

HOW TO STAY WELL

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How to Stay Well by Christian D. Larson

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CHRISTIAN D. LARSON

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STAY WELL**

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"The Ideal Made Real," "The Hidden Secret,"
"On the Heights," "The Pathway of Roses,"
"The Great Within," "How to Stay
Young," "Mastery of Fate,"
"How the Mind Works,"
"Your Forces and How
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HOW TO STAY WELL

Chapter I.

THE NEW WAY TO PERFECT HEALTH

Introduction.—There are many systems of healing, and their number is growing steadily, but there is no single system in existence as yet that is based on all the laws of life.

Disease comes from the violation of one or more of the laws of life, therefore, it can be cured only by bringing mind and body back again into harmony with those laws that have been violated; but if the system of healing employed ignores certain laws it is unable to bring mind and body back into harmony when those certain laws are violated.

Here we find the real cause of failure in all systems. A system that is only physical can produce cures when certain physical laws are violated, but it is powerless when the malady comes from the violation of moral or mental laws. A system that ignores all laws except a few mental laws may produce cures when it is those few mental laws that have been violated, but when the

trouble comes from the violation of other laws such a system can do nothing.

It is, therefore, simple to understand that a complete system of healing must not only recognize all the laws of life, but must embody exact scientific methods for correcting all the possible violations of those laws. Such a system must be both physical and metaphysical and must have the understanding of all the laws of life as its foundation. That such a system could cure everything is a foregone conclusion, and that it is possible to formulate such a system every thinker must admit.

There is so much knowledge in the world today on the subject of health that no one ought to be sick any more, but the fact that most people you meet are ailing in some way, proves that this knowledge is not bringing practical results. The cause is lack of system. Therefore, if we can formulate all of this knowledge into a complete working system, and we can, we shall have the privilege of rendering a great service indeed. We all agree that it is everybody's privilege to have perfect health, and when we study the subject carefully we must admit that it is possible for everybody to secure perfect health.

There are no incurable diseases. When we encounter ailments that do not respond to the cures we employ, the cause is simply this, that the

methods we employ do not reach the laws that have been violated. But there are methods that can reach those laws. For every ill there is a remedy, because every negative has its own positive, and there is no wrong that cannot be made right. If we have the power to violate a certain law, we have also the power to correct that violation; but we cannot correct the matter unless we understand the law that has been misapplied. Therefore, if our system of healing is to be complete it must be based upon the understanding of every law in human nature, metaphysical as well as physical.

To establish such a system one of the first essentials is to remove every form of prejudice and narrow-mindedness. That truth can come from all kinds of sources and through all grades of mentalities is a fact that we all ought to be familiar with in this age; and when we recognize this fact we will not confine our research to the limits of any one of the regular schools.

Millions of people have been sent to their graves because prejudice has refused to try something else; and thousands are still going the same way every year for the same reason; but there are many ways of doing things, and, since it is everybody's privilege to live a long life and enjoy health as long as he lives, no person should be left to suffer and die until every possible method of

relief has been tried. Those who are engaged in the healing of the sick are not dealing justly with the public unless they are prepared to employ and recommend everything that is known to have healing power; and they are not competent to decide as to what does not possess healing power unless they have made a personal test, or personally witnessed such a test.

We daily hear intelligent and well educated people declare that there is nothing in this or that particular system of thought; but upon what do they base their conclusions? Prejudice, or the habit of accepting mere public opinion as truth is usually the cause of such narrow views and in the meantime millions suffer and thousands die on account of those views. The fact is that the more we learn, the more convinced we become that there is something in everything, that every system has its virtues, and every belief its latent truth. To find this virtue in every system, and bring forth the hidden truth in every belief, and then arrange them all into a working system for everyday, practical use—this must be our purpose.

Life is too important to be cut short on account of prejudice, ignorance or narrow-mindedness; and the joy of living a large and full life is so great that no one should for a moment be deprived of its pleasure. The new age demands

completeness, the best of everything for everybody, the removing of all barriers, that all truth from all sources may minister to all minds. And when all minds will come together and work in such a spirit, the full emancipation of the race will be at hand, and the coming of a fairer day will no longer be a dream. But it is all possible, and what is possible will surely come to pass.

With this spirit in mind we shall proceed to outline what we consider to be a complete system of prevention and cure—a system that can bring health to everybody.

The Value of Health.—To do one's best in life, to fully enjoy life, to get everything of worth from life that life has to give, to fulfill the purpose of life and realize in the fullest measure any aim, ambition or ideal that one may have in view in life, perfect health is necessary.

Perfect health should be sought by everybody and sought with unceasing persistency, but it should not be sought simply because it insures the comfort and the well-being of the individual; it should be sought principally because it is an absolute necessity to the full use and right use of everything that has worth in human existence; and we are here to make the largest and best use of all that is in us.

To fail in health is to fail, in a measure, in everything; to continue in poor health is to con-