

Our Creator has arranged all the parts of our body so wisely, that they shall perform their particular work. To the flesh-eating animal He gave teeth that are needed to eat meat. To the vegetable-eating creature He gave teeth adapted to that purpose. This is the design of nature. In order to retain our health we should get our nourishment entirely from vegetables and plants, in which very little change takes place by means of cooking. But what is the fact? Everyone can answer the question for himself. That I am correct in this statement, is proven by the wonderful success achieved by Drs. Haig, Schroth and others through their theory of nourishment. The ideal way of healing would be to go back to nature's plan of nourishment, that is, to eat only plant foods or vegetables, and these as far as possible in their raw state, or cooked very little. But to do this, would mean to abandon everything that makes life agreeable and gives us enjoyment. Is it therefore necessary to go back to this manner of living? No! Science gives us the adjustment.

5. If our nourishment does not contain sufficient good material to protect our health, then it cannot contain enough to heal out any disease that may exist.

6. In order to really render assistance, we must give the seemingly healthy person such substances that will sustain the life-principle well balanced, so that the operations of the functions are not disturbed. (This should be the principal line of work.)

Where the functions are already disturbed, where disease has already set in, we must administer the more necessary substances in larger quantities to adjust matters. But what are these substances, that are necessary for nature to heal the diseased parts in our body? The answer to this question is given in the late discovery of the diagnosis of the eye. By means of this diagnosis we have in hand, not only the necessary information to find the inward physical changes, but are able to pursue the proper