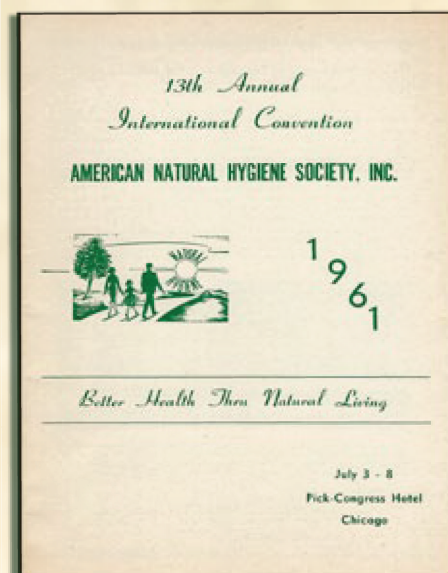


Crises

Confusion cannot reign about us unless man himself is in a state of confusion.

by Gerald Benesh, D.C.

Editor's note: From its founding in 1948 until 1970, the American Natural Hygiene Society (now called the National Health Association) held annual conventions at major hotels around the country. Thousands of people were exposed for the first time to the benefits of an uncompromising, whole-food, plant-based diet as an integral part of a healthy lifestyle. Conventions were partially underwritten through the generosity of members, whose contributions and advertisements produced special programs for the conventions. These programs included articles on the Natural Hygiene health program written by the leaders of the ANHS, including the legendary Dr. Herbert Shelton, Dr. William Esser, and Dr. Robert Gross. The following powerful article appeared in the 1961 convention program and was authored by ANHS co-founder, Dr. Gerald Benesh. We think you will find Dr. Benesh's words to be as timely and insightful today as they were over 54 years ago.



We are living in an era in which chaotic conditions and crises of all sorts surround us. The world is in a state of confusion that exceeds anything in the history of mankind.

The strongest of men cannot completely insulate himself from the effects of this upheaval, and from all appearances, conditions can worsen. If some expedient measure is not taken soon, man will annihilate himself.

Someone once said, "As within, so is it without," and I for one can well agree with that statement. Confusion cannot reign about us unless man himself is in a state of confusion. And when one analyzes world conditions and the physical, mental, and emotional states of man in general, it is not at all difficult to see why the world is as it is.

We have more sick persons visiting doctors' offices, and more patients in hospitals and mental institutions than ever before. Man consumes more narcotic drugs, intoxicating liquors, sleeping pills, tranquilizers, devitalized food per capita, and smokes more tobacco and dies from more diseases than ever before. Is it any wonder that world conditions are the way we find them today?

As Natural Hygienists, we are aware of the immutable Laws of nature, and we also know that Mother Nature will not be mocked. No one escapes the jurisdiction of Natural Law; so hence we have the ultimate outcome, which follows as night the day, the present world conditions. We are reaping just what we have sown in the past; and to reverse the conditions, we must reverse our actions.

As severe as conditions appear at present, I sincerely

believe that this is but a purge that the world must go through in order to bring about a better state for man's existence.

We can compare these world crises to those that take place within a living organism whose tissues are laden with toxic substances, and whose bodily wisdom sees fit to bring about a crisis, which is a valiant effort on the part of the complete organism to set wrong things right. These wrongs have been imposed upon the organism by man's faulty habits of living.

These crises are necessary, both to man and humanity, if conditions warrant such action. They could, however, have been avoided if man had lived in conformity to the laws governing the universe. Since man is part of the universe, he operates under the same laws.

These unpleasant world conditions are outward manifestations of the confusion that reigns within the average individual (who is far from being well), and whose ability to think rationally and feel compassion for his fellow man is quite limited and, in some cases, very remote. The average man's bloodstream is so laden with poisons that he cannot express as he was intended to express.

Man may give lip service to many beautiful beliefs and philosophies, and he may attend church on Sunday and bend his knees in sincere prayer every day, but unless he

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changes himself, all is in vain. Man has been endowed with the power to choose his course in life, but from all appearances, he has not chosen wisely.

Ignorance does not exclude anyone from the effects of the Law of inaction; so all men suffer the same, even as does the man who deliberately transgresses the Law.

What is to be done about these serious conditions, and how can we help the situation?

Those of us who have been privileged to learn about the system of Natural Hygiene, which is a normal way of life, must, by all means to all in our power, spread these health truths; if for no reason other than to save ourselves from utter destruction, which is a most selfish way of action. It would be much more honorable to do this because it is the right thing to do and nothing short of that. I feel that when man attains a state of full health he will act in a most honorable way at all times and will have little to fear as he will reap the effect of his noble deeds. This too is the Law.

The old adage, "A sane mind is a sound body" is the general theme of this article, and if we would all strive toward that goal we could, and would, have a world that would manifest a state of being that has never been known to man before.

We cannot have sane minds in corrupt bodies. The outward world conditions are related to the toxic states found in the men and women of today. No one can feel compassion toward his fellow man and the lowly creatures if he has a sour stomach or a toxic-laden bloodstream circulating through his brain.

Take into consideration the physical status of the so-called world leaders and ask yourself if it is any wonder why these men cannot agree on what is best for all concerned. If all of the so-called statesmen were operating at optimum health they would think in a far different manner than they do, and their efforts would be more concerted rather than selfish.

If the Natural Hygiene system was a common practice among all men, instead of the rarity that it is, world conditions would be quite different than they are at present, for man would operate on a higher level of consciousness, and he would express a harmonious condition in his life and in his actions toward his fellowman.

We, who know of these Health Truths, must take it upon ourselves to teach others the principles of Natural Hygiene, and in this way do our part in making this a better world to live in. Just what measures one must take is something that must be worked out individually and collectively; but we must take action NOW.

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Dr. Gerald Benesh speaking at an ANHS convention in 1961.

The government is quite concerned about the health status of the nation, and there is much talk as to what should be done. Unless a system is applied that conforms to the Laws of life, little or no progress will be made in this direction.

Ours is the right way, for the Hygienic System is based upon these same laws, and we must make our voices heard. This is a call to arms, arms that can offer help and a better way of life.

Let us exercise these arms in giving our Health Truths to all who are in need of them and ready to accept our help. The need is grave, so let us all get in and pitch.

Preaching is fine and has its place in our program, but example is far more convincing. So let us all strive to set a good example and do all that we can to promote THE GREAT CAUSE OF NATURAL HYGIENE. 

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