

The Necessary Ingredient

by Dr. Robert Anderson

Editor's note: One of the original health journals of the NHA (formerly American Natural Hygiene Society) was called "Natural Hygiene" and it was published from February 1957 until June 1959. Like Health Science today, it was largely devoid of advertising and contained thoughtful articles written by the leading voices and pioneers of today's whole-food, plant-based health movement, including Drs. Herbert Shelton, William Esser, Gerald Benesh, Robert Gross, and more. The following powerful article was authored by one of our organization's early pioneers, Dr. Robert Anderson of Rhinebeck, New York. Dr. Anderson operated a famous health resort called Hygieology that was a vacation and health destination for people around the country. We once again think you will find these words to still ring true 60 years later!

If you are putting up a fight for better health, you must not neglect to understand the importance of the proper mental attitude. Many people believe that they are doing everything in their power to recover better health. They are often so food-conscious that they spend much time worrying about the proper combination of their foods. They religiously do their "daily dozen." They practice complicated systems of breathing and frequently take sun baths. Yet, you will often hear them remark, "I don't know why I don't get well. I have been doing everything I should and, yet, I am little better than when I started."

If you have a chance to study these people carefully, you will learn that their minds are a cesspool of fear, worry, hatred, anger, depression, self-pity, and that they spend much of their time in criticizing the conduct of others, and in gossiping about their acquaintances and friends. They magnify their own virtues and are blinded to the qualities possessed by others. They are the worst kind of pessimists, at times becoming hysterical, and then blaming their poor, weak nerves.

It is impossible for you to recover health if you will not replace worry, fear and hatred with hope, love and joy; and begin to have faith in yourself and life in general. Fear prevents many people from being successful in life, as it robs them of the power to do their best. Anger is also one of the many evils that acts like a consuming fire, which burns up your vital forces and robs your body of its power to restore health. Anger poisons the bloodstream and prevents the proper digestion of foods.


Difference Between Thought and Worry

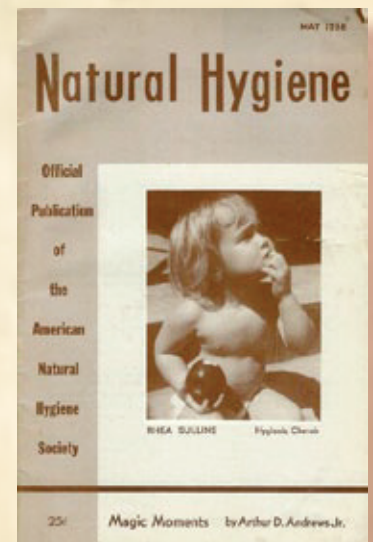
Haven't you heard people remark, "How can a person not worry if he is out of a job and has no money?" If you are in the worst possible circumstances, and do nothing more about it than worry, it is not going to help you in the least. In fact, you may become nervous and then your dis-

eased condition will become aggravated. The rational thing to do is to sit down and do a little hard thinking, which may help you out of the hole. There is a vast difference between thought and worry. The one is constructive and the other, destructive. When we think and plan we have control of our actions. Worry proves that we have lost self-control.

Faith is a wonderful healer because it relaxes every part of the body and allows the healing forces to do their best. Faith in even a poison drug will relax the body so that health may be restored in spite of the drug. Have you not read about miners who, when trapped in a mine with plenty of water but no food, died in ten days to two weeks from their horrible suffering?

Fear, rather than the lack of food, was the cause of death, because a person devoid of fear can live on water alone for a period of thirty, forty, or fifty days or more. Most people with negative mental attitudes will find it quite impossible to evict their mental garbage because fear, worry, hatred and anger have completely mastered them.

Replace hatred with love. There is no reason why anyone should dislike or hate you. Those whom you dislike are probably just as unfortunate as yourself. Nearly everyone has had his character badly warped by the environment in which he lives. If you smile at a person he will surely return the smile. If you are cross with others you will probably be rewarded in kind. If you feel and act as though the whole world is your friend, you will be surprised how others will be attracted to you. 



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