



BOOK  
3

Man's  
MIRACULOUS  
UNUSED  
POWERS

By  
*Kenyon Klamonti*



THE WISDOM  
OF THE AGES



*“Compared with what we ought to be, we are only half awake. We are making use of only a small part of our mental and physical resources. Stating the thing broadly, the human individual thus lives usually far within his limits; he possesses powers of various sorts which he habitually fails to use.”*

*William James.*

**M A N ' S  
M I R A C U L O U S  
U N U S E D  
P O W E R S**

*by*

**KENYON KLAMONTI**

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## LESSON No. 18

### LONGEVITY

"There is a vast difference between the longevity of man and that of animals. If the length of a stag's life were one year, a man should live for thousands of years. All these animals live for centuries, so, according to cosmic law, man should live for some thousands of years. . . . If we fast two days a week, then eat only fruit and obey the other laws of life, we can approximate to the longevity of the biblical Patriarchs."  
—Professor Edmond Szekely in his Comsotherapy.

In the preceding lesson we stated that it is possible for man to live 200 years along with those certain Arabs mentioned, while eating the damaging diet of civilization, provided the amount of food consumed be kept down to a minimum so the body has time to handle it; and provided further that man live in the same favorable environment and in the same manner in all other respects as these Arabs.

In our years of writing on these subjects, we have collected a large number of cases from many sources of people who have lived from a century to 370 years. Many of these not only consumed the damaging diet of civilization, but some of them breathed the same polluted air of civilization. That makes their advanced ages the more amazing when we learn how seriously polluted air damages the body.

Mehlis cites the case of a woman of 96 who was unable to eat for eight months except a little water because of the persistence of her illness. Her teeth grew again, her hair became darker and thicker, and she looked young again. She lived in good health for another 23 years.

We saw in Lesson 11 that the Hindu lady of 68, who had eaten nothing since she was 12, was "*always gay and looks like a child despite her age.*"

In the press of 1931 Robert Ripley stated in his "Believe It or Not" that J. D. Cameron, of Augusta, Maine, could shoulder a barrel of potatoes when he was 100 years old.

In his "Believe It or Not" published in 1933, Ripley stated that Harriet Breedlove of Tennessee cut a new set of teeth at the age of 102; that Thomas Gordon of Michigan had his hair turn its natural color at the age of 103; and that Daphne Travis of Georgia cut a third set of teeth at the age of 108.

The press of June 7th 1949, reported the death of John H. Gates at the age of 104. He was one of the three remaining Union Army veterans in Ohio.

The press of May 18th 1949, reported the death of Robert M. Rownd, age 104. He was Junior Vice Commander of the GAR of New York State.

The press of May 27th, 1949, carried a picture of Joseph Man-

ning, who was celebrating his 104th birthday by dancing with a young woman.

Margaret Krasionna, of Poland, died in 1763 at the age of 108. She married her third husband at the age of 94 and bore him two boys and a girl. The third husband died at the age of 119.

The press of February 6th 1919, reported that in September 1875, a couple named Ballat climbed to the top of the Column Vendome, the husband being 110 and the wife 106.

The press of September 6th 1947, stated that Jesus Andasole, of San Jose, California, 110 years old, believed he was starting life over again. His hair, grey for years, was turning black again, and he was cutting his third set of teeth.

James A. Hard was born in Victor, New York, in 1841, enlisted in the 37th New York Voluntary Infantry at the age of 19, fought in the battles of Bull Run, Yorktown, West Point, Fredericksburg, Chancellorsville, South Mountain and Antietam, was discharged from the army June 29, 1863, and the press of August 26th, 1951, reported that "when he passed his 110th birthday a few weeks ago, he was smoking his cigar, eating all his meals, feeling quite chipper and ready to comment on local, national and world affairs."

The press of August 19th, 1951, reported that Leonard Finch, of Panama City, Florida, "A spry oldster of 111 years," didn't get his first airplane ride today "because his son objected, believing the excitement might be too much for his father, who declared that he expects to live a long time yet."

The press of July 10th, 1951, carried a picture of Henry L. Hall, negro, who had just passed the age of 112. He admitted that he was a bit slower on his feet than when he was 100.

The press of March 13th, 1937, reported the death of John Weeks, of New London, Connecticut, at the age of 114. When he was 106 his hair turned its natural color, new teeth appeared, and he married a girl of 16. His diet consisted mostly of baked beans and corn bread. Had he remained single or married a woman of 70 or 80, he might have lived longer.

The press of June 20th, 1938, reported the case of Sally Dollar, Cherokee Indian who had lived for 116 years on top of Lookout Mountain without ever coming down.

Lizzie Deevers of Sapulpa, Oklahoma, was reported in the press of June 10th 1945, as being 114 years old, had been married nine times, and was on "a manhunt for Mr. No. 10."

The press of January 26th, 1944, stated that Kate Williams, of Ocala, Florida died at the age of 117, and added, "Until about seven years ago she often walked from her country home to town, a distance of 19 miles."

Hufeland mentions an old man who lost all his teeth when he

was 117, and then grew a new set. He mentions the case of a man who fasted for several months at the age of 60, grew his teeth again, recovered his youthfulness, and lived for another twenty years.

The press of April 1st, 1945, reported the death of Mrs. Ramirez Trujillo of Riverside, California, at the age of 118.

The press of February 19th 1945, reported that "Indian Ned Rasper" was 119 years old. He was born in Siskiyou County, California in 1826.

The press of March 9th, 1927, reported that Charles W. Ellis, of Ada, Oklahoma, had just celebrated his 119th birthday. His mind was alert and memory good. He said he owed his long life to frugal eating, drinking water only, and living in the open air.

The press of July 14th, 1922, reported that Elsie Guest, a negress of Muskegee, Oklahoma, had just celebrated her 120th birthday. She was well and vigorous and remembered the battle of New Orleans in 1812.

John White, of San Springs, Oklahoma, was born April 10th, 1816, in Georgia, spent 38 years in slavery, and in good health he celebrated his 121st birthday April 10th, 1936.

The press of March 5th, 1932, stated that Mrs. Bell Ryans the day before celebrated her 121st birthday. She was born March 4th, 1811.

Census records show that James W. Wilson, of Vidalia, Georgia, was born May 15th, 1825. His death at the age of 120 reported in the press of December 25th, 1945.

In his book in 1915 titled "Long Life In California," Dr. Thrasher referred to the Case of Captain Diamond as follows:

"Captain Diamond, who published a book sixteen years ago, entitled 'How To Live to be 100,' lives at Crocker Old People's Home in this city (San Francisco). The author has personally known him for 23 years. He was then 96 and today he looks no older."

Captain Diamond died when he was 120. His father lived to be 104.

Senora Leandra Chairez, of Santa Ana, California, was 121 on September 26th, 1934. She had records showing she was born in 1813.

On August 27th, 1931, Mrs. David Valvero, of Sacramento, California, died at the age of 123. She married the last time when she was 120.

The press of July 20th, 1946, stated that Jasper C. Darrett, a negro living near Houston, Texas, died the day before at the age of 121.

Antonne and Jacques Desbordes, brothers, were book dealers

in Holland, and publishers of Voltaire's works. One died at 124 and the other at 125.

The press of June 13th, 1922, reported that Peter Nedall, of Bulgaria, had just celebrated his 124th birthday. He still worked in the field and walked erect. Beans, porridge and sour milk constituted his diet. He never used tobacco, drank some milk occasionally, and never visited a dentist.

The press of March 4th, 1923, reported the death of William Kennedy at the age of 126. He was born in Ireland and migrated to Canada when he was 105.

The press of January 25th, 1923, reported the death of Eveline Booth, a negress of Atlanta, Georgia, at the age of 126. H. H. Glenn, register of births and deaths, reported the date of her birth as March 13th, 1797.

Kiziah Hotato was an Indian girl of 15 and rode a poney over the historical "trail of Tears" in 1823, when the U. S. Government moved the Creek, Cherokee, Choctaw, Chickasaw and Seminole Indians from their developed homes in Georgia, Alabama and Mississippi to the wild region termed the Indian Nation, which became the State of Oklahoma in 1908. She died December 21st, 1934, at the age of 126.

Mrs. Martina De La Rosa, of Delki, California, celebrated her 129th birthday November 12th, 1934.

The press of April 13th, 1949, stated that "when the civil war ended Jose Garcia, of Victoria, Texas, was 45. He had taken an active part in Mexico's war with Texas in 1835. When World War I ended in 1918 he was 98, but still full of pep. Ten years ago he received wide publicity when he registered under the alien registration act, giving his age as 119. But he will witness no more wars, as he died yesterday at the age of 129."

Pierre Defournel, of Marjac Vivirias, died in 1809 at the age of 129. He married his third wife when he was 120 and she was 19.

In 1913 Anton Turitsch, of Heregovia, was living at the age of 131. He walked to church every Sunday, eight miles each way, and remembered the important events of the world's history for 125 years.

The press of August 20th, 1946, stated that James E. Monroe, of Jacksonville, Florida, a son of the 5th president of the U. S. A., was born July 4th, 1815, on the outskirts of Richmond, Virginia, and was 131 years old. He said that his advanced age was due to the fact that he had formed the habit of sleeping 15 hours at a stretch on the ocean beach. He was not afraid of that bad, damp, night air which the doctors urge people to avoid.

The press of June 30th, 1922, reported the case of Jan Krasanski, a Pole, the only survivor of Napoleon's armies. He fought in the



battle of Borodino at the age of 22, which made him 132 in June 1922. The report stated that he looked like a sturdy octogenarian.

In 1943 Sayed Mahrem of Chicago celebrated his 132nd birthday. He was born in Egypt in 1811.

The press of March 18th, 1943, stated that Santiago Surviate, an Indian, died March 16th, 1943 at the age of 134. The records showed he was born in Arizona in 1808.

Ripley stated in his "Believe it or Not" in the press of February 6th, 1937, that Joseph Crele, born in 1726 near Detroit, was accidentally killed in 1866 at the age of 140. His hair turned black and he grew new teeth.

Calcas, of Peru, died in 1761 at the age of 140. Hilario Pari, also of Peru, was 143 years old when seen by Humboldt. Up to his 130th year he walked 10 to 12 miles each day for exercise.

In 1927 Domingo Jacinto, Chief of a tribe of Digger Indians in California, was living at the age of 144.

The press of February 25th, 1927, stated that in carrying out the 1927 census in Russia, census officials found nearly 150 persons who were more than 100 years old. The oldest was Ivan Shapkovsky, whose birth certificate showed he was born in 1728, making him 145. Among the oldest women was Martiana Maliarevitch, who had passed her 131st birthday. She walked 20 miles in the snow to the census office to be sure she was registered.

Drakenberg, a Dane, buried in the cathedral at Aarhus, Denmark, lived 146 years, and was more often drunk than sober. At the age of 111 he married a woman of 60. Drunkards may reach a ripe old age, but gluttons never.

Ripley stated in his "Believe it or Not" that John Haynes, a private under General Washington died at the age of 132; and that Kebehah Giveyvence, a Minnesota Indian, died at the age of 151.

Ripley, in his "Believe it or Not," in the press of January 9th, 1932, reported the case of Martina Gomes, as "The most ancient woman of the Western Hemisphere," having then just died at the age of 153.

Dr. Marion Thrasher, in his book "Long Life in California," stated that the Indians of southern California and Mexico, who subsisted on a simple diet of fruits, corn, acorns and vegetables, lived 120 to 150 years. He cited the case of "Old Gabriel," who died of pneumonia in 1890 at the age of 150.

Gabriel had lived on fruits, nuts and corn. He could thread a needle without glasses two years before his death. His hair held much of its natural color to the last. An autopsy showed his organs were in good shape. Had polluted air not killed him, he might have lived another century.

Neils Paulsen, of Upsala, Sweden, died in 1907 at the age of 160,

leaving two sons, one 103 and the other 9 years old.

Zora Agha was born in Turkey in 1774, and died in 1936 at the age of 162. He married 11 times and at the age of 96 became the father of his 36th child. He buried ten wives and 27 children.

In the press of 1931 Ripley stated in his "Believe it or Not" that Christian Mentzelius grew a complete set of new teeth when he was 120. The case became famous in dental circles, and is known as the Menel case. It was attested to by Dr. Schengren, who was well acquainted with the circumstances.

In 1922 Djouro Chemdine, of Turkey, was trying for work in a dime museum, his qualifications being that he was 164 years old.

The press of March 21st, 1942, stated that a "grey-haired colored man, docketed on a minor charge, calmly told the desk sergeant at Memphis that his age was 169. He said, "I was born in slavery and was over 90 when Lincoln was killed. He was born in 1773 and was three years older than the United States Declaration of Independence.

Henry Jenkins appeared in court as a witness in a matter that occurred 140 years before. Two sons were with him, one 100 and the other 102. He was born May 17th, 1500, in Yorkshire, and died in 1670 at the age of 170. He never ate cooked food and never ate in the morning. He lunched at noon on milk or butter and fruit. In the evening he had only milk and fruit.

Janos Roven and his wife, Sarah, were married 147 years. They died in 1925, almost on the same day. He was 172 and she 164. They left a son 116. They subsisted on a frugal diet and ate practically no flesh.

According to Voltaire and Francis Bacon, there appeared in Court in the reign of Henry IV and Louis XIII a knight with every appearance of physical and mental perfection, who looked like a man of 40. His name was the Count of St. Germain, and he remembered all the events of history covering a period of 150 years before. Of him Bacon wrote, "Whenever he was invited out to suppers and dinners, he touched nothing but fruits and only a very little of them, and he sometimes fasted completely for several weeks."

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

The press of February 27th, 1938, reported the case of Yogi Tapsi Bishan Das Udasi, who was then 172 and appeared to be not over 40.

Louise Truxo, a negress, died in 1780 at the age of 175.

The Countess Desmond Catherine lived to the age of 145. She ate practically nothing but fruit.

In 1878 Miguel Solis, half-blood Indian, of Bogota, San Salvador, was found by Dr. Louis Hernandez working in his garden. Solis said he was 180, but his neighbors said he was much older. Hernan-

dez was assured that when one of "the oldest inhabitants" was a child, Solis was recognized as a centenarian. He ate once a day, in the afternoon, and his food consisted of fruit and milk. He fasted the first and 15th of every month and was never ill.

The press of July 24th, 1921, stated that Jose Calvario died at Tuxpan, Mexico, at the age of 185. Church records showed he was born in 1727. He was active up to the time of his death.

On his mission in Arabia, Dr. Weber noticed an old woman who ate but once a day and then consumed only a few dates. She was a strong woman and Weber thought she was about 40. He was extremely surprised to learn that she was 198, "*despite her miserable diet.*" She told him that when she was 156 her teeth were renewed for the third time, and that all her symptoms of regeneration always appeared after a prolonged fast.

Kentigern founded the Cathedral in Glasgow and died at the age of 185. Pierre Zortay of Hungary died at the same age.

Don Juan Saveris de Lima died in 1730 at the age of 198. A Russian soldier died in 1825 at the age of 202.

According to the records of St. Leonhard's Church, London, Thomas Carn was born January 25th, 1588, and died in 1795 at the age of 207. Like Jenkins, he ate sparingly, and never ate cooked food. His diet consisted of milk, butter and fruit. The appearance of Carn when he was 150 was that of a vigorous man of 50 or 60. He survived 12 kings of England.

Thomas Parr of England died in 1635 at the age of 152. He married at the age of 84, "seemingly no older than many men at 40." He was brought to London by Thomas, then Earl of Arundel, to see Charles I., "when he fed high, drank plentifully of wines, by which his body was overcharged, his lungs obstructed, and the habit of the whole body quite disordered; in consequence, there could not but be speedy dissolution. Had he not changed his diet, he might have lived another century."—Easton.

The celebrated Dr. Harvey modern discoverer of the circulation of the blood, dissected the body and found every organ in perfect condition. Harvey said he found Parr's cartilages soft and flexible, and "his testes were sound and large."

Harvey expressed the opinion that Parr could have lived for another century. Then it is possible for every normal man to live that long, as Cosmic Law has no favorites and treats all men alike.

In his 102nd year Parr was found guilty of a misdemeanor, and facts were adduced at the trial which showed that this "*man of 102 years really had* the qualities of a powerful young man." (Lorand, in *Old Age Deferred*). Shall we believe that this centenarian was found guilty of molesting some young woman?

Sir William Temple wrote that the Brahmins of India, at the

time that country was discovered by the Europeans, lived to a great age. Some who subsisted mostly on rice reaching the age of 200, while some in other parts of India, who ate chiefly fruit and green herbs and drank only water, lived to be 300 years old.

#### HE LIVED 256 YEARS

The St. Louis Post-Dispatch of June 11th, 1933, reported the death of Li Chung-Yun, a Chinaman, at the amazing age of 256.

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 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."

Li stated in his lifetime 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, whose reign began in 1661, and who died in 1722.

In further support of his claim of astonishing longevity, Li counted off 23 wives who had long since gone to the land from which no traveler returns.

In 1827 the Chinese government sent an official felicitation to Li on the occasion of his 150th birthday; and in 1877 the government again by letter congratulated him on his 200th birthday.

In May 1930, at the age of 252, Li was lecturing to the students at the University of Chang Fu. At the age of 209 he lectured twice each day, 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 afford him to tell some 1500 of his listeners, whose ages ranged from 18 to 80, something of the secrets of longevity.

William M. Goodell says that he was in Canton in 1833 and heard considerable talk about Li, and learned that in the first century of his life he followed the occupation of a herb gatherer. He stated that Li "was a vegetarian who ate only herbs that grew above the ground, and fruits of high alkali content."

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.

Much of the secret of Li's long life is revealed in the statement that for the first century of his life he was an herb gatherer. In the pure, energizing air of the fields he laid the foundation that carried him through 256 years. Had he spent his early years grinding out his days in the sweat-shops of civilization, he had done well to live fifty years.

In his "Believe it or Not," Ripley stated that Numas De Cugna of Bengal, India, lived to be 370 years old. He grew four new sets of teeth, and his hair turned from black to grey four times. He died in 1566.

Arphaxed, grandson of Noah, lived only 68 years longer than Cugna, dying at the age of 438 (Gen. 11:13).

Dyson Carter stated in The National Home Monthly that scientists now assert it is well within the range of possibility for the average man to live 550 years.

According to the press of October 16th, 1941, Dr. Maurice Ernest, "one of the world's greatest authorities on longevity, said today," the account states, "that man can be made to live 200 to 300 years." He adds: "Many discoveries that point to the way of periodical rejuvenation have already been made."

#### BODY NEVER MORE THAN SEVEN YEARS OLD

The body is incessantly renewing itself from the softest tissue to the hardest bone, and this process of renewal, according to physiologists, gives man a new body every seven years. In other words, the body is never more than seven years old no matter how many times the earth turns on its axis for a certain individual.

No "periodical rejuvenation" is needed for such a body unless bad habits and bad environment have plunged it into degeneracy and decrepitude, as in the case of Captain Diamond.

Most centenarians on earth now live far from the polluted centers of civilization and industrialism. They are usually people of little means, of humble circumstances, who have been forced to lead a simple life and subsist on common, natural foods.

Poverty is not the cause of sickness and short life, except insofar as it compels one to toil for a living in sweat-shops, filthy industrial plants, and stuffy offices filled with tobacco smoke and stagnant air.

In the above list of very old people no names of scientists and doctors appear. If they know how to live, their knowledge does them no good. Centenarians among scientists, doctors and the rich and opulent are rare, and when found it is discovered that they also live the simple life.

Poverty enforces sobriety, frugality and the simple life of Nature. This course conserves the body and prevents its vital channels from being clogged by excessive eating of denatured foods.

Professor Huxley fed worms as they usually eat, except one, which he fed the same, but occasionally fasted it. That worm was living and vigorous after nineteen generations of its relatives had been born, lived their regular time, and died. If that were done in the case of man, he would live approximately 2000 years.

#### FRUIT AND LONGEVITY

Herodotus wrote:

“The oldest inhabitants of Greece, the Pelasgians, who came before the Dorian, Ionian and Eolian migrations, inhabited Arcadia and Thessaly, possessing the islands of Lesbos and Lokemanos, which were full of orange groves. The people, with their diet of dates and oranges, lived on an average of more than 200 years.”

Hesoid said:

“The Pelasgians and the peoples who came after them in Greece, ate fruits of the virgin forests and blackberries from the fields.”

Plutarch observed:

“The ancient Greeks, before the time of Lycurgus, ate nothing but fruits.”

Onomacritus of Athens, a contemporary of Peisistratus, said:

“In the days before Lycurgus, each generation reached the age of 200 years.”

Philochorus said of the Pelasgians:

“Their heroic spirit and their strong arms to destroy their foe, were formed of shiny red apples from the forest. Apples were their favorite food, and the speed of their feet never lessened. They raced against stags and won. They lived for hundreds of years in the world of Cronus, but their vast stature never diminished as they grew old, even by a thumb's breadth. The dark lustre of their black hair was never tainted by a single silver thread. They lived so long they tired the winds of measuring Time, soaring above them.”

What a blessing it would be for man if he could go back to those glorious days.

#### DOCTORS DO NOT LIVE LONG

No doctors are found in the above list of aged people. Their average life-span is short. Their medical training makes them so artificial that they know little about the natural life.

The press of November 20th, 1941, reported that Dr. Richard C. Foster, President of the University of Alabama, "died last night of creeping paralysis" at the age of 46.

The Tampa Tribune of December 4th, 1945, stated that Dr. D. G. Meighan died in a Tampa Hospital after a long illness of six months, at the age of 47.

For eleven years he was in charge of the U. S. Public Health Service in Tampa; was county physician there from 1926 to 1933, and before that was resident physician at the Gordon Keller Hospital. He was district surgeon for the A.C.L. Railroad for three years, and during World War II was acting surgeon for the U. S. Coast Guard Unit in Tampa.

The press of May 13th, 1952, stated that Dr. Jacob C. Kaplan, psychiatrist formerly with the Veterans Administration in Lexington, Kentucky, "died yesterday in Jewish Hospital." He was 54.

Dr. A. L. Bishop, age 57, professor of business administration at Yale since 1918, died May 8th, 1932, of "a heart attack."

Dr. C. H. Ramelkamp, age 58, president of Illinois College since 1905, died April 5th, 1932, "after a long illness."

Dr. Paul W. Horn, age 64, president of Texas Technological College, died April 13th, 1932, of "a heart attack."

Dr. J. R. Robertson, age 68, head of the history and political department of Bera College, died April 15th, 1932, cause not given.

Dr. John Parmenter, age 70, one of the physicians who attended President McKinley after he was shot at Buffalo, died June 1st, 1932, cause not given.

The press of June 4th, 1944, reported that Dr. C. E. Ryan, age 60, nationally known physician, lecturer and writer on medical subjects, was "found dead in bed at his home about noon today."

The press of June 4th, 1944, reported that Dr. C. E. Ryan, age 69, died of a heart attack as he was delivering a baby. Others stepped in to complete his duties."

The press of February 3rd, 1945, reported that Dr. Irving S. Cutter, age 69, medical director of Passavant Hospital, Dean Emeritus of the Northwestern University Medical School, and health columnist, died today after an illness of several weeks."

For more than a decade Dr. Cutter, who knew how to live only 69 years, wrote "an informative column, 'How To Keep Well,' for the Chicago Tribune, and widely syndicated." He tried to teach others "how to keep well" while knowing so little about the Cosmic Science of Health that he died "after an illness of several weeks" at an age when the ignorant Indians of the hills and forests are still in their prime.

"The press of May 13th, 1952, stated that Dr. Frank A. S. Kautz, "prominent Cincinnati obstetrician, died yesterday at Jewish Hos-

pital after a brief illness." He was 76 and had practiced medicine "for more than 50 years."

The press of January 8th, 1943, reported that "Dr. George W. Crile, famed 78-year-old surgeon-scientist, who believed that he performed the first direct blood transfusion, died today after receiving 25 of them in recent weeks."

Medical doctors who discover the folly of medicine and give up the use of drugs, vaccines and serums and turn to natural methods of living, fare much better than regular orthodox doctors do, yet they are discredited by the medical organizations.

Dr. J. H. Tilden gave up the practice of medicine, turned to Nature's way, and died September 1st, 1940 "in his 90th year."

Dr. John Harvey Kellogg of Battle Creek fame, who for 67 years never missed a monthly contribution to his Good Health Journal which he edited all that time, and who ran a quarter of a mile each day, died in 1943 at the age of 91. He was a vegetarian for 76 years and seems not to have known that Vegetarianism is bad. He held that flesh carries too much contamination for safe consumption, and produces excessive intestinal putrefaction.

#### LIVE 200 TO 300 YEARS

Colonel Robert McCarrison of the British Army Medical Staff, reported that during ten years' service in the Himalayan region he found no sickness of any sort in the colony of people where he was. He said:

"Ages well beyond 250 years were common. Men of well attested ages up to 150 years were recently married and raising families of children.

"Men said to be well over 200 years of age were working in the fields with younger men, doing as much work, and looking so much like the younger men, that I was not able to distinguish the old from the young."

There is no secret about the vigorous health and long life of these natives. They breathe to live, drink to live, and eat to live.

In "20th Century Health Science" Dr. Francis X. Loughran said:

"There are many immediate reasons why people die, but there is no underlying necessary reason that any scientist has yet discovered. In short, there is no principle limiting life."

Here is an extra item which came to our attention after finishing this lesson. . . .

The Grit of January 20th, 1952, reports the case of J. R. Costello, age 87, of Winchester, Virginia, who had just finished cutting the seventh tooth of his third set. "Dentists are mystified," adds the account.



## LESSON No. 19

### WATER CAUSES AGING

"If hardening of the arteries could be prevented, our life-span would be pushed far beyond the dreams of man."—Theo. R. Van Dellen, M.D., in his daily column "How To Keep Well" in the press of March 25th 1949.

Van Dellen regarded as a mystery the cause of the hardening process, and admitted that "medical science" has no remedy for it. That made it another of the many so-called "incurable diseases."

In Lesson No. 16 we saw that vegetarianism is one cause of the hardened condition which occurs in the body. At the age of 79, after being a vegetarian for thirty years, Captain Diamond suffered from a serious state of ossification of tissues and blood-vessels and stiffness of muscles and joints.

After given up to die by the doctors, Diamond turned for help to Nature, to the power that made him. He discarded vegetarianism, became a fruitarian, recovered health sufficiently to outlive all the doctors who gave him up as incurable, and reached the amazing age of 120. No one can say how long he might have lived had he been a fruitarian from the first.

A group of eminent doctors made a careful study of the common process of sclerosis. They found that certain earthy minerals contained in tubers and cereals are one cause of the condition of ossification that produces decrepitude and premature death.

One author states that the difference between youth and old age is a matter of chemical differences in the body, and not a question of years.

He reported the case of a little girl of four years who developed a salt-eating habit to such extent, that in less than a year her entire body began to harden, her face to wrinkle, and she showed all the signs of Old Age. And man still eats salt. He also smokes when he knows it is a short cut to the grave.

The youthful body is supple, elastic, vital; the aged body is stiff, rigid, creaky, sore, achey. The condition of the body not the passage of time, is the difference between a young man and an old man.

It was demonstrated in the case of Thomas Parr, who lived 152 years, that it is possible to prevent ossification of the body.

His case also demonstrated the dangers of eating freely of "nourishing food" as people are advised to do.

This writer's maternal great grand-father was a vigorous man at the age of 110 when he died as the result of an accident.

These very old people "always die as the result of an accident," one author says. The law of averages overtakes them when they live so long.

The body of the infant is soft and pliant. The bones are plastic and flexible. After birth the bones begin to fill-in with mineral salts. This mineralization increases the size of the bones and their solidity. For this reason the growing child needs considerable lime, comparatively speaking, in the form of calcium carbonate and phosphate.

#### LESS MINERALS NEEDED AFTER MATURITY

The mineralization process is quite rapid until the body attains its growth. As growth stops, less lime salts are required for the body. This means that a change should be made in what one eats and drinks.

When mineral salts enter the mature body in excess of requirements, they can no longer be used to develop and solidify the bones. Body development is done. So the excess minerals now begin to form damaging deposits in the body and its organs.

Thus the soft, pliant body of childhood becomes the hardened, stiffened body of old age. The spryness of youth becomes the slowness of decrepitude. Vitality decreases; senility comes. There is no mystery about the change.

Dr. Logan Clendening wrote:

"In youth the arteries are elastic, but as the body grows old, they become stiffer on account of the replacement of their elastic tissues by fibrous tissues and lime salts.

"In many cases the arteries may be markedly thickened and even so calcified as to have earned the term 'goose-neck arteries' because the deposit of lime salts give them a corrugated feeling like that of a goose as one feels its neck."—The Human Body.

It appears to be forgotten that the scleral process affects the entire body—cells, tissues, glands, blood-vessels. Some of the smallest blood-vessels become so hard and brittle that they burst under slight pressure.

#### CAUSES OF SCLEROSIS

The process of sclerosis, the condition of aging, rises from the following causes—

- (1) Bad air,
- (2) Bad water,
- and
- (3) Bad food.

The student knows what we mean by "bad food." He will soon know what we mean by "bad water." Yet the food and water we call bad are consumed by millions and considered good.

Food is third in our list, yet most authors put it first. Then they

give slight notice to the second, and none to the first and leading cause.

Water plays a big part in the ossification role because so much of the body is composed of water, and because most of the water used is the kind that produces ossification.

The body of the average infant is approximately 75 percent water. A man of 150 pounds in weight would weigh 50 pounds if he were well dried out.

The more highly refined a tissue is, the greater the percent of water entering into its composition. The blood is 90 percent water; some parts of the nerve system are 90 percent water, others are 85 percent, and ordinary nerve tissue is about 80 percent water. The brain is 85 percent water, and the bones are nearly 50 percent water.

People give great attention to what they eat, but little to the kind of water they drink. No matter how much city water is poisoned by political health boards, the people use it and offer no protest. It pays to keep people ignorant.

In all the fluids and tissues — blood, lymph, nerves, glands, muscles — water plays the part of a general solvent. By its work the River of Life is replenished and maintained. It is the medium in which solid and semi-solid aliments are dissolved so they can pass into the blood, and by which all excretory products are eliminated from the body. The various processes of excretion, transudation, and elimination depend on water for their performance.

#### IMPORTANCE OF WATER

In the physiology of respiration, water and air unite, and water fulfills its biological function in the form of vapor mixed with the atmosphere. The importance of its needs in living organisms appears in the fact that water occupies four-fifths of the earth's surface.

The dual elements of water and air in combination in the atmosphere assure the supply of the total needs of man's vitality. They do so in three principal ways, viz.,

1. With the aid of the sun, which vaporises the water of the earth, causing the water particles to unite with the atmospheric properties of the air so as to serve in the physiological process of respiration.
2. By hematoxis, or the aeration of the blood in the lungs in the function of respiration, and
3. By supplying the body with the sustaining properties of oxygen and nitrogen in the air, and the oxygen and hydrogen in the water vapor.

To this list there must be added the emanations radiating from the sun's effluvia, which is condensed by the water vapor during

its time in the atmosphere. This sun-filled vapor, inhaled by man, becomes an accumulator of the power of the sun within the body.

Water deprived of sunlight is termed dead, and incapable of transfusing the least vitality into the organism. Such is the case with water from wells, closed cisterns and distilled water. Water should be exposed to the air and sunlight for sometime before used, so it may be regenerated with the vitality of the sun and air. But this does not apply to water contained in coconuts, melons, berries, fruits and vegetables.

The living cell is the basis and foundation of our body. The cell can function on the life level only in an aquiferous environment. If the cells are deprived of water, they become dry, inert and fall below the life plane in function. They are called dead.

There is no sign of living things, plant or animal, in deserts where perpetual dryness of the air prevails. Living forms cannot come into physical being where there is no water.

Much care should be exercised as to the kind of water one takes into the body. One kind hardens blood vessels, tissues and glands, and produces stones in kidneys and gall bladder.

Another kind of water dissolves and washes from the body the mineral deposits that produce these conditions.

Most water used in general is what we call "hard." It is water in which quantities of lime and other minerals are held in solution.

Spring water, well water, water that comes out of the ground, is charged with lime and minerals in solution. Hence, such water is "hard."

Water from certain wells, springs, and lakes is often called "soft." It is soft only in comparison with water that is harder.

Dr. G. A. Dorsey wrote:

"Each year the earth's rivers carry to the sea billions of tons of dissolved minerals and carbon compounds."

#### "MINERAL WATER" NOT BENEFICIAL

Suffering people are often deceived by certain claims for "mineral water" from certain springs. Such water is very hard and very bad for the body. Those who recommend it for health are in error, or they profit on the sale of it.

Some patients claim they get relief by drinking such water. They do at first, largely because they drink much of it and that aids in cleansing the glands and tissues.

It is the second effect that is lasting and damaging. If the use of such water is continued, "serious effects will appear from mineral deposits in the body. So the remedy back-fires and in the end does much more harm than good.

Spring water, any water from the ground, contains in solution an amount of earthy ingredients that is fearful to contemplate. It has been calculated that water of the average quality from the ground contains so much carbonates and other compounds of lime, that one using the average quantity in the form of tea, coffee, soup, etc., would in forty years be sufficient to form a pillar of solid chalk or marble the size of a large man.

So great is the amount of lime in spring and well water, that the quantity consumed daily would alone be sufficient to clog the system and bring on decrepitude and death before one reached the age of 20, but for the heroic labor of the eliminative organs.

Were it not for the eliminative function of the skin and urinary system, by which is eliminated much of the earthy matter entering the body with food and drink, no one, who eats and drinks in the conventional way, would live ten years.

Undistilled water, taken internally, is very bad. Boiling the water removed only a portion of the water and leaves the earthy matter behind.

In the hundredth part of a drop of raw water the microscope reveals a world of tiny animals. The dead bodies of the animals remain in the water after it is boiled, and help to clog the depurating organs and eliminating channels.

By drinking boiled water one may avoid taking the live animals into the body, but one buries their dead remains in the body. If raw water is an aquarium, boiled water is a cemetery.

After boiling in a clean teakettle for a week the water from a well, spring, creek, or lake, a stony coating will be found on the inside wall of the kettle.

### LIME DEPOSITS CAUSE STIFF JOINTS

What occurs in the body when one drinks such water for forty years? If the body were as helpless as the kettle to protect itself against the accumulation of these deposits, the body would be a solid pillar of limestone in a few years.

Liquid lime is always present in the blood. When a structure or gland decomposes in the presence of liquid lime, the lime begins to fill the space resulting from the decomposition, and there it solidifies.

Many fossil remains of ancient animals and vegetables are limestone casts thus filled in as the original entity decayed.

Bunions and enlarged joints rise chiefly from this cause. When a joint is held open, as where an ill-fitting shoe holds the great toe pressed over towards the other toes, the liquid lime fills in the space thus caused, and the joint becomes enlarged.

If any joint is held in one position long enough, without movement, it will grow stiff because of liquid lime deposited around the joint. The only remedy is movement of the joint and the use of distilled water, or the juice of oranges or grapefruit, to dissolve the lime so it may be washed out and eliminated.

#### RAIN WATER AND DISTILLED WATER ARE SAFE

Rain water has been distilled by the sun. It is free of all minerals. But when it falls as rain, it may pass through air filled with tiny animals, dust, smoke, soot, acids and all kinds of filth. As it reaches the earth in such cases it is so saturated with the filth of civilization, that its color is a very light straw. As the rain continues to fall, the air soon becomes washed of the filth, and the water grows clear and clean. That is the water one should use.

Distilled water is water that has been transformed to vapor and condensed. It is free of minerals and the only water, except rain water, fit to use. Such water may be boiled in the same kettle for years and will leave no deposits on the kettle's walls.

Distilled water is the greatest solvent known. It is the only water, except clean rain water, that may be taken into the body without damage to cells and tissues. By its continued use, it is possible to dissolve mineral deposits, acid crystals, and other hardening deposits in the body.

Captain Diamond, mentioned in Lesson No. 16, got relief from his stiffened state by the use of fresh fruit juices and distilled water. As these are not "medicines," they are not usually used.

As distilled water is such a powerful solvent, it is bad for the teeth because it leeches out their minerals. The same is true, to a lesser extent, of acid juices such as those of oranges and grapefruit.

Distilled water passes directly into the blood and the solvent properties of the blood are increased by the distilled water to a degree that the blood will keep in solution the mineral salts already in it, and prevent their harmful deposition in organs and glands, and favor their elimination by the different excreta.

If distilled water be taken in large quantities, or if it be the only liquid one takes into the body, it will in time tend to dissolve and remove those earthy compounds that have accumulated in the system, the effects of which usually become more manifest at the ages of 40 and 50.

The daily use of distilled water facilitates the removal of deleterious compounds from the body by means of the excreta, and therefore tends to prolong life.

No water is so good for the body as the distilled water contained in coconuts, melons, berries and fruits. From this source one should

obtain all the fluid the body needs, and plain distilled water should not be used unless one believes it is necessary to dissolve tumors and hardening deposits in the body.

People living in limestone localities who use water from wells, springs, creeks, lakes, are invariably afflicted at a comparatively early age with a general ossification of the whole body. Instances of longevity among such are rare.

As we eat to live and eat to die, so we drink to live and drink to die.

LESSON 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.

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 majority of the medical profession have always knocked 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 now 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 fruit 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 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 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.

"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 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.

#### 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 medicine for the sick. For those who are seeking to regain health, there is nothing that can be taken that will assist nature like this golden elixir of life.

Millions of dollars are being spent annually advertising all kinds of foods. The old high powered salesman has given way to the high powered advertising conuselor. These fellows must lay awake nights conjuring up good advertising copy telling us why we should eat Buncom & Co's Patent Leather Cheese for health.

Having many friends and relatives among the advertising fraternity, printers and allied lines of business, I am 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 it, and there is positively nothing of any sort that can equal these foods for health. All the vitamin content is still intact. There has been no processing of any sort to remove 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.—(Typo Graphic, Pittsburgh, Pennsylvania, February 1931)—Pittsburgh Health Club.

Now we present a most interesting account written by John W. Marshall about a person who lived six months on orange juice. This person was a patient of the author of the above article on "The Wonderful Orange."

### SIX MONTHS ON ORANGE JUICE

*by*  
*John W. Marshall*

For years I had known of 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 or 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 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 amazed.

I 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 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 the November evening as we sat 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, the stocky German type, heralded this acquisition of weight as a sign of health. Of course, I thought the same, as I did 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 great quantities of candies, ice cream, etc., etc. Certainly the most 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 in 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 head-

aches, 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 teeth.

"If the doctors had been unanimous in their analyses of my case and given the same prescriptions I should probably have followed all of the advise 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 with occasional lapses of consciousness. Whenever I rode on the train and occasionally even at work, I drowsed off into a stupor.

"Not only because of my suffering and 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 doctors' medicines failed, the neighbors advised herb teas, mud bath 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 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 I want to tell you it is great to be alive I feel like running and dancing and singing all the time."

To see was to believe. I compared the pictures she showed me of the overfed, overstuffed creature she had been, with the living, breathing reality before me, and I knew 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 that 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 did I 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 the golden drops of sunshine from the orange.

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 1931.

Read over carefully about this girl who began to fatten when she was 14, and how her parents considered it a sign of good health. Then her health began to fade . . . appetite began to wane, tongue heavily coated . . . headache increased and pains extended to other parts . . . heart went bad, breath became short, flesh soft and pudgy, ankles almost as large as calves of her legs.

She was 18 years old, 5'1½" tall, and weighed 186 pounds. Ready to give up in despair when Dr. Wilcox put her on orange juice.

Improvement was rapid and surprising. Within ten days she felt much better and continued the orange juice for six months—and was "*completely restored to health.*"

While on the orange juice diet she carried on her regular work "in the office of the Westinghouse Electric Company."

Then she changed to a diet of "raw foods entirely, green vegetables and a few nuts." She said, "This diet I enjoy much more than I did the old conventional cooked diet."

This young woman made an excellent start on the path to Breatharianism, and no doubt had continued had she been properly advised. But no one knows anything about Breatharianism and the advice she needed no one could give.

The turning of the earth on its axis affects not the body. The fault is not in our body but in our conduct and habits if we grow decrepit. The press of May 3rd, 1936, reported the case of a woman who neither ate nor drank for 56 years, and "*at the age of 68 she acts and looks like a child.*"

#### LESSON No. 21

### BREATH OF LIFE

"The Essence of the Universe is in the Infinite Air in eternal movement which contains ALL in itself. Everything is formed by integration and disintegration of the AIR under the Law of Expansion and Contraction."  
—Anaxmenes.

We saw in the preceding lessons that man eats to die and drinks to die. Now we shall learn that he breathes to die.

Breathing is such an easy, natural function that people give it little attention and regard it lightly.

Until recent discoveries in the field of atoms, only a few realized that the Essence of the Universe is in the Infinite Air in eternal movement which contains ALL in itself.

Man has gone without eating for weeks and lived. It is reported that some people have lived for years without eating. Man has gone without drinking for 30 days and lived. But if he stops breathing for three or four minutes, it is fatal.

This is proof that breathing is the big secret of living. *When we stay the Breath we stop the Life.*

According to ancient wisdom, the mystery of Life is not in the body's function, nor in food, nor in chemical changes occurring within the body, nor in the decomposition of the body's tissues—but in the "Spiritus Nitro-aerius."

The Breath is the Life (Gen. 2:7). The Spirit of Life animates the body; the flesh profits nothing, remaining a chemical compound of atoms. When the Breath of Life no longer animates the body, it disintegrates and its atomic elements return to their original source (Eccl. 11:2; Jn. 6:63).

That is the philosophy of the Ancient Masters. It sounds sensible and its truth is hourly proven.

Had this ancient secret of Life been lost, the world had nothing to guide it in this important field but the absurd theory of modern science,—that Life is the expression of a series of chemical changes (Osler).

When we recognize that "Breath Is Life," as Pundit Acharya put it, we have a definite law of biology, psychology and physiology—a law that modern science up to this hour has not.

## EARLY THEORIES OF RESPIRATION

The Secret of Life was confined by the Masters to their Mystery Schools, and imparted only to the Initiates. It was unknown to the masses. That accounts for the stupid theories of Respiration that prevailed in the days of Aristotle (384—322 B.C.).

From his day down to the 15th century A.D., it was believed by science that the purpose of breathing was "*to draw air into the body to cool the blood.*"

Out of this theory came the absurd Galenic doctrine (131-210 A.D.) that—

"Air introduced into the body by breathing served to regulate, to maintain and at the same time to temper, to refrigerate the innate heat of the heart."

It is shocking to learn how little was known about Respiration by the supposedly intelligent men who laid the foundation of modern science. It was chiefly through the work of a group of Englishmen in the 17th century that occurred the unraveling of some of the secrets of Respiration.

In 1667 the discovery was made that air is absolutely essential to the life of animals, and that the gases of the inhaled air enter into and become part of the blood.

What were men of science doing that less than three centuries ago they knew not that Air is positively essential to the life of animals?

At that time chemical knowledge was so deficient that nothing was known of what occurred after the inhaled air entered into and mixed with the blood.

That secret was explained in the ancient records, some fragments of which Constantine's army failed to destroy in the 4th century, after it had been decreed at the First Council of Nicea that the Ancient Wisdom must be destroyed, as a result of which destruction the Roman Empire and all its provinces were plunged into a reign of darkness that ruled for a thousand years. Gibbon did not write a true story of the "Decline and Fall" of Rome.

The next step in the dark realm of Life was the discovery that the difference between the dark, venous blood, and the bright red arterial blood is due to the admixture of gases from the air.

Until this discovery, modern science had considered Air as a very simple substance and not a complex compound. It had sneered the statement that "*the Essence of the Universe is in the Infinite Air in eternal movement which contains ALL in itself.*"

## PHYSICO-CHEMICAL THEORY OF RESPIRATION REDISCOVERED

It remained for John Mayow, in 1643, to discover what was well known to ancient science. All the air inhaled is not used by the lungs to influence the blood, but only a certain part, which he called "Spiritus Nitro-aerius," and which was later termed 'oxygen.'

Mayow thus discovered part of the ancient secret of animation, and developed the first faint physico-chemical theory of Respiration in modern times. He said:

"With respect to the uses of respiration, it may be affirmed that an aerial something, whatever it may be, essential to life, passes into the blood (from the air). Thus the air expelled by the lungs, these vital particles having been extracted from it, is no longer fit to breathe again."

This remarkable discovery meant so little to medical art, that Mayow's work lay neglected and forgotten for almost a hundred years. The secret of animation, of Life, was exposed before their eyes, yet they saw it not.

In 1774 Priestly re-discovered Mayow's "Spiritus Nitro-aerius" and isolated a gas he termed oxygen. But it remained for Lavoisier (1782) to show what oxygen is, thus throwing more light on Respiration, but failing to find the secret of animation.

It was not until the middle of the 19th century, when Gustav Magnus proved the presence of the blood-gases, in different proportions in the blood, that the modern theory of Respiration assumed anything like definite form.

Almost another century was destined to elapse before medical art considered Air sufficiently important in relation to health and life to make a special study of it.

In 1924 a group of physicians working at the St. Louis Infirmary in cooperation with Washington University, concluded from their study of 1000 persons, that better health and longer life for middle-aged people may be achieved by "*maintaining the proper level of oxygen consumption in the body.*"

The group found that the ideal oxygen consumption occurs in the first ten years of life, when the lungs are in good condition and chest expansion is greatest. Then the rate of oxygen consumption declines—but the reason why was not stated.

By the time a child is ten, the amount of oxygen consumption begins to decline because shallow breathing begins, because of lung degeneration, because of the polluted air of civilization.

The epoch-making discovery that Air is of paramount importance in matters of Life and Health arrived too late. Text-books had already been filled with the theories to the effect that Life is "*The ex-*



*pression of a series of chemical changes*"—(Osler), that air has little or nothing to do with the matter.

Until about fifty years ago, air was considered by the doctors as being so dangerous to the sick, that when the medical doctor called, after an examination of the patient, he ordered windows closed and fastened down, and all cracks and air-holes plugged with cotton to keep out the air. He further ordered a heavy blanket hung round the bed so as little air as possible could reach the patient.

It took Dr. Bremer of Germany sixty years to convince people that air is good for the sick. After he forced the doctors of this country to recognize the truth, the medical association sent one of its leading lights into the New York mountains on a "fishing trip." This doctor "discovered" that outside air is not injurious to the sick, but actually beneficial.

### BREATHING PRIMARY FUNCTION

We stated in Lesson No. 12 that while eating and drinking are voluntary and controlled practices, Respiration is an automatic, involuntary process, 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.

Respiration 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 breathing function.

The lungs are definitely designed for and adapted to their work. They are by far the largest organs in the body, filling the thorax from the collar bone to the lower-most ribs, and from the sternum in front to the spine in back.

The Lungs are truly the Organs of Life. When you stop breathing you stop living; and when you die, you go gasping for breath.

Professor J. S. Haldane of England, in his work on Respiration, wrote:

"Living is actually a struggle for air. Keep the vast lung surface of the body supplied with fresh air, and observe all other health rules, and there is, speaking scientifically, no known reason why you should ever die."

The Living Organism contacts the realms of Spiritual and Material Substance through the respiratory and digestive organs. The body is equipped with Dual Centers to insure

- (1) its preservation and
- (2) its perpetuation.

The first of these centers are the Organs of Respiration. They are for the preservation of the organism itself. The second are the Organs of Generation. They are for the perpetuation of the race.

The Breathing Centers, the Spiritual Organs, are the point in physiology where the ignorance of physical science "is profound" to use the words of the great Carrel. He wrote:

"In fact, our ignorance (of the body and its function) is profound. Our knowledge of man is still most rudimentary. Our knowledge of the human body is, in truth, most rudimentary. It is impossible to grasp its constitution. An endocrinologist, a psychoanalyst, a biological chemist are equally ignorant of man. Our knowledge of man is still rudimentary" (Man The Unknown, Pp. 4, 5, 109, 289).

Dr. A. E. Crews, professor of Edinburgh University, wrote:

"It is more difficult to explain why man dies than why he does not live forever."

## WHY MAN DIES

If we know not why man dies, it might be well to learn why he lives, as such knowledge may disclose the reason of his death.

"And He breathed into them the Breath of Life. Life came with the Breath, and so Breath became the Principle of Life. But it goes deeper than that. We must breathe to get food from the air with which to sustain life. Breathing is properly the first requisite to health" (Editor of Nature's Path).

Some may sneer at that statement and contend that there is no Life Principle; that vital function is the result of a series of chemical changes (Osler).

Ancient science held that through the nose and mouth, through his respiratory and digestive organs, the Spiritual Essence of the Universe enters man's organism, thus linking him directly with God.

The absolute and uninterrupted persistence of the function of respiration is the leading wonder of the living organism.

As the new-born babe takes its first inhalation, it begins that process of breathing which will never cease except in death. Its cessation for only a few minutes is fatal.

This knowledge discloses why man lives and why he dies. It narrows the search for the secret why man dies to the point where we must discover why respiration fails.

The process of breathing contacts man with God. Were that contact never disrupted, it would mean Eternal Physical Existence and Eternal Knowledge, according to Herbert Spencer (1820-1903).

## WHY MAN LIVES

Spencer gave the modern world the most scientific explanation why man lives and dies. He wrote:

"Perfect correspondence 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 (Physical) Existence and Eternal Knowledge." (Principles of Biology).

Spencer committed the error of believing that God's work is imperfect, and that man's somatic demise results from the faulty construction of his organism.

If we can define scientifically a condition in which the organism would continue to live without end, then eternal physical life becomes a reality attainable by supplying that condition.

Professor Weissman said that:

"Death is not a primitive attribute of living matter, but is of secondary origin."

Dr. James T. Monroe supported that assertion when he wrote:

"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" (Advanced Physiology).

Not only is man a mystery, but equally mysterious is the reason why he dies. Dr. William Hammond, late Surgeon General, U. S. Army, wrote:

"There is no physiological reason known at the present day why man should die" (How To Live Forever).

Biology shows that man could not come into physical being until the condition of his physical Environment met the requirements of the Law of Perfect Correspondence.

We know that condition prevailed when the first man came into physical existence. We feel safe in assuming that these harmonic conditions continued so closely to perfection, that early man lived for thousands of years.

God's Plan of Life intended that Perfect Correspondence should always prevail as between man and his environment. That would fulfill Spencer's Law of Eternal Physical Existence and Eternal Knowledge.

It appears logical that man's death was due to his failure to live in complete harmony with the law that made him a physical being.

Spencer cannot be wrong in holding that perfect correspondence would be perfect life. That is the Law of Physical Existence. But he cannot be right in assuming that the discord rises from faulty construction and constitution of the body. In that case man could not have come into physical being.

The biblical record shows that it was Adam's misconduct, not the faulty constitution of his body, that created the discordant condition that caused his somatic demise (Gen. 2, 3, 4).

Professor Henry Drummond supported the theory of man's contact with God when he referred to the "scientific principle of continuity existing from the physical world to the spiritual."

While ancient records and later discoveries support Drummond's assertion, it is so directly opposed to the theory of Evolution that physical science rejects it, and suppresses all fact which upset its theories.

While the line of contact between man and God remains normal, perfect correspondence prevails. No reason for its disruption appears—except that the contact is weakened by the degeneracy of man's body, due to the artificial environment he has built for himself, and the faulty habits he has acquired.

Civilized man has long been a stranger to the Natural Environment in which the race first came into physical being. Carrel says:

"The environment which moulded the body and soul of our ancestors during many millenniums has not been replaced by another" (Man The Unknown, P. 10).

The constitution of man's body has not changed to meet the new conditions of his artificial environment that has replaced his natural one. The result is that of perpetual discord between man and his environment. The effect of this discord is a general deterioration of man's body, the symptoms of which are termed disease.

Man's artificial environment and faulty habits cause degeneration to progress steadily in his body, causing the line of contact with God to weaken. The result is a decrease in the Breath of Life that leads to somatic death.

It is similar to a machine that weakens and fails because of faulty contact with its source of power. The electric machine stops and the electric light dies when contact with the source of power is disrupted or severed.

Man is governed by a similar law. He weakens and dies when contact with his source of power is disrupted or severed. His physical demise results because for him perfect correspondence with the Conditions of Life no longer prevails.

## LESSON NO. 22

### SPIRITUAL ORGANS

"Each part of the body 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 Cells as for our (physical) Mind. The body perceives the remote as well as the near, the future as well as the present" (Carrel, in *Man The Unknown*, P. 197).

We saw how amazingly little modern science knows of the Breath of Life and the function of Respiration. It has not yet discovered in the body the Spiritual Organs of man.

Ancient writings are filled with references to the Spiritual World. Modern science holds that such world is a myth—that all is material substance and mechanical energy.

Ancient science taught that man is a miniature Universe (Microcosm). Hence, if there is a Spiritual Realm in the Universe (Macrocosm), there must also be one in man. If that be true, man's body must contain organs through which the Spiritual Realm may manifest itself on the material plane.

Not long ago modern science regarded the air as empty and void. Thousands of years before the Masters taught that "the Essence of the Universe is in the Infinite Air in eternal movement which contains ALL in itself."

All animals exhibited strange powers. Hornets and wasps have always known how to make paper. They were never taught and needed no experience. Whence comes this knowledge?

Birds have always built their nests as they do now, and each kind builds a certain type of nest. They were never taught, and needed no experience. Whence comes this knowledge?

Birds know which way to travel and when to avoid winter's icy blast. They know that snow and ice will come at a certain time, and they must fly in a definite direction to a certain region to escape the fate of being frozen to death. Whence comes this knowledge?

Modern science has no rational answer for these questions. The best it can do is to suggest that the birds and beasts are guided by "instinct." It fails to explain what "instinct" is, and assumes that it must be a property of Matter.

### MATERIALISM IS A SUPERSTITION

Modern physics has studied phenomena in matter around us. That brand of physics died with the discovery of the electron. Physicists are now busy trying to make the electron fit their materialism. They refuse to understand that the electron belongs to another world—the Spiritual World of the Masters.

Professor J. S. Haldane, noted English astronomer, said:

“Materialism, once a plausible theory, is now the fatalistic creed of thousands (of modern scientists), but materialism is nothing better than a superstition, on the same level as a belief in witches and devils. The materialists theory (of science) is bankrupt.”

And so is the materialist theory of Evolution.

Radio, Radar and Television are mechanized examples of the Spiritual Powers that operate as Vital Intelligence in the strange conduct of birds and beasts, which science calls Instinct. Why does man not have these powers?

The Ancient Masters taught that there is a Spiritual Realm in man. “The kingdom of God is within you” (Lu. 17:21). That includes everything and all.

The Spiritual Realm of God in man is located in the Spiritual Chambers of the skull, called the Golden Bowl by the Masters (Eccl. 12:6).

These Chambers, the function of which is unknown to modern science, are Five in number. The Masters called them the Five Stars of the Microcosm, and they are symbolized in ancient scriptures by certain fives, as the Five Golden Emerods (1 S. 6:4); the Five Loaves (Mat. 14:17), etc.

The Sankhys doctrine states that the Five Physical Senses of conscious man are the exteriorized products of the five corresponding Spiritual Centers, which are as follows:

1. **FRONTAL SINUS**—A cavity in the frontal bone of the skull.
2. **SPHENOIDAL SINUS**—A cavity in the sphenoid bone of the skull.
3. **MAXILLARY SINUS**—Largest of the five, and resembles a pyramid in shape.
4. **PALATINE SINUS**—A cavity in the orbital process of the palatine bone and opening into either the sphenoidal or a posterior ethmoidal sinus.
5. **ETHMOIDAL SINUS**—This chamber consists of numerous small cavities occupying the labyrinth of the ethmoid bone, and in these cavities are situated the small, mysterious glands known in Occult Science as the Intellectual Organs.

The Sinuses communicate directly or indirectly with the nasal cavity; and it is highly significant to observe that they receive the Breath of Life directly and unmodified as it flows from the Universe to them through the nose, and before any of the other air organs have a chance to select and absorb any substance from the Spiritual Essence of the Cosmos, charged with every known and unknown element.

The Sinuses are lined with the mucus membrane extending into them from the nose, and to them rapidly spreads all disorders that

affect the nose. They receive without protection the full charge of all poisonous gases and acids in the air.

The nose is the first organ that reacts to polluted air, and that reaction is called a "cold." The inflammation resulting from the effect of the polluted air extends from the nasal mucus lining to that of the Sinuses, causing such disorders as frontal headache (frontal sinus), pain in the cheek (maxillary sinus), pain between the eyes (ethmoidal sinuses), and deep seated pain at back of eyes (sphenoidal sinus).

These aches and pains, indicating serious damage being done to these Spiritual Chambers, are caused by poisonous air entering the nostrils. The air may be so slightly polluted that it fails to produce the reaction called the "simple cold."

Thus begins the destruction of the vital Spiritual Centers of man while he is only an infant—and when the truth is known, that "cold" is a sign of serious damage being done, and not so "simple" as some think.

The mucus excretions of the lining of the maxillary sinus, in inflammatory conditions, fill up this sinus, as the orifice is at the uppermost part. Much of the mucus as cannot be blown out through the nose, remains in the sinus where it gradually hardens, destroying the spiritual function of that chamber—the largest of the group.

#### RECOVERY FROM ILLNESS ONLY PARTIAL

Full recovery from ailments is a myth. Each one is a step down the ladder of degeneration to the grave at the bottom. If the illness is slight, the downward step is short. If severe, the downward step is longer.

Recoveries from each illness are only partial, regardless of how slight the illness may be. But if degeneration has not gone too far, a change in one's mode of living that brings the body in harmony with God's Law of Life, will result in Regeneration.

The sinuses superficially appear to some as nothing more than air chambers in the skull. They are ignorant of their true function, and assume that their purpose is to lend resonance to the voice. The voice organ is in the throat, not in the nose nor in the sinuses.

Occult Science, termed by modern science as "that school of stupid superstition," teaches that in these Spiritual Chambers is located the seat of the Intellectual Divinity of man.

These air chambers and the small glands in them constitute the spiritual sense-centers that receive from the Cosmic Source the Higher Intelligence which is too subtil for contact by the five physical senses of conscious man, in his present degenerate state. But this was not so when man enjoyed full Physical Perfection.

Into these chambers there incessantly flows from the Cosmic

Ocean of Ether a peculiar gaseous substance, a subtil essence, known to the Ancient Masters as Mental Spirit. It can produce no normal reaction in the spiritual chambers of civilized man, as they are deficient, dormant, degenerated by the evil work of polluted air.

The small glands, the Intellectual Organs, located in the skull near the point where the nose joins the forehead, are activated by the Mental Spirit that passes through the nostrils into the sinuses, and, when they are normal and functional, they coordinate and collaborate with the sinuses. This is the chief Spiritual Intelligent Center of man.

### THE KINGDOM OF GOD WITHIN

In wild birds and beasts, and the wild natives that have not been tainted and tinged by the "blessings" of civilization, these spiritual centers are functionally developed—and modern science attempts to explain the uncanny powers of these creatures by asserting that they are guided by "instinct;" but we are not told what "instinct" is.

If a hunting dog be kept in the house and breathe the polluted air the same as the members of the family, in time the nerves in the nose and sinuses become dull, the dog loss its keen sense of smell and is unable to trail game. Like causes produce like effects.

Some wild tribes are found that still possess the peculiar powers of wild birds and beasts. The polluted air of civilization has not reached them yet, and their centers of Cosmic Intelligence are not dormant and rendered practically useless by the destructive action of polluted air, in which civilized man lives and labors from birth to death.

### UNCANNY POWERS OF INDIANS

According to innumerable observers and historians, as well as Indian tradition, when the Spaniards arrived to take over South America, they found that the Incan races had an uncanny and supernatural ability for conveying and receiving accurate information over long distances. If we are to credit the apparently unvarnished accounts, it was as remarkable in its way as wireless telegraphy or mental telepathy.

An Indian could and often did know exactly how many men or horses were approaching long before they could be seen or heard. He could tell where or in what direction a friend or foe was traveling, and he could perform many more equally mysterious feats.

Dr. Juan Durand, who devoted many years to a study of Indian history, traditions and life, personally witnessed such feats.

One night, while at an Indian hut at Raco, the Indian owner placed his ear to the floor and told Dr. Durand the exact number



of men in a platoon of soldiers who were passing at a distance of more than three kilometers from the spot.

Another Indian at Pano, without rising from his couch, stated the number of men on foot and the number of mounted men traveling on a distant road, and even told the order in which they moved and the direction in which they were going.

In 1896, while between Cayumba and Monson, Durand's Indian carriers deserted. Other Indians, without faltering or hesitating, gave the exact route the deserters had taken and followed them for eight days across deserts, mountains and rivers where there was no sign of a trail or spoor, often cutting across country, and found the deserters exactly where they had foretold.

According to historians and to Dr. Durand, the Peruvian tribes were able to receive such information of distant events by their ability to "read" the barking and howling of their dogs, and that this knowledge of the dogs' language thus enabled them to receive information and full details of matters of which they would otherwise know nothing. In all probability this was merely an explanation to satisfy the curiosity of the white man.

An amazing demonstration of the miraculous powers once active in the body, but apparently dormant in civilized man, occurred in Czechoslovakia and was recently reported in the Magazine Digest.

It appears two young men discovered that after certain vigorous breathing exercises in good, fresh air, they could make themselves into human radio receiving sets. With nothing but a loud speaker, on which they put their hands, they could at will tune in any station within several hundred miles and bring in the music clearly through the loud speaker. They were investigated by reporters and professors, but no explanation could be offered except the breathing exercises appeared to be essential in conducting the feat.

There are inexplicable mysteries in the air we breathe and in the various organs of the body, about which modern science knows nothing. We have learned a little about these air mysteries by the invention of the radio-radar-television mechanism. Previous to these inventions, no one had believed in the air mysteries that we have discovered. We will recover more of these lost and miraculous powers of the body as we resurrect its dormant and deranged organs by living more in harmony with cosmic law.

Carrel says that man is not confined to his body, but diffuses through space. In telepathic phenomena, he instantaneously sends out a part of himself, a sort of emanation, which joins a far-away relative or friend. He thus expands to great distances. He may cross oceans and continents in a time too short to be estimated.

The hypnotist and his subject are sometimes observed to be

linked together by an invisible bond, which seems to emanate from the subject. When the communication is established between the hypnotist and his subject the former can, by suggestion from a distance, command the latter to perform certain acts. At this moment, a telepathic relation is established between them. In such an instance, two distant individuals are in contact with each other, yet both appear to be confined within their respective anatomical limits.

Thought seems to be transmitted, like electro-magnetic waves, from one region of space to another. We do not know its velocity. Neither biologists, physicists nor astronomers have taken into account the existence of metaphysical phenomena. Telepathy is a primary datum of observation.

We know that Mind is not entirely described within the four dimensions of the physical continuum. It is situated simultaneously within the material Universe and elsewhere. It may insert itself into the cerebral cells and stretch outside space and time, like an alga, which fastens to a rock and lets its tendrils drift out into the mystery of the ocean.

We are totally ignorant of the realities that lie outside space and time. We may suppose that a telepathic communication is an encounter, beyond the four dimensions of our universe, between the immaterial parts of two minds. But it is more convenient to consider these phenomena as being produced by the expansion of the individual into space.

In rare instances in the polluted realm of civilization, it still occurs that strange intelligence is shown by a child of perhaps five or six years of age, and the child is regarded as a prodigy. Modern science is unable to offer any sensible explanation of this peculiar phenomenon.

It may be a case where polluted air has not yet had time to dull and dormantize the spiritual centers in the child's head, and it is able to contact and receive certain phases of Higher Intelligence direct from the Cosmic Source, as the Ancient Masters did ages ago.

In a few years, polluted air has done its destructive work, and the child who was once a prodigy, sinks in the realm of intelligence to the level of the social pattern of the masses. Thus do we become what our environment makes us, while we in turn make the world in which we live.

#### LESSON No. 23

### SPIRITUAL POWERS

"We possess no technique capable of penetrating the mysteries of the brain. . . . Our intelligence can no more realize the immensity of the brain than the extent of the sidereal universe. . . . The cerebral substance

contains more than twelve thousand millions of cells" (Carrel, in *Man The Unknown*. Pp. 9, 95).

That overt admission of the greatest medico-scientist since Darwin and Huxley clearly exposes the falsity of medical claims about solving the secrets of the chemical, physiological, psychological and biological operations of the body, so fearfully and wonderfully made (Ps. 139:14).

In a lecture delivered at Dornach, Switzerland, April 1st, 1922, Rudolf Steiner said:

"In his head, in the wonderful convolutions of his brain, man is the image of the entire cosmos. In the body of the mother the human being is formed as an image and likeness of the Universe. Man is first brain, the image of the cosmos. We can study the cosmos by studying the human embryo in its early stages."

When Cosmic Radiation starts the formation of a new person, the process begins with the brain, and next with the nerves.

A 26-day old foetus consists almost entirely of brain substance. The body then looks like an elongated brain.

The head of a normal, new-born babe is more fully developed than is any other part of the body, and develops less after birth than any other part. This fact indicates the relative importance of the brain.

The brain, spinal cord and nerves are by far the most important parts of the body. These organs are found to be normal in persons who are said to have died of starvation. They are sustained by the oxygen and nitrogen gases in the air and the oxygen and hydrogen gases in the vapor in the air man inhales (Lesson 19).

It is computed that civilized man rarely develops more than ten per cent of his potential mental capacity because most of his thinking and brain work are done for him in order to bind him into the social pattern.

Every part of the body and every organ and gland are under the direction and control of the brain, through the agency of the nerve system.

Without the five physical sense organs and the brain and nerves, man could have no knowledge of the physical world, nor of anything in it. He would not be conscious of his own existence. He could not be aroused from his slumber any more than a tree can become conscious of the animal plane.

#### ANCIENT SCIENCE OF MAN

Modern science knows not that the correct interpretation of the first six chapters of Genesis and the Book of Revelation of the Bible, and the Ancient Science of Man, are concealed in his own body,

and there preserved forever in the rudimentary organs, the embryological and homologous structures remaining dormant in his organism.

People have been so completely blinded by the theory of Evolution, that they do not try to understand these strange signs of the Creative Principle, nor to discover their hidden meaning.

The rudimentary structures in man's body are not dead. They are only dormant, and are capable of rebirth, resurrection, regeneration and rehabilitation. When "born again" they will present that Physical Perfection in Man known to the Masters more than a million years ago.

The Spirit of the Universe is in the air man breathes. Deposited in his blood and nerves, with each inhalation, is the power that animates his organism and produces that intelligence which directs not only the mysterious phenomenon of Life itself, and the conduct of birds and beasts, but the course of the planets through the misty reaches of space.

#### SPIRITUAL INTELLIGENCE

Spiritual Intelligence is a phenomenon so far beyond the comprehension of modern man, that the very term means nothing to him.

One author says that "Radar is the new scientific name applied to a most ancient occult practice."

Birds live in the higher, purer currents of air. Their spiritual intelligence organs have not been crippled by the poison air of civilization, and much of their conduct is inexplicable. They fly in large groups, go in the same direction, perform in various ways, and wheel in the air as if controlled by one Great Mind. That is an example of the work of the Cosmic Mind in cases of animals whose spiritual chambers have not been crippled by poisoned air.

The same delicate powers of electro-magnetism enable the birds to fly on a curve. These curves are derived from aerial magnetism, of which, so far, man is able to use only the north pointing vibratory rays.

It would be preposterous to suggest that man can make what God cannot. Man's skull contains the ruined remains of the most perfect radio-radar-television mechanism that one can imagine, with five tubes termed Sinuses, all of them dual purpose, with built-in radionet antenna, automatic power rectifier and automatic control.

This mechanism in man's skull is the original pattern that has been imitated by the work of art. The imitation cannot begin to compare with the original. It is only an artificial replica of what man once had and lost,—his miraculous unused powers.

Man's brain and nerves are the physical mechanism that releases

him from his physical tomb of silence and darkness, and gives him all the knowledge he has of his physical being and physical environment.

Before his perfect radio-radar-television mechanism was ruined by poisonous gases, it released him from his physical senses and physical environment, nullified the illusion of space and time, and revealed his dual personality, to the effect that he is temporal in the physical and eternal in the spiritual.

Then the Spiritual Light of the Cosmos illuminated the Field of Infinitude in man's physical consciousness, and his Spiritual Consciousness, becoming active, made him omniscient for that period. The past and the future, space and time, vanished and became for him the Eternal Present.

In the realm of Spiritual Intelligence, the first new psychic sensation is that of a strange duality in oneself. As this change comes, man finds himself in a world entirely new and unknown to him. It has nothing in common with the physical world. It has no sides nor limits; all is visible at once at every point. Everything is unified, linked together. Everything is explained by something else, which in its turn explains another thing. To describe the first impressions or sensations, it is necessary to describe all at once.

Should one attempt to describe the realm of Spiritual Intelligence, one has no words for that purpose. Language that describes the physical world cannot describe the Spiritual.

That is the reason why one who has had mystical experiences uses, for expressing them, those forms of images and words of the physical world. But these describe the physical world and not the Spiritual.

Therefore, one who returns from the realm of Spiritual Intelligence, the mystical states of consciousness, cannot describe one's experiences because it cannot be done in the language of the physical world, and one knows no other.

#### MAN'S INTELLIGENCE

Man's body is composed of trillions of cells. Each cell is composed of millions of atoms, each of which is a miniature solar system, with "planets" in the form of electrons whirling at tremendous speed round a common center of attraction.

The cells of man's body are intelligentized by Cosmic Consciousness, and animatized by Cosmic Force.

Man's intelligence comes through his cells, direct from the Cosmic Source. Cosmic Intelligence is limited in man due to his limited capacity to receive and express it. This capacity arranges men into many classes; and those of each class express intelligence according

to the condition of the body. The more perfect the body, the greater the intelligence it will express.

Man is a creature of vibratory impressions received from Cosmic Rays. This makes modern man's capacity of consciousness very small in his present degenerate state. He is dependent upon his five degenerate physical senses to contact the radiations of the Cosmos and these senses are more or less deficient, while his Five Spiritual Senses have been dormant and rendered useless by the poisoned air of his environment.

### INTELLIGENCE OF ANIMALS

Naturalists tell us that there are perhaps five hundred other senses used by bugs, birds and beasts. Poisoned air has not damaged their sense organs.

Ants, bees and caterpillars navigate by the sun or the moon. Their eyes can detect sun-rays even through clouds.

Gymnarchius Niloticus, a fresh water fish, sends out electric impulses at a rate of several hundred a second, which create an electric field—something that degenerate man has difficulty in detecting. This fish feels things at long distances in this manner.

Birds of prey that see miles away, do the trick neatly with devices in their eyes that enable them to keep their sight fixed, once they have seen something they want.

Man can do this in reverse by watching an air-plane vanish. He can see it much farther if he keeps his eyes fixed on it.

Flashes of light by fire-flies are code signals by which the males attract the females.

Bats make super-sounds to guide them by echoes which few but they can hear. More surprising is the fact that some insects, which bats eat, have the ability to detect the super-sounds and thus escape the bats.

Water beetles that skate on ponds move fast but never collide. Their sensitive legs feel the force of the invisible waves caused by the other skating bugs and that feeling tells them the direction to go to avoid a collision.

The dragon-fly's neck is its compass. Its head is large, and any object that changes its course bends its neck. Then receptors in the neck send vibrations to put the bug back on its correct course.

Locusts have sensitive spots on their heads that detect any change in the direction of flight.

Following mysterious highways in the sky, migratory birds travel north and south annually. From nesting grounds in the far north, to the south they go for the winter.

Birds have done this in North America since the Ice Age, yet science is still uncertain as to how they follow their precise schedules

and paths of flight, returning year after year to the same places in the north and the south.

Many birds fly tremendous distances, sometimes non-stop, over thousands of miles of open ocean, returning in the spring by entirely different routes. No one yet knows how they navigate.

Small Asiatic birds, migrating between Siberia and India, cross the 20,000-foot peaks of the Himalaya Mountains. The Pacific Golden Plover flies each fall 2,400 miles across an islandless course from Alaska to Hawaii, finding its destination unerringly.

Long-distance champion of the bird world is the Arctic Tern. Nesting as far north as there is land, on the islands rimming the Arctic Sea, these birds fly in early September across the ocean to Europe, thence down the west coast of Africa, and eventually to the fringes of the Antarctic Ocean, the south polar region. Returning in the spring via South America, the globe-trotting Tern covers a distance of some 22,000 miles in one year.

In the field of television, Deslandres said that the homing-sense of birds appears to rise as to the effect of a mysterious electric perception. He wrote:

"Birds can home over territory that offers no visible landmarks. I have seen a pigeon released from a balloon at a height of 5,000 feet. The bird was carried in a closed box. As soon as released, it rapidly described two circles round the balloon and then, without hesitation, darted off in the direction of its dove-cot 250 miles away."

The press of May 9th, 1952, told of a cat that travelled 450 miles to get home. The item says that A. S. Snyman took his two year old cat from Groenfontein, South Africa, to Brandfort, in the Orange Free State, and left it there, returning home by car. The cat, very thin and about exhausted, showed up twenty-six days later at Snyman's farm in the Cape Province, about 450 miles from Brandfort.

In our course of study titled "IMMORTALISM," we go more fully into the subject of the strange powers possessed by the lower animals and formerly by man, but lost by him because of degeneration. In instances of degeneration the higher powers always fade out first.

#### MAN A MINIATURE UNIVERSE

Paracelsus said:

"Man, as microcosm, is formed of the same elements as the Universe, as Macrocosm."

In the Sankhys doctrine concerning the twenty-five elements of Being, we are told that man's five physical senses are only the exteriorized products of the five corresponding latent specializations of

the primary ego-forming Conscious Essence or Soul Substance—the Department of Eternal Knowledge.

So the Ancient Masters taught that as man is Microcosm, a miniature Universe, all things contained in the Macrocosm are also contained in the Microcosm in character if not in degree.

The special sense organs in the perfect bodies of the Ancient Masters were normal and in sympathetic vibration with Cosmic Radiation, hence they could travel in a direct line, as birds now do, toward a distant goal that would be invisible and unknown to modern man. They were able to detect vibrations that our dulled, dormant, degenerated Spiritual Chambers cannot perceive.

### MAN IS DEAD AS HE LIVES

Consider man in a faint, or unconscious from drugs or anesthetic or injury. His body otherwise functions with normal activity to maintain physical life. Nothing is absent but his physical consciousness. The subconscious power, the inner, spiritual man, is intact, uninjured, unchanged, and active. It is only the physical aspect of the conscious mind that is inactive, functionless, as a result of which the open eyes can see nothing, the ears can hear nothing, and the physical powers of smelling, tasting and feeling are absent.

With his five physical faculties inactive, closed and shut off from receiving any vibratory impressions conveying intelligence of the physical world, and also being unable to send forth any messages, the conscious mind of physical man is closed and dead to all physical existence.

*Such man is literally dead as he lives, so far as his conscious contact with the physical world is concerned.*

### MAN LIVES IN THE SPIRITUAL WORLD

Man is never more spiritually dead than when physically alive. His physical organs of higher function, which contact the Spiritual World, are dormant.

Physical man in a state of physical unconsciousness knows nothing so far as the physical world is concerned. Were he actually dead, he could not know less of his earthly being. Yet his body otherwise functions physically as though nothing had happened. He lives physically, but the physical aspect of his Mind is blank. While in that state, he could enter the Spiritual World and return from it, but know it not. In fact, he could be living all the time in the Spiritual World, and be unaware of it.

In the clever scheme to darken the Mind, the despots directed the scribe to write:



*"Except a man be born of water and of the spirit, he cannot enter into the kingdom of God." (Jn. 3:5).*

Then they neglected to delete the statement in the Luke that proves above statement to be false. It is written,—*"The kingdom of God is within you"* (Lu. 17:21).

The spiritual darkness of today is the product of a plan invented at the First Council of Nicea in 325 A.D. The darkness was produced, as then and there decreed, by destruction of the Ancient Wisdom and the invention of a new theology that enthroned the priesthood and enslaved the masses.

That Ancient Wisdom taught the dual personality and the natural immortality of man by revealing the fact that he is temporal in the physical but eternal in the spiritual.

Nature, internally and externally, is filled with light—spiritual through and through. So is man, her highest product. But his spiritual light is within, not without.

It is the scheme to lead man astray by teaching him to look here and there for the kingdom of God, when he should look within (Lu. 17:21).

Go into thy closet, not to the cathedral, and examine the inner sanctuary of the throne of God, within the body, and there find the goal of all human desires (Mat. 6:6).

The inner vision of the Masters was fully opened. They saw through Nature as through clear glass. They saw more through their mind's eye than through their physical. To them all Nature stood revealed to her inmost depths, wherein they saw One Essence, One Spirit, of which all things within and without are but various phases of its manifestation. In it the Masters saw themselves as parts of the same phases, living, moving and having their being sustained by One Spirit which is both Life and Light.

The Masters knew they must live a perfectly natural life, in absolute harmony with the spiritual and physical laws of the Cosmos, and were liable neither to death nor illness as result. They lived as parts of Nature, breathing in unison with the breath of sky and air, birds and beasts, trees and grass, their souls in tune with the Great Soul of Infinity Itself.

The best spiritual, intellectual and moral men of today cannot be compared with the Masters whom we, in our dense ignorance of facts of the remote past, like to call savages and barbarians to make them smaller and ourselves greater. This is all part of the plan of the despots to darken the mind and control the man.

#### PARTHENOGENESIS (VIRGIN BIRTH)

In his book, "Sree Krishna," Bharati states that the Golden Age lasted nearly three million years, and "was the most spiritual age of man" (P. 65).

Men were then physically immortal, with a life-span of a hundred thousand years, and they died at will by sinking into a deep sleep, leaving the physical body behind and returning to their Spiritual Home.

“Men and women had no need for sex life in the Golden Age,” he says (P. 68). The Law of Parthenogenesis ruled, and sexual generation was unknown—as so well described by Dr. George R. Clements in his masterful work “Science of Regeneration.”

“During the Golden Age and the greater portion of the Silver Age,” says Bharati, “all men and women were what the Christians call virgin-born” (P. 136).

When the Romanite missionaries carried to India in the 5th century the virgin birth story related in the Matthew and the Luke, but entirely omitted from the Mark and the John, it did not move the Hindu Masters. The Romanites were utterly ignorant of the fact that they had invaded the land from whence they had received the virgin birth tradition.

The gospel story was based on a report taken from India to Asia Minor by Apollonius, who visited India between 36 and 38 A.D. and again between 45 and 50 A.D., and there received the account of the virgin birth. He brought back the Hindu religion and founded a communistic sect of Nazarites at the village called Nazarita.

According to ancient history, the Hindu god Christna was said to have been born in 3333 B.C., of the virgin Devaki. Concerning this Sir William Jones wrote:

“In the Sanscrit dictionary, compiled more than 2000 years ago, we have the whole history of the incarnate deity, born of a virgin, and miraculously escaping in infancy from the reigning tyrant of the country” (Asiatic Researches, Vol. I, P. 273).

Regarding the virgin birth, Bharati said:

“The fuss that is made about this immaculate conception (by the Christians) succeeds only to excite a smile of pity in the Shestra-enlightened Hindu—a smile of pity for the ignorance of the facts in the past history of humanity, of which they seem to know so little and care less to know more” (P. 136).

## THE KINGDOM OF GOD

Ancient Science taught that man lives here, now and always in the kingdom of God; as that kingdom includes all, both the physical and spiritual worlds.

There is One World with dual aspects: The Spiritual and the Physical. Man actually lives here and now in the Spiritual World, but knows it not because his mind is darkened by the teachings of established institutions, and because he is unable to contact the

Spiritual World due to the degenerate state of his Spiritual Radio—the Air Chambers in the skull.

Due to degeneration, the Five Spiritual Faculties of civilized man, of which his five physical senses are only the exteriorized products, are dormant, closed, inactive, shut off from receiving the vibratory currents conveying to him the cosmic intelligence of the Spiritual World.

In wild birds and beasts, under the control of their vital powers, the organic currents of their higher vital activities tend towards correspondence, towards contact with the cosmic currents and forces.

Such animals have instinctive knowledge of everything connected with the preservation of their being, and such knowledge was possessed by primitive man in even a higher degree. This explains many phenomena as to the conduct of these animals which scientists should be able to understand, but do not.

Grasshoppers have weak sight, but their intelligence organs enable them to find distant regions rich in vegetation. Fishes find suitable spots to lay their eggs. A cat or dog tied in a bag and taken a long distance by train will return to the home some weeks later. A turtle found at Ascension and taken to England made its way to the English Channel and was found again two years later at Ascension.

The Tampa (Florida) Tribune of October 16th, 1951, states that in 1949 Mr. and Mrs. C. D. Smith moved to California after selling their home in St. Petersburg, Florida. They gave their cat "Tom" to the buyer, Robert Hanson. Two weeks later, Hanson wrote them that "Tom" had run away; and that was the last the Smiths heard of the cat until two years and six weeks later, when Mrs. Smith heard a cat meowing in their California yard and asked her husband to go out and chase it away. He went out to do that, but instead of running away the cat leaped into his arms and began to purr. "Hey, Betty," Smith shouted to his wife, "this is old Tom." Old Tom was skinny and worn from his 3,000-mile hike, but happy to find his owners.

Primitive people, in their unpolluted jungles, have the same extraordinary capacity for orienting themselves. It takes the polluted air and environment of civilization to destroy the spiritual powers of man.

For weeks before the terrible upheaval in Martinique in 1902, the population of St. Pierre, the capital city, lived in a state of panic. The volcano called Pelle showed signs of eruption. Scientists and geologists made careful investigations and assured the people there was no danger. The population remained quiet, but the animals did not.

First of all the amphibia, next the mammals, and last of all the

birds left the area. A day later the terrific eruption occurred, and the whole population snuffed out by carbon dioxide.

Their natural powers warned the animals of the approaching danger, while degenerate Homo Sapiens was last in spite of his science and his scientific instruments.

The same thing has happened in many other disasters, and will continue to happen. Wild animals leave the dangerous areas and are saved, while man, not being warned, remains behind and perishes.

Man's lost capacity to contact natural forces and cosmic currents is due to degeneration resulting from an artificial mode of living under artificial conditions in an artificial environment.

His degenerate body is incapable of emitting or receiving the higher currents. He is incapable of receiving the electro-magnetic vibrations that give warning of cosmic dangers because the unnatural life he has led for thousands of years has degenerated the appropriate organs. In view of his higher development, he should get many times better results than the animals do—and the Ancient Masters did.

When man loses his spiritual consciousness, due to the degeneration of his Spiritual Chambers, he is spiritually dead while physically alive, so far as his conscious contact with the Spiritual World is concerned.

The Cosmic Essence that animatizes man's body and intellectualizes his mind, contacts the earth in that subtil, invisible compound termed Air—a substance concerning which modern science knows little, as we saw in Lesson 21, yet so potent and paramount that *"the Essence of the Universe is in the Infinite Air in eternal movement which contains ALL in itself"* (Anaximenes).

As this potent substance flows into man's lungs through his nostrils, a certain portion enters and activates the "inner shrines" of the Temple of God, situated in the Golden Bowl (Skull), and termed Sinuses.

In civilization this potent substance, without which man would die in a few minutes, is poisoned beyond description by his works and inventions. Polluted air fills the cities and homes, shops and hospitals, and deterioritizes and dormatizes the nerves extending to the Brain from the Five Sinuses, the "Inner Shrines."

As the function of smelling weakens and fails because polluted air has deterioritized and dormantized the nerves extending to the brain from the nose, so the spiritual function of the sinuses weakens and fails for the same reason—and man thus becomes dead as he lives, so far as the Spiritual World is concerned.

## FEEBLE MINDS

Dr. Charles H. Mayo said:

"Every second hospital bed in the United States is for the mentally afflicted."

Professor Eli G. Jones, M.D., a prominent American physician and educator of fifty years experience, said that every fourth physician was a drug addict.

Civilized man has not only lost practically all his spiritual powers of contact with the Spiritual World, but he is rapidly losing his physical powers of contact with the physical world.

Carrel declared that in New York State one person out of every twenty-two must be placed in an asylum at some time or another. In the whole of the U.S.A. the hospitals care for almost eight times more feeble-minded or lunatics than consumptives. He continued:

"In the whole country (U.S.A.), besides the insane, there are 500,000 feeble-minded. In addition, surveys made under the auspices of the National Committee for Mental Hygiene have revealed that at least 400,000 children are so unintelligent that they cannot profitably follow the courses of the public schools. In fact, the individuals who are mentally deranged are far more numerous. It is estimated that several hundred thousand persons, not mentioned in any statistics, are affected with psychoneuroses. These figures show how great is the fragility of the consciousness of civilized men" (Man The Unknown, P. 155).

According to the press of November 28th, 1947, psychiatrists estimate that one in sixteen persons in the U.S.A. is mentally weak. The report says that Dr. Valdimir Eliasberg stated that there are 800,000 insane persons in various institutions, and eight million more are wandering through the cities, because their families and friends consider them harmless eccentrics and let it go at that. Millions more are in the beginning stages of paresis.

Man is dead to the physical world when his physical senses fail, although still alive. He is dead to the Spiritual World when his spiritual senses fail, yet he is still alive.

Civilized man has lost all contact with the Spiritual World, and is rapidly losing contact with the physical world.

Much importance is given to physical food while no attention is given to spiritual food. Physical food is what we eat, while spiritual food is that which we breathe.

While only a child, the poisoned air of civilization deteriorates man's body, dulls his physical senses, and dormantizes his spiritual powers. He makes his world and his world makes him. Perfect Correspondence must prevail. That is cosmic law.

## ANCIENT SCIENCE vs. MODERN NONSENSE

Modern science holds that man is only a physical body that functions as the result of "a series of chemical changes." When body function stops, man's extinction comes.

Ancient Science taught that the body is a material instrument, and as such it is—

1. Constructed by Cosmic Processes,
2. Animated by Cosmic Power,
3. Directed by Cosmic Intelligence.

According to ancient philosophy, the Cosmic Breath of Life enters man's body through his nostrils (Gen. 2:7), the channel provided for that purpose, and passes into the Spiritual Chambers of the head and on to the lungs. In the lungs it is absorbed by the blood and carried to every body cell, while Cosmic Intelligence, through the sub-conscious mind, directs the body's involuntary functions.

That ancient doctrine is a fact of observation, while the theory of modern science is the fancy of a weak mind.

*“Those who have finished by making  
all others think with them have usually  
been those who began by daring to  
think for themselves.”*

—Colton.



*“The old thoughts never die; immortal  
dreams outlive their dreamers and are  
ours for aye; no thought once formed  
and uttered ever can expire.”*

—Mackay.



*“A thousand years hence the contents of this work will be as up-to-date as at this hour . . . writings and methods of living based on Cosmic Law are always in order and never become obsolete.”*



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