

**DISEASE—WHAT IT IS.**

Disease itself is nature's means of cure. When the body is overcharged it takes this method of adjusting itself. The symptoms of disease are evidenced by foul breath, coated tongue, impurities thrown off from the lungs, skin, bladder and digestive tract. The symptoms are local, but the disease itself is general; the blood vessels connect with all parts of the body and, if there is present any abnormal matter, it will affect the whole system. By getting rid of all these impurities from the body the machinery may be restored to its normal state, the blood purified and a healthy balance established. We can assist nature by exercising freely and cutting off the supply of food. If medicines are administered at this stage they only interfere with nature's cure. They often check the discharge of impurities and prolong the disease. It is sometimes hard to tell when we are diseased; often we think we are well when the body is in a bad state. We may have ulceration of the stomach, for instance, and never show any evidence. The blood vessels may be stuffed up with effete material and still there may be no marked symptoms of disease. Not having a sound body to compare with, though we may not feel up to the mark, we cannot tell to what extent we are diseased. A diagnosis will not always reveal the true nature of the internal world, and we continue to aggravate the trouble. Most people are afflicted and yet are unaware of it. They are not getting out of life what is due them.

Any disturbance of the body will affect the whole system, for each part is related to the whole. The body is a mass of living individuals, all living

together for mutual benefit and all in close relations, fed by the same fluid, acted upon by the same nerve centre and all subjected to a similar environment. All forms of disease are really one. The symptoms are local, but there is only one primary cause. It is precisely the same as the conditions in the outer world. If we take any part of nature in any part of the world, whether it be in the outer or the inner world, we have the same laws, the same treatment and the same effects.

The practice of over-eating has also a tendency to bring about disturbance in another way. The body is like any other piece of machinery; if you take good care of it, it will last a long time, but if you force it or abuse it by using great quantities of fuel or unnatural fuel, it will become worn and broken down and will refuse to respond to the demands made upon it. For example, the muscles of the stomach or intestines may become weak or uncontrollable by the excessive work thrown upon them. The glands may secrete too little or too much fluid, due to the excess of stimulants. The unnatural food or the tendency to use one particular kind of food, such as pickles, catsup, condiments, etc., will overwork some parts of the machinery at the expense of others. A single part of the machinery sometimes fails before other parts have shown signs of wear. Thus, we have a lack of any one digestive fluid, as the cells of the corresponding gland become inactive through over-use; in this case they refuse to secrete. Here again to effect a cure it is necessary to remove the cause.

The End.