

# HEALTH

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**National Scene:** You apparently have tied in your spiritual philosophy with your profession?

Dr. Chissell: Yes, I find this quite interesting since I don't go to an organized church. Although I was raised as an Episcopalian I saw a lot of hypocrisy and racism. Sunday morning is the most segregated hour in America. That really turned me off. As I got more into Optimal Health and began to follow the natural universal laws it became so obvious that a force exists that is greater than all of us. One cannot be naturalistic without being spiritual. Although in traditional scientific methods there is little or no spirituality many are spiritually aware. Even astromomers who have claimed to be agnostic know that the same laws of physics, chemistry and mathematics that they study in the universe also ap-

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**.....you certainly can't beat the system if your ultimate belief is the system.**

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ply to earth. They know that this is all part of some huge, master plan.

**National Scene:** Why is the spiritual aspect of scientists not more well-known?

Dr. Chissell: Because of the attitude that we have created. Spirituality has a limited market value. I am reaching the understanding that to have instantly everything that you want one must give themselves totally up to the creator so that every minute you are serving as an instrument of the Creator. This is contrary to what we have been told. We are told to develop as an individual, are given a name, we develop an ego and worship a God who is up in the sky someplace. But what I have begun to understand is that God—or the Life Force is in everybody. We all have to follow certain laws. The Creator has established certain laws that if violated we leave here. If you stay in tune with these laws you stay healthy.

**National Scene:** Do you think it is possible for us to get back to these basic approaches?

Dr. Chissell: Well, there are two basic approaches. In business, everything is based on competition. Competition is based on the ability to hate. If you can hate your competition you can win a business war. You can put a competitor out of business. If you develop this to the ultimate conclusion, there would be one business left and then one person.

The opposite is the concept of universal love. This approach is designed for everyone who is here to survive. It is survival in a symbiotic relationship as in nature. Business must realize that the

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present system will not allow us to survive. The business community will sell whatever the people want. If people decide that they want universal love then the business community will sell it.

**National Scene:** What do you feel is the most difficult obstacle to attaining a state of Optimal Health?

Dr. Chissell: Once you get your diet under control and exercise, that will become pretty much routine. But dealing with stress daily is the biggest trick because the nature of stress varies from day to day according to circumstances. What has happened is that we have gotten away from feelings. To convey feelings is the ultimate level of communication. We have allowed ourselves to get caught up into all of the technological practices. Computers don't deal with feelings. Feelings are the most valid thing in human relationships. Because we have moved away from them, we have little understanding of how we feel much less someone else. And if you are not in touch with how you feel it is very easy for the signs of disease to be overlooked.

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**Reagan** *continued from page 3*

It is just too much to believe that Ambassador Kirkpatrick, a sophisticated and experienced political scientist (and a Cabinet-level official) would meet clandestinely with the head of South African military intelligence without advising The President *either* before or after the fact. It is extremely bizarre, considering delicacy of the entire subject of U.S.-South African relations.

Insofar as the State Department having been cut-out of the Kirkpatrick meeting as well as the slipshod handling of the visas, it seems that Secretary of State Al Haig needs to sharpen-up his

command grasp of his field forces.

The entire South African military visit plays against a background of events and rumors that are massively unsettling to Black American nerves and psyches.

Just last week, a trial balloon was floated out of Washington concerning a possible state visit to this country by South African Prime Minister Pieter W. Botha, the head of state of that racist and apartheid infected nation. The reaction to that leak was swift and sure within all of Black America: Combined disgust, anger and disbelief. (Our journalistic colleagues at radio station WLIB began a campaign to collect postcards protesting any such visit; the postcards are being forwarded to President Reagan and to Secretary Haig). Later during the week, Washington suspended its \$6 billion food-assistance program to Mozambique, reportedly because that nation expelled four Americans accused of being agents of the Central Intelligence Agency operating under State Department diplomatic cover.

The Reagan tilt to Pretoria becomes clearer even in the face of stern warnings by Nigeria's President Alhaji Shehu Shagari that Black Africa would not tolerate closer American ties with the Pretoria racist. How and why the Reagan Administration would persist in ignoring warnings from a nation with the best army in Africa north of Pretoria, our second largest supplier of oil confounds rationality.

Nigeria's United Nation's Ambassador, B. Akporode Clark observed Tuesday, "From what we've seen, there is a pattern emerging that is not a coincidence. Everybody is prepared to give a government the benefit of the doubt when it's just been installed, but this points to a pattern of behavior."

South Africa's negation of a peace plan for Namibia and United Nations-supervised elections there apparently followed a wink from some eye in Washington. When other nations seek sanctions against South Africa later this year before the U.N. Security Council, the United States will have to fish or cut bait before the entire world community.

Considering how effectively President Reagan has used national television to propose and explain his economic recovery program, we believe that the contagious confusion over U.S. policy on South Africa is easily resolved. All the President needs to do is tell the American public, in his characteristically "straight-shooter" style, just exactly what is his Administration policy toward the repressive, racist, anti-Communist regime in South Africa!

And as soon as he does that, he can tell us who will be his nominee to replace Ambassador Kirkpatrick at the United Nations!