

# Long-Life in Florida



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### FREEDOM OF SPEECH AND OF THE PRESS

We believe in the inalienable and constitutional right of religious liberty, and freedom of speech and of the press as a means of education and conveying God's message to our fellow man, as is guaranteed by the first amendment to the Constitution, which reads:

*"Congress shall make no law respecting an established religion, or prohibiting the free exercise thereof; or abridging the freedom of speech or the press; or the right of the people peaceably to assemble, and to petition the government for a redress of grievances."*

The five Supreme Court Justices of the State of Florida appeared to be in harmony with this amendment when they showed in a case before them "what is really involved in any attempt to throttle free speech or to choke the press." Concurring in the decision with the others, Judge Chapman rendered a separate opinion, in which he said in part:

*"The liberty and freedom of the press under our fundamental law is not confined to newspapers and periodicals, but embraces pamphlets, leaflets, and comprehends every publication which affords a vehicle of information and opinion. The perpetuity of Democracies has as a foundation an informed, educated and intelligent citizenry. An unsubsidized press is essential to and a potent factor in instructive information and education of the people of a democracy and a well-informed people will perpetuate our constitutional liberties."*

Quoted in "Liberty," Vol. 37, No. 1, First Quarter 1942, P. 31.



## PUBLISHER'S FOREWORD

We take great pleasure in publishing another great work of the famous Professor Hilton Hotema. This is the twenty-fourth of the series of publications by our most popular author.

The author says this is The Clearest Story Ever Told Of The Greatest Mystery In The World. Many readers have taken this heading of our advertising sheet and ordered by this title, or by Live Longer. The actual title is: LONG LIFE IN FLORIDA (we have another book by Hotema called, "Live Longer" - also one titled, "Why Do We Age?")

The author, at eighty-five years, is a life-long student of longevity. We believe this his greatest work. He says, "Am I going to let men outlive me who smoke, drink and over-eat? Men who know nothing of the laws of health and the Creator? That would be a tragedy. I am a teacher of health and longevity and will outlive many famous men (who did not know why they reached an advanced age)."

"I have no use for glasses, have no aches and pains of any kind, up at dawn every day, and making my diet just as simple as I can, and working all the time to make it simpler. I am never thirsty, never use any salt on any of my food, and try to get the fluid my body needs from what I eat in the way of fresh fruit, melons, tomatoes and so on.

"There is a colored orange picker here in Florida, who will be 120 on July 4, 1962, and has the vigor of a man of 60. I have one picture of him when he was 115, climbing up and down ladders picking oranges in a Florida grove like he was 50. There is a man living in this town who is now 101 years old, and I have his picture and story as it appeared in our local paper.

"I will outlive such men as Dr. J. H. Tilden (who died at the age of 91); Luigi Cor-naro (who passed on at 102) and Goddard Ezekiel Dodge Diamond (who died at 120 years)".

We firmly believe the author will live another life span. He is now working on another large book for us. (Man's Higher Consciousness).

The author states in the present volume, "The art of Perfect Living is unknown and receives no attention. One's teaching may be in harmony with Creation's Plan of Life, the Law of Perfect Living, and the science of Cosmic Economy. But such teaching does not correspond with civilization's artificial world and mode of living, nor support its social pattern, hence it cannot be considered nor supported by any institution or any form of government. It must be suppressed 'for the good of the people'."

The volume is a bit difficult to handle, since we have clippings which must be photographed (before printing on our offset press) - we do not know the page numbers in advance. Many clippings are yellow with age from the files of the professor. These must be fitted into proper sequence and continuity of the book. Thus there may be some pages which will have no number - but they will be placed in proper sequence. Occasionally there may be a blank page due to human error or the printing press. (We find printing mistakes in Life Magazine and Gray's Anatomy and know the reader will forgive us in advance). We will always furnish by return mail any missing pages.

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### ***I'm 185, He Says.***

Meet Sayed Eli, of Isfahan, Iran, who claims he's 185 years old, and says he has documents to prove it. He gets around well for his great age, has good sight and fair hearing.



## HARD TO BELIEVE THAT MAN

1. EATS TO DIE.
2. DRINKS TO DIE
3. BREATHES TO DIE.

### Is The Vegetarian Diet Harmful As Well As The Flesh Diet???

For more than half a century the author of the course titled **LONG LIFE IN FLORIDA** read books on food and feeding, and closely followed the arguments and explanations. He found those who favored **VEGETARIANISM** omitted all the bad features, and the same course was pursued by those who favored **CARNIVORISM**.

Books favoring **VEGETARIANISM** say nothing of the damaging qualities of vegetables and cereals. Those favoring **CARNIVORISM** carefully omit the damaging properties of flesh.

These authors lead their readers astray with **HALF TRUTHS**. A half truth is more dangerous than a lie, as it is more misleading.

#### "WE EAT TO LIVE, AND WE EAT TO DIE"

This statement was issued by a group of eminent doctors of the 19th century.

If we eat to live, how can we eat to die? If we eat to die how can we eat to live? These puzzling questions are considered and answered in . . . . .

**LONG LIFE IN FLORIDA** by **HOTEMA**

YOU will be given a proper understanding of the word **HEALTH** and shown **HOW** we were intended to live in **GOOD HEALTH** and full of **VIM, VIGOR** and **VITALITY** and not like most of the people of today . . . sick, nervous, irritable, etc.

**BE UP TO DATE ON THE NEWEST DISCOVERY IN NUTRITION . . . HOTEMA** says — "**FOOD DOES NOT PRODUCE THE BODY AND CANNOT SUSTAIN IT**".

The world is flooded with books on food and feeding. No one seems to realize that eating is not natural, but an acquired habit, like **SMOKING** and **DRINKING**, and that **AIR** is the **COSMIC RESERVOIR** of all things, including the substance that builds and sustains the human body.

Science shows that the body is built of cells, which are composed of molecules, which are composed of electrons, which are **NOTHING** more than **WHIRLING CENTERS** of force in the ether.

Electrons do not eat, atoms do not **EAT**, cells do not eat, and the body **IS** built of and sustained by the **CELLS**, and not what man eats.

More proof that eating is not only a habit but a bad one appears in the fact that a sick man begins at once to recover when given no food and even shows signs . . . . of **Growing YOUNGER**.

This could not be and it would be dangerous for one to fast, if eating were natural and food were needed to sustain the body.

After reading over the manuscript of this course one of our leading **NATURO-PATHS** wrote:

"It is the best I have ever found in the field of health and long life. It is a work whose equal has never been produced."

**LEARN** the simple laws of **COSMIC EXISTENCE**, known to the birds and beasts and explained so clearly in these lessons they may be understood by a child, yet as certain in action as the laws of electricity.



## NOTICE TO ALL CONCERNED

Statements in this volume are recitals of scientific findings, known facts relative to Creation and Man, and references to ancient writings as they are interpreted.

This work does not direct the reader to do anything in particular, nor condemn him for what he does. No claim is made as to what any of the methods cited may do for any one in any given case, and the author and the publisher assume no responsibility for the opinions expressed. It is the office of higher intelligence to inform humanity that unwise words and unnatural work will harm them, and to warn them that they will reap as they sow.

The author of this work is not open to any engagements, receives no visitors, and grants no interviews. He tells no fortunes, does not teach divination, makes no predictions, composes no philters and lends himself to no sorcery nor evocation. He is only a Being of Creative Action, a Child of the Glorious Sun, A Seeker of the Light of Knowledge, and an humble Disciple of the Ancient Masters. He is vital in mind and vigorous in body in his 85th year, a trifle over five years under 90, an age that few ever reach, and most of those who do reach it are dead on their feet, blank in their mind, and worthless to the world.

The publisher of this work has no authority to comment on the postulates or opinions presented. His engagement is to publish and sell this work, and there his obligation ends. Books and folios are sold to be accepted or rejected, and the purpose of Hotema's writings is to dissipate the darkness and stir the mind to make people think.

"More people are looking for something to move their bowels than they are for something to move their brains. It is said that more than 250 tons of 'laxative medicines' are sold weekly in this country." -- Humanity, Oct. 1937.

Prof. Hilton Hotema

Manila, P. I., 1962.



# LONG LIFE IN FLORIDA

by

Prof. Hilton Hotema

1962

## PROLOGUE

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"Except ye be converted (from fallacy), and become as little children (with unperverted mind), ye shall not enter into the kingdom of heaven" (the realm of perfect mentality) (Mat. 18:3; Romans 14:17).

As no more can be put in a full vessel, we must be blank of mind, forget all we have been taught, and let Creation be our guide. For the schools and the teachers have not what we want, as they are searching for it the same as we are.

Glorious Life--man's greatest treasure. How to live long has received world-wide, age-long attention of great men of every generation, in every land upon the face of the earth.

Said a certain writer in 1920: "A faculty of learned men could labor for years and still be unable to run down all the numerous forms in which the wish for long life has taken shape."

From remotest times the shortness of man's life-span has provoked great research for ways and means to prolong it.

Hippocrates and Aristotle contended that man's life-span is too short, and Theophrastus, who lived 75 years, lamented when he was dying, "that Creation had given the deer and crow a life so long and so useless, and to man, a life that is too often very short."

Men in all ages have attempted all manner of devices to produce an increase of the life-span, but none of them considered the problem in the right light.



Even back in biblical days it was stupidly believed that contact of old men with young women would prolong the life-span. In the first Book of Kings it is written:

"Now King David was old and stricken in years; and they covered him with clothes, but he got no heat.

"Wherefore his servants said unto him, Let there be sought for my Lord the King a young virgin; let her stand before the king and let her cherish him, and let her lie in thy bosom, that my lord the king may get heat."

This method, afterwards called gerokomy, was employed by the Greeks and Romans, and has had followers in modern times.

Cohausen, a doctor of the 18th Century, published a treatise on a Roman, Hermippus, who died at the age of 115 years. He had been a master in a school for young women, and his life, passed in their midst, was greatly prolonged by their influence, so it was believed.

"Accordingly," commented Hufeland, "he gives the excellent advice to breathe night and morning the air of young women, and gives his assurance that by so doing, the vital force will be increased and preserved."

In the Eastern portion of the world, equal ingenuity was exercised in the attempt to rejuvenate the body and regenerate the force of man. The successors of Lao-Tse searched for a beverage that would confer (physical) immortality, and have recounted extraordinary stories concerning it.

The Emperor of China, Chi-Hoang-Ti (221-209 BC), displayed extreme friendliness to the Taoists, believing that they had the secret of Long Life and (physical) immortality.

In his reign, Su-Chi, a Taoist magician, persuaded him that eastwards of China there lay fortunate islands inhabited by genii whose pleasure it was to give their guests to drink of a beverage conferring (physical) immortality. Chi-Hoang-Ti was so delighted with the story that he equipped an expedition to discover the islands. Of course they were never found.

The mysticism of the East reached Europe in the Dark Ages, and then, and even in modern times, drugs were used in an attempt to prolong life.

Cagliostro, the agent of the Templars and successor of Mesmer, Father of Mesmerism, boasted that he had discovered the Elixir of Life, by the use of which he had survived for many thousand years. He was a medium, meaning that he was a man whose nervous organization was exceptionally impressionable.

Dr. Arthur G. Clarke, British Astronomer, Physicist and Chairman of the British Interplanetary Society, writing in Science Digest for March, 1956 said:

"There appears to be no fundamental reason why men should die so early as they do. It is not a matter of the body's 'wearing out' in the sense that a



machine wears out. For (the body is constantly rebuilding itself and) in the course of one short year almost the entire fabric of the whole body is replaced by new material."

The events of the last few decades have shown that things which are possible will always be achieved, provided the incentive offered is sufficiently attractive, and nothing could be more attractive to man than good health and long life.

As we have said in another place, the consistent failure to discover the Elixir of Life never makes the researchers realize that they are looking in the wrong direction.

The Bible says the Kingdom of God is within; and within that vast Internal Kingdom of Living Mystery is the World in which we shall search for and where we shall find the Magic Elixir of Life.

## INTRODUCTION

### How Long Should Man Live?

There has been wide speculation as to the limit of human life. It is written, "His days shall be an hundred and twenty years" (Gen. 6:3); and again, that "The days of our years are three-score years and ten; and if by reason of strength they be fourscore years" (Ps. 90:10).

These statements mean practically nothing, regardless of the fact that they appear in the Bible.

Science has never dared to set bounds to the possible longevity of man.

In the Bible we observe that Nahor died at 148, while Serug, his father, lived 239 years. Arphaxad died at 435, whereas Shem, his father lived 602 years. And Noah, the father of Shem, died at the age of 950.

Here is an example of past experience. It tells us little with reference to the possible or probable length of human life. It is confusing and complexing. Why did Nahor die at 148, whereas Noah, only eight generations removed from him, lived 950 years?

In this day and time people die before they are grown, and adults die all the way from 25 to 370 years.

The press reported that Andrew Gemmels grew a new set of teeth at the age of 101.

The press of Nov. 9, 1961, reported that Albert R. Alexander, at the age of 102, was probate judge of Clinton County, Mo. and drove his car to his office every work day.

The press of Nov. 24, 1956, reported that Peter V. Ortiz, of Anaheim, Calif. had opened a bank account to "start saving for his old age", and he was 106.

The press of Nov. 23, 1956, reported that Mrs. Wm. Miller, of Hollywood, Florida, celebrated her 107th birthday by entertaining 75 of her 140 living descendants at a Thanksgiving dinner served in shifts.

The press of June 4, 1931, reported that C. H. Johnson of E. St. Louis was 110 years old, and that two of his grandparents lived almost 200 years.

The press of 1955 reported that Chief Big Bear, an Indian of Perkins, Oklahoma, was then 114 years old. 1

Willie Ward, a Negro of Atlanta, Ga., at the age of 115, was sentenced for drunkenness to 20 days in jail in 1945.

The press of June 19, 1931, reported that Thomas Kemp was 119 years old, and this is what he said: "My age is beginning to tell on me. I've been puny most of the spring, and could do nothing but sit around the house and be a grouch."



Goddard E. Diamond of San Francisco, Calif. died in 1916 at the age of 120.

The press of Dec. 19, 1948, reported that Jerry Edmundson of Memphis, Tenn. was 124 years old and in good health.

The press in 1956 reported that Luis Ebriquez of San Antonio, Texas, was 128 years old and still had all but three of his teeth.

Ripley, in his Believe It Or Not of June 7, 1941, stated that John Haynes, a soldier under George Washington, died at the age of 132.

The press of Jan. 14, 1943, contained the picture of Sayed Mehren, an Arab who was then 132 years old, and he said, "I expect to live a lot longer."

The press of 1947 reported that Francisco Saiz, an Indian of Arabela, N. M. was 137 years old and had just cut his 3rd set of teeth.

In 1866 Joseph Creold of Caledonia, Wis. died at the age of 142.

The press of Oct. 11, 1955, reported that Mahmud Fivozov, living in the Azerbaijan republic, bordering Iran, had just celebrated his 147th birthday. He had 23 children, one a daughter who was 120 years old.

The press of Nov. 14, 1954, reported that a Jap named Haji Majid, died the day before at Singapore at the age of 151. His identity card showed he was born in 1803.

Ripley, in his Believe It Or Not of Aug. 3, 1937, reported the case of Yekpu Shoua, who was "157 years old and still going strong", said Ripley, who added: "The excellent climate of Abkazia (where Shoua lived) is a part of Soviet Georgia, is conducive to long life, and many people there are well over a hundred."

Siddi Wastad of New Delhi died in 1943 "at the age of more than 160."

The press of Oct. 22, 1956, reported that Wm. Bisset, an African of Port Elizabeth, South Africa, was 160 years old. A medical examination showed his health was good, memory unaffected, and upon being questioned, it was found he clearly remembered details of Port Elizabeth in 1800, and gave a full description of the arrival of the first British settlers in 1820.

Zora Agha of Turkey, died in 1936 at the age of 162.

The press of March 21, 1942, stated that a "grey-haired colored man" docketed on a minor charge, calmly told the desk sergeant at Memphis that he was 169 years old.

Henry Jenkins died in 1670 at the age of 170. He never ate cooked food and never ate any breakfast.

Janos Roven and his wife were married 147 years. They both died in 1925, he at the age of 172 and she 164. They left a son 116 years old.

A Mrs. Keith of Gloucester, Mass. died in 1867 at the age of 173.

Joseph Surrington died in 1797 near Bergen at the age of 160. His oldest son was 103 and his youngest only 9.

The press of Feb. 27, 1938, reported that Yogi Tapsi Bishan Das Udasi was then 170 years old and looked to be no more than 40.

The press of Nov. 13, 1956, reported that Mrs. Maria de Casteneda, of Cucunaba, Columbia, S. A. was born Dec. 30, 1778, and was then in good health at the age of 178.

The Feb. 7, 1876, issue of the Lancet, a London medical journal, reported the case of Miguel Solis, half-blood Indian of Bogota, San Salvador, who was found by Dr. Louis Hernandez working in his garden. Solis said he was 180 years old. His neighbors said he was much older.

Dr. Hernandez was told that when one of the oldest inhabitants of the area was only a child, Solis was then a centenarian. He attributed his long life to his frugal habits and eating only once a day, in the afternoon. His diet consisted of fruit and milk. He said that he fasted on the 1st and 15th day of every month.

Jose Calvario died at Tuxpan, Mexico, at the age of 185. Don Juan Saveris de Lima died in 1730 at the age of 193.

The press of March 12, 1943 reported the death of Seyad Ali Salehi of Teheran, Iran, at the age of 195.

A Russian soldier died in 1825 at the age of 202, and in 1795 Thomas Carn of England died at the age of 207. It was said that at the age of 150 he was like a vigorous man of 60.

The press of 1944 reported that the Youngstown Alloy Castings Corporation had an employee named Flazell Williams, who was born in 1744, which made him 217 years old in 1961. He was said to be feeble and partially blind, but was doing good work.

The press of March 4, 1959, reported that Sayed Ali Kelusehi, of Teheran, Iran, was 185 years old, and told his friends that he intends to live 35 years more, which would make him 220.

Col. Robert McCarrison of the British Army Medical Staff, reported that during his ten years of service in the Himalayan region, he found no sickness of any kind among the people where he was. He said: "Ages well beyond 250 years were common. Men of well attested ages of 150 years were recently married and raising families. Men said to be well over 200 years of age were working in the fields with younger men, doing the same work and looking no older in spite of their years.

Peter Maffins, in his history of India, stated that Numes De Cugna died in 1566 at the age of 370. He grew four sets of teeth and his hair turned from black to grey four times.





#### HE LIVED 256 YEARS

The St. Louis Post-Dispatch of June 11, 1933, reported the death of Li Chung-Yun, a Chinaman, at the amazing age of 256 years. The account was written by Keith Kerman "of the Post-Dispatch Sunday Magazine Staff", who said:

"According to the popular account, Li was mature enough when the great earthquake of 1703 wiped out 200,000 Japanese, to refrain from undignified rejoicing, and he was about to become a centenarian when George Washington crossed the Delaware.

"A few years ago a professor in the Minkuo University reported that he had found records showing that Li was born in 1677, and had been congratulated by the Chinese Government on his 150th and 200th birthdays."

In his lifetime he said that he was born in the 16th year of the reign of the Emperor Kang Hsi, and related many stories of his youth that appeared to prove that he actually remembered events that occurred during the regime of that long-dead Mongol Monarch, which began in 1661, and ended with his death in 1722.

In May 1930, at the age of 252, Li lectured to the students at the University of Chang Fu. At the age of 209 he lectured twice daily, three hours at a time. Twenty-eight sessions in all were held. That task had taxed the energy of a man of 40, but Li left each lecture fresh in body and clear in mind.



Throughout the day Li behaved like a buoyant youth, who was enjoying the opportunity presented to tell some 1500 students, whose ages ranged from 18 to 80, something of the secrets of longevity.

Wm. M. Goodell wrote us that he was in Canton in 1933 and heard considerable discussion about Li, and learned that in the first century of his life he lived in the outside air and sunshine and worked as a herb gatherer. He stated that Li "was a strict vegetarian and ate only herbs that grew above the ground and fruits."

According to the article by Kerman, some of the old men in Szechuan province said that their grandfathers, as boys, knew Li, and that he was then well along in years.

In his book, Law of Life & Health, published in 1926, Dr. Clements wrote: "It is said the oldest man on earth at this time (1923) is Sadhu Swami, who makes his home in the town of Karimganji, India. He is reported to be over 330 years old, and is treated by the natives with great respect because of his extreme age. He said that he remembered the first battle of Paripat, which occurred more than 300 years ago. . . . To find men in the Bible whose ages exceed those of Swami, it is necessary to go back to Eber, who lived 464 years, and was but four generations removed from Noah who lived 950 years. This would seem to indicate that there is nothing on which to base the presumption that the early Bible years were any shorter than the years of modern times" (p.123).

Sir Wm. Temple stated that the Barchmans among the Indians of South America, and the Brazilians, at the time that country was discovered by the Spaniards in the 16th century, lived to very advanced ages. Some of them were said to have lived 200 and 300 years, the former subsisting principally on rice, and the latter on fruits and herbs (Smith, p. 275).

Johannes de Temporibus was said to have lived more than 300 years. When asked how he prolonged his life, he replied: "By oil without and honey within" (Smith, p. 276).



## Chapter No. 1

### A NEW AGE

The December-1961 issue of The Aberree said, "February (1962) ushers in the Aquarian Age--the Age of Light. This Light is a Power that can construct or destruct."

This reverts to the Science of Correspondence, termed Astrology, the Ancient Doctrine that all things in the Universe are related, are constituted of the same elements, and are logically subject to the same law.

This is the only science the world has ever had of Creation, Anthropology and Biology, and so little understood in this day and time, that it has been branded as heathenish superstition and condemned to the deepest hold in the sea.

The Aberree continued: We are now on the "Brink of a New Era." The Earth is leaving the range of the Zodiacal Sign Pisces, the Water Sign, and entering the First Degree of Aquarius, the Air Sign.

Under the impelling influence of the Water Sign on the Earth and its children, man's inventions of the last 2000 years have related to water--the canoe, water-wheel, dams on streams to generate power, steam engine, steam ship, etc.

With the advent of the Piscean Age, about 256 B.C., there rose a period of unrest and turmoil which led to the birth of a new religious system. But the founders were honest and admitted that it was not exactly new, only a transformation of the old one to make it agree with the changed conditions of a New Age.

As the polar opposite of Pisces is the Material World, the Piscean Age has naturally been a crude Materialism, in which the doctrine of Spiritualism, while preached from the pulpits, has been misunderstood because the minds of the masses were indoctrinated with Materialism in the schools and colleges.

It is a fortunate day for humanity that the Piscean Age is coming to a close. In the Aquarian Age, the next two thousand years will be a glorious era of advancement and enlightenment, and the fallacies of Materialism and the follies of Evolutionism will fade and vanish.

Witness the many signs already appearing to indicate the dawn of the new changing order. The change that has come is amazing, and is sweeping forward so fast, that it has become practically world-wide.

Behold, the leading nations of the world are taking to the Air; that the crude dietary of the Materialistic Age is faltering, and the more refined products of a higher quality are coming into use.

One astonishing achievement of the New Aquarian Age has already come to pass: The splitting of the Mighty Atom. Science was shocked to see that



Matter is an illusion; that Matter may be converted into its fourth state of pure heat, and pass into the imponderable, thus revealing that what is known as Matter is only congealed Radiation, under the creative law of polarity, and by the application of heat, may be vaporized and caused to disappear entirely from sight.

When Matter, as vaporized substance, vanishes from sight, that is all that was, that is, and that will be--of the Creative Elements. When invisible substance congeals and becomes visible as Matter, it appears in four phases, which the Ancient Masters, for the sake of convenience, termed Fire, Air, Water and Earth, symbolizing these four elements in the image called Sphinx, an object found in all nations of the ancient world.

And if the ancient inscription on the Great Pyramid of Gizeh says, "I am all that was, that is, and that will be; no mortal has raised my veil", it may now be replied that modern science, in splitting the Atom, did unwittingly raise that veil, and was amazed to find, in this mystery of Creation, that the elements termed Force and Matter were, now are, and will always be the Dual Aspects of the Universe of Radiation.

This startling knowledge of the actual constitution of Matter has long been needed to solve the secret of Creation. This discovery marks the turning point in the long descending process of the Dark Ages. From here on, the course will be upward. But progress will be slow and painful, for the few advance Travellers on the Path of Light will have to battle valiantly against the materialistic dogmas of a smug and stubborn science, entrenched in all the schools and in the minds of many of the leading men of civilization.

The annihilation of Matter as such, also annihilated the grotesque physico-chemical concept of Life, postulated by science and espoused by medical art. The gateway is now open for an intelligent, scientific, metaphysical philosophy in which both Spirituality and Materiality may be rejoined, recognized, and assume their respective places in the world.

Life is the Knower, yet the physical scientist has willfully ignored the existence of the Mighty Factor of the Living World by which he is conscious of his own existence. "I cannot explain why I am alive rather than dead", cried out the great Dr. Robert A. Millikan, world renowned scientist, authority on Cosmic Rays, and head of the California Institute of Technology.

That great teacher, Manly P. Hall, said, "Through the study of man, we can discover the conscious Living Universe. And by the contemplation of Universals, we can come to appraise the complete human being, who, like the great figure of the Zohar, stands with his feet upon the earth and his head among the stars. ...

"Man can never attain security until he understands his relationship to the causal world above him and within him. Wisdom alone bestows sufficiency, but Wisdom is meaningless until it leads to the solution of the mystery of Life" (Planetary Influence).

The rule of dividing Man into Celestial and Terrestrial aspects was the



natural result of the cosmic influence of the Two Fishes of the Zodiacal Sign Pisces. That rule led to applying different treatment to the dual aspects of Man and was a sad error. That division of the Unit logically created the illusion of the existence of Force and Matter as separate entities, with the erroneous dogma logically following that "All is physical matter and mechanical energy."

This misleading concept gave birth to Materialism; and Ancient Spiritualism soon became the target of bitter attack by Materialists, conducted so vigorously that it drove Spiritualism into a defensive corner and captured the schools and the minds of many of the leading men of civilization.

The splitting of the Atom has produced a startling change. It has resulted in the rebirth of Ancient Spiritualism, a rapidly growing respect of the Ancient Scriptures, and a comprehensive understanding of the passages in the Bible, that the human body is the Temple of the Living God, and the Kingdom of God is within the living organism (1 Cor. 3:16; 6:9; Luke 17:21).

Now the cold facts of experience and discovery having united the Celestial and Terrestrial aspects of Man, a new order has been born for the purpose of treating Man as a Cosmic Unit, composed of a Living Entity inhabiting a form of flesh.

This movement is not a sect--not a new religion strictly speaking. It is a medium wherein the Biblical truths set forth by the Ancient Masters constitute the tenet of daily life; a movement wherein is recognized that at the birth of each person, Creation imposes two distinct, individual duties, which are personal and cannot be alienated.

The first duty is the obligation to recognize the existence of the Spirit of God within the living organism, the Human Temple, and the second is to care for that Temple to the best of one's ability, protecting it from decrepitude and premature decay.

This movement recognizes, in all solemnity, that the force which installs the Spirit in the Temple and retains it there, is from without, and that, through misconception, ignorance, neglect or abuse, the free will decreases the existence of the spirit within that Temple to far less of what it should be. A movement which teaches both physical and spiritual health with the same force, and which places the responsibility upon each individual to know and understand the Biblical Truths relative to the Soul and its Temple without blind and ignorant dependence upon dogmas, doctrines and doctors.

We shall return to the days of the Ancient Masters, who regarded the human body as the Temple of the Living God, the actual Lord from Heaven (1 Cor. 15:47), whose journey thru the Terrestrial World ends on the rim of the gleaming horizon at the Dawn of Easter Light.

The Ark Shrine of the God reaches at last the Bright Land over the Eridanus River, which Land is never trodden by the dark feet of Death, and the enthralled God disembarks to take a new journey in the Majestic Ship of the



Celestial World, beginning its Voyage of a Life of Endless Days across the Shining Sea of Eternity.

The Cabin Door opens wide for the God to enter, and He advances amidst the joyful acclaim of His host of devotees who will follow Him some day, as they hail Him who has risen from His Own Ashes, like the proverbial Phoenix, victorious over the Terrestrial World of Imprisonment; and they shout in one grand chorus--

"Death is swallowed up in victory. O Death, where is thy sting? O Grave, where is thy victory" (1 Cor. 15:54,55).

To limn the actuality of this glorious event lies beyond the range of human language, and the Ancient Masters never attempted to describe it orally or literally. They employed symbols and fables, and these they interpreted in their Temples to the Neophyte who proved by rigid test to be worthy to receive the Secret Doctrine of the Sacred Wisdom.

The world has lost the true meaning of the Biblical statements, "He will swallow up death in victory" (Isa. 25:8). "I will ransom them from the power of the grave; I will redeem them from death: O death, I will be thy plagues; O grave, I will be thy destruction" (Hosea 13:14). "The last enemy that shall be destroyed is death. . . . Death is swallowed up in victory. O death, where is thy sting? O grave, where is thy victory" (1 Cor. 15:26, 54,55).

The loss of the true meaning of these passages has led to the belief that they refer to a time to come when the body will endure forever. The various fables relating to immortality in the flesh, such as the Wandering Jew, etc., were designed to portray the horrific fate of eternal life of the flesh, which no one would want if all the facts were known and considered. Contemplate the endless misery Celestial Man would suffer for ages without end, if He could not shed his feeble, decrepit, painful, terrestrial body.

For Man in the flesh, Life is a great treasure, and most men should enjoy it much longer than they do. This can readily be accomplished by learning the body's simple requirements, and living in harmony with that knowledge.

We have seen that some men live 120, 150, 200 years and more, and what is possible in one case is obviously possible in millions of other cases.

The basic cause of illness and early death is no mystery. These conditions are governed by the great Law of Cause and Effect; and foolish is he who believes that law can be nullified.

The Bible says we reap just as we sow (Gal. 6:7), and the sad experience of thousands of years proves the truth of that ancient axiom. But that fact is usually unnoticed. Even in cases of untimely death by accident, the contributing cause is generally carelessness or recklessness.



## Chapter No. 2

### PERFECTION

Creation is an endless cycle that had no beginning and has no ending. It is a perpetual process, a stream whose flow never began and whose end will never be.

Creation is a process of transformation, by which celestial potentialities become terrestrial actualities. This process was symbolized by the Ancient Masters in their Interlaced Triangles, indicating that Man in the Terrestrial World is a reflection of Man in the Celestial World. They said "As above, so below."

Creative Action covers the earth with living things and is triggered by the condition of the earth. It is not Darwin's hostile environment but Creation's hospitable environment that "is the Parent of Creation", declared Col. James Churchward. He said:

"Under the great law of Creation, there must first come a CONDITION, and, with it, (there comes) a suitable life to live in that condition. ... The CONDITION is the Parent of the Creation" (p. 328).

This hospitable condition of the earth brought Man into existence--not as a created object, but as a transformed, pre-existent entity of the Celestial World.

Perfection was the primal state of Man. Nothing less could come into existence, a fact confirmed in the Bible by the declaration that Man is made in the image and likeness of the Creator.

A being in the image and likeness of the Creator could not be less than Perfect, a state complete in itself, lacking nothing, wanting nothing, free of desire, use and need.

Even science acknowledges and affirms this Perfection in these words: "The human frame, as a machine, is perfect. It contains within itself nothing by which we can possibly predict its decay. It is apparently intended to go on forever" (Dr. Monroe, renowned English Anatomist).

Think of this Perfect Organism, apparently constructed to continue forever, dropping dead in 30 or 40 years. If it lives 80 years, it's a rare occurrence; if it lives 90 years, it's a wonder; and if it lives a century it's little less than a miracle.

And so, ancient legend asserts that man once lived 5000 years, while "the Calmucks had a tradition that man in the first ages of the earth lived 80,000 years."

What man can conceive, man can achieve. Anything is possible, yet everything is certain within the limits of that possibility (Dr. Robert Walter).



The Ancient Masters said that the less man needs, the more he becomes like gods, who use nothing and are immortal.

PERFECT LIFE--If man consumed only Cosmic Radiation thru his breathing organs as in the beginning, if that Radiation were never polluted, and if man refrained from exercising the procreative function, sickness would be impossible, decrepitude would be unknown, and the life-span would be unlimited.

Every rational person favors the condition presented. But the world opposes it. For the perfection portrayed would stagnate all financial, commercial, and industrial activity of every kind and order.

Therefore, this Perfect Being, made in the image and likeness of the Creator, must be sunk in darkness. We must control his Mind. We must destroy the Ageless Wisdom so he will never discover what he is. We must teach him fallacies that will lead him astray. For that purpose schools must be established and controlled.

And so, the schools were established and controlled; and Man was misled to believe they were for his betterment and improvement, little suspecting their real purpose.

Then Johan G. Fichte (1762-1814) exposed the scheme in these words:

"Education should aim at destroying free-will, so that after pupils leave school, they shall be incapable, throughout the rest of their lives, to think or act otherwise than as their schoolmasters would have wished" (Age of Treason, Clymer, p. 8).

It is amazing what can be done with people by a well-organized system of schooling and training. The results show that we can control the man by controlling his mind.

The evidence proves that it is possible to warp and dwarf the mind of the masses until they regard their enslavers as their benefactors, and are eager to turn upon and crucify the courageous one who, in pity, raises his voice sincerely in their behalf, and shows the sick and suffering the true way to a better life in harmony with the laws of Creation.

It is almost unbelievable how supposedly intelligent people can be so sadly misled and so well deceived. They continue to have faith in their economic enslavers and political tax-eaters who have failed them generation after generation.

We start man on the decline and destroy primal Perfection by building in his mind a certain psychological state called Desire. This state first appears in the mind, is aroused by certain conditions designed to influence the mind, and followed by sensations in the mind calling for gratification.

This leads to danger, down the broad road of destruction, and the Ancient



Masters sensed that danger, calling Desire a "foul monster that rageth like fire, and is difficult to extinguish." They said:

"These men of imperfect understanding (created by schooling and training) ...strive after the gratification of the sensual appetites, and the creation of new appetites--and there is no peace nor satisfaction in them. For appetite springeth from appetite, and the sensual craving groweth more acute in the measure in which it is gratified. ...Desire is their God, and its worship and service their religion.

"Bound by the thousand ties of Desire for things and objects, they are attached to the Body of Lust and Wrath and Avarice. They prostitute their minds and their sense of justice, in their vain search for wealth wherewith to gratify their inordinate and swollen appetite for sense experiences. ...

"Thy first task should be to conquer this foul dweller in the mind. Mastering first the senses and sense organs, do thou then proceed to put to death this thing of evil" (Bhagavad Gita).

Perfection is a state high above the Desire level. For Perfection desires nothing, needs nothing, uses nothing, and that great state is lost when Desire is born and becomes the master of the senses.

Desire creates need, need creates use, and decline from Perfection begins. Commercialism hastens the decline by spending billions of dollars annually in various kinds of advertising that creates psychological conditions that intensify Desire and create more Desire for more things that man does not need, but uses to his detriment. "And the sensual craving groweth more acute in the measure in which it is gratified."

A thing is imperfect in proportion to its needs. The greater its needs, the greater its imperfection.

Man sinks from Perfection by reason of (1) desire which creates (2) need, which creates (3) use, which creates (4) habit, which creates (5) body adjustment, which creates (6) demand, which creates (7) enslavement.

Man rises from imperfection as he liberates himself from the low level of self-imposed enslavement.

In his perfect state, man desired nothing, needed nothing, used nothing, and was free of enslaving habits.

The Ageless Wisdom informs us that primitive man was Perfect, desiring nothing, needing nothing, and using nothing. That was the Golden Age when man was a Breatharian and lived for thousands of years.

We are further told that eating, long a fixed habit of the body, was first an indulgent for pleasure only, and not because it was a requirement of the body.



When eating continued until it produced habit, that caused adjustment of the body's structure and function to harmonize with a new condition forced upon it. It was either do or die, and the body did what it had to do.

Adjustment to habit, taking place constantly in the body, creates need to sustain it. That need creates a requirement that must be satisfied. Thus the master becomes the slave.

Even now, after ages of eating, the surest and safest way to get the sick well, is to take away all food but air and water.

We know personally a certain doctor who has been doing that for thirty-five years, getting the sick well by fasting, while disregarding the silly names of symptoms, diagnosed by doctors who know nothing of the nature of the causes responsible for the symptoms, to which they give strange names that mean nothing.

Man's ignorance of his nature creates desire, and knowledge produces disappointment.

For proper knowledge shows that desire indicates deficiency; and experience shows that desire gratified produces weakness that destroys.

The Ancient Masters said, "For in much wisdom is much grief; and he that increaseth knowledge increaseth sorrow" (Eccl. 1:18). That is exactly what we are now doing.

A Modern Master said: "Speaking generally of occult literature, acquaintance with it is most disappointing, because all such literature promises too much in comparison with what it gives" (Ouspensky, p. 193).

The reason is obvious: Desire is artificial creation that cannot be satisfied. For man possesses everything in the Universe. The Kingdom of God is within. Everything in the Macrocosm is contained in the Microcosm.

Instead of making the best use of what he has, man neglects it in his searchings for more.

Gratification of desire produces disillusionment. For gratification never brings the pleasure anticipated. And the pleasure resulting is temporary, whereas the damage done is permanent.

The greater the pleasure experienced thru the physical, the greater the damage done to the Astral or Spiritual.

The best example of this appears in the secondary and lasting effects of copulation and masturbation, which keeps the world filled with feeble minded physical wrecks.

The pleasure is ephemeral, the damage eternal. Man suffers permanent damage for fleeting pleasure.



He that seeks pleasure thru the physical pays dearly for it thru the astral. So, the Ancient Masters wisely taught and practiced celibacy and asceticism.

"If any man will come after me, let him deny himself and follow me" (Mat. 16:24). Man changes his world when he changes himself.

Total self-denial is Perfection. He that conquers all desires and appetites shall inherit all things good in life; and I (Perfection) will be his Guide, and he shall be my son; and I (Perfection) will bless him with health and long life in his own right as the reward he has earned (Rev. 21:7).

In the Ancient Mysteries there were Initiates and Masters. Those who became Masters received special training from childhood up.

Their training began at the age of two years. They were not permitted to do as other children did. Food they wanted was denied. They were given to eat substance almost tasteless for which they could not create a fondness.

They had no pets and nothing they did not need for basic existence. Precaution was taken to see they could fasten their affections on nothing but their work.

When the children reached their fifth birthday, a new period of training began, in which they were taught to subsist on uncooked, unseasoned fruits, berries and vegetables that grew wild, and of a type which would give them a higher state of magnetism.

While still young, they were sent into the woods to live alone, search for food, and fend themselves from danger. By rigorous discipline, rugged exercise, and a frugal fare of natural food, the children were exceptionally vigorous and healthy.

But who in this decadent civilization would exchange conventional living in poor health for that wild life of rugged health?

We are what our state of Consciousness is, and the better the condition of the brain the greater is our state of Consciousness. If we would rise to a higher plane of Life, we must improve our state of Consciousness by improving the condition of our brain.

Few modern "occultists" appear to know that their first lesson is to learn they can delve no deeper into the mysteries of Creation than their receiving set is competent to penetrate. They should seek the best advice on how to improve the condition of the most marvellous instrument on earth--the human body. Where will they find that advice? If we knew, we'd seek it too.

When the condition of the body is improved to the proper point, it will register, just as radio and television do, the messages contained in the electro-magnetic ocean in which the earth floats, called the Celestial World



by the Ancient Astrologers.

We should expect no more of our own receiving set in bad order, than we do of those made by man. How can we make the masses believe that one? For these modern "occultists" are trying to do what they know the man-made machines will not do when in bad order.

They would have their man-made machines repaired by a competent mechanic who knew what he was doing and how to do it. To their own delicate, deficient body they never think to apply that same rule.

No one can have health under health-destroying conditions. A man in this civilization who is in good health is a rare object. Many people think they are in good health because they are free of aches and pains. Most of them are just one step from a sick-bed.

Man's superior mental powers were designed to give him complete dominion over the entire earth not only, but over himself as well. But he is the slave of desire and appetites and they have sunk him to the lowest level.

Gross ignorance of the law of Creation is the cause of his sad condition. The Bible says the Kingdom of God is within, which means all things in the Macrocosm are contained in the Microcosm. This includes the Elixir of Life and the Fountain of Youth.

#### Perfection Lost

It appears that --

1. The living organism as a machine is perfect;
2. The Perfect Condition of the earth produced the organism;
3. Perfect correspondence prevailed between the organism and its environment in the beginning;
4. Perfect living conditions obtained in the Breatharian Age;
5. Perfection declined by reason of hostile climate and adjustment of the organism to evil practices;
6. Man in the cold zone has sunk to the bottom in degeneration.

When Spencer formulated his law of (physical) immortality (described in Chapter No. 8), he noticed nothing more than the relationship existing between the organism and its environment. He must have taken it for granted that the dweller in the body would always be honest with himself and constantly work in harmony with the law of his being. And Spencer never suspected in his day that the time would come when man's inventions would pollute the atmosphere to a point where it would become a menace to health and life.

In the Warm Zone of Life where man made his advent upon the earth, Creation supplies natural warm weather, without cost, for the entire year, from one century to the next, throughout the ages.

In the Cold Zone man has built green-houses, made mostly of glass to let in sunlight, and equipped them with costly heating plants to keep them warm in winter.



Here is a typical illustration of an Artificial World. Here is a condition in which artificial warm weather is supplied in winter in the cold zone.

In this Artificial World, equipped with expensive heating-plant, it is possible to grow all kinds of plants. Consider the economic burden of this artificial world.

In the Warm Zone of Life, no expensive green-houses and costly heating-plants are needed. That is an economic burden about which the tropical natives know nothing.

Man in the cold zone, to live at all, must construct for himself artificial conditions similar to those of the green-house he builds for plants. To build and maintain these artificial conditions for himself, constitutes a crushing economic burden that man has built with his own hands, and is unknown to the natives in the tropics.

Think it over if your thinker is still workable. Use your brain as well as your brawn. Wake up, ye economic slaves in the cold zone of sickness and short life, of economic slavery and suffering, and inspect the Artificial World in which ye live.

The body was never made to subsist on the diet of the cold zone, the result being that stomach and bowel troubles constitute a condition so common that it is called a national "disease".

The diet in the cold zone consists chiefly of --

1. Grains, cereals, peas, beans, pulses, lentils, developed from grass seeds now unknown to botany, and --
2. Tubers, consisting of potatoes, turnips, beets, carrots, radishes, etc. developed from wild weed roots.
3. These substances produce early decrepitude and early death by hardening the tissues and blood-vessels and stiffening the joints, as we have stated in another place.

These are the food substances developed by man in his struggle to live in a land where he is a stranger, and where he must subsist on products that will not perish during the cold months when the earth where he lives is a barren waste of ice and snow.

Of these things, Dr. John C. Gifford, professor of tropical forestry, University of Miami, wrote:

"Fields are (artificial and) sun-baked in dry weather and muddy and eroded in the rainy season, where cultivation is entirely artificial, and where the equilibrium of Nature (Creation) has been completely upset by the work of man. All of these cultivated things would die and disappear without the pampering hand of man" (Tropical Subsistence Homestead).



To build and maintain this Artificial World, made necessary by a hostile climate, man must grind out his days in degrading toil, neglect the development of his brain and body, and is bound by an economic burden of his own making, which blights his life, blanks his mind, weakens his body, and drags him down in degeneration, decrepitude and early death.

To increase the sadness and complexity of the proposition, men of science, realizing that man in the cold zone is degenerating, admit their ignorance as to the basic cause thereof. Dr. Alexis Carrel, one of the great scientists of modern times, cried out in despair: -

"How can we prevent the degeneracy of man in modern civilization (in the cold zone)? Many other questions could be asked on subjects which are of the utmost interest to us, but they would also remain unanswered" (Man The Unknown).

A subject on which the best of knowledge should be available after all the years of study and research, still remains a subject on which great ignorance is freely admitted by science. This hopeless state of the scientists leaves the misled masses in total darkness as to the cause of their sad plight.

The conditions in which man lives in his Artificial World in the cold zone, are the best that could be devised for the building of sickness and the hastening of death.

Corresponding to the green-house of glass that man builds for his plants, he makes a house for himself to protect him from the killing cold of winter. But notice how he gives less consideration to himself than to his plants. He knows that the plants must have sunlight to live and thrive, but he seems not to know that his body is subject to the same law.

He builds dark houses for himself, in which he provides a few windows to let in the light, then covers these with shades to keep out the light so it will not fade the rugs and wall-paper.

In this darkness where plants would soon die, and where man would die sooner than he does were he not made so hardy, tough and perfect, he lives and labors, hidden from the vitalizing sunlight, excluded from the invigorating air, inhaling the poisonous fumes of his prison, body filled with ailments as a result, and with early death to end it all.

Think of the absurdity of the question, "How can we prevent the degeneracy of man in modern civilization." Science speaking. Science asking a question that science cannot answer scientifically. But reason and common sense say, Remove man from his Artificial World, send him to his Natural Home, and the problem is solved.

Too easy; too simple. Science is confusion, and confusion is science. Reason and common sense have no place in science.

We are told that if man returned to his primal state of Breatharianism, when nothing entered the body but the air he breathed, if that air were always



clean and pure, and if man observed all other regular rules of healthful living, it would mean Spencer's perfect state of Eternal Physical Existence and Eternal Knowledge.

Science is stumbling onto this secret of living organisms by studying the hibernating animals that become Breatharians when they go into deep sleep in winter, during which time nothing but air enters the body.

Science now presents the surprising theory that "Hibernation could give man a life-span of 1400 years."

That was the head-line of an article in the press of Nov. 26, 1961, which said:

"The National Geographic Society reports that scientists foresee the prospect of man achieving Methuselah-like ages if the secret of hibernation practiced by ground-hogs, dormice, bats and squirrels can be unlocked.

"A 1400-year life span (for man) thru hibernation is seen possible by researchers on the basis that bats apparently live 20 times longer than mammals of the same weight who remain active throughout the year. Twenty times a normal human life-span as we know it today, would multiply out to about 1400 years."

The leading beneficial conditions gained by the body in hibernation are: suspension of the processes of eating, drinking and procreating. This fact reveals the provisions of the Law of Creation that rule human health and the life-span, formulated above, and also in Chapter 15.

We live in a treacherous world when the body must sink into a deep sleep to save it from destruction. Man is beset on all sides by institutions and conditions that destroy him. To save him from these temptations and evils designed to create Desire, he must sink beyond their reach in a state of hibernation.

On this point, the Ancient Masters said: "The understanding of man is obscured by this foe called Desire, which rageth like the fire, and is difficult of being extinguished. The senses and the mind are its seat; and thru these it serves to confound and confuse the discrimination. Thy first task should be to conquer this foul dweller in the mind. Mastering first the senses and sense organs, do thou then proceed to put to death this thing of evil" (Bhagavad Gita).

This indicates that in man's Mind is the Biblical battle of Armageddon, that mysterious War in Heaven (Rev. 12:7; 16:16).

All thru the Bible the Great Red Dragon represents Lust in the Blood and the sensation of Desire in all its innumerable graduations, from the vaguest yearnings and the mere promptings of the appetites of the body, down to the grossest phases of passion and lust.

For ages man has been an abject slave of Desire, and now science says man must sink into the dormant state of Hibernation to save his body from its ravages.



THE GREAT TEACHER

Where is the LIGHT that reveals the mysteries of Man, of Life, of Death? All questions have answers, and these must have.

Seventy years ago Prof. Hilton Hotema was looking for true Light, which lighteth every man that cometh into the world. Where could he find it? Not in the books, for those who wrote them had not the answers.

In his search for Light, Hotema logically turned to the schools. What is their purpose if not to discover and reveal the Light? And so, he graduated in law, naturopathy, orthopathy, anthropology, biology, psychology, physiology, pathology and chiropractology, leaving the schools with diplomas in his hand and disappointment in his heart. He had not found the Light which lighteth every man that cometh into the world. The institutions which pretend to teach the strait and narrow path that leadeth to the Light are lost in darkness.

As a last resort, he turned to Creation, to the forests and flowers, the bugs and birds, and his findings amazed him. LIGHT was not the baffling mystery it seemed to be. The forests, flowers, bugs and birds were not in darkness. Why should Man be? There is a hidden reason: to make his life more miserable and his enslavement more certain.

Shocking; unbelievable. He discovered that the big problem is to prevent Man from finding the LIGHT. For that reason were the ancient scrolls destroyed and the ancient libraries burned. And the principle purpose of the schools is to lead Man astray and keep him in darkness, while making him believe otherwise.

We must wake up and realize that we live in a world of fraud where we can take nothing for granted. We must face the cold fact that we dwell in a deceptive, commercialistic, industrialistic realm, where money is the supreme ruler of the land, and how to get it the chief occupation of Man. Schemes to drag in the dollars may mean the ruination of health and early death, but even these black conditions are insignificant to the dollar-chasers.

This is a discouraging picture to present to the reader, but for his own protection he should know the facts and thus understand that he should not look for Light in the schools which spend millions of dollars of the tax-payers money, ostensibly in seeking for means to improve the condition of humanity, but actually for deceptive methods to degenerate the race.

On this particular point, three startling books recently appeared, titled Age of Treason (1957), Quantum Organum (1959) and Hide (1959).

In the quest of good health and long life in this dismal world of darkness and deceit, one must set out on one's own to seek that Light which unerringly



guides to their cosmic goal the bugs and birds, which have no illness, no doctors, no hospitals, no drugs, dope, vaccines and serums, and yet are subject to the same law of Creation that governs man.

The Bible directs us to do that. It says: --

"Ask now the beasts (how to find the Light), and they shall teach thee (the true way); and the fowls of the air, and they shall tell thee (the great lesson of life). Or (even) speak to the (dumb) earth (about the matter) and it shall teach thee (the secret of good health and long life); and the (ignorant) fishes of the sea shall declare unto thee" (the true path of Life) (Job 12:7,8).

The misled masses never think to search in the Bible for the sound advice of the Ancient Masters who knew the Gospel of Health, and were guided by the law of Creation, and understood the treachery of the despots. Their minds were not warped by the brainwashing process called education, designed by sordid institutions to fix the mind to fit the rut prepared for it by those who live and thrive on human misery.

The Ancient Masters were familiar with the base nature of man, and did not direct the sick to seek the physicians, but to trust in the laws of Creation which never lead any living thing astray.

King Asa failed to do that. He sought not the Lord (Power of Creation) "in his disease, but the physicians, and Asa slept with his fathers" (2 Ch. 16:12,13).

The wise bugs and birds are not deceived. They naturally obey the provisions of Creation's law. They possess innate knowledge of the secret how to supply the body's needs without ever having been taught. Man once possessed that same inherent knowledge, and lived in good health for a thousand years.

All thru history the same consistent story appears, to the effect that those who live healthy and long are those who dwell in the hills and jungles beyond the reach of the despots. They are guided by the law of Creation and put their trust in the power that made them.

The reader will learn in this work some simple things he never heard before about the requirements of the body and how it should be treated. It is the remarkable simplicity which we shall present that is so difficult to see, since it is so utterly simple.



ANCIENT MEN

When the ancient scrolls and ancient libraries went up in smoke to destroy the knowledge of the ancient world, we lost the data that may have been of inestimable value in the matter of Long Life and how to achieve it. But such knowledge means little to the despots who are prosecuting plans to rule the world and enslave the race.

We know not where the biblical compilers got the data regarding man that appears in chapters 4, 5, and 11 of Genesis. Chapter 5 gives a list of men from Adam down to Noah, including the latter's sons Shem, Ham and Japheth; and chapter 11 presents a list of men from Shem down to Abram (Abraham), Haran and Lot.

The formula of longevity must have been known to those ancient men, and they lived for nearly a thousand years, giving them ample time to develop their mind and solve the mysteries of life. But from the evidence it appears that the knowledge was lost with the death of Noah.

Adam lived 930 years (Gen. 5:5), and Noah 950 years (Gen. 9:29). From Adam to Noah the life-span averaged 912 years. From Shem, Noah's son, down to Nahor, only eight generations, the life-span averaged only 354 years. Shem lived 602 years and Nahor died at the early age of 148.

Shem's life-span was 348 years shorter than his father's. An amazing decrease and the first appreciable decline from the days of Adam. In only eight generations after Noah, the life-span decreased to 148 years--a startling decline of 802 years in eight generations (Gen. 11:25).

What was the character of the ancient knowledge regarding longevity that seems to have been lost with the death of Noah, Or was there a drastic change of some kind?

Generation

The first datum that comes to our attention in this connection is the function of generation. Adam was 130 when he begat his first child, and lived 930 years. Methuselah was 187 when his first child was born, and he lived 969 years (Gen. 5:3, 5, 25, 27).

At this point the Bible says Noah was 500 years old, begat Shem, Ham and Japheth, and lived 950 years. Then Shem begat Arphaxad when he was 100, and died at the age of 602,--a life-span 384 years under that of his father, as we have said.

Then we must notice the big change in the case of Shem's son Arphaxad. He begat his first child at the early age of 35, and lived 438 years--164 years under his father's life-span and 512 years under that of his grandfather. Noah lived more than twice as long as his grandson Arphaxad.



From there on the loss in the life-span is startling. We pass on to Nahor, so modern that he begets his first child at the age of 29, and died at the age of 148.

And now the length of the life-span holds its own for a long time. Abraham, who is quite modern, lived 135 years, and a Chinaman died in 1933 at the age of 256,--a life-span almost double that of Abraham's. Then in 1566 a Hindu died at the age of 370, lacking only 35 years of living thrice as long as Abraham.

Some are not inclined to believe that Noah lived 950 years of years as long as years are now. They contend that the age of the biblical patriarchs was computed in years that were much shorter than those of the present time--not more than one-fourth as long.

If that were the case, Methuselah would have lived only 243 years; Terah 51, and Abraham 44. Enoch would have been only 16 when he begat Methuselah, Arphaxad less than 9 when he begat Salah, and Salah 7 years old when he begat Eber. Adam would have been more than a great grandfather at the age of 33.

And here we are, on the brink of the Great Sacrifice, relative to which Dr. George R. Clements wrote a correspondence course of 85 lessons in 1935, it being his first work that was not a success, showing that man wants to be saved in his sins, not from his sins.



## THE GREAT SACRIFICE

Tracing back in ancient history to discover the cause of the great decline in the Human Life Span that occurred in only eight generations from Noah to Nahor, we uncover some surprising data that have gone almost unnoticed down thru the ages by those who write on such subjects.

We should realize at the beginning that the proper place to search for influences affecting the Life Span is in the Processes of Creation. They bring man into existence, sustain him thru his years on the earth, and remove him from this plane of Life when the condition of his body has deteriorated to the point where it is no longer fit to receive and able to use the Life Current of the Universe.

We discover some startling facts, if we are competent to recognize them, when we study the accounts of the fossilized remains of prehistoric animals, and of humanity of past geological ages. Yea, of destroyed cities and even the destruction of entire civilizations. But writers have given little attention to the basic cause of these catastrophies.

Such disasters are the direct result of the determined and ruthless processes of Creation to carry out its archetypal designs. Nothing can stop or obstruct the forward march of Creative Action--and the end is not yet. We would be amazed by what we would see if we could live five thousand years, and witness the work of Creation. For we would behold a duplication of that which has gone before, and need no bewhiskered "prophet" to juggle that for us.

We become "prophets" as we familiarize ourselves with the laws of Creation. We then learn that if the destruction of living things is necessary for the progress of Creative Action, or their degeneration is essential to preserve and perpetuate the species, so be it.

Here again we encounter the surprising Wisdom of the Ancient Masters, and find their story which describes in symbolism the very things we want to know. The secret before us is symbolized in their Tarot Card No. 11, which later generations have given two titles, the older one being Strength or Force and the later, Justice.

Both titles are very appropriate, but the older one is more fitting for this occasion.

The older card presents a young woman who, with her hands, opens and closes without effort, the powerful jaws of an angry lion, the proverbial king of beasts. She wears a crown surmounted by a vase and crowned with an eagle, and at her brow appears the Sacred Serpent.

The vase symbolizes the affectations, and the eagle represents the celestial aspect of Force. The Serpent signifies that the maiden acts not blindly, but with full knowledge of what she is doing.



The lion symbolizes the powerful force of Creative Action--the procreative impulse which controls and holds helpless in its mighty grip all living things, including man, king of the earth. But he alone is endowed with the intelligence to recognize the nature of this force and the power to control its action, and divert its course in his favor instead of against him. When he does that, he rises to the high level of the angelic plane, as the Bible teaches, where they neither marry nor are given in marriage (Mat.22:30).

Who comprehends the basic meaning of that biblical passage? This is relative to the profoundest allegory of the Masters affecting man. Its esoteric meaning is not understood by the clergy, nor would its true interpretation please the public.

In the life of man, is procreation or the pleasure of living the desired goal? A noted author answered this question by stating that Procreation is a penalty paid by man for exercising the function that consumes the most vital essence of his body, and the Ancient Masters warned him that the use of that function would multiply his sorrow and increase his economic burden. They said that thorns and thistles will the earth bring forth to thee; and in the sweat of thy face shall thou eat bread (Gen. 3:12-19).

The purpose of the whole ensemble of Tarot Card No. 11 is to symbolize the power over the degenerative and destructive aspect of Procreation which man gains by knowledge, but which few ever acquire. Even the leading scientists have failed to find the data which we shall relate, and most of them will only sneer at our revelation.

We observed that the marked decline in the human life span was concomitant with the earlier exercise of the procreative function. Does that tell us anything? We saw that the life span declined as this function was exercised earlier in life. Is that not a warning which we should heed?

The biblical fable of Samson, which means little to the clerics and less to the laity, relates to this great lesson of Life.

Not a member of the clergy nor a disciple of science can interpret correctly the Samson fable due to the profound ignorance prevailing as to (1) the nature of Life, (2) the constitution of Man, and (3) the requirements of the body. We are still in the Dark Ages.

Samson's surprising Strength lay in his glorious chastity, in the conservation of his vital essence. He slew with his hands the lion pictured in Tarot Card No. 11, and later took honey from its carcass; honey being symbolically the refined substance the Celestial Body receives from the purity represented by the highest work of the bee.

In plainer terminology, Samson subdued the procreative impulse of the body, and honey, symbolizing the conserved vital essence of the body, signified the source of his remarkable Strength.

The last book of the Bible deals exclusively with this phase of Creation, but the clergy are ignorant of the fact that this mental struggle in the brain



with the body's procreative impulse, represents the actual Battle of Armageddon and the real "war in heaven."

Michael and his angels, symbolizing the higher phases of the Mind, fought against the Dragon, symbol of carnality, and the battle terminated in victory for the man determined to rise to the Angelic Plane of Life. And so, all traces of carnality in that Mind were subdued, and "neither were their places found any more in heaven" (Mind) (Rev. 12:7,8).

He that overcometh (the carnalistic phase of mind) shall inherit all things (good in life); and I (the creative powers of the Universe) will be his God, and he shall be my son (Rev. 21:7).

As long as Samson remained pure in chastity, he was boundless in Strength. But when he yielded to the carnalistic impulse, his Strength faded. The Bible says:

"And the lords of the Philistines came up to her (Delilah), and said unto her, Entice him, and see wherein his great Strength lieth, and by what means we may prevail against him, that we may bind him and afflict him, and we will give thee every one of us ELEVEN hundred pieces of silver" (Judges 16:5).

Here the biblical makers revealed the fact that they knew the secret of ELEVEN, and that is a great story itself which we have covered in another work.

In The Sacred Tarot, C. C. Zain wrote: "The three times Samson was bound and easily broke his bondage, signifies that the powers of purity prevailed in the physical, mental and spiritual realms. Hair is coincident with the (body's) age when sexual (creative) virility is attained (manifested), and Samson, having been unshaven from birth, indicated his natural ability, due to purity (chastity) of Life, to use his virile (creative) force in a constructive manner. But Delilah was an harlot, and robbed him of his purity (creative essence), (and thus symbolically) shaved him of his (creative) powers, and delivered him into the hands of his enemies (carnality) and they put out his eyes" (spiritual sight) (Judges 16:21).

The name Delilah means "the weakening or debilitating one", The word comes from the Hebraic Lilah, which means "darkness", "night", and with a D or De prefixed, the name Delilah is formed. The Hebraic D, Daleth, means door. And so, Delilah means "the door to darkness", which, in ancient mythology, meant dense matter.

Delilah made Samson "sleep upon her knees; and she called for a man, and she caused him to shave off the Seven Locks of his (Samson's) head; and she began to afflict him (fornication), and his Strength (vital essence) went from him" (Judges 16:19).

Contemplate the absurdity of accepting these biblical fables as literal facts. Samson was a mighty heavy sleeper; for he knew not that he was being shaved. Preposterous. Ancient fables invented by the Masters to



convey and conceal from the exoteric definite facts of Life and Creation, and accepted by a deluded world as factual history.

Procreation is necessary for the perpetuation of the race, and yet carnality is one of the worst enemies of physical man. The Masters knew it and worked faithfully to warn man of its dangers. They said in their immortal parable that the day thou consumeth the Creative Essence of the Body, dying thou shalt die, and it is so (Gen. 2:17).

The Pythagorean Philosopher, called Paul in the Bible, was aware of the dangers of carnality, but little attention to that phase of his teachings is paid by the clergy. In some of his Epistles he showed that he knew the esoteric meaning of the Edenic Parable; and in his Epistle to the Romans he declared:

"The commandment which was ordained to life (procreation), I found to be unto death" (Rom. 7:10). We live to die, and we die for the perpetuation of the race.

Paul referred to the commandment in the first chapter of Genesis, "be fruitful and multiply" (vs. 28). And he showed by what he said that he knew propagation produces premature death. He shouted:

"O wretched man that I am, who shall deliver me from the body of this death" (Rom. 7:24).

The work of Creation must go on regardless of cost. There is no escape from its consequences. But there is a state of deferment that may be gained by the practice of chastity and self denial. Deny yourself and follow me says the Bible (Mat. 16:24). By this means the days of the flesh may be greatly prolonged, and man rises to the high Angelic Plane referred to in the Bible, where "they neither marry, nor are given in marriage, but are (liberated from the body's creative urge) as (are) the angels of God in heaven" (Mat. 22:30).

Scattered thruout the Bible are precious pearls of Ancient Wisdom which teach us, when they are understood, that masturbation and fornication are serious Sacrifices without recompense. For these processes consume and squander the most vital essence manufactured by the body. If conserved, it adds to the benefit of both body and brain, making seers of such men and increasing the Life Span.

The many fables referring to this great subject begin in Genesis, as the mythical Tree of the Knowledge of Good and Evil; and in the last book of the Bible the same subject is referred to in the fable of the Pale Horse whose Rider is death (Gen. 2:17; Rev. 6:3).

Ask the clergy to interpret that symbol and see what answer you get. The Pale Horse symbolizes the lowest mental department of the body, and Death, the Rider, signifies the sexual function. For in the day that thou eatest of that fruit, dying thou shalt surely die.



And so, power was given unto them "over a fourth part of the earth, to kill with sword, and with hunger, and with death, and with the beasts of the earth."

Since that ancient fable was first written, the masses have steadily declined into sexual debauchery, and it is conservative to estimate that this power now rules seventy-five percent of civilization.

We discover the hidden meaning of the biblical ideograms by studying Creation and Creative Processes, for these are what the Bible describes. We study Creative Action and see how the flowers of the field decay in the function of production and die as they seed. But science fails to realize this same Creative Process is one of sacrifice for the sake of propagation and the preservation of the species.

This same phase of the Creative Cycle applies to all living things without exception. Man hastens his deterioration when he begins to serve the commandment "be fruitful and multiply". His slow descent to the grave is quickened when he begins to consume his Creative Essence in propagation and pleasure.

Production of progeny is the Great Sacrifice mentioned often in the Bible, but not understood by the clerics and laics. It is the sacrifice of man, but not by the method commonly comprehended. It is that sacrifice which results in the weakening of the body and the shortening of its days as man consumes his Creative Essence in pleasure and obedience to the commandment "Be fruitful and multiply". Some authorities claim this alone cuts two hundred years from man's life-span.

The Ancient Masters understood the basic meaning of the Great Sacrifice. But nothing as to its real nature is taught in the schools. It was constantly under attack by the Masters, and Paul hit it some sound blows in his Epistles to the Romans, especially in the 6th, 7th and 12th chapters. And no doubt what he actually said has been mitigated in the Bible. He shouted:

"I am carnal (in the flesh), sold under sin (be fruitful and multiply).... bringing me into captivity of the law of sin (fornication, procreation) which is in my (generative) members. ... (Yet under the law you must) present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service" (to obey the commandment "be fruitful and multiply") (Rom. 7:14; 23; 12:1).

Concerning the Great Sacrifice, Dr. F. H. Curtiss wrote: "In ancient times when a place of worship was to be established, a more or less conscious recognition of the Law of Sacrifice was observed, for the first stone to be laid was the Stone of Sacrifice" (and this referred to procreation and not to saving souls).

And think how this Creative Law of Sacrifice in the procreation of progeny has come to be distorted by the clerics to deceive the laics. Curtiss continued: "This law (of Sacrifice) is also illustrated (correctly observed) in



the ceremonies of Initiation into the (Ancient) Mysteries, during which the Neophyte must (solemnly swear to) sacrifice (the function of) the lower, personal man; and must allow it (the creative impulse of the body) to (die and) be dead and (symbolically) buried" (by taking a most solemn oath completely to subdue forever the procreative urge of the body and never yield thereto) (Message of Aquarius, p. 257).

This reveals the basic reason why the great school of the Ancient Mysteries, after functioning for thousands of years, was finally destroyed by the Roman Emperors in the 4th, 5th and 6th centuries A.D. For they would not be accepted for Initiation unless they met and submitted to the regular requirement demanded of all candidates NOT TO "BE FRUITFUL AND MULTIPLY". This they refused to do, and their applications for Initiation were flatly rejected.

And so it came to pass that the great school of the Masters was finally outlawed and abolished, and such of the Masters who failed to flee and hide, were killed. The bitter feeling against them was intensified to the point where those were persecuted and assassinated who showed any sympathy for the Masters or any favorable consideration for their teachings.

This same rigorous rule was applied to all Initiates who did not forsake the dogmas of the Ancient Mysteries and repudiate its doctrine. It was these Proselyted Initiates who became the first workers in the establishment of Christianity and the original compilers of the Bible.

The renowned Pythagorean philosopher Paul, great teacher of the first century, famous author of the Epistles of the New Testament, actual Father of Christianity, whose Biography by Philostratus should be read by all, was the leading figure of this group, practically all of the N.T. being compiled from his voluminous writings, found by Marcion (Mark of the N.T.) at Antioch about 130 A.D. Paul was an Initiate of the Grecian, Egyptian, Babylonian and Indian Mysteries. Demas was his beloved disciple and is mentioned in the Bible.

The Procreative Urge in the blood-stream is symbolized in the Bible as sharks and dragons. It is the Great Red Dragon that stood before the woman, who was ready to be delivered, "for to devour her child as soon as it was born" (Rev. 12:4).

A quarter of a century ago Dr. G. R. Clements wrote a correspondence course of 85 lessons on this subject, which he titled Science of Regeneration. The work has long been out of print, but now the essence of it has been rescued from oblivion by Dr. Raymond Bernard in his work published by Health Research in 1961, titled The Physiological Enigma of Woman.

Another remarkable work on this subject is titled Virgin Birth, and was compiled by Hotema from a debate between Dr. H. M. Shelton and Dr. G. R. Clements, published in serials in 1934-5 in How To Live magazine, running for ten months, and including the best letters received from the public relative to the debate.



Clements presented evidence from ancient records showing that parthenogenesis preceded sexual procreation, the latter process becoming necessary because the Productive Unit degenerated to the point where it was no longer competent to carry on alone the function of reproduction, and needed help. Creation met the condition by causing certain adjustment in the structures of the body, producing the condition now known as sexuality, the present state of humanity, but not the primal state according to ancient records.

In his book, *Evolution & Regeneration*, Henry Proctor, F.R.S.L, M.R.A.S., of London, wrote:

"Whosoever is begotten of God (Virgin Birth) does not practice sin (fornication), for his seed remaineth in him, and he cannot sin, because he is begotten of God" (1 John 3:9).

After quoting that from the Bible, Proctor added:

"We know that the seed, retained in the body (and not consumed in procreation), is transmuted into vitalizing fluid (for the brain), the (only) Elixir of Life, which increases (the power of) life in the body, in every part, first in the physical, then in the mental, and finally in the spiritual" (making seers of such men).

Wise men search not for the Elixir of Life without, but within the Kingdom of God. For the Kingdom is within the Temple, and it includes all for man and his body's requirements. Nothing is omitted, nothing can be supplied by doctors, and false is their claim that they can.

The Kingdom of God, according to the Bible, is located within the form of flesh, called the Temple of the Spirit of God (1 Cor. 3:16), and the wonderful Elixir of Life is the precious Creative Essence consumed and expended in procreation and in pleasure.

Wise men do not thus consume the Elixir of Life and then expect to recover their loss by the use of some substance that is of little value to the body, and may actually be harmful.

Tarot Card No. 6, titled Temptation, was devoted to this subject. In one of the most noted Temples of the Masters, all that is symbolized in this Card was expressed in allegoric ceremony celebrated every evening at sunset, performed by a pure Virgin Priestess who had been educated in the Temple and protected from all profanation.

So lacking is scientific teaching on the Great Sacrifice, and so frail is puny man to cope with the inexorable laws of Creation, and so little does he know of these laws, and so little do his teachers and leaders know of these laws, that man is more helpless in the grip of these laws than are the lowly bugs and birds, which know enough about the requirements of these laws and of their bodies, that they live within the law, consequently they are never sick, have no hospitals, no doctors, no drugs, no vaccines and no serums.



Our schools and colleges teach almost nothing of value in matters of health and life. When but a few of the facts of Creation are presented and considered, it is readily realized why degeneration is so rampant, why people are sick so much, and why they die so young; and why such a small minority of the best of the race ever rise to higher levels of Consciousness and become Sages and Seers. And for the sake of their own safety, they must hide in silence. They never indulge in public lectures. For what they know and practice is so foreign to what is taught in the schools, that they would be misunderstood, branded as enemies of civilization, and cast into prison.

The same multitude which took up stones to stone Jesus is still here (John 10:31). The methods may change with time but not the motives.

The honor and respect accorded these Mental Giants of all ages by their fellowmen, is never compensatory for the great effort involved and the Self Denial exercised in the subjugation of the greed, lust and evil of the flesh, in order to gain the higher goal of Life.

The secret of their greatness was their discovery of ways and means to shift the lever, making the Creative Force work for them instead of against them. They produce philosophies and not families.



## Chapter No. 6

### ADAPTATION (A)

All living organisms are adaptations. That is the Law of Creation, presented by Col. James Churchward as follows:

"Under the great Law of Creation, there must first come a CONDITION (that is favorable), and, with it, (there comes) a suitable life (organism) to live in it. . . .The Condition is the parent of the Creation" (Lost Continent of Mu, 1931, p. 328).

Strictly speaking, the Condition is the activator of Creative Action, and not "the present of the Creation."

Darwin's postulate of a Hostile Environment is the exact reverse of the facts. No living organism appears upon the earth until the condition is favorable for its appearance. When the condition changes and becomes hostile to any type of living organism, it dies and disappears.

Hotema said, "The primitive earth, because of its condition, was at first especially adapted to the creation of exuberant vegetation and the huge animals of prehistoric days, the existence of which there is conclusive evidence. When the condition changed so it would no longer support these primal creations, they perished and vanished.

"All things on earth appear under the Law of Correspondence. Under that law, man appeared when the earth's condition was adapted to his materialization upon the physical plane" (Cosmic Creation, p.74).

The Law of Creation, the Law of Existence, was noticed by Herbert Spencer in this remarkable statement:

"Perfect correspondence (between the organism and its environment) would be perfect life. Were there no changes in the environment but such as the organism had adapted changes to meet, and were it never to fail in the efficiency with which it met them, there would be eternal existence (of the organism) and eternal knowledge."

Spencer placed all responsibility upon the organism and environment, and failed to give consideration to the treatment of the organism. He assumed that man would never mistreat his own body. That does appear unbelievable, and yet it is going on constantly.

Of Spencer's statement, Rev. Henry Drummond wrote:

"He is analyzing with minute care the relations between Environment and Life (living organism). He unfolds the principle (condition) according to which life is high or low, long or short. He shows why organisms live and why they die. And finally, he defines a condition of things in which an organism would never die--in which it would enjoy perpetual and perfect life."



Drummond then showed that the human organism, by means of its more complex construction, is more completely equipped with "adapted changes" than is the organism of any other animal, to meet and master its Environment. He said:

"The organism then with the most perfect set of correspondences, that is, the highest and most complex organism, has an obvious advantage over less complex forms. It can adjust itself more perfectly and frequently. But this is just the biological way of saying it can live the longest. And hence the relation between complexity and longevity may be expressed thus--the more complex organisms are the longest lived."

That is true, that is according to the law, and that is the way it should be, but in the case of man, it does not work out in practice. In commenting on this matter, thirty-five years ago, Dr. George R. Clements wrote:

"Man dies, not because of his age, not because it is impossible for him to live longer, but because, thru defiance of the law, he forfeits his right and privilege to live longer. In other words, a man lives only so long as he knows how to live, and he dies because of his lack of knowledge of how to live longer" (Divine Life, 1927, p.99).

This is a place where it is well for us to let speak that great scientist, Dr. Alexis Carrel, who made the following vital observations:

"There is a striking contrast between the durability of our body and the transitory character of its elements. Man (his body) is composed of a soft, alterable material, susceptible of disintegrating in a few hours. But he lasts longer than if made of steel. Not only does he last, but he ceaselessly overcomes the difficulties and dangers of the outside world. He accommodates himself, much better than the other animals do, to the changing conditions of his environment (and his evil habits). He persists in living, despite physical, economical, and social upheavals.

"Such endurance is due to a very particular mode of activity in his tissues and humors. The body seems to mold itself on events. Instead of wearing out (dying), it changes. The organs always improvise means of meeting every new situation. And these means are such that they tend to give us a maximum duration.

"The physiological processes, which are the substratum of inner (physiological) time, always incline in the direction leading to the longest survival of the individual (providing there is no interference on the part of doctors). This strange function, this watchful automatism, with its specific characters, makes possible human existence. It is called adaptation" (Man The Unknown, p. 191).

Sixty-three years ago Dr. Robert Walter published his Vital Science, in which he devoted considerable space to Environment, referring to "this watchful automation" as Nature's Balance Wheel. He said:



"The power of adaptability is one of the ever-present facts of living existence. Men live in every climate, are subject to all kinds of influences and indulge in every sort of habit. They are omnivorous, bibulous, heedless, indulging daily in mineral, vegetable, and animal poisons on the supposition that they are food. ...Indeed, the proof is hourly before us that man may become accustomed to almost anything short of hanging."

In spite of the fact that the human organism is so much superior to the other animals, and is able to adjust itself more perfectly and frequently to changing conditions of environment and the effects of evil habits, man now has a much shorter life-span, comparatively speaking, than any other animal. He does well to live double the period of time required for him to attain maturity, whereas the other animals live ten times that long and longer.

The human organism reaches full maturity usually about the 25th year, whereas a goose attains that state within 18 to 24 months, and some geese live for a century. Man does extra well to live 75 years. If he lived as long as a goose, comparatively speaking, he would have a life-span of more than a thousand years,--as in the days of Adam and Noah.

As the doctors know so little about the "watchful automatism" of the human organism, it will be highly difficult to drill any of this knowledge into the pate of the laity. For instance, it is impossible for the doctors to understand that the weaker the body becomes, the longer it will last under adverse conditions.

Carrel himself did not know some of the things we shall relate. He did not understand that as the "body seems to mold itself on events", it suffers, in that process, a corresponding weakening which will be explained as we proceed, and that explanation will be so new and strange to the doctors, that they will give it the usual haughty sneer.

These haughty doctors volubly discuss their theory of "resistance to disease". Even Carrel believed in it. According to that theory, vigorous health makes man "immune" to disease-breeding conditions, to the attack of germs and viruses, to vicious habits, to environment, etc.

Listen to these doctors: "The exciting and contributing causes of pneumonia may be, and are, legion; but they all simmer down to the one point, viz., the breaking down of the natural body defenses" (Dr. Alfred Pulford).

"Now is the time to think of getting rid of that chronic winter cough. Yes, bacteria are responsible. But their very existence, with all the irritation they can create, means the basic resistance (of the body) is too depleted to throw them off" (Dr. Irving S. Cutter, in his daily column in the press of June 8, 1944).

If the bacteria, germs, and viruses postulate were true, no man could live long. The better doctors know it is not true, but they are in the great minority.

The Law of Creation governs all these things. It was the favorable



condition of the Environment that activated the Creative Action which produced man, and correspondence must prevail between the living organism and its Environment. This is the primal, positive and fundamental condition of Existence.

The condition of the human organism must correspond with the health standard of its Environment. If the health condition of the organism is above that plane, a conditioning process automatically sets in to bring it down to that level. The first symptoms of this sinking of the organism appears as the first mucus that flows from the infant's nose. The doctor calls that conditioning process a "cold". He thinks little of it and knows less about its purpose. If he knew the facts, he would jump higher than a kite.

That "trivial cold" which all suffer and regard so lightly, is actually the first sign to him who understands, that the hostile condition of a polluted environment, seething with numerous poisonous gases, has begun its deadly work of dragging down to its low-health level, the perfect organism of the helpless infant. Poor child. Then in due course there come the other disorders, the "diseases", that continue the process of dragging down the struggling organism in the direction of the grave.

These disorders of the struggling organism are the terrible "diseases" that "attack" the body. Actually, they are the signs of a degenerative process going on in the organism because it is being damaged by the influences of a hostile environment, and by the evil habits of him who dwells in that body. The "diseases" are nothing but the symptoms of the body's struggle to survive.

Man, the most perfectly constituted of all animals, is able to rise superior to his environment, to the external influences which damage his body, provided he knows what's going on--which he does not. Not even the doctors know. He can modify the conditions of a hostile environment and become adjusted to it to a limited degree, that he may live a short, miserable life in the hottest or coldest regions of the earth. But he pays for his error in years of his precious life.

Listen to what Dr. Charles W. Greene said on adaptation:

"As the air exhaled from the lungs contains a large proportion of carbon dioxide and a small amount of organic matter, it is obvious that if the same air is breathed again and again, the proportion of carbon dioxide and organic matter in it will increase until it becomes decidedly unfit to breathe.

"It is a remarkable fact that the organism, in time, adapts itself to a very vitiated atmosphere (at the cost of years of life), and that a person soon comes to breathe, without sensible inconvenience, an atmosphere which, when he first enters it, feels intolerable. But such an adaptation can occur only at the expense of a depression of all the vital functions, which must be injurious if long continued or often repeated."

This scientifically explains how the body "builds up basic resistance" to inimical influences. The body must first be weakened before it will tolerate



and submit, without protest which the doctors call disease, to the dangers of an inimical Environment and evil habits.

This property of Vital Adaptation is a riddle that puzzles the doctors. They stupidly term it "immunity". Yes, the body develops "immunity" to danger by reducing its natural powers to the point where it cannot resist in that struggle termed "disease". On this point Green said:

"The power of adaptation is well illustrated by an experiment of Claude Bernard. He showed that if a bird is placed under a bell-glass of such size that the air contained in it will permit the bird to live for three hours, and the bird is removed at the end of the second hour, when it could have survived another hour, and a fresh, healthy bird is put in its place, the latter bird will die at once."

According to the medical theory, the fresh, healthy bird should have resisted the effect of the polluted air and lived for three hours. But it died immediately, whereas the other bird that had been under the bell-glass for two hours and suffered a certain degree of debilitation, could have lived for another hour.

Unbelievable but true, that the weaker the organism grows, the more abuse it will take. And that very weakness prolongs its duration. Think of the perfection of the living body. Carrel said:

"Our organs always improvise means of meeting every new situation; and these means are such that they tend to give man a maximum duration. The physiological processes of the organism always work in that direction which leads to the longest survival."

But this is not so when the doctor steps in and begins to make the organism function the way he thinks it should. He assumes that he knows more than the power which made and sustains the body. And the actual facts are, that he does not even know why the body functions at all.



## Chapter No. 7

### ADAPTATION (B)

The evidence proves that the more vital the organism, the more quickly it succumbs to unhealthful conditions and harmful practices.

This is the reason why the vigorous Indians of America became a "dying race" when they came in contact with the enervating habits of the white man of Europe, who survived in spite of the evil effects because he had been born in and grew up under those health destroying conditions. His body was adjusted to them. But the body of the healthy Indian was not, and they died like flies.

Thus we see that there is a natural condition of Vital Adjustment to unhealthful conditions and harmful habits, but no Vital Resistance. That is another medical fallacy which belongs in the same category as the absurd theory of contagious diseases.

It is a paradox that the body, in a weakened condition, will tolerate and endure longer than a more vital body, the various evil practices and inimical influences which it cannot control, and which it must endure, or die.

Regardless of how destructive anything may be, man can endure it for a limited period, if time is allowed to secure the efficient operation of the body's power of adjustment, whereby is prevented a violent swaying of the vital activities from one extreme to the other.

This is the explanation of the paradox. It is the sudden and violent changes that become immediately dangerous to life, even if the changes are from evil to good.

Carrel said, "The (intelligence of the) body perceives the remote as well as the near, the future as well as the present, and it prepares accordingly."

Cosmic Intelligence knows the end from the beginning and the beginning from the end. It knows that a weakened body will tolerate more and endure longer under adverse conditions, the reason of which lies in the fact that the weaker the body, the milder is its reaction to dangers which threaten its existence.

This paradox was expounded in the case of the bird under the bell-glass. We saw that it was Vital Adjustment, not Vital Resistance, which enables the body to survive for a few miserable years, with aches and pains, in a polluted environment where one, in vigorous health, would be in danger of dying quickly by coming suddenly in contact with it, as the vital bird, suddenly thrust into the air that was badly polluted by the exhalations of the previous bird under the bell-glass.



## Smoking Dangers

We know definitely that smoking poisons the body thru and thru. But the Law of Vital Adjustment makes it possible for the body of the smoker to tolerate for a time this evil habit. That is the reason why the smoker can endure, and even enjoy, his poisonous pipe that would quickly make ill a vigorous non-smoker, or might even cause death; as death in such cases by non-smokers has been reported.

The vital youth, in his ignorance, takes his first smoke. He wants to be like a man. His vital body reacts with such violence against the dangerous poison, that sickness results, the degree of which is the measure of his vitality and the amount of poison that entered the blood stream.

The use of poisonous purgatives and laxatives by constipated people illustrates the process of the Law of Vital Adjustment. The body gradually adjusts itself to these poisons, and from time to time the dosage must be increased to make the body act, or more powerful poisons must be used.

The users of these poisons don't know what damage they are doing to their body. The youthful smoker disregards the warning reaction of his body. It speaks no other language. It can only cry out in pain and anguish. But he continues the harmful habit, and gradually the poisons of the tobacco weaken the nerves, and thus reduce the body's vitality to the point where it is unable to fight back in self-defense. And so, the body has established "immunity" to the poisons says the medico. Yes, but in so doing it is taking the short-cut to the grave.

And thus we observe that the Law of Vital Adjustment is also the Law of Vital Reduction. It is a slow process of Vital Reduction that brings the body into subjection to any devitalizing substance, influence, habit or practice. What a pity that the workings of this law are so greatly misunderstood.

The reduction of the body's vitality saves it from sudden death, and prolongs its duration. Instead of dropping dead on the spot, one dies by inches, and the very first sickness is the sign of the dying process. It is this process of slowly dying that one suffers until the body can endure no more, and the grave ends all. The very first aches and pains are the first signals that the body is entering the dying stage.

Great is the power of the body to adjust itself to conditions and poisons that destroy it by inches. That power is far greater than man imagines.

The body is able to adjust itself to the point where the opium addict can take at one time a dose of dope so large, that it had killed him quickly had he taken a dose that large in the beginning. The old sot can drink all day and show no apparent effects of it, whereas one or two drinks made him drunk when he began.

The power of Vital Adjustment enables the body to adjust itself so greatly that it will endure the venom of deadly reptiles. The publication called Grit



of Oct. 14, 1951, reported the case of Bill Haast, who was said to be in that condition. The account stated:

"He is full of snake poison. When he first began handling reptiles, he set out to make himself immune to their bites. He inoculated himself with larger and larger doses of snake venom, and now believes he is the only man on earth who is immune to all types of snake poison. He has been bitten by nine cobras and many times by rattlers, mocassins, corals, and various other kinds of killers."

But the final end of that "immunity" will be an early grave.

### Eating

Can eating be classed with smoking and drinking? Can we believe that eating is an acquired habit, like smoking and drinking, and not natural? Is it possible that man originally lived without eating?

If eating were natural, then how shall we account for the fact that taking all food from the sick and fasting them, is the best of all methods to get the sick well?

Dr. Adolph Mayer, an eminent German physician, wrote: "I assert that fasting is the most efficient means for correcting disease" (The Wonder Cure).

Dr. Moeller, superintendent of the Closchwitz Sanitarium, said: "Fasting is the only natural evolutionary method whereby, through a systematic cleansing, the body can restore itself by degrees to physiological normality."

Would this be the case if eating were natural? We cannot make the sick well by taking air away from them. They would die on the spot. For air the body must have or perish quickly.

It is said that when man first began to eat, the substances that entered his then rudimentary stomach were poisonous to the body, as tobacco is, but by persistent eating, just as in smoking, the Law of Vital Adjustment gradually brought the body into harmony with the new habit.

It may seem unbelievable that man originally was not an eater of food, but there are people at this very time who are living without eating, if we believe the reports that appear in the public press.

The press of May 31, 1948, reported the case of a Chinese girl of 20 who ate nothing for nine years. When this case came to the attention of Dr. T. Y. Gan, of Chungkin Municipal Hospital, he went to see the girl.

Her name was Yang Mel, she was 20 years old, weighed about 85 pounds, led a normal life with the exception of not eating, and drinking very little. She showed no signs of starvation and appeared no different from the other girls. She told Dr. Gan that she was never hungry and had no desire at all for any kind of food. When asked why she did not drink more, she said that water made her feel uncomfortable.



Upon examination, Dr. Gan found her alimentary tract was so dormant and rudimentary, that it could not even take water without a bad reaction.

After long ages of eating, here appears a person who lives without eating. If only one person can be found who does live, and can live, without eating, that is sufficient evidence to indicate what is possible for the whole human race. But we will show in this discussion that there are more cases, according to the accounts that have appeared in the public press and various periodicals, and we have no logical reason to question their authenticity.

As a result of inimical conditions to which it is subjected, and the injurious substances that enter its receiving chambers (air organs and alimentary canal), the body changes instead of wearing out, Carrel said. These changes may be briefly summarized as follows:

- (1) A change in the organs and glands ruled by the Law of Vital Adjustment
- (2) causing changes in their structures and their functions,
- (3) with a corresponding change in the quality of the cells and tissues of a degenerative character.

This is the course the body takes as it gradually sinks in a slow process of degeneration, dying by inches instead of dying suddenly, and thus giving the body a maximum duration under the circumstances.

1. The changes in the organs and glands cause some of them to fall below par and, in time, lapse into a dormant or semi-dormant state. The others must increase in size and function to compensate for this loss, putting a strain on them, as the body struggles to survive in the dying process, under the handicaps it is forced to face. The dying process is hastened by the work of the medics, who misunderstand the body's conduct and poison it with "medicine" in an attempt to make the body act as they think it should.

2. The changes in structure and function are numerous. A condition of slow deterioration sets in, which may properly be called the dying process, and the symptoms of this process the doctors are trained to treat as "disease" that must be subdued with poisons called medicine.

3. The changes in the quality of the cells and tissues appear in that state of weakness termed old age, which refers to physiological time and not solar time. In this change the vitality, activity and elasticity of youth are succeeded by the slowness and stiffness of decrepitude, and the rising and setting of the sun has nothing to do with it.

These changes are not the result of time and tear, of the earth's turning on its axis, but of harmful habits, a hostile environment, and the poisons administered by the medics.

The process of poisoning the body begins now when the baby is born, as vaccination and inoculation to improve the work of Creation and make the body disease-proof. The process of poisoning the body continues all thru life, giving it no chance to recover.



Evidence of the state of degeneration appears in the brain, and the institutions of civilization are filled with the insane and feeble minded. It is asserted that civilized man is mentally only ten percent of what he should be, and the few on earth still sufficiently sane to see some light, are those who are jailed and liquidated on charges of obstructing social progress by exposing the social pattern and the evil work of the institutions which control civilization.

As evidence of the quickening pace of the process of degeneration, Royal S. Copeland, M.D., former New York Health Commissioner, said in the press of June 27, 1930:

"Fifty years ago there was a population of a little more than fifty million people in the United States, 4000 of whom were centenarians. At the present time, with more than double the population of fifty years ago, there are only 2841 people in the nation who have reached the age of 100"--whereas there would be more than 8000 had the pace of degeneration not quickened.

The press of July 30, 1929, reported Prof. C. H. Forsyth, of Dartmouth College, as stating that "the expectation of life after the age of 45 is the lowest of which we have any record--far lower than it was even 40 years ago--and it is still going down."

Carrel said, "A man of 45 has no more chance of dying at the age of 80 years now than in the last century. . . .Not even one day has been added to the span of life" (Man The Unknown, p. 178).

In the August 1930 issue of Good Health, Dr. John Harvey Kellogg wrote: "Civilized man is dying. This melancholy fact is recognized by all students of anthropology."

Supreme Intelligence equipped the body in its beginning with all the structures that it would ever need for its eternal existence. The body of man was made perfect and complete, -endowed with all the organs, both functional and functionless, developed and undeveloped, active and dormant, that it would ever need to meet and master every conceivable condition as it drifted down the stream of time.

Even now, after all the ages of degeneration, we are told that "The human frame, as a machine is perfect. It contains within itself no marks by which we can possibly predict its decay. It is apparently intended to go on forever." (Dr. Munro).

Seneca, Roman philosopher (4 B.C. ~ 65 A.D.) is reported to have said: "People do not die, they kill themselves."

Some authorities assert that man fell from the plane of perfection by becoming a drinker of fluid and a consumer of food, thinking this was improvement and progress, and thus created unnatural wants and desires that produced Vital Adjustment in his organism and dragged him down to his present low level of despair and misery. He had perished and vanished like the pre-



historic animals have done but for the marvellous pre-vision of Creative Action, which provided his organism with rudimentary structures intended for just such emergencies.

As the rudimentary organs were needed and commanded into use by new conditions, new environment and new habits, they responded to the command and developed to a functional degree. Thus the body changed instead of dying and vanishing like the pre-historic animals have done.

Huxley and Darwin declared that the rudimentary organs in the human body are the remains of structures that were better developed in an earlier state of existence. They are the dormant remains of what has been, and are noticed by modern anatomists in tracing lines of descent with modification, and in determining probable ancestry. Huxley said:

"Either rudimentary or vestigial organs are of no use, in which case they should have disappeared, or they are of use, in which case they are arguments for teleogony, which means that they are of past and future service or purpose" (Anatomy of Invertebrates, p. 68).

Referring to this question, Carrel said:

"The organs are correlated by the organic fluids and the nerve system. Each element of the body adjusts itself to all the others, and the others to it. This mode of adaptation is essentially teleological.... (which means) the physiological processes associate (harmoniously) together in view of the end to be attained (which they prevision).

"The existence of finality within the organism is undeniable. Each part seems to know the present and future needs of the whole, and acts accordingly. The significance of time and space is not the same for our tissues as for our (conscious) mind. The (subconscious department of the) body perceives the remote as well as the near, the future as well as the present" (Man The Unknown, p. 197).

And now for another case where a person lives without eating: The London Sunday Chronicle of June 17, 1951, carried the picture of a lady of London, with her story that her "diet" consisted of air, sunshine, and an occasional glass of water. The account stated:

"A woman of 50 who looks like she was only 30, claimed yesterday that she hates food, has beaten old age, and expects to live at least 150 years. She has set out to do it by giving up eating.

"Twenty years ago she ate three normal meals a day. Slowly for 12 years she reduced her eating until she was keeping fit on only one meal a day of grass, chickweed, clover, dandelion, and an occasional glass of fruit juice.

"Five years ago she switched entirely to juices and raw tomatoes, oranges, grasses and herbs. Now she drinks nothing but a glass of water, flavored with a few drops of lemon juice."



This lady said of herself: "I have passed the eating stage (in the process of regeneration) and could not eat now even if I desired, for my digestive apparatus has changed considerably, and is now unable to handle any fiber at all."

In the absence of work to perform, the lady's alimentary tract is shrinking back to its original rudimentary state, but if she began to eat, that would reverse the process of adjustment and the condition of the organ would change to meet the demand occasioned by eating.

We are told that in the beginning, the alimentary tract was rudimentary and dormant, as are the mammary glands now on man's breast, and it reverts to the original state when man, by not eating, gives it a chance to do so.

These are some of the changes in the body to which Carrel referred, but failed to describe. For the body, it is either change or perish. It is either adaptation or expiration. So the body meets the emergencies by making the necessary changes.

Being equipped with the ability to change, the body can change in practically all directions to meet the various emergencies and survive, even when such changes decrease its efficiency and diminish its duration.

As the body can change to meet and master adverse conditions, it can also change to greet favorable conditions. These changes are possible because of organic and functional changes within the body. As the organs change, their functions must change accordingly.

Creative Action is invariably dual in operation, being constructive or destructive, according to the conditions present. This puts within man's control the power to produce either good or evil results. And behold what he has done. He should be enjoying a wonderful life-span of a thousand years in a Paradisiacal Garden of Eden, but instead he suffers a miserable existence of aches and pains of fifty years in a land of thorns and thistles (Gen.3:18).

To make bad matters worse, there is not a school in this country, not one supported by the money of the tax-payers, in which is taught anything that shows man the right path and guides him in the right direction.



CORRESPONDENCE

The celebrated Dr. Wm. A. Hammond, late Surgeon General, U. S. Army, wrote: "There is no physiological reason known at present why man should die."

Dr. Monroe, a renowned English anatomist, said: "The human frame as a machine is perfect. It contains within itself no marks by which we can possibly predict its decay. It is apparently intended to go on forever."

Dr. Morton, in his Anatomical Lectures, declared: "The human body is a perfect mechanism. It bears no marks tending to decay, and is calculated to go on a thousand years, or we might say forever, did we not know by experience to the contrary."

Dr. John Gardner, an eminent English physician, in a work on Longevity, stated: "Before the biblical flood, men are said to have lived almost a thousand years. As a physiologist, I can assert positively that there is no fact reached by science to contradict or render that improbable. It is more difficult, on scientific grounds, to explain why man dies at all, than to believe in the duration of life for a thousand years."

The late Dr. B. Stanford Claunch, a prominent American Naturopath, remarked: "The living organism is potentially immortal. There is no physiological nor biological reason for death. But we are born into a world of error, of physical and mental limitations, and no sooner do we come into existence, than these limitations and conditions, detrimental to eternal living existence, are thrust upon us."

Rev. Harry Gaze, some fifty years ago, wrote a book titled "How to Live (in the Flesh) Forever", in which he said: "The body literally and completely returns to dust in less than one year; and during that period a new body is constructed, molecule by molecule. . . . The question may, therefore, be asked, Why does the body ever manifest age if it is thus renewed? With the advance of the years, there is a gradual but positive cessation (weakening) of the vitality expressed, resulting from the failure (of the person) to co-operate with the process of renewal."

Dr. W. R. Larson, in discussing Gaze's physical immortality doctrine, said: "Dr. Gaze advances the somewhat startling claim that somatic death, that is, the death of the body as a whole, is due to causes which may be averted; and that by proper means man may so control the bodily functions as to retain the body indefinitely. I do not hesitate to say that, while his conception of the possibility of physical immortality is unique, there is nothing in the accepted facts of physiological science by which his postulate can be refuted."

After recognizing the perfection of the Living Organism, not one of these eminent physicians appeared competent to formulate a law of physical



immortality. This fact indicates their paucity of knowledge as to the basic principles which promote health and prolong life, and accounts for the reason why the average life-span of the medics is under 46 years.

Herbert Spencer was not a physician, but he was a man of exceptional judgment. He knew more than any physician mentioned in all the annals of history concerning the requirements necessary for the eternal existence of the Living Organism, a state which science would regard as the dream of a dunce. He was able to see in his mind that condition which would promote physical immortality, and as stated in chapter no. 5, he put that mental vision in these words:

"Perfect correspondence (between the Living Organism and its environment) would be perfect life. Were there no changes in the environment but such as the organism had adapted changes to meet, and were it never to fail in the efficiency with which it met them, that would be eternal (physical) existence and eternal knowledge."

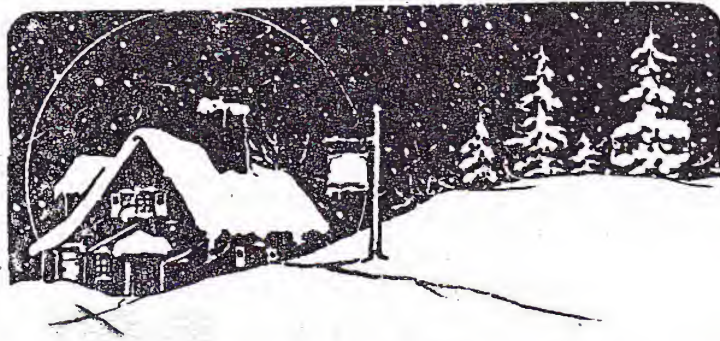
A marvelous formulation of the Law of Physical Immortality. Under the law of Creation, it was that condition of Perfect Correspondence which transformed the organism from potential existence to actual existence. This fact was recognized by the Ancient Masters, and covered by their great Science of Correspondence which has descended to us under the term of Astrology, the only Science of Anthropology and Biology that the world has ever had, and so far beyond the understanding of the modern world, that it appears as mythological, beyond the scope of law and order, and has been condemned to the deepest hole in the sea.

The Ancient Science of Astrology united Creator and Created, and the Masters symbolized the union in their Interlaced Triangles. They said "As above, so below." The Bible says the same thing in these words: "The Kingdom of God is within you" (Luke 17:21). And this modern science terms heathenish superstition.

The Ancient Science revealed the meaning and time arrangement of electrons, atoms, molecules, cells, their creation, motion, and related positions to one another, whether in nebulae, star, sun or atom. For the Law of the Universe is One, constantly repeated by the Masters, Seers and Adepts.

And furthermore, the Living Organism is endowed, as we have seen, with adapted changes to meet the natural changes of the environment where it came into existence. This covers that phase of Spencer's law, and narrows the question down to the point: What was the condition of the environment where man made his advent on the earth? Has he obeyed the law and remained in that region? We shall see.





## ENVIRONMENT RULES

Man first appeared on Earth in a friendly Environment, where (1) Climate and (2) Production were (3) perfectly adapted to his organization. Environment and Production depend on Climate.

1. The Arctic Zone is a Hostile Environment of ice and snow. There scarcity and poverty reign, and there man would soon perish. That is not his native home.

2. The Tropic Zone is a Friendly Environment of fruits and flowers because of Climate. There plenty and prosperity reign; and there man should still live 1000 years as he did in the beginning.

3. Man is a stranger in the Hostile Environment of the cold zone where civilization has created an Artificial World. He is without protection against these, and from their baneful influence he sinks down in degeneration and goes to an early grave.

The Condition of the Earth is the Parent of Creation.--Churchward.

The Condition of the Environment is the Ruler of Man.--Hotema.

Contemplate the sad state of civilized man in the Cold Zone of the Earth. The highest and noblest of living creatures, the only being on Earth capable of reason and judgment, and endowed with powers of intelligence for the prosecution of such arts and designs as science and philosophy may discover--

That man comes not so near by far to fulfilling his purpose in life, with respect to health and longevity, as the ape or baboon.

The fowls of the air, the fish of the sea, and the beasts of the field, fit perfectly into their Environment. Even the spider and the snake, except for the interference of man, are perfectly adapted to their Environment. But this civilized man is a renegade and an outcast.

Created to have dominion "over every living thing upon the earth" (Gen. 1:28), this man is a voluntary prisoner of a Hostile Environment that he has built, and a slave of the evil habits he has acquired.



From Master of the Earth, this man has become the victim of stupidity, superstition, lustfulness, wickedness, selfishness. He regards Life as a frolic, and permits pleasure, superstition and greed to supply the motive for his every action. His passage thru life is that of a transgressor. That life he lives is divorced from all cosmic law and order, and ruled by accident and chance.

Instead of learning and obeying the Law of Life and being a part of Nature, as are the lower animals, he knows little about the Law of Life and lives apart from Nature. His maxim is, "Any way but the Natural Way."

### The Ruling Elements

The Condition of the Earth is the Parent of Creation, and the Condition of the Environment is the Ruler of Man. Living Existence depends upon (1) Environment and (2) Adaptation.

1. Environment: That which environs; conditions controlling growth and development. --Dictionary.

"The Environment that molded the body and soul of our ancestors during many milleniums has now been replaced by another. This silent revolution has occurred almost without being noticed" (Carrel, p.10). "Man is a stranger in the world (environment) he has created (p.27). He is without protection against the hostile surroundings (environment) which civilization has built about him (p. 28)."

2. Adaptation: Making suitable or fit; fitness; the modification of an organism in response to its environment; harmonious relationship between a living organism and its environment. --Dictionary.

The author of that definition failed to consider the modification of an organism in response to the habits and practices of man, which affect his organism as greatly in all respects as does the condition of the environment.

Primitive man came into being in an Environment where the Climate was perfectly adapted to his organism and vice versa. And we shall show that Climate makes Environment, and that man's life span is ruled by the condition of the Environment in which he lives and labors.

### HOSTILE CLIMATE

Health is the natural state of the living organism. It is subject to Natural Law. This Law teaches that:

1. Natural Living is the Highway to Health.
2. Natural Living is impossible in a Hostile Climate.
3. Health is impossible in a Hostile Climate.

Hostile Climate means a climate that kills. It means (1) sizzling summers, (2) freezing winters, and (3) poisoned atmosphere.



# HEALTH

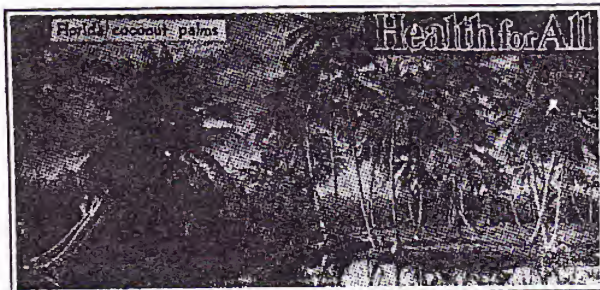
What is a man profited, if he gain the whole world, and lose his HEALTH?

HEALTH is your greatest treasure. When Health is lost, all is lost.

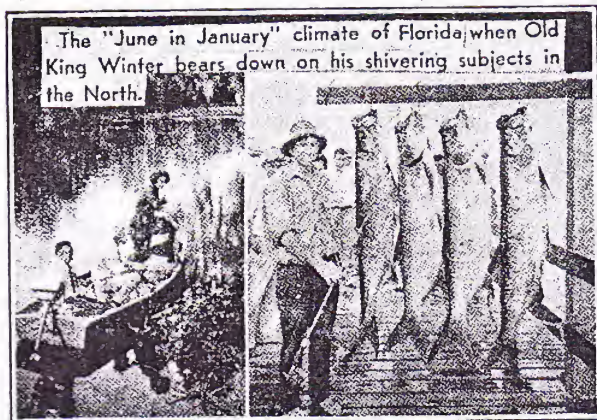


**LAND OF HEALTH.**—Statistics show that Florida is one of the healthiest states, if not the healthiest state, in the Union.—Ency. Britannica.

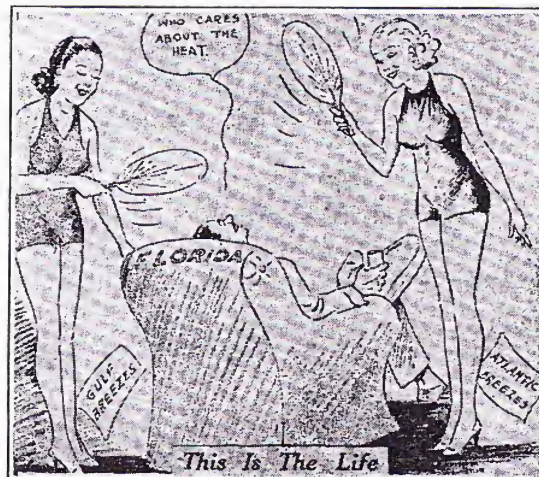
**CLIMATE.**—While the North digs out of ice and snow in January, Florida is picking oranges, strawberries, pineapple, bananas, cocoanuts, and vegetables.



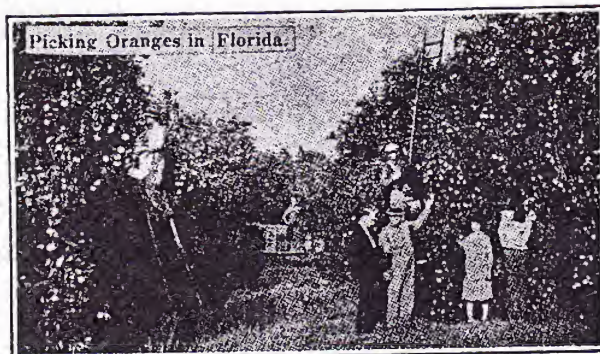
When northern lakes and rivers are covered with ice and snow, and the mercury is down to 10 or more below zero, Florida is boating and fishing. It has more than 30,000 beautiful lakes.



While the North suffers from the sizzling heat of 110 to 115 in the shade, Florida is enjoying the cool ocean breezes and sleeping under blankets.



**FLORIDA** has the most equable and agreeable climate of the continent. Situated between the temperate and tropical region, it enjoys exemption from the frosts and sudden changes of the one, and the excessive heat of the other.—Ency. Britannica.



**ORANGES.**—Florida is said to be the only section of the United States where oranges can be grown to any extent with success. There is no fear of winter-killing south of Palatka.—Ency. Britannica.



During the winter of 1935-36, more than 500 people were killed by blizzards. In July, 1936, more than 5,000 were killed by heat, with scorching temperatures from 105 to 121 in the shade.

On July 17, 1936, the press stated that "upwards of 4,200 people had died, to maintain a 300-daily-average" of deaths. In the Detroit area 108 died in 14 hours, stated the press of July 13. Almost equal to gun-fire. That is the deadly work of a Hostile Climate.

In this heat-wave, Minnesota had an aggregate of 753 deaths; Michigan, 632; Illinois, 479; Wisconsin, 448; Iowa, 323; Ohio, 316; Missouri, 316. Disease never killed people faster. Keep these facts in mind. They are so important that we shall refer to them again and show the dangers of such a climate, and where to find a better one.

People crave HEALTH! But they live under conditions that kill. Summer heat waves kill thousands over the Nation; and winter blizzards kill more thousands. Year after year, deadly fumes, gases, smoke and soot, polluting the air of cities and rural districts, kill still more thousands.

We reap as we sow. That is law. If we sow the wind we reap the whirlwind. If we sow the seeds of disease, we cannot reap a harvest of health. And, just as certain, if we supply the conditions of health, we cannot be sick.

People pray for the vigor of this dancing girl. Yet most of them spend much of their time in a sick-bed. Why is this so when the field is filled with doctors, and health is humanity's birth-right?



Would you "feel the thrill of glorious health"? Then you must live under healthful conditions. Such conditions are not present where thousands are killed annually, and more ruined for life, by (1) summer heat-waves, (2) winter blizzards, and (3) poisonous atmosphere of the surroundings in which you live and labor.

The medical world claims that it is trying to eradicate disease. But it gives these three factors no attention. And they are largely responsible for most ailments. They fill homes and hospitals with physical wrecks. They fill cemeteries with thousands just reaching their prime.

For the sake of argument let us agree that heat, cold and poisoned air kill the weaker ones. But this does not alter the fact that what kills the weaker also weakens the stronger - and kills them in time.

When your vitality is fading, your step losing its elasticity, wrinkles are appearing in your face, stiffness in your joints, growing old when you should



be at your best, remember the chief cause of these signs of approaching decay is the strain your body suffered during the heat and cold waves that killed thousands of the weaker, and weakened all that were touched with the withering blast.

A hundred million people in this country cannot give a logical answer to the question, Why do you live in your particular locality?

They live there because their parents lived there, and they have neglected to look for a better place. They endure their lot and think there is nothing more favorable. They have grown accustomed to their hardships and failed to seek improvement. They are the "multitude", willing to follow a leader, but lacking the initiative to strike out alone.

If you realized that sizzling summers, withering winters and poisoned air constitute an unhealthful climate, would you search for a better one? Or would you remain where your health is being ruined till that sad day when the doctor says, You cannot get well? It is then too late.

If you decided to leave a climate that you knew was killing you by inches, where would you look for a better one? Let us consider the question in a scientific manner, for it cannot be answered correctly in any other way.

#### CLIMATE AND HEALTH

Health is primary; Wealth is secondary. Before observing the Economic Advantages of Florida, it is important to consider climatic conditions, and compare them with that of the rest of the country. For by comparison only are we able to form a correct conclusion.

He who searches for health and fails to consider climate, is doomed to disappointment. Little will be gained by him who is particular about diet, and fails to consider the (1) air he breathes, the (2) heat of summer, (3) cold of winter, and (4) extreme weather changes.

We shall give some facts and figures about climate, and reward in health will come to him who is guided by them. In the press of December 27, 1933, we read:

"Devastating cold and terrific winter blizzard took a toll of 155 lives as sub-zero cold spread over the nation in the wake of widespread storms.... In the mid-west temperature as low as 30 degrees below zero were reported."

The next day (Dec. 28) the press said:

"From Montana to New England and down to the Mason and Dixon line the bitter zero weather stretched, with eastern states shivering under a deep coverlet of snow, while the bleak western prairies of Canada calked doors and windows against a 40-below-zero-wind. ...

"East of the Alleghenies the temperature plunged to 60 degrees below zero at Owls Head, N. Y., while in New Hampshire and Maine temperatures of



more than 40 degrees below zero were recorded.

"White River, Ont., reported 56 degrees below. At Duluth, Minn., it was 47 below; 27 below at Fargo, N. D., 23 below in Iowa, and 31 below in central Wisconsin."

A press report of February 9, 1934 stated:

"Record low temperature in many cities along the Atlantic seaboard brought at least 22 deaths Friday, hampered shipping and communications and caused unprecedented suffering. Weather experts could promise no relief over the weekend from the subzero temperatures.

"Unofficial minimum readings in New England reached 50 degrees below zero. New York's coldest hour found the mercury at 14 below. . . Pennsylvania, where the temperature in the Alleghenies fell to 40 below, reported eight deaths. Four died in upstate New York with temperatures reaching 60 below. Three deaths were reported in New York City, with three in Boston, three in Buffalo, and one in Schenectady.

"The cutting wind aided the cold in upstate New York in keeping residents indoors. Schools were closed in many villages on account of the intense cold, and firemen fought spreading flames with water that froze soon after it left the nozzle, so people strove to keep warm with log and furnace fires. . . ."

Then came the spring, and the country passed into the summer of 1934. What did the heat do to those who were too tough to be killed by the cold?

During June of 1934 a wave of heat and drouth swept the north central states, leaving death and suffering in their wake. On the 2nd of that month every weather bureau in Iowa recorded shade temperatures from 101 to 111. On the same day, temperatures of 100 and more were reported in practically all parts of Illinois. It was 102 at Chicago, 104 at Springfield, and 106 at Rockford. On the same day Oklahoma, Kansas and Nebraska reported temperatures above 100. Along with the sizzling heat was a serious lack of rain, with crops, pastures and ponds parched and dry, and stock dying of thirst and starvation said the press.

It began to warm up in earnest in July. On July 25, 1934, these heat records appeared in the paper:

Vinita, Okla.	117	Quincy, Ill.	111
Nowata, Okla.	116	Centralia, Ill.	111
Bartlesville, Okla.	114	Kansas City, Mo.	110
Hugo, Okla.	114	St. Louis, Mo.	110
Miami, Okla.	112	Peru, Ill.	108
Jefferson City, Mo.	112	Des Moines, Iowa	107
Parsons, Kansas	112	Chicago, Ill.	105
Independence, Kansas	112	Milwaukee, Wisc.	105
McAlister, Okla.	111	Springfield, Ill.	105
Ottumwa, Iowa	111	Detroit, Mich.	104



According to the press, this heat wave killed nearly 1400 people. Missouri led with 378 deaths, Illinois next with 360, and Ohio third with 159 deaths.

Then came the bitter winter of 1934-5. The press on Dec. 27, 1934, said:

"Hardship and death travel with storms. Snow and ice cover a large part of the United States. Minnesota has 41 below zero. A farmer at Dumblane, Sask., Canada, froze to death as he attempted to walk half a mile. Another met the same fate at Winnipeg. Several other deaths were attributed to the cold.

"Tales of death and suffering were told as these sub-zero temperatures were recorded: Eleventh, Minn., 39 below; Bemidji, Minn., 37 below; Devils Lake, N.D., 34 below; Duluth, Minn. 26 below; Watertown, S.D., 24 below; Minneapolis and St. Paul, 22 below; Havre, Mont., 21 below; Mason City, Iowa, 18 below; Sioux Falls, S.D. 16 below. . .

"The zero mark was reached in northern Missouri, and the mercury dropped to 16 above at points in Texas."

On January 19, 1935, the press said: "Winter's fury lashes the north. Sub-zero weather reigns." The report continues:

"A new low for cold weather in the coldest region of Canada was established at Great Bear Lake on New Year's day, when the temperature went to 76 degrees below zero, the official weather bureau announced. The previous record was held by Mayo, Yukon territory, when on Dec. 20, 1933, the mercury dropped to 68 below zero."

That was the report of January 19. The next day the press said: "Wave of cold strikes along Pacific Coast." The report continues:

"Merciless winter drove a sharp salient down the frozen Yukon Saturday, bringing the menace of frost to California, new blizzards to the snowbound Cascades, snow as far south as Texas, and bitter sub-zero temperatures across the states.

"The mercury dove out of sight to 57 below zero at Endako, B.C., and found new low points for the winter in the region of the Dakotas. . . .

"Seattle shivered in temperatures around 10 above zero. . . . It was 14 above at Tacoma, and street traffic was crippled. The Cascades lay 12 feet deep in snow. . . .

"Temperatures plunged to 50 below zero at Battleford, Sask., 46 below at Saskatoon, 48 below at Prince Albert, 2 below at Edmonton, and 31 below at Winnipeg. . . . It was 34 below at Gunnison, Colo., 28 below at Havre, Mont., and 12 feet of snow blocked mountain passes. . . ."

On January 21 the press said: "Bitter cold, heavy snow in north and west", and added: "Freezing temperatures invaded the California orchards, but smudging and a bright sun apparently helped prevent damage to the citrus crop.



"Six inches of snow fell in the mountainous back country east of San Diego. The snow line on the mountains near Los Angeles descended lower than for years. Temperatures fell to 39 at San Francisco, 32 at Burbank, 31 at Onatario in the orange groves, and 26 at Saugus, in the mountain pass north of Los Angeles. Frost was general.

"Twenty-two below zero was recorded at the Spokane airport, Klamath Falls, Ore., 2 below, Pendleton 4 above and Portland 14 above.

"Iowa temperatures ranged from 20 above in the southeast to 22 below at Spirit Lake, 10 below at Sioux City and 5 below at Des Moines. In Nebraska it was 19 below at Ainsworth, 8 below at Lincoln, and 6 below at Omaha.

Snow fell in Minnesota, where 20 below zero was common. It was 11 below at Norton, Kansas."

The press of January 23 said: "Everywhere in the nation, deaths and damages mounted Tuesday as the cold wave spread." The report adds:

"Freezing weather extended across the deep south from the Atlantic to the Pacific.

"Thousands of cattle froze to death in Texas, and others succumbed to exposure in northern Louisiana. The mercury dropped to 17 above at Houston, and at Brownsville, Texas, it fell to 26 above."

Now for the press report of January 24, as follows: "73 below zero weather hits Canada area." The report goes on:

"Intense cold, floods, and storms beset the nation Wednesday as winter launched its most bitter assault of the year. . . Unusual cold reached across the continent from the arctic circle to the Gulf of Mexico. . ."

Read this list of temperatures and weep:

Degrees below zero,			
Iroquis Falls, Ont.	73	Devils Lake, N.D.	36
White River, Ont.	62	Menndosa, Man.	34
Ft. McMurray, Can.	60	Bismark, N. D.	32
Frederick, Wisc.	55	St. Paul, Minn.	31
Eveleth, Minn.	51	Albert Lea, Minn.	30
Winnepeg	44	Winona, Minn.	30
Williston, N. D.	40	The Pass, Man.	30
Duluth, Minn.	38	Charles City, Iowa	26

The press of January 25 said: "More than 170 are dead in the wake of storms and zero winds."

Then came another sizzling summer. On August 8, 1935, the press reported a shade temperature of 119 at Nowata, Oklahoma, with heat so intense over the midwest as to "reap a harvest of victims from Texas to South Dakota."



When people were suffering from this heat, they did not know what the succeeding winter would have in store for them, it came, and the press reported that it was the worst of the century. It began early and stayed late. On November 16, 1935, we received a letter from a man in Canada, saying:

"Up in this cold, dead, north country we are already snowed in for the winter, and have been for almost two weeks. The snow is now 20 inches deep, and the temperature ranges from 10 to 20 below zero, with the biting wind drifting the snow.

"This year we had almost no summer here. It was cold and rainy most of the short growing season that we have. In the middle of August all our crops froze, with the exception of the underground stuff, such as potatoes, beets, carrots and turnips.

"Surely this is a hard country in which to be a vegetarian. No variety and only the coarsest of vegetables, and a few acid cranberries and blueberries for fruit. No money to buy anything else, as we had no grain either on account of early frost. Most of our grain got caught in the milk stage. If there were only a way to dispose of our things for a little cash, so we could sell out and move south. But prospects for a sale are worse now than ever."

Contemplate this picture and consider trying to live under such conditions. Snowed in for the winter by November first; temperatures ranging from 10 to 20 below zero by the middle of November; crops ruined by freeze; a year's labor lost; must wait for another summer and try again. What will they do if the next summer is no better? Why will people move into a land of such misery and hardship, when the glorious south with its wonderful climate is open to all?

Let us continue: By the time January arrived, winter was getting down to business. During January and February, 1936, the press almost daily carried reports of people freezing to death, and of entire towns running out of food and fuel because none could reach them on account of bitter cold and deep snow.

Temperatures of from 20 to 60 below zero were reported. A report on Feb. 12 said:

"A reading of 41 degrees below zero marked the 29th consecutive day of sub-zero temperatures at Bemidji, Minn. A 62-year-old record fell at Bismarck, N. D., when a below zero reading was registered for the 33rd successive day. At Watertown, S. D. the temperature remained below zero for 43 successive days. A drop to 50 below at Saskatoon, Sask., Canada, rounded out 5 days in a row in which the mercury has never ventured above 20 degrees below zero. At this place the temperature has remained below zero for 62 consecutive days."

The fact that people attempt to live in such a frozen waste is more evidence of a lack of the sound intelligence of the monkey family, which never of its own accord ventures out of the tropics and semi-tropics.



It is true that some people living under such hostile conditions not only have a fair degree of health, but occasionally live to be quite old. That is further proof of the hardness of the human machine. The same people living under more favorable conditions would have better health and longer life.

On Feb. 14, 1936, the press stated that in Iowa and the Dakotas some farmers were forced to burn corn, corncobs and cornstalks "to keep warm in houses literally banked to the rooftops with snow." Under such hostile conditions living at all is hardly possible, and health is impossible.

On the same day the press reported that in Belleville, Ill., "fear-stricken inhabitants awaited a new cold wave with dread as deadly monoxide fumes from leaky gas pipes followed a lethal trail in their homes." Hundreds were overcome with the poison, and many died. It is absurd to talk of health under such death-dealing conditions.

On February 13, 1936, the press reported that the severe cold in New Mexico had put "hundreds of Indians in hospitals", and that the "land of the Navajos was swept by influenza epidemic." Such cases of influenza are conditions of carbon-monoxide poisoning. The only remedy is fresh, clean, pure air. But who can have it where it is so cold that you must hover over a fire in your home to keep from freezing to death?

On February 21, 1936, the press reported that at Coshocton, Ohio, 1500 persons were ill with influenza, and that all the public schools in the city had been closed. More carbon-monoxide poisoning, due to fumes from fires that must be kept burning to keep people from freezing to death.

#### 1936 HEAT WAVE

We now reach the summer of 1936, and shall see how one extreme follows another - the law of action and reaction.

In the same region where people suffered so severely from intense cold during the winter of 1935-6, they died off by the thousands of suffocating heat in the summer of 1936. More than 5,000 died in less than a month.

On July 13, the press said: "Detroit, July 13. -(AP) - Michigan sweltering in a heat wave more prolonged than any in its history, counted 390 deaths Monday night attributed directly or indirectly to the six-day siege of 100-degree weather.

"In the Detroit area 108 deaths were reported in a 14-hour period.

#### "A DEATH EVERY 10 MINUTES

"Receiving hospital, where emergency cases were received, converted corridors into temporary wards, and at times the deaths were so numerous there was not time to remove them to the morgue. The hospital, with a 605 capacity, had 637 patients Monday.

"Officials estimated that for the period from mid-night to 2 p.m. Monday, a heat death occurred in Detroit every ten minutes.

"At Wayne county morgue, where 100 bodies were received in a day, many



unidentified, the scene resembled that of a catastrophe. Women and children wept as they sought word of missing relatives."

On July 14 the paper said: "Chicago, July 14. -(AP)- Heat deaths over the country climbed more than 500 Tuesday, the twelfth day of record-breaking heat."

On July 17 the press said: "Chicago, July 16. -Deaths ascribed to the long stay of the torrid wave decreased somewhat in number, but mounted upward of 4,200 to maintain a 300-daily average."

As you read these reports, please remember that none of this happened in Florida; and yet because a storm visits Florida occasionally and kills a few people, the whole country condemns Florida as a dangerous place. It is well for us to use some judgment and be more consistent in our assertions.

Clements was in the center of the worst storm that Florida has had in recent years. He was in West Palm Beach on Sept. 16, 1928, when that hurricane swept in from the sea. The only casualties were a couple persons injured by falling timbers. But in the Everglades, around Lake Okeechobee, the wind blew the water out of the Lake in a wall 15 to 20 feet high, flooding the low lands and drowning some 2,000 people. You can live in Florida and yet not live in the path of these storms, nor in the low lands around Lake Okeechobee.

From the press of July 24, 1936, we excerpt the following: "Death Valley Calif., with a record of consistent high temperatures believed unsurpassed anywhere else in the world, is pointed out by C. F. Talman of the Weather Bureau as illustrative of the fact, that the temperate zones, and not the tropics, have the highest temperatures.

"In the United States, it is only along the central and northern Pacific coast, in the higher altitudes of the Rocky and Appalachian mountains, and at points along the northern Atlantic coast, and in the lower Florida peninsula, that temperatures have never reached a maximum of 100 degrees. And in the vast areas near the equator, such high temperatures are unknown.

"Although the southern sections of the country have higher average summer temperatures than the northern, higher temperatures are on record in the Dakotas and Montana than have ever occurred in Mississippi, Alabama, or Florida.

"Meteorologists explain that the higher temperatures in the more northern areas result from the longer days of sunshine and the thinner screen of heat-absorbent-water-vapor in the temperate zones."

Here are scientific findings as to high temperatures that will surprise the average person living in the north, who thinks that the further south one goes the hotter it gets. While temperatures of 100 and more are common summer weather in the midwest and north, "a maximum of 100 degrees" has never been reached in the lower Florida peninsula."

From this same report we excerpt some high temperatures for various sections of the country:



Arizona	127	Nevada	122
California	124	New Mexico	116
Colorado	115	North Dakota	124
Idaho	118	Oklahoma	120
Illinois	115	Oregon	119
Iowa	118	South Dakota	119
Kansas	119	Texas	119
Michigan	112	Utah	116
Minnesota	114	Washington	118
Missouri	117	West Virginia	112
Montana	113	Wisconsin	111
Nebraska	118	Wyoming	116

This report states that other heat waves have occurred in this country which were equally as disastrous as the heat wave of 1936. It says:

"700 deaths from the heat reported in a one-week hot spell occurred in 1901 in New York City alone."

In Semi-Tropical Florida, the highest temperature ever recorded by the weather bureau at Fort Myers is 97, and at Miami, across on the Atlantic coast, only 93. Those living in the North who have not investigated the favorable climate of Semi-tropical Florida, imagine it is hot there in summer because it is so far south.

#### ELEVATION

There is a belief entertained by many, that in tropical and semi-tropical regions, considerable elevation is necessary because of high temperatures at lower levels.

Investigation here in our own country shows this belief is not well-founded. For instance, Miami, Florida, on the Atlantic coast, has an elevation of 15 to 25 feet above sea-level, yet 93 is the highest temperature ever recorded there. On the other hand, Kansas City, Omaha, Des Moines, Minneapolis, Denver and Salt Lake City, with elevations ranging from 600 to 6000 feet, have frequent temperatures ranging from 100 to 115.

All of our great seaport cities, Boston, Brooklyn, Baltimore, New York, New Orleans, Mobile, Galveston, Houston, San Francisco, Seattle, inhabited by millions of people, are only a few feet above sea-level; yet no one ever thinks of leaving them, because of their low elevation, and moving into the mountains.

It is true that elevation alters the temperature, and that as a rule lower levels are warmer than higher ones. But people living in the higher altitudes of 1000 to 5000 feet in the mid-west, where summer temperatures of 105 to 115 are common, should not condemn semi-tropical Florida on account of lower altitude, when a temperature as high as 100 is unknown there.



## A DEADLY CLIMATE

If you were searching for a sickly, death-dealing climate, where health is impossible, where people die long before they should, you would not find it in Florida. You find it in the northern states, where blizzards and heat waves kill people off so fast that there is "not time to remove them to the morgue"; where hospitals are filled to overflowing; where people die of heat at the rate of one every 10 minutes in a small section of the country- victims of the deadly heat of summer, against which there is no immunity.

For ten long years I have hammered away at these things in How to Live magazine. I have shown times without number how destructive to health are the climatic conditions of this country, where it is foolish even to think of health. I have cited the dangers of a Hostile Climate, and shown the way to a Hospitable Climate.

I have lived too long in a Hostile Climate myself. I moved out of it in 1928, intending never to return. And in a year I was back, driven back by financial reverses. But I went back only to make a new start, not with any intention of staying.

## A HEALTHFUL CLIMATE

If the conditions of blistering heat and bitter cold, causing much sickness and suffering, disease and death, were the best this country could offer, this booklet had not been written.

We want to tell you of a better place. One where death from sunstrokes is unknown, where killing blizzards never come, where summers are cool, where fruits and vegetables grow eternally - the land of oranges, pineapples, bananas, cocoanuts. A place where the conditions of health are shown by facts and figures to be the best in the Nation.

You want Health and Economic Security. These you can not have, in spite of weakening toil, where heat kills thousands in summer, blizzards kill hundreds in winter, and drouth and frost kill your fruits and vegetables that you work so hard to produce.

Months of labor are lost when summer drouth kills in a few weeks, or frost kills in one night, the products of your toil, leaving you with nothing on which to live; making you an object of charity, a pauper. You see your wife and family starving, while you shorten your days in work and worry.

When you see your vitality fading and wrinkles forming in your face, you little know the causes of these are hard work, excessive heat of summer and bitter cold of winter thru which you have passed.

Your body suffers severe strain from hard work, from excessive heat, from bitter cold. It suffers severe strain when it endures such great changes in temperature, ranging from 110 to 120 in the shade in summer, down to 20 and 60 below zero in winter. Here is a maximum variation of 180 degrees.



In time the effects of these vast variations in temperature take their toll.  
You weaken and go to an early grave.

#### FLORIDA'S WONDERFUL CLIMATE

Florida's climate is the best in the Nation. This fact is proven by statistics. But it is unknown to millions because they never investigated it.

You know south Florida practically has no winter. While the north digs out of snowdrifts in January, Florida is picking fruits and vegetables. But you never investigated Florida's summer climate.

We shall give some temperature figures supplied by the weather bureau. They show the highest temperatures for the three summer months of 1934 and 1935 of twelve key cities over the country. Here they are:---

1934	June	July	August	1935	June	July	August
Chicago	107	109	100		91	99	97
St. Louis	102	110	109		90	100	98
Kansas City	108	110	111		91	104	104
Des Moines	103	109	109		86	99	96
Omaha	104	110	110		92	103	103
Denver	96	104	100		96	102	99
Salt Lake City	93	103	100		95	99	99
Phoenix	110	116	113		110	112	109
Oklahoma City	102	106	107		93	103	105
Jacksonville, Fla.	95	96	94		96	94	98
Tampa, Fla.	93	94	93		95	93	94
Miami, Fla.	93	90	93		88	93	92

While Chicago, St. Louis, Kansas City, Des Moines and Denver had temperatures up in the hundreds, the highest at the three Florida cities were 98 at Jacksonville, 95 at Tampa, and 93 at Miami.

In a booklet about Miami appears the following temperatures: Mean winter, 68; mean spring, 74; mean summer, 81; mean fall, 77; mean average 75. The variation between the two extremes is only 13 degrees. Such an even temperature is healthful.

The wonderful climate of South Florida is revealed by the monthly temperatures for Miami, as follows.

Month	1931	1932	1933	1934	1935
January	63.8	71.6	70.1	69.4	66.8
February	65.5	73.1	72.6	67.4	66.6
March	65.2	68.7	70.9	70.7	72.8
April	71.3	72.6	75.6	74.0	75.2
May	77.0	76.0	79.8	77.7	80.2
June	80.5	81.3	80.4	80.5	80.4
July	82.8	83.8	81.5	82.2	81.6
August	83.0	82.1	82.6	82.1	83.0
September	81.2	81.8	82.3	81.0	80.7
October	78.2	79.0	77.9	79.7	78.0
November	73.4	69.7	70.7	72.6	72.0
December	75.4	72.6	70.8	68.6	62.0



This booklet about Miami continues:

"The warmest day ever recorded was 93, and only five days out of the year have an average maximum in the nineties. No case of sunstroke has ever been known. As for winter climate, when temperatures drop below the sixties, the natives start talking about the 'cold wave'. Frost is an extreme rarity, fog practically unknown. Dirt and dust content of the atmosphere is virtually zero".

The mean temperature of Ft. Myers, across from Miami on the gulf side, is approximately the same. The average for August, the hottest month, is 81.9, according to weather reports. The average maximum temperature during January and February, the coolest months, is 76.8, while the average minimum for each day is 57.2, a difference of only 19.6 degrees. This is a mean winter temperature of 67 degrees, or one degree lower than for Miami, with a variation between the two extremes of only 14.9 degrees.

The big point here to remember is, where climatic changes are so small, the body suffers not from strain from either heat or cold. Such even temperature cannot impair your health.

One writer says that the price of Florida land is worth the money for the wonderful climate alone. There are no extremes. The summer and winter climates are unsurpassed for equability and comfort, without heat or cold, where blizzards never come, and heat prostrations and sunstroke never occur.

For two months during the sizzling summer of 1934, when deaths and prostrations from heat in the midwest and north were common, Florida newspapers commented on the cool summer weather of that state. In the Orlando Morning Sentinel of August 3, 1934, appeared the following:---

"The marine climate of Florida is responsible for lower summer temperatures here than in interior states. In other words, the peninsular section of Florida, entirely surrounded by water, could not get hot in summer and remain in such a condition if we really desired it. The water on all sides of us acts as an equalizer, and tends to prevent extremes of temperature in either direction, up or down.

"Meanwhile, this same marine climate also causes an unusually large number of showers. They come every day or so, practically always in the afternoon--the hottest part of the day--cooling things off.

"And, just for good measure, here is another reason: Florida being closer to the equator than the other states, gets less of the sun's summer rays from one hour to an hour and a half a day. And, in the wintertime, the situation is just the reverse. When we need the sun, it is shining longer in Florida than in most other states, farther from the equator.

"So the answer is: Florida is cool because of its marine climate, or water-washed air."

Summer days are longer in the North than in Florida, and winter days are



shorter in the North than in Florida. Because of its being nearer the equator, the length of the days do not vary so much in Florida as they do in the North. It is the longer winter days in Florida that help to give it a good growing winter season for fruits and vegetables.

We have discovered the factors that contribute to Florida's excellent summer climate. They are (1) abundant summer rainfall, to which we shall refer again, and (2) constant breezes from the gulf on one side and the ocean on the other. These breezes not only temper the summers, but the winters as well.

### QUEEN OF THE COUNTRY

While people in the North are dying of heat, Florida is enjoying spring-time weather.

This matter is not understood by those who have not investigated. Florida is a long peninsular, approximately 135 miles wide, and projecting some 400 miles into the ocean. It is almost entirely surrounded by water. From the ocean on the east and the gulf on the west, Florida is constantly fanned by cool, invigorating breezes of the purest air of any state in the Union. For the purest air comes from the ocean, free from dust, smoke, soot, gases and poisonous fumes. We shall refer to this again because of its importance.

This is the secret of Florida's wonderful climate, mentioned by various writers who have studied the subject. Dr. A. H. Andrews has lived for years in Florida. About the climate he writes:

"The mildness of South Florida's summer temperature is almost unbelievable to northern people, to whom hot spells are not uncommon, with daily temperatures registering 100 degrees or more in the shade, and nights of furnace-like heat. They reason that the farther south you go, the hotter the weather.

"There is one thing they overlook. They forget the fact that Florida is for the most part a peninsular, little over 100 miles in width, enjoying the cooling trade winds from the Gulf and the Atlantic ocean. Furthermore, almost daily showers cool the air during the summer season, making it in fact the only air-conditioned state in the Union.

"In more than forty years residence in Lee County, Florida, the writer has never noted a higher temperature than 96 degrees in the shade, and that extreme is practically unknown. In exposed shady locations there is always some breeze stirring, and the night temperature invariably cools toward morning" (American Eagle, July 9, 1936, p. 2).

When you are sweltering in the north under the sizzling summer sun, you know what it means to have heavy clouds roll up and give you a shower of cool rain. These "almost daily showers" mentioned by Andrews, give south Florida an average rainfall of 20 inches or more during the three hot months of June, July and August. That is approximately seven inches of cool rain a month, coming at the hottest part of the year, cleansing and cooling the atmosphere, the land and the vegetation, giving Florida wonderful summers, free from the excessive heat that kills people in the north, and making Florida "the only air-conditioned state in the Union", says Andrews.



If the splendid summer climate of Florida were as well known as its delightful winter climate, the state would soon be the most popular summer resort in America. But when Florida is mentioned, into your mind comes the thought of hot summers, humidity, malaria, and mosquitoes. Investigation shows that there is no basis for such thoughts other than the imagination.

Let us give you the statements of one who speaks from experience. Due to poor health, Rev. Dr. J. F. Richmond of New York was forced to spend some time in the south in search of rest. In referring to the climate of Florida he says:

"Many people believe to this day that southern Florida, though desirable in winter, can be nothing but a sickly, burning furnace in summer. That might be true but for two powerful mitigating agencies:

"First, the ocean breezes. The narrow peninsular is skirted on either side by the vast bodies of cool, salt water, where the rush of the Gulf Stream and the ever-blowing trade winds create a constant aerial commotion that fans the entire region, from the Atlantic during the day, and from the Gulf during the night.

"The second mitigating agency is the immense evaporation from the innumerable inland lakes. This evaporation wafted and distributed by the constant air currents, gives off a most agreeable atmosphere, and besides providing for copious showers and dew, affords cool nights and refreshing sleep to a contented and cheerful populace.

"To these agencies are attributed the fact that Florida's summers are so even and temperate, the mercury rarely going above 90 degrees F. The average temperature of the warmest month of summer is claimed by the best authorities to be 83 degrees F. and one of the three summer months to be 80 degrees F.

"The same causes that afford Florida such a genial climate in summer, also protects the state from the rigors of winter. Stiff ocean breezes with abundant inland water, ward off frost, and the tenderest vegetation flourishes unharmed during the entire year."

Rev. Dr. Richard goes on to say that in Florida, at the time his story was written, there never had been reported a case of sunstroke, hydrophobia, scarlet fever, yellow fever, smallpox, measles or cholera, and that old physicians had informed him that they had never known of a case of malignant fever of any kind, nor had they learned of a single case of diphtheria or cholera infantum, which often take such a toll of child-life in other sections of the country.

#### A COMPARISON

There are now three localities of this country where citrus fruit is grown in large quantities, the Rio Grande Valley of Texas, California, and Florida. Which of these regions is the better place to live? By comparison we are able to reach a correct conclusion.

CALIFORNIA.--High powered advertising has put California on the map. When compared with Semi-tropical Florida it fails. We shall make observations



from literature received from the Chamber of Commerce, Riverside, Calif., located "in the center of the Orange Empire", says the literature, "57 miles from Los Angeles". The literature states:

"Temperature. Weather conditions are healthful, delightful and more free from disagreeable features than most cities. On the hottest day ever recorded here (Riverside), when the mercury reached 112 degrees F., the minimum temperature at night was 57. Cool nights, with breezes from the ocean compensate for the hot summer days, so necessary in the growing of oranges.

"During the 10-year period ending December 31, 1932, there were 213 days on which the temperature went above the 100-mark, the highest maximum temperature being 112 degrees. For this same period the average maximum summer temperature was 91.1 and the average mean temperature was 73.2. The mean annual temperature was 63 degrees. Because of Riverside's low humidity, it is actually cooler here when the mercury is at 100 degrees than at 90 degrees in New York, Chicago or Boston" (1936 Booklet of Facts, p.22).

Brawley and El Centro, in the Imperial Valley, some hundred miles southeast of Riverside, know what hot weather is, the mercury there going up to 120 and 122 in the shade. At Brawley, during the heat wave of July, 1936, 121 in the shade was reported in the press.

Any one who says that "hot summer days" are "necessary in the growing of oranges" is trying to make a case for his climate. Semi-tropical Florida does not have "hot summer days" of 110 to 120 in the shade, yet it grows the best oranges in this country.

"It is the 'hot summer days' and very dry climate of California that force Nature to protect the California orange with an extra thick skin. After peeling some California oranges there is little left. You think you have a good-sized orange when you begin peeling, but when the job is finished the orange is not much larger than a walnut."

#### RIO GRANDE VALLEY

You have heard much about the Rio Grande Valley of Texas. It consists of about four counties, according to literature received from the Chamber of Commerce, of McAllen, Texas, centrally located in the valley, and from which we quote:

"It (Lower Rio Grande Valley of Texas) extends 110 miles from Port Isabel on the Gulf of Mexico along that romantic international river, the Rio Grande, to Rio Grande City, a distance of 110 miles. This magic valley includes Cameron, Willacy, Hidalgo and Starr counties, and is from 15 to 30 miles wide."

You could stick that tiny orange-growing section in the southern tip of Florida, and still have more square miles of orange-growing land left than California has developed.

Climate.--From the same source we quote:



"The temperature ranges from a maximum average of 82.6 degrees to a minimum of 64.6, with an average of 73 degrees. Men go in their shirt-sleeves and women wear summer frocks some days every week in the year. It seldom freezes, and snows only once every few years."

From the Weather Bureau at Houston we have received the high and low temperatures recorded in 1934 and 1935 at Mission, near McAllen, and in the heart of the orange region. These temperatures are as follows:

Month	1934		1935	
	high - low		high - low	
January	83	41	91	24
February	87	38	88	31
March	90	35	97	44
April	99	35	105	54
May	101	61	100	70
June	103	68	97	69
July	101	71	100	70
August	101	70	100	71
September	97	60	100	57
October	96	57	92	51
November	93	40	90	41
December	91	35	84	37

The high and low temperatures shown for each month did not occur on the same day. They are the maximum and minimum temperatures for the respective months throughout the year. It appears that temperatures of 100 and more during the summer are quite common.

#### FLORIDA

Orlando is located in the north-central section of the Florida Orange Empire. From the Chamber of Commerce there we received literature giving the high and low temperatures for 1933 as follows:

Month	high - low		Month	high - low	
January	83	35	July	94	67
February	86	38	August	97	67
March	89	34	September	98	67
April	87	48	October	92	57
May	95	58	November	85	40
June	98	57	December	84	39

The high temperature shown for the summer months at Orlando are considerably lower than those for the summer months at Mission, Texas, while the nights are equally as cool as those of Mission.

At Miami, in the southeast corner of the Orange Belt, 245 miles south of Orlando the literature on Climate states that, "The warmest day ever recorded (At Miami) was 93, and only five days out of the year have an average maximum in the nineties," and that, "the average for August, the hottest month



is only 81.9". While Riverside, Calif., had temperatures above the 100-mark on 213 days in ten years, 93 is "the warmest day ever recorded at Miami, Florida".

FLORIDA, LAND OF HEALTH  
Dr. John Harvey Kellogg

The world is just beginning to realize the inestimable value of Florida's climate.

Florida has a great future. Within the next 25 years, probably in less time than that, it will be the most popular of all the states, since it possesses health-promoting and life-lengthening climate qualities not found so highly developed nor in such well-balanced combination in any other state. Indeed, after visiting and studying most of the great health resorts of the world, and informing myself concerning those which I have not visited, I feel no hesitation in saying that Florida's climate is unique and probably the finest in the world for promoting and prolonging life and health.

The protection of the Gulf Stream gives it a winter temperature 10 to 15 degrees warmer than that of other sections of the same latitude, while its peninsular form and the cooling breezes which sweep over it from every direction except the north insure a cooler summer than is to be found in any other sea-level region in the United States. The weather bureau records show a summer temperature in South Florida (Miami) as high as 94 degrees but once in 20 years. No more than three or four times a year does the temperature at Miami reach so high as 93 degrees. And sunshine is almost perpetual. In a large part of the state there is sunshine practically every day of the year, and the temperature of the air is rarely low enough to require artificial heat, even in midwinter. A notable climatic quality is the small difference between the day and night temperatures, which is rarely so much as 20 degrees, often not more than 6 to 10 degrees.

These climatic qualities are worth more to Florida than coal and iron, or gold mines, or similar natural resources, for the reason that they are a monopoly which the state may enjoy for all time and can never be taken away, whereas diamond mines and gas wells sooner or later become exhausted. Florida's climatic advantages are a priceless natural endowment of which she can never be deprived and which will endure without depreciation for all time. Florida's assets are its climate, its sunshine, its amazingly pure air, and its equable temperature. These are commodities of inestimable value which the world is just beginning to appreciate.

In Northern States, to say nothing of other countries, there are millions who are suffering from disease and dropping into premature graves who might be restored to health by Florida sunshine, or enabled to live comfortable and normal lives for many years in spite of their ailments.

In the United States, 300,000 die annually because of diseased hearts or arteries, and for every one of these there are ten more suffering from these maladies, an aggregate of 3,000,000, half of whom might be saved by the



aid of Florida sunshine and the opportunity for out-of-door living which this peerless climate affords.

Professor Plesch, of the University of Berlin, one of the world's most eminent clinicians, has shown that a large proportion of persons suffering from these diseases, usually regarded as incurable, may be cured by fresh air, sunshine, rest, proper diet and right living habits. I, myself, have seen hundreds of persons suffering from these maladies, snatched away from the hands of the undertaker and given many long years of comfortable, happy and useful life.

More than 100,000 persons die annually in this country from Bright's disease, and a million persons are on the road to the cemetery by this route. Extremes of heat and cold are deadly to these persons with damaged kidneys, a large proportion of whom might more than double their longevity by the aid of Florida's weather equanimity.

The United States loses more than 100,000 of its citizens annually through pneumonia, a cold weather disease. In January, February and March the New York Times often publishes nearly a page of notices of the death of eminent people, most of whom might have remained alive for many years in Florida, but lacked the stamina to withstand the attack of the pneumonia germ when their resistance was weakened by northern winter hardships.

Twenty-two thousand die annually of diabetes in spite of insulin, and, according to Joslyn, a million more are on the road to the same exit, more than half of whom might in Florida's climate, by the aid of Florida's wonderful citrus products and miracle-working sunshine, be enabled to double their longevity and, in many cases, to dispense with insulin through the special dietetic advantages which Florida affords.

And there are several million victims of rheumatism in its various forms, to whom cold and temperature changes bring crippling tortures, a large share of whom might find deliverance from their suffering through the warm, healing rays of Florida sunshine.

And according to carefully considered estimates of statistical experts, not less than 50,000,000 suffer annually from that most common of all infections, the common cold, a disease which owes its origin to indoor confinement and lack of the vitalizing influence of the ultra-violet rays. In the northern parts of the United States the little sunshine which appears during the winter months contains scarcely a trace of the essential ultra-violet rays, which in Florida sunshine are always present in abundance.

Then, too, there is tuberculosis, which a quarter of a century ago was "captain of the men of death". It now ranks fifth in the list of great destroyers in this country, and might be made to disappear from the mortality lists.

There is that most formidable enemy of life and health, senility, or old age, formerly regarded as a physiologic state, but now known to be a disease against which one may take precautions, the same as against smallpox or indigestion.



In ancient Rome the home of every citizen had a solarium, and Pliny, a naturalist and commander of the Roman fleet, tells of his friend Firpo who kept himself young by taking daily sun baths; and history tells us that the messenger who was sent to him with an order to go with his fleet to the relief of Pompeii and Herculaneum at the time of the great eruption of Vesuvius which buried them, found him taking his usual daily sun bath.

In less than a hundred years, the average length of life in America has risen from 40 to 60 years, a gain of 50 per cent. A boy born today has 60 years ahead of him. But this increase applies only to the young. The longevity of persons past the middle age has increased only 36 days instead of 20 years; and in the case of persons past 60 there has been an actual decrease. In other words, we are suffering from an epidemic or endemic of old age. Old Father Time is gaining on us. THE BEST WAY TO ESCAPE HIM IS TO FLEE TO FLORIDA. Thousands of persons have found rejuvenation in the biologic out-of-door life for which this favored region offers the finest opportunity in the world.

One evidence of this remarkable vitalizing influence of the climate is an observation frequently made by smokers. I have often heard this remark: "I can smoke more in Florida than I could at home in the North without feeling hurt by it." The reason is that the vitalizing sunshine enables the body to tolerate a large amount of nicotine, so the smoker has his choice to smoke twice as much or live twice as long.

When the merits of Florida's climate as a means of combating old age come to be known and appreciated, millions of wealthy Americans who have retired from their business or professional activities will find in the pellucid atmosphere, health-promoting sunshine and tropical luxuriance of Florida, a refuge where the old man with the sickle may be held at bay far beyond the average longevity forecast.

I DO NOT KNOW OF ANOTHER PLACE IN ALL THE WORLD WHERE A PERSON PAST MIDDLE LIFE WHO WANTS TO PROLONG HIS EXISTENCE TO THE UTMOST LIMIT CAN ENJOY SO FAVORABLE AN OPPORTUNITY FOR ATTAINING HIS GOAL. FLORIDA IS DESTINED TO BECOME THE MOST POPULAR WINTER RESORT IN THE WORLD WHEN ITS MERITS ARE FULLY UNDERSTOOD. I received a few days ago a telephone call from London from a wealthy Englishman who will be bringing his family here shortly instead of going to Monte Carlo, where for many years his winters have been spent.

There are already in this State thousands of persons who have been rescued from the torturing clutches of rheumatism, who have found relief from high blood pressure, who have been cured of lung tuberculosis, or joint tuberculosis, and who have found renewed youth and vigor through the healing virtues of Florida air and Sunshine. The actual facts in relation to all these individual experiences could be collected and validated and scattered broadcast as proofs of what Florida climate can do.

Laws should be passed requiring every hotel, apartment house, hospital, asylum and every college or school house to be provided with facilities for



sun bathing and out-of-door exercise. Physical perfection contests in schools and at county fairs should create at least as great an interest in the development of superior boys and girls and splendid men and women as in the production of fine horses, cattle, pigs and chickens. By the proper effort, the whole State might be raised to a high pitch of enthusiasm to make the people of Florida the healthiest and the longest lived people in the world. Carefully garnered statistics would soon produce indubitable evidence of a gain in this direction, and such testimony in support of the claims made for Florida would be unimpeachable. If the people of this region will join in a great health boom, it will put Florida on the map as the health center of the world, which it may be and will be if its great health possibilities are utilized and properly exploited.

### SUNLIGHT Dr. Charles Northern

Man's experience first taught him that sunlight was the most essential force in life--the origin and support of all life. Science teaches us how and why this is true, and we begin to know that directly or through other agencies  
SUNLIGHT IS LIFE.

Through these studies we find that to live we must depend on sunlight and its product; SO IN SELECTING A PLACE TO LIVE ONE SHOULD CONSIDER THAT ENVIRONMENT WHICH CONTRIBUTES MOST TO MENTAL AND PHYSICAL COMFORT. Then he should consider the importance of finding a location where sunlight is most abundant and where the rays of light reach the earth in the most direct way, because on the distance traveled by the rays of light depends their value as life-givers. The combination suggested here creates the most tolerable living conditions.

Florida, because of the things enumerated, has the best combination of these features. It is undertaken here to tell with authority why every ailment known is due to lack of these fundamental factors in life, to correct illness, restore and prolong life, and get the best combination of these livable conditions. THESE ESSENTIALS MUST BE PROVIDED.

The effect of sunlight on climate is thermal and chemical. They regulate life processes, furnish energy and electrochemical force entering into life and its environment. IN FLORIDA THE SUNLIGHT IS RICHER IN ULTRA-VIOLET RAYS BECAUSE OF THE LOCATION OF THE STATE RELATIVE TO THE SUN. This is especially true in winter when these chemical rays are most needed. In Florida the amount of these rays is increased and their effects are enhanced by reflective media such as humidity, water surfaces and green foliage. THEY ARE MORE ACTIVE BECAUSE THE ATMOSPHERE IS FREE FROM DUST AND SMOKE.

It is possible in Florida to be more continuously under the influence of these life-giving rays, as it is possible to be out in the open more hours per day by reason of the mildness of the climate. Further north it is necessary to be indoors more of the time because of the cold and the benefits are more limited because the sunlight is poorer in violet rays.



In Florida expensive buildings are unnecessary. Everywhere sunshine is abundant; beautiful flowers and foliage all winter create an inviting environment and while enjoying the visible creations of nature one can absorb the invisible rays of light in greater abundance than in any other place having all the advantages combined.

These ultra-violet rays have bacterial properties which add to their value as protectors against infectious diseases. COLD SAPS VITALITY, LOWERS RESISTANCE, DESTROYS ENERGY, AND FOSTERS DISEASE. THE ILL ARE ALWAYS SHORT OF ENERGY IN THE BODY, AND SUNLIGHT IS THE ONLY SOURCE FROM WHICH TO REBUILD BODY ENERGY.....FLORIDA IS NEARER THE SUN AT ALL TIMES THAN ANY OTHER PART OF THE UNITED STATES.

.....Nature has given to calcium a dominant role in all physiological processes, but calcium is the most timid of all the chemical elements. It will not force its way. THE ONLY WAY WE KNOW TO PERSUADE CALCIUM TO ENTER INTO LIFE STRUCTURES IS BY THE INFLUENCE OF THE ULTRA VIOLET RAYS OF LIGHT. THE DISTANCES ULTRA-VIOLET RAYS OF LIGHT HAVE TO TRAVEL, THE CLARITY OF THE ATMOSPHERE; DETERMINE, THE RICHNESS OF THESE RAYS WHEN THEY REACH THE EARTH.

Florida being always nearer to the sun than any other part of the United States, and having a solar marine atmosphere which is free from dust and smoke, she receives the ultra-violet rays of light in large proportion and with more energy than any other section of the country. Coupled with the fact that Florida soils have an abundance of calcium and phosphorus, the appropriation by the body of these elements is bound to be greater than in any other part of the country.

#### HUMIDITY IN FLORIDA Dr. Charles Northern

Humidity like climate, is a rather vague term and does not carry the same meaning to everyone.

What is often called humidity and that quality in atmosphere which is so objectionable under this classification is static, moist air due to barometric influence. Florida has very few such days owing to the fact that her climate is solar and marine; also to the prevalence of Gulf and ocean breezes and her general topography. Moisture usually prevalent in Florida atmosphere is not what is generally termed humidity, but is REALLY ATOMIZED SEA WATER, as explained later.

This so called humidity is one of Florida's greatest assets in health building; and as scientific research reveals more of the facts relative to this particular atmosphere, it will be more appreciated. It is another one of the valuable cooperative influences which nature has given to Florida.

Florida's humidity, like many of her other features, is unique and unusual in that it is largely composed of atomized sea water. Sea water contains practically all the known mineral elements so that the atomized sea water brought



by the breezes from the ocean surfs contains these mineral salts and they are deposited on the surface of Florida's land area, thereby improving the soils chemistry and enhancing the food value of crops grown on these soils. As shown by E. Hiltner and M. Kronberger, eminent German chemists and N. O. Johnson, F. G. Kraus, C. A. Saher, R. A. Goff, plants absorb mineral elements and plant foods from the air through their foliage and structures.

#### EFFECTS ON THE BODY

The character of these mineral salts and combinations are such that they will be absorbed by the mucous membranes lining the air passages of animals and man. The beneficial effects on the organism are considerable.

There is a certain amount of electrolytic action produced by these combinations and the atmospheric elements, and the action of the sun's rays effect changes which make these atoms of sea water somewhat akin to vitamins in their effect. Body cells are favorably stimulated by these mineral elements, and the electric charge is sufficient to influence cell activity.

#### HEALTHY CHILDREN

For children, Florida is a dreamland come true. Sturdy, healthy, tanned --they romp all winter thru golden hours of Health Building ultra-violet Sunshine and the purest air. Such children grow into hardy, vigorous people. Their health is not broken and ruined while they are little.

Living in warm, pure air, bathed in ultra-violet Sunshine, eating fresh fruits and vegetables right from garden and grove, free from poisonous sprays, weak and sickly children and adults rapidly grow stronger.

Life in Wonderful Florida is truly worth living. It is more pleasant than in any other state of the Nation. As you read thru this booklet, you have had a glimpse of the vivacious, sparkling, healthy life, the carefree out-of-doors activities, and the marvellous economic advantages of the Finest Climate to be found anywhere in the United States.

This booklet paints the picture of the best and healthiest state in the Union. But the picture is incomplete if you have not realized that all of this can be yours at much less expense than your present living in the land of sizzling summers, withering winters, poisoned air, and poisoned food.

#### RAINFALL

California. -- The 1936 Book of Facts about Riverisde, in the center of the Orange Empire of California, says:

"Rainfall.--Mean annual, 10.89 inches. In 1934-35, 11.36 inches. First rain usually comes in October and last in May. Average number of rainy and foggy days during which sun does not appear, 3 per year. For 53 years the average rainfall per months was as follows:



January	2.21 inches	July	0.02 inches
February	2.05 inches	August	0.15 inches
March	2.04 inches	September	0.20 inches
April	0.81 inches	October	0.58 inches
May	0.42 inches	November	0.75 inches
June	0.02 inches	December	1.64 inches

I have no desire to live in a land that has little or no rain during the three hottest months of the year. That is the time when rain is mostly needed, to cool the air, the vegetation and the land. The dry summers of the California Orange Empire explain the high summer temperatures there, with 213 days in "which the mercury went above the 100-mark" during "the 10-year period ending December 31, 1932" (Ibid).

Such a dry climate makes irrigation imperative for gardens and groves; but that is a subject which the "1936 Book of Facts" would like to forget. All it says is:

"Irrigation water, provided by various mutual water companies at costs ranging from \$5 to \$15 per acre".

The matter of moisture for growing fruits and vegetables is so important that we shall again refer to the subject of irrigation.

Texas.-- Lower Rio Grande Valley: In the matter of rainfall, the Valley is a little better place than the California Orange Empire. From the Weather Bureau at Houston we received the following report:

Month	Precipitation, Mission, Texas	
	1934	1935
January	3.25 inches	0.52 inches
February	0.31 inches	1.01 inches
March	0.32 inches	0.16 inches
April	0.45 inches	0.88 inches
May	0.80 inches	4.19 inches
June	0.34 inches	3.59 inches
July	6.13 inches	1.18 inches
August	0.52 inches	0.16 inches
September	1.86 inches	9.47 inches
October	0.75 inches	0.25 inches
November	0.20 inches	1.13 inches
December	1.32 inches	1.45 inches
Total	16.25 inches	23.99 inches

This annual rainfall is insufficient for gardens and groves, making irrigation necessary. The water for that purpose is "pumped from the Rio Grande and distributed through extensive irrigation systems", says the report that we have. Nothing is said as to the cost of irrigation to the growers.

Florida.--While the Orange Empire of California has a mean annual rainfall of 10.89 inches, or enough to make about five good showers in a year,



and the Orange Empire of Texas has an annual rainfall of 16 to 24 inches, Florida has an abundant rainfall of 50 inches or more a year. The following table shows the rainfall of Florida by months for the years 1933-4-5. --

	1933	1934	1935
January	4.03	0.11	0.79
February	1.67	1.71	0.94
March	5.46	2.30	3.23
April	4.65	0.62	8.97
May	0.55	0.47	3.77
June	11.07	4.34	4.06
July	7.53	9.03	6.83
August	5.05	5.71	10.31
September	6.56	4.13	2.55
October	1.12	3.89	1.93
November	3.23	0.68	1.62
December	0.20	0.36	7.96

The report for 1933 shows rainfall at Miami as follows:

January	0.57 inches	July	7.64 inches
February	2.54 inches	August	12.52 inches
March	1.69 inches	September	5.03 inches
April	4.71 inches	October	15.78 inches
May	4.67 inches	November	0.90 inches
June	9.39 inches	December	0.91 inches

The report for 1933 shows rainfall at Orlando as follows:

January	2.17 inches	July	5.46 inches
February	3.58 inches	August	9.18 inches
March	2.54 inches	September	14.10 inches
April	4.33 inches	October	3.94 inches
May	2.41 inches	November	1.72 inches
June	8.20 inches	December	0.41 inches

June, July and August are the hot months of the year. This season is made worse if there is a scarcity of rain to cool the air, the land and the vegetation.

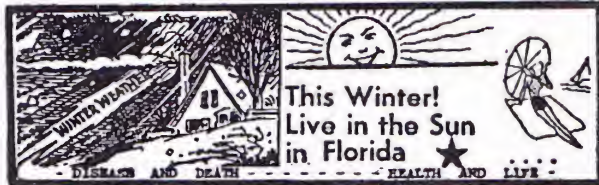
Weather reports show that at this time of the year the California orange region receives less than one-quarter of an inch of rain; that the orange region of Texas receives about 5 or 6 inches of rain some seasons during this hot period; and that Florida receives approximately 20 inches during the scorching months of June, July and August.

The rainfall in Florida during these three hot months is more, in some instances, than the entire annual rainfall of the orange region of Texas, and double the entire annual rainfall of the California orange region. That fact itself puts Florida ahead of these other places.



# MAN'S HOME

## RIGHT LIVING      WRONG LIVING



Prof. Isaac Newton Vail writes:-- "The warm greenhouse climate of the Edenic world is boldly set forth by the writer of Genesis.

"There is a warm climate; for man dwelt naked upon the earth (Gen. 2:25). There was a paradise--a garden in which grew all manner of trees.

"No feature of the Adamite period is more strongly painted and emphasized than the warm climate of the Edenic world. Another thing, set forth in language too plain to be misconstrued, is the great longevity of man in antediluvian times. He lived to be 800 and 900 years old. His environment simply impelled long life"

Man's dwelling naked in his Eden clime says in plain language that there was no alternative of summer and winter. His great longevity is impeachable evidence in favor of the clime.





This eternal summer, it must be seen, is necessary to make complete the harmony of the ancient historian's account (Earth's Annular System, 1912, p. 94).

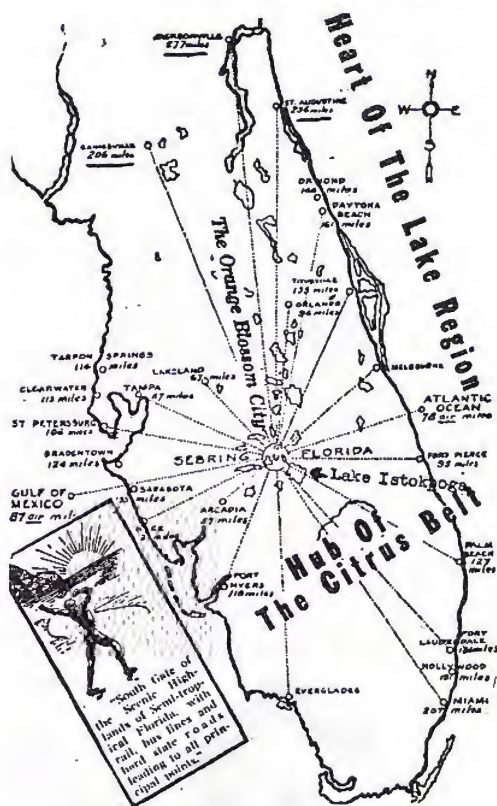
The degenerative effect of the Climate of the cold zone, and the economic struggle caused by the hostile climate of that zone, have produced such a deteriorative effect on the economic slaves of that zone, that the condition is viewed with alarm by science.

In 1892, S. A. Strahan, in his remarkable address before the British Association for the Advancement of Science, said:--

"Of course, all the deteriorating influences of modern civilized life (in the cold zone) tend toward the decrease of vital energy, and to the degeneration of the race.

"It is now admitted on all hands, that the poor toilers in our great centers (in the cold zone) deteriorate with each generation, and, if not revitalized by fresh blood (from more healthful regions) become extinct in three or four generations" (Natural Food of Man, by Dr. Emmet Densmore, p. 380).

## EMPIRE OF THE SUN



Why is Florida destined to rise to greater heights than any other State of this Nation? Because --

"She has the same isothermal zone as did ancient Thebes and Luxor when they flourished in the valley of the mystic Nile;

"The same as that of Babylonia the magnificent, with her hanging gardens on the banks of the Euphrates, when she ruled a continent;

"The same as that of Jerusalem, the holy city of Palestine, with its fabulous wealth and templed shrines when Solomon reigned in all his glory;

"The same as that of Athens when she was the intellectual capital of the world and crowned with architectural splendor the hills of classic Greece;

"The same as that of Carthage when she disputed the sovereignty of the world with imperial Rome;

"The same as that of Naples,



nestling between Mt. Vesuvius, topped with Delphic flames, and her beautiful bay of which the poet said:

"With dreamful eyes my spirit lies  
Beneath the walls of paradise".

"Florida, where millions of fruit trees are bowed with golden globes and ruddy moons and grape vines stagger with their own purple clusters; where gardens furnish the tables of a Nation with bounties of fresh food when frost locks the northern soils in ice.

"Florida, where palmtrees bend to the ocean breeze and inland jungles show the same 'primeval forests with flowing beards and druids of old' the same as they did when DeLeon and DeSoto penetrated them in the vain pursuit of gold and of the fabled fountain of youth...

"Florida, 'the sun-parlor of a continent', 'the play-ground of the world', 'the empire of the sun', 'the tourists' bivouac', 'the sportsman's paradise', 'the birthplace of the nation', 'the citizen's choice of all lands'".

The foregoing quoted statements appear as the work of T. J. Brooks, Assistant Commissioner of Agriculture, State of Florida, p.63, book entitled Florida.

#### FOR LONGER LIFE--FLORIDA

Several years ago, Dr. John Harvey Kellogg, noted health authority of Battle Creek, in a widely published statement, set forth that to one wishing to live 100 years or more, Florida offered more advantages than any other state.

In view of the renewed interest in Florida throughout the country, it is interesting and valuable to print again, in condensed form, the 10 reasons Dr. Kellogg gave for his statement.

1. Half of our diseases are house maladies, produced by lack of contact with the sun and out-of-door air. Continuous out-of-door living day and night is easily possible in Florida.

2. A great variety of wholesome fruits and vegetables are available at all seasons and make it easy and delightful to follow in Florida a biologic regimen, difficult or impossible in a less favored climate.

3. The gravest menace to persons past 50 years is degeneration or hardening of the blood vessels. Intense sunshine is the most powerful of all means of combating diseases of the arteries. Sunshine, plentiful in Florida, eliminates danger of apoplexy and means the addition of many years to a useful life.

4. Sunshine and out-of-door living are the most effective means of combating tuberculosis, rheumatism, and other chronic constitutional maladies.

5. A man who lives in a cold northern climate consumes a large part of his energy keeping warm. A mild, genial climate is conducive to longevity because the vital energy is conserved.

6. Persons living in a mild climate have a lower metabolism rate, that is the bodily machinery is slowed down, not enough to lessen efficiency, but enough to lessen wear and tear.



7. A warm climate encourages activity of the skin and in consequence free water drinking. This secures thorough washing of the body and keeps the blood free from impurities. Citrus fruits laden with vitamins and blood-building salts supply liquid nourishments of the choicest and purest sort. The world affords no better means of satisfying thirst and promoting elimination by the skin and kidneys than Florida orange juice.

8. The combination of sunny days with cool nights is most fortunate and gives to Florida the distinct advantage over warm regions which are less favorably situated. From whichever direction the wind comes, it sweeps clear across the state, so that sunstroke is practically unknown, thus preventing the depressing and devitalizing effects of continuous heat.

9. The hospitable climate of Florida renders the necessities of life so easily and inexpensively available that one of the chief causes of worry for many people disappears, thus eliminating one of the most common and active causes of premature breakdown and shortened life.

10. There is no place in America and probably no place in the world safer for a person who is advanced in years. Pneumonia carries off thousands of elderly people each winter. These succumb, not to the cold air, but to unwholesome indoor conditions which cold air imposes upon persons of sedentary vocation. In Florida, no matter how aged, persons may to hope to escape the pneumonia germs which are imminent in the North, wherever human beings congregate in badly ventilated places.

Dr. Kellogg's "10 points" constitute a chart of authoritative medical opinion which cannot be too strongly stressed in behalf of Florida. He makes no statement that cannot be readily proved. Here is a "prescription" which is offered free to all mankind. To live longer, live in Florida. -- Editorial, Tampa Tribune, Feb. 13, 1939.

#### WHY HESITATE

Are you suffering from pains, from ill health, and paying out money for doctors and drugs, without permanent relief?

How can doctors and drugs give you what they have not? Who ever said that vigorous health comes from doctors and drugs?

Is this priceless treasure of Vigorous Health not the reward of God, bestowed upon his children for living in harmony with His laws?

Learn your health lesson from the Wai Wai Indians of tropical Brazil. There learn the truth that Man is a Tropical Being, and is blessed with vigorous health when he obeys the Law of Life by which he is governed.

The Wai Wai Indians live in a "tropical fairyland", says the press, and they "are free of all modern-day ills", continues the account.

Here is an example that proves the soundness of our Health Philosophy. It proves the words of the Sacred Scribe, who wrote that man dwelt naked in his Eden clime, and was not uncomfortable.



Why think that you can violate God's Fundamental Law and not suffer the consequences? Why continue to live in the Zone of Hibernation when you are made to live in the Zone of Life?

Are you bound down with economic problems to such extent that you cannot leave the land of ice and snow? Very well; that does not change the Fundamental Law of God. Neither can you escape the consequences by seeking doctors.

Peruse again the "ten points" listed above, which "constitute a chart of authoritative medical opinion that cannot be too strongly stressed".

"To one wishing to live 100 years or more, Florida offers more advantages than any other state" because Florida is the most southern state in the Nation.

In the matter of Climate, south Florida belongs to the Tropics. It is different from any other part of the United States. It abounds with tropical plants. It is so different from the rest of the Nation that a person in the North who has never visited it, refuses to believe what he is told about it.

South Florida is the most healthful region of the United States because it is the only tropical portion. Those who live in south Florida may live in harmony with God's Fundamental Law, which makes Man a Tropical Being.

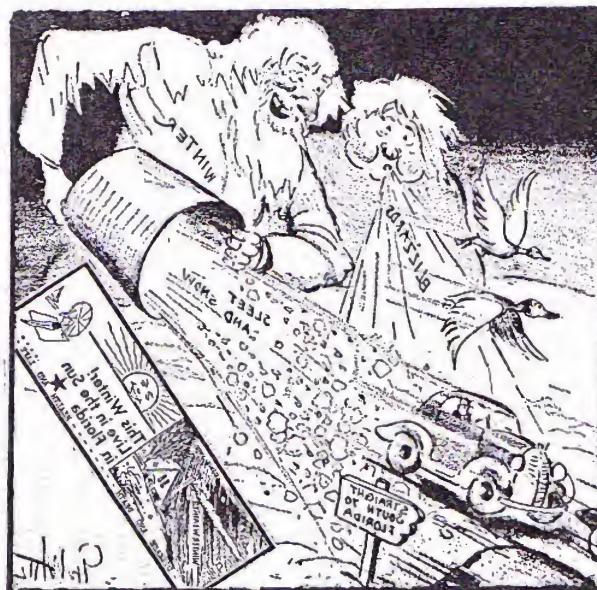
That is the Highway to Vigorous Health. Believe nothing to the contrary. Behold the Wai Wai Indians. They live in "a tropical fairyland", and they "are free of all modern-day ills".

If you live in the same kind of a climate and obey the rules of health, you can also be free of all modern-day ills.

#### MAN'S NATIVE HOME

For more than sixty years we have studied the Law of Physical Immortality formulated by Spencer, and for forty years we have taught in our writings that the primal requirement of good health, long life and economic freedom is an environment simulating that in which man made his advent upon the earth. We have shown that:--

1. In that region of the earth where Man first appeared and was appointed to live, ample provisions for his health and economic needs were provided by Creation.





2. Out of that favorable location the four major economic problems are food, fuel, shelter and clothing. To procure these necessities in a land of sizzling summers, withering winters and polluted air, Man spends his dreary days in slavish toil that helps to send him to an early grave, while suffering many miseries before death ends it all.

3. By discovering and returning to his Native Home, Man is able, at one stroke, to sweep away the depressing economic problems of the day, and to secure a state of health that would add years to his life and life to his years.

"Man, as an animal, is unclothed and possessed of a delicate skin. All naked land-animals are natives of warm countries; and, indeed, they must be to endure ordinary climatic vicissitudes. Man, similarly, it may confidently be argued, made his advent in a region where the elements did not oppose his coming. Primitively, he was a tropical animal, and only wandered into colder zones as he had learned to protect himself by artificial coverings" (Prof. Alexander Winchell, in Preadamites, 1880).

It was the favorable condition of that region of the earth where man came into existence that caused him to appear; and this scientific fact caused Col. James Churchward to call the Condition of the Earth the Parent of Creation. He wrote:

"Under the great law of Creation, there must first come a condition (of the earth) and, with it (there comes) a suitable life (organism) to live in it. ...The Condition is the Parent of the Creation" (Lost Continent of Mu, 1931, p. 328).

As the Condition of the earth is the governing factor in the matter of the advent of man, it logically follows that the Condition of the earth is the governing factor in the duration of the organism. But other factors are also involved, such as the treatment the body is given. Bad habits and poisonous substances damage the organism as much in one region of the earth as in another. Good climate has its advantages, but it can not offset the damages that drinking, smoking, gluttony and other bad habits do to the body.

#### THE TERRIBLE TORRID ZONE

When Prof. Hotema was a boy attending school seventy-five years ago, the books taught that the Glorious Tropics, the Natural Home of Man, was the Torrid Zone, a region of the earth fit only for dumb natives and dangerous alligators, and happy was Hotema to think he did not live in that horrible hole.

Then in 1898 came the Spanish-American War which brought on the Insurrection in the tropical Philippines, and Hotema enlisted in the U. S. Vol. Army and was shipped to that region, where his experience in that glorious land opened his eyes, shocking him to discover how deceptive were the books about the condition of the terrible Torrid Zone.

In a region where the temperature never drops below 62 nor goes above 99, according to the U. S. Weather Bureau report covering the temperature



range for forty years in the area where Hotema was, no one ever died of the heat or the cold.

### THE TREACHEROUS CLIMATE

Go back and review the climatic conditions of the Temperate Zone and compare them with those of the Torrid Zone. Consider cold weather down to 70 degrees below zero, and burning hot weather up to 115 and 120 above zero in the shade, a variation in temperature in one year of 190 degrees.

Now consider what a strain that alone is on the human body that must maintain its temperature at a constant level or the body suffers. That one factor is sufficient to ruin one's health and produce the decrepit condition called Old Age.

According to a report of the National Institute of Health of the U. S. Public Health Service, "on an average winter day (in the cold zone) a total of 6,000,000 men, women and children are unable to work, attend school, or pursue other usual activities on account of illness."

The climate of the Temperate Zone is the most treacherous on earth. It appears as a trap, set to catch the uninformed. Baited with a season of agreeable weather, it entices humanity into its folds, then it blights their lives forever, and sends them to early graves with its bitter blizzards.

Directly and indirectly, it has killed millions in this nation in the last century. It fills the region where it reigns with suffering, misery, want, poverty, despair and death. It forces people to sell their lives in Economic Slavery to provide (1) Food, (2) Shelter, (3) Clothing and (4) Fuel, which are insignificant problems in a tropical land of eternal spring, but so necessary to protect people from the killing cold in the land of ice and snow, that it has developed the worst system of profit and greed in human history.

The Economic Burden in the land of ice and snow holds the masses in Economic Slavery, and stands between them and the vigorous health and long life they so dearly crave.

A scientific principle is concealed in the fact that in the Bible no part of the Adamite period is more strongly emphasized than the Warm Climate of the Edenic World.

A cold climate is hostile to humanity. In the winter of 1935-36 more than 500 persons were directly killed in this country by blizzards, while hundreds were killed indirectly by derangements of the body due to the cold.

On Feb. 21, 1936, the small town of Cochocton, Ohio, had 1500 ill with flu, a winter disorder, and all public schools there were closed. On March 31, 1937, one-fifth of Milwaukee's population was ill with flu. The death-rate in the cold zone reaches its highest peak in March, and falls to its lowest level in Sept. There is the evidence of the killing powers of a cold climate.



The land of ice and snow is the region of ruined health, early graves, and economic slavery. The record of history proves it.

### ANCIENT MASTERS

The work left us by the Ancient Masters is the wonder of the modern world. On it is based our religion and civilization. They were exceptionally wise in all things. They lived in tropical and subtropical regions, subsisted on uncooked, unseasoned products of their groves and vineyards, which require little labor and produce for years when once planted.

These Masters were not economic slaves, with noses on the grindstone. They enjoyed economic freedom and employed their glorious days in the development of their Mind, and not in slavish toil to support their body.

That is the basic secret of their marvelous accomplishments, which amaze modern students. Their mode of living was based on the Science of Natural Economics and they enjoyed economic freedom.

Here is the path to economic freedom and the higher life. Here is Creation's orderly solution of all economic worries.

A productive grove, vineyard and garden on a couple acres of tropical or subtropical land liberate the owner from economic slavery. He is then the Master of his Destiny, with time to pursue the Path of Knowledge and develop his higher qualities by the improvement of his body and mind and by learning the mysteries of Life unknown to the economic slave in the land of ice and snow.

### COCONUT PARADISE

Thirty-five years ago Prof. Hilton Hotema wrote for publication articles describing the economic freedom of the tropical natives, one of these being read by Walter Robb, employed as Special Correspondent by the Chicago Daily News.

Being deeply impressed by the story, Robb drew his savings from the bank, \$500., got "tourist" passage to Manila, landing there in 1932 with \$300., a third of which he spent tramping about town, looking for a job as clerk or salesman.

Then he suddenly realized what the Philippines were made for, which means he left Manila and went to the country, to Legaspi, on the Pacific coast of southern Luzon, and for \$150. bought 5 acres of land--an estate he named Coconut Paradise.

He did no work, save what he liked to do. There were two tenant families of natives on his place, and two swarms of native children, that did the regular work. Coconut Paradise had 3 small hills; Robb's little house was on one, and the tenants' houses were on the others.



His coconut trees produced constantly at the rate of 3000 nuts a year, bringing him more money than required for his expenses, and he banked the balance. His expenses are very small, as he lives out of his garden which produces his food the year round, and in that warm region, the cost of clothing amounts to little.

The ocean beach at Legaspi is wonderful--swimming, sailing--"luxuries I could not afford in Chicago", he wrote.

He retires at 9, up at 5, living the healthful life, resuming his university work on sciences and philosophy. On his land grow all kinds of citrus trees, mango, guava, avocado, which keeps his table flooded with fruits. The jungles beyond his paradise abound in flowers and fruits.

In 1935 he wrote Hotema, as follows: "You are about the only man in the temperate zone who has a clear picture of how man should live. The articles you write are what the masses need. You are doing wonderful work for your readers by showing them the road to health and economic freedom. So keep pounding away, for you are shooting straight, and by heck some day your readers will worship you for what you are doing for them".

Dr. H. W. Miller, M.D., wrote a book titled "The Way To Health", in which he said: "In the Philippine Islands today, and in the Orient where people live on a very limited and quite natural dietary, there are many who are from 100 to 150 years of age".

Hotema, as a soldier in the U. S. Volunteer Army, was in the Philippines during the years 1899-1901, battling with the Insurgents, and was at Legaspi in March, 1900, and knows what a beautiful region that is. He has a report from the U. S. Weather Bureau covering the Legaspi area for a period of 50 years. This report shows the highest temperature recorded in all that time to be 99, and the lowest 62, an extreme range of only 37 degrees in half a century. Ordinarily the high temperature runs between 85 and 90, and the low between 68 and 74.

Compare Robb's life of pleasure and economic freedom in his Coconut Paradise with the common life of the economic slave in the land of ice and snow, where many die of the cold every winter. Five acres of productive land in the tropics will support a large family, as the land produces constantly all the year, and the perpetual spring-time weather reduces the economic problem to its lowest level.

A bearing coconut tree produces about 365 coconuts a year, and one coconut a day will supply sufficient food for the man who eats.

The coconut is richer than any other nut in an excellent oil that is superior to even olive oil.

While the coconut is fairly rich in carbohydrates, it is practically free of the starches of the grains and cereals which do so much damage to the body. It contains a great deal of the finest kind of sugar, as well as a large amount of hydrocarbons.



The water of the coconut is rich in minerals and is a good substitute for mother's milk, and far better for the child than cow's milk.

Our brigade headquarters in 1900 were located at Nueva Caceres, capital city of Camarines Sur, Southern Luzon, some 65 miles northwest of Legaspi, and in February and March, 1900, we hiked over every mile of the road between those two cities, fighting the retreating insurgents most of the way. One day they ambushed us five times on that road, and each time we surrounded their trenches and killed and captured all that were not able to escape into the brush.

When we took Nueva Caceres from the Insurgents on Feb. 22, 1900, it had a population of about 5,000 people. The city now has a population of more than 100,000.

The reader may not know that the Philippines are now the third largest English-speaking nation in the world. The people are well Americanized, many Americans now live there, and the system of government is almost an exact copy of that of the U.S.A.

We can highly recommend that area to those who may be interested in living in the glorious tropics. The particular spot which we learned to like very much, is the San Jose area, in the Lagonoy district, some 35 miles east of Naga (Nueva Caceres).

We garrisoned the San Jose area from June 27, to December 27, 1900; and at Sabang, four miles east of San Jose, there is a very beautiful ocean beach on the Gulf of Lagonoy.

Ships from Manila bringing our troops supplies, docked at Sabang, and a detachment of 20 soldiers was kept there as guard. We were one of them from Oct. 20 to Dec. 22, 1900, and know what a beautiful spot that is. We took a daily swim in the gulf, and at low tide we walked along the clean, sandy beach and picked up beautiful sea-shells of many kinds that were washed in by the flowing tide.

San Jose is now a pretty town of 15,000 people, and Salvacion R. Valer was the Mayor in 1960. Those who desire more data on that area should write him, addressing the letter to Hon. Salvacion R. Valer, Office of Mayor, San Jose, Camarines Sur, Southern Luzon, Philippines. Save weeks by using air-mail, and it would be well to enclose a dollar bill with the letter and request an air-mail reply.

An ocean beach home at Sabang would be a paradise for any one who loves the natural life. The temperature of the ocean there remains the same the year around, and is just as warm in January as in July.

As you stand there on the land projecting into the Gulf of Lagonoy, looking east, you gaze out over the ocean, to the right is level land bordering the gulf, to the left is a stream, the Lagonoy river, which skirts the Lagonoy mountains, and back of you to the west is level land and the road to San Jose, 4 miles distant.



You do not know that sweetpotatoes, planted once in the tropics, live and produce forever. We camped one night close by a patch of them, and with our bayonets we tried to dig some for supper. We were amazed to find potatoes so big that we gave up that job, and went for a shovel. We then dug potatoes so large and long that a man could carry only four on his arms, like sticks of wood.

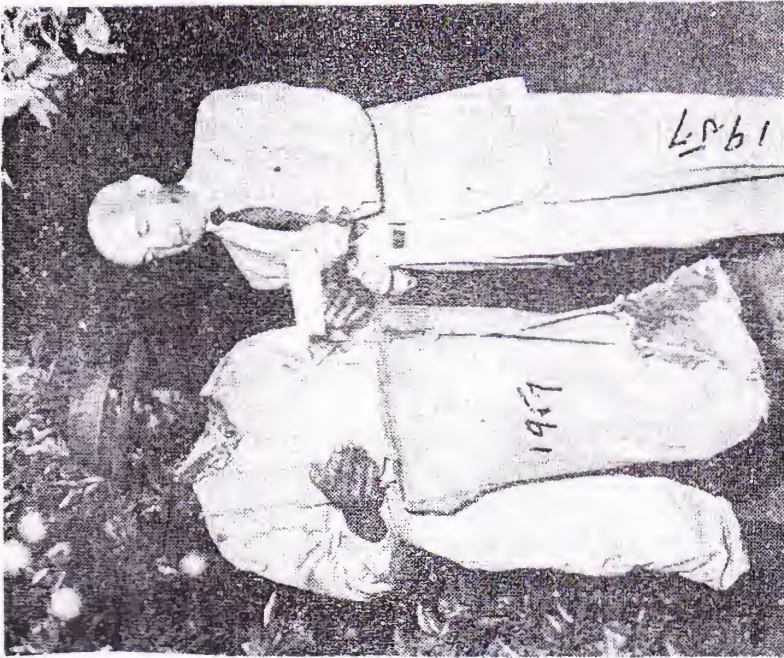
We asked an old native who watched us, how old the patch was. He said he didn't know, as it grew there like that when he was a boy, and that he had dug potatoes there all his life.

Pineapples planted once live and produce forever. Orange trees live and produce for 500 years. Economic freedom in the tropics, where man has time to study Creation and develop his brain and body.

It took the war with Spain to give us an opportunity to discover the wonders and glories of the tropics, called the Torrid Zone in the books seventy years ago to keep the economic slaves of the cold zone from flocking there.

Many of the U. S. Soldiers who went to the Philippines, found the climate and land so attractive that they stayed there and made it their home.





**OLDEST FLORIDIAN?** — Auburndale, Sept. 22.— Charlie Smith, African-born ex-slave who is 115 years old according to records, may be Florida's oldest resident. He's shown here last year getting his social security card.

Courtesy Tampa (Fla.) Tribune.

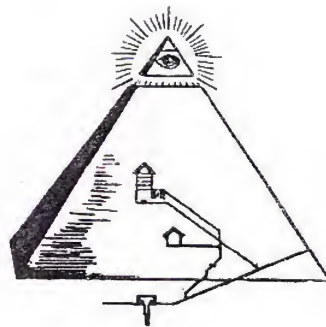


Charlie Smith has been picking oranges and grapefruit as long as he can remember. He does it because he likes it. **Courtesy Tampa (Fla.) Tribune**





Charlie Smith Picking Oranges - Courtesy of Tampa (Fla.) Tribune.





HE'S 119 YEARS OLD

The Sunday Tampa (Florida) Tribune of Sept. 24, 1961 said in a large headline, "HE'S 119 YEARS OLD" and that made us catch our breath.

And there was his picture--in fact, several of them, with the little shack where he lived--in Sunny Florida where people pick golden oranges in their shirt-sleeves when New York and Chicago are snow-bound.

Spencer's Law of Physical Immortality appears not to fail when followed. In a hospitable environment must we search to find the folks that live long.

We went back to our file and found another clipping of him. It had appeared in the same paper Sept. 23, 1956--just five years before. And there was his picture again, at work picking golden oranges in a Florida grove, and receiving his Social Security card from a government agent.

This account went into considerable detail about the man. He was 115 years old in 1956, and his birth-date had been fixed more than thirty years before, when he was 85. The account said:

"A copy of this (age) establishment is on file in the -----city hall. At the time of the establishment, there was no reason, such as resulting publicity, for his age to be exaggerated, as 85-year-old people are not that rare.

"Not that ----- looks anything like his age. He is still active and works a 72-hour week during the citrus (picking) season. He is an orange picker, and is in the grove from dawn to dusk in the picking season, clambering up and down ladders, often with 50 pounds or more of oranges in his picking sack (hung around his neck).

"It was in an orange grove that ----- first came to the attention of the U. S. Government. The foreman (of the picking crew) asked him for his Social Security card. He said that he had none. When they began to check into his record in order to secure a card, the officials found that he was 103 years old. . . . He is officially listed as the oldest person in the U. S. receiving Social Security checks."

This man was born in Africa July 4, 1842, according to the records. One morning in 1854, when he was 12 years old, he heard that a boat was at the dock, not far away, and asked his mother if he could go and see the boat. She said yes; he went, and he never saw his mother again.

When the boy reached the dock, he saw a gaily decorated ship and a group of his people being entertained by some men who were telling them about a great land across the sea, where "fritter trees" grew everywhere, and all one had to do was pull the pancakes off. Another tree near by had syrup leaves.



The Africans were fascinated and eagerly accepted the invitation "to come aboard and see the ship". The crowd milled around the vessel as different "pretties" were pointed out to them, and then they were led below decks for a look. When they came up on deck a short time later, they were shocked to see the ship was far from shore. The slave traders had another load to sell, and the slave markets in America would welcome the human cargo.

The ship arrived at a certain American port in the south, where the cargo of human beings was sold, and this lad was bought by a southern rancher. The new owner named the lad after himself, and the lad became a personal servant of the two children of the rancher. He lived in the house with the family and never lived with the other slaves.

The lad was 21 when Lincoln granted freedom to the slaves, but for him that meant little change. Before his owner died, the lad promised him that he would stay with the family until they "died or married". This he did, and he did not leave that home until the latter part of the 19th century.

Just before the Spanish-American War, our hero went to Florida, and began picking oranges for a living. After the government made his exceptional age public, he began getting offers for appearances.

Of him, the Tampa Tribune of Sept. 23, 1956, said:

"He is something of a tippler and likes night life. When he was being interviewed last summer, he had to move out a case or so of empty beer, whiskey and wine bottles to make room for the interviewer. He cut the session short as he had a date to go out in town with some men 90 years his junior."

The actual facts indicate that gluttony damages the body more than drinking or smoking, both of which the doctors condemn, and advise people to eat lots of "nourishing food" for health and vigor. These doctors have much yet to learn.

It is a matter of record that Drakenberg, a Dane, who lived 146 years, was more often drunk than sober. At the age of 111 he married a woman of 60.

Do not misunderstand us. Drinking damages the body and we oppose it. We are only reciting facts in the comparison of evil habits, one of which is eating as we have shown in Chapter No. 15.

It is said that our hero lives alone and does his own cooking--when he cooks. He shaves daily, bathes each day, climbs up and down steps, walks more than a mile to town every few days, and does all things an active man of 60 does. He said he "was married once and had only one child", a son who lives near him.

As to diet, our hero just eats what comes handy. He mentioned "bread and sausage". He says he never eats any fat and eats a cooked meal about once a month. He smokes cigarets while working, and more when he is not working.



He heard of a man in South America who is reputed to be 167, and says he will equal that age, if not surpass it.

He got off to a good start in life by having sturdy parents, in tropical Africa, with all the natural resources that promote health and prolong life. His habit of drinking and smoking are damaging to the body, yet present the paradox of helping the body by lessening the desire for food, a condition regarded by doctors as dangerous, causing them to urge people to whip up a failing appetite with something.

This man is 119 years old, never was sick, never took any "medicine", was never vaccinated nor inoculated, knows nothing about health rules, never heard of balanced diet, food combinations, mineral salts, vitamins, calories. He smokes and drinks and yet has the vitality of a man of 60. According to the theories of the health experts, he should have died before reaching 50.

There stands out in his life one big factor that is never noticed by these health experts--Climate. His life-experience proves that a favorable Climate means more to the welfare of the body than all the health rules taught by the health experts; whereas, they claim that Climate means little if their teachings are observed. Now we have the evidence to prove they are wrong.

We have said more in another place about eating, drinking, and smoking, showing that it is possible for drinkers and smokers to live long because it lessens the appetite for food, a fact which indicates that food is not the great factor in man's life that people and doctors think it is.

There is little in the story of this old man to benefit any one searching for ways and means to live healthy and long. These old people know nothing about the basic factors that promote health and prolong life. They just happen to follow a good course of living without knowing it.

Who knows much about the laws of Creation that promote health and prolong life? Not the writers of books on these subjects. Most of them die rather early. And so, what they write is of little value.

He who is competent to write on the subject is he who knows something about the laws of Creation that rule these conditions. What are these ruling conditions? They are (1) climate, (2) environment, and (3) habits. And there is not a school in this country that teaches anything relative to these things.

How would a teacher feel to appear before a body of people in the land of ice and snow, at the time when a blizzard was killing hundreds, and shout from the lectern that they live where they are not made to live? What kind of response would he get? He would be lucky if he were not arrested and thrown into prison. Where is the man of means who would supply funds to found a school to teach the people the Great Way of Life? And where could a competent teacher be found?

This is a private, individual matter; and for the first time in any historical period when, it is said there is freedom of speech, it is comparatively safe for the publication of this guiding knowledge relating to the law of Creation.



BUILDING THE BODY

If we turn to science to learn anything relating to Man, we meet only darkness. The great scientists and the great doctors admit they know little about Man.

No scientists in modern times ever made a deeper study of Man than Dr. Alexis Carrel. After more than thirty years of labor, he published in 1935 a book telling what he had found. He titled the book "Man The Unknown" thus telling in the title the substance of his findings.

He said: "How naive our speculations. Our knowledge of the human body is, in truth, most rudimentary. It is impossible, for the present, to grasp its constitution. ...An endocrinologist, a psychoanalyst, a biological chemist, are all equally ignorant of man. ...Most of the great problems (related to man) remain unsolved".

This same science that knows practically nothing about man and admits it, has not the slightest doubt that he eats food to nourish and sustain his body, and that this food is the source of his strength and energy.

We will examine this question in a systematic manner, and show the reader how the body develops, so that he may see what part food plays in that development.

All authorities agree that the body and all its organs and parts are composed of cells which come from the Parent Cell by a process of cell division and subdivision.

No one claims the Parent Cell is the product of food. No one claims that the cells of the entire body are the product of food. For the cells are all produced by a process of cell division, and not by food.

All authorities agree that body growth and development are the result of cell division and subdivision. Then, what part does food play? and where and when does its performance begin?

Recent discoveries in the realm of atoms have exploded many theories of science, and more explosions keep coming.

All authorities agree that the body cells are composed of atoms, and the atom is a constellation of electrons, a colossal reservoir of terrific power, none of which comes from food.

The atom is found to be a miniature solar system, with planets (electrons and protons) circulating within the infinitesimal space, around a common center of attraction, at a speed of 10,000 to 90,000 miles a second. It would require 340,000 barrels of powder to give a bullet the speed with which some electrons dart in and out of their groups.



A gramme of hydrogen (a tiny portion of the simplest gas) contains enough power to lift a million tons more than a hundred yards.

In the cortex of man's brain there are, on the lowest computation, at least 600 million billions of these arsenals of power. What need for food does such a brain have?

The microscope reveals innumerable animacules in the hundredth part of a drop of water, --a tiny world filled with living animals.

The composition of the electron determines the composition of the cells of which the body is constituted. Dr. H. H. Sheldon, University of New York, said:

"Electrons, long regarded as the ultimate substance of which all matter is formed, have now been shown to have a reality only as a wave form, and an atom consists of a bundle of such waves."

The body of man begins as an invisible speck of jelly-like substance, the fertilized egg, derivate of the parents' germ plasm. This substance resembles jelly only in its appearance and consistency. Common jelly is simple and homogeneous in composition. But this miniscule of matter is the most complex chemical mixture known to science.

Despite its smallness, the body cell is a highly complex organism. It does not in the least resemble the favorite abstraction of chemists, --a drop of gelatine surrounded by a semi-permeable membrane, as taught in the books.

And the substance called protoplasm is found neither in the cell's nucleus nor in its body. Protoplasm is a concept deprived of objective meaning, like so many terms used by science to hide ignorance. The term is just as empty as the concept anthropoplasm would be, if by such a concept one attempted to define the content of the human body.

There is nothing known to science that equals the cell for heterogeneity of contents and multiplicity of reactive possibilities. And out of the amazing intricacies and orderly processes of its atomic chemistry, there finally emerges the most mysterious organism known--the human body.

The psycho-bio-physiologio-pathological processes of the body are so baffling and mysterious, that science knows almost nothing more about them now, than it did five hundred years ago.

#### THE CELL

For the purpose of study, the cells of the body have now been filmed and magnified to such proportions, that, when thrown on the screen, one cell is larger than a man. Then all of its strange organs and parts are visible, and such a mystery. The mystery of Creation.



In the center of this tiny cell there floats a kind of ovoid, elastic-walled balloon, the nucleus, which appears to be full of inert, transparent jelly, in which are seen two nucleoli, which slowly and constantly change their shape, propelled by an unseen power.

Around the nucleus there is a great agitation of small particles. The movements, caused by an unseen power, are especially active around a cluster of vesicles, corresponding to the organ called the apparatus of Golgi.

The power that causes these movements is unknown. The Ancient Masters regarded it as the work of Astral Light. Leading physiologists regard it as the work of the force called electricity.

Small granules form a sort of whirlpool in the same area. Later, globules constantly zigzag thru the cell, gliding as far as the extremities of its mobile and transitory arms.

The most remarkable organs are the long filaments, the mitochondria, which resemble wiggling serpents or, in certain cells, short bacteria.

Under the influence of this unseen power, vesicles, granulations, globules, and filaments glide, dance, and undulate constantly in the free spaces of the tiny cell. That is the work of Astral Light.

While the mysterious constitution and animation of the living cell is disconcerting to science, its chemical composition is still more baffling. It is a complete mystery. And medical art endeavors to match that unknown chemistry with its crude drugs, vaccines and serums.

The simplicity attributed by chemists to the cell's constituent nucleoproteins is another serious error. In fact, the nuclear substance comprises the genes, those mysterious bodies of which we know nothing except that they are the hereditary tendencies of cells and of man.

While the genes are usually invisible, we know they dwell in the chromosomes, those elongated bodies seen in the clear fluid of the nucleus when the cell is going to divide. And just at that moment, the chromosomes automatically separate into two groups in a more or less distinct act, as if obeying a command of authority. That authority is Cosmic Intelligence, which knows all.

These groups then move away from each other as if obeying another command. At the same moment, the entire cell, as though obeying another command, shakes violently, tossing its contents in all directions, and then divides into two parts.

What strange intelligence directs this creative work, and what mysterious power performs these creative processes? It is no wonder that Carrel titled his book *Man The Unknown*.

The reader has been perusing a description of the processes going on in



a cell of his body, so small it can be seen only with a powerful microscope. And this is the creative work of the conscious, intelligent, energized atom. We as spectators are watching the creative action in the trillions of cells of the human body.

As the Parent Cell divides, it forms two cells, which withdraw from each other while still united by elastic filaments. These filaments stretch and finally break, and two new cells of the body have become individualized. By this process of cell division, from the Parent Cell onward, the whole body is constructed and formed.

Now, why does man eat? and how does food enter into the formation of the body? That is another question that science cannot answer.

## TWO CLASSES

The cell types that build the body may be generally divided into two classes--fixed and mobile.

The fixed cells appear as those whose aggregation forms the tissues and organs, while the mobile cells are those which travel throughout the entire organism.

The connective and epithelial type of cells belong to the fixed class. The epithelial cells are the noblest in the body, forming the brain, spinal cord, nerves, endocrine glands, skin, etc.

The connective cells produce the framework of the organs. They are truly ubiquitous, omnipresent. Around them appear various substances, such as cartilage, calcium, fibrous tissue, elastic fibers, which give skeleton, muscles, blood vessels, and organs the solidity and elasticity indispensable to their functions.

## ORGANIZERS

We meet here more puzzling magic in creative action--magic which lies far beyond the scope of science to expound. For science stands as helpless before the work of Creation as a tumble bug would before the great Pyramid of Gizeh.

The order of the body's development; that character which forms the lines for the precipitation of solid structure and provides the liquid interstices to appear in the gross out of the solutions and suspensions of the inherited substances, has now been traced to the activity of what is called "organizers".

No one knows what the "organizers" are; but they appear as certain elements under the influence of which an eye and its cornea and lens rise as if by magic out of the protoplasmic soil; and also an ear and its appendages, also the heart, the stomach, the liver and lungs, the spleen and pancreas, the brain and nerves--all the varied forms as if by magic, in their proper places and positions.



These conscious, intelligent, energized "organizers" seem to direct where tissues shall emerge, ready to function, and the function they are to perform, with other organs in the same consensus of efficiency, which is the most marvelous of the many marvels displayed by the living organism, guided and directed by the omniscient, omnipotent, omnipresent Atom. The Kingdom of God within the body (Luke 17:21).

## EVOLUTIONOLOGY

Came the 19th century, called The Wonderful Century because the Dark Ages were beginning to recede, and there rose up the noted Fathers of Evolution, --Darwin, Wallace, Spencer, Huxley, Haeckel, Fiske and Drummord.

As the ancient scrolls and ancient libraries had been burned to destroy knowledge, the Fathers of Evolution began to study man in an effort to discover some data as to his origin, purpose and destiny. And they got lost by erroneously interpreting what they found.

For the various parts of the body which emerge from the shapeless roundness of the initial reproductive cells under the direction of the "organizers", represent a curious series of metamorphoses which have been called the "Recapitulation" of what the Evolutionists consider to be the "ancestral history of the species".

For instance, at one stage of the body's development, there are the gill-like slits in the neck of the embryo which suggest to the evolutionist the imitation of a fish; and at a later stage, there is introduced a caudal appendage which mimics the tail of a monkey.

No wonder the Evolutionists got lost. Behold the Microcosm imitating all the various forms and processes of the Macrocosm.

The Evolutionists saw these strange sights in a different light, and called them "a ghost-like re-enactment of man's memories of his evolution".

Quite logically these sights made the Evolutionists shout, "Eureka! The mystery of man is solved. He is an improved ape."

Wallace, a co-worker with Darwin for thirty years, finally turned in the other direction and entirely dissented from Darwin's theories.

For fifty years Wallace investigated Spiritualism, and declared that positive evidence clearly indicated the existence of an invisible world to which the physical world is altogether subordinate. His work, *Miracles of Modern Spiritualism*, stands for judgment rendered as to the fallacy of evolution after a lifetime of investigation.

Then came the great Carrel, and his findings brought to an inglorious end the work of the Evolutionists of the Wonderful Century, and exploded the claim that the theory of evolution had solved the mystery of man.



These mimicries mentioned above, were once believed to be so staged in time as to be irreversible, that is, one stage having been traversed and succeeded by another, the latter could not be reversed for the former, the passage of time having closed the door, so to speak, to prevent any return to the previous condition or performance.

But recent experiments with artificial solutions of the "organizers" have shown, that such reversion is possible not only in the embryo, but even in the adult animal.

These changes refer only to varieties and not to species. This fact is of great moment to those interested in changing human beings for the better; for it demonstrates the continuing plasticity of all protoplasm throughout life.

Here also lies the body's secret of adaptation, in order to prolong its duration under adverse conditions that would otherwise soon destroy it.

The duration of the body under inimical conditions is prolonged, and instead of one's dying quickly from the deleterious effects of bad environment or bad habits, one dies by degrees, sinking slowly in a process of degeneration, with doctors calling the symptoms of that sinking process "disease" that must be cured by poisoning the body.

Science has sought to use the fact of the continuing plasticity of all protoplasm throughout the existence of the body, as evidence to support the theory of evolution, refusing to consider that it applies only to varieties and not to species.

The evolution of varieties is a fact beyond question. But the varieties always remain fixed within the limits of that particular species, and are very unstable. For with the alteration of conditions, they change back again after several generations, and revert to the original type.

The dogmatic meaning attached by science to the word "evolution" constitutes its most characteristic feature. This dogmatism has no foundation. On the contrary, there exists no more feeble idea than that of the general "evolution" of the species.

The evolution of organic forms in the sense of development of new species and classes in all kingdoms of Creation, is based upon a whole series of facts, which are alleged to confirm it, from comparative anatomy, morphology, embryology, paleontology, etc. But these "facts" have been carefully selected to prove the theory, while the facts which disprove it have been as carefully omitted.

In the beginning, in introducing the theory of evolution into biological conceptions, a bold assumption was made, for without it, no such theory would have been formed. Later, it was conveniently forgotten that it was only an assumption. We refer to the famous Origin of Species.



The point is that, holding rigidly to the facts, it is possible to accept evolution based on selection, adaptation, and elimination ONLY in the sense of "preservation of the species". For this only can be observed.

The appearance of new species as the formation and transition of lower forms into higher forms, has never been observed anywhere at any time. But that would be the case if evolution were a fact. This means that the "missing link" will never be found.



SUSTAINING THE BODY

To explode popular fallacies, it must be shown they are actually fallacies and not facts.

It is a general belief that man eats to sustain his body. If that were a fact and not a fallacy, the body should go on forever and never perish as long as man eats and has an ample food supply. But the body sinks down in death regardless of eating and plenty of food.

This fact caused a group of eminent physicians of Europe in the 19th century to make a profound study of the problem. They issued a statement of their findings as follows: "We eat to live, and we eat to die".

What a paradox. If we eat to live, how can we eat to die? And if we eat to die, how can we eat to live? Something wrong somewhere.

The world is flooded with books on food and feeding. No one seems to question the matter. But is eating a natural or an acquired habit, like smoking and drinking? That angle of the subject appears so preposterous on its face that it receives no attention. If it were investigated, some startling facts might be uncovered.

What builds the body? It is built of cells, and these cells are not the product of food. They are composed of molecules, which are composed of atoms, which are composed of electrons, which are composed of whirling centers of force in the ether.

We have found no place where food plays any part. Electrons do not eat, atoms do not eat, molecules do not eat, cells do not eat. Then why does man eat?

More evidence to show that eating is an acquired habit, and a bad one like drinking and smoking, appears in the fact that the sick begin at once to recover when put on a fast and given no food at all. This could not be possible, and it would be fatal for one to fast, if eating were natural and food were needed to sustain the body.

Carrel told the world that science knows little about man, about the constitution of the body, about its animative element. He said, "In fact, our ignorance (of man) is profound". And so, let us profit by this advice of a great anthropologist and make our own investigation.

It is shown by actual experience that man can live for weeks without eating, and for days without drinking, but he stops living when he stops breathing. These are well-known facts which no one can deny, and they indicate that the actual sustaining element of the body comes from the air.

We are told that everything comes from the air, even the earth itself.



The Ancient Masters taught this five thousand years ago. Anaximenes (550 B.C.) said, "The Essence of the Universe is in the Infinite Air in eternal movement which contains ALL in itself".

To prove that everything comes from the air, the Masters showed that everything can be transformed by heat into incandescent gas that disappears from sight. Science has discovered that plants change air into fibrous substance in ten seconds. Water is composed of liquified gases. Water freezes, becoming ice of such strength as to sustain the weight of elephants.

It is the general belief that plants and trees consume the soil in which they grow. Jean Van Helmost regarded that as another fallacy. In the 17th century he weighed the soil he put in a tub, in which he planted an apple seed. The seed put forth a shoot and grew, and at the end of four years the tree was six feet high and weighed many pounds. He removed the tree from the tub and weighed the soil. It weighed the same as when put in the tub. The growth of the tree resulted from the condensation of cosmic radiation.

There must be ground connection in the case of plants to complete the Radiation Circuit. Ground connections are necessary to complete the circuit of electrical power that operates electrical elements. Trees and plants are electrical instruments.

Trees grow not in certain areas, nor grow well on what is termed poor soil. What makes the soil poor? The absence of certain minerals. To make the Radiation Circuit effective, the right minerals must be in the soil, and there must also be moisture to release the elements of the minerals. It is not the tree that needs the minerals. They are required to supply the conditions necessary for proper electro-magnetic action.

We know more about motor car batteries. When the battery weakens and runs down, it is recharged. The recharging process does not infuse electricity into the battery. It only changes the chemistry of the battery fluid.

We showed in another place that the only part the body uses of the food man eats, is the gaseous element it contains. That element is in and from the air, and it should not actually be necessary for man to eat food to get that gaseous element.

The Bible says "the Life of the Flesh is in the blood" (Lev. 17:11). That statement needs some modification. The Life of the Flesh is not actually in the blood, but in the gases of which the blood is constituted. It is the Breath of Life in the blood that sustains the body.

The mystery of living is not that of eating, but that of breathing, as all facts prove. To sustain the living organism demands--

1. Constant breathing,
2. Constant absorption by the blood of the gases in the lungs received from the air, and
3. Constant elimination of the toxic elements produced in the body by cell function and disintegration.



The lungs are by far the largest organs in the body. The air in them is a composition of gaseous substance. An analysis of the blood shows that it is constituted of oxygen, hydrogen, nitrogen, carbon dioxide, and other gases of the air. The blood corpuscles are the carriers of the gases, and the plasma is the fluid in which they float.

The blood is only the medium by which these gases are conveyed from the lungs to the trillions of body cells, and also by which the poisonous substances produced by cell function and disintegration are carried off and expelled thru the channels of elimination.

The blood per se nourishes nothing. It is not a stream of nutrition as claimed by science. It is a system of transportation, as a railroad that carries farm products to the cities and carries off the garbage.

The primary purpose of eating and drinking is not to supply the blood with nourishment for the body, but to furnish material to maintain this unique transportation system, that it may constantly be competent to carry to the body cells, the gases that are the actual builders and sustainers of the body.

We have seen that the body, from its beginning to its end, is built and sustained by a process of cell division, not by food. That process never changes.

Consider the amazing amount of air that passes into and out of the lungs of an adult, at rest, in 24 hours--about 686,000 cubic inches. In the case of a hard-working man, the average amount in the same time is 1,568,390 cubic inches, an increase of more than 100%.

Why the great increase? To supply the extra amount of gas needed for the extra activity of the body. More evidence to show that gas, not food, sustains the body and supplies the power required for its activity.

Gilman Lowe, weight lifter and health instructor, staged an exhibition in New York in 1903 to prove that food does not furnish the body with energy. He fasted three weeks, taking nothing but water and air, then mounted a scale adjusted to 1000 pounds net.

The scale was equipped with a steel platform, against which Lowe braced his back. He braced and lifted 1006 times in succession, until the scale each time registered half a ton--a total of 1,006,000 pounds lifted by Lowe.

Every test of strength and endurance shows that man's strength and vitality depend on the gases in the lungs, not on food. But science never uses any of this data to prove it is wrong. And so, the same old line of teaching goes on in the schools.

The vital processes of the body are beyond the ken of man. They cannot be traced to their ultimate origin. We may trace back thru the cells to the electrons, which are found to be whirling centers of force in the ether. In



the Mind we may reverse the process and visualize these whirling centers of force condensing into elements, forms and entities, by a strange Creative Process, resulting from a retardation of the vibrations.

It is common knowledge now that cosmic radiation condenses to form water, ice, and other elements and compounds. It should be as simple to understand that cosmic radiation condenses to form cells, flesh, bone, and bodies. We begin to see why the uninterrupted, persistent function of respiration is the leading wonder of the living organism. When the newborn babe takes its first breath, it begins a **function** that will never cease except in the death of the body.

Food and drink enter into the building process of the body only as they furnish gases that enter into cell construction.

Cell disintegration produces only gases and liquefied gases, which are eliminated by the body thru the lungs, bladder and skin.



NUTRITION

To hear the learned doctors discuss the subject of Nutrition, one would think they understood the matter thoroughly and completely. What are the facts? The facts are far different from the fallacies of science in this particular department of Creation.

After showing that the living organism is built entirely of cells that all come from the original Parent Cell by the process of cell-division, science then goes off on a tangent, forgets the process of cell-division, and asserts that the body is built and sustained by what man eats.

Creative Action never changes, but this change is essential to account for the habit of eating, and so the change is introduced. Science must show cause why man eats, and invents that cause by making this change. Then it wanders in the darkness of its own creation.

Life that comes only from Life, and cells that come only from cells, now become subject to a new law, to help science expound the mysteries of Creation which it does not understand. Listen to what science says:--

"Life depends on food. All growth, repair and maintenance of tissues, and all development and maintenance of vital power, are the result of nutrition."

Absurd; preposterous. If Life depends on food, what keeps man alive when he goes without food for fifty days or more? If Life does not originally come from food, cosmic law must change somewhere to make Life dependent upon food. For food cannot sustain that which it does not produce.

If growth, repair and maintenance of tissues of the body are the result of cell division as science asserts, then cosmic law would have to change to make these processes dependent upon nutrition, as science claims.

Scientists deliberately shut their eyes and go astray as they attempt to expound what they don't understand, thus building the darkness in which they grope.

Now watch the scientists begin to grope in the darkness: "If the processes of digestion seem complex and but little understood, the processes of nutrition are much more so."

This scientific admission of ignorance, of the complex increasing in complexity, of the dark growing darker, can have no other meaning except that science knows practically nothing about the processes of digestion and less about the processes of nutrition, making all scientific assertions on these points pure speculation, ready to collapse like a house of cards when more reasonable assertions are presented.



Again the same author said: "While nutrition is claimed to be purely chemical, it is acknowledged, by even the most materialistic, to be different in many ways from the other chemical processes known to us. This is particularly true of the final stages of the process, by which the pabulum is transformed (from dead matter) into living tissues. By this final act, dead matter is raised to the plane of living matter".

All of this is strictly assumption to account for the mysteries of Creation that are not understood by science. And listen to this:

"Even Prof. Chittenden was forced to acknowledge that this (transformation of the pabulum of the blood into living tissues) 'involves a chemical alteration or change akin to that of bringing the dead to life'; while Dr. Charlton Bastain, F.R.S., of London, argued that these facts of nutrition, particularly those of the plant, in which inorganic matter is converted into organic substance of the plant, prove the possibility of the creation of life from the non-living. All of which shows that, while the digestion of food materials and their conversion into living tissues are considered to be purely chemical, these (chemical) processes are far different from any chemical actions and reactions known to the laboratory, even though the chemist may not be able to discover any difference. It cannot be disputed that if the substances are the same and the processes and changes are identical, the products would be, to say the least, very similar.

"But no chemist can even imitate the work done by plant and animal nutrition. (In fact), the great mystery of nutrition is still unexplained. We can no more explain today how food material is changed into living human flesh and blood than the lowest savage of a thousand years ago."

Food material is not changed into living human flesh and blood. That is the reason why the mystery cannot be explained.

This is another scientific fallacy. And on the basis of such fallacies, we cannot logically accept the claims of science concerning the propositions of food, feeding and nutrition. It is unwise to accept fallacies invented by science to explain certain Creative Action that is not understood.

No scientist ever lived who could analyze what are called the processes of digestion, absorption and assimilation simply because there are no such processes.

Prior to 1830 science was practically in total darkness as to the body's process relative to the food one eats. It was not known whether the stomach was a stew-pot that cooked the food, a grinder that pulverized it, a mash-barrel that fermented it, or simply a vat in which the food was macerated and dissolved, says the history of medicine.

Then appeared Dr. Wm. Beaumont. He made the first discovery in modern times regarding some phases of stomach action thru a long series of experiments by means of a gun-shot wound in a man's stomach that developed into a fistula form that would not heal.



Dr. B. hired the man to work for him, in order to continue his experiments on him, and did so for several years before revealing his findings to the medical world. He remembered what poor Harvey got for announcing his discovery of the circulation of the blood, and this caused him to hesitate in disclosing data as to what happens in the stomach to the food one eats.

And that is the beginning and the end of what medical art knows about food, feeding, and nutrition. It knows nothing about why man eats, or what part food plays in sustaining the body. These matters are more mysteries of Creation which baffle science and which we are attempting to fathom.

It appears from the evidence presented that in the beginning man did not eat or drink. It seems that long ages of eating and drinking have forced the body to develop to a functional state to meet the emergency, certain rudimentary structures, and to make other adjustments to meet the change, just as it has done in the case of other practices, such as smoking, drinking liquor, etc., habits unknown to primitive man.

Harold W. Percival presented some surprising data on this particular subject in his large volume of over a thousand pages, titled *Thinking and Destiny*, published in 1946.

Under the subheading, *The Great Way*, he said:

"In every age a few individuals do find the Great Way. They do conquer (physical) death by regenerating and restoring their bodies to the Realm of Permanence. But this is an individual and private affair of each such doer. The world does not know; other human beings do not know it. The world does not know because public opinion and the weight of the world would be opposed to it, and would hold back the doers who choose to regenerate their bodies and restore them to the Realm of Permanence (When man lived a thousand years).

"Nutriment (in that case) is taken in by the breath directly from the air. The brain (then) takes and sends impulses more easily than was possible before. The spinal cord (by adjustment) assumes more and more the appearance of brain structure (and the consciousness increases); its central canal becomes larger, and the terminal filament, which is now atrophied from disuse (in the man who eats), is greatly enlarged; its central canal, which is now threadlike and lost on its way to the end of the filament, is enlarged and reaches to the very tip of the filament. The intestinal tract ceases to be a feeding tube and a sewer, and the anus (finally) disappears. The stomach and small intestines are then superfluous and become dormant (as they were in the beginning when man did not eat)."

This philosophy may sound very strange to the reader, but that is because it is so new to him, and because he knows practically nothing about the construction and sustentation of his body.

One of the most magical occurrences that may be presented of the directing consciousness and intelligence of the atom, appears in the process of building the human body.



At the moment when the spermatozoon of the male unites with the ovum of the female within the uterine tube, one of the most remarkable processes in all Creative Action automatically begins.

What subsequently occurs is so extraordinary, that the human mind is awe-struck when it considers the complexities which this process unfolds within a period of nine calendar months.

This Creative Action excites the emotions with its grandeur and stuns the imagination with its magic when just the mere thought of its precise function is reviewed.

The energized, animated spermatozoon, propelled by a force that seems inherent within the spermatozoon itself, contacts and penetrates the inert ovum, thus forming the one microscopical fertilized cell, the Parent Cell, from which a new person is produced.

Here is the beginning of the human body. In this union, the Creative Process presents and preserves all the elements of the body, including all the sustaining elements, so that development of man's body from the Parent Cell can proceed to completion without interruption.

Creation's great work is the making of the human body. It uses the body of the mother as its workshop, and builds the body by the condensation of radiant elements. In due time that new body is ready to emerge from the mother's body, and be born into the world, a living being.

Gestation is the Creative Action that occurs within the mother's womb. This Creative Action is not the work of the mother. Nor does the substance which builds the body come from the mother. For Creation never builds New Bodies of used material. That material is condensed radiation, the same as that of which all objects on earth are created.

The original Parent Cell, having received the impetus with the first fusion, divides into two, which divide into four, into eight, sixteen, and so on, until nonillions of invisible cells have been produced.

These cells are not the product of food. The Parent Cell is not the product of food, nor the cells that come from the Parent Cell by the process of division and subdivision.

The same force and the same elements which produced the earth, produces everything upon the earth. In the Bhagavad Gita it is written:

"O descendant of Bharata. See wonders in numbers unseen before. Within my body, O Gudakea, see today the whole Universe, including everything movable and immovable. ALL IN ONE".

This Unitology was taught by the Ancient Masters a million years ago, and is taught by Creative Science now, as follows:



1. All things in the Universe are related.
2. All things are composed of the same substance.
3. All things are produced by the same process.
4. All things are animated by the same force.
5. All things are subject to the same law.
6. All things react to one law and one force according to their constitution.
7. Man is the epitomistic representation of the Universe.

With this classification as our basic premise, if we proceed in our processes in a direct course thru infinite time to infinite results, our conclusions will present a correct solution of our problem.

We must constantly turn to the great Dr. Alexis Carrel for the unorthodox propositions presented, because he rose above the horizon of scientific standardization and presented the facts of Creation as he found them, without distorting them to support some preconceived theory.

In his *Man the Unknown* he pursues this line of thought in the construction of the various organs of the body, showing that the Mighty Cosmic Atoms are endowed with vitality, mind, consciousness, and intelligence. He said:

"The spontaneous tendency toward the formation of the organs (of the body) by their constitutive cells ... is a primary datum of observation. It cannot be explained in the light of our present concepts.

"An organ builds itself by techniques very foreign to the human mind. It is not made of extraneous material (food), like a house (built of bricks). ... It is ... composed of cells, as a house is of bricks. But it is born of a cell, as if the house originated from one brick, a magic brick that would set about manufacturing other bricks (out of itself).

"Those bricks (made by the original brick), without waiting for the architect's drawings or the coming of the bricklayers, would assemble themselves and form the walls. They would also metamorphose into window-panes, roofing-slates, coal for heating, and water for kitchen and bathroom.

"An organ develops by means such as those attributed to fairies in the tales told children in bygone times. It is engendered by cells which (come from the original cell and) to all appearances, have a knowledge of (how to build) the future edifice, and synthesize (from themselves) ... the building material and even the workers.

"These methods used by the organism do not have the simplicity of ours. They appear strange (and foreign) to us. Our intelligence does not encounter itself in the intraorganic world, which is modeled on the simplicity of the cosmic universe, and not on the complexity of the inner mechanisms of living things.

"For the moment, we cannot understand the mode of organization of our body, and its nutritive, nervous, and mental activities.... How naive our speculations. Our knowledge of the human body is, in truth, most rudimentary.



It is impossible, for the present, to grasp its constitution. We must, then, be content with the scientific observation of our organic and mental activities, and without any other guide, march forward into the unknown" (Man The Unknown).

And there is what science knows about the constitution and construction of the living organism. It knows practically nothing. It knows the body appears as a material formation. Yes, and so do the sun, moon, and stars. These cosmic bodies are materialistic formations, but that material is not consumed by these bodies as man consumes food. They are constituted of condensed radiation. And so is the human body. They are constituted of electrons, atoms and molecules; and so is the human body. They are not maintained by consuming food; and neither is the human body.

The vital processes of the living organism cannot be traced to their ultimate source, except in the mind. Attempts to do so lead always to a point of irresistible opposition to further analysis.

The formation of cells in the body is constantly occurring from birth to death. As we have seen, they are produced by cell division, not by food. There is much evidence to show that what man eats does not enter into the cell formation, but none to show that it does. And that is what Dr. Carrel meant when he said that cells are not made of "extraneous material".

And furthermore, physiologists show there passes from the body, thru bowels, kidneys, lungs and skin, the exact amount of material that man consumes in eating and drinking.

Stone and steel, wood and coal, float in the air in gaseous formation. So do flesh and bone, and everything known.

No chemist can find in the ground in which grows a tree, the ash, minerals, carbon, fiber and chlorophyl contained in the tree and its leaves. Neither does the tree consume any of the soil in which it stands. If it did, then, as evidence of such consumption, a depression should surround all trees.

As sunshine, air, soil and water do nothing more than to stimulate the innate functions of the cells of the tree; so what man consumes as food and drink do nothing more than to help stimulate the cells of his body to perform their requisite functions.

Nutrition is just another scientific fallacy. What man consumes does not supply cell nutrition. The ingested substances cause activity in cell function by stimulation.

Two types of stimulation now seem essential for the function of the cells: (1) electrical and (2) chemical. But originally, in the days when man was a Breatharian, only electrical stimulation was required.

In his Facts of Nutrition, Hotema said: "The ingested substances contact



and stimulate the cells into certain activity, and leave the body thru the eliminative channels, as flowing water turns the wheel of a mill, activating the machinery in the mill that does the grinding, and passing on without ever becoming a part of the mill or its machinery".

Dr. Evans said, "Fruits are nutritious in themselves; but should they not contain sufficient nitrogen to satisfy a theoretical appetite, all the other elements are present in the air, and man may absorb the deficient nitrogen from the surrounding atmosphere, the combination resulting in albumen or protein" (Densmore, p. 294).

And that is the source of the protein in man's body. And Prof. Wilfred Bransfield, in an article titled "Continuous Creation", said the substance of living organisms comes from the air. As to trees, he wrote:

"In tree life, so much comes from the air and so little from the soil. . . . Every change, every new intra-atomic spatial re-arrangement of protons, neutrons, and whirling electrons, every addition or displacement of electrons, creates vibratory resonance. . . . building up atoms of higher mass. . . . The reactions are electrical, and it is stupid and foolish to apply chemical methods".

That agrees exactly with what Carrel said, viz., "The childish physico-chemical conceptions of human beings, in which so many physiologists and physicians still believe, have to be definitely abandoned" because experience proves they are erroneous.

And yet, the entire system of medical art is based upon that erroneous premise, and can never be anything more than the failure it has always been.

But the practice of Chiropractic is based upon the electrical foundation. The electricity consisting of Astral Light, flowing thru spinal cord and nerve system.

When the process of cell-division has continued in the aggregate some forty-five times, there are twenty-six million million cells in the body instead of one, the approximate number in the body of a child at birth, and they have all come from the original Parent Cell, not from food.

These cells have automatically arranged themselves into a complex which forms the body. Each cell in all that many million-fold population has taken its rightful position and performed its specific work. Each cell has assumed its required form, function, the proper size, in the right place.

Each cell has taken on the shape that suits its particular work in the cell-community of which it is a member, whether its function lies in mechanical pulling, chemical manufacture, gas-transportation, radiation-absorption, or what not.

And furthermore, each cell has done its allotted work as though it knew the minute local conditions of that particular site in which its lot is cast.



All of which indicates that an immanent Principle of Creative Action has inspired each cell with eternal knowledge for the prosecution of the entire design.

This picture which the microscope reveals, conveying this impression of prescience and premonition, supplies us after all with only a static form, because it is but a picture. That is, we can observe only the external and visible signs of a dynamic Creative Action that is in harmony in time as well as in space.

Here is a feat of perfection in engineering that finds no parallel in all of the greatest works of man.

Similar intelligence and skill, which seem to operate beyond the limitations of time and space, may be observed in the regulatory processes of all Creative Action--in the balance of the blood, the repair of wounds, the "cure" of disease when there is no interference by doctors, who assume that Creative Action has lost its course and needs their assistance.

The critics of physical science say, "You have left something out of your calculations".

To this, physical science replies, "What we have omitted is beyond the scope of science and therefore cannot be considered and discussed."

Then we have no science of Creation or of Anthropology. For the discovery of the unknown may upset and explode the known, showing it to be the reverse of what it is assumed to be.

And to medical art the critic says, "If you know so little about Creative Action, about biology, psychology, physiology and pathology, you are not competent to treat the sick body, therefore your art is not only worthless, but dangerous."

The same reluctance of science and medical art to probe deeply into Creative Action because of fear that something will be found that will explode everything, is equally apparent in the current views of evolution. Prof. Bateson wrote:

"The many converging lines of evidence point so clearly to the central fact of the origin of the forms of life by an evolutionary process, that we are compelled to accept this deduction. But as to practically all the essential features, whether of cause or mode, by which specific diversity has become what we perceive it to be, we must confess to an ignorance almost total and complete" (Problems of Genetics).

Regardless of which way we turn or where we look, we find the same condition of ignorance of Creative Action. And this state of ignorance sails under the Banner of Science.

The creative processes of the cells and the functions of the body reveal



the presence of a state of Consciousness and Intelligence of the Atom which is eternal and which extends beyond the time-space barrier.

To the Atom, the time-space barrier does not exist, for the Atom possesses eternal power, eternal knowledge, and eternal existence. It has no beginning and no ending.

The work of building the body and the body's functions clearly demonstrate the presence of a power of Prevision and Provision, because of which the body is competent to rise superior to heredity as well as to environment, until it meets and masters the conditions of a progressive or an established achievement.

Prevision is the power to visualize the future. It is the power to realize the ultimate effect of any habit or substance, the body's accepting gratefully that which is not harmful, but rejecting and guarding against the harmful by vigorous reactions--such, for instance, as the sickness that follows the first attempt of man or boy to smoke.

The doctors are not trained to understand these reactions of the body, and use the term Allergy to indicate a condition of "altered susceptibility which causes the body to react abnormally".

And so, under this false theory of medical art, when the body presents reactions designed by eternal intelligence as protective measures, doctors are trained to consider them as abnormal, and to subdue and suppress them by weakening the body with poison called "medicine".

When we know these things, how can we be surprised when we see young, vigorous people suddenly sink and die under regular medical care? The surprise is that any of them ever recover. And they recover with poisons in their body which the body can never eliminate, and which will be the cause of future misery and early death.

What medical art terms "disease" is actually the symptoms of the body's struggle to protect itself; and it yields to these inimical influences thru the power of adjustment only when the primary reaction, "acute disease", is disregarded, or subdued and suppressed by the doctor.

Vaccination and inoculation are actually methods of weakening the body by injecting poisons into the blood, and rendering the body unable to react acutely to internal poisons, which it would otherwise eliminate if permitted to do so. Medical art calls that "conquering disease".

But what actually happens? Instead of the internal poisons being eliminated by the process called "acute disease", they remain in the body corroding cells and tissues, causing the body to sink into a chronic condition, providing the suffering is not ended suddenly by a "heart attack".

As the body is forced to adjust itself to these harmful conditions and elements, or die, the doctors regard this adjustment as a condition of "immunity",



not knowing the basic cause of the condition.

Provision appears in the function of selective adaptation, which is operative in both the conscious and subconscious regions of the body.

Adaptation involves selection, and the power of selection puts the body on the plane of Mind, a state rising from the consciousness and intelligence of the Atoms of the body. The ultimate act of the body is the appropriation or rejection of the present materials of supply, which acts imply the quaternary qualities of consciousness, intelligence, sensation and volition, the four points of the ancient Cross of Life.

### INVISIBLE NUTRIMENT

"Man does not live by bread alone". In fact, man does not live by bread at all.

It is assumed that man must eat to live, but many live to eat. Many animals hibernate for months without food, and people live 100 days and more without eating. So it is obvious that the vitality in man does not depend on eating.

Foreign visitors, especially those from the Orient, are astounded at the diet of the Americans. The low average of food consumed daily in this country is two pounds. In Europe and the Orient the food consumed is considerably less.

With a body weighing 150 pounds, 2400 ounces, a little over six ounces of food would be needed daily to maintain the body structure. With modern food consisting of perhaps one-half waste, 12 ounces of balanced food daily should suffice for all bodily needs of the eater.

Hunger is often satisfied without eating by drinking water and breathing deeply for a few minutes. The cook often has her hunger satisfied by breathing the odor of the boiling pots:

It is reported that in Germany and Italy the scientists have discovered how to take carbohydrates out of the atmosphere. As a matter of fact, man draws all his vitality from the atmosphere. The Yogins in the Himalayas live on the essence of the atmosphere.

It is said that primordial people obtained directly from the air the substance to sustain their bodies. Then there came the time, according to the Bible, when fruit juices were first added, and later, herbs, and last, flesh foods.

The safer method of returning to the original state of taking directly from the air the elements the body requires, is to reverse the order. Eliminate flesh foods for a vegetable diet, then follow by fruits, and finally develop the lung-capacity and strive to live on the Breath of Life. But the air must be pure. Never attempt this in the polluted air of civilization. For that would be a certain path to early death.



## THE GREAT MYSTERY

In Creation the scientist constantly meets baffling mysteries. Perhaps the greatest of these is the human body. It has proved to be a unit most difficult to understand and a puzzle for scientists to determine the nature of its intricacies.

It would take years to determine definitely the development of any particular organ, such as the liver for instance. Yet, the greatest marvel of this living organism lies in the invisible realm:

We can see the body's form. It is constructed of invisible cells, called the building blocks. They are not composed of food, of what man eats, but of cosmic radiation, of what man breathes.

That is the reason why man stops living when he stops breathing. That is the reason why breathing is the first and final function of the organism, as stated in another place. All other functions are secondary, incidental, subject to and dependent upon the Breath of Life.

The first purpose of all other functions is to maintain the body in fit condition to perform efficiently the LIFE FUNCTION OF RESPIRATION.

In tracing back the formation and development of the body, science is bewildered with surprises to discover what wonders Creative Action produces from the radiant elements of the Universe.

The composite organism of man, constituted of infinite combinations of various parts, has its primary origin in the union of two invisible particles the female (receptive) ovum, and the male (active) spermatozoon.

It is very difficult to believe that from the union of these two invisible microscopic cells, there comes into existence the most highly organized formation of all Creation, compared to which the television set is insignificant.

The imagination is staggered by the prodigious development of these primal, parental cells, and such development comes not from what man eats, but from cell division.

From the moment the spermatozoon strikes and penetrates the ovum, an amazing series of activity occur, and they proceed with the speed of lightning, directed to a certain purpose and to a definite goal. These changes produce more cells by a process of cell-division. These additional cells form tissues and organs, and the process continues until a new body is formed. And none of this material, after the fusion of the parental cells, comes from the mother's blood.

The process of cell-division that produces the body, never stops. It continues and is the same process that sustains the body all thru life. That makes it more difficult to understand why man eats. He did not eat to build



We know why man drinks liquor and smokes. It is pure habit. Liquor and tobacco-smoke do not sustain the body. And so, if we could go back to the days when man first began to eat, the mystery could be solved. We would know it was pure habit, a fact apparently known to the Ancient Masters and mentioned in their scriptures in terms not clearly understood by us.

There is a hidden meaning in such biblical statements as:--

"Whosoever drinketh of the water that I shall give him, shall never thirst. . . . He that cometh to me shall never hunger; and he that believeth on me shall never thirst. . . . I have meat (food) to eat that ye know not of" (John 4:14; 32; 6:35).

It has been estimated that there are 26,500,000,000,000 cells in the human body, in addition to approximately 30 trillion blood cells. This aggregation of invisible units of cosmic radiation results from the primal union of the parental cells, a discovery made by science since the advent of the microscope. Before this discovery, science believed that Life resulted from "spontaneous generation".

It required the aid of the microscope to reveal the mysteries of an invisible world, and still a greater invisible world lies beyond the reach of the microscope, called the World Beyond the Atom, by Langston Day.

By the aid of the microscope, science discovered that new bodies develop from the seeds of the parents, and not from "spontaneous generation". Nor should we forget that every thing is constituted entirely of the incandescent gas which Ezekiel saw as a great cloud, and a fire infolding (1:4).

This datum in the Bible is not heathenish superstition, but a tested doctrine, and accepted by science only after laboratory confirmation.

If the Bible means anything within reason when it says man is created in the image and likeness of the Creator, we should be consistent and attribute to the Creator some of the practices of man. As the Maker, so the Made. And if that be true, we should at least contend that it is essential for the Creator to eat and drink for His sustentation, since these practices are regarded by science as so highly vital in the case of man.

But in all our research we have never found any account of some sly scientist slipping up on the Creator and catching Him consuming food and drinking liquor. There is no evidence that He starts the day with a breakfast of fried eggs and ham, boiled rolled oats and milk, coffee and cream, and buttered toast.

On the other hand, we are told that the Creator and His Creations are the result of Cosmic Radiation and are sustained by Cosmic Radiation.

But it seems that in the case of man there comes a change in the law, if we are to believe that food and drink are necessary to sustain him. He comes into being in harmony with cosmic law and cosmic processes. His



body begins from an invisible, microscopic cell, which builds the body by a process of cell-division. Then comes a change in the law, and man must eat and drink to sustain a body that was built by a process of cell-division.

If eating and drinking are not habits which long ages of practice have forced the body to adjust itself to meet, then the question before us appears to have no answer.

Scientific investigation shows that we eat to live, and we eat to die, and scientists assert that smoking and drinking promote health and prolong life, not because they are good for man, but because these practices weaken the appetite for food, which can only mean that food damages the body more than smoking and drinking do.

The evidence shows that certain drinkers and smokers live more than a century, whereas there is no record that any glutton ever lived that long. And furthermore, it appears very inconsistent that it is so easy and so general for people to eat to excess, if food is so vital in the sustentation of the body.

Edward H. Dewey, an eminent medical doctor, wrote: "The ways to the kitchen and dining-room are the ways of disease and death, ways whose ends are prisons, asylums, scaffolds, to a far larger extent than is dreamed of by mothers and fathers of the land" (Fasting Cure).

Dr. Dewey made that declaration after years of research, and his findings agreed with those of the doctors who said "We eat to live, and we eat to die". Common sense, reason and logic teach us that this could not be true if food were essential to sustain the body.

While it appears from the evidence that eating is not natural, the body as a machine is so perfect, that it can take such abuse and survive for a century or more, provided the amount of food consumed is not too great.

That fact was shown in the case of Ludovico Cornaro, who was a physical wreck at the age of 40, and told by his physicians that he could not live. He fooled them by turning to Creation and recovering health to such extent, that he outlived those physicians and died at the age of 103.

Cornaro found by experimenting that a simple diet of 12 ounces of solid food and 16 ounces of fresh fruit juices daily, was comparatively better for him. On his 78th birthday his friends urged him to eat more. Reluctantly he agreed to an increase of only two ounces of the same food. In twelve days he was ill with fever and pain. He returned at once to his regular ration, but suffered for 35 days. That was his only illness in 63 years on his frugal fare.

One case is sufficient to show what is possible in millions of other cases. Cornaro proved on himself that food damages the body, and that frugal feeding is far better, contrary to medical advice that the body should be "well nourished".

Look



Looking older, old age, decrepitude that appears with the years, is largely the result of the body's adjustment to tolerate harmful habits and adverse environmental conditions.

We are directing no one to attempt to live without eating. We are searching for ways and means to promote health and prolong life, and are citing the experience of other people, and presenting evidence and suggestions for consideration. There must be some way to increase the present short life-span of man in general.



STIMULATION

Our basic concept of man should be that, as we know him, (1) he is the changed, degenerate descendant of the original. (2) His present environment, artificialized and adversely affected by conditions called civilization, which actually mean the elimination of all that is natural, and (3) his habits and practices, most of them bad, have forced the body, thru the ages, to alter its tissues and functions in order to survive. Otherwise, the human body had perished as did the pre-historic animals, whose bodies were not so well endowed with the power of adjustment as was the human organism.

That is the scientific explanation of the vanishment of the early animals whose bones, now found in the rocks, show that they once existed. They disappeared because the conditions that produced them underwent changes which their bodies had not adapted changes to meet.

Man has survived thru all the various changes in this changing world, because of the greater powers of adaptation possessed by his body. He has seen other animals come and go; and he will see the present animals go, and be succeeded by other animals, produced by other changes in the earth. There is much evidence to indicate that even now the earth is moving toward a major change that will greatly affect everything on it, and books are being published which refer to this approaching change.

In the course of long ages the body's functions, by continuous adjustment to meet new conditions, have changed and the tissues have developed a dependency upon certain kinds of stimulation, resulting from man's environment and habits, that were foreign to the body in its original state, when it took directly from the air, the cosmic reservoir of all things, the stimulation needed to activate its cells.

The poverty and want that besiege and beset the race are not natural. They are conditions that have been created by man's evil habits and his artificial mode of living, called civilization.

The student should read again the chapter titled Perfection. That data should sink deeply into the mind, to the effect that the less we need and use, the more complete and self-sustaining we are.

Stupid man increases his burden as he multiplies his wants. He moves toward Perfection as he gains freedom from wants and desires. The more wants and desires he has, the less complete he is, and the more he inclines from Perfection. To desire nothing is Perfection. Man changes his world as he changes himself.

The cold facts are before us that the body still continues to adjust itself to meet man's errors, such as smoking, drinking, and eating certain substances. Some still find it impossible to smoke and abhor the smoke of the smoker. Others hate liquor, and some find certain foods highly disagreeable



while others seem to enjoy the same foods. Thus it appears that body has been forced, by long ages, either to adjust itself to this and that, or sink down and die.

Instead of dying quickly, it dies by degrees by sinking into degeneration and decrepitude. Carrel said our organs always improvise means of meeting every new situation, and these means are such that they tend to give the body a maximum duration under the circumstances. The functional processes always incline in the direction of the longest survival.

We are told that so-called food is actually foreign to the body's constitution. Nothing man eats enters into the body's composition. If the body were built of what man eats, a process of physical transformation would be in constant operation, and would in time change the body literally to resemble physically the substances man eats.

If man were what he eats as some stupid dieticians assert, if the body were built of the substances man consumes, the eating of pork would in time transform him physically into a pig.

The body was forced to adjust itself to what man eats in order to survive. It was either adjustment or death. The adjustment occurred and has become so fixed, that man now seems to "starve to death" when deprived of that form of stimulation which food furnishes the body.

Man does not actually "starve to death" when deprived of food. All we know about it is by experience, and experience is what has been, and not what should be.

Dr. Robert Walter wrote: "As long as we confine ourselves to the world of observation, we must continue in the state of bewilderment".

We live in a world of illusion. We are victims of experience and prisoners of our five senses. They are highly unreliable. We are not surrounded by what we think we are, nor do we actually see what we think we see.

Empirical scientists reason not so much from what they observe as from what they think they observe. Appearances are usually deceptive and seem to be what they are not. Hence, it is not surprising that Empirical Science, the ruler of our schools, has always been found to be unreliable and erroneous, resulting in constant change, deceptively termed "progress".

The World of Observation is the World of Shadows. It is the World of Effects, not the World of Causes. The latter is the great Unseen World. All that we see are the visible Effects of the work of Invisible Causes.

Carrel's experiments proved that the body cells are self-existent, and eternal. They are not produced by food and are not sustained by food. That poses the question why man seems to starve to death when deprived of food. We could well counter with the question, Why does man die when deprived of opium? Why does man occasionally drop dead upon the receipt of extra bad news?



If the body, in less than a generation, can change by adjustment to a point where it will crave to the death, a poisonous stimulant such as opium is known to be, it should be easy to understand that, thru long ages of eating, the body has changed by adjustment to the point of craving to the death the stimulant termed food.

It is absurd to hold that the action of the body following the administration of a drug, is the action of the lifeless drug. There is a mechanical contact of course, and there may be some chemical affinity between the drug and the organism. But the action of the body that follows, is that of the vital system in its process of disposing of the poisonous drug.

The same principle applies to food, drink, and everything that enters the body. It is the living organism that acts, and not the ingested substance. There is no greater error than that of believing that the body derives energy and vitality from food, or from any substance whatsoever taken into the stomach.

A staff nurse of a certain hospital for drug addicts, told of her experience in caring for such cases. She said: "Had I ever been tempted to take drugs (the remedies of medical art), I would have rejected the idea quickly after working in a hospital ward for drug addicts. There can be no torment that exceeds the agonizing pains that drug addicts experience in conquering the terrible habit.

"All of our patients entered the hospital voluntarily, but were not released until completely off the drug. And it was a pitiful sight to watch them suffer. The first day they were bolstered up by the good wishes of friends and relatives, and they mustered up every bit of will-power the drugs had left them. By the second or third day all will-power had vanished as the dosage of the drug was slowly reduced, and they became abject, tortured, screaming idiots as their nerves cried out for the drug".

Man has died suddenly upon the receipt of bad news because his body could not endure the shock. Man has died because the body could not endure the shock of being suddenly deprived of a certain poison, as opium or morphine, which his constant use had forced the body to adapt itself to that particular stimulant so completely, that its use had become a physiological necessity in the organism's vital economy. The same could be true of food.

Hygienists know it is dangerous to stop any practice too abruptly. No doctor is so dumb as to claim the body needs opium to keep it alive. Yet man sometimes dies when suddenly deprived of it.

And so, it is a fact of common knowledge that the drug addict dies by degrees from the deadly effect of the poison his body has come to crave, and this state of the body occurs within the short space of a few months or a few years, and that it is dangerous to deprive the body of the poison too suddenly.

According to the findings of a group of European doctors in the 19th century, the food addict dies by degrees from the deleterious effect of a substance his body has come to crave. The condition is very deep-seated, as it is the



result of thousands of years of practice. Hence, it is dangerous to deprive the food addict completely of this form of stimulation within one generation. It should be done by degrees over a period of several generations. Yet there are cases of record where it has occurred within one generation.

However, the reader is cautioned to use his own judgment in all cases, and in matters relative to the treatment of his body, he should consult an expert hygienist, a man who has studied the laws of Creation and understands the natural requirements of the living organism.

The more poisonous a substance is, the longer it takes the body to make the adjustment, the greater the adjustment from the perfect point, and the greater the shock to the body when it is deprived of that poisonous substance.

The greater the shock the more dangerous it is. The drug addict almost goes insane when deprived of his poison. The nerves of the smoker practically go out of control when the last cigaret is gone.

That is a typical example of the operation of the law of Vital Adjustment. Due to the established fact that the body will adapt itself by degrees to the point of craving to the death a destructive poison that never does the body any good, it should not be difficult to understand that, by countless ages of practice, the body has become so completely habituated to the stimulating effect of food, that it will sink slowly down in death when deprived of that sort of stimulation.

We should remember that it is stimulation, not nutrition in this case. If sudden death will result from the physiological shock of depriving the body of a certain poison that does nothing but damage the body, it should not be mysterious that death by degrees occurs from the shock of depriving the body of another form of stimulation called food.

It is proper to consider that both eating and drinking are voluntary and controlled practices. They are not automatic like breathing. And not only are these practices under man's conscious control, but he can, without danger, go without food for weeks and without water for days--but to stay the breathing is to stop the living. This evidence proves without question the paramount importance of air to the body.

Furthermore, the function of respiration is an automatic, involuntary process, and so far beyond man's conscious control, that he breathes when unconscious in sleep, or from injury, even better and deeper, more regularly and rhythmically, than when conscious and awake. And polluted air disturbs the sleeper more than it does the worker. Quite often polluted air is the cause of insomnia.

It is impossible for one to commit suicide by holding the breath. As soon as consciousness is lost, breathing automatically begins again.

It is neither reasonable nor practical that man's body was so constituted in the beginning that its existence on earth depended on the exercise of voluntary and controlled processes, such as eating and drinking are.



The breathing function is not only automatic and involuntary, but the primary function of the living organism. All other functions are secondary and designed to keep the body fit to perform the function of Respiration.

The lungs are definitely constructed and constituted for their work. They are by far the largest organs in the body, filling the thorax from the clavicle down to the floating ribs, and from the sternum to the spine.

In comparison, the stomach is an insignificant pouch, being nothing more than an enlargement of the alimentary canal that extends from the mouth to the anus.

In spite of the fact that smoking and drinking are very damaging to the body, the evidence shows they promote health and prolong life by reducing the desire to eat. The Daily Telegraph of Sept. 17, 1879, carried the following account: "Margaret Duncan, the oldest woman in Scotland, died at Couper Angus yesterday at the age of 106. She was a heavy smoker" (Densmore, p. 293).

Commenting on this case, Dr. Evans said: "We do not advise either drinking or smoking as a means of (promoting health and) prolonging life; but still there is a philosophy noticed in this case: Both drinking and smoking take away the appetite, less food is eaten, therefore a less amount of earthy salts is taken into the system, and the cause of old age is delayed in its results" (Densmore, Ibid.).

Walter Williams, last Civil War veteran who died in 1959 at the advanced age of 116, chewed tobacco and smoked. One account of him in the newspaper said: "He occasionally rejects food, but puts up a fuss if his favorite tobacco isn't handy".

Javier Pereira of Columbia, South America, visited the U.S.A. in 1956. He was then 167 years old. The doctors in New York City who examined him, reported that he was "vigorous, alert, and observing". He told the doctors that his longevity may be the result of his diet of "black coffee and cigars".

The evidence accumulates to show that coffee, and tobacco, both poisonous to the body and nerve destroyers, do the body less damage than gluttony, and by the term gluttony we mean all those who eat three "square meals" a day and do not stop eating as long as they can stuff in another bite of food.

Drakenberg, a Dane, buried in the cathedral at Aarhus, Denmark, lived 146 years, and history says he "was more often drunk than sober". At the age of 112 he married a woman of 60.

Astonishing to know that drunkards and users of tobacco may reach an extraordinary old age, but gluttons, never. What a paradox: We adopt a bad habit to decrease the dangers of a worse one. And still the doctors continue to urge people to eat more, keep the body well nourished, and whip up the appetite if you find it failing, for that is a dangerous sign.

The evidence shows that man becomes accustomed to almost anything,



provided time is allowed to secure the efficient operation of the body's wonderful Balance Wheel, whereby to prevent a violent swaying of the vital force too quickly from one extreme to the other.

It is the abrupt change that becomes immediately dangerous, even when the change is from evil to good. Because a practice does not appear to be immediately harmful, like taking laxatives for constipation, is not evidence to indicate that it is not detrimental. The secondary effects are the true criterion, and when they do appear they are seldom connected with the basic cause.

All changes in habits should be made with an understanding that Vital Adjustment will succeed if time is accorded. The return to Breatharianism, where eating becomes unnecessary, must be gradual to give the body time to make the adjustment. We should slowly reduce the amount of food eaten, thus forcing the body to take more from the air. The less we eat the more the body will absorb from the air. But that will be bad also if the air is polluted. The only course seems to be to leave the polluted air of civilization, or die early.

Every practice to which the body is subjected, creates a place for itself in the body's vital economy. Suddenly to stop a practice, leaves a vacuum that is always uncomfortable and often dangerous.

The facts show that man is an adaptation, a product of the Environment which transformed potentiality to actuality. But this is not the case of one species evolving from another as contended by the theory of evolution.

The passage of vegetal and animal matter thru man's body in the processes termed ingestion, digestion, and elimination is a fact of observation. But it is just as certain that these substances never become a part of the body, and do not alter its constitution.

Tissue is built by the process of breathing, and a balance is maintained between the building material and the elimination of waste from the body. To be more specific, breathing is the process of (a) building new material as structure onto the frame of the breath-form; (b) the elimination of waste matter from that structure; and (c) the metabolizing or maintenance of balance between the building and the elimination, the construction and the destruction. That explains the physiological mystery of tissue building.

We repeat that the substance man eats does not "nourish" the body. It merely contacts and stimulates the body's mechanism into a certain state of activity, and passes out of the body thru the eliminative channels, as flowing water passes on as it turns the wheel of the old mill on the bank of a stream.

The water activates the machinery of the mill that does the work. But the water never becomes a part of the mill. And so, the food one eats activates the mechanism of the body, and never becomes a part of the body.

We said elsewhere that it is only the Living Gas contained in what man



eats that is used by the body. The rest is worthless waste, cast off as feces. And the more labor the body is forced to perform to dispose of the worthless waste, the faster it sinks into decrepitude and decay.

Excessive eating results from eating more than one kind of food at a meal. Each type of food induces its own type of stimulation, producing a false sensation of hunger. One may test this and see. Eat bananas until no more of that type of stimulation is desirable, then change to pie or cake, and new hunger sensation appears. That is the reason why one eats with a "coming appetite".

A man, not hungry, is persuaded to eat. As he eats a sensation of hunger develops and he eats a big meal.

Eating is a vicious circle. We eat acid foods and then must eat alkaline foods to balance them. If we ate no acid foods in the first place, there would be no need for alkaline foods.

Once the body is clean and pure, with good clean air to breathe, we should have no need to eat, making our body revert to the Breatharian state and take what it needs from the air as it did originally. The body will not do that unless non-eating forces it to do it. But some food is necessary until vital adjustment is established so the body cells no longer require that type of stimulation supplied by food.



SCIENTIFIC DARKNESS

Darkness means the absence of Light and also a state of man's mind, referred to in the Bible as a lack of knowledge, to-wit: "My people are destroyed for lack of knowledge" (Hosea 4:6).

The masses little suspect how the people of this civilization are constantly being destroyed for lack of knowledge, especially in the great fields of Anthropology, Biology, Psychology, Physiology and Pathology.

We shall emphasize what we mean by citing a specific case of Scientific Darkness prevailing in the 19th century. And the masses don't know that in this particular field there has been very little improvement in the last hundred years.

Back in those days there was a disorder called Cholera that was regarded as an infectious epidemic disease. Just as though there could be any such condition. The cause of it was a mystery, the treatment of it was a travesty, and of course the victims of it died like flies.

These conditions constantly remind us of the statement of that great physician, Wm. Osler, who said, "We put drugs, about which we know little, into our bodies, about which we know less, to cure disease, about which we know nothing at all".

Then there appeared one Sylvester Graham about 1832, a physician, vegetarian, writer on dietetics, and a man far ahead of his time. His vision was not clouded with the grotesque theories of the days when demons invaded the human body for the purpose of destroying it.

Dr. Graham knew there had to be some connection between the condition of the body and the treatment it receives. Now just who is so dumb as not to know that? Who can believe that we don't reap as we sow? We should realize that we earn what we get, and that we must improve our sowing if we would improve the results.

Listen to what Graham said in one of his New York City lectures on the prevention of Cholera:

"The opinion has been imported from Europe and received generally in this country, that a generous diet embracing a large proportion of flesh-meat, flesh-soup, etc., with a little good wine, and a strict abstinence from most fruits and vegetables, were the very best means to escape an attack of that terrible disease".

In reference to this matter, Dr. Herbert M. Shelton wrote: "Four months before the outbreak of cholera in New York that year (1832), Graham delivered his first lecture on the subject, in which he contended that an absolute abstinence from flesh-meat and flesh-soup, and from all alcoholic and



narcotic liquors and substances, and from any kind of purely stimulating substances, and the observance of a correct general regimen in regard to sleeping, bathing, clothing, exercise, the indulgence of natural passions, appetites, etc., would constitute the surest means by which one could rationally hope to be preserved from an attack of that disease'.

"This lecture was repeated after the outbreak of cholera. Despite stiff opposition from the medical profession, many people adhered to Graham's advice, and not one of them developed cholera.

"Grahamites rapidly multiplied during the ensuing years and ere long books and magazines appeared spreading the dietetic and hygienic principles enunciated by Graham. Restaurants and hotels were opened to feed the Graham diet. And despite its overwhelming success, the medical profession, as stubborn then as now in its opposition to dietary (or any other) advancement (of natural means), heaped ridicule and slander (as usual) upon Graham and the Grahamites.

"To cap the climax of their asininity, they (the medics) prohibited the importation of fruits and vegetables into the cities (as they were very bad for any one to eat).

"In August 1832 the Board of Health of Washington, D.C., prohibited, for the space of ninety days, the importation into that city of 'cabbage, green-corn, cucumbers, pears, parsnips, beans, carrots, egg plants, cimblings or squashes, pumpkins, turnips, watermelons, cantaloupes, muskmelons, apples, peaches, plums, damsons, cherries, apricots, pineapples, oranges, lemons, limes and coconuts.

"The following articles the Board have not considered it necessary to prohibit the sale of, but even these they would admonish the community to be moderate in using: Potatoes, beets, tomatoes and onions'.

"Beef, bacon and bread, with beer and wine, were about all they left for the people of Washington to eat. The Board said the prohibited articles 'are, in their opinion, highly prejudicial to health at the present season'".  
(Natural Diet of Man, 1930).

Yes, we agree with you, that it seems unbelievable the brainwashing and mind-conditioning of the schools could so seriously warp and distort a normal intellect that it would regard as dangerous for one to subsist on the best food that man consumes.

Cabbage was one of the vegetables not allowed by the Board of Health to be shipped into Washington. Shelton cites the case of a man who subsisted principally on cabbage, as follows:

"Bernard Bernard, former light-weight champion amateur wrestler or England, and editor of Health and Life, in a visit to England a few years ago visited George Hackenschmidt, noted wrestler of pre-war days. He reported that Hackenschmidt, who was then over 60, lives every day on one head of cabbage, one of lettuce, and from six to twelve Brazil nuts--never anything else at all. ... Bernard says he never saw Hackenschmidt looking better,



that he does not carry one visible ounce of fat, does not look a day over 40, lifts the same weights he formerly lifted while in training, and could probably return to the ring and regain the championship if he desired" (Natural Diet of Man, p. 173).

It is well to quote what D. R. Hiatt wrote about cabbage:

"At the U. S. Army Quartermasters Food and Container Institute in Chicago, guinea employed in radiation tests, as follows: The animals were divided into two groups designated as experimentals and controls. Both were fed standard rations, but the experimentals received, in addition, a portion of cabbage, but the controls got none.

"Following this regimen, all were taken for a ride to the Argonne National Laboratory of the University of Chicago, where each was given four hundred roentgen units of X-ray, a lethal exposure.

"Every animal which had received no cabbage died within 10 to 15 days, while mortality among the cabbage eaters was only half as great during the same period. It was found that broccoli, akin to cabbage, provided equal protection from radiation, but turnips, on the other hand, were ineffective" (Journal of Natural Living).

In another place we have referred to the case of the Ancient Britons who subsisted on acorns, berries and herbs, and did not begin to show signs of aging until they were 120 years old.

All investigations conducted in the field of food and feeding produce similar findings. It may be the case of Hackenschmidt, the ancient Britons or the rats and guinea pigs. We even find this to be the same of the early Romans, about whom H. W. Johnston wrote:

"During the early Republic, perhaps almost thru the second century B.C., the Romans cared little for the pleasures of the (dining) table. They lived frugally and ate sparingly. They were almost strict vegetarians, much of their food being eaten cold, and the utmost simplicity characterized the cooking and the service of their meals" (Private Life of the Romans).

Pliny said that these Romans got along without a physician for six hundred years. They despised the physician's calling. They abhorred a class of men who made a trade of caring for the sick and enriched themselves from the misfortunes of others.

In 219 A.D. Archagathos, a physician of Greece, migrated to Rome. The Senate even appropriated public money to buy for him a house in which to receive patients and care for them. But so many died under his care, that he soon became an object of general odium, and the Romans drove him out and back to Greece.

This is what Cato the Censor said of the physicians:



"The race of Greeks is very vicious; and, my son, believe this as the voice of an oracle, that, with its literature, it will spoil everything in Rome. It will be worse still if it sends us its physicians. They have sworn among themselves to kill all other nations with their medicines. They exercise their art for the sake of gain, and seek to get our confidence in order to be able to poison us more easily. Remember, my son, that I charge you to have nothing to do with physicians" (Wilder's Hist. of Med. 1901, p. 34).

It was a hundred years after the Romans drove the first physician from their land, before another dared to go there. Then came Asklepiades, a native of Prusa (Brussa). Profiting by the sad experience of Archagathos, he adopted the opposite expedient of mild and pleasant remedies. He was suave in deportment, fascinating in manners, familiar with every art of winning favor, and thus overcame the previous prejudice against physicians. It was a favorite declaration of his that "diseases had recently changed in type, and new maladies had appeared, requiring a milder but more efficient treatment".

Of this suave physician, Wilder wrote: "Meeting a funeral procession one day, he took the body and restored it to animation, impressing the bystanders with the conviction that he had raised the dead to life" (p. 87).

And here we go again, right back in the same old rut of fraud and ignorance, falsehood and darkness. It pays the actors and sweeps the masses into its net, and they pass mentally beyond the reach of commonsense, reason and logic.



## Chapter No. 15

### (A) COSMIC RADIATION

The splitting of the atom uncovered some surprising knowledge. It showed that Matter as such has no existence per se; that we inhabit a Radiant Universe, and that created objects are constituted of solidified Radiation.

The earth is composed of condensed Radiation, and floats in a vast ocean of electro-magnetic Radiation as a ship floats on water. Out of that ocean there come all things known and unknown, including man.

Recently discovered secrets of Creation make it more difficult than ever to explain why man eats and drinks than to show that he should not.

We showed somewhat in Chapters 6 and 7 that the body is a mechanism that is endowed with power to adjust itself automatically to such states as it must tolerate or perish. This is the condition of its existence. But for this saving power, the human body had perished and vanished ages ago.

By long ages of eating and drinking, man has forced his body to adjust itself to meet that condition. By reversing the lever, the body would gradually return to its original perfect state, when it was sustained entirely by the Radiant Breath of Life.

We cited the cases of two women who lived without eating. These cases were reported in the public press, and there is no logical reason to question their authenticity.

More cases of this kind come to our attention. The press of May 3, 1936, reported that a Hindu Bengali Kayastha woman of 68 had eaten nothing since she was 12 years old. The account stated:

"Swami Yogananda Giri, disciple of Guru Shama Charan Lahiry of Bankura, India, recently came here from America and, accompanied by Messrs. Sandanada Sanyal, press representative, and Bibhuti Bhusan Ghosh, went to Patrasayar to visit the woman and gather from her the following information:

"She is active, discusses higher philosophy and religious subjects, and is an expert in 'Paranayam and Yogi'. She takes nothing (into her stomach), not even a drop of water. She is always gay and looks like a child despite her age of 68 years. She does not defecate nor urinate and does all her household work like any other woman.

"The Swamiji wanted to take her to America with him, but she was not agreeable to this, as she had no order from her Guru to leave her native village". --Amrita Bazaar Patrika.

One case is sufficient to show what is possible in millions of other cases. The Law of Creation makes no exceptions and has no favorites.



It is not disputed that the Law of Vital Adjustment modifies physical development and vital function. Some scientists assert that the practice of the parents becomes constitutional tendencies in their offspring. How far this process of development may extend, no one is able to say.

Every practice makes a place for itself in the vital economy. Suddenly to cease any practice leaves a vacuum that is always uncomfortable and sometimes dangerous.

The art of Perfect Living is unknown and receives no attention. He who is so far ahead of science even to suggest such a condition is quickly silenced, disgraced and liquidated, with the press carrying big headlines proclaiming that an enemy of social progress has been found and jailed. The deceived masses believe the story.

One's teaching may be in harmony with Creation's Plan of Life, the Law of Perfect Living, and the science of Cosmic Economy. But such teaching does not correspond with civilization's artificial world and mode of living, nor support its social pattern, hence it cannot be considered nor supported by any institution or any form of government. It must be suppressed "for the good of the people".

Medical art has never doubted that food keeps the body alive, and consistently urges the eating of food to sustain the body and keep it vigorous. Medical theories never change regardless of how often they are proven by practice and experience to be erroneous.

Some leading doctors do not observe this rule. They were not satisfied with the way things went and decided to make a deeper study of food and feeding. It caused them to do some thinking when they saw the sick recover when given no food at all, after the patients had failed to respond to the best medical treatment. They knew there was something wrong and decided to make their own investigation.

And so, in 1880 one Dr. S. H. Tanner decided to fast in order to observe the effects thereof. For 18 days he took neither food nor water. Then he began to drink from 40 to 70 ounces of water every 24 hours. The fast extended for 40 days. When it ended, Tanner had lost 35 pounds of weight, but suffered no ill effects. His pulse and temperature remained almost normal throughout the fast.

That settled the argument of those physicians. But it did not decide the question as to what sustains the body when given no food. Or whether food actually does sustain the body.

Then came more experiments in the matter of food and feeding. Some doctors asserted that all animals eat to excess when food is available. A horse will founder itself if it has a chance to eat all the corn or wheat it wants.

People also eat to excess. They eat much that is indigestible, and it ferments and putrefies, deranging the digestive function and producing poisons



which cause illness. The object of their eating is principally to gratify the craving of the palate or to have a feeling of fullness.

Certain doctors made a test on animals to study the effects of feasting and fasting. On this point Prof. C. M. Childs, Chicago University, wrote:

"Experimental tests, conducted for a number of years in the Dept. of Zoology, University of Chicago, showed that worms, when well-fed, grow old just as the higher animals do, but by fasting they may be made young again.

"When these worms are deprived of food, they do not die of starvation in a few days. . . . They live for months on their own tissues. At such time they become smaller and may be reduced to a fraction of their original size. Then when fed after such fasting, they show all the physiological traits of young animals. But with continued feeding, they again go thru the process of growth and aging.

"One group of worms was well fed, and every three or four months they passed thru the cycle of aging and reproducing. . . . Another group was given just enough food to maintain the worms at a constant size but not enough food to make them grow. These worms remained in good condition without becoming appreciably older as long as the experiment continued, which was three years.

"With abundant food, this species of worms may pass thru its whole life history . . . in three or four weeks. But when growth is prevented by fasting and frugal feeding, the worms may continue active and young for at least three years, as the foregoing experiment has demonstrated, and no doubt much longer had the experiment continued longer.

"The extension of the life-span of the worms in this experiment is approximately equivalent in man to keeping him alive for six or seven hundred years".

Prof. Huxley, son of the elder Huxley, made a similar experiment on earth worms. He fed some worms as they usually eat, except one worm, which he isolated and fed the same way, but occasionally he made it fast.

The isolated worm, alternately fed and fasted, was alive and vigorous after 19 generations of its relatives had been born, lived their regular life-span, and died.

Amazing. If the same procedure were followed in the case of man with similar results, instead of his dying at 100 and his friends believing he had lived extra long, he would live almost 2000 years.

Regardless of the claims of medical art about keeping the body "well nourished", the facts of these tests show that the better fed are the sicker and have the shorter life-span. That being the case as shown by these tests, the logical course to promote health and prolong life is less food and of a simpler character.



Physiologists assert that the less one eats, the less active the digestive tract and the less nerve force it needs. This conserved nerve force is then passed in more powerful waves to the more vital organs, the heart, lungs and liver, causing them to improve in function, while the organs of elimination can perform their function more efficiently and dispose more fully of the toxins and fermenting waste that accumulate in the body under constant feeding and damage it.

Drs. Carlson and Kunde, University of Chicago, showed that a fast of fifteen days restored the tissue conditions in a man of 40 to the physiological condition (age) of those of a youth of 17--proving that fasting does for man what it does for worms.

It appears that not only does fasting stop the forward march of physiological age in man as it does in worms, but it even turns back the hand of measuring Time for him as it does for worms.

If this secret of rejuvenation were widely publicized, and ten or twenty million people in this country should suddenly resort to fasting and frugal feeding in an effort to promote their health and prolong their life, it would result in the greatest economic depression in the nation's history. And so, the people must sacrifice their health and shorten their life in order to support an economic system geared to operate under present conditions.

We seem to be uncovering the Key to the Ancient Secret of Regeneration. Cases of rejuvenation are often mentioned in the ancient scriptures, but have not been understood. It is written:

"His flesh shall be fresh as a child's; he shall return to the days of his youth (Job 33:25). And thy youth shall be renewed like the eagle's" (Ps. 103:5).

If fasting makes the flesh of a man of 40 like that of a youth of 17, his youth is renewed like that of the eagle's. If this rule were applied to a man of 64 in solar years, he would have the youth and vitality of a man of 41 in physiological years.

An article in the press of Feb. 27, 1938, stated that Tapsi Bishan Das Udasi, of India, was reported to be 172 years old, but "appeared to be not over 40". He claimed to know the secret of holding his youth but would tell no one.

It seems that some of the secret of staying young is revealed in the experiment with the worms, but the man who loves to feast would not be willing to fast to hold his youth.

Physiologists assert that if the cells of a man of 40 can be regenerated to equal those of a youth of 17, it is possible to keep them in that condition indefinitely if the correct procedure is known and observed.

Most people who have never fasted are afraid to try it. Medical art claims



it's dangerous, but experience proves the claim is erroneous. In thousands of cases of fasting, ranging from 20 to 259 days, no death has been known to occur that could be attributed to the fast.

The press of Aug. 13, 1938, stated that Mrs. Mae Zimmerman fasted 63 days to gain relief from the pains of arthritis. She lost 38 pounds and also the pains.

Mary Mitchell, age 27, of Santa Ana, Calif., a practical nurse, broke a fast of 64 days in Jan. 1927. She weighed 202 pounds when the fast began, and 158 pounds when it ended, and stated that she felt like a new person.

For the first five weeks of the fast, she continued her work as nurse. During the rest of the fast she did her regular house-keeping. Her health was much improved by the fast.

Milton Rathburn, age 67, fasted 35 days, reducing his weight from 211 to 168 pounds. At the end of the fast he said, "I feel like a boy again. I think I could vault over a six foot fence".

Estella Kuenzel, age 22, lost her mental health to a degree where death became the final object of her desire. She made a surprising recovery by fasting 45 days.

Leonard Thrass, age 57, was in very bad health. He fasted 52 days, his weight dropped from 209 to 135 pounds, and he made a wonderful recovery.

Elizabeth Westing, a music teacher, in bad health, fasted 40 days. Her weight dropped from 110 to 93 pounds. On the last day of her fast she was able to sing with unusual clearness and power, ending her fast without losing a day from her duties as a teacher of music.

An English business man fasted under the care of John A. Armstrong, a naturopath who had conducted many cases of fasting. The patient took nothing but water into his stomach for 104 days, and at the conclusion of the fast, said he could have fasted 10 or 15 days more had it been necessary. He had been given up to die by the medics, and tried fasting as a last hope. His weight dropped from 191 to 132 pounds and he made an excellent recovery.

The press of Jan. 31, 1931, said, "Authentic reports from Salisbury, South Rhodesia, state that Mrs. A. G. Walter, noted singer, has been fasting 101 days, during which time she has consumed only two or three pints of water daily. Last October she weighed 232 pounds, so she decided to fast. She has carried on her public singing".

In his "Believe It Or Not", in the press of Jan. 16, 1934, Ripley stated that Jekisiel Laib, of Grodno, Poland, fasted six days a week for 30 years. Each Saturday he ate bread and water. His health was good. According to the claims of dietetic experts, he should have died of "mineral starvation".

The press of Nov. 30, 1934, reported the case of "a fast which was



asserted to have lasted 259 days was ended at Bombay, India, on that date by a Jain priest, Muni Shri Mierilalji, in the presence of 500 co-religionists. He took nothing but water".

In his "Believe It Or Not", in the press of Jan. 25, 1938, Ripley stated that for ten years Giovanni Succi traveled thru Europe, giving public exhibitions of fasting. His exhibitions, rigidly controlled, extended for periods of 30 to 40 days, during which time he was in the public eye day and night. He fasted 30 days for 80 periods and 40 days for 20 periods, making a total of 3200 days without eating in ten years, a period of eight years and 280 days without food.

The press of Oct. 12, 1948, reported that Mrs. Martha Nasch, age 44, of St. Paul, Minn., fasted to recover her health after failing to respond to medical treatment. She recovered her health, and experienced no sensation of hunger. She decided not to eat until hunger appeared, and went for seven years without eating, affirming her willingness to submit to surveillance to prove her claim. But the doctors were not interested in helping to prove that they were wrong in claiming that fasting is dangerous.

Oswald Beard, a veteran of World War I, was wounded in the stomach. He lived at St. Anne's-on-the-Sea, England, and for ten years subsisted entirely on tea, with cream and sugar, drinking 60 cups a day.

Beard could have chosen a far better fluid for his body, such as fruit juices. According to the dogma of dietetic experts, he should have died of "mineral deficiency and a lack of vitamins". According to medical art, he should have died of inanition.

Prof. Sergius Morgulis, Nebraska College of Medicine, wrote a masterly work on fasting in which he related specific instances of Rejuvenescence by that process. He said:

"The acuity of the senses" is increased by fasting, and "at the end of his 31 days' abstinence from food, Prof. Levanzin could see twice as far as he could at the beginning of the fast".

By exhaustive experiments, Dr. Morgulis proved beyond the shadow of a doubt, that fasting is a safe and sure process of regeneration, and the only one known. He discovered that during a fast, the body begins to grow smaller. The cells are only reduced in size, as in the case of the worms.

During the fast, abnormal growths, deposits, effusions, dropsical swelling, enlarged glands, tumors, cancerous conditions, fat, etc. are all corrected as the body disintegrates and uses the material to support itself.

By fasting, the cells of the body are reduced in size, as in the case of worms, and the nuclei of the cells lose little of their substance. Fasting works the same for man as it does for worms, the cells actually reversing their aging-action to that of rejuvenation.



Fasting is a strictly natural process that puts the patient in harmonious relationship with the laws of Creation which bring the body into existence and sustain it during life. There is no more question as to the results than there is about the falling of the rain, and the names which the medics give to the body's derangements mean nothing to Creation. The results are just as consistently certain in the direction of improvement as for water to run or grass to grow. Every sick animal is guided by this law, and invariably fasts to recover its health.

After reviewing more than 2000 cases of persons who lived more than 100 years, Dr. Evans said, "We find one chief cause which accounts for the majority of the cases of longevity--moderation in the quantity of food consumed" (Densmore, p. 294).

Dr. Arnold Lorand wrote: "It is certain that more people die from eating too much than from eating too little. It is surprising how little food man needs to meet the Requirements of his body and remain in good health" (Old Age Deferred, p. 280).

Bernarr Macfadden, of Physical Culture Fame, believed that fasting would do for man what it does for worms. He said:

"I firmly believe that we can live for an almost unlimited period, maybe for centuries, if the vital-building possibilities of a prolonged fast, followed by a frugal diet of uncooked and unseasoned fruits and vegetables, were understood and observed" (Physical Culture, Aug. 1925).

The public press of 1931 carried the following item: Watertown, Wisc. Oct. 11--Henry Bassinger, age 100, the city's oldest resident, has passed the 67th year that he has refrained from drinking any water.

During the Civil War, he went to get some water to drink, and found the stream polluted by the bodies of four decayed mules, and he made a vow never to take another drink of water. His vow he has kept faithfully for nearly three quarters of a century.

The isolated cases presented of those who live without eating are definite indications of the body's attempt to revert to the original state of Breatharianism. One amazing feature is that the body is naturally doing this of its own accord and without any other aid than that of the dweller in the body heeding the desire of the body.

These instances add more weight to the declaration of Abbe N. de Montaucon De Villars that the Ancient Masters ate food only for pleasure and never of necessity (Compte De Gebalis, p. 63).

That was the Breatharian Age, when the body still possessed most of its original perfection, was adjusted to the harmonious conditions of a favorable environment like that which had brought the body into existence, and it did not require chemical stimulation that is now supplied by physical food.



In his book titled "Sree Krishna", Premanand Bharait stated that "men (in the Golden Age) required little material nutrition. They ate very little food, consisting only of fruit, and drank little water--and these between long intervals".

Plutarch stated that the ancient Greeks, in the days before Lycurgus, ate only fruit, and each generation reached the age of 200 years.

Philochorus said that the Pelasgians, the oldest known inhabitants of Greece, dwelt in a land of fruit. "Apples were their favorite food, and the speed of their feet never lessened (with age). They lived for hundreds of years ... and the dark luster of their black hair was never tainted by a silvery thread. They lived so long that they tired even the wings of measuring Time".

After all the long ages of the body's adjustment to the eating habit, it is amazing to see, as evidence of the original state of Breatherianism, there are still some people living who have no desire to eat. And there would be more were it not for the scary teaching of medical art to the effect, that declining appetite is a dangerous sign.

Carefully conducted experiments have consistently shown that the less one eats, the longer one tends to live. As the consumption of food is gradually diminished, the intraorganic adaptive functions of the organism adjust the glands to the new condition. If this course is continued, the time will come when a regular meal, such as one formerly ate, will be such a burden on the digestive system as to cause much discomfort, if not sickness.

During World War I the Carnegie Institute conducted a series of experiments that produced surprising results in this respect. A group of healthy young men, some of whom were athletes, were kept for months on a diet of very spare proportions that reduced the men to ten percent below the weight they had maintained on their regular diet, although none of them were fat at the beginning.

On the meager diet the men developed into the same physical condition as the spare, wiry, rawboned men of the type that live the longest. But on this diet there was no evidence of any loss of physical power.

Many studies and measurements were made, but showed no marked physical changes, with one exception, and that one was favorable: In every case there was a marked decrease in the heart-rate, and a lower blood pressure. That is the road to better health and longer life.

The test showed that the most striking effect of a spare diet is that of decreasing the labor of the internal organs, of the heart, the circulatory system, stomach and bowels, liver and kidneys--of all organs of elimination that break down early in life from excessive labor.

The experiments showed that elimination is more important than ingestion. The vital condition of the body is more dependent upon elimination than upon feeding and drinking.



Feeding may be suspended for days without causing anything more than transient debility. But constant elimination of the effete substances produced by the constant function of the body cannot be checked for even a minute, in warm blooded animals, without inducing fatal results. For every act of respiration is one of elimination, and to stay the breath is to stop the life.

One case is enough to show what is possible in millions of other cases. So we'll cite the case of Bertha Fried, age 30, Baltimore, Md., weight 196 pounds. She ate the regular diet recommended by the physicians.

She decided to reduce her weight, and took a series of fasts, gradually increasing the duration of each fast, and fasted forty days in thirteen weeks. Her physician was alarmed. Her weight dropped to 134 pounds, and she felt like a new person.

Bertha has since fasted forty days each year. She was born in 1901, was in her 56th year at the time this was reported, felt fine, and acted and looked like a young woman in her 20's.

As usual in such cases, she has gone on to develop her mental and astral powers. While meditating, she receives much benefit and experiences a calmness that floods her whole organism.

On his mission to Arabia, Dr. Weber noticed a woman who ate but once a day, and then only a few dates. She was vigorous and he thought she was about 40. He was astounded when she told him she was 193. She said when she was 156 her teeth were renewed for the third time, and that she always experienced a feeling of regeneration after a prolonged fast.

The body recovers what it originally had if given a chance to do so. Nothing that has ever been can ever be completely lost. Traces of it always remain. The original perfection of the human organism will return when the conditions for such return are supplied. But these conditions will never be so long as medical art rules the field in which man lives.

Man's body contains the vestigial remains of organs that once served a purpose. As he descended to lower levels because of degeneration, the organs that were functional on a higher plane, were no longer useful. They withered and grew rudimentary. Science thinks they are left-over appendages of the ape stage of man.

Dormant organs develop and become functional when needed. If the body contains dormant organs that were developed and functional in the Breatharian Age, they will revive and return to their former state when the demand for their use is supplied.

Science admits it knows little about man now, and certainly it knows nothing of what man was in the beginning. Science says man is ascending. The facts show the reverse.

Nothing left to its own resources ever improves in structure and function.



The course is naturally downward. Otherwise, the lowest man, without effort, would become the highest by reason of evolution.

We never rise by drifting with the stream. Otherwise, there would be no incentive for intelligent and diligent labor. Most men follow the line of least resistance. Ascension requires work, whereas descension is to drift with the tide.

The Ancient Masters were aware of these facts and told us of it in their scriptures. The Bible says: "The thing that hath been, is that which shall be; and that which is done is that which shall be done; and there is no new thing under the sun. Is there anything whereof it may be said, See this is new? (No, for) it hath been already of old time, which was (long) before us" (Eccl 1:9,10).

Advanced anatomists assert that originally the alimentary tract was a rudimentary, dormant, functionless structure, provided by omniscient Creation as an emergency measure which would some day save the race from extinction by being brought into activity by certain changes in environment and in human habits.

These anatomists declare that there are more than a hundred rudimentary structures in the living organism, some of which were formerly functional, but now dormant because of non-use due to changes in environment and human habits, and other structures which are ready to come into use whenever necessary to save the race from extinction, or to aid the body to meet new habits and new changes in the environment.

Huxley referred to this matter in these words: "Either rudimentary or vestigial organs are of no use, in which case they should have disappeared, or they are of use, in which case they are arguments for teleogony, which means they are of past and future service or purpose" (Anatomy of Invertebrate).

And on this subject Darwin wrote: "Rudimentary organs of now trifling importance, have probably been of high importance to an early progenitor, and after being perfected in a former period, have been transmitted in a more or less changed condition by modified descendants, until of slight or no use".

Creative Action always works in both conditions, the results produced depending upon the conditions supplied. An organism that will degenerate will also regenerate when the conditions that favor regeneration are supplied.

When good habits are adopted and the body is removed to an environment where summer heat does not kill in one part of the year, and winter cold does not kill in another part of the year, and weaken all who do not die, certain structures within the body now dormant and non-functional due to adverse conditions under which the body exists, will come into action, with the ultimate result of a race so far above the present level of consciousness and intelligence, that it will mean the return of the Ancient Super Men, referred to in all ancient scriptures as the Gods of the Golden Age, whose mental powers surpassed those of the birds and beasts, which exhibit amazing mental powers that we cannot understand.



The exhibition by certain persons of the superior mental powers of clairvoyance and clairsience indicates that which is possible for all people when the body is regenerated by better habits and favorable environment. It is foolish to believe these powers may be acquired by certain teachings or reading certain literature. They depend on the condition of the body. Improve the body and the brain and that will improve the mental powers of the person.

#### (B) COSMIC RADIATION

Recent discoveries in the World of Space are shocking science, and it begins to dream of a possible state in human existence that it has consistently scorned--physical conquest of Death,

Science was surprised by the startling information disclosed by the splitting of the atom, and now expresses an insatiable thirst for knowledge of the metaphysical world, which it has previously scouted as heathenish superstition. It is seeking to devise something resembling terrestrial omnipotence for humanity.

With Cosmic Radiation appearing so all-inclusive, and with Space and Time decreasing toward the vanishing-point, science is striving in many ways to make Man the Master of his Destiny and thus decrease the fetters of causality.

The old postulate of limit, of the impossible, grows more shadowy, and it appears, instead, that whatever man can conceive, he can achieve. That which man wills to do, he must in the end be able to do. For all questions have answers, and the mind of man eventually finds the means. Anything is possible, yet everything is certain within the limits of that possibility.

Science has discovered that all living organisms are adaptations. They must be. That is the law that rules their being and the condition of their existence, a fact recognized by Col. James Churchward, who said:

"Under the great law of Creation, there must first come a (certain) condition (of the earth), and, with it (there comes into existence) a suitable life (organism) to live in it. ... The condition (of the earth) is the Parent of the Creation" (Lost Continent of Mu, p. 328).

More properly speaking, the condition of the earth, or of the environment, is the factor that triggers Creative Action, and all living things created as a result, must of course correspond definitely with the condition of the environment in which they appear, as explained in Chapter 8, titled Correspondence.

Had man's body not been competent to adjust itself automatically to meet the changing conditions of the earth and of man's habits, as we noticed in chapters 6 and 7, he had disappeared long ago.

The experience of thousands of years shows that human beings are creatures of habit, victims of their own built-in-rhythmic patterns. By long ages



of eating and drinking, man has forced his body to adjust itself to meet these conditions, or die.

No process nor function of the body can be considered natural when its exercise is degenerative and destructive, except the one exception of procreation. In the state of unisexuality, such procreation is essential to perpetuate the race, and the body is sacrificed, as we saw in Chapter 5, that the race may endure. The perpetuation of the race is more important to Creation than the prolongation of the existence of the individual. But man may subdue that function and his reward for so doing is greater mental development and greater life-span.

The process of eating is not of that order. It affects the individual and not the race. Scientific research shows that eating damages the body and shortens its existence. That point is covered in more detail in Section (C), where it is definitely shown that, under certain circumstances, eating can kill a vigorous man in less than a year, and the food is that which the doctors believe is just what man should consume, showing how little the doctors know about these things.

We cannot term as natural a process or function that causes degeneration and destruction of the body, except that of procreation; and even that function, due to the fact that it degenerates and destroys the body, is regarded by some leading biologists as not being strictly natural, but an emergency measure designed to save the race from extinction. This matter Dr. George R. Clements covered in his master-course titled Science of Regeneration, the greatest work on the subject ever written.

Seven years ago one of our articles dealing with Cosmic Radiation in relation to the body appeared in a certain health publication, and was noticed by a Cosmic Ray scientist in California, who wrote us a special letter in regard to the matter.

In this article we mentioned the fact that persistent rumors circulate to the effect that deep in the fastness of the Himalaya Mountains there dwells a special group of Masters whose ages are said to range from 500 to 1500 years.

These men are too wise to come out and contact the outer world, knowing by past experience of the sad things that happen to the great teachers who attempt to expound the Laws of Creation to the multitude. They are willing to impart this knowledge to those who seek them in good faith.

Some forty years ago a certain lawyer in Chicago read much about these wise men, and could not resist the urge to visit them. He accordingly assigned all his property to his wife, retaining only enough money to cover the expense of his trip. For fifteen years the wife heard nothing from him. Then one day there came a letter which she eagerly opened and read. In it he said in part:

"I live in a new world. Nothing could persuade me to return to the old life. These Masters are free of all desire, neither eat nor drink, and are



hundreds of years old. It took seven years for my body, under their teachings to adjust to the point where I had no desire for anything and could go on without eating or drinking. I expect to live for hundreds of years".

That was the end. The wife never heard from him again.

According to tradition, these Masters consume no gross physical food. They subsist on "Solar Quintessence", said to be pure rain water charged with Solar Fire. This means Solar Rays intensified to the burning point.

Frequent references appear in the Bible to Fiery Serpents and Serpentine Fire. We are told this means the Vital Essence that creates a new person. The Serpent symbolizes the Spinak Cord that connects the brain with the generative centers near the base of the spine, and the Vital Essence is Astral Light or Cosmic Radiation.

This matter is noticed in connection with the life of Paracelsus, a famous German physician, son of Wilhelm Bombast von Hohenheim, also a physician who named his son Theophrastus Bombast von Hohenheim. The son later adopted the name Paracelsus.

In 1526 this Paracelsus became professor of medicine in the University of Basel, "and there he publicly burned the works of Avicenna and Galen, two of the greatest of the early medical authorities."

Paracelsus attached no value to mere scholarship. Scholastic disputation he ignored and despised, and especially the discussion of medical topics, which, he declared, turned more upon theories and definitions than upon actual facts. In that he was right, and it is so unto this day.

After an extended study of Nature, Paracelsus said: "Whence have I all my secrets? From what writers or authors? Ask rather how the beasts learn their art. If Creation can instruct irrational animals, can it not instruct men much more?"

He then, no doubt, had in mind certain statements in the Bible, where it says, "Ask now the beasts (how to live), and they shall teach thee; and the fowls of the air, and they shall tell thee. Or speak (even) to the (dumb) earth, and it shall teach thee; and the fishes of the sea shall declare unto thee" (the secrets of life) (Job. 12:7,8).

Paracelsus delivered a course of lectures on medicine in the University, and, unfortunately for him, his lectures ignored tradition. They were not mere commentaries on the text of Avicenna and Galen. They attacked these "great medical authorities", and condemned the German graduates for following them. They criticized the current medicine of his time, and exposed the ignorance, pomposity and greed of those who practiced it.

Matters were made worse in the eyes of the medical world when the truth of his doctrines was confirmed by his own success in "curing disease" for which the regular physicians could do nothing. That has been done in all the ages of medical art, and is being done today.



It is said that in his extended travels searching for knowledge, Paracelsus visited India, and there learned from the Masters in the mountains some of their secret mode of living. Thereafter he ate and drank nothing, but subsisted for twenty years on "Solar Quintessence". This, he declared, was the principal part of their methods of prolonging life in the flesh.

Eliphas Levi called this Solar Quintessence Astral Light, another name for Cosmic Radiation. He said the Great Work of the Ancient Alchemists was not the secret of metallic transmutation, but the universal secret of Life. He wrote:

"The Great Work of the Alchemists was the quest for the middlepoint of transformation, at which (Astral) Light becomes Matter and condenses into Earth, containing within itself the principle of motion and of life. It was the generalization of the phenomenon which tinges the blood red by the creation of those innumerable corpuscles which are magnetic even as the worlds, and are alive like animals.

"For the disciples of Hermes, the metals were the coagulated blood of earth, passing, like that of man, from white to black and from black to crimson, following the world of (Astral) Light. To set this fluid in motion by means of (solar) heat, and impart thereto the tingeing fructification of Light by the aid of electricity--such was the first part of the work of Wisdom.

"The end was more arduous and sublime; it was a question of recovering the Adamic earth, which is the coagulated blood of the vital earth; and the supreme dream of (ancient) philosophers was to accomplish the work of Prometheus by imitating the work of Creation--that is to say, by producing a man who should be the child of science, as Adam was the child of divine omnipotence. ...

"That Creative Law which peoples incessantly the greater universe ... is one of movement combined with substance, of the fixed with the volatile, humid with solid. Its principle is divine impulsion, its instrument Universal Light (Cosmic Radiation)--ethereal in the infinite, astral in the stars and planets, mercurial in metals, vegetable in plants, vital in animals, and magnetic in man.

"This (Astral) Light (Cosmic Radiation) is the quintessence of Paracelsus and is either latent or active in all created substance. Such quintessence (Cosmic Radiation) is the true Elixir of Life, and it is extracted from earth by vegetation, from metals by incorporation, rectification, exaltation and synthesis; from plants by distillation and coction; from animals by absorption; from men by generation; from the air by respiration" (History of Magic pp. 204-6).

It is highly important to observe that the Ancient Masters regarded Astral Light (Cosmic Radiation) as "the true Elixir of Life" which science is searching for but never able to find. And we are so foolish that we drive that true Elixir of Life out of our food by heating and cooking it.

Paracelsus was one of those rare men so seldom seen: Too great for a



world of darkness, ignorance, greed and hate. A menace to all who live and thrive on human misery. And so, it was expedient to dispose of him, as a system of profit and greed can never be surrendered for human betterment and improvement.

Therefore, in 1541, according to tradition, this great man was cast over a steep cliff to his death by thugs hired by the regular physicians.

In his letter above mentioned, the Cosmic Ray Scientist said in part:

"There is a law of Perfect Living, which may briefly be summarized as follows: Abolition of all desire is Perfect Life. If man consumed only Cosmic Radiation by respiration as he did when he was a Breatharian, if that Radiation were never polluted, and if the procreative function remained dormant, there would be eternal existence and eternal knowledge. Sickness would be unknown, decrepitude would be unthinkable, and longevity would be unlimited".

This formulation of the law of Perfect Living agrees with the doctrine of the Ancient Masters. Socrates, the sage of centuries ago, said: "To desire nothing is divine. To desire the least possible brings man nearer to divine perfection. The less physical man becomes thru the conquest of Desire, the less he needs and the less he needs, the more he becomes like gods, who use nothing and are immortal".

The Bible says, He that overcometh (the desires of the flesh) shall inherit all things good in life (Rev. 21:7).

The Ancient Masters said: "The understanding of man is obscured by this foe called desire, which rageth like fire, and is difficult of being extinguished. . . . Thy first task is to conquer this foul dweller in the mind. Mastering first the senses and sense organs, do thou then proceed to put to death this thing of evil" (Bhagavad Gita).

The Cosmic Ray Scientist continued: "I discovered in my researches that what we call food is unnecessary for man (in a state of Perfect Living). Only when the elements (of the body) are in an abnormal condition, due to wrong living, does man require food, as the body then lacks the ability to absorb from the environment the amount of Radiation it needs.

"The animative element of the body is similar to the power of a storage battery. The power may be imparted to water, and as little of such water is required for a month's time as a walnut-shell-full night and morning.

"After the body's tissues become adjusted to this quintessence, it is possible for the body to attract from the environment, as it did in the days when man was a vigorous Breatharian, the Radiation it needs to sustain it, making unnecessary the consumption of gross physical food. For all the body uses of such food is the Radiation it contains; and this mode of existence will actually effect a state of Immortality in the flesh".



(Note by Hotema: Dr. Alexis Carrel discovered that the body-cell is immortal when he kept growing for 27 years a heart fragment removed from a chick embryo in 1912--Man The Unknown, p. 173).

"This is the 'Solar Quintessence' used by Paracelsus in his magic cures of all disorders".

A remarkable letter from a scientist who believes it is possible and proper for man to exist without eating gross physical food after the body has adjusted its tissues and functions to the high state of its original existence, before degeneration dragged it down to its present low level.

Due to its powers of adaptation, the body can endure for a limited time a certain amount of abuse; but in all ages that man has been a feeder of gross physical food, his body still breaks down under this mode of living, and the world as a result is filled with sick and suffering people, seeking the doctors for relief and not getting it because the doctors themselves know as little about right living as the masses do, and are sick as often and die as early as the laics.

To one who can think and reason, the facts prove there is something wrong. What is it? That is the big question we are discussing. Some of the answer seems to appear in the letter of the Cosmic Ray Scientist.

#### (C) COSMIC RADIATION

Breathing is living, and Cosmic Radiation is the Breath of Life. It has long been known that Radiation, not food, animates the body. That can easily be determined by a simple test: We stop living when we stop breathing.

Now for a big surprise: It is not so well known that the basic building blocks of the body are not derived from food, but from the same Radiation that animates the body, makes it move, and called Life.

Even the growth of the organism is not dependent upon food as science teaches, but upon the cell. They are constituted of Radiation and increase in number by dividing and subdividing. The original parent cell splits into two, the two into four, the four into eight, and so on, in geometrical progression.

As a chemical compound, the body is composed of many elements, the chief ones being: Oxygen 72%, Carbon 13.50%, Hydrogen 9.10%, Nitrogen 2.50%, Calcium 1.30%, and Phosphorus 1.15%. These elements are composed of Radiation.

Water is liquefied Radiation, and Dr. Willard Carver, in noticing its importance in the body said:

"It is a law, general in its application to the body's tissues, that the more highly refined and delicate a tissue is, the greater the percentage of water entering into its composition. In some parts of the nerve system, this amounts to some 90%, in others 85%, and in ordinary nerve tissue about 80%."



No structures of the body are so important as the brain and nerves; and in the case of bodies said to die of starvation, the brain and nerves are found to remain perfectly intact, showing they are not dependent upon food.

What parts of the body are dependent upon food? Why does man appear to die of starvation when deprived of food? It could possibly be more a case of depriving the body of that to which its tissues are adjusted than of that which its tissues actually need.

Some scientists say that man originally was not a drinking animal. Sir Isaac Newton made an investigation to solve that question, going clear back to the tradition of Prometheus to show why man became a drinker. He said:

"Prometheus first taught the use of animal flesh (as food), and fire with which to render the flesh more digestible and pleasing to the taste. . . . Thirst, the necessary concomitant of a flesh diet, perhaps of all diets vitiated by (fire and) culinary preparations, ensued; water was resorted to (and man began drinking water), and he (thus) forfeited the estimable gift (condition) of health. . . . He became deranged, the partaker of a precarious existence".

Who can be so stupid as to believe that "medicine" is the remedy for the relief of the body's derangements that result from transgression of the Laws of Creation? And there is the very foundation of Medical Art.

As an example of the high importance of Radiation to the organism, it has been proven by test that if man subsisted exclusively on cooked and heated food, he would die in less than a year, the reason being that heat drives out of food most of the Radiation it contains.

To prove that vegetation is constituted of Radiation, in 1953 two Canadian doctors demonstrated by test that growing beet leaves transformed Radiation into cellulose in less than ten seconds. This is the Living Gas that heating and cooking drive out of food, a fact that constrained the late Dr. Elmer Lee, M.D., editor of Health Culture, to state:

"You were misled by your parents, your teachers, and your doctors. They taught you to feed on cookery: Cookery that kills the food you eat; and as your food is killed by cookery, in the same manner your cooked foods kill you by causing disorders in your body" (Health Culture, June, 1926).

Lee's assertion was proven by test to be positively true. It revealed the vital dependence of the living organism on Radiation, a secret not yet discovered by science.

This valuable data reveals part of the great secret for which the entire world is searching--the basic Law of Health and Longevity.

The test made by the Canadian doctors revealed, for the first time in modern research, the secret of how Creation builds blood, bone and tissues; not of food by a physiological process of digestion, absorption and assimilation as claimed by science, but by the transformation of Living Gas into Living



Flesh that forms the terrestrial body, occupied by the Lord from Heaven says the Bible (1 Cor. 15:40,47), Who walks unrecognized in the midst of His grand work, with feet on the earth, but head among the Stars--a Supreme Entity called Man, and such a mystery to science that it cannot describe him.

Listen to the scientific definition of Man: "Man is made up of a procession of phantoms, in the midst of which (there) strides an unknowable reality" (Dr. Alexis Carrel in Man The Unknown, p. 4).

The Procession of Phantoms is the body constituted of Cosmic Radiation, and the Unknowable Reality is the Celestial Body described in the Bible as the Lord from Heaven.

In the Light of just a little Knowledge relative to the mysteries of Creation, how trivial appear the accomplishments of a science which admits that:--

"Our knowledge of the human body is, in truth, most rudimentary. It is impossible, for the present, to grasp its constitution. We must, then, be content with the scientific observation of our organic and mental activities, and without any other guide, march forward into the unknown" (Man The Unknown, p. 109).

We know there must be a fundamental Law of Health and Longevity, a state of Perfect Living. Spencer so believed, and formulated part of that law when he said, "Perfect Correspondence would be Perfect Life". He neglected to notice the treatment the body receives.

Correspondence of the body with environment has little bearing on the treatment of the body. The environmental correspondence could be perfect, but the body will suffer and sink in degeneration if its requirements are not properly met.

While science marches "forward into the unknown", as the great scientist said, we shall mention some amazing experience that should shock the whole civilized world, and yet is unnoticed by science, showing that science has little interest in laws relating to Health and Longevity.

This remarkable experience will be highly treasured by those faithfully searching for the Law of Health and Longevity, who believe the Universe and all its parts are governed by the Laws of Creation, and not by conditions of accident and chance. In other words, when man sows the seeds of health, he does not reap a harvest of sickness.

This astonishing event we shall relate occurred during World War I, nearly half a century ago, and is so important it should be covered in detail in all modern textbooks of science dealing with the care of the body--but it does not appear in any because drugs, vaccines and serums are not involved. Even the great scientist Dr. Alexis Carrel failed to notice it.

On August 3, 1914, the Kronprinz Wilhelm, a converted German Cruiser, sailed from the port of Hoboken and roamed the seas for 255 days, the ship's



crew of vigorous men "living fat" on the rich food supplies confiscated from British and French ships before sinking them.

A total of 14 ships were sunk, and vast quantities were seized of white flour, millions of pounds of fresh beef, large quantities of fresh pork, hams, bacon, potatoes, canned vegetables, dried peas and beans, cakes, coffee, sugar and condensed milk.

Within five months the declining physical condition of the crew attracted the attention of the chief surgeon. He began to notice such symptoms as pallor, dilation of the pupils of the eyes, marked shortness of breath, but he never dreamed of connecting these symptoms with the "high grade diet" on which the men were subsisting.

For this was the food eaten by the best American people. And so, the members of the crew went merrily on, eating typical American meals of fresh beef, pork, ham, bacon, potatoes, peas, beans, canned vegetables, cooked in the juices contained in the cans, cheese, white bread, oleomargarine, coffee, tea, condensed milk, sugar--three meals every day, with cakes, champagne and beer in between meals. They were living high on "the fat of the land".

Within six months many of the men complained of swollen ankles, pains in arms and legs, and they were given the regular medical treatment for these disorders, with no knowledge as to their causes as usual.

A month later, in March, alarming symptoms appeared: symptoms of paralysis, dilated heart, atrophy of muscles, pain on pressure over nerves, anemia. Fifty of the men were unable to stand up, and they were dropping at an average rate of two a day.

By April 11, 1915, conditions got so serious that the ship made a dash for the James river and anchored at Newport News--a floating hospital, with 500 sick men aboard, 110 of them down in bed, and the rest coming down at the rate of four every day.

The "malady" appeared very "contagious". From the first victim it seemed to spread to the rest of the crew with the speed of a grass fire before a gale.

The Chief Surgeon, E. Perrenon, M.D., had exhausted his great medical skill and knowledge and the entire list of medical remedies that "cure disease"--and failed. And so there was nothing to do but to order the ship into port and issue an emergency call for help. For the members of the crew were dying and medical remedies were useless.

In response to that urgent call, there went many dignified medical men, including the most famous physicians of New York City. They were going to show Dr. Perrenon some new medical tricks. But they soon discovered that not one of them had anything in his "medical repertoire" that would help the men.



Then there happened something that was very humiliating for these haughty medical experts. Alfred McCann, a noted student of Nature and Health and a representative of the N. Y. Globe, had heard the emergency call and hastened to the scene of trouble. He knew what the matter was without seeing the sick men or making any examination of their condition. He did not ask to see them, did not care to look at their tongue, feel of their pulse, listen to their heart. He did not need to examine their sputum, or urine, or blood. He cared not to see x-ray photographs. To him, surface symptoms of human ailments meant nothing.

McCann knew that, according to the Law of Creation, when men subsist for a considerable time on nothing but denaturized, devitalized, deradiatized substances, as these men had done, with no unfired fruits or vegetables filled with Radiation (Living Gas), there is practically no limit to the numerous symptoms of bodily disorders which indicate to him who understands, what the CAUSE of the trouble is.

The hidden, unsuspected Cause at the center, not the symptoms at the surface, must be located and removed. That is the "cure". Then the surface symptoms vanish.

Acting accordingly, McCann told the ship's Chief Surgeon the Cause of the disorders, directing him to feed the men Live Food, filled with Radiation, and all would be well.

It's difficult to imagine a haughty disciple of Medical Science accepting and acting on the "unscientific" advice of a "stupid layman". But this time there was nothing else to do. Everything had been done that Medical Science could do, or knew to do, and the condition continued to worsen. And so, the Chief Surgeon accepted and acted on McCann's advice, not because he wanted to, but because it was his last chance and only hope.

What happened? Just what McCann knew would happen. There is no speculation as to results when we act in harmony with the Law of Creation. When we plant corn we don't have to wonder and guess as to the kind of plants that will appear.

But to the Chief Surgeon, the results were miraculous. For now the great Law of Creation was being observed, and the Chief Surgeon saw that the Supreme Power that brings man into being, can also bring him back to health --when given a chance. A startling secret which the medics have never been taught.

The "spreading" of the "mysterious epidemic" stopped at once. Within ten days 47 of the sick men had recovered sufficiently to leave the ship's hospital, and no more of the men died. The Grim March of Death was halted. A Miracle performed by Creation.

Did this astounding experience impress medical art? Certainly not. The experience could not even be considered; for it discredited completely all the claims of medical art.



Such devastating knowledge must never reach the brainwashed public. For it definitely proves the existence and operation of the great Universal Law of Cause and Cure of human ailments, described by Dr. George R. Clements in his work titled *Unity & Simplicity of Disease*, published in 1924, and in his work titled *Law of Disease & Cure*, published in 1927.

Not the doctors nor their dope, but the Supreme Power of Creation gets the sick well. The Power that produces can never forsake its products, and is the Power which protects and sustains that which it creates.

The masses must never know anything about that wonderful system of do-nothing-but-let-Creation have full charge. That great secret of Creative Action must always be kept hidden from the multitude. And all who teach or practice it must be ruthlessly smeared, discredited and persecuted as ignorant quacks and dangerous charlatans.

This Power of Creative Action we discovered nearly sixty years ago, and observed it during our many years of active practice. Most of our patients were the forlorn victims of medics, cast off as hopeless and incurable. Under our guidance, Creation brought them all back to health. That experience convinced us that Creation can always do the work when given a chance, and causes us to swear by the Supreme Creative Power of the Universe.

There is nothing mysterious about it and no long course of study is necessary to learn it. What is needed more than anything else, is FAITH in the Supreme Creative Power of the Universe. Know the law and apply the knowledge correctly, and favorable results are as certain as the rising of the summer sun.

Now listen to what the Chief Surgeon of the ship told McCann: "We had cases of pallor, dilation of pupils of the eyes, marked shortness of breath, swollen ankles, pains in legs and arms, symptoms of paralysis, dilated heart, atrophy of muscles, pain on pressure over nerves, anemia, constipation, cuts and wounds refused to heal, hemorrhage, broken bones slow to mend, pneumonia, pleurisy, rheumatism, diarrhea, dyspepsia, gastric dilation, colitis, pyorrhea, trench-mouth, inflammation".

The Chief Surgeon further said to McCann: "Food is, indeed, the cause of much misery. In nine months we can learn much that is not contained in the (medical) textbooks".

The effect of food on the body of man may not be noticed in medical textbooks, but that knowledge had been in the possession of the Ancient Masters for thousands of years.

In the chapter titled *Living Gas* we have shown that the Radiation contained in what we eat is all the body uses of the food we consume. The rest is worthless waste which damages the body, clogs the vital channels, and does its part in producing the decrepit condition called Old Age, and believed by doctors to result from the rising and setting of the sun.

It strongly appears from the evidence, that if the body, by less eating,



were forced to reach out and absorb from the environment more Radiation to sustain itself, that would be a big factor in promoting health and prolonging life. But the doctors go the other way, and urge people to eat more to sustain the body and increase its vitality. They declare that failing appetite is a danger signal, and something should be done about it without delay. This is what medical schools teach. How can the proven facts of Creation ever pierce that wall of ignorance?

We must discard the deceptive dogma that man is just another animal. It is true that he stands with his feet upon the earth with the other animals, but his head is among the stars, symbolically speaking, and his body resembles a river.

The water of the river is constantly changing, but the river remains for thousands of years. The tissues of the living organism are constantly changing, but the organism should endure for thousands of years. The reason why it fails to do that is what we have been discussing.

We saw in the case of the German sailors that the fault is not in the body, but in its treatment. The dweller in the body and its environment destroy it, and we are beholding and explaining how this destructive work is done.

The evidence shows that had these men subsisted for just one year on the typical American-cooked-diet, without the addition of any unfired or uncooked foods, the record would have been:-- 500 vigorous men died within twelve months on a diet of cooked food, in spite of the best of medical care.

The evidence clearly proves two things, to-wit: (1) Cooked food kills the body, and (2) medical treatment cannot save the body.

This event should shock the world, but if it shocks ten persons it will do well. For the facts of Creation cannot impress those brainwashed individuals who are not competent to think or reason, and whose minds have been molded and fixed by the fallacies taught in the schools and colleges.

We have shown by actual experience in the case of the German sailors that the group of eminent doctors in Europe were right in their statement, issued in the 19th century, to the effect that WE EAT TO LIVE, AND WE EAT TO DIE.

And we are learning from experience and evidence how to take DIE out of DIET. If the Radiation is not driven out of food by heating and cooking, that is a big step taken in the promotion of Health and prolongation of Life.



VEGETARIANISM

Some authorities claim that vegetarianism puts one a big step ahead of the carnivorian in the matter of health and longevity. But the records show that the average health and the average life-span of the average vegetarian are not above that of the average carnivorian.

In his reference to vegetarians, Dr. Charles W. De Lacy Evans, late surgeon to St. Savior's Hospital, London, in his work "How To Prolong Life" wrote:

"Cereals and farinaceous foods form the basis of the diet of the so-called 'vegetarian', who are guided by no direct principle, except that they believe it is wrong to eat animal food. But the vegetarians have no better health and live no longer than those around them" (Densmore, p. 303).

What constitutes the principal part of the diet of the vegetarian? Leafy vegetables, cereals and tubers. Years ago, Knight, in his "Vegetable Food of Man", asserted that cereals and grains are artificial products, developed from insignificant grass seeds now unknown to botany. Densmore wrote:

"Grains are the product of the temperate zone, not of those regions where there is no winter (and where man made his advent upon the earth); and it was therefore a necessity of man's sustenance when he was without agriculture, without tools, and without fire, and had to depend on foods spontaneously produced by Nature (Creation), that he lived in a region where foods were produced at all seasons of the year. This narrows or confines the inquiry of natural food (for man) to two articles--fruits and nuts" (p.224).

Here in a few words appears a solution of man's natural diet if there ever was such a thing. A few centuries ago fruits and nuts played a very minor role in what man ate, and fruit was regarded by medical art as nothing more than a luxury.

In the days of King Henry VIII of England, vegetables were unknown on the menu in various parts of Europe, says a report, which adds:

"About 1650 some queer people began to raise cabbages, turnips, carrots, parsnips and peas around London, but mostly for animal food, and, in time, for prison inmates.

"The peasants, poor things, ate vegetables in summer, but prosperous people, never. Meat for them, five or six kinds at a meal. The 'sallet' course was a curiosity. Potatoes were uncommon till George III came along."

Dr. Richard C. Cabot, in 1916, said that "Almost nothing is known about diet. . . . Lettuce is a food practically without value--nice and pleasant to look at, and valuable so far as it has dressing".

Of course Cabot would put green grass in the same category with lettuce,



and yet millions of animals, including the ox and elephant, horse and moose subsist in good health all their days on nothing but grass.

George Hackenschmidt, noted heavy-weight wrestler of pre-war days, was reported by Bernard Bernard, editor of Health & Life, as eating nothing but plain cabbage and lettuce, mixed with six to twelve Brazil nuts, and at the age of more than 60 had the vigor and vitality of a man of 40.

Bernard said that he never saw Hackenschmidt looking better, that he carried not a visible ounce of fat, did not look a day over 40, and lifts the same weight he did while in training.

Grains, cereals and tubers are bad substances for man to eat. C. C. Hibbs, D.D.S., wrote an excellent article on Dental Decay, in which he said:

"Grains are responsible for nearly all of man's disease, for wheat, barley, oats and rye are no more a part of his food than oranges the food of the ox, or grains the food of dogs and cats.

"Man's (natural) food consists of fruits and nuts of the tree. They are beautifully wrapped and hung on trees where the common herd cannot get to them. Man is (made to walk upright and) given hands with which to remove this food and its wrappings, and eat to his content and perfect health.

"Eliminate grains from man's food and the decay in children's teeth will cease. Tarter and pyorrhea will disappear. The hospitals will fold up, and medicine will be a (bad) dream. All the doctors on earth and their 'vast' medical experience cannot disprove this statement.

"The medical profession dare not take a group of children and feed them according to Nature's (Creation's) law for a period of six months, and then truly publish the results (You Can't Eat That).

Hibbs included too much territory when he said that "grains are responsible for nearly all of man's diseases". He had evidently never heard of the Breath of Life and the Breath of Death.

A German physician of note, Dr. Winckler, after enthusiastically adopting a vegetarian diet, was horrified to find that his blood vessels began to show signs of cretaceous degeneration. With natural solicitude, he applied himself to a solution of the phenomenon, and did not find the answer in medical books.

He found the explanation in a work by Dr. Monin, of Paris, who, in turn, had been directed to the explanation of atheroma (arteriosclerosis, hardening of the arteries) by Prof. Gubler, of Paris.

The essence of the explanation was, that the mineral salts in the vegetables, and the salt and seasonings used on the vegetables to make them more palatable, are bad not only for their early damage to the body, but also because they induce a desire for, and the practice of taking, other and stronger stimulants.



The case of Goddard E. Diamond is a typical one to show the evil effects of vegetarianism. He was born in Plymouth, Mass., May 1, 1796, and died in San Francisco in 1916 in his 121st year.

In 1904, when he was 108, he wrote a book titled *How To Live In Three Centuries*, and stated that he ate no flesh after 1852, becoming a vegetarian at the age of 56. He said he used no stimulants, never used tobacco, tea or coffee, and never married.

We read his book fifty years ago, and the mention of his case in our writings created a demand for it, long out of print. Health Research found an old copy after a long search, and republished it in 1960.

After being a vegetarian four years, Diamond discovered signs of stiffness in muscles and joints. Like Dr. Winckler, he was shocked to find this cretaceous condition developing in his body, thinking vegetarianism was perfection for man. Just what food is perfection for man? How can any so-called food be perfect for a body not made to consume it?

Diamond still continued vegetarianism, and at the age of 79 found himself in very bad shape. The muscles of legs and back were so stiff, he could not rise from a chair nor sit down without great discomfort, often requiring the aid of an assistant. The tissues of his arms and hands were so stiff, it was hard for him to hold knife and fork to feed himself.

As usual, the orthodox medics were unable to help him, and pronounced his case "incurable". It was so far as medical art was concerned. The medics told him he had not long to live.

That would scare most people and it scared him. He would do something desperate. He was going to die anyway, so what difference could it make? He became a rigid fruitarian, subsisting on a diet of uncooked and seasoned fruit, and what happened?

Diamond did not die. He recovered health sufficiently to pass the 120th milestone of life, outliving by years all the doctors who gave him up to die. When he did die, he died of pneumonia, a disorder of the air organs resulting from polluted air. Had he learned the secret of good air and lived in and breathed good air, he would have lived years longer.

Diamond seemed to be ashamed to reveal in his book what vegetarianism did to him. That data we got out of the books of other authors. They told the story of his stiffened body, of his being given up to die, and of his recovery.

When Health Research republished his book in 1960, an old lady in California read it, and wrote the publisher that she danced with Diamond in San Francisco in 1901, when she was 22 and he was 105 years old.

Diamond's case like millions of other cases, show that vegetarianism is bad for the body. But how many will this knowledge transform into fruitarians?



Grains, cereals and tubers contain large amounts of minerals that stiffen tissues and joints and harden blood vessels, producing that state of decrepitude and feebleness called Old Age.

In the 19th Century Dr. G. Monin of Paris wrote "A vegetable diet ruins the blood-vessels and makes one prematurely old" (p. 312).

Paralax, in his Patriarchial Longevity, Easton and Bailey in their Records of Longevity, Hufeland in his Art of Prolonging Life, and Evans in his How To Prolong Life, all substantially agree that the cause of decrepitude, called Old Age, is not the work of Time, but the result of ossification and calcareous deposits in the body, as a result of what man eats, drinks, and breathes.

Old Age results from a fibrinous, gelatinous, earthy deposits in the body. A process of ossification sets in soon after the child begins to eat, and continues without interruption until the body is changed from a comparatively fluidistic, elastic, energetic state, to a hard, stiff, rigid, weakened condition, which terminates in death.

The principal difference between a young body and an old body is the greater density and rigidity of the older, and the greater proportion of earthy matter that enters into the composition of the older.

Common table salt, so freely used in the preparation of almost every kind of food, is very damaging to the body. Many people salt their melon and fresh tomatoes. It is almost impossible to buy any prepared food that is free of this damaging salt.

Analysis shows that the blood holds in solution the calcareous substances of the same kind as the solidifying agents, and the arterial blood, flowing out from the heart, contains more of it than the venous blood flowing back to the heart. This means that each cycle of the blood leaves in the tissues deposits of this damaging element.

The blood is the common carrier and either cleanses the system or clogs it, depending on its condition. The blood is constituted of what man breathes, drinks and eats, plus the damaging drugs and medicines he takes.

Dr. Evans said, "The cereals constitute the basis of modern man's food. They contain large quantities of (damaging) mineral matter and, as a class, are the worst adapted as food for man. Bread, the so-called 'staff of life' is, to a great extent, the cause of premature death" (p. 290).

Evans covers over twenty pages with tables of his analysis of foods, and shows that fruits and nuts contain the least proportion of earthy matter of anything man eats. Next in order are animal products, then vegetables, and last the pulses and cereals, which are shown to have the largest amount of earthy matter.

He filled many pages with data to show that food hardens the tissues and clogs the blood vessels, causing decrepitude and early death.



There could be no better evidence presented to show that eating is not natural and what we call food is foreign to the body's constitution.

Man's desires and appetites are his great curse. These have pulled him down to his present low level. Yet, it is to desire and appetite that the world of commercialism appeals in its work of selling its products. E. E. Keeler, M.D., said:

"Every appetite is a form of depravity. It is easy to cultivate an appetite for drugs, for chalk, slate pencils, paper and clay, as well as for foods when hunger is absent.

"The moment when you yield to appetite, you are doing something that will eventually cause some derangement of the body. First there comes a weakening of some set of cells; then there will be irritation, followed by congestion; then you may suffer from inability of some organ to function properly; or there will be inflammation of tissues or organs.

"Strange depravities of appetite are noted. . . . Every time you yield to an appetite, you aid in forming a habit, and wrong food habits will make you a slave" (Good Health Clinic).

All grains are practically all starch. All starchy foods are acid-forming, and starch-acidosis is responsible for most of the stomach and bowel disorders.

Cooked starches, such as white flour products, polished rice, peeled potatoes, etc., are especially dangerous. They are the causes of much of the modern disorders.

Some say that starch poisoning (acidosis) is civilization's most prevalent disorder. The digestive tract of a starch-drunkard, the average individual, is similar to a fermenting cask, with its accompanying carbonic-acid gas and alcohol, irritating the body and damaging the nerves and brain. When this effect begins to fade and weaken, the nerves cry out for their liquor, and this appears in the brain as a sensation of hunger.

Grain alcohol is produced by a process of fermentation similar to the process performed within the digestive mechanism, and those who feed freely on starchy foods, convert their bodies into human distilleries. Their digestive tract resembles the malt vat in a brewery, and this is especially true in the case of those who eat freely of sugar.

Those who feed freely on starchy foods are constantly in a semi-intoxicated state. That is the reason why they experience the craving for such foods. It is a perversion, a variated and depraved state of the body. They are in the same class as the old sot who must have his daily dram or suffer a state of weakness and nervousness that gives him great discomfort.

The chief difference here is, that the steady eater of starchy products makes the alcohol in his own body by a process of intestinal fermentation



(decomposition) that irritates the mucous lining of stomach and bowels, leading in time to rhinitis, appendicitis, gastritis, and many more of the "itises" listed in the medical books.

If people ate the uncooked grains, it would greatly decrease the damage done to their bodies. But only much harm can come from grinding these grains, mixing them with other substances, then cooking the life out of them, and eating that dead mess to "nourish" the body.

It is surprising and instructive to observe the list of symptoms that result from the eating of cooked, denatured, and refined "foods" of high caloric value, such as that recommended at "the first adult weight conference" by the "leading physicians and dietitians" of the United States, which occurred in Washington, D.C., when F. D. Roosevelt was President.

These symptoms were listed by Dr. Perrenon, chief surgeon of the Kronprinz Wilhelm during World War I: Pallor, dilation of the pupils of the eyes, marked shortness of breath, swollen ankles, pains in legs and arms, symptoms of paralysis, dilated heart, atrophy of muscles, pain on pressure over nerves, anemia, constipation, low vitality, cuts and wounds refused to heal, hemorrhage, broken bones slow to mend, pleurisy, rheumatism, diarrhea, dysentery, dyspepsia, gastric dilatations, gastric and duodenal ulcer, intussusception, colitis, failure of colonic function, pyorrhea, trenchmouth, Vincent's angina, caries.

And these are some of the "diseases" which doctors attempt to "cure" without removing the cause, and claiming that what man eats has nothing to do with his disordered condition. It's the work of germs and viruses.

Not only some of the facts, but all of the facts indicate that eating is such a hazardous habit, the adjustment of the body to the habit, after all the ages of eating, is still so inefficient and ineffective that, under the best of care, the body is damaged much by eating and sent to an early grave. No scientist can call natural such a damaging, killing practice.

In view of the amount of evidence compiled by workers in this field to show the dangers of eating, it appears more to the point to say, AS WE EAT TO LIVE, WE ACTUALLY EAT TO DIE.



CARNIVORISM

Dr. Evans wrote his book, "How To Prolong Life" in 1879, and said:

"In nature a curious yet simple phenomenon is often observed--a rise and fall. If perpetual, it alternates and becomes a fall and rise. Man has degenerated. This degeneration is due solely to his diet. He has fallen; but we hope that he has risen to the highest point in the art of shortening his days, and that in the present generation he will commence gradually to fall back to his original and ordained diet. Since the creation, the days of man's existence have been little by little decreasing--it has been a gradual fall; but both science and religion assert that he must rise again, that his life on earth must be prolonged".

The evolutionists do not agree with the theory that man has degenerated. He is going up from the animal plane and not coming down from the godly plane. And science agrees with the evolutionist.

Evans asserts that this degeneration is due solely to man's diet. It appears that Evans never heard of the Breath of Life and the Breath of Death. The Breath of Death is the leading factor involved in man's degeneration.

If Evans were alive today, he would see that man has not yet commenced to fall back to his original and ordained diet of fruit and nuts.

For seventy years we have read books on food and feeding, and observed the explanations and arguments. We have found that those who favor Vegetarianism omitted the bad features thereof, and the same course was pursued by those who favored Carnivorism.

Books favoring Vegetarianism are the work of prejudiced authors who say nothing of the damaging qualities of vegetables and cereals. Those favoring Carnivorism are composed by authors who carefully omit the damaging effects of flesh-eating.

One author writes: "The food of the natives of New Zealand and many South Sea Islands consists of fish, flesh, fowls, eggs, fruits, berries and the leaves of sea-weeds, all of which contain a comparatively small amount of earthy matter. They are healthy and energetic beyond the age of 100 years (because they have good air to breathe--Hotema), and are said to be equal to the finest young men in Europe after they have reached 100 years of age" (Densmore, p. 268).

We do not question these statements. But it is important to note that these people live in regions remote from the centers of civilization, in an environment that is free of the degrading influences and polluted air of such centers.

If these South Sea Islanders ate only fruits and berries, it would no doubt double and perhaps triple their present life-span.



Fishermen and those living near the sea and subsisting largely on fish, have good health and live comparatively long because of the good air.

Fowls that subsist chiefly on fish and flesh, as the pelican, vulture, hawk, eagle, owl, have a much longer life-span than domesticated fowls that are fed large quantities of grain.

John Smith cites the case of Ephraim Pratt, of Shutesbury, who died in 1804 at the age of 116. For forty years he lived very much on milk, and he "could mow a good swath almost up to the day of his death" (p. 275).

Smith mentions the case of "Paul the hermit" who lived to be 115. He spent nearly a century in the desert, living largely on dates and water. Also the case of a shepherd of Gompus, Hungary, who lived to be 126. He subsisted entirely on milk, butter and cheese, and was never ill" (p.277).

While articles of diet such as milk, butter and cheese are less harmful than many other things men eat, they are not good for the body. One cause of hardening blood vessels and tissues is the cholesterin contained in milk, eggs, butter and cheese.

Science informs us that "hardening of the arteries, produced experimentally by high protein diet of whole wheat, is due chiefly to the deposit of cholesterin on their interior walls".

Just as the accumulation of cholesterin in the blood vessels ages the organism, it also causes the increased incidence of cancers, tumors, and carcinomas.

Every other animal except man is weaned in infancy and never goes back to milk again, but man continues drinking milk and using it in foods all his life. Very few animals eat eggs, and then only during the three to four weeks of the egg-laying season. But man eats them all year round.

Cholesterin is an animal fat found in meats, fish, fowl, eggs, lard, butter, milk, and cheese. And so the first step in the attack on all disorders that produce decrepitude must be a diet that excludes the animal products mentioned.

But as damaging as they are to the body, cases of surprising longevity exists among people who subsist chiefly on animal products.

In 1815 the American brig Commerce, with James Riley as Captain, was wrecked on the western coast of Africa. The surviving officers and crew were enslaved by the wandering Arabs on the African desert. Riley later wrote a book on the subject, published in 1854, in which he stated that these Arabs lived almost wholly on the milk of camels, fresh or soured. On this diet they had good health, displayed great vigor, and reached advanced ages. He estimated that some of the old men must have lived for two to three hundred years.

M. Grigoroff, a Bulgarian student at Geneva, was surprised by the number



of centenarians to be found in Bulgaria, a region in which soured milk was the staple food. Marie Priou, for example, who died in 1838 at the age of 158 years, had lived the last decade of her days entirely on cheese and goat's milk.

The newspaper Tiflissky Listok of Oct. 8, 1904, published in Caucasus, stated that "in the village of Sba, in the district of Gori, there is an old Ossete woman, Thense Abalva, whose age is said to be about 180 years. She is still capable, sews and does her household duties. Although she is bent, she walks firmly enough. She rises early in the morning, and her chief food is barley bread and butter milk".

We must not be misled by these facts. As we are showing in this work, the only logical explanation that can consistently be presented of longevity occurring in the case of the diet just mentioned is, that it damages the body less than do other diets that reduce the life-span. In other words, we should give the better diet mentioned the credit of being less harmful to the body.

If we prosecuted to its logical conclusion the postulate that a certain diet would increase life-span, that would present the possibility of the existence of substances that would prolong man's life indefinitely. That is precisely the postulate that keeps "experts" searching for the real Elixir Vitae--a search that has constantly failed after ages of prosecution.

These consistent failures never make the researcher understand that he is looking in the wrong direction. The Kingdom of God is within, and within that great Internal Kingdom of Living Mystery is the world where he should search for and where he will find the magic Elixir Vitae.

We shall notice other factors omitted by authors who favor Carnivorism, and believe that a diet of fish, flesh and milk is responsible for longevity of those who subsist on these substances.

Animal products, due to their poisonous nature to the human body, accelerate the body's function, rendering vital changes faster. Moore demonstrated at the Harvard Laboratories of Physiology, that a flesh diet produces acceleration of heart action that is surprising in its magnitude and amazing in its duration.

After a meal of meat, the increase in heart rate regularly amounts to 25 to 50 per cent rise above the fasting level, and persists, in experimental subjects for 15 to 20 hours, to reach a total of many thousands of extra heart beats.

The heart beats in harmony with the blood flow, and this shows how much faster a flesh diet causes the blood to move and the vital organs to work, as their work keeps pace with the blood in the body's effort to eliminate more quickly the poisons resulting from a flesh diet.

It requires the presence of internal poisons to cause the body functions to accelerate in this manner. The evidence of the presence of these poisons is the quickening of the body functions.



Chemists state that flesh decaying in the digestive tract forms some of the most deadly poisons known. The body intelligence senses the danger and knows the poisons must be eliminated quickly to minimize the damage done to the tissues and organs.

We now meet another paradox. The quickened functions make men feel stronger, and he gives credit for it to the flesh he ate, not knowing what price he is paying for that temporary increase of vitality.

The rapid changes of the tissues in the carnivora is a condition of their existence. It is the result of the rapid change of matter in the body that the vital organs of the carnivora are better protected from damage resulting from the poisons produced by decaying flesh in the digestive tract.

Another fact worthy of consideration is that human blood formed of flesh food will putrefy, when taken from the living-blood-vessel, in a much shorter time than that formed of vegetal aliments. There is always a greater febrile and putrescent tendency in the living body of those who subsist largely on flesh, than in those who subsist entirely on vegetables and fruits.

In two healthy men of practically the same age, the one subsisting mostly on flesh and the other exclusively on vegetables and fruits, be shot and killed in warm weather, and the bodies be left to the action of the elements, the body of the vegetarian will remain two or three times as long as that of the flesh eater, without becoming intolerably offensive from putrefaction.

Also, the excretions from the lungs, skin, kidneys and bowels of the Herbivora are far less offensive than those of the Carnivora.

The body and nerves of the flesh-eater are in a constant state of mild irritation, intoxication, rising from the excessive stimulation caused by the poisons of the decaying flesh food in stomach, bowels and blood.

This man has been a flesh-eater from childhood. The condition is deep-seated and chronic. His body is adjusted to it. When he tries to give up flesh-eating and his brain and nerves begin to be comparatively free of the intoxicating effect of the flesh-diet, he does not feel right.

The brain and nerves begin to call for their regular stimulant. They are used to it; adapted to it; crave it. If the regular flesh, and coffee, and toast come not at the accustomed time, they cry out in protest.

The flesh-eater, coffee and coke drinker, the smoker--they are all in a condition of chronic autointoxication. When deprived of their indulgences, and the effects begin to fade, then the nerves begin to come out of their semi-paralyzed state, and trouble starts.

The sensations of hunger, thirst for liquor or coffee, are the symptoms of the nerves calling for their poisons. The trouble frightens the victim, and he sees the doctor, who administers another poison to dull and weaken the protesting nerves.



When the body becomes adjusted to any certain state or substance, it cries out for it. Thus we build the condition and the world in which we live. To change our condition and our world, we must change ourselves. But that great lesson is not taught in the schools.

In a certain article published in 1923, Dr. Hindhede said: "I've not been able to find, in all my researching, one single class or nation of people who live on a high meat diet and have a low death-rate. The low death-rate is always found among people who live on Spartan food (vegetarian). ... The high death-rate from diseases of the heart, brain, and digestive troubles, is always the largest in the upper classes of people who 'live well'. ...

"In 1895 a hundred families bought a tract of land at Orianesburg, 20 miles north of Berlin, and parcelled it out in lots of two-thirds of an acre. ... These people were nearly all vegetarians. Their slogan was 'away from the towns, away from artificial culture, back to nature, live in sunshine and fresh air, support yourself as much as possible from the products of your own garden'".

"Throughout World War I they had plenty of food. The mortality of their children under one year of age was only 25% of that of the children of the neighboring towns; and in all those 28 years, NOT ONE CHILD OF SCHOOL AGE DIED".

Did medical art pay any attention at all to that amazing condition? Can medical art afford to pay any attention to conditions that produce no profits for the doctors? Why do men become doctors? To make a living.



## THE *Breath* OF LIFE

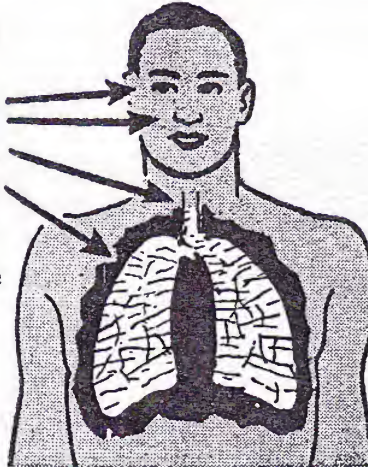
**WHEN YOU STOP BREATHING  
YOU STOP LIVING**

**WHEN YOU DIE YOU GO  
GASPING FOR BREATH**

POLLUTED AIR  
damages:

HEARING, EYES,  
NOSE,  
THROAT,  
LUNGS;

causes Colds, all  
Lung Ailments,  
and Shortens Life



The chief function of the body is BREATHING. All other functions are secondary, and are designed to keep the Air Organs in condition to perform their work properly.

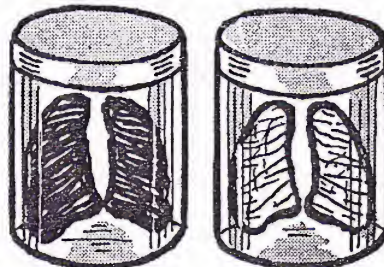
God gave man the Pure Breath of Life, and man has polluted it beyond description.

Go to the country and get some good air and at the end of a week you will feel like a different person.

NO BREATH, NO LIFE

POLLUTED AIR THE GREATEST OF HEALTH MENACES

Polluted air deadens the lungs. No lungs no life. Keep your lungs alive and you stay alive and vital. The only thing this degeneration does is lessen extensive action, it is a physiological fooler, there is no pain, it is cumulative. The average person knows this not.



LUNGS OF  
LIFELONG  
CHICAGOAN

LUNGS OF  
COUNTRY  
RESIDENT



BLACK LUNGS -- The Lungs are the Organs of Life. When you stop breathing you stop living; and when you die you go gasping for breath.

You can live for weeks without eating, and for days without drinking, but when you stop breathing you are gone.

Dr. Thomas Darlington, former health commissioner of New York, writes:

"I have performed many autopsies upon New Yorkers, and without exception their lungs were as black as night".

Harold D. Blackwell, educational director of the Smoke Prevention Assn., in an address in Milwaukee, said:

"The lungs of anyone living in Milwaukee for five years, become as black as coal; but if that person lived in the country where the air is better, his lungs would be pink and gray, a healthy color."

A man in Ohio wrote us as follows:

"I am 53 years old and have lived in cities all my life. After reading what you say about black lungs, I decided to see about the condition of my lungs, and had an x-ray made.

"To my surprise, I found you are right. The doctor said my lungs are as black as coal. Yet I seem to have fairly good health. But I suppose most cases like mine break down suddenly, with death coming soon, and the doctors calling it 'heart disease'.

"You don't know how glad I am to learn the truth about these things. Now I am getting out of this land of ice and snow. My eyes are open. In sunny South Florida I shall spend the rest of my days, breathing the clean, pure air from the ocean".

Like this man, millions of people don't think there is anything wrong with them, or they would be suffering from various ailments.

The press recently stated that 50,000 tons of soot and filth float in the atmosphere over the average large city - 100 pounds for every inhabitant.

In this poisonous air people live and labor year after year. Many seldom see a well day, and know not why. They take remedies for their ailments and get no relief. They are too dumb to consider that their unhealthful environment is the cause of their sickly state. They know not that their environment is that unhealthful.

#### Air Pollution Kills Hundreds Doctors Told

"SAN MIGUEL DE REGLA, Mexico, March 1 - (UP) - More than 700 people die every year from air pollution in the city of Chicago alone, and a proportionately large number die from the same causes in other American industrial cities. Dr. Clarence A. Mills of the University of Cincinnati said in a paper, prepared for delivery here today.

"Respiratory illness, many of which are due to air pollution, also are responsible for about 70 per cent of the time lost from work, Mills said.

"Mills addressed the final session of a three-day series of meetings of the Pan American Doctor's Club.

"Reporting from studies made in Chicago, Detroit, Pittsburgh, Cincinnati, Nashville, Birmingham and Atlanta, Dr. Mills said pneumonia, respiratory tuberculosis and lung cancer all became increasingly frequent and severe as investigators moved from the cleaner city suburbs into the dirty air of the industrial and business districts. He said fatalities were three to 10 times heavier among men than women.

"Dr. Mills pointed out that a generation ago, cancer of the respiratory tract was a rare disease, but said today 'it ranks very close to pneumonia and pulmonary tuberculosis as a cause of death in males (in Chicago)'".



### That Brain Poison

Herb Pennock, great pitcher, age 53, "died today after a cerebral hemorrhage", says the press of January 31, 1948.

The old brain poison, polluted air, carbon monoxide gas, lay them low in a hurry.

This victim "collapsed as he entered the Waldorf-Astoria Hotel (in New York) to attend a National League meeting. He was rushed to the Midtown Hospital, where he died an hour later", continues the account, and adds:

"There had been no hint that Pennock was ailing. Only a few hours before he died, he had invited friends to attend the fights at Madison Square Garden tonight".

And so they go. Will you be the next victim of polluted air? You are in constant danger just as long as you live and labor in the polluted air of the cities.

### The Body's Primary Function

When you stop breathing you stop living. When you die you go gasping for breath.

Breathing is the primary function of the body. All other functions are secondary, incidental, subject to and dependent upon the primal function. The first purpose of all other functions is to maintain the organism in condition to perform efficiently its primal function of respiration.

The absolute and uninterrupted persistence of the function of respiration is one of the wonders of the living body. Its cessation for only a few minutes means death. Man can go without drinking for days, and without eating for weeks, but breathing under all circumstances must be continuous, or death ensues.

### Lung Cancer

Dr. T. R. Van Dellen writes a column on human ailments, in one of which he discusses cancer of the lungs.

He says the majority of victims are in their 50s; and that men are afflicted about five times more often than women.

It takes about 50 years for polluted air to damage the lungs to that extent where the injury is given the empty name of cancer. More men than women are afflicted because men work in more places of polluted air.

Nothing mysterious about it when you know the facts and can still think. But "medical science" declares that "the cause is unknown". Science means ignorance--"we don't know". Some science.

Van Dellen says that 62 per cent of the cobalt miners in Schneeberg, Germany, die of lung cancer, and adds: "A similar catastrophe occurred among the neighboring pitchblende miners of Joachimsthal".

The cancerous condition begins in the membrane of the larger branches of the windpipe and eventually shuts off air going to that part. In others the condition spreads into all parts of the respiratory tissue.

Not knowing the cause, "medical science" has no remedy nor advice for the victims. That's the "science of medicine".



## Polluted Air

Chemists who analyzed the chemical content of the air of some of our big cities found that there is an extremely high content of different chemical by-products definitely harmful to man. This list included some 27 poisonous by-products in every cubic centimeter of air.

## Live 100 Years

Under the title of How To Live 100 Years a certain doctor wrote a book in 1914.

When a doctor writes such a book, we have a logical reason to believe he knows much concerning the factors which control the course of the living organism.

This author said in his book that he was the leader of a "Dietetic Society in New York". He indicated in his book that longevity depends chiefly on food, for he devoted his book entirely to diet, listing menus for every meal for every month of the year. On the introductory page he said:

"The purpose of this book is to give the multitude who do not have the time nor opportunity to study the food problem, authentic advice in regard to selecting, combining, and proportioning their food so as to establish perfect health".

And that is all which is required "to establish perfect health". The ox and elephant, the horse and moose, live all their days in good health on a diet of green grass. They know nothing about selecting, combining and proportioning their food so as to establish perfect health.

Was this dietetic expert in perfect health? How long did he live? What was the cause of his demise? His picture was in the book, and under the picture was a statement to the effect that he was—"Author, lecturer, and scientist; founder of the Dietetic Society and School of Scientific Eating; author of 'The Encyclopedia of Diet', in five volumes":

The evidence presented indicated that to this food scientist, the basic principles of health and longevity were food and feeding. If that were a fact, much evidence of it should appear in the life-history of this man.

In 1932, 18 years after this food scientist wrote his book, he went to Los Angeles to lecture on food and feeding. Before he finished his lectures, the lung ailment called pneumonia struck him down. He was taken to a hospital and there he died--at the age of 70. He taught men How To Live 100 Years, and he missed the mark by 30 years.

One of the doctors at his bedside, who had been attending his lectures, wrote us about the case, stating that surgery was performed on the man's lungs, and "more than a pint of pus was drained off".

The Organs of Life were rotten in the body of this dietetic expert. That little did he know about the Basic Principles of Living.



As we labored for years, searching for the Basic Principles of Living, it was this kind of experience that prompted us to look for the secret of longevity far beyond the field of food.

We saw dogs, cats, chickens, fowls of all kinds, eat all kinds of filth and rotten substances, yet they had better health than those who were careful about their food. What was the reason of this?

Let these questions make you think: How long can man live without breathing? What effect does polluted air have on the body?

The animals that eat all kinds of filth and rotten substances live in the clean outside air. They spend no time in buildings filled with stagnant air, polluted with a score of various poisons.

Pure and Polluted Air are words not contained in the writings of this dietetic expert. Like millions of others, he spent his days in an environment of polluted air. He believed, as millions of others do, that food and feeding are everything. And Polluted Air was ruining his Organs of Life and killing him by inches.

#### BREATH OF LIFE

According to the Bible, Man became a Living Soul when the Breath of Life flowed thru his body.--Gen. 2:7.

Air appears as the primary requirement in the sustention of all living things. We can live for weeks without eating, and for days without drinking, but when we stop breathing we stop living. That is not a theory but a fact, and can be proven in a few minutes by any one. Take a chicken or a cat and stop its breathing and see how long it lives.

As air is so important to sustain life, think how seriously the body must be damaged by the contaminated air of this civilization, where it's almost impossible now to get a breath of uncontaminated air.

Let us follow this line and see what we can find. Something caused a great decline in the Life Span in the eight generations between Noah and Nahor, according to the Bible. No one has ever found it important to investigate that angle of the matter.

We have searched thru all the books, and deep down into ancient records, for dependable data on this particular point, but have not been able to locate anything definite. We do find that burning torches came into use at a certain time, and the logical assumption is that this must have been a big factor in decreasing the Life Span by Polluting the Air.

History states that Freemasons were driven from pillar to post by despots in their harmless work of initiating candidates into that order, frequently finding it safer to use caverns that were illuminated with burning torches. No one needs to tell us of the polluted condition of the air in such places.



**There was the Great Pyramid of Gizeh, said to have been the leading center, for ages, of initiation of candidates in the Egyptian Mysteries. The use of burning torches to illuminate its interior was necessary, and the air therein must have been badly polluted.**

We find an excellent account, contained in a work on Freemasonry published in 1868, to show how fire and torches polluted the air in the temples of initiation.

This book contains a brief account of the ritual of initiation in the Egyptian Mysteries. We are told that the candidate for initiation was required to furnish proof of a pure and moral life as evidence of his fitness for admission.

When these conditions were fulfilled, he was required to spend a week in solitude and meditation, abstain from all unchaste acts, confine himself to a meager diet of uncooked and unseasoned fruits and vegetables, and to purify his body by frequent ablutions.

Being thus prepared, the candidate was ordered to enter the pyramid during the night, where he had to descend on hands and knees thru a narrow passage without steps, until he came to an opening, thru which he had to crawl to another subterranean cave, on the walls of which he saw inscribed in glowing letters the following words:

"The mortal who shall travel over this road alone, without hesitating or looking back, shall be purified by fire, by water, and by air, and if he can surmount the fear of death, he shall emerge from the bosom of the earth; he shall revisit the light, and claim the right of preparing his Ego for the reception of the mysteries of the great goddess Isis".

At this moment three men, disguised in masks resembling the heads of jackals, appeared, armed with swords, and sought to frighten him, first by their appearance and noise, and afterwards by enumerating the dangers that awaited him on the rest of his journey. If his courage did not fail him here, he was permitted to pass on to the Hall of Fire.

This was a large apartment lined with burning material, the floor of which was a grate painted flame-color. The bars of this grate were so narrow that they provided scarcely enough room for him to cross. Thru this Hall of Fire he was obliged to pass with great speed to avoid the effects of the flame, heat and smoke.

Having passed thru this difficulty, he next encountered a wide channel fed with water of the Nile. He had to swim thru this stream, with only a small lamp to furnish all the light that was afforded him.

When he reached the opposite side, he came to a narrow passage leaving a landing place about six feet square, the floor of which was made movable by a mechanism hidden underneath. On each side were walls of rough stone, and behind some metal wheels were fixed. In front was a gate, opening inward, and barring any further advance.



On attempting to turn two large rings annexed to the door, in an effort to continue his journey, the wheels began to revolve, producing a terrific effect, and the floor gave way, leaving him hanging by his arms over an apparently deep abyss, from which flowed a violent current of cold air, so that his lamp was extinguished, leaving him in total darkness.

In this process of trial, it will be observed that the candidate was exposed to the action of the Sacred Four Elements, symbolized by J H V H, the secret Word that was with God and was God, according to the John Gospel, --Fire, Air, Water and Earth. A big to-do about nothing to impress the candidate. But it must be thus arranged to attract the attention of the multitude. No mystery, no interest.

After the danger of falling into an unknown depth had continued for a moment, the floor automatically resumed its original position, the wheels ceased to revolve, and the door swung open, revealing to the candidate the Sanctuary of Isis, illuminated with a blaze of light, with the priests of the goddess duly assembled in two ranks, clothed in ceremonial dress, and bearing the mysterious Symbols of the Order, singing hymns in praise of their divinity. They welcomed the candidate and congratulated him for his courage and his escape from the dangers which he encountered on his journey.

The entrance to the Sanctuary was constructed in the pedestal of the triple statue of Osiris, Isis and Horus; Father, Mother and Child, which was changed by Christianity to Father, Son and Holy Ghost.

The walls of the Sanctuary were ornamented with various allegorical figures, symbols of the Egyptian Mysteries, among which were particularly prominent the following: (1) A serpent casting an egg out of its mouth, symbolizing the creation of all things by the heat of the Sun. (2) A serpent curled in the form of a circle, holding its tail in its mouth, an allusion to eternity, and to the continuous revolution of the Creative Cycle. (3) A double tau, which is meant to represent the positive and passive powers of Creation in the generation of all things.

At that point the candidate was requested to kneel before an altar, and required to pronounce the following solemn obligation:

"I (Obadiah Nahum), of my own free will and accord, in the presence of Osiris, Isis and Horus, do hereby and hereon most solemnly and sincerely promise and swear that I will always hail, ever conceal and never reveal to any one not entitled to receive the same, any knowledge of the things that I have seen in this Sanctuary, nor any of the secrets and mysteries which have been or will be communicated to me. I call on all the deities of earth, of heaven, and of the infernal regions, to be witnesses of this my oath; and I trust that their vengeance will fall on my head should I ever knowingly violate this my solemn obligation of a Neophyte" (p. 128).

The main point here to be noticed is that all this work occurred in a place where the condition of the air must have been terrible, due to the fire and burning torches. And so, it appears logical to assume that, next to producing



progeny earlier in life, came the polluted air as a factor involved in shortening the Life Span.

### BREATH OF DEATH

Dr. F. M. Rossiter said: "Without the meeting of the Air and the Blood, the Life of the Temple (of God) would end at once. Hence it has been so arranged (by Creation) that the Air and the Blood cannot fail to meet.

"When the River of Life, dark with poisons, flows from the right ventricle of the heart thru the pulmonary artery to the lungs, it always finds the Air waiting there in the tiny breathing rooms" (Story of the Human Body, p.124).

Yes, but what kind of Air does the Blood find waiting there in those tiny breathing rooms?

Men have heard of the Breath of Life, but they never heard of the Breath of Death.

Even science has nothing to say about the Breath of Death. When we began to write on that subject forty years ago, and searched for books to see what others had found and said along those lines, we found nothing. And so, we waded into an almost unknown field to see what we could find concerning the Breath of Death. And our findings were shocking.

Like all Creative Action, the function of Respiration presents dual phases. Inspiration, to live, carries the Breath of Life into the body, and expiration, to die, carries the Breath of Death out of the body.

Inspiration is intended by Creation to carry the Breath of Life into the body, but the process fails to work that way in this polluted civilization. Inspiration carries the Breath of Death into the body when the air inhaled is vitiated as it is in this polluted civilization. And when the amount of poison contained in that Air is sufficient, death comes suddenly, and the doctors call it "heart attack".

A thousand persons died in less than two minutes when they inhaled the poisoned air in Hitler's gas chambers in World War II. Millions of people all over the world are constantly dying by slow degrees from the effects of the vitiated air they breathe.

The Breath of Life is the fresh, clean, outside air in which the birds and beasts live in health and vigor without drugs, without doctors, without hospitals.

The Breath of Death is the foul, stagnant, polluted, poisoned air of civilization, in which lives civilized man, the sick and ailing, the feeble and decrepit.

Consider the homes in winter when cold weather makes impracticable adequate ventilation. An adult poisons nearly a barrelful of air at each exhalation, and that air is unfit to breathe again. The poisonous gases are carried by the



blood to the lungs and cast out of the body. They consist of carbonic, lactic, hydrochloric, phosphoric and other acids, and are produced by the function of the cells.

Cell disintegration pours into the fluid medium of the body large quantities of these poisonous acids. A cell must receive a volume of fluid equal to 2000 times its own volume, and a volume of gaseous substance at least 20,000 times its own volume, in order not to be seriously poisoned within a few days by the disintegrated products of the cells.

That explains the basic reason why--

1. Man should drink much more than he eats,
2. The body needs fluid more than it needs food,
3. Man must constantly inhale air, or quickly die.

Man does die by degrees, from inhaling polluted air that fills his body with ailments, the symptoms of which are given meaningless names and are stupidly termed "disease". But that is a business that pays off well.

It is the wonderful perfection of the Transportation System that enables the body to live with a volume of blood hardly equal to one-tenth of its own weight.

The speed of the blood's flow is sufficiently swift to prevent its composition, under normal conditions, from being modified by the products of cell disintegration. But that composition is seriously modified by the polluted air man inhales.

During its passage thru the lungs, the blood eliminates carbonic acid chiefly. This is the most common of the deadly gases in the air of homes and hospitals, and is seldom considered at all. And yet this gas has the distinction of killing the body quicker than any other poison. Quicker than the venom of a deadly reptile.

That is the dangerous character of the gas exhaled in the Breath of Death. It saturates the air of homes in winter when doors and windows are kept closed to keep out the cold. It is breathed over and over again, like the air breathed by the bird under the bell-glass, and poisons the body thru and thru, causing the members of the home to suffer many ailments, for which the doctor administers poisonous remedies, but never advising fresh air for relief.

In fact, fresh air is considered so dangerous, that windows are closed to keep out the deadly drafts. Yet, in these drafts the birds and beasts live in health.

Until about fifty years ago, air was considered by the doctors as being so dangerous to the sick, that when the medic called, after an examination of the patient, he ordered windows closed and fastened down, and all cracks and air-holes plugged to keep out the air. He further ordered a heavy blanket hung around the bed so as little air as possible could reach the patient.

It took Dr. Bremer of Germany sixty years to convince the doctors that



air is good for the sick. After he made the medics of this country see the light, the medical association sent one of its big shots into the New York mountains on a "fishing trip". He "discovered" that outside air is not injurious to the sick, but actually beneficial.

One reason that makes carbon dioxide so dangerous is because its presence cannot be detected by the five senses. It is colorless, odorless and tasteless. Combined with hydrogen gas, it forms the common fire-damp that sends many a brave miner to his death, and is the most feared of all underground enemies.

The atmosphere contains about one part of carbon dioxide to 2500 parts of air--a very small percentage. But this gas has a tendency to sink to the ground and in low places. Currents of air are necessary to sweep out the excess of carbon dioxide.

When there are three parts of carbon dioxide in 100 parts of the air, a drowsy feeling is felt, and that is one reason why people fall asleep in such air. Creation uses many processes to make death painless.

When carbon dioxide is present in the proportion of four parts in 100 parts of air, it is a fatal poison. When present in larger proportion, it is quick in its deadly effect and leaves no hope for recovery.

As this gas sinks to the ground, it is often found in large quantities in wells sunk in marshes and in low lands. One author said:

"A man went down into a well in sight of his family. He failed to respond to a call, and they found him dead in the well. His demise was instantaneous. Thousands of such cases have occurred and are constantly occurring".

"The gas in sewers is also due to the presence of this same poison. A man went thru a man-hole into a sewer only a few feet below ground-level. Not returning in due time, a companion went down after him. When he failed to return, a third started to enter, but was stopped by the fourth. The first two were found dead, having died the moment they inhaled the deadly carbon dioxide.

All the blood goes thru the lungs many times every hour, eliminating carbon dioxide gas and absorbing the oxygen in the lungs needed by the cells, and without which death would occur quickly.

When not promptly eliminated from the body, carbon dioxide leaves a trail of damage in its course thru the organism. It affects the cells, and in the cells is where the deterioration begins that ends only at the grave.

If people only knew the facts, how they would fight for good air. But these facts we are relating are hard to find anywhere outside of our writings. And we have been forty years digging out these facts.

Carbon dioxide is present in all charged drinks, in all soda waters, all beverages of the soda kind, in beer and fermented liquids, in cake, bread,



baking-powder cookery, self-rising flour products, yeast bread, and in all fermenting products.

The primary symptoms of carbon dioxide poisoning are sensations of uneasiness, nervousness, drowsiness, languor, headache, sense of oppression, sneezing, coughs, colds.

The secret that deceives is the fact that the body, after a time, adjusts or adapts itself to a very vitiated atmosphere, as the bird under the bell-glass, and a person soon comes to breathe, without sensible discomfort, an atmosphere which, when he first enters it, seems intolerable.

Every sneeze, cough, cold, headache--these are the first warnings that man is being poisoned with polluted air. He doesn't understand; he fails to heed these signals; and he takes poisonous remedies to depress further the vital functions and kill the symptoms, while he continues to breathe the same vitiated air that is sending him to an early grave.

As we have said elsewhere, the body is so well equipped with the power of adaptation, that it will adjust itself in time to tolerate an atmosphere so poisonous, that it would kill almost instantly a vital, vigorous man if he suddenly walked into it.

Due to the body's power of adaptation, people can and do live constantly in badly polluted air and, on the surface, suffer nothing more serious than coughs, colds, hay fever, sore throat, and other mild ailments of the vital air organs. Yet they know not that they are dying by inches from the effects of that polluted air.

Sixty to 80 times per minute the dark purple, almost black, poisonous River of Life flows from the heart to the lungs, out into the billions of tiny air-cells that form a vast network of meeting places for the blood and the gases of the air. The walls of the blood capillaries in the air cells of the lungs are thinner than the walls of soap bubbles. Only the slightest film separates the Breath of Life from the River of Life in the lungs.

Every person in a room requires 3000 cubic feet of air an hour. After an apartment has been occupied sixty minutes, the air in it is seething with poison exhaled from the lungs.

Now, as there must always be perfect correspondence between the organism and its environment, the condition of the bodies of those living in such air must be brought down by illness to correspond with the health condition of the environment.

When the babe is born, with perfect body, that body does not correspond with the condition of the polluted environment of civilization, and a condition of illness is necessary to make the body correspond with its environment. And this illness is what the medics term "children's diseases". And the children must have them, for all children do. Certainly, for all children are born into and grow up in that polluted environment.



How strange this philosophy must sound to the brainwashed, mind-conditioned masses. It sounds strange because the mind is controlled by the social pattern.

Doors and windows of homes always should be open, and bed clothes and pillows should be aired daily. How can this be done in winter in the land of ice and snow?

Science shows that man, by his nature, is a tropical being, and not adapted to the cold zone. Man is made to live in the open air and sunshine, with the birds and tropical animals. That is the law of Creation. It may be violated, but the penalty must be paid.



AIR AND HEALTH

Food consists of (1) Air, (2) Fluids, and (3) solid substances that we eat.

Air is man's greatest food. He can live for several days without drinking, and for weeks without eating. Some people have fasted 100 days, taking nothing but plain water. The hibernating animals live all winter without eating or drinking. Some scientists say man could do the same by practice.

How long can man live without breathing? Just a few minutes. That fact shows the importance of air to the body. Anything so important to life must be important to health. Dr. Arthur Vos writes:

"Of all food required by the body, 90 per cent must be oxygen. A man weighing 150 pounds is composed of 110 pounds by weight. If the oxygen in his body were set free, it is estimated that it would fill 750 cubic feet of space" (Philosophy of Health).

Dr. F. M. Rossiter observes:

"Men have lived for weeks without food, some have lived seven days without water, but no one can live many minutes without air" (Romance of a Living Temple, p. 140).

Hibernating animals live all winter with no food but air. Air is the only food of some plants, such as the moss found on trees and telephone wires in certain southern states.

The ancients believed that man received Vital Energy from the air. This is the basis of the phrase, "Breath of Life". The Yogis of India hold that Vital Energy comes from the air. They practice deep breathing for this reason.

The ancient Greeks and Romans were hardy and vigorous. Their land was so nearly surrounded by the sea that the atmosphere was exceptionally pure, and the climate cool in summer and warm in winter. There were no extreme weather changes, and frequent showers tempered the climate. People inhabiting the islands in the south seas are exceptionally hardy and healthy for the same reason.

As the principal part of our nourishment comes from the air, foul air affects our health quicker than bad water or bad food. If the air is very foul, it is very dangerous, and soon causes death.

The leading disease sections of our country are those which have (1) extreme heat and cold, where summer drouths dry out the land and burn up the crops, and the (2) centers of population, where the air is poisoned by dust, smoke, soot, gases, and fumes. The people are sickly and short-lived, and doctors, drug-stores and undertakers in these communities do a big business.

Many people in the north are killed each winter by air poisoned with carbon monoxide fumes from all kinds of fires, furnaces, motor cars, etc. In the mid-west "dust-bowl" the situation is made worse by the addition of dust.

Dusty air has killed hundreds in the mid-west in recent years. Seventy died of "dust pneumonia" in ten days in one small community. Asthma, tuberculosis and various disorders of the lungs, nose and throat are on the increase in this region. The wise ones are moving out. Those who remain will go to early graves.

One authority, writing on the subject, says that no settlement has ever lasted long when so far removed from the seaboard. Pure air and cooling



rains come from the sea. They do not reach as they should those regions remote from the coast. Such regions have poisonous air and frequent drouths. The inhabitants battle against these health menaces for a few centuries, and those who do not die off, move to more favorable places. It is asserted by some scholars that in centuries to come the mid-west "dust bowl" will be a great desert.

Carbon monoxide gas is released by every burning cigar, and cigarette, and by every fire, regardless of the kind of fuel. This poison fills every home in winter where there is any fire. It is so deadly that people have been overcome by breathing air containing but a small fraction of the fumes. From cigars, cigarettes, wood and coal stoves, kerosene, gasoline and gas stoves, and from all fires comes this deadly poison. Those it does not kill immediately, it kills by inches by building in their bodies terrible diseases, acute and chronic.

The Cincinnati Enquirer of Dec. 9, 1930, published surprising data showing the amount of dirt, dust, fumes, soot and gases in the air of that city. The purest air was found on College Hill, where the total deposit of dust and soot was 5.14 tons per square mile. In the city's business district the total deposit was 1,176.02 tons per square mile.

This is an amazing illustration of the poisoned condition of the air of our cities. It fills the streets, homes, hotels, banks, offices, stores, factories, and people live and labor in it year after year. They seldom see a well day, and are puzzled why they are sick. Much of their hard-earned money is spent on doctors and drugs - to no avail. They grow worse as the years pass, and go to early graves. Their delicate lung tissues, which should be pink in color, in time become as black as the smoke and soot they inhale. You find the black tinge on the walls of their homes and on their bed linen. Rub the palm of your hand on the wall and then look at it. As black as ink. Health under such conditions is impossible. To rear children in such unhealthy places is criminal. They grow into sickly adults.

Anthony Wayne, writing on our Gas-Blanketed Cities, says:

"Tasteless, colorless, odorless, carbon monoxide gas has taken a terrible toll in American cities in the last ten years . . . Many cities have great smoke blankets over them that hold down the gases and tend to smother the people that live and work in office buildings, stores, and on the streets."

W. A. Murphy, state labor commissioner of Oklahoma, of Feb. 2, 1931, said over radio:

"There are few things more deadly than carbon-monoxide gas . . . Air containing as little as one-twentieth of one per cent of it will cause headache, and one-fifth of one per cent may cause total collapse."

Dr. L. Burns examined specimens of blood from more than 20,000 persons in studying the effects of carbon monoxide gas on the body, and observes:

"Carbon monoxide gas seeps into the blood thru the lungs. It mixes with the hemoglobin to such an extent that the blood cannot perform its normal function of carrying oxygen to the rest of the body".

Dr. T. Darlington, former health commissioner of New York City, says:

"The New Yorker gets little pure oxygen and almost less sunlight. I have performed many autopsies upon New Yorkers, and almost without exception their lungs were as black as night".

That is an example of the condition of the air of every large city, and of the condition of the lungs of those living in the cities. Their lung tissues are covered with a coating of carbon like the carbon that accumulates in the



motor of your car. A process of decay sets in. Its progress is fast or slow, depending on the condition of the air. The primary symptoms are coughs and colds; the secondary symptoms are influenza and pneumonia; the chronic symptoms are asthma and tuberculosis. The end is an early grave. I have saved hundreds of patients by sending them into the pure air of the rural sections of the south.

In this day of cigars, cigarettes, motor cars, airplanes, gas engines, gas stoves, fires and furnaces, the air of our homes, cities and suburbs is saturated with carbon-monoxide fumes. Air pollution is worse in winter, for then there are the additional fumes from furnaces and ranges that heat all places where people live and labor.

From this wholesale air pollution arise various chronic conditions of carbon-monoxide-poisoning. To this source may be traced all ailments of the respiratory organs, and such ailments as coughs, colds, sore throat, tenderness in lungs, diphtheria, mumps, measles, hay fever, influenza, pneumonia, sinusitis, tonsillitis, bronchitis, bronchial catarrh, catarrh of nose, throat and lungs, catarrhal deafness, asthma, tuberculosis, sore muscles, tender and aching joints, pain in movement, and scores of other ailments.

This subject is so vital and so completely ignored by the medical world, that Dr. Clements has described it more in detail in a booklet entitled Deadly Pneumonia. Send

Scores of ailments are due to foul air. Health writers have thought that many of these disorders were due to faulty food. Later investigation has placed the blame on foul air.

A recent press item stated that the "annual report of the Bernard Free Skin and Cancer Hospital asserts that city dwellers, breathing smoke-filled air a good part of the year, 'develop cancer of the lungs at a rate frequently three times greater than inhabitants of rural districts'".

In the press of February 11, 1936, appeared a report that the blizzards sweeping the country had reached the "pneumonia stage" in Illinois, with a sharp advance of 435 cases reported for the last week.

When the frigid weather of winter reaches the "pneumonia stage", it means that people have been subjected so steadily and so long to the carbon monoxide fumes of their homes and the places where they work, that the poisoning process has reached the stage where it is doing serious damage to the delicate cells of the lungs.

No one is safe under climate conditions where heavy fires must be kept burning day and night to keep people from freezing to death. There is no immunity against an atmosphere that is saturated with carbon monoxide gas. The weaker ones of course die first. But, as we have said, that which kills the weaker also weakens the stronger, and gets them in time.

You have read of the unusual health conditions in Florida. The reason of this is simple and according to Natural Law. Being a long peninsula, some 135 miles wide and projecting into the ocean about 400 miles, it is fanned by the purest air found anywhere. We quoted from the booklet on Miami, that the "dirt and dust content of the atmosphere (of South Florida) is virtually zero". If you want to know what that means, study the relation of pure air and foul air to health.

Because of its exceptionally pure air, mild climate and even temperatures, Florida is "one of the healthiest states, if not the healthiest state, in the Union" (Ency. Brit., vol. 9, p. 339).



FLORIDA offers great advantages, in both summer and winter, to the sickly and the aged. To the well and able-bodied, it offers surprising economic security, not found nor equalled in any other part of this country.

### SMUDGE POTS

When we consider the relation of Air to Health, it is amazing how the body is able to tolerate, for a time, the foulest air imaginable. Our investigation in this respect reveals some fearful conditions in the orange region of California, where it frequently gets so cold in winter that the groves must be protected from frost with smudge pots.

Mr. Victor Good lives in that region and has personal knowledge of these conditions. His address is Box 183, Corona, Calif. In his letter of July 21, 1936, to Clements, he writes:

"Do you know about smudge pots? Well, in the winter when the temperature falls below 28 degrees above zero, the growers light their smudge pots; and hundreds of thousands of pots of crude oil are burning at once, spuing smoke, soot, and carbon monoxide into the night air.

"They burn from one to eight hours a night, depending on the cold, and sometimes they burn every night for a week or two. In the morning at such times there is some days so much smoke and soot in the air that automobiles must burn their lights for an hour or two after sun up. Houses are filled with black soot, and one's nose and lungs are full of black smudge. Does that sound good?

"There is some beautiful acreage between Corona and Riverside for sale that has plenty of cheap water, probably \$6.00 or \$7.00 per acre per year. But the smudge smoke and soot hang like a pall over it in the winter time.

"Most people do not consider the effects of smudge smoke on their bodies. It is merely the inconvenience of it in getting things smoky and dirty. As you say, one gets used to the carbon monoxide poison, but the effects go on just the same, and like another poison, undermines the health".

It is astonishing to consider the conditions under which some people live. This man is not a real estate agent selling land in south California, and he paints a true picture of the place. These fearful conditions are carefully omitted from the glowing accounts of California that appear in the high-powered advertising. I have letters from several disappointed people, who went to south California and did not stay. They claimed that it is the most over-rated place they ever saw.

Mr. Good's letter shows that it gets chilly in south California. It is not so hot for oranges when the temperature falls below 28 degrees above zero. Winter strawberries and tomatoes do not thrive in such cool temperature, four degrees below the freezing point.

So we see that south Florida has a warmer winter climate than south California. It should have, since it is located much farther south, is surrounded by warm ocean water in the winter, and such cities as Arcadia and Lake Placid are only some 250 miles north of the Tropic of Cancer, the line that divides the Tropical from the North Temperate Zone.



## THE BREATH OF LIFE

Scientists agree that city air is a deadly mixture of smoke, soot and fumes, which include carbon monoxide gas, sulphuric acid gas, benzene, methane, sulphur-compounds, and other dangerous chemicals too numerous to mention.

In addition, city air is saturated with the fumes of motor cars, trucks, buses, gas engines, etc. This exhaust gas consists of carbon monoxide, carbon dioxide, lead oxide, lead carbonates, free gasoline and complicated benzene chain compounds of the hydrocarbon series.

Let us consider just one of these many poisonous gases, carbon monoxide, and tell only a small part of the damage it does to the body.

Tasteless, colorless, odorless, invisible to the eye, this gas takes and has taken a terrible toll of lives in our cities in the last 30 years.

The large cities have a huge smoke-blanket over them that holds down the gases, especially in damp weather, and tends to smother the people.

U. S. Authorities have demonstrated a concentration of 0.62 parts of carbon monoxide per 10,000 cubic centimeters of air at street level in busy sections of cities of 500,000 population or more.

There are few poisons that are more deadly than carbon monoxide. Air containing as little as 120th of one per cent will cause headache, and 150th of one per cent may cause total collapse.

Dr. L. Burns examined blood specimens of more than 20,000 persons to discover the effect of carbon monoxide gas on the body. He said:

"Carbon monoxide gas seeps into the blood thru the lungs, and mixes with the hemoglobin to such an extent, that the blood cannot perform its normal function of carrying oxygen to the rest of the body".

The hemoglobin has an affinity for this gas about 300 times greater than for oxygen, making the absorption of the gas by the blood very rapid.

The first symptoms of this poisoning are headache and weakness. More serious symptoms appear as the condition progresses. People are told in food propaganda to eat this and that kind of food to offset this weakness.

Scientists of Harvard, risking their lives to discover more about the effect of poisoning by carbon monoxide gas, found that the average man can endure it only until his blood is one-third saturated.

The danger of the gas was shown by the way it affected one of the scientists. He had just completed some tests requiring a high degree of skill and was feeling no ill effects of the gas when he suddenly collapsed and had to be carried out and revived.

Small concentrations of the gas can soon bring a man to the breaking point. Five percent of the cars and closed trucks on the roads have sufficient concentrations of the gas to be a menace to drivers and passengers.

There is no natural nor acquired immunity to the gas. Repeated exposures produce the same effect each time.

Many who drop dead or die suddenly are not afflicted with heart disorders as doctors claim. The cause of death is polluted air.

The annual report of the Bernard Free Skin and Cancer Hospital asserts that city dwellers, breathing polluted air, "develop lung cancer" at a rate three times greater than inhabitants of rural districts".

The Mellon Institute of Pittsburgh issued a report of a two-year survey covering the damaging effect of polluted air on human health. The report said:



"The inhalation of polluted air results in a gradual absorption by the body of the poisonous products. The insensible intake results in a condition of slow-poisoning which insidiously eats away at vital tissues".

The Chicago Health Department reported that in certain sections of that city the sulphuric acid gas in the air rots clothes hung on wash lines, and eats away building stone and metal guttering.

These acids and gases in the air corrode and destroy in time everything within reach. They eat up stone and steel; they eat up clothing and metal guttering; they eat up the body cell by cell. Many of the symptoms of the eating process appear as mysterious "diseases unknown to medical science".

The corrosive acids in the air attack cells and tissues, throat, nose, lungs, brain. They attack the heart, liver, spleen, kidneys and sex organs. They attack the blood corpuscles and cripple them so seriously that they cannot carry on their normal function. That condition medical art terms "anemia".

They attack the nerves, and the resulting pains medical art calls "neuritis". As the nerves weaken, paralysis may result.

They attack the cells of the muscles, producing dull pains that puzzle medical art, and medical doctors cover up by terming it "rheumatism".

They attack the tissues of the joints, and medical art calls it "arthritis".

They attack the tissues of the air cavities of the cranial bones, and medical art calls it "sinusitis".

They attack the throat, and medical art calls it "laryngitis", "tonsillitis", "diphtheria", etc. Hoarseness often follows, and in time one's voice weakens, or may be entirely lost.

They attack the cells of the blood vessels of the heart, and medical art calls it "heart disease".

They attack the cells of the lungs, and medical art calls it "tuberculosis".

They attack the cells of the pancreas, and medical art calls it "diabetes".

Names, names, names that mean nothing aside from indicating that part of the body wherein degeneration is most serious and active from the action of poisons in the air.

Medical art, ruled largely by superstition and speculation, and being nothing more than a modernized version of ancient voodooism, makes a confusing mystery of what it calls disease for profit and greed. The problem is readily solved by the recognition of a few simple, basic principles:

#### Polluted Air of Southern California

The air of the Los Angeles area is exceptionally bad. The Los Angeles Herald said: "Heavy clouds of smoke cling close to the ground, intermingled with smarting fumes that make people bleary-eyed and gasp for breath".

The account stated that "bleary-eyed men" were watching factory chimneys to discover the source of damaging acrid fumes that killed small animals in adjacent residential areas. During the worst of the "gas attack" nine out of ten persons on the streets were "bleary-eyed" from the smarting fumes.

This black pall of smoke makes a ceiling over Los Angeles from 1500 to 2000 feet high.

John F. Gernhardt, M.D., of Los Angeles, stated that more than 20 persons in the city died of heart attack in 24 hours.

Polluted air was the cause. It paralyzes the breathing centers of the brain and breathing stops. That is not heart attack.

The press reported that southern California has lost about 60 percent of its



valuable sunlight due to the smoke pall hanging over that area.

#### FLOWING AIR

Still air, like still water, grows stale, stagnant and poisonous. Doctors appear not to know that.

Wind-storms, tornados and hurricanes are cosmic processes of air purification. Another secret of Nature not yet discovered by medical art.

But the discovery was made by a layman who did some thinking. He wrote a book published in 1944, titled "Floating Air". It is hard to get a copy now, as medical art feared the valuable health information it contained and high-pressured the postoffice department to put it out of circulation.

This man first tested his theory on poultry, and was able to relieve in a few hours bad cases of croup and kindred respiratory ailments.

That was bad news for medical art, and it must be suppressed, for there are no-money-making possibilities in air.

In his chicken house this man put an electric fan to keep the air in motion, thus dissipating the foul fumes of poultry droppings, the inhalation of which makes chickens sick. How many poultry raisers know that?

Very simple. Too simple; a deep secret of Nature the doctors have not discovered.

Doctors go the other way. They favor still air, being careful to warn people to avoid drafts of fresh air. They favor the bad and condemn the good.

This man knew the same law that applies to chickens also applies to man. So he put an electric fan and ventilators in his bedroom, drawing in fresh outside air and driving out the stale inside air.

Most homes and bedrooms are filled with stale air, unfit to breathe. People follow the advice of doctors and keep windows closed to keep out those "deadly drafts" of fresh outside air.

Even the gases and vapors expelled by the body are poisonous and pollute the home and bedroom, regardless of whether from lungs, or bowels, or the pores of the skin.

When these facts are known, it is easy to understand why people get up in the morning with cold, sore throat, and other respiratory disorders.

They blame the weather; so do the doctors. But it does not affect that way the animals that live out in it. The actual cause is the polluted air in home and bedroom.

So remarkable were the good results this man obtained, that he was inspired to build his "Miracle cabinet", consisting of a bed with enclosed sides and top, well ventilated, and introducing air-conditioning electrically with a fan thru special vents.

He used the cabinet first for patients with respiratory ailments, such as colds, hay fever, sore throat, diphtheria, asthma, influenza, pneumonia, and tuberculosis.

The good results were amazing, and he was encouraged to treat in the same manner patients with all kinds of disorders, fever, mumps, measles, rheumatism, neuritis, diabetes, etc.

His remarkable success proved that good, fresh air in motion will "cure" the sick who have failed to respond to long medical treatment. He got patients well after medical doctors had cast them off as incurable physical wrecks.



### No Disease

He proved what a few great doctors have declared: that **there is no disease**. There are just two conditions of the body -- **Good Health and Bad Health**.

The symptoms of Bad Health the doctors are trained to study, group together and give them names (diagnosis) that mean nothing, and term them diseases that are trying to kill the patient.

That scheme is supported by centuries of false teaching, by which medical art has created a false psychology of disease that yields gigantic profits. Medical art is one of the biggest frauds on earth.

The surprising results of this man's work with air shocked medical art. Drugs, vaccines and serums were becoming obsolete. Something had to be done.

It was better one man "should die for the people", that medical art perish not (J. 11:50).

So the heat was turned on the postoffice department and this "man died for the people". This man's great work of helping the sick, after medical doctors had failed, came to a sudden and inglorious end.

In such cases big publications carry lying propaganda, that a certain quack who was a menace to the people, has been cast into oblivion. And the people believe.

Medical propaganda leads people to believe that medical art is trying to rid the world of so-called disease. Who can be so silly as to think that any organization or institution is working to bring about its own end?

The reason why people do believe it is because "better schools make better communities". That is another one of the lies taught in the schools and people just grow up in it from childhood.

The facts show that all methods not taught in orthodox medical schools, regardless of their value and effectiveness, are banned and crushed by medical art, and these unorthodox practitioners are usually put in prison, -- all for the "protection of the public health".

This may not be Russia, but many Russian methods are used to dispose of those who interfere with the money-making schemes of big business.





Chapter No. 20

THE WONDERFUL ORANGE

By Dr. Leon A. Wilcox

It was Kipling who said:

"If you can bear to hear the truth you've spoken twisted by knaves to make a trap for fools, you'll be a man my son".

For twenty years I have been trying to put over a message about the wonderful orange and the benefits to be obtained from its use. I have heard the truth I have spoken twisted, pulled apart, distorted and tortured till, had it not been for the great truth it is, there would not be enough of its virtues left to wad a pop gun.

A few years ago a horse named Black Gold won the great Kentucky Derby. It seems this horse was owned by a woman who had come into her fortune in the Oklahoma oil fields. She named her horse after the black oil that had made her wealthy. This black oil of Oklahoma never contained anywhere near the wealth that is to be found in the golden orange of California and Florida. In the orange there is health. In the black gold is self indulgence, dissipation, sickness and death.

Till a very few years ago, it was the custom to carry home a dozen oranges with much the same mental attitude as was felt about a box of candy. They had been regarded as something nice to eat between meals, or as a dessert. To think of them as a wonderful food - perish the thought.

The great majority of the medical profession have always knocked the citrus fruits. Even in this day of enlightened opinions from some of the world's most famous physicians and dietitians, it is not uncommon to hear one say their doctor told them not to eat fruits, as they contained much acid.

Especially are people advised not to eat the citrus fruits, such as oranges, lemons and grapefruit, on account of the acid. It is only within recent years that any of the medical practitioners suggested the use of these valuable foods. I regret to have to say that only a few today know how these fruits should be used.

It depends entirely how these fruits are used as to whether they will give an acid reaction or not. Citrus fruits will always return an alkaline reaction when taken into the stomach by themselves. These fruits (in fact all juicy fruits) should never be eaten at the same meal with cooked or baked foods, nor should they ever be eaten with sugar.

Cooked foods contain a certain amount of starch. When fruits/juices come in contact with starch in the stomach, the reaction is certain to be fermentation. The fermenting process is what generates acid. So you see it is not the fruits that make the acid; it is the food combinations.

A common sight in any restaurant in the morning, at breakfast, is people



drinking a glass of orange juice or eating grapefruit, followed by a sweet roll, then washed down with a cup of coffee. This makes a wonderfully nice acid breakfast and, if continued long enough, will produce an acid stomach, neuritis or some kind of rheumatic condition.

Remember, all kinds of fresh fruits, melons, and berries should always be eaten alone, or with the fresh salad vegetables.

William H. Dieffenbach, M.D., of New York City, is the authority for the following about Fruits.

"Fruit, instead of being a dessert, should, if properly evaluated, be classified as the most valuable of foods.

"Fruits contain little protein and fat but are most valuable sources of mineral salts, cellulose, carbohydrates, and vitamins. The water content of fruits, with mineral content, keeps the blood in a state of alkalinity. Its alkaline elements, which are combined with the fruit acids, act as natural laxatives by promoting the secretory action of the liver, pancreas and other secretory glands.

"Fruits furnish calcium, potassium, magnesium, phosphorus, iron, and manganese of a highly organized type and are indispensable for the rebuilding of red blood platelets and corpuscles.

"Fruits are important sources of vitamins A, B and C. Fruit sugars are a great source of vital energy and strength. Their combustion is readily accomplished and their basic elements readily neutralize CO<sub>2</sub>. Refined sugars, cane or beet, must first be converted by the pancreatic juices into dextrose before being available for combustion, and are therefore a strain on the economy if used to excess. Orange juice contains vitamins A, B and C.

"The fresh citrus fruits, lemon, orange, tangerine, lime and grapefruit, prevent scurvy, due to vitamin C."

#### KING OF FRUITS

After having given the question of fruits twenty years of study and research not only by personal use but also by the direction and treatment of patients, I have arrived at the conclusion that the orange is the king of all fruits. Very few would believe the length of time an individual can live and perform the hardest kind of work, both mental and physical, using absolutely nothing but oranges for food. Another very important thing; a sick person living exclusively on an orange diet, is not only getting all the nourishment that the body requires, but the orange will neutralize the acid in the system and prove a better medicine than any drug known to pharmacy.

#### FINEST DISTILLED WATER

I, one time, heard a great physician and dietitian say, "orange juice is water distilled in God's own distillery". How true this is. It is a food and a drink for the healthy and a medicine for the sick. For those who are seeking to regain their health, there is nothing that can be taken into the human system that will assist nature like this golden elixir of life.

Millions of dollars are being spent every year advertising all kinds of foods. The old high powered salesman has given way to the high powered advertising counselor. These fellows must lay awake nights conjuring up good advertising copy telling us why we should eat Buncom & Co's. Patent Leather Cheese for our health.



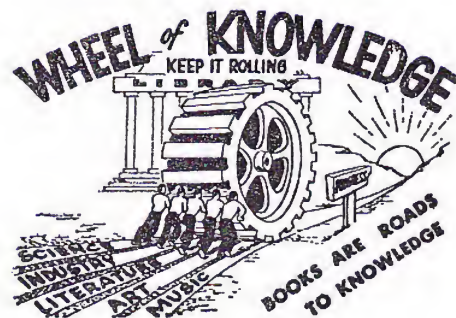
Having many friends and relatives among the advertising fraternity, printers and allied lines of business, I am very much amused, at times, to hear remarks which indicate how easy it is for these high pitch copy writers even to put it over on their own profession. Well, there is nothing like taking your own medicine. For one advertising man to believe what another fellow worker says about the product he boosts surely shows faith in the profession. However, I would suggest that in the future you do not place much dependence on what advertisers have to say about their food products. ....In the fruits and green uncooked vegetables you have food exactly as Nature has prepared

(continued on page 186)

"Let no one presume to give advice to others that has not first given good advice to himself."

"READ, -- not to believe and take for granted, nor to find talk and discourse, nor to contradict and confute, but to weigh and consider." -- Francis Bacon.

"Sellers of drugs have two eyes; prescribers of drugs have one eye; the takers of drugs have no eyes." -- Chinese Proverb.



"TRUTH WEARS NO MASK;  
BOWS AT NO HUMAN SHRINE;  
SEEKS NEITHER PLACE NOR POSITION;  
SHE ASKS ONLY A HEARING."



ORCHIDS!

"Dear Friends:

"I received in my last order your books by Professor Hilton Hotema and I was very pleasantly shocked on all the information in Truth. I have read many books on the subject of metaphysics and these books by Hotema are the most to say the least.

"My wife and myself have many questions on life and everyone even priests will say (it's a mystery and it's not for us to understand.) But Hotema has taken away the darkness of the long nights and given the world a new and better understanding of life, but as usual the masses are educated into false beliefs.

"I hope your company will keep up this wonderful work in enlightenment and your business to grow and grow. But it amazes me how only a handful of people accept these simple truths, that even a high-school student should comprehend. But I guess the people are too smart and intelligent for that, with life built around a TV set. Who can learn?"

Stephen J. Firley, Jr.,  
New York. (March 13, 1962)

(Copied By Writer's Permission)

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"Dear Sirs:

"To say that I am pleased with the books by Professor Hotema is to put it mildly.

"Over the years I have bought and read at least a hundred health books. Many are excellent ones.

"But I would say that the books of Professor Hotema's on longevity are by far the most original, most thought provoking. For being downright valuable, of all my books on health, I have only one in a class with Dr. Hotema's. \*\*\*\*\*

"For one thing Professor Hotema's works on longevity make it crystal clear why such breathing exercises are so effective. Until now I was baffled as to how they work on one's body.

"More power to you in your great work.

Cordially,

John W. King,  
King Publications.  
Dixon, Illinois."



it, and there is positively nothing of any sort on the market that can equal these foods for good health. All the vitamin content is still intact. There has been no processing of any sort to take away the virtue from these things. All the food value is still there.

The pioneers brought to us the beautiful California and Florida sunshine and all its wonderful fruits. I am proud to be one of the pioneers who have been teaching people to use these products of the climate and sunshine discovered by some of our forefathers.

Let us learn to utilize the golden nuggets of health found in fruit, so we can better enjoy the black gold found in our natural resources and industry.  
--(Typo Graphic, Pittsburgh, Pa., Feb. 1931). -- Pittsburgh Health Club.

### "I LIVED SIX MONTHS ON ORANGE JUICE"

By John W. Marshall

For years I had known the great food value of the orange, not its value as measured in calories, but as a rectifier of the chemistry of the blood, as a restorer of the proper alkalinity of the life stream.

I had seen many people live two and three weeks and even a month and on occasion even six weeks, on an exclusive diet of the delicious fruit. I had seen people complaining of all sorts of diseases, afflicted with worn out, poisoned, overfed and overnourished bodies, restored to a remarkable degree of health and vitality through the exclusive use of the citric fruit for varied periods of time. But when Dr. Leon A. Wilcox, a leading Osteopathic Physician of Pittsburgh, Pennsylvania, informed me in an unassuming fashion that he had a patient who had lived on orange juice for six months, I was actually amazed.

I certainly should not have believed the story from the lips of an ordinary man. But Dr. Wilcox is a man of high repute among the members of his profession and among his many patients and friends in Pittsburgh, where he has lived and practiced for a quarter of a century. Then, too, when he told me the story as I sat there in his office, he spoke with such confidence and candor that I never thought for a moment to doubt his word.

The following day I had the pleasure of seeing and speaking with the patient herself, a quiet little girl with big blue eyes and an oval face encased in a lovely white skin, into which, as I conversed with her, there came and went flushes of pink and red as she told me the remarkable story of her recovery from a condition of living death and her gradual evolution into a creature of living delight unto herself and to all whom she might meet.

This is the story she told me on that November evening as we sat there in Dr. Wilcox's office.

"When I was a little girl, I was just about like other girls. I had fair health most of the time, though I was visited by the usual so-called children's diseases".

"I suppose you had a cold occasionally", I interrupted.

"Of course, plenty of them, especially in the winter time," was the reply. Then she continued: "At about fourteen I began to get fat. My parents, stocky German type, heralded this acquisition of weight as a sign of health. Of course I thought the same, as I did really feel quite well most of the time.

"However, I had a voracious appetite and ate not only prodigious quantities of the 'good staple' foods, such as bread, meat and potatoes, but I ate great quantities of candies, ice cream, etc., etc. Certainly the most iron-bound



iron-bound constitution must have given way under the load.

"As the time went on I got fatter and fatter and my complexion, once ruddy and beautiful, began to acquire a sallow, yellowish appearance. Blackheads and pimples became numerous. To rid myself of the latter I tried various lotions, cold creams, beauty clays, etc. To restore the roses to my cheeks I tried various highly perfumed toilet soaps and, of course, rouge and powder. When I did not succeed in eliminating the pimples and blackheads by the use of the skin lotions, and when beauty soaps failed to restore the roses to my cheeks, I used more and more rouge, lipstick and powder. Of course it never occurred to me that my voracious and unbridled appetite had anything to do with my complexion, though my weight was steadily increasing.

"Dark rings began to appear beneath my eyes. I began to have headaches, which as time went on became more frequent. At first I sought relief in aspirin tablets, which of course relieved my headaches, but I realized that my condition was growing worse so I began to visit doctors, from whom I got pills and prescriptions and orders to have my teeth pulled and my tonsils removed and various suggestions of equally stupid character. Of course I did not realize then that all these things were stupid, though it is true I kept both my tonsils and my teeth. If the doctors had been unanimous in their analyses of my case and had given the same prescriptions I should probably have followed all of the advice given, but the prescriptions varied so much that it was impossible to follow them.

"My appetite began to wane. My tongue was heavily coated, especially when I got up in the morning. But I took appetizers and ate highly spiced foods so that I was able to eat in spite of my revolting stomach.

"My headaches increased and my pains extended to other parts of the body. My legs, my arms and especially my back ached most of the time. As I was now employed with the Westinghouse Electric Company and wanted to be always on the job, I had to force myself to do my duties; force myself to get up in the morning; force myself into my clothes; in fact, force every move that I made. In the end, even eating became a burden to me. The only act I did not force was going to bed at night, but my sleep was never sound and dreamless. Instead I rolled and tossed all night long with occasional lapses of consciousness. However, whenever I rode on the train and occasionally even at work, I drowsed off into a stupor.

"Not only because of my suffering and my unsightly condition, but because I discovered that while other girls were in demand, I remained a wall flower, I stayed away from dances and social gatherings of young people. I became exceedingly morose and morbid and more and more self-centered. Life had become such a burden to me that many times, in moments of greatest depression, I contemplated suicide, and only refrained because I lacked the courage.

"When doctor's medicines failed to work, the neighbors advised herb teas, mud baths packs, grandmother's physic, etc., but these home remedies were no more effective than those prescribed by the doctors. Instead of getting better, I got worse. My heart which had been for some time troubling me a great deal, at times thumped so rapidly that it seemed it would jump out of my throat. My breath became short. My pains increased. My flesh became soft and pudgy. My ankles became almost as large as my calves. I was a sight to behold - only one and a half inches over five feet tall, barefoot,



and, weighing one hundred and eighty-six pounds. Here I was, only eighteen years of age, as big as a baby elephant and saturated with the poisonous wastes from the food I had been eating.

"As I was about to give up in despair I heard of Dr. Wilcox, 'the man who cures people with oranges'. So, without a great deal of hope, but with the feeling that regardless of whether or not he could benefit me, since my condition was so bad that he could not possibly make me worse, I went to him and for the first time since I had begun doctoring, I was told the real cause of my trouble. I was told that neither my stomach, nor my heart, nor my under-nourished, decaying teeth, but my diet was responsible for my trouble.

"After a thorough examination, the doctor said, 'We'll just put you on orange juice for ten days as a starter on the cleansing process. Of course this seemed like a long time to do without what I called food, but I was desperate, so I said, 'All right. I'll do anything. I might as well be dead as in my present condition'.

"The results were surprising, not only to me, but even to Dr. Wilcox, who had witnessed so many people doing the same thing. While the first few days were a bit difficult, I began to experience immediate relief, and before the ten days were up I had lost all of my pains and I have never had a headache since. When the ten days were finished I felt so much better that I decided upon the doctor's advice, to try the same diet for ten days more. This was not hard to do, for I felt no desire for other food. At the end of twenty days I felt still better and my fat was rapidly dropping away, so as I still had no desire for other food, I continued on the exclusive orange juice diet.

"So I went on from one ten-day period to another, and as the days passed into weeks and the weeks into months, as my desire for other foods had not returned, as I had long ago said goodbye to my pains, as my fat was melting away, and my complexion clearing up, I continued my course.

"Life had taken on a new meaning. I had begun to really enjoy living. I no longer drowsed on every occasion when I relaxed. But when I went to bed, my sleep was sound and untroubled, in contrast to the spasmodic sleep that gave me no rest in the days when I was living in the old way. I became active and alert, full of vigor and vitality. Boys and girls alike began to desire my company, and the former especially became increasingly interested in my new found charms.

"So I continued day after day and week after week until now six months have passed and I am, as you see, completely restored to health and life. And I want to tell you it's really great to be alive! I feel like running and dancing and singing all the time".

To see was to believe. I compared the pictures which she showed me of the overfed, overstuffed creature which she had been, with the living breathing reality before me, and I knew that her story was true.

"You seem to have gone through this period of purging without pain. This is unusual. People, as a rule, suffer somewhat, especially at the outset of such a restrictive diet. Did you not at times suffer and feel morbid and discouraged?" I asked.

"No", she replied, "I improved from the start, and although the first few days were painful I felt better each day. At about the middle of the period I had a slight running at the nose (Dr. Wilcox called it a period of elimination), but this did not bother me. I kept on as usual with my work in the office of the Westinghouse Electric Company."



"Then you worked throughout the period of six months you were on the orange juice diet?" I again interrogated.

"Yes, and I walked about a mile every day and felt like walking more, but the doctor cautioned against it."

"You seem to have kept in pretty close touch with Dr. Wilcox throughout the period".

"Yes, I visited him every day. While he emphasized the fact that not he but the oranges were doing the work, he felt that without his guidance, I might go wrong. I probably would have, too", she added.

"What do you eat now?" I asked.

"Raw foods, altogether, green vegetables and a few nuts. This diet I enjoy much better than once I enjoyed the old conventional cooked diet", she added with a smile of conviction.

And thus ended the story of the wonderful transformation wrought by the daily use of ten golden drops of sunshine from Florida.

May it be told again and again. May it be an inspiration to thousands of suffering human beings that they may be tempted to partake freely of this golden fruit whose substance has imbibed so freely of the life-giving properties of the sun that even the color of its skin bespeaks the gold that lies within. -- Correct Eating.

## FLORIDA ORANGES

Scientific investigation shows that tree-ripened oranges are a superior food. Patients have recovered from chronic ailments by living in the sunshine and eating only oranges. Dr. Bray reports the case of a patient who lived exclusively on oranges for six months, and developed excellent health.

In the days of our parents and grandparents, oranges were regarded as a luxury, and grapefruit was almost unknown. Few authorities then had much respect for the dietetic values of these delicious fruits.

But now oranges and grapefruit are coming to be regarded as priceless additions to our daily fare. The discovery of vitamins, and the dietitian's tardy recognition of the vital role that organic mineral salts play in the process of nutrition, has revolutionized opinions as to the value of these fruits. Not only are they now accepted as essential foods for young and old, but the juices of either are being prescribed extensively as specifics for diseases, or as indispensable in child-feeding, pre-natal and post-natal feeding.

Oranges, in particular, are a food fit for the gods. An exclusive orange diet can cure many ailments. It can rejuvenate the complexion, restore youthfulness and vitality, kill body odor, sweeten the breath and often improve sight and hearing almost beyond belief.

The high dietetic and health-giving properties of oranges lie in their rich content of organic mineral elements. They are rich in potassium, calcium, and phosphorus. They contain a fair amount of sulphur and magnesium, and they also incorporate sodium, iron, silicon, chlorine, and fluorine.

In child-feeding and pre-natal feeding, oranges and their juices are extremely valuable. The high calcium content helps to keep the infant's blood alkaline, and provides material for bones and teeth. Nursing mothers should consume oranges freely to enrich their milk. Prospective mothers should include lots of oranges in their dietary for the sake of their health, and to ensure a sufficiency of organic lime, so that Nature will not need to sacrifice the mother's teeth in order to provide enough calcium for the bone of the babe.



## THE BEST ORANGE

It is not generally known that Florida oranges are the best in this country. They grow under such ideal climatic conditions, that they contain in proper proportion practically all the vital elements needed by the body. But this is not true of oranges, fruits and vegetables grown in dry climates under irrigation. They grow under artificial conditions, and are deficient in some of the important minerals required for Health.

Florida is the great orange state. The Encyclopedia Britannica says:

"Florida is said to be the only section of the Union where the orange can be grown to any extent with success. There is no fear of winter-killing south of Palatka. The quality of the fruit and the excellent condition in which it reaches the northern markets render this a most profitable crop" (9th ed. 1892, vol. 9, p. 339).

Palatka is about 60 miles south of the Georgia state line. It is more than 300 miles from Palatka to the southern end of Florida; and this area south of Palatka contains almost 30,000 square miles, or more than fifteen million acres of Orange Land.

Lake Placid, in the Scenic Highlands, is 160 miles south of Palatka. This is the great orange district of Florida, about which Kim's Guide to Florida says: "Probably the largest continuous citrus fruit garden in the world; contains one-third of the state's acreage of oranges, grapefruit and tangerines. Highest point in the state - Iron Mountain, 324.9 feet above sea-level (U.S. Geo. Survey)". p. 182.

Orange development in Florida is in its infancy. Florida produces its crop of citrus fruit, estimated average annual production for the past ten years of 24,683,281 boxes, with a gross return of \$46,322,179, from a grove area of only 350,000 acres, in a state with twenty-five million acres of orange land.

Florida has many acres of excellent Orange Land still in the virgin state. I have a report from the U.S. Dept. of Agriculture dated May 14, 1936, showing that in De Soto County only about 12 sections of this virgin land have been improved and devoted to vegetables and that the entire county has less than 500,000 citrus fruit trees of bearing age.

If you would free yourself from Economic Slavery, now is the time to get some of this virgin land while you have a chance, and develop a citrus grove that will make you independent in a few years. Support yourself while your grove is growing by producing vegetables between the tree rows and selling them at a profit.

An orange grove should become self-sustaining in five to seven years from the time it is planted. At that age a grove should average one box of fruit per tree and bring about \$1.25 a box on the tree. Therefore, it is safe to figure at least \$75 an acre return from the fifth to sixth year, then increasing each year to the grove's maturity, when from \$500 to \$1000 per acre should be realized.

I am giving these figures from reports based on returns over a period of years. I never grew oranges, and can give no information on the subject from personal knowledge. I have excerpted this from reports of those who know.

Why wait till the virgin orange land of the great citrus fruit state of this country has been bought up and passed into the control of speculators and profiteers, and then buy it at \$500 to \$1000 an acre?





The city of Riverside is in the heart of the Orange Region of California. From literature received from the Riverside Chamber of Commerce I quote as follows:

"Citrus groves in the Riverside district cost from \$1,000 to \$2,500 an acre, and raw land, little of which is adaptable to citrus, costs \$500.00 to \$1,000.00 an acre". -- Riverside Oranges, p. 4.

Who is able to pay from \$500 to \$1,000 an acre for raw land? And but little of this raw land "is adaptable to citrus". So to be sure of getting Orange Land, "it is advisable to purchase a mature grove with a production record", says the literature. Who can pay \$1,000 to \$2,500 an acre for developed Orange Land? Only the rich.

The time is coming when only the rich will be able to buy Orange Land in Florida. Those who buy now are wise, and will get in before it is too late.

#### THE BEST FOOD

The perfect food is pure air from the ocean, free of dust and foul gases. Next comes clean, filtered rainwater. Third on the list is what we eat, and fruit heads: this list.

We copied the following from a clipping received through the mail, but are unable to give credit because we know not from what publication the clipping was taken. --

"Fruit! Fruit!! FRUIT!!! Interview-of-the-week was had by Newswoman Alice Rohe. She told the now stark-bald Dictator that he looked younger than he did 13 years ago when she first knew him, coyly asked his secret.

"'That's the secret', came back Il Duce, pointing to a plate on which lay a peach, a pear and a bunch of grapes. 'Fruit! Fruit! FRUIT!'

"'You are the world's best advertisement for a fruit diet', said Alice Rohe, 'America will . . .'

"'All right, here's the program', Mussolini was already saying, 'In the morning I have a cup of coffee and fruit. At noon I have consume or broth and fruit. At night I have fruit. No, I never touch meat. Sometimes a bit of fish'.

"'Tell me, Alice Rohe', roared the intense Italian later, 'why you Americans are so hostile to us?'

"She parried, told him: 'Surely you must know that you are regarded as the most important public man in the world today'.

"'Into this booby trap the Dictator fell. 'I am a MAN--a MAN--just a MAN --nothing more', was his reply. 'No, you needn't say I am a great man. It's enough to be a Man. Yes, to be a MAN. Yes, to be a MAN in these days is the great thing!'

Having had her fun, Newswoman Rohe reported:



"The Mussolini of today resembles more in vigor and vitality the Mussolini I knew 13 years ago than he does the man of later years. In 1922 the two characteristics which impressed me as they do today were his force and power.

"When I saw him four years after his rise to leadership the change from the man in the ordinary business suit (obviously more interested in national than sartorial affairs), to the punctiliously correct Premier, was marked. Despite the suave, social manner he seemed a sick man, worried by cares. Five years ago, smart in riding togs, he was still the preoccupied frowning Dictator. Today in the white linen suit which revealed through his quick movements a strong athletic figure, he seemed again the man of 1922."

People in the North have a hard time getting fruit that is fit to eat. When they decide to move south and set out a grove, they want to know how long it takes for the grove to reach the bearing stage. About four to five years.

Pineapples begin to produce in about 12 months, and bananas in from 16 to 18 months. From this time on you have a continuous supply of these, fresh from your grove.

Between the fruit trees one may grow a garden, the cultivation of which is good for the trees. It requires about 50 to 60 days for garden stuff such as beans to be ready for use, and about 90 to 100 days for tomatoes and melong. By making a new planting every 15 or 20 days in a climate where frost and freeze do not kill the gardens, one has a continuous food supply of fresh vegetables from year to year. This does away with drying and canning.

#### BANANAS

C. F. Waegner, Jr.

There are about seventy different species and over two hundred varieties of bananas in the world. Most of them that are palatable raw belong to the group called "Musa Sapientum". This literally translated means "Muse of the Wise".

Theophrastus gave the banana this name because he said bananas were the food served the wise men of India.

Among the many families of the banana is the plantain, food for millions in the tropics. Plantains in East Africa grow two feet in length and as thick as a man's arm. A form of M. Corniculata from Cochin, China and the Malay Archipelago produces a single fruit which is big enough for a meal for three men.

The banana shipped into the United States is the "Jamaica banana". It lacks the delicacy and flavor found in other tropical bananas. However, it ships well, and that is the reason for its wide cultivation.

The Cavendish banana has a thin skin and most delightful flavor. Hart's choice is another fine flavored banana. It too, has a thin skin and cannot be shipped. These two last named varieties grow well in Florida, and it is a sensation to pick the banana ripe from the tree and taste the wonderful flavor.

Other fine bananas, never shipped due to their delicacy, are: "Dominico," a short yellow fruit esteemed in Mexico, most delicate. "Date" and "Apple" bananas of Cuba. The "Fig" or "Lady Finger" banana of Jamaica. Since 15,000,000 bananas are consumed every day in the U.S. it seems strange to us to hear of these other bananas.



No other fruit equals the banana in production. A single bunch grown on one stalk may contain over two hundred bananas and weigh eighty pounds. The yield of the bananas, compared to the potato, is about forty times as much per acre. In some cases more.

Florida is the only place in the United States where bananas grow well and reach maturity. They will grow in California to a limited extent, but the flavor is not good, nor do they produce well. In southern Florida Hart's choice and Cavendish grow well. Here one may grow his own fine bananas and have them tree ripened.

It has been said by some, mainly the big fruit companies, that even in the tropics the fruit is picked green and allowed to ripen off the tree. This may be true, but the flavor and healthful qualities of any fruit suffer when it is picked green.

For the best flavor, for perfection, the banana must be left on the tree until it begins to turn yellow. The commercial bananas are picked weeks and months ahead of this state. Few of them shipped ever reach the flavor and texture they would if left longer on the tree. A tree ripened banana in Florida will prove this assertion to the most skeptical.

The banana nourishes both body and spirit. The body with its precious minerals, and the mind with its clean ethereal fragrance. It develops more minerals the longer it remains on the tree, and the flavor is vastly improved. The longer the fruit remains on the parent tree the more precious is the amount of vital forces filtered into the fruit.

Since \$50,000,000.00 worth of bananas a year are shipped to this country and England, it is not hard to see why fruit companies assert that green picked fruit is just as good as tree ripened fruit. But common sense dictates otherwise.

To these fruit companies, however, we must give credit for the popularity of this fruit in the cold zones. The medical fraternity waited forty years after the banana was popularized by these fruit companies, before they woke up to its value. Now they have discovered the banana. Eager to grasp the credit for the work of these enterprising men whose foresight made possible the fruit in cold countries, their "research" has discovered in the banana a most amazing food.

As far back as 1932 the American Medical Association Journal published the following which we quote at length:

"Dried bananas retaining natural enzymes and vitamins in accordance with the following approximations: Vitamin A - 100%; Vitamin B - 100%; Vitamin C - 20%; Vitamin G - 100%.

"For some years past, scientists and physicians have taken great interest in the banana, both fresh and powdered. Authorities claim that bananas and milk constitute a perfect food, containing all the vitamins except "D". Some of them believe that the banana, because it is a source of quick energy on account of its high content of invert sugar, is a desirable food for those who need nutrition and still not produce fat when taken in excessive quantities. Banana powder may be used as a substitute for sugar because of its valuable carbohydrate content of quickly utilized sugars provide an effective aid in fatigue recovery. (The medics discover the banana after forty years, it will take another forty before they find out food doesn't produce energy - Waegner).

"The banana is a good source of calcium and its acid base reaction is domestically alkaline. There is considerable evidence that the banana not



only contributes its own calcium to the diet but helps in the absorption and retention of the calcium in other components of diet. Laboratory tests show that the banana sugars have a definite action on the intestinal flora and aids in the absorption of calcium in the blood.

"The banana has the property to combat actively the toxic affect of colon types such as the food poisoning type BACILLUS ENTERIDIS, and is of great value in changing the intestinal flora. A banana drink, consisting of 5 or 6 per cent banana powder in milk has a tendency to change the intestinal flora from acid to alkaline. This subject is discussed at length in Doctor Kahn's paper on clinical work done on infants.

"Scurvy has been reported eliminated in 30 days, and celiac (carbohydrate disturbance) and Sprue diseases respond to treatment with bananas, either fresh or dehydrated.

"Ripe banana powder is richer in manganese, copper, and iron than any other fruit. They contain eleven valuable minerals: calcium, manganese, potassium, sodium, magnesium, iron, copper, phosphorus, chlorine, sulphur and silica".

L. Von Meysenburg, MD, Tulane University, says:

"In the feeding of the normal baby, banana is of value in supplementing the diet, aiding constipation and often stimulating appetite. It may be given as early as the fourth month, but must be thoroughly ripe and mascerated. Through many experiments it has been found that in scurvy the banana is curative".

This is a stirring rally for a fruit which was once considered, and some of the medics still consider it, like eating so much putty. The latest "research" has shown conclusively that a mixture of bananas, milk, cocoanut and cod-liver oil is the most complete food known to science. We object to the rotten fish being added, but this serves to show the way the trail is leading.

The history of the banana is so entwined with the ancient races and runs so far back into antiquity, that we do not know what the original banana, which must have contained seeds, resembled. It is certain that the cultivation is more ancient than that of all other fruits, with the possible exception of the grape.

On this phase of the matter the late Luther Burbank had the following to say:

"Everyone knows, also, that there comes to us from the tropics a familiar fruit, the banana, that is seedless; although it is not so well known that this fruit has lost its seeds through being propagated for long generations by division. The precise steps through which this development has taken place in the case of the banana are not matters of record. But its condition is similar to that of the sugar cane and of the familiar horse-radish in our gardens, both of which have been so long propagated by division that they have abandoned the habit of seed formation. (Think of the thousands of years which must pass before a plant gives up its seeds, its most cherished part). The banana in its wild state was practically filled from end to end with large, hard, bullet-like seeds or stones, with just enough pulp surrounding them to make the fruit attractive to birds and wild animals that could not destroy the seeds. In this state it was practically worthless to man . . . ."

Now the purpose of every living thing is to perpetuate itself through the seed. The hardest work Burbank and other plant breeders ever tackled was when they tried to make a plant produce seedless fruit. Only the most ancient fruits such as the banana and grape are seedless. It took endless



generations before forms appeared which were seedless. The patience and science of the ancients over thousands of years come to us in the banana. And as we have noted our medics are just waking up to the fact that it is a matchless food.

Luther Burbank, that kind old man whose words of wisdom we love to quote, said on the subject of producing fruit without seeds:

"In the widest sense it is true that the sole purpose of the entire plant is to produce a certain number of these germinal (seeds) each representing the union of a pollen grain with an ovule, each carefully encased in the structure we call a seed . . . .

"When we consider the seed in this way it does not seem strange that all the resources of nature should concentrate on the development of the fruit structure in which the all-important seed or cluster of seeds finds lodgment. AND BY THE SAME TOKEN IT IS COMPREHENSIBLE THAT NATURE WILL HOLD TO THE SEED WITH THE MOST UNWAVERING PERSISTENCY. And it is not strange that the plant experimenter should be able to alter the size, texture, and quality of the fruit pulp far more readily than he can modify the core or stone that lies at it's center."

When we consider the banana in its true light, a fruit that has had thousands of years breeding, we view it in reverence. The careful, painstaking efforts of the ancients have saved us work with this fruit which would take countless generations.

On this Burbank said:

"When you work with fruit trees you are making permanent records -- reaching out your hands to future generations -- erecting a monument that will remain long after you are gone".

The ancients made possible the banana because they lived in the home of the banana, the tropics. They did not live away from the home of the natural food of man, as we do.

Bananas are a tropical fruit, as are most of the other delicious fruits. The withering winters of the north kill them. Florida and California are the only places in the United States where banana trees will grow. Those grown in California do not have a good flavor because the banana requires ample rain fall, a thing lacking in California. In Southern Florida, which is only about 200 miles from the Tropic of Cancer compared with California's 700, the banana grows well. Here you may grow this nourishing fruit to perfection.

The commercial banana was selected because it can be shipped green. It was not possible to grow and ship the delicate bananas. These must be grown and eaten in the native habitat of the banana. Florida bananas have a far better texture and flavor than the plantain-like banana of commerce. They can be left on the tree to ripen more perfectly than the commercial banana. In this way they receive more of the vital substances from the soil and air than the green picked fruit.

In Florida one may enjoy all the pleasures of the tropics, and yet have all the comforts of home. No other place in the United States offers this. Great tracts of seacoast fringed with cocoanut palms and alluring tropical plants tell us that this is the home of the banana--and the home of man. Here one may have that delightful food, cocoanut milk served in the shell, previously cooled in your electric refrigerator. Here the sparkling sea and the tropical moon tell you that the home of the banana is the home of natural splendor and beauty. The whispering, rustling palms swept by cool breezes, the delicate scented orange blooms, and the eternal June climate,



will put one in tune with Nature, which means a long, happy life.

Just as nature made a masterpiece in the banana, her other crowning masterpiece man, was meant to live close to these wonderful fruits and climate.

What wise people want today is fruit-tree-ripeness. They know it keeps them healthy and prolongs life. But tree ripened fruit is hard to find in the north. And it is expensive.

In Florida it is free because you can raise your own the year round. This wonderful land of fruit and health calls you.

#### WHAT TO EAT

Meat, milk, eggs, bread, potatoes, coffee, and tea are the staple articles of diet in the United States. Medical institutions raise no voice of protest against this menu. On the contrary they teach that this is the ideal diet; that the food must be well-cooked, and be eaten in ample quantities by all who crave vim, vigor, and vitality.

They forget that the horse, elephant, and ox live and thrive all the days of their life on a diet of grass and green leaves.

They forget that the camel, rhinoceros, and hippopotamus never eat bread, meat, eggs, potatoes, and coffee.

They forget that the dinosaur, megalosur, megatherium, and mammoth, the mightiest beasts that ever roamed the earth, were herbivorous animals.

They forget that Milo the Greek, perhaps the strongest man of history, was a disciple of Pythagoras, and a strict vegetarian and fruitarian.

They forget that the giant gorilla feeds on fruits and herbs, and is so powerful that no animal of the wild dares attack him.

Willian further observes:

"Where do we find such muscles of steel and rubber as are those of the agile antelope and the equally agile deer that run with the wind for a day and a night without tiring?

"Or where equally keen senses of sight, hearing, and smell; where such sleepless sharpness of instinct, such tenacity of life, such graceful and perfect physical development?

"The huge elephant, with the strength of a steam engine, and an intellect that lacks only the faculty of speech to make him a talking philosopher, lives half a dozen centuries, practically on grass." "Health Culture, May, 1928."

The renowned wrestler, George Hackenschmidt, known as the Russian Lion, weighing 220 pounds of bone and muscle, toured the world, wrestling all comers, and throwing the huge Greek and Turk without difficulty. Of his diet, Bernard remarks:

"His breakfast consists of fresh lettuce and five or six Brazil nuts. The Brazil nuts and some sweet fruit are the only really heavy food he eats. All his other meals are composed of fresh fruits and fresh vegetables, eaten raw". --Life and Health.

An average sized ape can pull four times as much as a man of the same weight. The ape lives on fruits, berries, and tender shoots. A gorilla is ten times stronger than a man of the same weight; and it subsists on food similar to that of the ape.

Notto Fipp, a Norwegian vegetarian, recently walked 250 miles, averaging over 50 miles a day. His diet consisted entirely of bananas and milk. His



stamina and endurance increased as he put the miles behind him, and the end of his walk found him in excellent condition. Experience shows that even better results would have been obtained, had distilled water taken the place of the milk.

Carl Mann walked from Dresden to Berlin, 123 miles, in less than 24 hours. He ate nuts, fruit, lettuce, and other green vegetables.

Ripley, in his *Believe It or Not*, of February 19, 1931, says that a Benares Hindu, who has been a vegetarian for forty years, lifted 960 pounds while lying on his back.

Randall investigated the residence of 1,280 persons who lived upward to 100 years, and found that all except 65 lived in semi-tropical zones, and were eaters of fruits and vegetables.

The shortest lived people are the Eskimos, living in the cold north, and eating largely of animal flesh.

Roddis found that in the tropics, the blood-pressure of northern whites was from 10 to 15 mm. lower than in the temperate zones.

Mukherjee found that the basal metabolism was lower in the tropics than in Europe.

Twice as many people past the age of 60 years, die in January in the temperate climate as in July. The four colder months yield half the deaths of the entire year.

These investigations furnish more evidence that the tropics and semi-tropics are the natural home of man, and that unfired fruits and berries are his natural food.

## THE CREATIVE CYCLE

There is no action without reaction, and no expiration without resurrection.

"Matter, the slave of man, is immortal, and nothing could be more preposterous than to assume the Master dies and the slave lives forever. There is no death. Man lives in two worlds. When he sheds his body he changes to another life under new conditions, while remaining in essence the same as he was in the body".

The Bible says, "We shall not sleep (in death), but we shall be changed (by death to immortality)....As we have borne the image of the earthy, we shall also bear the image of the heavenly. And death is swallowed up in victory".

Dr. James Clark of London said, "There is no birth without death, and no death without birth. Man lives to die and dies to live. No state of existence can begin till a previous one ends. No process in the Universe is independent of cyclic change. As surely as day follows night, so must Life follow Death. "

The Ancient Masters symbolized this creative action in the Interlaced Triangles, and said, "As above, so below". This indicated the dual nature of Man and the dual phases of Creative Action, the positive and negative, active and passive, Terrestrial and Celestial.

## NATURAL FOOD OF MAN

Going back to a time when primitive man, in supplying his needs, must have depended solely on his unperverted instincts, we realize that it was his sense of sight that guided him in his choice of food, and that he selected



such substances as were "pleasant to the sight". Viewed in this light, we also know that the red and golden and purple fruits of the tree and the vine, must have most strongly attracted his attention.

This man had no implements--nor had he the least need for any. For man did not come into existence until all his actual and necessary wants were as completely provided for, as those of the beasts of the field and the fowls of the air. It was not intended that man, in supplying his needs, should perform any more labor than is performed by any animal below him in its native state.

In the tropics where man first made his appearance, Nature to this day spontaneously produces the most luscious fruits to be found anywhere. Without implements and without labor, except in gathering fruit, primitive man took these substances from the generous hand of his loving Mother, and ate of them just as cooked and prepared for him by his wonderful Provider.

No scientist had yet appeared to immunize his body against disease; he needed no expert dietetic advice; he knew nothing of calories, vitamins, and mineral salts, and he knew less about proteins and carbohydrates. But in his natural wisdom, he built a vigorous frame composed of material so lasting, that he saw the sun rise and set for almost a thousand years, ere he sank back into the bosom of the watchful one, who has always been faithful and true to her children.

Man was a purely frugivorous animal. But many centuries have elapsed since then, and a great change has occurred. Man has strayed from the happy home of his Mother. He has cast her infallible teachings to the four winds, has leveled her beautiful forests with the axe, has torn her bosom with shovel and plow, has developed grass seeds into grains, roots into tubers, and animals into beasts of burden and victims of slaughter.

These things, all the product of health-destroying and life-shortening labor, which Nature never designed, now grace his table in place of the delicious fruits he once ate so freely; and with these things he endeavors to repair the waste and wear of a body, which tells him in every way it can, that he is failing in his task and violating the law of his constitution. But man has lived apart from his Mother so many ages, that he no longer understands her language as he once did. And he continues to wander further from home, while Mother is constantly beckoning him back.

Despite the many years that have passed since man forsook fruit as his food, no appreciable change has occurred in his digestive apparatus. A careful study of the human anatomy constrains all leading physiologists to affirm that man today, from the make-up of his body, is still a frugivorous animal.

Ripe fruit, as it comes from the tree and the vine, is still the most delicious and palatable of all food. It is the most agreeable food for child and adult, for the puny and the sturdy, the healthy and the sickly. Fruit is the oldest food known to man, and the first mentioned in the Bible:--

"And out of the ground made the Lord God to grow every tree that is pleasant to the sight, and good for food".

For numerous reasons it is very evident that fruit, in its natural state, was not only the first, but the principal substance used for food by the first men on earth. And we are told that they lived for centuries, and nothing is said to indicate that any of them ever suffered from disease.

Was this simple, natural diet the cause of such sound health and long life? We know that in this age of disordered bodies, short lives, and faith in the efficacy of so-called medical science, little or no fruit is eaten by



many people, fruit being regarded by them as a luxury, more to be admired than to be eaten. Is this the practice that has produced the multitude of maladies from which men suffer, and condemned the race to early death?

Not only our health, but the length of our days depend upon suitable nourishment. Such nourishment is found only in those unsophisticated substances that supply the system with all the elements it must have, and without which it suffers and decays. Unfired fruits are the first and the greatest source of these vital elements.

Fruits should be eaten freely and frequently, just as it comes from the tree, bush, or vine. All unfired fruits are rich in the mineral salts, which have a natural, stimulating effect on the vital organs. In the process of cooking, these organic minerals undergo certain destructive changes. In many instances they return to a crystalline form; and by cooking they are always rendered less easy of digestion and absorption, and are of far less value to the body. Never cook any fruit that can be eaten in its natural state, and of all fruit that must be cooked before it can be eaten, eat of it very sparingly.

Ripe, unfired fruit tones up the whole system, and enables it to free itself of the deadly poisons with which it is filled by bad living habits. But the practice of eating a full meal of other foods, then "topping off" with fruit, is decidedly detrimental. Let the meal consist of fruit only.

Many people desire to know which of the various fruits is the best for health. Our answer is, Oranges and Grapes. These are wonderful foods, and when eaten regularly, the body is so completely supplied with solids and liquids, in such correct proportion to its needs, that there is no demand for water to drink, because the body does not thirst. And no water can so perfectly fill the body's need for liquids as the pure, distilled water of fruits. Nor does anything destroy the health quicker than the drinking of bad water, except breathing foul air.

Oranges are a perfect food. John Oliver, veteran Premier of British Columbia, says that he eats a dozen oranges a day, and that he never felt better in his life, although he is well along in years. He says:

"I buy oranges in the bulk and keep a box in my office all the time. I just help myself during the day. No specific intervals; I eat an orange whenever I feel like I want one, and I usually average a dozen a day".

It is said that oranges mark the Premier's third attempt at discovering the ideal diet. First he tried goat's milk, then apples--and now oranges.

Orange juice is good for infants, and should be fed in doses of a few teaspoonsful daily to infants from three months of age and upwards. In the treatment of catarrh, a daily diet of oranges, but with no other food, is a splendid remedy. People suffering from rheumatic and neuralgic pains will be surprised how quickly these will disappear when no food but oranges or grapes are eaten.

Grapes are an ideal food. Alvin F. Harlow, in *Correct Eating*, calls them the QUEEN OF FRUITS. He says:--

"The grape is probably the oldest domestic fruit we have. The fruit and the wine made from it are frequently mentioned in writings reaching back to the dawn of history. Apples are mentioned in the Old Testament, but there is no certainty that the word which King James's experts translated as "apple" meant an apple as we knew it.

"The grape has a very high value to the body as food and medicine. It is mildly laxative, diuretic, and like all other fruits, is anti-scorbutic. It



contains one of the four beneficent fruit acids so useful to the body. These acids in the process of digestion release potassium, sodium, and magnesium, which are changed into carbonates and overcome by their alkalinity the acids in the blood.

"The average grape contains nearly 80 per cent water (pure-distilled) and about 13 3/4 per cent sugar; and scientists agree that grape sugar is one of the easiest of all fruit sugars to digest and assimilate.

"The grape also contains (organic) iron, which helps to build up the red corpuscles of the blood".

Few writers on fruit give due consideration to peaches. In our opinion, peaches rank next to oranges and grapes as food for man. In appearance there is no fruit more attractive and beautiful than a golden peach with a pink cheek. Nor is there any fruit more inviting to the taste than a juicy, luscious peach. The main objection against peaches is, that when ripe they will not keep like oranges and grapes. They soon decay. Nevertheless, peaches are a splendid food, and should be eaten more freely than they are.

Apples are usually given prominent notice by all writers on fruit; and they are excellent food. They contain malic acid, and are rich in potassium, sodium, and calcium salts. They have cleansing action on the body, and aid in expelling noxious matter. They help to neutralize the surplus stomach acids, help kidney secretions, tone up the liver, and correct acidosis and its accompanying disorders, such as gout, rheumatism, neuralgia, diabetes, biliousness, anemia, etc. But frequent cases have come to our attention where apples appear to create gas in the bowels, which constrains us to believe that they should not be eaten so freely as the other fruits mentioned.

Then we have cherries, plums, apricots, pears, and in warmer climates, figs, dates, etc. These are all splendid foods. Next we come to the berries--black-berries, raspberries, strawberries, and so on.

Strawberries contain much sugar and a slight amount of salicylic acid. They are powerful cleansers and purifiers. Their action often induces the blood to throw out a rash on the skin, resulting from the effect of the strawberries aiding the blood to purify itself. Medical men, observing this condition and believing that the rash comes from the strawberries, forbid such persons to eat them on this account, when in truth they are the very ones who would eat them most freely. The rash will disappear when the blood has cleansed itself. Without a surplus of toxins in the blood, there could be no rash.

Fruits consist largely of thirst-quenching water, distilled by a marvelous process unknown to man. The blood is approximately 80 per cent water. Consequently, if man lived on fruits and berries, he would need nothing to drink, as we have already observed--and it has been said that there is much doubt as to man's being a drinking animal. He can drink only with difficulty unless he has some contrivance invented by himself to convey the water to his mouth.

The sugar (glucose) found in fruits, of which there is a considerable quantity, and the acids and juices, are fully prepared for the body by the ripening process in the sunshine, requiring only absorption to make them available for use. Due to this fact, fruit may be eaten at any time without taxing the digestive organs. How decidedly different in this respect is fruit from the common diet of modern man, which tries and wearies the digestive machinery by a long, laborious process, and in the end renders up but a small quantity of nourishment of an imperfect quality.



In this connection, a striking lesson to prove the close relation existing between diet, disease and death, was furnished by Denmark during the late world war. Denmark was not involved in that war, but her situation was such that it was imperative for extreme caution to be exercised in regard to her food supply. To that end the Government placed the control of food under the supervision of Dr. Hindhede, a prominent physician of that country.

The situation was apparently desperate. Famine, disease, and death seemed to stare the people in the face. Some drastic action had to be taken. So the Danes on the advice of Dr. Hindhede, killed off four-fifths of their hogs and almost 40 per cent of their cows, thus reserving for the people the food that otherwise would have been used for this stock.

The bran and middlings of grain, which heretofore had been fed to the stock, were incorporated in the bread, giving the people the whole of the grain instead of just the starchy portion of it.

The diet consisted of dairy produce, whole grain bread, barley porridge, and vegetables. And the question is, What effect did this diet have on the health and morality of the people? It had a most remarkable effect.

The mortality for the whole of Denmark in the first full year of rationing decreased 17 per cent: resulting in a mortality of 10.4 per 1,000--the lowest death-rate ever recorded in any country.

What is still more striking, as showing the influence of diet on the ability of the body to remain in health, is the fact that while the influenza epidemic, which raged thru Denmark as well as the rest of the world, resulted in a mean increase of mortality of 30 per cent in the countries not involved in the war, while in Denmark it was 2 per cent less than it was before the war.

Based on this marvelous showing, the impression has gone out that dairy produce, whole grain bread, and vegetables are the ideal food of man. This is wrong. The showing merely and clearly indicates how highly destructive to life and health is the habit of flesh eating.

Grains and tubers are not the true food of humanity. These things were unknown to primitive man. They have been developed by ages of human industry from insignificant grass seeds and plant roots. The eating of grains fills the body with clogging mucus and slime; and the eating of tubers (vegetables) fills the body with stiffening earthy deposit.

As remarkable as is the improvement in health and the decrease in the death-rate here exhibited, when man gives up flesh eating and goes to grains and vegetables, yet more remarkable still would be the improvement, should he return to the diet for which his body is perfectly fitted, and subsist on the unfired fruits so abundantly produced in the tropics.

The acids of fruits are oxidized in the body, and hence are foods. They are changed into carbonates in the blood, and tend to render it more alkaline than it ordinarily is on a diet of modern food.

Because of acids found in certain fruits, many medical men, knowing no better, caution patients suffering from acidosis against eating them. These physicians claim that it aggravates the condition. They would know better had they studied fruits and food more and drugs and serums less. Acidosis results from eating unnatural food, and the condition is quickly corrected by abstaining from all foods except ripe, unfired fruits.

In commenting upon this feature of the matter, Dudley D'Auvergne Wright, F.R.C.S., says:--

"It is often said that eating fruit makes the blood too acid. This, again, is fallacy. Fruits do indeed contain much acid, but they also have an abun-



dance of potash and other alkalis which to some extent counteract the acidity. Besides this, the fruit acids, while in the digestive tract, unite with the alkalis there to form neutral salts which pass directly into the blood, and there become carbonates of potash, soda, and lime, and render the blood alkaline.

"This power of the fruit acids to unite with lime is very important, and may be taken advantage of in cases of calcification of the arteries, a common disease in all civilized communities. Further, these fruit acids are now recognized as being able to dissolve out the urate of soda which is deposited in gouty joints, and to assist the system in getting rid of the uric acid in the blood" (Health Culture).

Since all facts indicate that unfired fruit is the proper food of man, it is only natural that a diet of unfired fruit is splendid in all chronic disorders, and especially when the stomach and bowels are affected in any way. And the very fact that unfired fruit is beneficial in such instances, is only cumulative evidence to prove that unfired fruit is the proper food of man.

### MILK AS FOOD

A well-known pathologist writes as follows in a leading London paper: "Milk was intended to nourish the young of the animal which secreted it, and if the process of milking had not been discovered by neolithic man the supply would terminate when the young animal was weaned. The milk of the cow was intended by nature for the calf, and not for human consumption. I am supported in my opinion by practically all the modern international authorities on diet, including Dr. Hindhede, Hereward Carrington, Dr. Rheinhold, Dr. Sims Wallace, etc., who consider milk an unnatural food for man.

"According to Professor Arnold, 'milk is the scavenger of the cow's body'; and Dr. Schroeder, Director of the U.S. Agricultural Station, Bethesda (Md.) writes still more strongly, for he states: 'Those who know the dangers incident to the use of raw milk will not permit a drop to pass their lips or the lips of those for whose health they are responsible.'

"Rosenau, in his Preventive Medicine Hygiene, claims the 'milk is responsible for more sickness and deaths than perhaps all other foods combined; it frequently contains more bacteria than are found in sewage'.

"I could quote other authorities regarding what I consider to be one of the most important points in the dietary of the world. Were milk the perfect and natural food of man, more people would be able to digest it, and the hundred and one prepared milk-foods would not be on the market. The truth is that the digestive apparatus of man is not adapted for the absorption of milk, his stomach being of a different shape, with a different digestive process".

Note: The foregoing is taken from Nature's Way Monthly, an English magazine. Glad to see our English cousins getting their eyes open on milk.

"Milk is intended only to nourish the young of the animal that secretes it". That statement is complete for a thinking person.

No animal ever returns to milk, in its native state, after it has been weaned, except man and the animals he controls.

Milk receives credit for being great food because man does better on it than on meat, eggs, bread, potatoes, pudding, etc., in many cases. This simply means that milk is not so harmful to the body as these other so-called foods. It does not mean that milk is food for man. --



## MORE EVIDENCE AGAINST MILK

Every impartial experiment and investigation shows that the juice of the beast is not intended as food for man.

A young man wrote us that he was trying to live the higher life, but had not entirely got away from cow's milk, quite a quantity of which he was drinking daily. He reported that he was bothered with boils, and wanted our opinion as to whether we believed they were due to the milk. We told him to drink no more milk and live right and the boils would leave. Now we have a letter from him as follows:

"Since giving up milk, as recommended by you and your magazine, I am a lot better. I never felt better in my life. I never seem to tire like I used to. My whole body seems to be taking on a new lease of life, and this great change has come about in the last three or four weeks.

"My boils are leaving me, my skin is getting much better, my eyes are getting a sparkle in them, and my whole body in general is getting better each day. I actually believe that I am growing younger,

"For the last three weeks I have been eating nothing but ripe fresh fruit. On May 12 I cut grass for 11 hours, and was not tired in the least. I felt as though I could work forever without tiring.

"I have been eating about two dozen oranges a day and do not drink any water as I do not feel thirsty like I used to".

Experience seems to indicate that man would not thirst for water if he ate his natural food of fresh fruits and melons, for these supply his body with all the fluid it needs, of the purest kind, and laden with wonderful mineral salts.

We urge all our readers to drink and use no milk of any kind in any way.

Following is a letter to Dr. Clements, who forwarded it to us.

"Dear Dr. Clements:

"I did as you advised and discontinued giving my little daughter milk and cottage cheese, and her vaginal discharge completely disappeared. May God bless you for the help you are to those that seek you."—Mrs. L.B.

## MILK IS BAD

We have been teaching for years that human food does not come from the barn-yard and slaughter-house--two of the filthiest places on God's green earth.

Read above what the lady says about the improved condition of her child after she quit feeding it the products of the stinking barn-yard. Again, she wrote:

"Four years ago I got osteo-arthritis in the spine and the left ribs. After I got all kinds of treatments and medicine, I was told that the disease is incurable.

"Two years ago I became acquainted with Dr. Siegelmeister's lectures, and the Dawn and How to Live magazines, and we began living in line with the teaching of these publications, eating only fruits and vegetables and a little cottage cheese. The result has been that last winter I did not have an attack of arthritis or a bad cough".

The cottage cheese this family uses is not according to our teaching, and you see what happened later when the family quit the use of cottage cheese. The lady wrote that her daughter, nine years old, was suffering from a vaginal discharge, and wanted to know what to do. She said the child was living



on fruits and vegetables, certified milk and cottage cheese. Clements told her to stop feeding the child the products of the beast and barn-yard, and you behold the results.

It is a hard task to make people believe that man was made to live on fruits, and not made to live on the excretions of the blood of the beast. Milk is the excretion of the blood of the beast, and was never intended for human use.

The blood of the beast builds a beast. If you as a human go to the beast for your food, and build your blood of the excretion of the blood of the beast, you become beastly in nature, as your tissues and cells are built of the excretion of the blood of the beast that you take into your body in the form of milk and cottage cheese.

Every medical doctor on earth might assert that milk the excretion of the blood of the beasts, is good food for human beings, and every person on earth might believe the assertion, but that does not make the assertion true.

A certain lady was very thin, and consulted her physician about it. He put her on a diet consisting largely of milk and cream, with the result that she not only lost five pounds more in two weeks, but became very sick. She promptly quit that doctor and his milk and cream. Thousands of similar instances could be cited, and yet people go right on using milk and physicians go right on recommending its use.

If you build your blood and body of the excretions of the blood of the beast, not only do you become beastly in nature, but you also become beastly in odor. For you cannot have a body that smells like an orange or an apple, when that body is built of the excretions of the blood of the beast. The law is, like begets like.

Millions of dainty ladies are using gallons of costly perfume to kill the beastly odor of their bodies, built of the excretions of the blood of the beast. It is somewhat like sprinkling perfume over a pile of barn-yard manure to kill its terrible odor.

The lady's body is built of the products of the stinking barn-yard, and then to kill the barn-yard odor that emanates from her body, she sprinkles perfume over it.

It seems that some people have not the sense that God gave a goose. They expect to have a body with the odor of an orange, and build that body of the products of the filthy, dirty, stinking barn-yard.

#### CITRUS FRUIT

An interesting report in the press of Aug. 25, 1941, announced that three Detroit scientists, Drs. F. W. Hartman, Henry N. Harkins, and B. Brush, stated in the Annals of Surgery, official organ of the American College of Surgeons, that:--

Pectin, an element obtained from citrus fruits, "had been found as effective as blood in transfusions or the injection of blood plasma in the treatment of shock due to wounds and other injuries".

An amazing victory for fruit, especially for citrus fruit, the natural product of warm and tropical regions.

More scientific evidence to show not only the superiority of fruit as food for the man who eats, but that warm and tropical regions are the natural home of man.

For if tropical and subtropical fruits are the best food for the man who eats,



then it is logical that the region where such fruits grow must be the best place for man.

The report further stated:

"The pectin is taken directly from citrus fruits, refined, and then injected into the veins just as with blood plasma. Its greatest advantage is, that it is absorbed quickly from the blood stream to replace blood loss in the tissues. Another important advantage is, pectin from citrus fruits does not cause damage to the liver.

"The Detroit scientists found that even massive doses of pectin did not cause any disturbance in either animals or human beings, whereas drugs always cause liver congestion and other damage".

Pectin is the element in fruit that forms the basis of vegetable jelly. It is extensively diffused in the juices of pulpy fruits, especially when they are mature.

The pectin of citrus fruits is first refined, and then injected directly into the veins, and is said to be absorbed quickly to replace blood-loss in the tissues.

When citrus fruits are eaten in the regular way, this refining process is more efficiently performed by the body's digestive mechanism, the work of which man may study but which he can never imitate.

In 1920 we wrote: "Without cooking or any preparing whatsoever, fruits may be eaten, and they impart to the body their health-promoting, life-prolonging elements, without wear of the digestive organs, waste of nerve tissue."

On account of the damage that citrus fruit does to the teeth, one should go slowly in the use of it. The juice of citrus fruit acts on the teeth like distilled water, causing them to crumble and decay. But if you have lost your teeth and use false teeth, this rule does not apply. Citrus juice is excellent for dissolving the hardening deposits in joints and tissues.

Tomatoes and melons, uncooked and unseasoned, are excellent food, as they furnish the body with the best kind of distilled fluid for the blood stream.

#### SALT EATING DANGEROUS

When did any doctor ever tell a patient that salt eating is dangerous? In Collier's of Nov. 26, 1954, J. D. Ratcliff wrote: "Body Fluids - a Major Medical Problem".

Under that headline he said: "This year some 200,000 Americans will drown--not in oceans, streams nor pools, but in their own body fluids. The cause is often congestive heart failure, as big a killer as cancer".

He says that congestive heart failure is often the cause of excess fluids in the body, because --

"When diseased hearts are unable to pump enough blood to the kidneys, those organs fail to excrete the body's surplus fluid and it congests tissues, feet, legs, and ankles swell with retained water; a gallon or more may accumulate in the abdomen or chest".

This statement leads the layman to believe that blood from the heart goes directly to the kidneys as it does to the lungs. Such is not the case.

All blood from the heart, except that which goes to the lungs, leaves the left ventricle of the heart thru the great aorta, main trunk of the body's blood system. Then thru its many branches the blood is distributed to the entire body, the kidneys receiving their supply thru branches from the aorta termed renal arteries.



To increase the blood flow to the kidneys requires an increase in the general blood flow thru the aorta to all parts of the body, as occurs in vigorous exercise.

Ratcliff believes in the exploded medical theory that the heart is a pump. It is a valve, not a pump. It is the great central valve of the blood vascular system, regulating the blood flow, not pumping blood.

Then he lets the cat out of the bag. The accumulation of excess water in the body is not due to "diseased hearts". It is due to salt eating.

He says: "An ounce of salt in the body will seize and hold three quarts of water".

If salt eating is responsible for excess fluids in the body, if salt eating is the reason why "this year some 200,000 Americans will drown ... in their own body fluids", what is the remedy? Stop eating salt.

Ratcliff is careful to see that the doctors are needed. He does admit that "low salt diet helps", but says:

"In the fight against water death, doctors today rely mainly on kidney-stimulating drugs. A new drug of this type, Diamox, is already being ranked as a major medical discovery".

There it is -- pure medical propaganda. The purpose of the story is just to promote this "major medical discovery".

Why not correct the condition by not eating salt? That would leave no place for doctors and Diamox.

In his "Back to Nature" magazine in 1936, Dr. St. Louis Estes, frequently called the "Raw Food King", said so much against "Salt--The Death Dealer", that his article was reprinted in the May 1937 issue of "How to Live" magazine.

In the article was quoted a letter from a wise naturopath, giving his observations of salt eating. He had a patient suffering from Bright's disease, and upon examination, he found there was a small excretion of salt.

As so little salt was being eliminated, it occurred to him that the salt was accumulating in the body, and water accumulated to lessen the irritating effect of the salt.

It was not the case of salt seizing and holding the water, as stated by Ratcliff. It was the body's demand for water to lessen the irritating effect of the salt. It was the tissues of the body holding the salt.

The patient was in the dropsical condition so typical of this disorder in advanced stages. So he placed the patient on a salt free diet. In three days the dropsy disappeared.

To be sure of his ground, he tried this three times, with the same result. Each time the patient was given salt, the dropsy returned; and each time the salt was withheld, the dropsy disappeared.

Dr. G. J. Drew, another "raw food king" of the 1930s, wrote:

"Salt is so stable that it is not dissolved and utilized by the body. It is ingested as salt and excreted as salt.

"As the salt is absorbed by the body cells, they contract from the irritation, and discharge their precious albumen and other vital elements. This causes hardened tissues, shriveled blood corpuscles, hardened blood vessels, arthritis, and produces the state called old age" (Unfired Foods).

Hal Beiler, M.D., said:

"In the days of our forefathers, salt solution was used as an embalming fluid. The ancient Egyptians used salt oils and spices in their mummy wrappings.



"Today we mummify the living with salad dressings made of salt, oils and spices, and see them walking the streets. Their dry skin, shrunken bodies, and enervation bespeak of hardened blood vessels, livers, kidneys, and muscles.

"I often wonder why it is necessary to embalm such bodies after death. They are already pickled to the gills". (Philosophy of Health).

Most primitive people, in their natural state, use no salt. Bartholomew found Chinese of the interior ate no salt. Dr. Benjamin Rush found the American Indians never ate salt when discovered by the white man.

Stomach ulcers and some cases of blindness are due to salt. Glaucoma is one of the most prevalent and serious of eye ailments, causing about one in eight cases of blindness.

In the normal eye a thick fluid flows into and out of the eye at a constant rate. In glaucoma, exit channels for the fluid become blocked by a waterlogged state of the body. Internal pressures rise. Vision becomes distorted, a rainbow halo appears around lights. If not relieved, the pressure continues to rise, eventually producing much pain. In time the optic nerve terminals are destroyed and blindness follows, due to salt eating.

Mr. A., age 39, paralyzed from waist down, limbs emaciated, was given up to die by the best doctors. He used salt freely. It was impossible to move the muscles of his limbs. A wise naturopath had all salt removed from his food, and at the end of four days he could move the muscles of his toes.

Mrs. B., age 50, was unconscious for three days from uremic poisoning; was told by three physicians that she would die of Bright's disease. A wise naturopath had all salt removed from her food, and she recovered health.

Thousands of cases could be cited where the sick recovered health by simply living on a salt-free diet.

Sodium chloride (salt) conceals itself in the cells and tissues like a thief in the night, and irritation begins that calls for water.

This eventually produces hyperesthesia of the nerves, deterioration and hardening of blood capillaries, blood vessels, high blood pressure, all forms of growths, including cancer and tumor, arthritis, psoriasis, neuritis, valvular leakage of heart, defective hearing and eyesight, and is in fact the root of many ailments.

Ratcliff's 200,000 a year who drown in their own body fluids, can thank their salt-eating habit for that.

The basic cause is not congestive heart failure, as claimed by Ratcliff. It is the result of salt-eating.

Frederick Hoelzel, after years of experimentation, declared that the cause of mental and physical deficiency is due mainly to a "retention of salt and water in the body".

He relates in his book, "Devotion to Nutrition", that his experiments showed that salt eating, with the retention in the body of salt and water, impairs the body's functions.

Many people suffer from "hidden edema", due to salt. The most common symptom of this condition is a swelling of the ankles. Hoelzel showed that the cause is salt eating. He also showed that "salt retention, hypersensitivity of the skin, thickened skin folds and fat deposits are interrelated".

An electric current breaks a salt solution into chlorine gas and caustic soda. The chlorine is used to make moth balls, DDT, drugs, bleaches and plastics; the soda, soap and glass. And so, the common salt people eat is composed of deadly sodium and poisonous chlorine.



## NO SALT

Dear Prof. Hotema: I agree with you as to the use of salt. My sister, now 85 years old, spent three months at Dr. Robert Walter's sanitarium more than 40 years ago, and no salt was used there in the food. She was 40 years old then and single, and had liver and kidney trouble in the worst stages. She recovered under Dr. Walter's care, got married, had two sons, and now has a dozen grandchildren.--W. J. K., Indiana, Aug. 7, 1931.

### Warns of Danger If Baby Gets Salt

WASHINGTON, April 10 (AP) — Mothers should keep baby away from the salt-shaker lest the infant be poisoned by eating too much salt, a pediatrician said today.

Dr. Laurence Finberg, of Johns Hopkins University School of Medicine, told the annual meeting of the American Academy of Pediatrics:

"Severe poisoning by common table salt, while not a common occurrence, can have a disastrous outcome; death or severe brain damage may result."

Finberg said the amount of salt required to poison an infant severely "is less than a tablespoonful—which has not generally been appreciated or popularized."



THE WILD MAN

In the January, 1931 issue of *How to Live*, there appeared an account of a Baboon Boy captured in Africa, which was taken from the press of Dec. 7, 1930.

A Negro woman in South Africa went to the field one day to work, taking her baby with her, and fixing a place for it near the edge of the field, she was working when a noise in the direction of her child attracted her attention. She turned to look, and saw a large baboon seize the infant and run off into the jungles. Hunting parties were organized to search for the child, but returned without finding any trace of him.

Thirteen years passed. Then one day a party of hunters came upon a band of baboons. They fled, with the exception of one, which could not go so swiftly as the rest. It turned aside and with remarkable speed climbed to the top of a tall tree.

The hunters captured this "baboon", and it proved to be a Negro boy 14 or 15 years old. They took him to town, and after due inquiry, some one remembered the woman who lost her child. They located her and she claimed the boy as her own.

The boy could not talk, nor walk upright, like a human. He walked on all fours like a four-footed beast.

The mother taught him to walk like a man, to talk, wear clothes, and to drink from a cup instead of sticking his face in the water baboon-fashion.

But she was never able to get the boy to eat cooked food. He would eat nothing but uncooked fruits and vegetables, raw fish and eggs.

It was said that the boy was "tremendously strong". He could use a 14-pound sledge hammer in a blacksmith shop and turn a heavy lathe all day, without showing any signs of fatigue.

When this story appeared in *How to Live*, the editor got a surprise letter about the Baboon Boy from Dr. L. C. Morgan of Durban, Natal, South Africa, who had read the account. He said:

"I have the pleasure of sending you letters from Port Alfred Municipality, dated April 22 and May 11, 1931, and a photo of that Baboon Boy."

In his letter of April 22 the Town Clerk of Port Alfred wrote Dr. Morgan as follows:

"The Baboon Man as he is called locally, now lives with and works for Mr. G. H. Smith, a farmer who carries on a blacksmith's trade. From inquiries, I find that the extracts you quote from the *America* publication are substantially correct.

"The man is well developed, is in good condition, and like a child, doing anything he is told."

Wild baboons take a human infant a year old, and bring it up to be a strong man. A record of 100%.

Did the baboons feed the human infant a balanced diet? Did they worry about proteins, carbohydrates, vitamins and calories? Did they ask how much and how often to feed the infant? Did they wish they had for the infant some of the wonderful "infant baby foods" of commercialism? Did they pray for the vaccines and serums of medical art?

Some who read this can name half a dozen families that have had 2 to 6 children, well vaccinated and inoculated, and perhaps lost them all before



We knew an intelligent man and wife who had 6 children, all vaccinated and inoculated, and every one of them died and was buried before they reached the age of 7.

#### A SICK DOCTOR

The Analyst, No. 2, Vol. 3, published in October-1960, contained a remarkable account of a sick doctor who recovered health by eating uncooked food. From the account we excerpt as follows:

Years ago this writer (editor of the Analyst) had the pleasure of meeting a man who was then 100 years old, and for the next four years enjoyed the close companionship of him. The writer was 36.

At the age of 56 this man, a doctor, had developed tuberculosis which consumed one lung. His teeth had decayed and he wore plates. He was blind in one eye and wore glasses. His hearing was badly impaired and he was suffering from cancer and partial paralysis.

This man had been a greatly admired and successful physician and surgeon in Boston, but his diseased body confined him to his bed. Sympathetic friends chipped in to raise a fund to send him out to Colorado to rest out his remaining years. He had enough money to carry on for almost a year, so he secured a shack in the country within walking distance of a suburban grocery. He was a man of learning and had acquired seven master degrees in science, psychology, philosophy, religion and related subjects. Theoretically he was wise. He had advised and helped others. His speciality as a practicing physician had been dietetics and naturopathy, but like most doctors, he had not applied to himself the advice and prescribed course of living habits that he insisted upon for his patients.

He was weak and emaciated and alone with his thoughts and a desire to live. The food he bought he did not bother to prepare or cook. In time his funds ran out, and in the early dawn he resorted to invading neighboring truck farms to pull up carrots, beets, spinach, lettuce and whatever growing food he could find. Returning to his shack he was too exhausted to eat, so he dropped his take by his bed and slept. Awakening, he satisfied his hunger by munching on beet and carrot tops and the harder parts of the vegetables until the pain of chewing with false teeth became too great to bear.

In time his health improved and he grew stronger, carefully making a record of his foraging, determined that somehow, sometime he would return to practice and pay his debt.

As time went on, he did resume his practice, but never altered his new eating habits that circumstances had forced him to adopt. At the age of 100 he was an excellent specimen of virility and health. Every tooth in his head was one that Creation had grown, and he used them to crack nuts that others would use a hammer to crack. His eyesight was good, he used no glasses and could see the finer details of things that others used a magnifying glass to distinguish. His hearing was acute; his strength was phenomenal, skin youthful in appearance.

He married when he was 100, and after the wedding we were invited to his home, where he entertained us with his wisdom. --End of excerpt.

We could publish one story after another, describing the excellent results experienced by those who had lost their health and recovered it by turning back to the power that made us all, and if just one person heeded the message



and attempted to live the natural life, he would be regarded as a crazy nut who should be in some insane asylum.

That is the manner in which Prof. Hotema was rewarded by his comrades during the Spanish-American War more than sixty years ago, when he was in the Philippines and offering himself as a target for the Insurgents. Now every member of his company of 109 men has gone over the last hill, while he, the crazy nut; goes on teaching the Lesson of Life.



THE LIVING GAS

Experience shows that we must go wild to be natural; we must be crazy to harken to and to heed the guiding Voice of Creation.

The Wild Man of Africa, in the natural state, ate uncooked, unseasoned food, and behold what that did for him.

The sick doctor of Boston returned to the natural state, guided by the Voice of Creation, subsisted on uncooked, unseasoned food, recovered his health and lived more than a hundred years.

There is not a school in civilization that teaches these facts of Creation. If the orthodox medic were told you fed your three-year old child on uncooked, unseasoned food, he would throw up his hands in horror and shout, Migosh, do you want to kill your child? You should be sent to prison, and the child put in the care of some one who knows better than to do such a foolish trick as that.

Man must take his wild nature into the artificial state called civilization. He must be taught that living is breathing. He can't die as long as he can breathe, but he stops living quickly when he stops breathing.

The mysterious element called Life inheres in the air. What is air? Living Gas. What is the condition of that Living Gas in civilization? It is so polluted that an organism made to live more than a thousand years, can endure it for perhaps half a century. If man lives in it 80 years, it's rare; if he survives in it 90 years, it's a wonder; and if he's extra hardy and lives in it a century, it's little less than a miracle.

The leading function of the body is breathing, and the leading element in sustaining the body is Astral Light, known as air. We can live for weeks without eating, and for days without drinking, but when we stop breathing for a few minutes, that is the end.

He who wants good health and long life should search for data on air and breathing. He'll find piles of books on other subjects relating to health and life, but little on Breathing and the Breath of Life.

Why is this particular field so sadly neglected. First, ignorance of the body's requirements; second, the claim of medical art that man lives on what he eats; and third, no one has yet found a way to make money on air and breathing.

This may surprise those who believe in doctors and desire good health and long life. This is the state we found sixty years ago when we sought to learn how to live healthy and long. We had to begin almost empty-handed to learn something about breathing and the Breath of Life.

The first valuable hint we found came from Bernarr Macfadden, Father of



Physical Culture in the U.S.A., who wrote:

"If we maintain our blood in normal condition and circulation, sickness would be impossible. The blood sustains the flesh, and the condition of the body depends on the condition of the blood" (Vitality Supreme, 1912).

Here was a valuable starting point. The next step was to learn more about the blood--how and of what it is made. Macfadden did not go that far. Maybe he went as far as he was able to go.

We got a surprise when we discovered that blood is made of gas. The gases which constitute the air also constitute the total composition of the blood. Try to find that one in the big medical tomes.

Water is the product of the union of hydrogen and oxygen gases. When we drink water, we drink gases in fluid form. Science holds that the earth itself is built of congealed gases. Everything known can be transformed to gas by heat. That fact reveals the source of all things.

We have heard of fire damp, ignis fatuus, and will-o'-the-wisp. That Flery Element is the Living Gas in what we eat, and is all the body uses of what we eat. The blood is made of that Living Gas.

Here is the first real lesson in dietetics. Doctors talk learnedly and foolishly about proteins, carbohydrates, calories, etc., ignoring the fact that the ox, elephant, horse and moose live in good health all their days on uncooked and unseasoned grass and green leaves.

The next important lesson in dietetics is not to heat food and drive out of it the precious, volatile gases which the body uses in its laboratory to make its blood and all the various products it needs to sustain it in health.

Creation never uses second-hand material in its building work. Living bodies are not constructed of used products. The protein and other elements in the food we eat, never become the protein and the other elements found in the tissues of the body. That protein has served its purpose, is a used product, and is never used again by Creation in its constructive work until it has disintegrated and returned to its original gaseous state. That is the regular process by which used material becomes new material and ready for constructive purposes.

The Living Gas in what we eat is all the body uses. The rest is worthless waste, cast off by the body as feces. And the more labor the body must perform in disposing of worthless waste, the faster it sinks into decrepitude and rushes on to the grave. Most of what people eat goes down the sewer--good money down the drain.

As gases are all the body uses in making blood, bone and flesh, consider the serious state of the body that is made of the poisonous gases that saturate the air of modern civilization, of the home in winter when cold weather makes adequate ventilation impracticable, and the smoker fills that home with poisonous tobacco smoke that must be breathed all winter by the family.



And the wife fills the home with the poisonous fumes of her cookery.

When some of the facts are presented and considered, it is easy to understand why there is so much sickness in winter, and why the annual death-rate reaches its peak in the nation usually in March.

If a chemist should analyze the air we are forced to breathe and gave us his report, we would be shocked to know of the large amount of poison the body endures to live in our polluted environment. And the brainwashed masses wonder why they are ill, while medical art says its a mystery, the work of germs, viruses, etc.

This subject is so large and vital that it would take a big book to cover it adequately. We have written on it for fifty years, and there is still much left to be said.

A renowned French physician said in the 19th century that polluted air causes more sickness than all other causes combined. But medical art disregarded the information because the condition does not call for drugs, vaccines and serums.

Enough has been said here to make a thoughtful person be more careful about the kind of air he breathes, the condition of the air in the homes, and especially in the bedrooms, where the lack of activity during the night allows the air to stagnate and grow extra foul.

That's another reason why people die in their sleep. The polluted air in the bedroom damages the breathing centers in the brain, and the victim just stops breathing--and is gone. Doctors don't understand, and call it "heart attack".

Keep the air in motion at all times in the home, and especially in the bedrooms. Use electric fans for that purpose. Fewer people would die in their sleep if they had an electric fan in operation in their bedroom.

Cooked food is dead food, in the first stage of decay, and does the body much damage. Cooked food is dead because the heat has driven out of it the Living Gas; and a person would not live long if he did not get that Living Gas out of the little uncooked food he eats.

Man's body originally took the Living Gas directly from the air, but long ages of eating has changed the adjustment of the body, causing it to depend on food for some of the Living Gas to activate its cells.

The subject of good health and long life is so lightly regarded by the rulers of this country, that there is not one school in which anything basic is taught on the subject. Good health and long life are individual problems in which the world at large is not interested. We must return to the fields and forests and learn from those who are never sick and live long. We must go to the bugs and birds which are never sick, have no hospitals, no doctors, no remedies, no elixir of life, and yet are ruled by the same law of Creation that governs man.



Chapter No. 23  
AGE AND TIME

Time is described as an entity that flies; and man's life-span is measured by its assumed speed.

What we term Time is not an entity but motion. Matter moves, not Time. What we call a year is the number of days required for the earth to revolve once around the sun.

As Time is an arbitrary concept of the senses, so Old Age of the body is an error of our understanding.

The living body cannot grow old in years, as it is being constantly rebuilt and renewed. Science says the body is never more than seven years old, regardless of how long it lives. What we call Old Age is decrepitude, and is a condition that results not from the rising and setting of the sun, but from man's evil habits and a hostile environment.

In discussing Time in relation to man, scientists consider four kinds of ages, to-wit:

1. Chronological (solar) age;
2. Psychological (mental) age;
3. Physiological (cell) age;
4. Pathological (cell damage) age.

The first is the number of years man lives as calculated by the revolution of the earth on its axis. The second represents man's belief that he is growing old. The third refers to the processes of the body; and the fourth deals with the body's deterioration.

There is no actual age. Time is only a concept of the mind. Eternity is now. It is infinite duration. We are always in Eternity.

The body's duration (chronological age) is expressed in units of Solar Time, measured by the motion of the hands of a clock that register the speed of the earth's revolution on its axis.

Physiological and Solar Time begin for the body when it is born, and end in the somatic death of that particular body.

The physiological activities of the body are not modified by duration of solar time. The body's state of deterioration is not the work of solar time.

Chronological age in man does not correspond with physiological age. Some men retain their vigor for years, while others grow weak and decrepit in early life.

Physiological time is partly suspended in hibernating animals. Why? Because non-eating greatly lightens the burden of labor which eating imposes on the internal organs of the body.



A similar state occurs in man during periods of fasting. This fact constrains scientists to assert that if man could be made to hibernate, or fast, from time to time, it would promote health and prolong life.

This phase of the question we have discussed in another place. It was tested by Dr. Carrel on living cells removed from a chicken's heart. His test proved the immortality of the cells. He kept them alive and growing for 27 years. The normal life-span of a chicken is about eight years.

When the volume of the cells was prevented from increasing by controlled feeding, they did not show signs of age, and appeared to be immortal. It was otherwise with cells that were well-fed. More evidence to prove that fasting and frugal feeding promote health and prolong life.

This test by Carrel revealed the fact that the Fountain of Youth is within the living organism. Where else should we look for it when we are told that the "Kingdom of God is within" (Luke 17:21).

As the living organism is endowed with the Fountain of Youth, the condition of decrepitude called Old Age is the result of man's evil habits and a hostile environment.

Thomas Parr died in 1635 at the age of 152. His body was dissected by Wm. Harvey, physician to the King of England, who found no signs of decay in any organ. Parr would have lived many years longer had he not died from the evil effects of polluted air.

That great dietetic expert, Alfred W. McCann, in his book "Science of Keeping Young", shrewdly observed that "Time" does not make us old (decrepit). "Time" has nothing to do with age (decrepitude). "Time" is an hour-glass, a measuring device--not a force.

Time is a mental concept rising from the consciousness of change in the phenomenal world. If everything remained fixed, motionless and changeless, there would be no Time.

Back to McCann: "Age (decrepitude) is the result of (degenerative) changes produced in our tissues as a result of our (bad) habits of living. Within the limits of variation, we can hasten or check these changes as we will".

"Age" and decrepitude are not synonymous. "Age" refers to "time", and decrepitude refers to the condition of the body.

McCann cites the case of Cornaro, which we have mentioned in another place, as being "old" at 40 and "young" at 90. At the age of 40 his condition was so serious that the doctors gave him up to die. Then he changed his mode of living, was still alive when all those doctors were dead, and lived to be 103 years old.

Of his case, McCann wrote: "Not 'time' but the man himself controlled the rate of the tissue-changes that were hurrying him to the grave, and thus discovered the Elixir of Life".



And still men search for the Fountain of Youth and Elixir of Life outside of the body, when the Bible says the Kingdom of God is within. The Kingdom of God includes all that affects the body.

In the Feb. 5, 1961 issue of "Grit" appeared the picture of an old lady of 75 holding in her hands a turtle, with this story:

In December, 1888, when Mrs. Fred Miller was two years old, her mother found a turtle nearly frozen in an alley near their home in Baltimore. She took the turtle home, named it Pege Pete, and nursed it back to health. Now, estimated at more than 100 years old, Pete is still the family pet and shows little signs of his age.

All living creatures are subject to the same Universal Law of Life; but they do not all live in harmony with that law. Those that come the closest are those that live the longest in proportion to the length of time required for them to reach maturity.

It would naturally seem that the living creatures with the higher intelligence should live the nearest to the requirements of the Law of Life, but in action it seems to work the other way, the more intelligent being the ones who appear to stray the farthest from the path which leads unto life (Mat. 7:13, 14).

The large majority of people heed the false prophets, who come to them in sheep's clothing, but inwardly they are ravening wolves (Mat. 7:15).

Ye shall know them by their fruits. Do men gather grapes of thorns, or figs of thistles? (Mat. 7:16).

And there is little the brainwashed and mind-conditioned masses can do when the schools and colleges, and the various branches of government, from the national down to the city councils, are controlled by those who are ravening wolves, clad in sheep's clothing.

Fully as remarkable as the case McCann mentioned, was that of Goddard E. Diamond, mentioned by us in another place. At the age of 79 he was a chronic invalid, suffering from a serious state of hardened tissues and blood-vessels, with stiffness of joints, for which condition medical art has no remedy.

The muscles of his legs and back were so stiff, he could not sit down nor rise from a chair without great discomfort. He often needed the aid of an assistant. The flesh of his hands and arms was so stiff, it was hard for him to hold knife and fork to feed himself.

As usual in all such cases, the great doctors were unable to help him, and pronounced him "incurable". They told him he could not live long.

That would frighten most people and it frightened him. And so, as a last hope he turned to the power that created him. Why do men never do that until



they are driven to it? If they did that as soon as they got sick, and not rush off to the doctors, they would always recover and would live longer.

Diamond not only recovered health sufficiently to outlive all the doctors who gave him up to die, but he lived to be 120 years old. And when he died, what killed him? Not old age but polluted air. He died of pneumonia, a serious ailment of the breathing organs that results from polluted air. Had he known the dangers of polluted air and not lived in that kind of air, he would have lived much longer.

People never die of so-called Old Age. Dr. Krashner searched thru the records of the Institute of Pathology, Western Reserve University, Cleveland, Ohio, in the cases of 20,000 people whose bodies were examined after death, and in not one case had any of the doctors noted Old Age as the cause of death. Every victim had died of some ailment that had no relation to Age.

When man's vitality begins to fade and his step to falter, he thinks that Solar Time is the cause of it. Vital organs are not made to wear out and collapse at any certain time. Their endurance depends on the amount of strain and abuse they suffer.

The body is damaged by bad habits and the inimical condition of a hostile environment that results from climate. And complete recovery from any illness is impossible, otherwise man would live forever in the flesh.

When the doctor says the patient has fully recovered, he may not know that every illness leaves its degenerative marks in the body, there to remain forever, but to grow dimmer in time if from there on the victim lives a better life and suffers from no more sickness.

If the body fully and completely recovered from every ailment, there would be no physical degeneration, no decline, no decrepitude, and the body would go on indefinitely. It is the cumulative effects of each illness that finally sends the body to the grave.

Dr. Alexis Carrel said: "We (doctors) unconsciously compare the body with a machine. (This comparison is erroneous and misleading). The more a muscle works, the more it develops. Activity strengthens it, instead of wearing it out" (This is the reverse of a machine. The more a machine works, the more it wears). --Man The Unknown.

From the day of the first cold in the newly-born baby to the last day of its existence, a process of deterioration continues thru the years and ends only at the grave. The first of the ailments are called "children's disease", then follow the acute ailments of adult life, and later the chronic conditions of latter life, --all in direct line from the start to the finish, resulting from a polluted environment and evil habits, and the doctors in complete darkness as to what is taking place.

Dr. Krasner found in examining a so-called "worn-out heart", that a previous illness had left inflamed areas and other permanent marks of damage



to the internal organs. His investigation produced evidence to prove that each illness leaves on the body marks of permanent damage.

Man imagines this to be the work of Solar Time because the doctors so teach. "It's the work of old age" say the doctors. It is not; for the turning of the earth on its axis has no power to build degenerative changes in the body, or to sap its vitality.

It is the constantly dropping water, not time, that wears away the stone. Stop the destructive action of that dropping water, and eons of Time may pass, but the stone will remain unaffected for ages.

In the "Precepts of Ptah-hotep", contained in the Papyrus Praise, said to be one of the oldest books in the world, there is a forbidding picture by this ancient Egyptian of the miseries of "old age". He wrote them when he was 110 years old, and this is what he said:

"The process of decay changes into senility. Decay falls upon man and decline takes the place of youth. A vexation weighs upon him every day. Sight fails; the ear becomes deaf; the strength fades; the speech fails; the mind weakens, remembering not the day before. The whole body suffers. Taste disappears; the nose is stopped; breathing no more from exhaustion".

This man did not say Solar Time was the cause of decline; he said it was the "process of decay", and he was right. The doctors term it "old age" and they are wrong.

Speech fails, nose fails, breathing fails; the Organs of Life have deteriorated so extensively from the effect of polluted air, that they can no longer perform their allotted function efficiently.

We shall notice some of the degenerative changes in the body of a man who always appeared to have good health. Of course he suffered from the trivial ailment called the common cold, but that was not considered serious.

This man was hit by a motor car and rushed to a hospital, where he died within an hour. In view of the statement of his wife that he was always in good health, the doctors decided to make an autopsy of the body. And this is what they found:

1. Scar tissue in both lungs (work of polluted air);
2. Hardening of liver and arteries (various causes of this);
3. Heart enlargement (due to strain of some sort);
4. Chronic kidney trouble (cause chiefly salt eating) but enough kidney tissue left to perform the necessary function despite the destruction of a portion of both kidneys;
5. Based on the condition of his organs, the doctors assumed he also had high blood pressure.

With all this damage of his organs, the common condition of civilized man, the victim was active and believed himself in good health. He may have gone farther, as some do, and declared that he was in "perfect health".



The living organism comes into existence, and passes thru the stages of infancy, childhood, youth, adulthood, and then slowly sinks into decrepitude called Old Age, provided the doctors do not send the body to the grave before that stage has been reached.

Decrepitude results from a gradual increase in density and firmness of the bones, cartilages, tendons, ligaments, membranes, tissues and all organs, glands and blood vessels.

The joints grow stiff and ache. The synovial fluid that lubricates and keeps them flexible in youth, is diminished in quantity and rendered too thick and glutinous for efficient purposes.

All parts, organs and glands partake of the same hardening process. The body, once elastic, alert, pliable, active and sensitive, becomes stiff, slow, insensible, feeble. Then it sinks in death from some ailment it was no longer able to throw off.

The chief difference between the decrepit body and the youthful body is greater density and rigidity caused by greater proportions of calcerous, hardening substances entering into the composition of the body's tissues.

The bones of a child are composed of three parts of gelatine to one of mineral matter. In old age the proportion is reversed. That makes it important to learn the source of this destructive matter.

The blood carries earthy substances of the same kind as the solidifying agents. But the arterial blood flowing from the heart out over the body, contains more earthy matter than the venous blood flowing back to the heart.

This reveals that in every cycle of the blood, it leaves some earthy deposits, and it is these deposits that do the damage. That revelation simplifies the problem. Man should partake of such air, liquid and food as will deposit the least amount of this hardening, damaging material in the tissues, organs and blood vessels, and also keep active the organs of elimination.

Air comes first, as man breathes many times each hour. As air is constantly entering the body from birth to death, it should be free of all hardening, damaging elements. But what do we find?

In Life magazine of Feb. 12, 1951, appeared an article titled SMOG, which said: "Every time a New Yorker takes a breath, he inhales 69,000 particles of grit and dust. His lungs are black.

"Almost everywhere in the United States the city dweller lives in a sea of coal grime, sulphuric acid, ammonia, carbon and other aerial garbage that is generally called 'smog'.

"Smog irritates the mucous membrane lining the respiratory tract, causing people to choke up and cough violently. The result is a partial 'drowning' in the body's own excessive excretions of fluids" that are used by the body in its struggle to survive under such destructive conditions.



And what do the medics tell the public about such damaging conditions? Nothing.

When the victims die of influenza, pneumonia, croup, whooping-cough, or any other disorder of the air organs, their lungs fill up and become a solid mass of the excretions. That prevents the entrance of air into the lungs, the same as in the case when man drowns and water forces the air out of the lungs.

It is well to notice here more in detail the highly dangerous conditions involving the lungs; the real organs of life.

All recovery from illness were impossible if the living organism was not so definitely constituted that it can never function otherwise except in the direction of normal health. It cannot reverse its processes and function in the opposite direction, despite the claim of medical art to the contrary.

But it is possible for the organism to sink down in death in its struggle to overcome the obstacles in its path--as filling the lungs so full of blood and mucus that breathing becomes exceedingly difficult or entirely impossible.

This process is a protective measure. The mucus is poured out in the lungs to protect the lung-cells from and to wash away the damaging irritants that enter the lungs in the air one breathes.

The struggle now of the body to survive can well be termed a battle to the death. For that is what it is. The lungs become congested with blood, rushed there to furnish a flood of mucus to protect the cells as stated, and this forces the air out of the lungs, resulting in labored breathing, and proper relief must come quickly, or the struggle ends in death.

There is but one safe and effective method to relieve the congested condition of the lungs, and it must be applied quickly. The vast blood vascular system of the surface of the body must be expanded by heat, by a hot bath, to create a vacuum that draws the excess blood from the lungs.

Dr. John F. Baldwin, as President of the Ohio State Medical Ass'n., made a very extraordinary address, for a medico, before that body at its annual convention in June, 1920, in which he said:

"...Pneumonia...is a disease that is always with us, has a frightful mortality, and its lesson is always a lesson of humility (for medical art). It is doubtful whether the death-rate today (from pneumonia) is any less than it was a thousand years ago. ..."

Next to the Breath of Life comes water. In limestone regions, water from wells and springs is called "hard" because it is charged with lime, and such water is very damaging to the body, producing early decrepitude, as the lime settles and solidifies in the cells and tissues, causing many ailments and sending the body to an early grave.

It is estimated that undistilled water from wells and springs contains carbonate and other compounds of lime to such extent, that the average amount



of water used daily by one person in the form of tea, coffee, soup and drink, would be enough in thirty years to form a block of solid stone the size of a large man.

We are explaining why the body becomes stiff and decrepit. Phosphate of lime always appears in the urine of adults, but not that of children, as the rapid formation of bone in children uses this material. It is this mineral entering the body that promotes growth and maturity, and then when not used in bone formation, it stiffens and hardens the tissues and decrepitude results.

In common cases, earthy matter is much in evidence in the urine of adults, and if thus not eliminated, decrepitude would appear earlier. When the earthy matter is not promptly eliminated by the kidneys, decrepitude and somatic death come much sooner.

Undistilled water from the ground, especially in limestone regions, comes next to polluted air in being one of man's worst enemies. Rain water, caught before coming in contact with the earth, is distilled water that is free of hardening minerals that damage the body.

The kidneys are also active in eliminating the ashes of the body. But despite the great amount of hardening matter eliminated in the urine, enough remains in many cases to form gravel and stone in bladder, liver, and kidneys.

The boiling of water does not remove the hardening minerals. Notice how stone forms on the sides and bottom of the tea kettle, left there by the evaporated water. Boiling makes such water worse by evaporating the water while leaving behind the earthy matter.

Hardened tissues and blood vessels are improved by the use of distilled water. But such water also leeches out the minerals of the teeth, causing them to crumble and decay. This is not so in the case of rain water and water from snow and hail, as such water is charged with minerals from the air that the body needs.

In this respect, flesh-eating does the body less harm than tubers and cereals, as they contain much earthy matter.

Fruits, berries, melons, tomatoes, and leafy vegetables, eaten without any kind of seasoning, are the best for man. They contain the minerals the body needs, but not the damaging earthy matter that hardens the body, its tissues and blood vessels, and forms stones in the various glands and organs.



COSMO-BIOLOGY

We've read books for seventy years in our search for Light. The most startling books we found were (1) Thinking and Destiny by Harold W. Percival, 1041 pages, published in 1946, and (2) Quantum Organum by Krypton (Hidden One) 799 pages, published in 1959. Both books deal wisely and well with the great subjects Cosmogony, Cosmology, Cosmo-Biology and Anthropology.

In the Preface of his work Krypton said: "Can 'The Riddle of the Universe' be solved? Since the dawn of recorded history, men have tried, but 'the riddle' still remains. They have failed, and all because they lacked the one essential --the Key of Causation. This is the Master Key that unlocks all mysteries, but that Key was lost in the spiritual night of the past 6000".

The Key was not lost but hidden for the sake of safety. For 6000 years despots have tried to destroy it, but the Custodians of the Key have out-witted them.

One account of the efforts of the despots to destroy that Key appears in the Bible, and shows that even the lives of "little children and women" were not spared,

"Slay utterly old and young, both maids, and little children, and women. ...Then they began at the ancient men ... and they went forth and slew in the city" (Ezek. 9:6,7).

In his Foreword, Percival wrote: "My arduous effort has been to find words and phrases that will best convey the meaning and attributes of certain incorporeal realities, and to show their inseparable relation to the conscious selves of human beings."

As long as physical science remains in darkness as to the nature of Life and the constitution of Man, and controls the schools with its absurd dogma of crude Materialism, that long will people live in confusion and bewilderment.

The Master Key that unlocks all mysteries of Creation was surprisingly exposed when the splitting of the Mighty Atom revealed the secret of the constitution of Matter. That discovery shattered the Temple of Materialism and disclosed the existence of a mysterious World Beyond the Atom, causing Prof. A. N. Whitehead to declare:

"The stable foundations of Physics have (at last) broken up. ... The old foundations of scientific thought are becoming unintelligible. Time, space, matter, material, ether, electricity, mechanism, organism, configuration, structure, pattern, function, --all (these) require reinterpretation. What is the sense of talking about a mechanical explanation (of the Universe) when you don't know what you mean by mechanical?" --Science And The Modern World.



In plainer terms, Prof. Whitehead means that we have no science of Creation, Anthropology, Biology, Psychology, Physiology, Pathology. We are in darkness.

The only science the world ever had in this field was developed by the Atlantean Astrologers a hundred thousand years ago, and it had to go underground six thousand years ago to save itself.

In the December-1961 issue of The Searcher, one Grahame Barratt wrote:

"The temple of Denderah (Egypt) contains a Zodiac which presents three representations of Virgo--the final one holds an ear of wheat. According to H. P. Blavatsky, these three Virgos represent three distinct sidereal years of 25,868 mortal (solar) years. This equals, roughly, a period of 78,000 years since their (the Egyptians) recording of (cosmic) cycles began. ... One hundred thousand years (ago) is the period assigned by esotericists for the invasion of the Nile delta by the Atlantean immigrants."

Science estimates the earth to be all the way from three to ten billion years old, and anthropologists assert that man has been on the earth for at least a billion years. The ruins of cities, built at sea-level and now on mountain tops three miles high, prove that man inhabited the earth before the mountains rose; and that fact is mentioned in the Bible (Ps. 90:2, Prov. 8:25).

The great knowledge of Creation accumulated in all those ages was put beyond the reach of the masses when the despots burnt the ancient scrolls and ancient libraries in the 4th, 5th and 6th centuries A.D.

We have discussed the subject of a Life Principle, and did not know what we meant. The splitting of the Atom has disclosed that there is no Life Principle in the order it was assumed to be.

Late discoveries show that what we call Life is a manifestation of Cosmo-Biology by created formations. The former is Creative Force, and the latter are created bodies. The former is Eternal, but the latter is temporal; and that fact is stated in the Bible:

"We look not at the (created) things which are seen, but at the (uncreated) things which are not seen: for the (created) things which are seen (with the eyes) are temporal, but the (uncreated) things which are not seen (with the eyes but are seen in the mind) are eternal" (2 Cor. 4:18).

Visible objects are created products, and their existence is dependent upon the power that produced them. When that power no longer sustains the created body, the body becomes what we call Dead. It then disintegrates into the original elements of which all created bodies are constituted, regardless of whether they are vegetal or animal bodies. But this change in the created body does not affect nor apply to the Creative Force which created the body.

As long as the condition of the created body corresponds to the requirement of the Law of Creation, that body will continue to be animated by the



Creative Force. And the reason why the body ever fails in this respect, is not the fault of the body, but of the Dweller in the body who attends to its requirements and guides it in its course thru life.

Wise men have discovered this fact, and Prof. J. S. Haldane said, "In years to come, when man learns more about how to live, he will never know illness and will live for thousands of years".

Prof. A. E. Crew, Edinburgh University, addressed a Social Hygiene School at Cambridge, Mass., and said:

"It is important that we should at once and for all time free our mind of the (erroneous) notion that death is a necessary attribute or an inevitable consequence of life. It has been abundantly demonstrated that life can and does continue without ceasing.

"Given the appropriate and necessary conditions of Environment, Eternal Youth is in fact a reality of living forms. It is possible to take a worm and by repeated processes of fasting, keep it alive twenty times longer than it had lived in the regular way. There is no physiological reason known why similar treatment of man should not produce similar rejuvenation.

"There are no mysteries of Life and Death, only ignorance. As knowledge increases, so will man's power over his physical environment, and over the mechanism that is himself (his body). Science as well as religion affirms that in the future mankind may, if it be so desired, not only remain permanently youthful, but may also live (in the flesh) forever".

Dr. Alexis Carrel actually demonstrated that man is endowed with immortality in the flesh by showing that living cells are immortal, and man's body is built of immortal cells. He cited definite reasons why man dies as follows:

"In primitive (natural) life, when men were healthy and lived longer, they were subjected to long periods of fasting. If want did not compel them to fast, they voluntarily deprived themselves of food. All religions have insisted on the necessity of fasting. It purifies and profoundly modifies and improves our tissues.

"Life lengthens if animals are subjected to fasting during certain fixed periods. (This fact has been demonstrated--Hotema). Man's longevity could probably be increased by analogous or other procedures.

"Life shortens because the body cells are not completely freed of waste products by the blood. (The clogged and overloaded blood stream does the best it can--Hotema). If the volume of the body fluids were much greater, and the elimination of waste products were complete, human life would last longer" (Man The Unknown).

The faults Carrel cites rise not from any defects in the body's constitution, but from man's habit of stuffing the body with food. And the volume of the body fluids may easily be increased by consuming more fluid and less solid substance. But where is the school which teaches these things? How will people learn them if they are not taught as they should be?



Dr. Linn E. Gale wrote: " Science agrees that death can be deferred and life extended far beyond the prevailing limit. Some scientists go far beyond that, and assert that disease and old age will eventually be eradicated to such extent, that death will be the exception instead of the unfailing rule, as at present" (Health Messenger, June, 1928).

Many cases could be cited to show how certain people have greatly increased their life-span by a better mode of living after being given up to die by the physicians.

1. Wm. A. Rutledge was afflicted with a serious ailment at the age of 28, was examined by five physicians, and they all agreed that he had only about a year to live. He then consulted a naturopath, who outlined a better mode of living for him, and the press of March 13, 1948, reported that he was in excellent health at the age of 93, and all the five physicians were dead.

2. Ludovico Cornaro, a Venetian nobleman, became a drunkard at the age of 25. He was a wreck at the age of 40, and the physicians told him repeatedly that he could not live long. He then quit drinking, adopted a better mode of living, and recovered health sufficiently to live to be 103.

3. Goddard E. Diamond, at the age of 79, was such a physical wreck that he was given up to die by the physicians. He then consulted a naturopath, was instructed how to live more in harmony with the law of Creation, and died in 1916 at the age of 120.

These instances show that the body will improve and the life-span increase if man will live more in harmony with the law of Creation. But there are no schools that teach this precious knowledge, and unless such a school is established, people will know nothing about how to care for the body to promote health and prolong life. Where is there a man of means who will establish such a school for the good of mankind?

In the history of the ancient world frequent references mention a Golden Age. One author wrote:

"The men (of the Golden Age) required little material nutrition. They ate very little food, consisting only of fruit, and drank water--and these between long intervals".

But the world of commercialism will never favor such a course.

Another author said that in the days of man's physical perfection, he did not drink nor eat, being entirely free of all economic burdens, and received directly from the great ocean of electro-magnetism in which the earth floats, all the substance required by his body. His body came out of that ocean and it is logical and reasonable that such ocean should be competent to sustain what it produces.

That is what the Ancient Masters taught, and it's no wonder the despots destroyed the Ancient Wisdom and murdered the Ancient Masters.



All the ancient legends tell the same story. The Ancient Masters enjoyed long lives. They knew they were endowed with the Fountain of Youth, with the Power of Immortality in the flesh, and could live in the flesh as long as they desired.

According to the ancient legend, some men lived 5000 years. And we are told that "the Calmucks had a tradition that men in the first ages of humanity lived 80,000 years". Certain secret Tibetan scriptures tell a similar story.

In those days, sickness and physicians were unknown, and somatic death was a voluntary act, controlled by man. When at last he grew tired of living in the flesh, he simply sank into a deep sleep, induced by his own will power, and in that state of hibernation he left his physical body thru the Door in Heaven (Rev. 4:1), and returned to his eternal home in the Astral, Spiritual World.

In Hindu scriptures the Door in Heaven is called Brahmarandhra, the "Hole of Brahma". In modern anatomy this Door in Heaven is called the Fonticulus Frontalis. This area of the skull remains open for a considerable time after birth. In some cases it never closes, but usually the sutures unite between the second and fifth years.

In the Orient, diagrams of the human body show a Beam of Golden Light rising from the Door in Heaven, indicating the departure of the Celestial Body from its Terrestrial Temple.

The Bible says "There are also celestial bodies, and bodies terrestrial: but the glory of the Celestial is one (thing), and the glory of the terrestrial is another" (1 Cor. 15:40).

At this point the reader should turn back and read again Chapter No. 1, titled A New Age, which relates to this great event when the Celestial Body leaves the Terrestrial Body and begins a new journey of Endless Days on the Shining Sea of Eternity.

In the Golden Age, somatic death could be deferred as long as desired. When death does come, it is only a change, and mentioned as such in the Bible (1 Cor. 15:51, 52). The change brings to an end the terrestrial body and releases to Everlasting Life the Celestial Body.

The Bible also refers to this event in these words: "Though the outward man (terrestrial body) perish, yet the inward man (Celestial Body) is renewed day by day (and is eternal). For our light affliction (somatic death), which (sensation) is (experienced) but for a moment, worketh for us a far more exceeding and eternal weight of glory" (2 Cor. 4:16, 17).

We must repeat again that the Bible says, "The thing that hath been, is that which shall be; and that which hath been done is that which shall be done". Therefore, Man may experience again in the flesh the long life he had in his early days.

Anything is possible, yet everything is certain within the limits of that



possibility. Certainty is the product of unchanging law. Anything done is proof that it will always be done in the same manner under the same conditions.

Variety of production comes secondarily from the same cause. Under the same conditions the same result is obtained. Under change of conditions, it is evident that there must be a corresponding change of result. This is true whether in mechanics, chemistry, biology, physiology or pathology.

The conditions supplied govern the results produced. When the condition of Good Health and Long Life is supplied, these happy results will always be enjoyed by humanity. That is the Law of Creation and that is ruled by the Law of Creation. There is no speculation nor assumption about it.

It is not difficult to supply these conditions; and the principle purpose of this work is to show what these conditions are and how to supply them.

And this is the place where RISING SUN CHRISTIANITY comes into the picture. Now you have that long desired chance which you may never have had before, to help you gain the great blessings that Life has to offer. Blame only yourself if you fail to take advantage of this grand opportunity. Let RISING SUN CHRISTIANITY show you the way to a better and longer life.



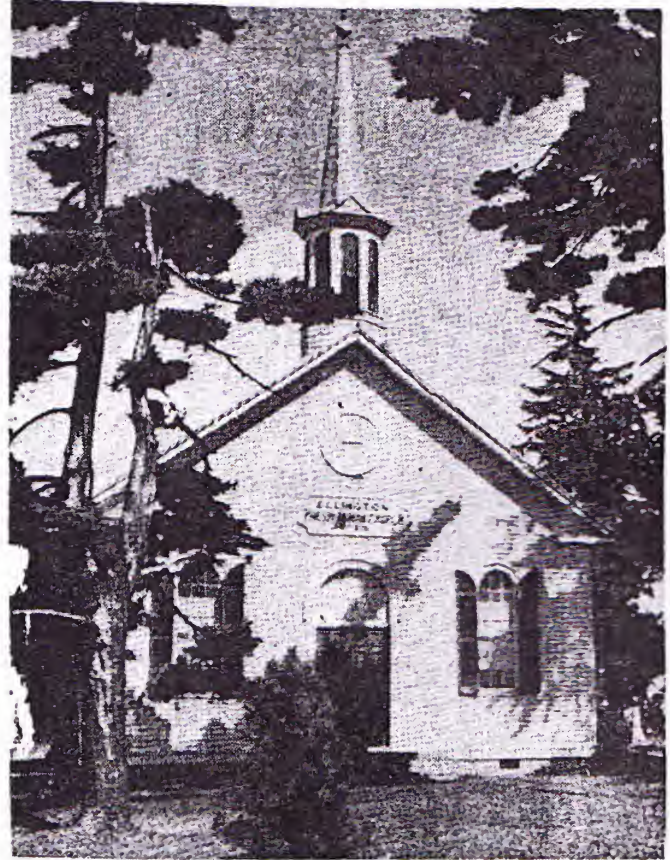
## ABOUT THE AUTHOR

Scores of Prof. Hotema's many readers have written us for data concerning his background. For this reason he has consented to have us publish some information of his early life.

His ancestors came from Briton on the next ship following the Pilgrims on the Mayflower, and he was born in Massachusetts February 7, 1878.



This picture of him was taken in Manila, Philippines, in April, 1901, when his regiment was preparing to leave for the U.S.A.

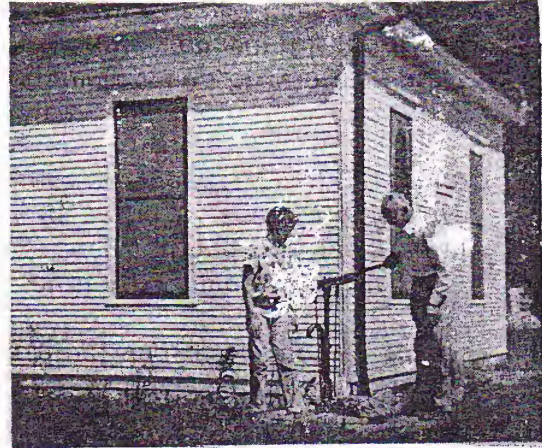
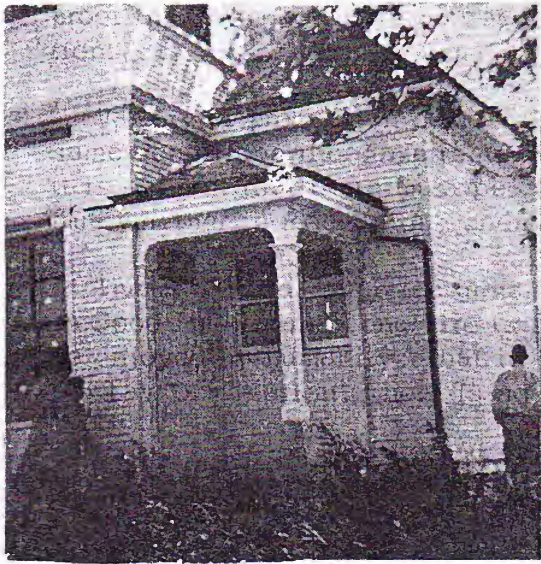


Present Ellington Presbyterian church was originally built in 1870 and has become landmark in rural area northeast of Quincy.

This is the little country church where Hotema attended Sunday School in Adams County, Illinois, in 1884-85.

The following account of Hotema's war-time service as a soldier in the Philippines during the years 1899-1901 were written by him and published in the National Tribune, a veterans' weekly publication.





Pictures of the little country school-house where Hotema attended school in Adams County, Illinois, in 1884-85.

"We put drugs, about which we know little, into our bodies, about which we know less, to cure disease, about which we know nothing at all." — Dr. W. Osler, M.D.

## The Equitarian Law

*The Law of Honesty*

SERVICE — INCOME

You shall always return an absolute equivalent for everything of spiritual, intellectual or material value that you receive from God, Nature or Man by creating that equal value through spiritual, mental or physical labor measured by man hours of socially beneficial work.

Any person who does not create the equivalent of all he consumes is a parasite and tends to create poverty in that class which does create the equivalent of what it consumes and all non-creative workers must perform services equal to what they consume. When any man consumes or accepts an income so great as to cause poverty he is guilty of murder when it reaches the total poverty stage.

The ownership of property is no proof of the performance of a service that entitles the owner to existence. But the superintendence of such property for the benefit of all of humanity and not merely for yourself or group may prove fitness to partake of the co-operation of civilization.

Wealth is not produced by fairy tale processes but by work. Money represents man hours of labor of energy including honest superintendence. Money, like blood, must circulate to do good and when there is congestion of either there is disease which too long maintained means death of the individual or of society. All institutions that do not perform an equivalent service to humanity must be destroyed. Honest people must organize stronger than dishonesty is; organized Honesty must become a part of the Constitution. Become an EQUITARIAN by preaching, practicing and eventually enforcing honesty in all human relations. The definition on the reverse side is merely the scientific exactification of the GOLDEN RULE and of the Ten Commandments. Without it religion is a farce. Without it democracy is impossible. All other forms of sin and corruption start in Dishonesty. No one is entitled to own property that produces the goods that humanity needs who does not heed the law of honesty. Democracy has not failed but it can win only by the extension of Democracy into Industry. Without it political democracy is a pretense.

Equitarian derived from equity, equal, of equal value. Discuss this with your friends and organize. Eliminate all politicians who are not Equitarians.





Hotema stands on the retaining wall he built at his lake-front home in Florida in spring of 1956 when he was 78 years old. Wall is built of concrete blocks 8x8x16 inches weight from 38 to 42 pounds each. He did all the work alone, mixing the mortar and carrying the blocks from the pile to the place where they were laid. And he is no stone nor brick mason.



## Tells of Beginning Of the Insurrection

Editor National Tribune: The peace protocol that ended the War with Spain was signed at Washington Aug. 12, 1898. The insurrection in the Philippines did not begin until Feb. 4, 1899 and while it grew out of that war it was not a part of it.

About 9 p.m. on Feb. 4, the long dreaded but, by many of the American troops, hoped for attack on the American lines occurred. The attack had been well planned. About mid-January the insurgent paper, *Independencia*, together with many of the insurgent leaders and their families, left Manila, and it became certain even to the rank and file that a conflict was inevitable.

The insurgents greatly outnumbered the American troops and had Manila surrounded, their lines extending from the bay, north of Manila, around the east side of the city and to the bay, south of the city, a distance of some 20 miles.

The pickets of the two lines were so close at some points that daily intercourse to a certain extent was had between them and the extreme disrespect shown the Americans by the insurgents was such as to aggravate and humiliate the American soldiers. An example of the insolence and insults may be cited as follows:

### Insult American Troops

The insurgent pickets occupying either end of the San Juan river bridge near the outpost held by the 1st Nebr. Vol. Inf., held aloft a rag baby, calling it *Americano*, and cutting it into pieces with their bolos, thus illustrating what they were going to do to the American soldiers.

Orders to the American troops stated that it was imperative that under no circumstances should hostile demonstrations be made toward the now recognized insurgent Army. Subsequent events disclosed that the night of Feb. 4 was the time set for the insurgents to destroy Manila and the little American army. Because of their overwhelming numbers, they felt sure of success.

The insurgents opened their attack about 9 p.m. firing some desultory shots at the outpost of the Nebraskans as a signal that everything was ready. Instantly the shooting blazed forth from the entire line of the insurgents, some 20 miles, as stated. Along with the shooting, many fires were started by the insurgents inside of Manila and a great amount of property was burned. Before morning, more than three miles of Manila was burning.

### A Night of Terror

That night of Feb. 4 was one of terror which will never be forgotten by those American soldiers who went thru it. During the night, the insurgents made repeated assaults on the American lines feeling sure they would give way and cave in.

But all assaults were repelled and as the morning dawned the little American Army of some 11,000 men had won a brilliant victory and saved itself from what the insurgent leaders had believed to be certain annihilation.

With the approach of daylight on the morning of Feb. 5, the Americans began to advance driving the insurgents before them at all points. The 1st California and the 1st Washington regiments made several splendid charges, sweeping the insurgents from the villages of Paco and Santa Mesa.

The 1st Nebraska captured some prisoners and a howitzer and the 1st South Dakota and the 1st Kansas regiments forced the enemy to retreat to Caloocan where, a little later, a fierce battle was fought. Due to the shortage of guns, the Igorrotes fought with bows and arrows, some of them charging in so closely to the American artillery that the gunners shot them down with their pistols.

### Navy Moves In

The fighting was so fierce, and the American forces were so seriously outnumbered that it was

necessary for the warships in the bay to move in close to shore and give badly needed aid by landing armed sailors and by shelling the insurgent lines. Had it not been for this help and the big guns of the warships, the land forces would not have been able to hold off the insurgents because of their superior numbers.

Three thousand insurgents were killed in the first day of fighting. On Feb. 5, Gen. Otis sent Washington the following dispatch: "Insurgents in large force opened fire on our front lines at 8:45 p.m. last evening; renewed attack several times during the night; at 4 a.m. the entire line engaged; all attacks repulsed; at daybreak advanced against the insurgents and have driven them beyond the lines they formerly occupied, capturing several villages and their defense works. Insurgents loss in killed and wounded large; our own casualties thus far estimated 175, few fatal. Troops enthusiastic and acting fearlessly. Navy did splendid execution on flanks of the enemy, city held in check and absolute quiet prevails; insurgents have secured during the month many Mauser rifles, a few field pieces and quick firing guns, with ammunition."

## Plot Backfired

Editor National Tribune: I have read thrice and clipped for my Army Service File the wonderful story in your Sept. 14, 1961, issue titled "Philippines a Memorial to the Democracy of America."

The story is exceptionally interesting to me as I was a member of the Army of the Philippines, serving in Co. K, 45th U. S. Vol., and took part in the groundwork that laid the foundation on which now stands the Americanized Philippine Nation, the "third largest English-speaking nation in the world."

It was a sad mistake that a group of politicians, headed by Emilio Aguinaldo, dragged that country into the insurrection against the United States, making it necessary for us to go there and crush a struggle that intelligent men should have known in advance could end only in failure.



But Aguinaldo and his group decided on the course they took because we had so few troops there on the ground when the insurrection suddenly broke out on the night of Feb. 4, 1899, and they thought they could easily push our troops into Manila Bay long before any reinforcements could reach there from this country.

However, their plot back-fired, causing their people much suffering as a result of their stupidity.



EMILIO AGUINALDO, THE SELF APPOINTED  
DICTATOR OF THE FILIPINOS.

Gen. Emilio Aguinaldo  
Born March 22, 1869.  
Now Living, age 93.

## Hike To Legaspi Is Told By Vet Of 45th Vol. Inf.

Editor National Tribune: The 45th Vol. Inf. was sent to crush the insurrection in the North and South Camerines Provinces, and the 47th Vol. Inf. was sent for the same purpose to provinces adjoining on the south—Albay and Sorsogon.

In March 1900, the 45th headquarters at Nueva Caceres received a call for help from the 47th, at Legaspi, about 60 or 65 miles south. The message, sent by boat, said the 47th was hemmed in by insurgents.

Therefore, on Friday, March 16, Col. Dorst, a man who had fought Indians on the Western Plains, took Cos. A, C, D, E, I, K and M of the 45th, with a detachment of field artillery and signal corps, and started on the hike to see what the trouble was at Legaspi.

The undersigned was a member of Co. K—a company that came close to getting the worst of everything. If there was something hard to be done, Co. K was never overlooked.

As we crossed the border into Albay Province on March 17, we met trouble immediately. While fording the Quinali River near Libon we had a brush with the insurgents, and camped there for the night. Early next day we moved toward Polangui and, in spite of a cover of light fog, the enemy was able to strike us without warning.

### Rear Guard Action

That morning, Co. K was rear guard of the column and we halted near the edge of Polangui to protect the rear from attack. We had just concealed ourselves behind trees, brush and buildings when a force of enemy cavalry came galloping down the road, bent on attacking the rear of our line.

After holding our fire for the right moment, we gave them everything we had. This surprise welcome killed some and made the rest turn and flee down the road over which they had just come. That night, because of the tired state of the troops, we remained at Polangui.

On March 19, we were up early for the hike to Oas. Far ahead, a long line of insurgents could be seen, but they disappeared into the hills without permitting us to get within range.

We hiked on thru Ligao, having several skirmishes with the insurgents before reaching Guinobatan. They fired on us from concealed positions on the slopes of hills and mountains, and we fired back and continued to hike on.

At Guinobatan, we halted for the night in the foothills of the mountains surrounded by jungles filled with concealed enemies. It was a jittery spot. The guard that night was doubled. One fellow of Co. K, only 18 years old, was notified it was his turn for guard duty and began to cry because he was afraid. He should have been home with his mother. This writer offered to take his place and was accepted. While he slept, I, in the tenseness of a dark night, surrounded by the enemy, watched for insurgents, with finger on the trigger of my gun. However, the expected night attack failed to come.

### Supplies Dwindle

The following morning, March 20, most of us had nothing to eat. Our food supply was gone. The frequent attacks of the insurgents had delayed progress beyond what had been expected. With the dark, jittery night gone, we started on the last day of our journey, with empty stomachs and little ammunition left. Now we learned where we were going, and why—something soldiers seldom know until they are at their destination. We were going to the relief of the 47th. Their commander had sent word that they were surrounded by insurgents and needed help.

Practically all the way from Guinobatan to Legaspi, the right side of the road was skirted with hills and low

mountains. When only a mile beyond Guinobatan we were fired on from these hills. We fired back and went on. Another mile, and more fire. This new fire was heavy and vicious, and we had to do something about it.

Deploying part of our troops, including Co. K, we began advancing on the enemy, hidden in the hills. The land was flat and swampy. We had to wade in mud and water often knee-deep, and the way the enemy bullets threw up mud before us, made it seem the insurgents were using field guns.

Co. K was in line with the hottest fire. With mud and water splattering our faces and getting into our eyes, it was hard to see; the line began to sag a little at the center and end, where it was composed of small 18- and 19-year-old boys. Lt. Shuman, of our company, was back of that part of the line and with drawn revolver he threatened to shoot anyone who attempted to retreat and sharply ordered the line forward. It at once stiffened, the men surging thru mud and water, giving the concealed enemy in the hills everything they had.



## Silent March of 45th Vol. Inf. Is Related by One Who Made It

We finally silenced their guns and then surrounded their hiding-place. With fixed bayonets we went right into the jungles to dig them out. Some men plunged their bayonets thru insurgents just ready to shoot them. We managed to capture 16 alive and with their rifles, the others escaping into the dense jungles. Some had hidden their guns, and got them for us only after they were knocked down with the butts of our guns.

A mile further on, while marching down the main street of a deserted village named Camalig, fire from insurgents on a hillside again poured into us. So frequent had been the fighting, most of it unexpected, that the ammunition supply was about gone. This writer had only about 10 rounds left. But we managed to pass on thru enemy barricades along the road for about three miles. We reached Malabog, where we were again fired on and this continued for a couple of miles.

The last hostile shot was fired at us about 200 yards from the church in Daraga—and to our amazement, we found the town occupied by men of the 47th.

### Reach Legaspi

March 20, 1900, was another day not easily forgotten by the men who took part in what came to be called the Legaspi hike. They had harassed us with gunfire all day, from Guinobatan to Daraga. There was no further interruption from Daraga to Legaspi, where we arrived about 4 in the afternoon, after a hard hike that began March 16 at Iriga and covered five days, three of which were on rations of hardtack, bacon, sugar and coffee.

What a sight we were! Tired, hungry, no food. Some had worn out their shoes and were barefooted. Others had no shirts, which had been torn to shreds by brush and thorns in hills where we went to rout the enemy. We still had our pants, but in some cases they were just strips and strings.

As we reached Legaspi, we found two companies of the 47th stationed there. Their shoes, belts, guns and bayonets were polished as though they were prepared for dress parade. They had big bales of hemp piled around their quarters for protection against attack.

I would certainly like to hear from any of the men who were in the seven companies of the 45th that made the Legaspi hike. I received quite a few letters from comrades and their widows who read my story in the June 24, 1954, issue of The National Tribune about the fight we had with the insurgents in February of 1900.—

Editor National Tribune: In your Jan. 20, 1955 issue appeared a story of the hike to Legaspi in March 1900 by Co's. A, C, D, E, I, K and M of the 45th U. S. Vol. Inf.

Now we shall finish that story by relating the events of the return to our base at Neuva Caceres, some 75 miles to the north.

Practically all the way from Guinobatan to Legaspi, some 15 or 20 miles, the insurgents had racked us with fire from trenches on the hills overlooking the road on our right. As we moved south from Guinobatan on the way to Legaspi, the road on both sides was bordered by hills for some miles and both sides of the road were lined with enemy trenches back in the dense underbrush.

We shuddered as we saw that trap. It had been just too bad for us had the enemy known we were coming and been waiting for us in those trenches. But we took them by surprise and the trenches were empty. Lucky for us.

On our return to our base at Neuva Caceres from Legaspi, that deadly trap was constantly on our mind. We would be expected now by the enemy. How would we get thru that trap alive? Lucky for us that we had a commanding officer, Col. Dorst, who used his head and knew how to meet tricks with tricks.

In the afternoon, about two hours march from the beginning of the trenches, the long line of troops was halted and word passed along for the men to lie down in the road and rest. No matches were to be lighted, no fires started, and no one was to speak above a whisper.

It was unnecessary to warn us a second time. With sacks taken from Legaspi for that purpose, some men wrapped the wheels of the artillery and others wrapped the hoofs of the horses. And there we rested and slept in the road until about 11 p.m. when the guards crept along the line, shook us awake, speaking in whispers and warning us to make no noise, not to speak above a whisper. All equipment we carried to be arranged so it would make no noise.

Thus we silently prepared to slip thru that deadly insurgent trap in the dead of night. We needed no

further warning to keep quiet. The moon was down, the stars were dim and the night very dark.

Onward we glided like a long line of ghostly shadows. In the dense underbrush on both sides of the road we could hear surprised, insurgent sentries making their getaway. They had expected to litter that dusty road in the mountains with our dead bodies.

But we were putting over on them a trick they had not anticipated. And we not only slipped thru that death-trap unharmed, without firing a shot, without meeting any resistance, but as we reached Ligae, beyond Guinobatan, and just out of the mountains, it was getting near daylight and

what did we see ahead? There, in one of the larger buildings in the center of the little village, with their maids waiting on them and waving palm branches to shoo away the flies, we saw the chief officers of the insurgents busy at breakfast with their horses tied around the building.

No doubt they were discussing with glee the glorious slaughter of the Americans which they had planned for that bright, sunny day; and there were those pesky Americans ready and eager to pounce upon them.

Their guards saw us as soon as we saw them and they all made a wild dash for their horses while we made a mad rush to surround the building. Some of the insurgents escaped, but we captured about half of them and took them prisoners.

And that completes the story of the Legaspi hike by the seven companies of the 45th.

Happy am I that I did not miss it. The whole event is as clear to me today as when it occurred nearly 59 years ago. I still read without glasses and walk as easily and erect as I did then.

I would like to hear from those still living who were on that memorable hike, or from the widows of those who are deceased.—



## Bolomen Wielded Cruel Weapons in Island Campaigns

Editor National Tribune: I have a letter from a comrade of the 45th Vol. Inf. asking whether I remember when a boloman cut off the head of a Co. K man.

Do I? I can never forget it for I was there. Three of us Co. K men were on outpost duty on a road leading out of Nueva Caceres. It was Sunday, April 8, 1900. These men were ~~Hotema~~ Lloyd Dempsey and Eisenach.

It was Eisenach who was killed. A fine specimen of manhood, over six feet and weighed around 190 pounds.

He had just relieved me at the noon hour. Dempsey sat at the roadside playing solitaire, his loaded rifle lying beside him.

I started to company headquarters for my dinner, and had gone not more than 200 yards when I heard shooting. Running back, I found Dempsey firing at a native fleeing toward the woods and brush. Dempsey was so nervous he missed every shot, while on the ground lay the dead body of Eisenach, with his head nearly severed from the body.

A native had come along, with a big basket on his head, and stopped to ask Eisenach whether he wanted to buy some eggs. Eisenach said no; and as he turned away to look down the road, the native quickly took a big bolo from the basket, and hit Eisenach one sweep that almost cut his head off.

Dempsey's shooting brought a squad of armed men on the run. We searched the woods for the murderer, finding two natives, but Dempsey could not identify either as the guilty culprit.

We took them to headquarters, and some of the men got a rope and wanted to hang both. Cooler heads prevailed and the natives were put in prison. It is unknown to me what happened to them after that.

At another time bolomen came close to getting me. Maybe that time Eisenach replaced me was just in time to save my life.

Our 3d battalion was stationed at San Jose, and we made daily patrols between Goa and Tigaon, where other troops were stationed. We had collected native ponies and rode them on these patrols.

One day in July, 1900, our patrol was riding on a dim trail thru woods and brush from Tigaon toward San Jose. My saddle worked loose and I dismounted to fix it. The rest of the men, thinking it would take but a minute, rode on. I found a strap broken and by the time I got the saddle fixed the rest were out of sight and a quarter of a mile away.

There I was alone in jungles where bolomen might be hiding waiting for a chance like that. And they were there.

My gun was slung over my shoulder by the strap, and my 45 was buckled round my waist. With my hand gripping the handle, prepared for any emergency, I rode along and had not gone far when I rounded a curve on the trail, and, migosh, there were eight or 10 bolomen. I thought my time had come but intended to make a good fight in case of attack.

They pretended to be at work cutting brush—an old trick when caught unexpectedly. When they saw I was alone, two of them rushed at me with their bolos. I expected it, and was ready. I shot both thru the breast with my 45, and they fell as if they had been hit with an ax.

I fled at top speed before the others could attack, and soon caught up with the rest of the patrol. Then we hurried back to mop up on the bolo gang but they had vanished, taking their dead with them.

That is a sample of the dangers we faced in the Philippines. Many men were cut to pieces by the bolomen. There was no limit to their treachery. If any men are now living who were in that patrol which I shall never forget, I shall be glad to hear from them.

## Sugar Diet Proved Fatal to Many Campaigners in Southern Drive

Editor National Tribune: The campaign to crush the insurrection from Manila south began in Jan. 1900. Until then all activity had been directed against the insurgents north of Manila.

On Jan. 2, 1900, the 45th Vol. Inf. was relieved of outpost duty on the Manila-Caloocean line by the 42d, and the 45th was assembled at Caloocean preparatory to participation in the drive against the insurgents to the south of Manila. At this point it is well to state that the 45th, in conjunction with the 11th Vol. Cav., never halted in their southern drive against the insurgents until March 20, 1900 when we reached Legaspi on the Gulf of Albay at the southern tip of Luzon, which area was occupied by the 47th Vol. Inf.

On Jan. 5, the 45th was assigned to Gen. Wheaton's Expeditionary Brigade, reporting to Gen. Wheaton at Imus on Jan. 7.

The movement south began on the morning of Jan. 8 and enemy resistance was soon encountered at Dasmariñas. After a sharp engagement, the insurgents were routed, fleeing south, closely pursued by part of the 11th Cav., while the rest of the 11th Cav., the 29th Inf. and the first and second battalions of the 45th made a flanking movement west to Quinitana, and then on west to Naic.

While the other forces pursued the insurgents directly south toward Indang and Alfonso, the

flanking force proceeded from Naic to Maragondon, and on south, being ambushed by the enemy at Magallanes in a deep canyon, and Corp. Morrison of Co. K, 45th, was wounded, while the bullets of the enemy kicked up dust all around us in the advance guard.

That part of the 11th Cav. with us rushed forward at a gallop and the ambushers fled in confusion.

We continued on south to Nasugbu, Lian, Tuy, Balayan and joined up on the evening of Jan. 27 at Taal, on the east side of Balayan Bay, with the force that had pursued the enemy directly south from Dasmariñas.

We were ambushed several times but the enemy never again came out in the open to engage us after the Dasmariñas fracas. And in 20 days Gen. Wheaton's Brigade swept the insurgents from south of Manila clear to Taal. The flanking force, of which Co. K of the 45th was a part, and I a member of Co. K, exhausted its food supply by noon on Jan. 26 and we made the last day of the hike to Taal on empty stomachs and weary legs.

Early on the morning of Jan. 28, we Co. K boys began searching for something to eat and found a warehouse stored with sacks of dark brown sugar. We broke the lock on the door and soon filled our empty stomachs with Filipino



sugar. Co. the sugar may have belonged to the American Sugar Trust.

That was a bad diet. It would have been better had we not found it for the next day most of these sugar eaters had a bad case of dysentery and that was the beginning of the end. They never recovered, inspite of "medical science," and went to the grave as a result.

Ten months later they were dying at a rapid rate while medical science stood helplessly by. I myself had a hard time to pull thru and was marked "duty" by the doctor when I should have been hospitalized. But to what purpose? Many of those who entered the hospital never returned.

Then something happened that saved many lives. The doctor in charge of the Neuva Caceres hos-

pital flung art to the wind in disgust and turned to Mother Nature. He began fasting these cases and the patients recovered as if by magic.

I believe I am now the only Co. K man left who went thru that, as I have been unable to locate anyone who served in the company for four years. If there are any alive, I shall be glad to hear from them.

## How Did the Regulars Do?

Editor National Tribune: I was a member of the Army of the Philippines, serving in Co. K, 45th U. S. Vol. Inf., and doing my part from December, 1899, to March, 1901, to crush the Insurrection there.

I've oftended wondered how the new regular troops which relieved us volunteers in 1901 fared against the Insurgents.

Our old tired and worn 45th was relieved by the newly recruited 26th U. S. Inf. They moved in to replace us in the Camarine Provinces of southern Luzon, arriving in March, 1901, after we'd been battling with the Insurgents there for 15 month.

These fresh, green regulars arrived with chests puffed out and declared to us that they'd show the Insurgents some tricks not in the book. That was what we got when we warned them of the treachery of the terrible bolomen. But they only sneered our warning and said they'd take care of the bolomen.

### No Optimism

The captain of the company that relieved our Co. K did not share the same degree of optimism. When that company moved in, and we were lined up at attention to receive them, he took a good look around at the wild country and hilly jungles, and then facing our company, he said to us: If any man will step out and re-enlist in my company, I'll make him a sergeant."

His offer was not accepted. It fell on deaf ears. We had all we wanted of it.

Now come the stories of what the bolomen did to some of those regulars. One story appeared in your April 6 issue, and another, just like it, appeared in your April 13 issue.

The first story tells what happened to Co. C, 9th U. S. Inf., at Balangiga, Samar, P. I., on Sept. 28, 1901. A group of bolomen, hidden in the building of the officers' quarters, killed the captain, first lieutenant, a sergeant major and some of the guards who were on duty.

What were the guards on duty doing when the bolomen slipped into camp and hid in the building? The account says, "There were

dead and wounded men all over the place, many more Insurrectos than Co. C men."

The second story tells how bolomen chopped up a "detachment of Co. E, same regiment," on Oct. 16, 1901, at Camp Denver, Gandara River, Samar, P. I. In this case it seems only three American soldiers escaped alive.

Acording to the accounts, it was a Catholic Priest who directed the bolomen in both instances, and in the Camp Denver massacre, he was one of the first to be killed. Of him the account says:

"Conspicuous among the dead natives was one masquerading 'padre' who lay stretched (on the ground) in all his brave pamploy of his violated holy office. He and the captain (of the bolomen), a big fat thing clad in star-decorated white garments, went down (in death) near another dressed in fiery red."

Please tell us more of what happened to the regulars who relieved us "out-classed volunteers."



The War with Spain was over and the peace treaty signed in Washington Aug. 12, 1898. The Insurrection in the Philippines did not begin until Feb. 4, 1899, and was not officially ended until July 1902, approximately three and a half years later. And that biggest and hardest part of the Spanish-American War is hardly mentioned in our history books, and almost unknown in this day and time to the people of the U.S.A.

#### No History Available

I've never been able to find a history book that told anything worth while about the Insurrection in the Philippines. I've written to the Philippines about it, and find they in the Philippines have no such history book, and know little more about that struggle than do the people in the U.S.A. I've written to the Mayors of the larger cities where we fought the Insurgents, to the Mayor of Nueva Caceres, Camarines Sur, where the 40th, the 45th, and the 11th Cavalry had their hardest engagement against the southern arm of the Insurgent Army, and can get very little information about these matters.

That was 60 years ago, and the generation of that day and time are mostly dead and gone, while those living are so feeble and blank in mind and memory that they remember little about it.

#### Battled the Insurgents

On Feb. 25, 1900, Sunday morning, after a forced night hike, we of the 45th engaged in battle the Insurgents who were defending their capitol city of Camarines Sur, Nueva Caceres, and defeated them in a struggle that began at daylight and lasted until noon. I recently wrote about that to the Mayor of that city, which now has a population of over 100,000, and he replied that the Insurrection was over when he was born, and that he could tell me almost nothing about that engagement.

In your paper appeared a notice by Murray Polner, of Flushing, N. Y., stating that he was writing a book on the Philippine Insurrection, 1898-1902, and requesting help in the way of data of all those who could supply any, and I wrote him offering to supply all the data I could.

But he has come along so late that most of the men who fought thru that phase of the Spanish-American War have gone over the last hill, and are now in the Heavenly World of Endless Days. That book should have been written 50 years ago.

#### Should Educate Public

I was glad to see Comrade Gesler's notice, referred to above, that the public should be educated and informed on the matter. Let me quote from a letter from Comrade Joe Meier, of Daylight, Tenn., who arrived in the Philippines seven years after we left there. He was a member of the 18th U. S. Inf., and says:

"The first night at Camp Keithly (Philippines), I was appointed barracks guard, given a six-shooter and the key to the rifle rack, and allowed no light.

#### Attacked While Sleeping

"The reason for this barracks guard was that the Moros would sneak into the barracks at night and kill a soldier or two while the men were asleep. One night they slipped into the hospital and killed six patients.

"After dark, two sentries walked every post, one with a rifle and the other with a repeating shot gun, with orders to shoot to kill. If one sentry noticed any one prowling around, he was to get his gun into shooting position before he called halt, and the other sentry was to face in the opposite direction to defend his rear.

"The Moros were very treacherous. Before the double guard was used, one Moro would draw the sentry's attention while another would slip up and cut his head off with a bolo. Huber, one of my comrades, the last time I saw him, still had a big scar across his face from a bolo cut that occurred before the double guard was instituted for greater protection.

#### Turned in Time

"Huber was on guard near an old Spanish suspension bridge. It was very dark, and when he challenged one Moro, the other intended to cut off his head, but fortunately Huber turned in time so that his rifle caught the greater effect of the blow, and he lived to tell the story.

"We always had to look out for booby traps. The Moros dug pits and placed sharp bamboo spikes at the bottom, points up, and covered the tops of the pits with something so they would not be noticed. They

also fastened bamboo prongs to bamboo poles, and tied them back like a bow, with a trigger operated by a cord across the trail.

"The Moros were not only treacherous but cruel. United States soldiers were found dead who had been tied alive on a large ant hill, etc. At Momungan, the Moros had wiped out the entire Spanish garrison.

"But a great change had taken place in the Philippines after you left and when I arrived, and yet we found the Insurgents were still very dangerous when we got there."

These are the things the people of the U.S.A. should know about—what the U. S. soldiers went thru for years in the Philippines, but they have never been told. —

#### More on Subject of "Beer and Skittles"

Editor National Tribune: I was a member of Co. K, 45th U. S. Vol. Inf., Army of the Philippines, and had to wait all these years to learn what troops relieved us at Nueva Caceres, capital of Camarines Sur, a city we took from the insurgents in February 1900, but was saved from damage because the insurgents retreated and made no stand there.

Comes now that news in "All Was Not 'Beer and Skittles' During Campaigns on the Islands," by Comrade John A. Jordan, who was a member of Co. L, 26th Inf.

He says his regiment left Frisco Jan. 12 or 13, 1901, on the Transport Sheridan which in due time, anchored in San Miguel Bay, on east side of southern Luzon, and the troops embarked in small boats and moved up the Bicol River to Nueva Caceres.

Comrade Jordan is not up on his spelling of the towns and streams, but he'll get that now if he reads this story, as the data is taken from a map made by Army Engineers, 8th Army Corps.

Had he landed with us there in February, 1900, with insurgents shooting at him while still in the small boat and leaped out in mud



and water hip deep and fought his way to shore and then fought his way on to Nueva Caceres, some 15 or 20 miles inland, he'd know what we went thru.

He says he went from Nueva Caceres to Nabua. That was Nabua, at town we took from the insurgents Feb. 25, 1900, after a hard fight of five or six hours.

Leaving 25 men there, he says they moved on to Polangui, where 20 men were left, then on to Libon where eight men were left, including him. From Nabua to Polangui, we went thru Libon first, but his outfit may have taken a different road.

On the night of March 17, 1900, we camped at Libon on the bank of a stream, and received a message from the insurgents at Polangui, some miles farther away to come on, as they were ready to welcome us. The invitation was unnecessary, as Polangui was next on our agenda, and there we hit those insurgents so hard the next day that those who escaped alive fled into the mountains to the east and we spent the night unmolested in Polangui.

But think of the peaceful state we left behind us, when only a year later groups of 25, 20, and eight American soldiers were safe in those towns where we had such tough scuffling with the insurgents.

And then came that happy day for us, in March, 1901. While Comrade Jordan's regiment was disembarking from the Sheridan in San Miguel Bay, our tired and tattered troops were preparing to board that big, gleaming white boat riding at anchor in San Miguel Bay, and sail for Manila, and then for Frisco.

My field notes fail to show when we sailed out of San Miguel Bay, but on April 9, 1901, the Sheridan, with the 45th on it, anchored in Manila Bay. Then, 12 days later, with the 45th and 46th aboard, we began our joyful journey back to the good old USA.

And here am I, at 82, still fit and feeling like 40. Comrade Jordan says he's 83, and "still kicking around and trying to live."

Did he know it was the "Fighting 45th" which his 26th relieved

at Nueva Caceres in March, 1901? Did he know we were the first American soldiers ever seen nearly 60 years ago by those natives of the wild jungles of southern Luzon?

They soon discovered we were far different from the Spanish troops they had fought for more than a century. They frankly told me that a few shots would stop the Spaniards but that nothing could stop us.

We went there not to lose and live, but to win or die. And from the insurgents we took and freed many Spanish soldiers who had been prisoners for years. They hugged us in happiness and wept on our shoulders.

In conclusion, I want to say for the Comrade's benefit, that, in reply to my letter, I received a nice epistle from the office of the Mayor of Nueva Caceres, dated June 12, 1959, advising that said city now has a booming population of over 100,000 people and the province of Camarines Sur has 555,700 inhabitants.

THE NATIONAL TRIBUNE - THE STARS AND STRIPES

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Thursday, April 13, 1961

## Account of Battle At Gandara River

Following is a graphic account of the fight at the Gandara River in the Philippines as was printed in the Manila Times on Nov. 1, 1901. We believe the story will be of interest to our Spanish War subscribers and would be good reading for veterans of later wars. —Editor.

Catbalogan, Samar, Oct. 22, 1901. —Survivors of Lieut. Wallace's detachment of Company E, 9th Infantry, give accounts of the attack of the horde of bolomen on "Camp Denver," Gandara River, indicating the most heroic conduct by the veterans of the China campaign, who fought and died on a little camp ground no bigger than the back yard of a New York tenement house, up there between the swamps of Gandara River and the big hill in front of them from which they were attacked by the Filipinos.

### Desperate Conflict

It is difficult, nay, impossible, to imagine a more desperate and sanguinary hand-to-hand conflict than that which ensued when the wild yells of the attacking savages fell upon the camp. Some men were in the river bathing and left their rifles on the bank with their clothing. Others yet slumbered in their tents. Still others were gathered about the fire over which the morning coffee was sending out its aroma in the gray, chilly air. The bolomen cut and thrust thru the tent flaps, wounding, in some cases killing, the slumbering soldiers so horribly aroused from their dreams and deep sleep that mark the last few moments before awakening.

Those who were swimming hastily scrambled up the banks, and, all naked and dripping as they were, seized their rifles, clapped on bayonets and rushed into the wild melee, where shouting, frenzied sav-

ages, already maddened by the smell of blood, were thrusting and stabbing into the mass of Americans, who dared not shoot in the narrow confines of the little camp ground, lest their bullets might slay their comrades, instead of the brown-skinned savages. In their blind fury, the savages, many times, struck wildly, stabbing some of their own race.

### Fought With Bayonets

The Americans fought with bayonets alone, ever drawing closer and closer together in the efforts to reach a common center, where back-to-back, they might use rifle-balls to beat off their foes instead of the inefficient bayonets, some of them so dull that they were wrenched from the yelling carcass of a Filipino with the utmost difficulty. Americans who had not had time to fix their bayonets used them as daggers. One thrust his bayonet in so deeply that he was pulled to his knees in trying to withdraw it from its human sheath, and while still tugging and tussling to regain the only weapon that stood between him and death, another savage rushed up behind him and with one blow severed the poor fellow's head from his stark body. Others who were in like predicament were hewed and hacked about the face until they were forced to



give up the awful struggle, and fell expiring on the blood-soaked earth.

### Three Survivors

None of the three survivors who came aboard the "Leyte" when she visited the scene, can tell how the Americans finally got together in a little bunch and opened fire with their rifles and beat off the foe. But it was done. The natives took to their heels but not until night on to a hundred were dead or dying, their cries of fear mingling with the groans of the brave Americans who, with death at hand, showed the same courageous spirit that must fill with admiration all who read of their manly words of "Goodbye" as the survivors hastened to aid and succor them.

### Faced Death

It was a scene that made the survivors dumb with pity, and stayed the deceptive words of hope they would have uttered but did not feel. What man of them could hold out hope of life to those who knew death was upon them and flinched not. The despair of the living in the presence of the death they could not hinder, was all the keener in the light of the calm resignation and grave words of the dying. The moments and hours that followed were as so many

years of fearful apprehension as the little band of survivors gathered together their dead and laid them away as decently and tenderly as might be, on such a field of battle. "Camp Denver!" Who that passed thru that hour will need a monument erected on the spot to keep alive in his memory the Sixteenth of October, 1901?

### Gunboat Arrives

Two days later the "Leyte," one of the gunboats that accompanied General Smith's expedition, anchored in the Gandara River at "Camp Denver." (That is a soldier's name for the camp.) Upon the shore, at the foot of the fatal hill, where the camp had stood, 83 brown bodies, some minus heads and limbs, all ghastly and distorted lay festering in the sun; and the odor that arose raised the gorge of every man aboard. Soldiers camped nearby, soon began the gruesome work of disposing of the rotting mass of carcasses. Some were thrown into the river and these floated up and down with the tide, now and then a big alligator nipping off an arm or head,

leaving the trunk to drift and drift. Big funeral pyres were built, dead bodies being placed upon piles of nipa and bamboo. At the end of two days the air was still foul with the smell of burning flesh. A man's body is hard to cremate. Holes were dug and the remains cast into them. On the night after this slaughter certain natives came down and interred 10 native bodies, the priest, presidentes and officers who had lead the attack. Over each grave was placed a cross. A soldier, who landed near the graves exclaimed, as his eyes blazed with hate and anger:

### No Religion

"What religion have these people? None at all!" None thought him sacrilegious when he plucked the sacred sign of a religion of love and forgiveness from the mounds that covered so much treachery. As his comrades looked to the other burying ground where 10 mounds marked the resting place of brave American soldiers not one could rebuke him.

There were 15 native prisoners in the camp at the time of the attack. They huddled together, a frightened, trembling pack, unwilling or afraid to arise and help slay. For this they were liberated.

Some of these men were sorely wounded and could not crawl away and were abandoned by their comrades. There was no surgeon present. The Americans had wounded of their own—more than they could properly care for.

Conspicuous among the dead natives was one masquerading "padre" as he lay stretched in all the brave panoply of his violated holy office. He was to the fore, when the officers advanced from the left, after the sentry saw the enemy's flag approaching at the head of the throng advancing from the right, and fired and killed the color bearer, capturing his banner.

### Priest Directs Battle

The Americans who attempted to form at the left of the camp were cut off in that direction by the "priest," captain and other officers. To their front was the hill covered with bolomen. Behind them was the river. The "priest" planned the trapping of the camp and boldly urged on the killing, himself being slain. It is not possible to determine whether he was the same "priest" who directed the massacre at Balangiga a fortnight before, but that is not considered likely, as the places are remote

from each other. It may be he was the same. He and the captain, a great fat thing clad in star-decorated white garments, went down near another dressed in fiery red.

A better spot for a massacre could scarce have been chosen. The little dry space upon which the camp was pitched lay between the foot of a hill and the river, with swamps about it so that there was no escape except into the water when a charge was made, and by both flanks down the hill by the savages. A sergeant was in charge in the absence of the lieutenant and part of the detachment. Some moments before the attack, a man pointed out to the sergeant natives he saw skulking in the brush at the top of the hill.

"Only common taos on their way to gather abaca or work in their fields," said the sergeant. He was the first man killed.

One almost envies the dead when conversing with a man who passed thru that dreadful day. None of them can tell exactly what happened nor how the foe was finally fought off. No two stories coincide. But all show by their strained features and shattered nerves that the sights and sounds of that chill gray morning still fill their minds. That they have minds left is the most wonderful thing of it all.

Thursday, November 23, 1961

## Relates Hardships Of Co. K, 45th Vol.

Editor National Tribune: After searching for years I finally found a history of the Philippine Insurrection, by Leon Wolff, titled Little Brown Brother, 383 pages, copyright 1960. As I read it I was moved to tears by the wonderful word-picture of what I saw and suffered with my comrades more than 60 years ago, as a member of Co. K, 45th U. S. Vol. And as I gaze at the picture of our Company, taken in San Francisco in 1899 before we sailed for the Philippines, it seems unbelievable that now I'm the only one left.

Several years ago my stories in The Tribune brought me many letters from comrades of my company. Today they bring me none from any former member of the entire 45th. They are not all dead, but the few left are so feeble they



are unable to write, or have no interest in reading and writing.

From this book I quote some passages that affected me so deeply as I read them and, in my mind, saw myself so many years ago experiencing the very conditions so clearly described:

#### No Shelter

"Bivouac was made without shelter where darkness found the troops. In flat, muddy country the same stream often had to be crossed a dozen times, with water chest-high. For (many weary) miles the troops hiked along ancient roads and thru flooded rice fields. Occasionally they found abandoned clothing, supplies, and Spanish prisoners (who fell on their shoulders and wept for happiness in being rescued from the Insurgents). In canyons and at the mouths of passes, the Insurgents had built barricades. Here danger lay and fighting always flared.

"Dry creek beds were prized for easy walking, until they led into foothills. Narrow trails were welcome, until they faded into swamp-land or sharply rising ground. Many men dropped from exhaustion (and threw away their rations and blanket roll). Often it was necessary to descend several

hundred feet for water in streams below.

"Single-file the men wallowed thru tall grass, with only heads and shoulders showing. Occasionally the retreating Insurgents slashed brush with their bolos along these dim trails, and interlaced the branches across the path to retard the advance of the troops. Often the Insurgents planted bamboo stakes in the ground, with sharp points up and concealed, and many soldiers were injured by them.

"Dirty and unshaven, worn and weary, haggard and hungry, day after day and week after week, the American soldiers stalked their prey. Thru valleys and over mountains they went, hiking atop ridges along groves of trees, and could often see the Insurgents watching them in turn.

#### Troops Went Forward

"In deep canyons, Insurgent shots echosed like diminishing cracks of doom, but the troops still went on. Living on the country, or on short rations, hiking and fighting from dawn until dusk, many of them bare footed and disheartened, and expecting at any moment to be killed by shots of the enemy.

#### Made Little Progress

"One bad problem were streams too deep to ford, making wearisome detours by land necessary. After a hard day of hiking the troops might find they were only a mile or so from where they started.

"As towns of any size were captured from the Insurgents, they were garrisoned by small detachments. This plus losses enroute, meant that only a fragment of the original expedition reached its goal. Until reinforced, these small detachments got the uninvited attention of the guerrilla marauders. Some times only a dozen men could be left in a village in an area teeming with Insurgents. Their lives depended upon ruthless defensive action, and the use of Maxim guns to sweep the area around their little command post.

"In itself each detachment was isolated and insignificant. But a network of hundreds of them, enveloping every city, port and road juncture of importance, was quite another matter."

And this is a brief sketch of the highlights of the conditions we volunteers experienced and left behind us in the Philippines over 60 years ago when we were relieved in the early part of 1901.—





HILTON HOTEMA IN 1950.

Born in Fitchburg, Mass.  
February 7, 1878. His paternal  
great-grandfather, Wm. Fales,  
was born February 15, 1799, in  
Lynn, Mass., and died in 1883  
at the age of 89. His maternal  
great-grand father, Thomas  
Johnson, was born in Mass. in  
1730 and died in 1892 at the age  
of 112.



# Stockton Record

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Stockton, San Joaquin County, California—Wednesday, March 7, 1962 49



**A NEW CAR AT 92** — Frank P. Marks Sr. at Firebaugh, who lacks just eight years of being a century old, walked into the Albert Rose auto showroom in Newman Feb. 21 and bought himself a brand new car. He averages 20,000 miles a year on the road, drives without glasses, and is only restricted to driving in daylight hours. Marks, a retired highway construction worker, lives in Firebaugh, has been driving 45 years, has four children, 30 grandchildren, and 10 great-grandchildren.



**SPRY** — Mrs. Mary Babb, who will celebrate her 100th birthday at Lancaster, Pa., Friday, demonstrates her suppleness by leaning over to tie her shoe.

## Woman, 105, Dies in Visalia Home

VISALIA, March 2 (AP)—Visalia's oldest citizen, 105-year-old Mrs. Mary McEwen, died today.

She was born in San Juan of Bautista Mission and came to Visalia when she was 4 years old.

In 1960 on her 104th birthday, she expressed a desire to see Visalia once more. Attendants at Sequoia Home where she was staying put her in an ambulance and took her on the tour.

She was city librarian 31 years and was instrumental in forming the men's club in the city.

## 120-Year-Old Man Falls Into Ditch

TIBERIAS, Israel, March 2 (UPI) — Davis Asulin, who claims to be 120 years old, was recovering today from an uncomfortable night spent in an irrigation ditch.

Asulin tumbled into the ditch while on his way to a synagogue. When he failed to return home, his sons notified police who launched a search for him.

He was found in the ditch and taken to a hospital.



SUNDAY, MARCH 4, 1962, ATLANTIC CITY, N. J.

PROFILE

# Exercising 62-Year-Old Health Food Fan Owns Resort Store

By CHARLES MCGEE  
Press Staff Writer

At 62, Jay Brown, a natural health foods devotee and proprietor of a local health foods store, is probably more active than most men half his age.

Brown, a confirmed vegetarian, attributes his superb physical condition to plenty of regular exercise and a diet consisting of all natural foods.

He operates a health foods store in the 1000 block Pacific Ave. and though he spends most of his time in the shop, he allots at least an hour and a half a day to regular exercise.

The weather being suitable, he goes to the boardwalk and runs and walks five miles or more. Other times, he performs at least 1,000 over-style body bends on a "slanting board," a portable device which elevates the feet above the head.

By grasping two handles, he throws his feet and body over his head no less than 1,000 times. Brown added he has done many more on occasion and that in March, 1961, he accomplished 2,500.

In addition, whether he runs to the Boardwalk or does indoor exercises, each day he lifts a 20-pound dumbbell 100 or so times and does from 50 to 90 push-ups.

**HIS DIET**  
His diet consists solely of natural unadulterated foods. Being a vegetarian, he eats no "animal food" — meat or dairy products.

Born in Philadelphia, Brown came to this city with his mother in 1914 at the age of 15.

She operated the Stone Manor Hotel at 3510 Pacific Ave. from 1920 to 1941.

He worked as an agent for various manufacturing companies until 1932 when he began working with his mother at the hotel.

Suffering from a hearing difficulty, he began reading books and literature on natural living and natural foods. He read that a diet of all natural foods and strict fasting had been known to cure such conditions.

Brown got together with about a dozen other persons with the same interest in natural dieting and bought natural foods in quantity.

Within a short time, he began selling these health food items at the hotel, particularly to guests



**CONSTITUTIONAL** — Jay Brown takes a five mile walk or run on the Boardwalk every day. He operates a health food store in the 1000 block Pacific Ave. and is a confirmed vegetarian.

on their departure. He even went around with a small suitcase selling unsulphured fruits and other foods to merchants he visited while paying bills for the hotel.

Having been in business at his present location for the past 18 years, Brown previously operated a similar store at 3500 Pacific Ave.

When he applied for life insurance in the early forties, he was told, following an examination through the Life Extension Bureau, he shouldn't let his hearing condition worsen.

Brown claims that through even stricter natural dieting and a daily program of health, his hearing impediment was cured by 1949.

Aside from minor stomach disorders, he has never been ill or hospitalized. He attributes this to his mode of living.

A typical day's diet consists of one fruit meal and one vegetable meal. His first meal, eaten in the afternoon, might include fresh and dried fruits and an occasional some nut butters with an apple or other fresh fruit.

He eats all nut butters raw except for peanut butter. Brown pointed out that a peanut is not actually a nut, but a legume as it grows under the ground.

## LAST MEAL

His second and last meal may consist of a vegetable salad, vegetable juice, baked wild rice, sesame or sunflower products.

Although he eats very little cooked foods, he will occasionally have a baked potato or corn muffins homemade with vegetable powders.

He drinks very little plain water, except when fasting, but will take herb teas or melon or fruit juices.

Mostly in warm weather, he fasts from five to as long as 16 days, eating no food at all. When on such a fast, he drinks 5 or 6

cups of boiled distilled water per day. Brown said the reason for boiling the water is so you sip it slowly.

Brown, who will be 63 in June, claims the cost of eating natural foods is less because you eat on a schedule and eat specific amounts.

A typical drink, as vegetable cocktail, would be made from extracted juices of greens such as watercress, dandelion, parsley, spinach and celery, and of carrots, lemons and beets.

He has mixed these juices for such visiting celebrities as Milton Berle, Herb Shriver, Hildegarde and Red Buttons. Several years back when Red Buttons was appearing on the Steel Pier, Brown made such a "cocktail" each day for the remainder of his stay and sent it to Buttons' hotel at his request.

## NOVICE PLAN

Brown said the best plan for a novice to natural food dieting would be one of three meals; one of fruits, one of vegetables and a type of protein food best suited for him for the third.

# Atlantic For T

Even the soap he uses is of an imported variety. He bathes with pure vegetable soap from India, which he says is plentiful in palm kernel, coconut and groundnut oils and contains very little lye.

He is assisted in the store by his sister and brother-in-law, Isabelle and Irving B. Summers. As a rule his brother-in-law, a retired boardwalk merchant, opens the store and stays until he completes his morning exercise routine while his sister stays at the store most of the day.

# Backs Unions Of Teachers

NEW YORK (UPI)—Labor Secretary Arthur J. Goldberg said Saturday he had no doubt that school teachers' unions would become more and more common throughout the nation.

But he said in an address prepared for the newly recognized United Federation of Teachers of New York City that "clearly the



Gamle Berta Swalhem of Stoughton, Wis., rowed her own boat and fished regularly when she was more than 100 years of age.





**GRANDMA BARTON IS 104 TODAY**  
No Big Party in Escalon, Just Keep Sewing

## 'Grandma Barton' Sews Frock as 104th Birthday Arrives

By GERRY RUSSELL  
Record Correspondent

ESCALON, April 27—Mrs. Elizabeth J. Barton, more familiarly known here as Escalon's "Grandma Barton," and as Teddy Roosevelt, that memorable "Carry a Big Stick" President, have something in common.

Both were born in 1842.



Dr. Ann Wigmore, D.D.  
P. O. Box 189, Astor Station,  
Boston 23, Mass.

To Professor Hilton Hotema:

"Your new book LONG LIFE IN FLORIDA is the greatest on the subject the world has ever seen!

"You seldom boast about yourself in your writings; hardly ever write anything about YOU. I wish you would let me try an experiment, which is this: You give me as much information about yourself--that is the life of Hotema, and I will attempt to do a write up of, say about 5000 words, and give Hotema the real build-up to which his work entitles him."

Mr. Joseph S. Moore,  
Lancaster, N. Y.

Professor Hilton Hotema:

"Having in my possession ten of your folios, borrowed from a friend, in which I find mention of a complete course of study, please tell me how I may qualify for this course.

"Your writings have entirely changed my course of thought and so enriched my life that I am eager to read everything you have written and in my consciousness there is a deep sense of gratitude toward you."

Sincerely yours,

E. S.  
Los Angeles, Calif.



By Professor Hilton Hotema

1962 The greatest story ever told of the greatest mystery in the world. Readers of liberal, free humanist and related literature are looking for light, but their findings leave unanswered the puzzling problems in their minds. Where is the light which reveals the secret of man, of life, of death? All questions have the answers, and these must have. Years ago, Professor Hotema was looking for that light and in his search graduated in law, naturopathy, orthopathy and chiropractic. He did not find the answers which he sought, for those who wrote the books did not have the answers. As a last resort, he turned to nature and was amazed by his findings. Life is man's greatest treasure on earth, and how to prolong it is the greatest lesson any one can learn. Knowledge based upon the laws of creation is the path to longevity. Hotema took that course, and has produced perhaps the greatest and most sensible work ever written on longevity.

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