser, that appeared in the 1963 Convention Program. We, once again, think you will find that his words ring as true today as they did nearly 53 years ago.

Few do not regret the wasted hours, days and years spent during the course of a lifetime. How many can look back over a span of 70 or 80 years with complete satisfaction in how they have conducted their lives?

Some lives are very full, some very empty. Some have resulted in much good while others have produced much evil. There are those who have amassed great fortunes and those who can't call a penny their own. Great and highly educated minds have numerous counterparts in those totally untrained or incapable of a single rational thought. In the matter of health, one finds a few remarkably well and vital individuals of 80 years or over, but on the other hand, illness and disease encumber all of the rest.

Somewhere within this sketchy segment of mankind, each individual can find himself. How many look into the past with self-satisfaction and think, "I wouldn't have spent it any other way"? For those not satisfied with the record, psychiatry will find convenient, albeit twilight zone reasons, for our mistakes, and exoneration for the most beastly behavior.

How do you classify yourself? Are your actions of the past completely satisfying to you? Does the flashback come in loud and clear, or are you using diffusion screens? And what about the present? Has your life recently matched your conception of the ideal man? If not, are you waiting for the magic moment in the future, which many delude themselves into thinking will come when everything gels, determination suddenly asserts itself, character sprouts out all over, and you will become a perfect physical, mental and spiritual being?

Hope is a virtue, and a commendable one. Unassisted, however, hope will be as unproductive as a busy bee or a good intention without the determination to make it a reality.

Many who know better, are helplessly enmeshed in the complexities of life's temptations. Their chief pastime is making and breaking resolutions. As W.C. Fields one said, "It's easy to stop drinking; I've done it a thousand times!"



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of the ideal man?”***


Much has been said about the past, which for most has been somewhat shady. Whether good or bad matters little now, since nothing can be done to change it. It is the present and future which matter.

Attendance at a convention of Natural Hygienists indicates your interest in attaining and maintaining good health. The educational programs, the enjoyment of associating with kindred spirits, the camaraderie, all contribute to making this the time and place for reinforcing previous determinations to achieve the best possible state of health and to nurture it well.

The consensus of opinion always has it that there is nothing more precious than a high state of health. Natural Hygiene offers the simple, lucid plan for its attainment.

Slavery to habits, which deprave, such as gluttony, alcoholism, tobaccoism, and sexual over-gratification, immeasurably detract from man's vitality and productiveness. Sickness and shortened life are the outgrowths of these and other deviations from normal life. Ignoring these causes and treating disease with conventional medical therapy supplies additional, and sometimes final, causes to a body already tormented, overburdened and depleted. Many who are aware of these facts still prefer to wallow in the suicidal quicksands of habit, but nevertheless childlike, reserving the thought that there will always be time for reform.

Life is brief. Have you ever noticed how short the years which have passed in your life seem to have been? The years to come will pass more quickly still. If you use them wisely and well, there should be more of them, and they will be filled with greater happiness. If you use them poorly, they will be fewer, and disease, hospitals, medication, invalidism, poverty, dependence and misery may haunt the balance of your days.

How you order your life in the future is strictly in your hands. With vigorous health, man can serve as a useful cell in society, serving to counterbalance not only the physical ills but also the spiritual corruption that threatens to destroy mankind itself. Welcome to an abundant life through Natural Hygiene! 

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