

Little White Book - 06 **The Fourteen Principles of Salubrious Living**

1. We believe in living in accord with our human biological heritage and in harmony with the Laws of Nature.

2. This means eating fresh wholesome food in its natural state as Nature has given it to us. It must be uncooked, unprocessed, unpreserved and not tampered with in any other way. This further means it must be organically grown, without the use of chemicals.

3. Availing ourselves of a clean, wholesome environment: fresh, unpolluted air; clean water; and the beneficial therapy from the direct rays of the sun, every day.

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4. Some form of strenuous physical exercise several times a week.

5. Rest and relaxation, both mental and physical, including sound and efficient sleep.

6. A form of recreation that is gratifying to our sense of accomplishment.

7. A sense of purpose, security and confidence to fuel our goals for accomplishment and living the good life. We must have goals and we must be motivated.

8. Deliberate self-mastery of our life and our work.

9. Gregarious living within the framework of our CREATIVE religion, our White society and social intercourse with our White Racial Comrades. We are social animals.

10. Healthy expression of our sexual instincts.

11. Living in a pleasing and healthful environment.

12. We do not believe in the use of any “medicines,” drugs, or chemicals as having any healing or therapeutic value. In fact, all medicines, drugs, narcotics and chemicals are poisonous and toxic to the human body. Furthermore, and for the same reason, we do not believe in the use of vitamin, mineral, or enzyme supplements, nor the use of artificial food coloring, preservatives, nor refined or fragmented foods.

13. We strongly believe in the practice of fasting as the best means of ridding the body of accumulated poisons and toxins. We are convinced that fasting is the most natural and effective means the body has of overcoming all forms of disease, and restoring itself back to health.

14. Living in, and promoting a eugenic White society. This means that we take particular care in not only assuring the perpetuation of our precious White Race, but we take deliberate care that the misfits are culled and that each generation advances to higher and more salubrious levels, physically, aesthetically, and mentally. (WMB: Creative Credo No. 5 & SL: Introduction)