

*through vegetarianism lies the solution of the liquor problem.*

The *anæsthetic* action of tea and coffee, like tobacco and alcohol, are due to their *hardening* effects upon the tissues, not all of which are equally affected. The higher nerve centres are the first to suffer. Tea and coffee drinking parents may look forward, with a fair degree of certainty, to weak or defective eyesight in their offspring.

Of the causes that *mechanically* obstruct the flow of force through the different channels of the body, *drugs* may be taken as a type.

Throughout all nature force is *dual* in its operation upon matter, positive and negative, attractive and repulsive, resulting in contraction and subsequent recoil or relaxation, *wave* motion. Within the animal body from the most important complex organs, as the heart and brain, down to the individual cell, all life, all motion is dependent upon contraction, followed by subsequent recoil or relaxation—*wave* motion.

In a state of health the vital force flows through the different channels with the least possible friction of the media, each channel receiving its due proportion; contraction and relaxation are equal, and the different vital processes throughout the body are at an equilibrium. Health is equilibrium of motion.

In disease there is disturbance in the equilibrium of force operating through the different channels, a disturbance in the equilibrium of motion.

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