

## 7(VII). MEDICARE

### Sacrifice Is The Hallmark Of A Doctor

Fill your hearts with compassion and serve the poor and needy. Don't be stone hearted and money-minded. When the hour of reckoning comes, will you be able to carry with you the wealth you have amassed? No. Serve the poor with love. That alone can redeem you. Service to the poor is service to God. Sacrifice your life for the cause of the poor. Service to the poor is My only motto. I have no other desires. I am prepared to sacrifice even My life to serve the poor. Do at least one-thousandth part of what Swami is doing. Of what use is human life if it is not spent in the service of the poor?

"Not by penance nor by pilgrimage nor by study of scriptures nor by Japa can one cross the ocean of Life. One can achieve it only by serving the poor." (Sanskrit Verse)

There are many poor people who are losing their lives, as they cannot afford costly treatment. Your love alone can sustain such lives. The more you develop the spirit of sacrifice in you, the greater will be the world's progress. Hospitals are meant to serve the poor and not to earn money. What is the point in earning crores of rupees when one has to ultimately leave the world empty handed? So, spend all your earnings for the welfare of the poor. Dedicate your lives to the service of your fellowmen.

Medicines on their own cannot cure diseases; it is Divine Grace that cures. Only sacrifice can win God's Grace.

Develop a spiritual outlook and treat the patients with love and care and make them happy and healthy. Without God's Grace even the pulse cannot beat. Without divine Grace, human body cannot be sustained. Human body is most wonderful and mysterious. Who is responsible for the pulse beat? Who is making the heart pump blood? All this happens because of Divine Will. Divine power is responsible for the growth of the body. There is no point in merely feeding the body and sustaining it, unless it is used to serve the poor.

All patients should go back with a smile on their faces. The medicines that you administer are not what cure the patient.

The kind words spoken by the doctor cure the patient.

For achieving anything in life, two things are essential: firm faith and pure love.

It is most essential to observe the principle of moderation in food habits, work and sleep.

Research has revealed that non-vegetarian and alcoholic addicts are more prone to heart ailments than vegetarians. If the vegetarian food consumed should be balanced and wholesome, it should contain liberal doses of Vitamin C and Vitamin E, which are available in vegetables like carrot, for the presence of these vitamins prevents the heart ailments in a large measure.

The birds and beasts do not suffer from any cardiac and digestive ailment, as man suffers from. The cause can be traced to the natural food which the animals consume unlike, the human beings who are indulging in taking all sorts of fried and cooked items of food, being a slave to the tongue.

Now there is pollution in everything such as the air we breathe, the water we drink, the sounds which are jarring to the ears and food we consume. Because of this all round pollution, man's health is affected. Apart from this, man's mind is also polluted making him susceptible to diseases. Man should make earnest endeavor to lead a serene and pure life.

There are some doctors who advise the patients against smoking and addiction to alcohol, but they themselves smoke and drink. This gap between speech and practice raises doubts in the mind of patients about the sanity of the medical advice given by them. Such doctors who do not observe the harmony of speech and practice, mislead and patients.



Dr. D. R. Mehta, Shri R. N. Gupta and Shri Ramesh Thakker At Inauguration of Jaipur Foot Camp

The day you root out selfishness from within you,  
divinity will blossom in your heart.