not many are ready to believe that a perfectly normal human being is immune from disease. From the beginning of time we have been taught to believe that health is an uncertainty; that the next morning might find one subject to a “virus infection,” if indeed one has the good luck to awaken the next morning at all.

Most people have a fear complex, and they have been educated into it by the professions in general. Much of the clergy has preached that disease and death results from the wrath of God; indeed one has the good luck to awaken the next morning at all. Life; the legal profession has woven a web of law that is hard to escape except by those with influence. The natural result of these teachings is the building of a fear complex which reduces the average resistance, helps to lower the average health standard, and is one of the prominent reasons why most other nations point to America as being a country of invalids. It must sadly be acknowledged that there is much truth to this belief, and that the average American has developed a pet sick habit. Seeking cures and curers is the hobby of millions. Cures are as elusive as mirages, but the palliation and consequent impairment of vital organs and the unnecessary surgical mutilation are very real and lasting. The time is overdue for a thorough renovation. The fear complex must go. Man has nothing to fear excepting himself and his disease-building and life-shortening habits. Years ago, when the microscope enlarged tiny organisms to a size which made them look ferocious and dangerous, a wave of fear swept the land. It was decided that these were the cause of most of our troubles, and as a consequence a sterile existence was assiduously sought after by all who wished to be scientific. This proved to be a dark age for the goddess of love because holding hands, much more a kiss, were considered particularly fraught with danger. Today, the fear of germs is mostly a thing of the past, but these advantages are putting lungs, digestion, brain, and heart out of business. In order to keep up with the demands of competition, tobacco, coffee, and other drugs are relied upon to stimulate flagging nerves and functions.

Wise indeed is the man, and fortunate too, who can withdraw himself from the whirling madness of modern, graceless living for some sober contemplation about true and eternal values.

Natural laws are unchanging. They govern each of us. If we push ourselves beyond individual requirements in working and eating and sex and pleasures, and do not allow enough restorative rest to replace what has been lost, we shall die much earlier, with far greater suffering, than we ought.

Common-sense care of one’s body is all that is necessary—not some peculiar kind of food or vitamin preparation nor a disagreeable asceticism. There is no need for any fanaticism; just live rationally and sensibly, in keeping with Natural law; learn moderation and poise of mind and body—in any climate, at any altitude, and in any occupation in which one can maintain one’s self-respect.

Learning to live in accordance with Natural Hygienic principles is not difficult. The difficulty lies in disentangling oneself from the web of convention and synthetic living. Once we have broken from its enslavement, how beautiful life can be!