



## Facts and Fancies in Health Foods (Classic Reprint) (Paperback)

By Axel Emil Gibson

Forgotten Books, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Excerpt from Facts and Fancies in Health Foods N our struggle with disease, the organ ism needs just one thing to hold its own - more fighting power. But this power can be obtained and rendered availa ble only through the reciprocal association with life itself, as furnished in terms of sun and air, of food and action, of moral princi ple and self-control. And, perhaps amongst them all, self-control is the most important, as without the moral discipline of self-gov erning power, permanent health is unobtain able. Adjustment of demand to needs, of in dulgence to necessity, of activity to useful ness, under the directing in?uence of reason ing intelligence and individual self-mastery in relation to food and drink, to work and rec reation, to duty and pleasure, -bring us the only guarantees for permanent health and beauty, of body and mind. Now if we apply these principles to our in dulgence in eating, which at the present stage of our evolution gives rise to more temptation of the mind and body than perhaps any other indulgence, it must be realized that..



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