

bad must be abandoned. By what means is this accomplished? By means of its reactions. What are reactions? Each reaction is a mechanical work performed by active nature. By means of these reactions it is possible for the life energy to take up and incorporate the necessary desires and to separate itself from the injurious. Through these fundamental laws our life is placed in a position to preserve itself in this battle for existence, and to heal disease.

The Condition of Healing.

The laws of health include two principles, namely: adjustment of physical changes, and disturbance of the "life principle". Only in this manner can a complete cure be affected. Nature heals by means of concentrating all the functions of life on this one point. Let us illustrate this. If a person moves slowly along the street, all the functions are directed to the slow movement. If this person is suddenly forced to run, all the functions must direct themselves on running. Only when they can do this will the person be able to run. If the said person has a weak heart, he can not adapt himself to the motion of running. He is through this one point disabled to run. that is to carry out this movement. This illustrates two points in the matter of healing. 1. If all the functions can unitedly direct their strength to the one point, nature heals itself. 2. If by means of any physical changes this united effort is disturbed, there must be brought about an adjustment, which we generally term "medical aid".

Before I proceed, let me here repeat briefly the outward physical action. This is founded on the expulsion of all bad and physically injurious matter. For instance, our food contains, beside the wholesome substance, a great deal injurious and unwholesome matter. What does the body do with this? It is expelled. In this principle of expulsion lies frequently the apparent success of medicines, including patent medicines. If these are incorporated in the body, then according to the laws of self-preservation, the body must put forth every