



# The Campbell M Gold Newsletter

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**Campbell M Gold**

**Consultant**

**Self-Help and personal Development through  
New Thinking, and Hypnosis and Subliminal  
Programs**

**Just the Facts...**

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## **Welcome**

Welcome to the final part of "The Science of Being Well", by Wallace D Wattles.

As always, no hugs, just the facts... in this case, the facts as presented by Wattles in 1910 - so let's jump right in...

Kind regards,

**Campbell M Gold**

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## **Looking Back To Move Forward**

It is an instructor in the use of the universal Principle of Life, and my effort has been to explain the way in so plain and simple a fashion that the reader, though he may have given no previous study to New Thought or metaphysics, may readily follow it to perfect health. While retaining all essentials, I have carefully eliminated all non-essentials; I have used no technical, abstruse, or difficult language, and have kept the one point in view at all times.

As its title asserts, the book deals with science, not speculation. The monistic theory of the universe - the theory that matter, mind, consciousness, and life are all manifestations of one substance - is now accepted by most thinkers; and if you accept this theory, you cannot deny the logical conclusions you will find herein. Best of all, the methods of thought and action prescribed have been tested by the author in his own case, and in the case of hundreds of others during twelve years of practice, with

continuous and unfailing success. I can say of the Science of Being Well that it works; and that wherever its laws are complied with, it can no more fail to work than the science of geometry can fail to work. If the tissues of your body have not been so destroyed that continued life is impossible, you can get well; and if you will think and act in a Certain Way, you will get well.

If the reader wishes to fully understand the monistic theory of the cosmos, he is recommended to read Hegel and Emerson; to read also "The Eternal News," a pamphlet by J. J. Brown, 300 Cathcart Road, Govanhill, Glasgow, Scotland.

Some enlightenment may also be found in a series of articles by the author, which were published in The Nautilus, Holyoke, Mass., during the year 1909, under the title, "What is Truth?"

Those who wish more detailed information as to the performance of the voluntary functions - eating, drinking, breathing, and sleeping - may read "New Science of Living and Healing," "Letters to a Woman's Husband," and "The Constructive Use of Foods," booklets by W. D. Wattles, which may be obtained from the publishers of this book.

I would also recommend the writings of Horace Fletcher, and of Edward Hooker Dewey.

Read all these, if you like, as a sort of buttress to your faith; but let me warn you against making the mistake of studying many conflicting theories, and practicing at the same time, parts of several different "systems"; for if you get well, it must be by giving your WHOLE MIND to the right way of thinking and living. Remember that the SCIENCE OF BEING WELL claims to be a complete and sufficient guide in every particular. Concentrate upon the way of thinking and acting it prescribes, and follow it in every detail, and you will get well; or if you are already well, you will remain so. Trusting that you will go on until the priceless blessing of perfect health is yours, I remain,

Very truly yours,

Wallace D. Wattles - 1910

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**THE SCIENCE  
OF  
BEING WELL**

**by**

**Wallace D Wattles**

**(1911)**

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**Part 17**

**A Summary of the Science of Being Well**

Health is perfectly natural functioning, normal living. There is a Principle of Health in the universe; it is the Living substance, from which all things are made.

This Living Substance permeates, penetrates, and fills the interspaces of the universe. In its invisible state it is in and through all forms; and yet all forms are made of it.

To illustrate: Suppose that a very fine and highly diffusible aqueous vapor should permeate and penetrate a block of ice. The ice is formed from living water, and is living water in form; while the vapor is also living water, unformed, permeating a form made from itself. This illustration will explain how Living Substance permeates all forms made from It; all life comes from It; it is all the life there is.

This Universal Substance is a thinking substance, and takes the form of its thought. The thought of a form, held by it, creates the form; and a thought of a motion causes the motion. It cannot help thinking, and so is forever creating; and it must move on toward fuller and more complete expression of itself. This means toward more complete life and more perfect functioning; and that means toward perfect health.

The power of the living substance must always be exerted toward perfect health; it is a force in all things making for perfect functioning.

All things are permeated by a power which makes for health.

Man can relate himself to this power, and ally himself with it; he can also separate himself from it in his thoughts.

Man is a form of this Living Substance, and has within him a Principle of Health. This Principle of Health, when in full constructive activity, causes all the involuntary functions of man's body to be perfectly performed.

Man is a thinking substance, permeating a visible body, and the processes of his body are controlled by his thought.

When man thinks only thoughts of perfect health, the internal processes of his body will be those of perfect health. Man's first step toward perfect health must be to form a conception of himself as perfectly healthy, and as doing all things in the way and manner of a perfectly healthy person. Having formed this conception, he must relate himself to it in all his thoughts, and sever all thought relations with disease and weakness.

If he does this, and thinks his thoughts of health with positive FAITH, man will cause the Principle of Health within him to become constructively active, and to heal all his diseases. He can receive additional power from the Universal Principle of Life by faith, and he can acquire faith by looking to this Principle of Life with reverent gratitude for the health it gives him. If man will consciously accept the health which is being continually given to him by the Living Substance, and if he will be duly grateful, he will develop faith.

Man cannot think only thoughts of perfect health unless he performs the voluntary functions of life in a perfectly healthy manner. These voluntary functions are eating, drinking, breathing, and sleeping. If man thinks only thoughts of health, has faith in health, and eats, drinks, breathes, and sleeps in a perfectly healthy way, he must have perfect health.

Health is the result of thinking and acting in a Certain Way; and if a sick man begins to think and act in this Way, the Principle of Health within him will come into constructive activity and heal all his diseases. This Principle of Health is the same in all, and is related to the Life Principle of the universe; it is able to heal every disease, and will come into activity whenever man thinks and acts in accordance with the Science of Being Well. Therefore, every man can attain to perfect health.

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## Health Bite

Please visit the "Health Archive" on our website for the latest Health Items.

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## IMPORTANT

**Any health information contained in this Newsletter is not meant as a substitute for advice from your physician, or other health professional. The presented material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation, which may appear herein.**

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**Thank You**

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