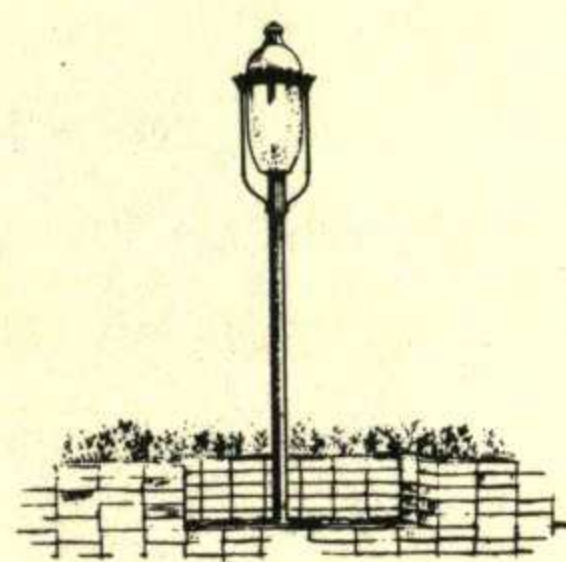


Be sure when you have been working three or four hours to take a break and a refresher—take time to cool off before you go to lunch, dinner, or whatever. This is more important than the coffee break, which is too often just an excuse to over-indulge in caffeine and nicotine, stimulants which tighten rather than relax us. And with relaxing goes sleeping properly. You should sleep on a firm surface. Our whole way of life, sleeping included, is too soft and you should have a firm, not soft, mattress. Don't wait till you have a weak back to be given this prescription. Keep your back strong by exercise during the day, and straight at night by sleeping on a firm surface.

Emotions

This is the most complex of our problems, but the principle to live by can be stated simply. In this world of money and conveniences, we buy everything and do little by or for ourselves. Just as we buy gadgets to do our slightest work, and look for magic formulas to make our fat fade away, we treat our emotions the same way. We spend millions and millions on tranquilizing pills, and years and millions more on a psychoanalyst's couch. You cannot expect drugs and doctors to solve your problems, at least till you have tried yourself.

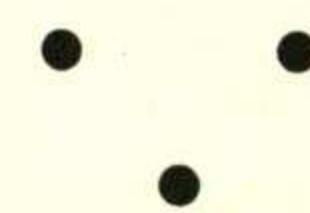
You are never alone in this world. There is a guardian watching over us, and it is to the Creator we should look for help. You will find your guide for living on every page of the Holy Scriptures. So spend a little time reading them each day and profit by the wisdom and comfort you will always find. With this companion to your meditation, you will understand yourself better, and this is what psychoanalysis is. When you truly understand yourself your problems will begin to disappear. If, at times you seem at the end of your rope, make a knot and hang on. You are not alone and help will come, most often from within. Understanding of self is the key to both physical and emotional health.



SOME PRECEPTS

for

Healthful Living



SALEM H. BARANOFF

20th Anniversary Lecture

April 17, 1965

Safety Harbor Spa

Safety Harbor, Florida

SOME PRECEPTS FOR HEALTHFUL LIVING

SALEM H. BARANOFF

These are a few principles to live with and live by, which can help to take you a long way through your years, in enjoyment of good health. We have taught and practiced these for twenty years at Safety Harbor Spa and hope these principles become part of your way of life.

Building Your Resistance

We all aim to get the best out of life, but at all-times we must be conscious of the fact that life is a two-way street—we give and we take. What we are asked to give is little and simple. The human body is a self-adjusting machine, all it asks is that we give it what it requires as the Creator meant our body to be—no less and equally important, no more. The first principle to enjoy normal health is to imbue ourselves with adequate reserve and resistance. This means not only resistance to viruses and infections, but resistance to temptations to abuse our bodies. This practice of prevention even precedes the healing power of nature, which is medicine's first law and objective. The power of positive health resides within ourselves.

Your Eating Habits

What we eat today walks and talks tomorrow because our food replenishes our cells continuously as they break down. Unless we renew ourselves by good wholesome foods, which are the building blocks of cells and tissues, our health naturally suffers. The body has a wonderful capacity to take and use food as nature provides it, without refining it and removing good healthful ingredients, or putting in unneeded and sometimes undesirable chemical additives. Our food requirements are simple, and our abuses are not so much *what* we eat, but *how* we eat. We eat hurriedly, we do not combine our foods properly, and we overeat. There it is all in a sentence; and these are the violations for which our poor body has to pay a sentence sooner or later.

One of the important habits to practice is that prior to eating, we should prepare for eating. By preparing, I mean this. Cool off your motor, relax, for your digestion cannot function properly when you eat under tension. Next in importance, comes the right kind of food, or the right combination of foods. Compatible foods are foods that mix well with each other. You don't require a long diet list, just don't mix protein and carbohydrates too freely. They are of a different nature chemically and the juices and enzymes that digest one do not digest the other, and one type of food may interfere with the digestion of the other. If we eat meat, let it be meat and light vegetables as in a salad; but let that bread basket, potatoes and other concentrated starch-carbohydrates be put away when you have meat or other protein foods. Do not eat ten different foods at one meal. Your stomach, like the rest of your body, appreciates simplicity. Quite apart from cosmetic effects—it is not fitting or becoming for a refined individual to eat as though he had no other interest in life.

What else except ostentation does an unlimited number of courses spread before us suggest. It is wasted and harmful if we eat them all, and wasteful if we do not.

Overweight

Each person has a capacity for so much, and your eyes must not be bigger than your stomach. Know yourself, the Greeks taught, and there has been no better lesson for our modern world. All sorts of diets and fads, which keep countless millions of persons busy throwing out hundreds of millions of dollars, are the shameful examples of the price we pay for ignorance of ourselves.

Overweight means overeating. There is only one diet—eat any of the favorite foods you want, but eat less. You must know your own capacity for food, just as you know the size of your foot, and would not think of wearing a shoe that does not fit properly. Stop using the terminology of calories, eat a little less and forget the rest. Calories are real enough, but they are not nearly as real to you as your own experience, which is a better guide. Not one in a hundred knows what

calories are. They are a laboratory measure meaning that a certain amount of food can be converted into a certain amount of heat. It is not too meaningful to try to translate this to what you place before you on the dining table. About all you can really count, when you start counting calories, is to count on taking the enjoyment out of eating—and this is neither necessary nor desirable.

Eat sensibly, and eat what you have been accustomed to and enjoy. All kinds of fresh fruits and fresh vegetables are wholesome. Poultry, fish and beef, boiled or broiled—not fried, are all good foods. I cannot say the same of sausage and delicatessen meats, which are loaded with fat and salt, the two worst offenders in our diets. And of course rich desserts have no place in our daily meals. If you want a dish of ice cream, have it instead, not on top of a satisfying meal.

There is little more you need to know about diet and controlling your weight. Principally, you must know yourself. Overweight leads to many health problems over a period of years, but wherever it leads to, remember that it comes from one source, and that is ignorance and lack of respect for ourselves.

Cooling-off Period

All of us understand the necessity of cooling off a motor when it overheats. How few of us, however, stop to cool ourselves when we are under tension; and this is no less important, for we only hurt our bodies, sometimes beyond repair, when we drive ourselves under pressure.

One of the simplest ways to "cool off" our muscles which have been made tense by our nerves, is to exercise them by simple exercises like walking. And, it should be a regular habit to stretch your muscles to their fullest extent, a lesson you can learn from any animal. This is something you can do anywhere anytime. In fact, there is no better way to begin your day while still in bed when you awake. Take a few minutes for this, they are the most rewarding investment in time you can make, particularly whenever you begin to feel rigid, stiff and tense. Stretch in each and every direction, breathe as deeply as you can, let go and be limp.