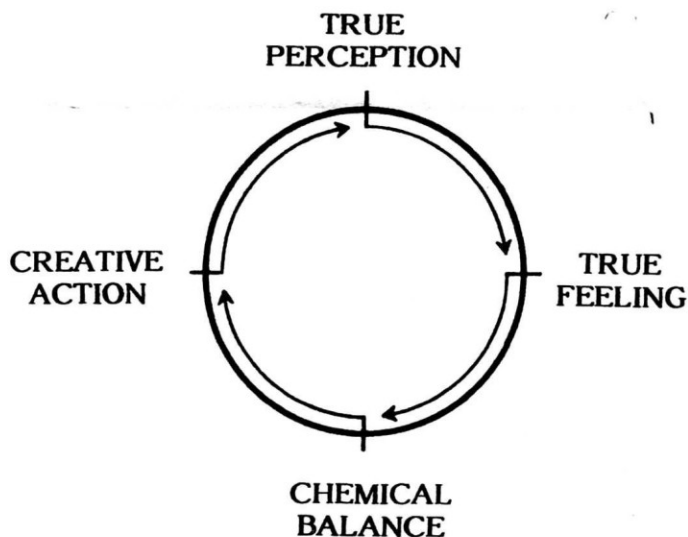




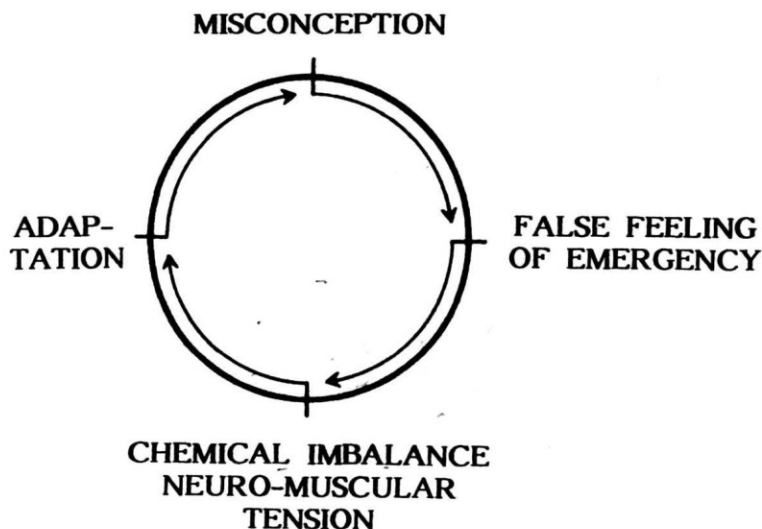
What's Going On Here?

The law of the wise is a fountain of life, that he may decline from the ruin of death.

THE LIVING CYCLE



THE VICIOUS CYCLE



THE ROLE OF ENVIRONMENTAL FACTORS IN HEALTH

A frequent question is, "What about bacterial and viral agents in the health question?"

It is, of course, obvious that these environmental factors have a role in undesirable states of health, but could hardly be called the cause. If these invasive forms could attack all living beings, everyone would be ill.

However these agents do their damage when the host organism is weakened in some form. The factors that weaken human organisms are most often less-than-optimum inner feelings carried over a period of time. These less-than-optimum inner feelings are such states as anger, guilt, fear, resentment, self-pity, jealousy, frustration, etc. These inner feelings result in the organism mobilizing energy to fight or to run. Fighting or running seldom takes place; therefore the mobilized energy is unreleased. This produces neuromuscular tension. This requires adaptation in the form of unusual cellular activity. This activity lowers the resistance of the cells to the bacteria and/or virus already present. They can then invade tissue and start multiplying. Now the human organism begins to fight the presence of the micro-organism (adaptation); then the disorder is given the name of the activity of the micro-organism (measles, chicken-pox, herpes and so on).

Other factors that can result in lower resistance are inadequate nutrition, inadequate or excessive activity or activity under duress, sudden changes of temperature, concussion of forces, etc.

If a person has a lifestyle of near-optimum activity, these micro-organisms have little effect on the human organism. The major idea is, don't open the door to 'em.



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THE great Big Black Things that have loomed against the horizon of my life, threatening to devour me, simply loomed and nothing more. The things that have really made me miss my train have always been sweet, soft, pretty, pleasant things of which I was not in the least afraid.

WHAT *am I?*
WHERE *am I?*
WHAT'S *going on here?*
WHAT *can I do?*

YOU had better learn to accept all the small misfits and the trivial annoyances of life as a matter of course. To allow them to receive attention beyond their deserts is to wear the web of your life to the warp. Be on the lookout for the great joys, and never let mosquitoes worry you into a passion.



Bits & Pieces from School Work



It is much more valuable to ask the proper question than to get answers to invalid questions.

Information is one thing. Knowledge is something altogether different.

It is not so much what is said, but how it sounds.

Do you know how to ask a question without the question sounding like prying?

--Rhondell

I KNOW:

That I am here. In a world where nothing is permanent but change, And that in degree I, myself, can change the form of things,
And influence a few people;

And that I am influenced by these and other people;
That I am influenced by the example and by the work of men who are no longer alive,
And that the work I now do will in degree influence people who may live after my life has changed into other forms;

That a certain attitude of mind and habit of action on my part will add to the peace, happiness and well-being of other people, And that a different thought and action on my part will bring pain and discord to others;

That if I would secure a reasonable happiness for myself, I must give out good-will to others;
That to better my own condition I must practise mutuality;
That bodily health is necessary to continued and effective work;

That I am ruled largely by habit; That habit is a form of exercise;
That up to a certain point, exercise means increased strength or ease in effort;
That all Life is the expression of Spirit;
That the Spirit influences the body,
And the body influences the Spirit;

That the universe to me is very beautiful, and everything and everybody in it good and beautiful when the body and the spirit are in harmonious mood;
That my thoughts are hopeful and helpful unless I am filled with fear,

And that to eliminate fear my life must be dedicated to useful work - work in which I forget myself;
That fresh air in abundance, and moderate, systematic exercise in the open air are the part of wisdom;
That I cannot afford, for my own sake, to be resentful nor quick to take offense;

That happiness is a great power for good,
And that happiness is not possible without moderation and equanimity;
And that the reward which life holds out for work is not idleness nor rest, nor immunity from work, but increased capacity,

GREATER DIFFICULTIES, MORE WORK

--Elbert Hubbard