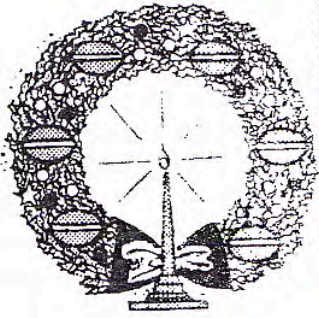
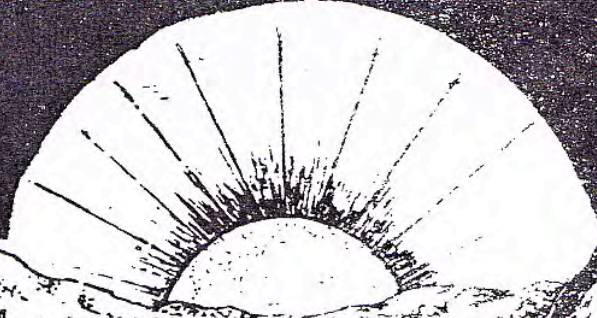
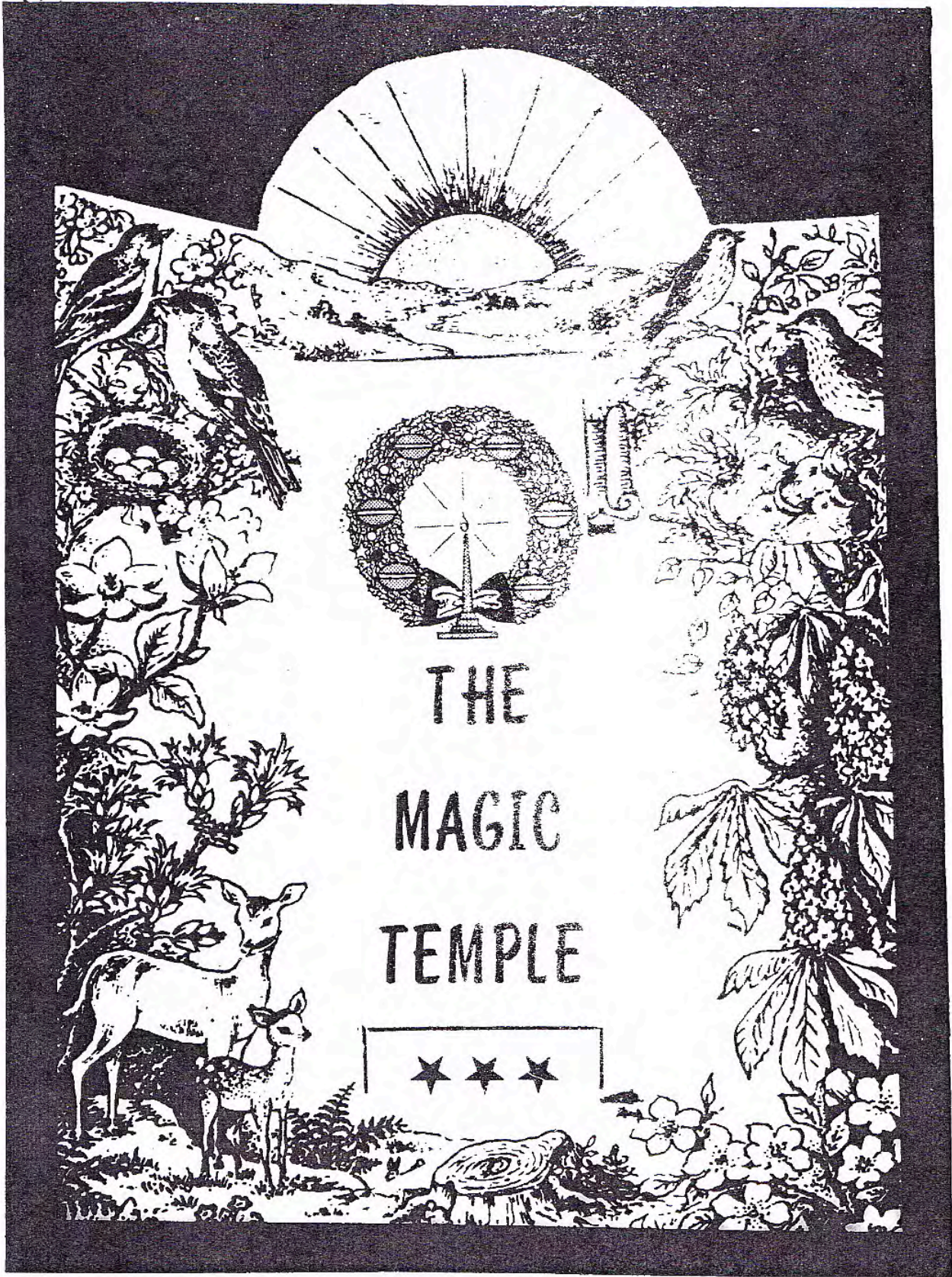


The Magic Temple

HOTEMA

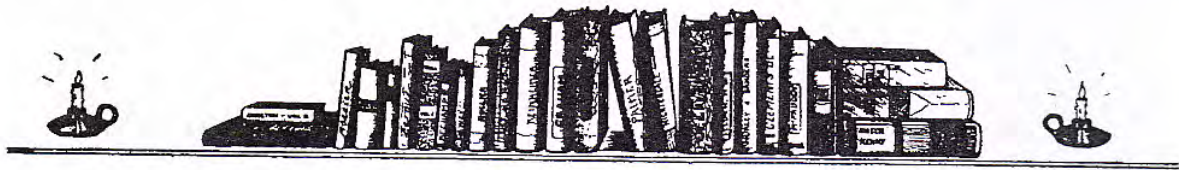
AT&T



ANTHONY KID'S

THE
MAGIC
TEMPLE





PUBLISHER'S FOREWORD

This is the forty-first book by our Professor Hilton Hotema. In over twenty years of publishing his works, we have accumulated thousands of testimonials. His first volume, *Cosmic Science of the Ancient Masters* has sold nearly 10,000 copies. It has gone into nearly every country except Russia. The professor has also written introductions for many more books and has co-authored many others.

If modern society was not controlled by money whose henchmen govern our educational institutions, the press, radio and television, the church etc., Prof. Hilton Hotema would be considered one of the greatest scientists of our day. He is a doctor, author, lawyer, theologian etc. Even in his teen years, he was studying longevity. He carried the message of truth to people across the nation with his lectures.

Prof. Hilton Hotema tears the veil away from (man-made) Religion and the American Medical Profession. At first, many readers are shocked. They wish to be taken off our mailing list. No one wants his 'pet theories' attacked. Years later these same people come back to us and ask to be sent the latest writings of Hotema. Truth is not popular. You receive no truth in the liberal press, radio and television. Frequently one or two families own scores of leading newspapers and television stations.

What Is Truth?

Truth is such a rare quality, a stranger so seldom met in this civilization of fraud, that it is never received freely, but must fight its way into the world. There is not a public school which teaches truth about Religion, Health, the Money-system, Politics, How to Buy and Sell etc. There is not a pastor in the U.S. who dares preach exactly what he believes about these subjects; there is not a man of wealth who would donate money to promote the spread of light and knowledge of the real truth! It would ruin him socially and economically!

Many who gluttonize and grow fat and then expect to obtain health with pills, or who pray for help to overcome their ills, will learn the real truth in these pages. When you break nature's laws you must pay the price. Religion and medicine continue to rule because people are taught to believe in them from the time they are children. The belief becomes fixed in their minds and rules them all their life. Professor Hilton Hotema frees you once and forever - think for yourself! He who runs may read.

Health Research
P.O. Box 850
Pomeroy, WA 99347

Advice From FDA Chief

San Francisco UNION
3/I/1968

'Protect Yourself From Your Doctor'

WASHINGTON (UPI)—The head of the Food and Drug Administration said Thursday he was at his wit's end to prevent misuse of a potent antibiotic that has caused several deaths. The problem, he said, is "what can be done to protect you from your doctors?"

Commissioner James Goddard testified before a Senate subcommittee looking into the misuse of Chloromycetin, which has caused blood disorders resulting in some of the most painful deaths known to medicine.

Noting that the FDA had done all it could under existing law, Goddard complained:

"I'm at my wit's end for doing what must be done," Goddard said. "What it comes down to, in bold terms, is: What can be done to protect you from your doctors?"

"Shocking," responded Sen. Gaylord Nelson, D-Wis., chairman of the small business subcommittee which is looking into the sale

of the Parke, Davis Co. drug that has been on the market for 20 years.

The FDA says the drug should be used only for serious infections like typhoid fever. But Goddard said that most if it was used to treat acne, colds and other minor ailments.

Goddard disclosed Thursday that the FDA is issuing a new warning to all doctors and hospitals cautioning against improper use of chloromycetin.

The new warning, he said, lists leukemia as one of the possible side effects. The main effect discussed by other witnesses was aplastic anemia, a disease affecting the body's ability to produce new blood.

"I can't tell you that this new warning is going to do any good," Goddard said.

The current chloromycetin warning, Goddard said, "is probably the strongest drug warning that exists, yet it doesn't work."

ON TOP OF THE WORLD



MONEY WILL BUY . . .

A bed but not sleep.
Books but not brains.
Food but not an appetite.
Finery but not beauty.
A house but not a home.
Medicine but not health.
Luxuries but not culture.
Amusements but not happiness.
A crucifix but not a Saviour.
A church but not heaven.

We squander health
In search of wealth,
We scheme and toil and save;
Then Squander wealth
In search of health
And all we get's a grave.
We live and boast of what we own;
We die and only get a stone.

Evolution is the law of Life,
Number is the law of the Universe,
Unity is the law of God.



Don't Let the \$10 Billion Drug Racket do THIS to you.

Be kind to animals
by NOT eating them.
dEATH is mostly EAT
Genesis 1:29 Leviticus 11: -
1 Corinth. 3:16, 6:19, 10:31

**STOP
THINK**
Know Your Doctors
Beware of Narcotics,
Sleeping Tablets, Tranquilizers



"The Patient Who Takes Medicine Must Recover Twice,
Once from the disease and once from the medicine"

HEALTH RESEARCH

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By

Health Research
P.O. Box 850
Pomeroy, WA 99347

www.healthresearchbooks.com
PH: 509-843-2385

FREEDOM OF SPEECH AND OF THE PRESS

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

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

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

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

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

NOTICE TO ALL CONCERNED

*B*e it known all men by these presents that statements contained in this volume are based on facts observed and facts inferred, the known laws of Creation, the statements of the Bible, and other ancient scriptures as they are and have been interpreted.

No claim is made intentionally as to what any method cited may do for any one in any case, and it is recognized and understood that the author and publisher of this work assume no responsibility for any opinion presented or expressed, nor the results that may occur in any case wherein any one may decide to pursue any path mentioned in this work.

The author of this work is not available for engagements, receives no visitors, grants no interviews, and has no desire to become Exhibit A for curiosity seekers. He has no message for the public except those contained in his writings, and he discusses with no one the matters about which he writes.

The publisher of this work has no authority to give any one the address of the author, nor to comment upon the opinions expressed or the postulates presented in these writings. His engagement is to publish and sell the work, and there his obligation ends.

Professor Hilton Hotema
Honolulu, 1967

SPECIAL NOTICE

This work is prepared and published for the benefit and enlightenment of mankind, and permission is hereby granted to quote from it, provided full credit is given to author and publisher.

--The Publisher.



Renew Thy Youth Like The Eagle?

The Eagle Lives to be 250 Years Old!

WHAT DOES THE EAGLE DO THAT YOU DO NOT DO?

Here, We Believe, Is One Reason Why Animals Live More Than Twice As Long, Comparatively, As Man!

You know, of course, that animals live to about seven times their maturity. And you know that man matures at eighteen to twenty years of age, so if he lived the span of practically all other animal life, he could reasonably expect to reach an age of 126 to 140 years. Furthermore, he should lose none of his vital forces, he should retain most of his youthfulness and vigor right up to within a few years of his end.

Why Doesn't Man Live That Long?

Why does he die, on the average, at three times maturity when animals live to seven times theirs? In our opinion, the one biggest reason is his UPRIGHT POSITION!

Do you know that if you hold a rabbit upright for two hours, it will die? Why? Because of the sagging of its vital organs. Man has been bred to an upright position through hundreds of generations, so it does not kill him quickly, but the pull of gravity on his vital organs tends to make them sag, makes him pot-bellied, gives him jowls like a turkey gobbler and puts a pressure on all his organs that crowds them together and makes him an easy victim of all manner of disease.

The ancient scriptural writers seem to have understood this, else why should they have adjured us to "renew our youth like the eagle"? The eagle oftentimes lives to an age of two hundred and fifty years. Why? What does he do that you do not? *He flies with his head lower than his heart!*

The Marathon runners of ancient Greece, whose endurance amazed the world, rested themselves and renewed their energies by lying at the foot of a tree with their feet propped high up against the tree. A dog or a horse or almost any animal will rest with his head lower than his heart. Parrots live to unbelievable ages, and you know how often you have seen a parrot hanging by its feet from its perch, its head down.

You see, old age is in effect a drying up process. And, naturally, the parts that dry up first are those that the heart finds it hardest to reach—the nerve centers and glands in the head and back of the neck which control every vital organ. Let the blood run DOWN to those cen-

ters for a time each day, and you give them a chance to "renew your youth like the eagle."

Dr. Donald Laird in his experiments at Colgate University has found that man's brain functions 7% faster and 14% more accurately when the head is lower than the body, than when it is in an upright position. And teachers of physical culture find that they get far better results from exercises taken in a prone position than when standing.

In the past several years, a beauty salon in New York has become famous for restoring youthful figures and even youthful cheeks and chins to fat, middle-aged ladies by a system based primarily on exercises taken with the head lower than the rest of the body!

man of 50. He reads without glasses, walks not less than eight miles daily, and often 10 or 12.

The professor says when man began the unnatural practice of eating and drinking, he introduced into his body foreign matter that had no place there. This forced the body into a defensive state, causing it to battle against the foreign matter and to develop internal adjustments to meet the destructive condition. That was the beginning of physical degeneration which reduced the life-span from 1,000 years to what it is today.

Man was the most perfect and complete organization in existence. He was made to live forever. Dr. A. E. Crews, professor of Vital Science, Edinburg University, said it was more difficult to explain why man dies than to show why he should live forever.

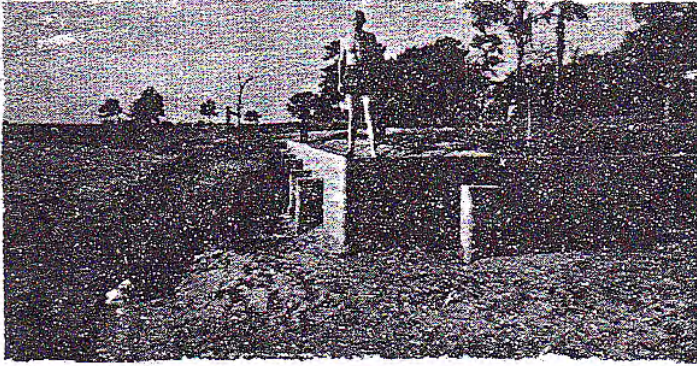
Man was free of all bodily appetites. The state of Perfection lacks nothing and needs nothing. The body was sustained by the atoms in the air man inhaled. Men were still boys when a hundred years old. That is indicated in Chapter 5 of the first book of the Bible. Man had none of the deformities of age to trouble them. Deterioration and death of the body are not natural. They are the result of conditions the body was not made to endure.

Prof. Hilton Hotema sleeps with four inch blocks under the foot of his bed, and with pillows under his feet. With his head lower than his feet blood is well supplied to the brain while he is sleeping.

Dr. George Starr White also slept with his feet higher than his head and with his bed pointed North.

Hotema celebrated his 91st birthday by walking fourteen miles to celebrate. He hopes he can do this again when he is 100 years old.

Professor Hotema is in his 92nd year, with the vigor of a



Prof. Hilton Hotema stands on the retaining wall he built at his lake-front home in Florida in spring of 1956 when he was 78 years old. Wall is built of concrete blocks 8 x 8 x 16 inches, weigh from 38 to 42 pounds each. He did all the work alone, mixing the mortar and carrying the blocks from the pile to the place where they were laid. And he is no stone nor brick mason.

Hotema is always busy - making a cabinet, a violin, planting orange trees, writing another book, playing the violin etc. He is in constant correspondence with students all over the world. He has little leisure time for correspondence and forbids us to divulge his address. He receives no visitors - gives no interviews and wishes no television appearances.

He says fools gluttonize and grow fat then spend millions for pills to get rid of the fat, thus damaging their bodies two ways, coming and going. It is a shock to many of his readers that in his 92nd year, he works and walks as he did 40 years ago. His weight remained the same from the time he was 23 up to the present time.

When Hotema was a boy, he had a strong craving for knowledge that would enable him to live a long life. In his search for LIGHT he graduated in law, naturopathy, orthopathy and chiropractic, and also became an ordained minister. But after all of this he failed to find the LIGHT for which he looked.

But he did not give up. He finally turned to the flowers and the forests, the bugs and birds, and his discoveries amazed him. He found that the chief work of the rulers of the masses is to prevent them from finding LIGHT. That was the reason why ancient scriptures were destroyed and ancient libraries burned. And the principal purpose of the schools is to keep man in darkness while leading him to believe it is all for his benefit.

This knowledge showed Hotema the great need of literature to teach the mind-conditioned slaves how to live a better life and how easy and natural it was to do so. So he became a professional writer and for fifty years has produced the greatest works ever written on the subjects mentioned. This is his masterpiece.

The temple is the Human Body, and this work expounds the mystery of its organs, glands, and functions unknown to the masses and but dimly known to science. This surprising information was revealed by one of the truly great scientists of this century, Dr. Alexis Carrel, who wrote:

"Man is made up of a procession of phantoms, in the midst of which strides an unknowable reality. In fact, our ignorance (of man) is profound."

CREATION IS PERFECTION

"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 Existence and Eternal Knowledge." (Herbert Spencer).

Ancient tradition informs us that Man was perfect when he first appeared in the visible world, and was sustained by the atoms in the air he inhaled. He inhabited a garden of fruits and streams, but was free of all bodily appetites, and had no desire to taste the fruit or to quaff the water. When ready to pass on to their Spiritual Realm, it was in a gentle slumber. Man silently slipped out of his body thru the fonticulus frontalis as a flash of etheric Light that can be seen by a true clairvoyant.

Hotema eats oranges, grapefruit, avocados, papayas, tomatoes, apples, bananas, and all fruits in season. He never drinks water - does not touch grain products. He eats only when hungry and has no regular meals.

"Know thyself, and thou wilt know
the Universe and the Gods."

—INSCRIPTION ON THE TEMPLE OF DELPHI.

THE MAGIC TEMPLE

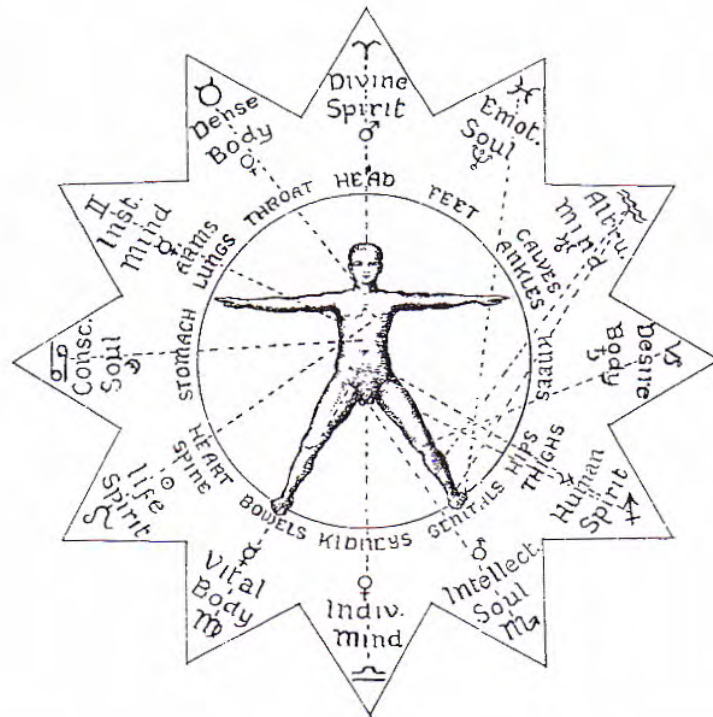
By

Professor Hilton Hotema

1968

Chapter	Chapter
Introduction	18. Blood Circulation
1. Building The Temple	19. Antechambers
2. The Living Temple	20. The Breathing Rooms
3. The Living Wall	21. Breath Of Life
4. Avenue Of Taste	22. Vital Heat
5. Avenue of Smell	23. The Living Canal
6. The Temple Windows	24. Building Material
7. The Living Camera	25. Valves & Pumps
8. Avenue Of Sound	26. The Liver
9. Miracles Of The Temple	27. Muscle Workers
10. Your Sanctum Sanctorum	28. The Living Skeleton
11. The Brain Workers	29. The Kingdom of God
12. The Brain Operators	30. The Wizard
13. Power Of Habits	31. The Mystery Glands
14. The Sympathetic Workers	32. More Endocrines
15. Treatment Of The Temple	33. The Amazing Pineal
16. The Temple Fountain	34. Glands Of Generation
17. The Living Stream	35. The Great Mystery





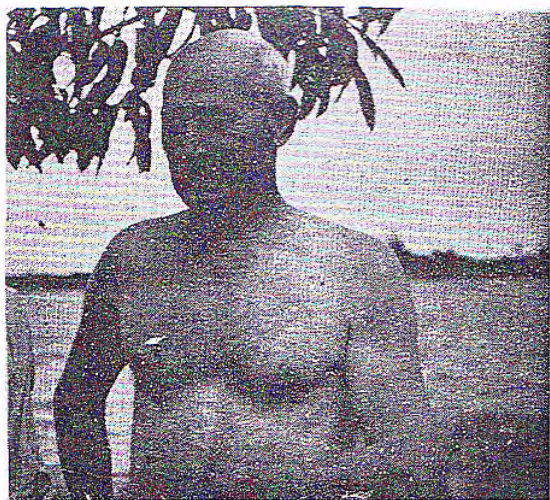
Of every tree of the garden thou mayest freely eat; but of the tree of the Knowledge of Good and Evil, thou shalt not eat of it; for in the day that thou eatest thereof thou shalt surely die (Gen. 1:16,17).

Know ye not that ye are the Temple of God, and that the Spirit of God dwelleth in you? If any man defile the Temple of God, him shall God destroy; for the Temple of God is holy, which Temple ye are (1 Cor. 3:16, 17).

For every man shall bear his own burden. ... Be not deceived (by the false teaching of the schools. God is not mocked. For whatsoever a man soweth, that shall he also reap (Gal. 6:5,7).

This Universal Law of Cause & Effect is neither respected by the people in general, nor recognized by some of the several institutions that rule this civilization, and one of them shall receive due notice in this work.

HOW TO LIVE TO BE A HUNDRED!

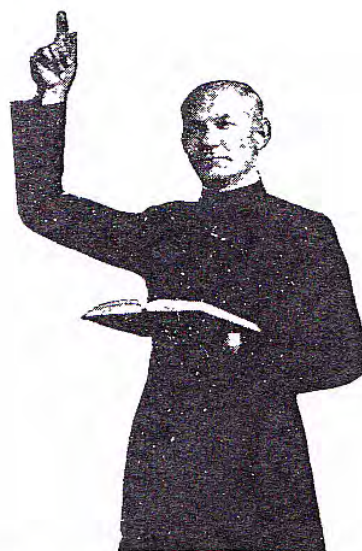


Hilton Hotema 1960

We believe the best photograph of Prof. Hilton Hotema Was Done in 1960, After 70 Years As A Breatharian-Fruitarian (Above).

Prof. Hotema has studied the teachings of the Ancients from hidden and revealed sources for seventy years. He has been a student of many movements and teachings, Rosicrucian, Theosophy, Hindu, Hebrew, Egyptian and Grecian Mysteries, Magian tradition, Masonry, the Tarot, Arcane Sciences, Hygiene, Vegetarian, and many others of which the outer world has never heard. He has delved into ancient records and gathered scattered and widely separated fragments of truth from the ruins of temples of the Masters who were so far ahead of us in knowledge and wisdom that only the few can interpret their true meaning. And he has interpreted it, boiled down, condensed, readily comprehensible.

Avail yourself of this great store of wisdom through which problems are dissolved and man learns to truly live



Here is an Earlier Photograph, When Hotema Was Delivering THE TRUTH to Capacity Crowds. They Asked For Him to Come Back And Give More of These Vital Truths!

Hilton Hotema in 1960
After 70 Years as
A Breatharian-Fruitarian

No flesh foods, no eggs, no milk, no tea, no coffee, no stimulants, no tobacco. Vigorous breathing of clean outside air, frugal feeding of uncooked-unseasoned food, and much healthful exercise.

Too simple for the mind-conditioned masses who search for the Secret of Longevity in some mysterious brew or medical concoction made by men who can't make a blade of grass nor a grain of corn, and know so little about the body's constitution and function that they can't make a drop of blood nor explain how the body makes it.

On February 7, 1968 - The Famous Professor Hilton Hotema reached his Ninety-first Birthday. He has now written over thirty-five books for Health Research. He is now revising one of his first volumes, COSMIC SCIENCE OF THE ANCIENT MASTERS.

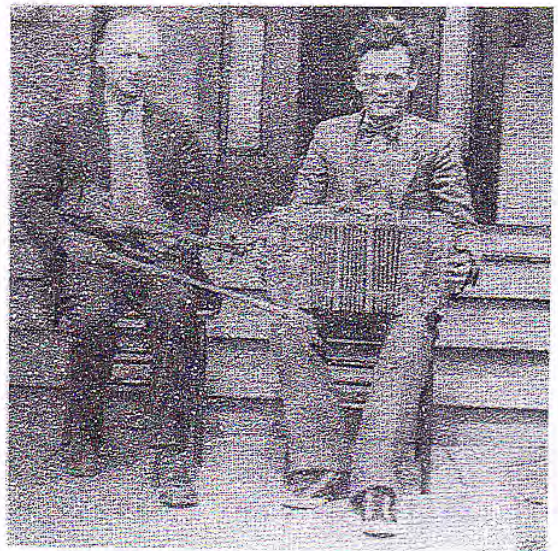
Prof. Hotema has been a soldier, doctor, lawyer, author, theologian, publisher, health lecturer, musician, violin maker, dietitian & raw fooder. He is one of the living mystics of our age. He is an authority on fasting, longevity, theosophy & anthropology. Many universities have sought his knowledge. Editors of Health Magazines, Vitamin Manufacturers Have Visited Him For Higher Knowledge. Thousands Have Asked For His Address - Which We Have No Permission To Give. The Professor is Busy With His Writing.



HOTEMA IS THE LAST MAN ON
RIGHT IN TOP ROW. The Value
of This Photograph Is To Prove
That Hotema is Really 91 Years
Old. (Spanish American War).

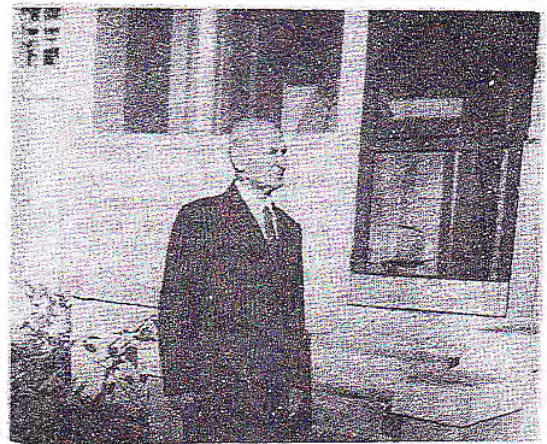


Prof. Hilton Hotema Taken In
Manila, April 1901 - Age 24.



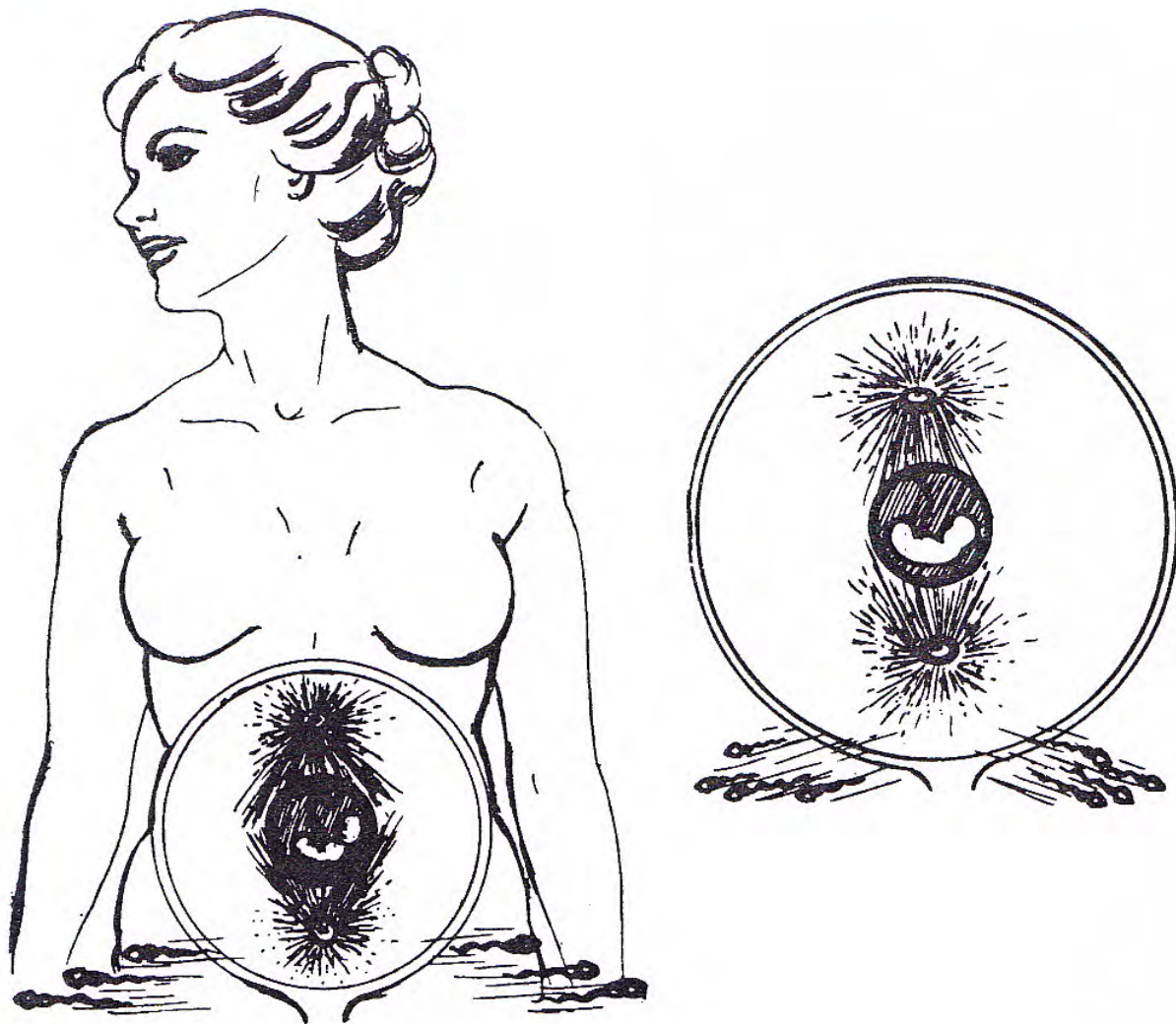
Professor Hilton Hotema On
The Left With Violin and His
Patient With Accordion.

MARCH
1931



Professor Hilton Hotema -
November 15, 1956 - Age 79.

The most difficult thing for Prof. Hotema
is to prove that he really is Ninety-one
years of age. He has produced discharge
papers, photographs and records. These
photographs are some of the evidence.



INTRODUCTION

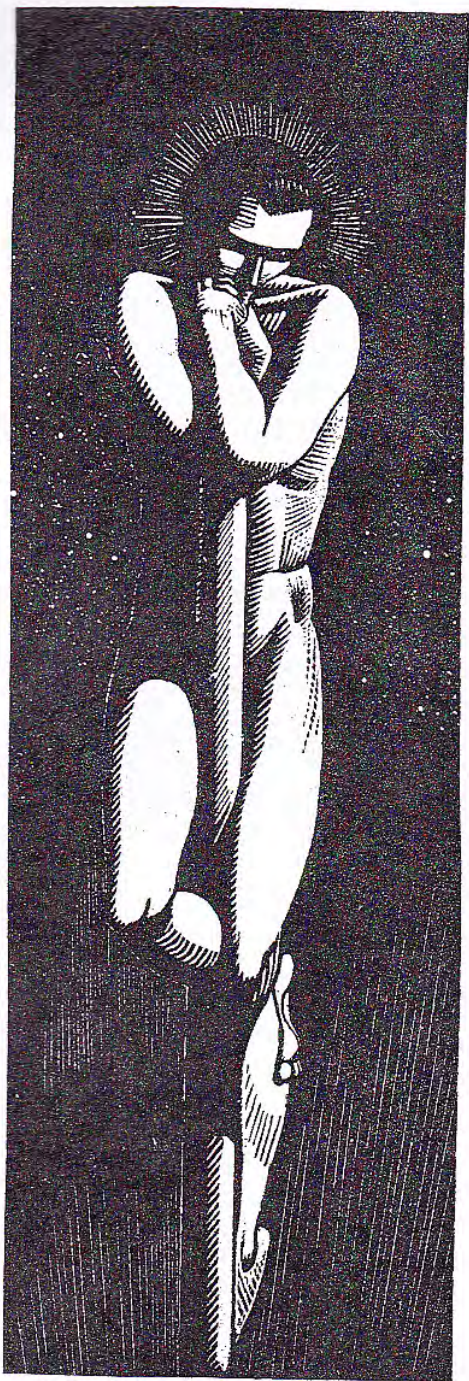
The world is still trying to solve the mystery of Man. The leading question seems to be, Is Man the Product of Creation or of Evolution? The religionists contend that Man was created by God as described in the first book of the Bible. The evolutionists refuse to consider that fabulous account, and assert that Man is the product of Evolution.

The public schools teach that Man is the product of Evolution, and the churches teach that Man is the product of Creation. And people grow up in that confusion and know not what to believe.

Perfect conditions produce the first created objects. Thruout the history of the earth this has been so. At no time do we find the new Creation behind the condition, because the condition is the influence that sets into operation the Creative Process.

This fact inspired Herbert Spencer to write:

"Perfect Correspondence would be Perfect Life. Were there no change in the environment but such as the organism had adapted changes to meet, and were



*Out of the night that covers me,
Black as the pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.*

*It matters not how strait the gate,
How charged with punishments the
scroll,
I am the master of my fate,
I am the captain of my soul.*

it never to fail in the efficiency with which it met them, there would be Eternal Existence and Eternal Knowledge."

Two vital factors govern man's living existence. Spencer described one of them. More than anything else, man's history is the story of his adaptation to changing environment and his efforts to master it. Furthermore, the story of all living things is the same account --those creatures on earth that have survived are those which have adapted themselves to sometimes cataclysmic environmental changes. The unadaptable have perished and vanished, like the dinosaurs.

The other factor is the treatment the created object receives. Even the biblical scribe observed that factor and wrote: "Be not deceived; God is not mocked; for whatsoever a man soweth, that shall he also reap" (Gal. 6:7).

But religion and medicine refuse to recognize that universal law. The religionist says just believe in the gospel Jesus and everything will be all right, and the medic says just believe in medicine, inoculation and immunization and you are safe.

The masses like that kind of teaching and that's why it's so successful. The people follow all sorts of practices and form all kinds of habits, whether they are good or evil, and do not worry about the consequences because of what they are taught.

We have been working and writing for fifty years to show our readers how foolish is the teaching of religion and medicine and the reason why, but have made very little progress because of the powerful forces that we must oppose.

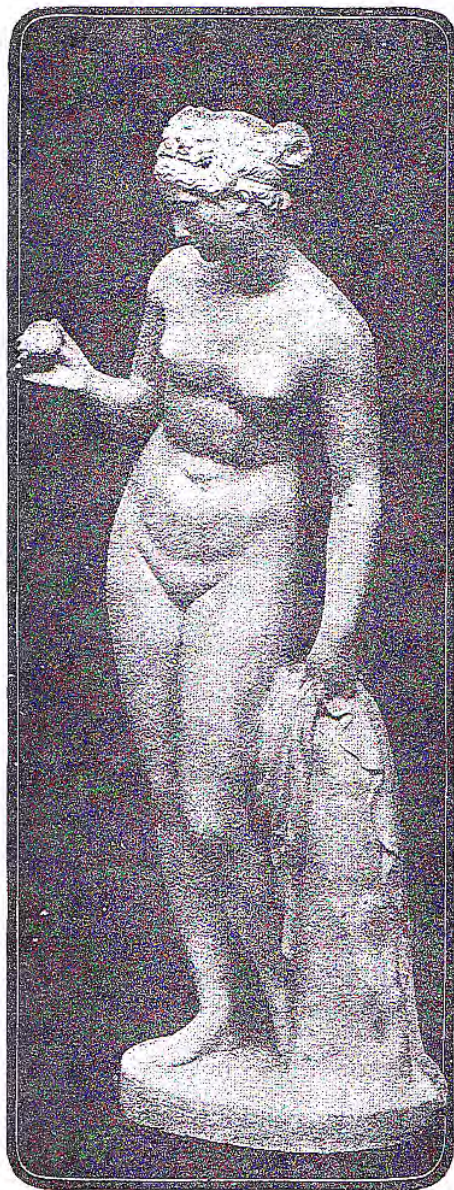
We must work to live, and must observe and obey the laws by which we are governed. It's very easy to degenerate and its very difficult to regenerate.

There is a natural trend toward devolution among the elements of the earth. This fact harmonizes with the scientific principle called "entropy."

This essentially means that there is a degenerative trend from the highly organized downward toward the lower level. Never is there an increase of order without an external force. To flow with the stream means degeneration. To flow against the stream means regeneration, and that requires the work of each individual.

Woman's Physical Development

Womanly Ideals In Marble



VENUS WITH APPLE
THORWOLDSEN



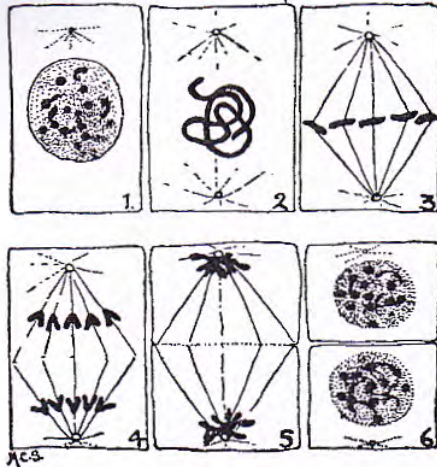
EGERIA

Chapter 1

BUILDING THE TEMPLE

"And God said, Let us make man in our image, after our likeness. ... And God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul" (Gen. 1:26; 2:7).

Diagram of the cell-wall and nucleus of a dividing cell to show six of the stages through which the process passes.



That is an interesting story for children, and religion seriously advocates it as a solemn fact. Let us observe the building of the Temple and see what takes place.

We know there was a time when the Temple was only a tiny cell, smaller than the dot at the end of this sentence. From that minute speck of substance, strangely intricate operations of an invisible force, which seemed to be right in the substance itself, formed the Temple and finished it, endowing it with a brain that thinks, eyes that see, ears that hear, nose that smells, fingers that feel, tongue that tastes, and many other qualifications.

We know that the Temple is composed of more than a hundred different kinds of cells that number into the thousands of billions, and we shall pursue the process and endeavor to determine how this transformation occurs.

The building work began when the sperm nucleus contacted the egg nucleus and they combined. Within the next thirty minutes an immeasurable number of traits of the Temple were decided by the innate intelligence of that tiny egg.

This unification of two little cells was the initial event in the building of the Temple. The plans were formed for a human being to appear in the world, and that in a matter of minutes.

The Bible says, "I will praise thee; for I am fearfully and wonderfully made; marvellous are thy works" (Ps. 139:14).

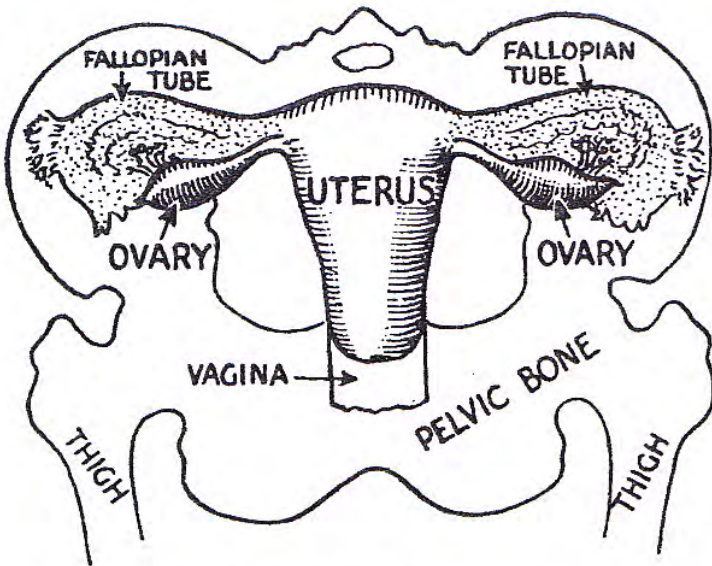
Whose works? Dispel the mystery by considering the process exactly as it appears. It is the regular work of cosmic forces and elements that form all created objects, from mice to men.

The evidence shows that each cell of the Temple has exact knowledge of what to do, when to do, and how to do. Sir Charles Sherrington said:

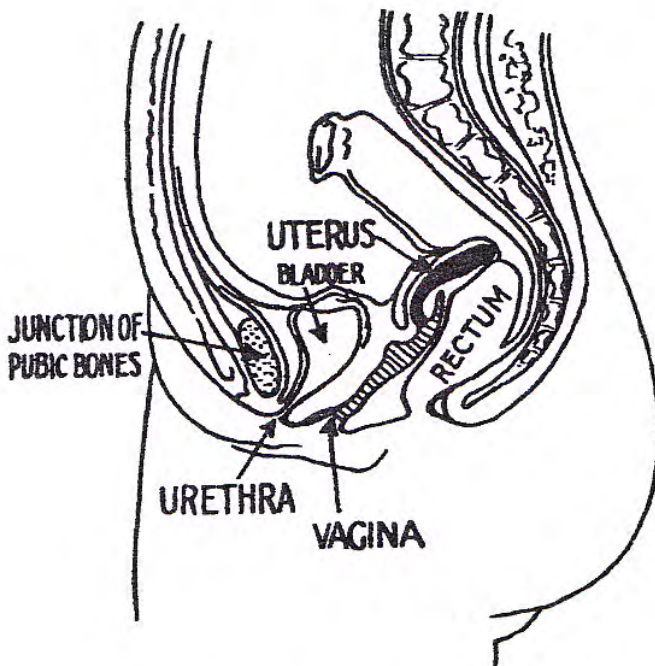
"The germ-cells can be compared to a set of magic bricks. The original fertilized cell divides into two, the two into four, and so on. When this division has continued in the aggregate some forty-five times, there are 26 million magic bricks instead of one. That's about the number in a child at birth.

"These bricks have arranged themselves into a complex which is a human being. Each cell has assumed its right position, and filled the required form and size in the proper place. Each cell has assumed the shape which will suit its particular business in the cell-community of which it is a member, whether its work is mechanical pulling, chemical manufacture, gas-transportation, radiation-absorption, or what not.

"Moreover, each cell has done its work as tho it knew the exact local conditions of the particular spot in which its lot is cast. It is as if an immanent principle inspired each cell with knowledge for the carrying out of a design.



UTERUS SUSPENDED IN BROAD LIGAMENT



ABNORMAL POSITION OF UTERUS—TIPT BACKWARD AGAINST THE RECTUM

"And this picture which the microscope presents to us, conveying this impression of prescience and intention, furnishes us after all, because it is only a picture, with only the static form. That is, only the external and visible sign of a dynamic activity which is a harmony in time as well as in space. 'Never the time and the place and the agent all together.' " (Man On His Nature).

Finally, after about 270 days of intricate building work under the precise directions from the genetic material, the original one cell has evolved into hundreds of millions of cells that form a complete human body.

And then the strange arrangements provided for housing the baby inside of its mother. The first cell not only contains all the data for building a human body, but it also has a detailed manual on how to construct the complex structures required for the embryo's existence within the mother, including the amnion, umbilical cord, placenta and all.

The embryo needs this protective housing within the mother. For from the day of the egg's fertilization, the egg becomes foreign material. And usually a person's immunological defenses would reject

such a foreign growth. But the fertilized egg is exempt from this law. The Bible says, "You kept me screened off in the belly of my mother" (Ps. 139:13).

One of the initial instructions that is issued in this screening off, is for the making of what are called trophoblast cells. They are made for the specific purpose of building a little nest in the mother's womb for the tiny embryo.

These cells dig right into the spongy wall of the womb, and begin destroy-

THE HUMAN BODY

The intestines mostly cut away (parts left see *k* and *r*) to show the main veins and arteries supplying the kidneys and ovaries in a woman.

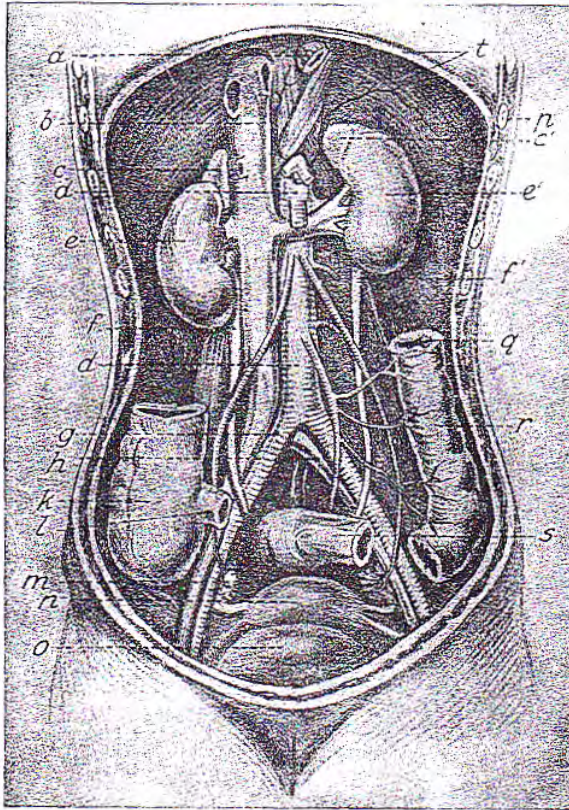


FIG. 12.

- | | | |
|--|---|--------------------------------------|
| <i>a</i> Esophagus | <i>f</i> Right ureter | <i>n</i> Uterus |
| <i>b</i> Vena cava | <i>f'</i> Left ureter | <i>o</i> Bladder |
| <i>c</i> Right suprarenal gland | <i>g</i> Common iliac artery | <i>p</i> Cut end of rib |
| <i>c'</i> Left suprarenal gland | <i>h</i> Common iliac vein | <i>q</i> Cut end of descending colon |
| <i>d</i> Aorta | <i>k</i> Cecum | <i>r</i> Descending colon |
| <i>e</i> Right kidney | <i>l</i> Ileum | <i>s</i> Rectum |
| <i>e'</i> Left kidney a little higher than the right | <i>m</i> Ovary covered by processes of fallopian tube | <i>t</i> Diaphragm |

Now observe this strange transformation of the trophoblast cells: As the embryo becomes safely nested in the uterine wall, the trophoblast cells change and develop into the placenta. And the latter, a dynamic organ, changes right along with the embryo's changing requirements. It performs tasks normally performed by the lungs, liver, kidneys, intestines and ductless glands, among its other accomplishments.

No scientist can understand and expound how a structure like this in the body acquires such a gamut of bio-physico-chemical capacities.

As a substitute lung, the placenta extracts oxygen from the mother's blood and deposits it in the blood of the embryo. It brings in nutriment of all kinds from the mother's blood, often predigesting the dissolved substance enroute for the embryo. It takes care of the embryo better than most mothers take care of their baby.

The placenta is so efficient that within an hour after the mother eats, the embryo eats too. The placenta also elaborates hormones for the mother to

ing its cells. Then to make a protective pocket for the microscopic embryo, the cells use the scar tissue from the wound they have inflicted. The trophoblast cells also take nourishment from the mother's blood and pass it on to the embryo.

The process is beyond the understanding of man. Consider the intelligence involved. The womb must protect itself against further incursion of the aggressive trophoblast cells. How this is done is another mystery, as no other part of the body can do it.

When the embryo is safely implanted, it starts secreting a hormone that helps keep the womb lining in place for the rest of the embryo's stay. Without this hormone, menstruation would occur and the embryo would not survive.

When screened off from the mother, the embryo becomes independent of the mother. How does it obtain nourishment? How does it breathe? How does it dispose of waste and perform other vital functions? By means of the placenta.

Diagram showing the ovaries and internal sex organs of a woman.

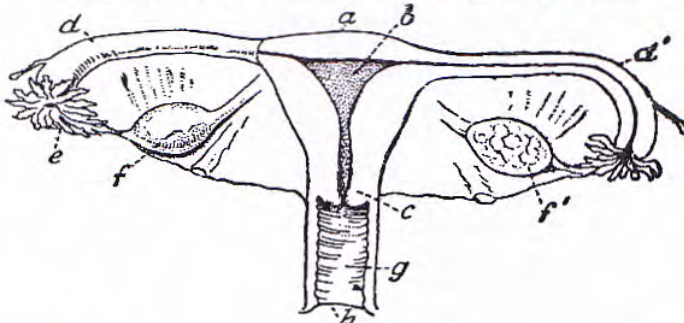
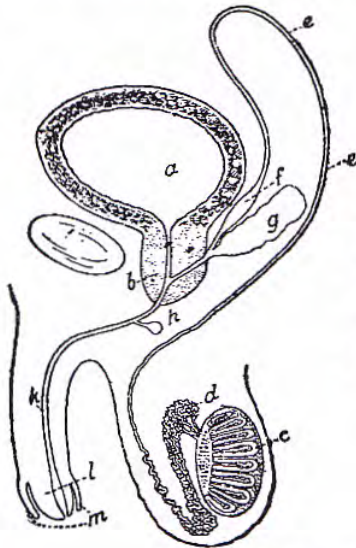


FIG. 48.

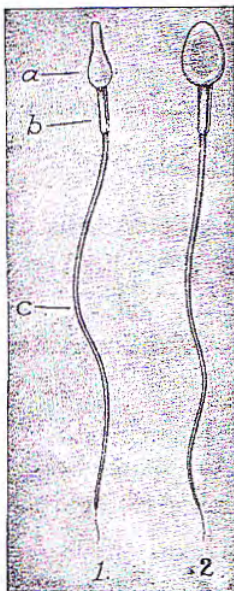
- | | |
|------------------------------|-------------------------------------|
| a Fundus of uterus | e Fimbriated end of fallopian tube |
| b Cavity of body of uterus | f Ovary |
| c Cervix | f' Ovary (cut open) |
| d Fallopian tube | g Vagina |
| d' Fallopian tube (cut open) | h External opening of vaginal canal |

Diagram showing the course of the canals for the testes and the bladder, their junction and the associated glands.



- | |
|-------------------------------|
| a Bladder |
| b Prostate or prostatic gland |
| c Testis |
| d Epididymis |
| e Vas deferens |
| f Ampulla |
| g Seminal vesicle |
| h Cowper's gland |
| k Urethra |
| l Glans penis |
| m Prepuce |

Side and front view of Human Spermatozoa.



Magnified 1800 times.

Though only consisting of one single cell, its shape is specialised and the parts spoken of as—

- | |
|-----------|
| a "Head." |
| b "Body" |
| c "Tail" |

compensate for what it takes away from her for the embryo.

The placenta is so intelligent and self-conscious that it dies when the baby reaches the birth-stage. Its work is done, and after the baby's birth, it is discharged by the mother as after-birth.

Scientists are helpless and baffled when they consider the knowledge that directs all of this delicate work and never makes a mistake. In his book, "The River of Life," Dr. R. Platt stated:

"So perfect is the original one-cell form of life, and so potent both for body-building, for activating nerves and muscles, and for procreation, that the cell has never altered its basic size or nature from the beginning of life even unto this day."

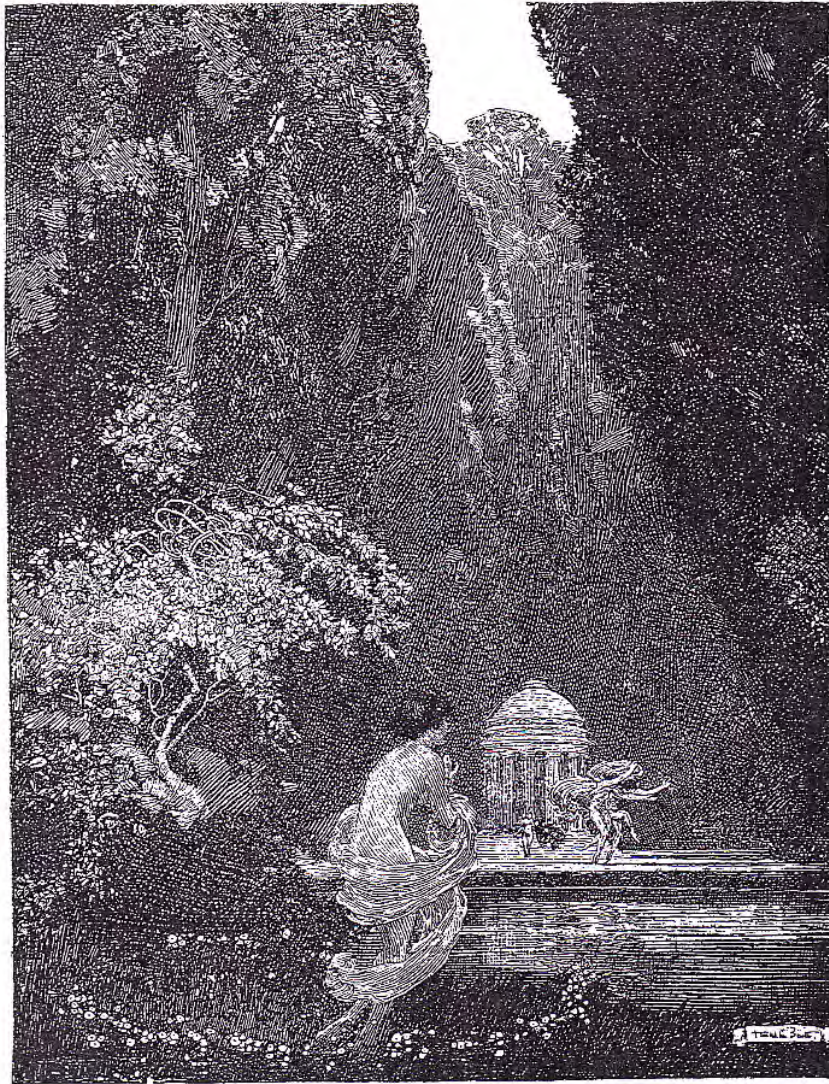
The German biologist Von Bertalanffy said, "To grasp in detail the physico-chemical organization of the simplest cell is far beyond our capacity."

The science section of the New York Times of Nov. 13, 1966, said of a plant cell: "The largest single manufacturing process in the world occurs in one of the smallest units of life--the cells of green plants."

The gap between the inanimate elements of the earth and a living cell is gigantic. In the finest laboratories the simple cell cannot be created from inanimate matter.

Now we shall go back and come down again, for there is another important line of work that must be noticed and examined.

When the sperm nucleus



contacts the egg nucleus and their contents combine, a strange event occurs. Everything vanishes from sight at the spot where they meet, leaving only a clear field. Then, after a few moments of quiescence, fine granulation begins to appear at that point where the gametes disappeared from sight.

The gametes act in conformity with the energy animating the male and female organisms. But when the granulation begins to appear as stated, the work of that granulation is strangely different and distinct from that performed up to that moment. A new, independent energy appears at this time, and it comes not from the mother.

The New Cell that mysteriously formed at the spot where the gametes vanished from

sight was the seed of the New Person. That seed-cell was independent of the mother, and no longer subject to her vital force. The New Energy was the independent vital force of the New Person, and it came from the same source as that of the mother's.

This is the point where we first encounter the Spiritual Man. That Spiritual Man appears as a tiny ring of colorless Fire, from which there emanate rays of scintillating force. These rays materialize and build your body.

The New Cell that is the beginning of the Magic Temple is a bipolar mechanism, the nucleus being the positive element and the cytoplasm the negative.

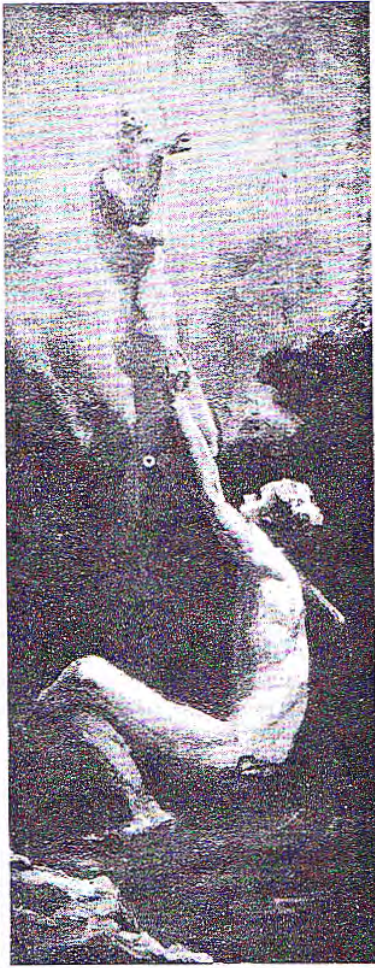
The New Energy is electrical, generated by the Sun, and energizes the New Cell as soon as it is formed. In fact it is the energy that forms the New Cell. And this is the energy that energizes your body all thru life, and medical science says that energy comes from food.

And where and what are You? You are the tiny ring of colorless fire mentioned above. You are the Spiritual Man. The world calls you Soul. Soul comes from Sol, and Sol comes from Sun, and Sun Worship was the first worship of mankind.

We shall tell you more about this in the last chapter.

Chapter 2

THE LIVING TEMPLE



"What is man, that thou art mindful of him? ...Thou has made him a little lower than the angels, and hast crowned him with glory and honor. Thou madest him to have dominion over the works of thy hands; thou hast put all things under his feet" (Ps. 8:4-6).

You saw the strange work of building the Temple in which you live. The strangeness does not end when you are born. It continues in the growth and maintenance of the Temple, in the work of the various glands and organs, much of which work is as mysterious as that of building the Temple.

Let us regard man as a living house, a strange building that can move, and see, and hear, and smell, and taste, and feel, and talk and sing, and think and reason, and this house has many mysterious rooms.

This building, the body, is not only a house, or a dwelling, as it is far grander and more important than that. It is grander than a church or a cathedral.

The most famous Temple of ancient times, according to the story, was Solomon's. It was built of gold, silver and precious stones, of cedar, fir and other expensive timber.

An army of men worked thirteen years in building that Temple. It is still regarded as the most perfect and most costly structure ever erected by human hands.

But far more perfect, beautiful, delicate, far more curious in workmanship are the walls, doors, windows, pillars, all the marvelous parts of the Human Temple. Altho it takes years to build the Temple in which you live, it may at every stage be perfect and complete.

Solomon's Temple was considered a wonder because "there were neither hammer, nor ax, nor tool of iron heard in the building of it" (I Kings 6:7).

But the Temple in which you live is many times more wonderful. Think how you grew from a tiny cell, from a baby that cannot walk nor talk nor help itself, to be a strong, active boy or girl, and in time a man or a woman.

There were no hammers nor saws heard in building your Temple. The human Temple is built by growing. And who is the Divine Architect and Builder that fashions you from a cell to a man? Keep that point in mind as we go on.

The outside of the Temple is protected by a cover called the skin. The story of the skin alone is stranger and more fascinating than a fairy tale. The skin is not only a more perfect garment than man can make, but is far more durable. It is self-repairing and never wears out.

The skin on your feet is not worn out after you run bare-footed all summer. It grows thicker and tougher to meet the conditions it must endure. That is another illustration of how Creation has provided the Temple with power to protect itself against adverse conditions it encounters.

We always wear the same skin given to us when we were born. In one way it is the same and in another way it is not. It appears the same but it is changing all the time.

The skin is covered all over with dry or oily scales. These, millions in number, have finished their work and are now dead and ready to be discarded.

You know how a blister feels. The skin is puffed up and tight. If you prick the blister, the fluid flows out and the skin falls down in a wrinkle. The wrinkle is the outside skin and has no feeling. Its life is gone. If you remove this dead skin, the spot under it is red and smarts. This is the second layer and is called the true skin. The blister was made by fluid that collected between the true skin, which is called the dermis, and the outside skin, which is called the epidermis.

When you look at the true skin thru a magnifying glass you see many little mounds or hillocks. These are called papillae. On some parts of the body you can see them even thru the outside skin.

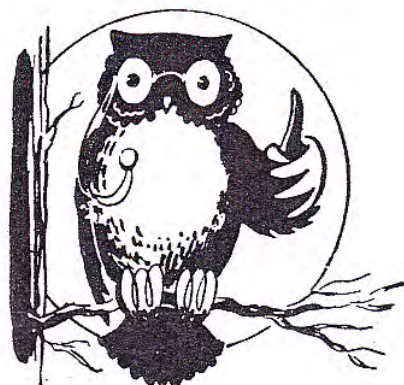
Each hillock contains an artery, a vein, and nerves. It may contain touch cells.

All the arteries and veins make a vast network of blood vessels. All the nerves together

Significance of Palmar Sweating

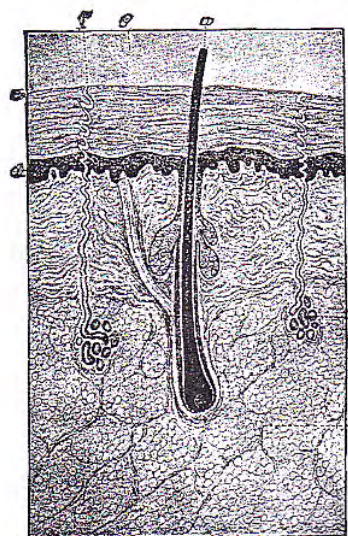
THE PALMS contain five times as many sweat glands per square inch as do other parts of the body. Consequently, the amount of perspiration on the palms is from five to ten times as great as that of the general body surface. Moreover, this sweating is not ordinarily influenced by outside temperatures, but it may sometimes be evoked by mental stimuli. It may be excessive in anxiety neurosis. In an Army hospital, a study of the palmar sweat response was made on over 1,100 patients. About twenty - five per cent showed heavy sweating, while eighty per cent gave a greater or less indication. In all of that twenty-five per cent, evidence of emotional strain or disturbance of the autonomic nervous system was present. They made poor soldiers and were hospitalized frequently. Captain Jacob J. Silverman and Lieutenant Colonel Vernon E. Powell, of the Army medical corps, have devised a method for measuring plantar sweating quickly and accurately (*American Journal of the Medical Sciences*, September, 1944). It is suggested that this test be used in examining inductees to determine their fitness for Army life.

Base of a hair and sweat glands in the skin.



"MAN'S MIRACULOUS

UNUSED POWERS"



a Base of external part of hair
 b Coiled sweat gland cut across
 c Connective tissue
 d Lower layer of epidermis
 e Outer layer of skin
 f Opening of sweat duct
 g Outer air

make a telegraph system in which even the smallest nerve is a living wire.

As we go on we shall relate more as to blood vessels and their work, and more about the nerves that carry messages back and forth from the brain.

There are so many marvelous things to consider and explain about the Temple that we must take them up one at a time.



Title page of the first edition of the "De Motu."

Chapter 3

THE LIVING WALL

Houses are built of wood, brick, stone. Each piece is composed of separate bodies. In wood these tiny bodies are called cells. In the wood of which houses are built, the cells are dead. But the tree is composed of living cells, and that's why it grows.

The living Temple grows because it is composed of living cells. When the growing ends, the duty of the cells is to support it. That is easier than to make the Temple grow. And if the Temple were never abused and mistreated, the cells would support it and keep it alive forever. The Bible tells us that man used to live nearly a thousand years.

Science formerly thought the little bodies that compose the Temple were sacs, and called them "cells" which mean sacs. Now we know the cell is much more than a sac. It's a living body that breathes, eats, moves, and grows. Its life is just as real and definite as your life is. And your life and health depend upon the natural work of these billions of separate cells.

The epithelial cells of the skin are constantly multiplying in number due to the process of cell division. As the number grows from within, the outer cells are forced forward nearer the surface to make room for the new cells.

The epidermis, the external layer of the skin, has no blood vessels, and its millions of hungry cells are fed by blood vessels in the mounds.

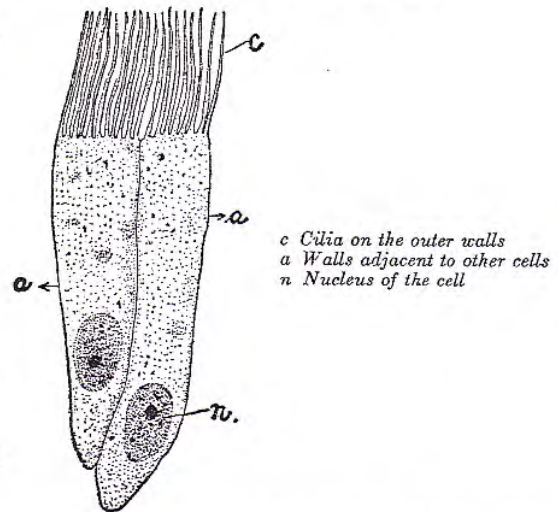
The epidermis contains some very small color cells. The true skin of the Negro is just like yours. The coloring matter that makes him black is in the external layer of the skin.

Deep in the true skin are many tiny tubes, all coiled close like a spiral spring. These little pipes pass up, like corkscrews, thru the true skin and thru the epidermis. The tiny tip of the tube comes out on the surface of the skin in an opening called a pore. The pipes are called sweat tubes, and the coil is called a sweat gland. Their chief work is to carry off the waste of the body.

Surrounding each little coil among the cells are lots of little blood vessels. Out of the blood the coil absorbs water and waste and forces it out thru the little pipes and leaves it on the skin. This liquid is what we call sweat.

Every day in the case of an adult these sweat glands carry from four to six pints of water and waste and leave it on the surface of the skin. The sweat passes off in vapor and cools the skin. The waste matter should be washed off of the skin every day.

Two epithelial cells with cilia.



If the skin is not kept clean, the pores become clogged with filth. Then the sweat cannot flow out, and so is carried back into the blood again. The sweat is now a poison and if carried back into the blood it damages the body and may cause some strange "disease," as the medic believes, according to the teaching of his school.

It is important that the entire surface of the body should be washed each day. Wash off the sweat to keep the pores open, so the poisons can get out.

Once upon a time some people, who were preparing for a celebration, took a little boy and tried to make him look like an angel. They covered his naked body all over with gold leaf and stood him on a pedestal. The gold leaf stopped up the pores of the skin so the sweat glands could not carry off the poisonous waste, and the boy died the next day of some strange "disease."

Now listen to this: When you have fever, the pores are closed, and what you need is a good sweat bath in hot water, staying in the water till you begin to sweat, which shows the pores are open and working. Then cover up well in bed and stay there till the body cools off. But don't tell this to the medic, for such knowledge on the part of the babbling masses would ruin the "practice of medicine."

When you prick your finger it is the skin that suffers pain. When you put your hand on ice, you say it's cold.

If you are in the dark and touch something, you know without seeing the object whether it is smooth or rough, square or round, wet or dry. It's not the skin that knows this; it's you.

In those little mounds of skin, the papillae, there are some very small bodies called touch cells. From one end of each touch cell there starts a tiny nerve, which is like a telegraph wire, and it goes to your brain.

Think of the work of your wonderful brain. It is your office, and every tiny group of touch cells is in constant connection with the brain. Some of the touch cells tell us about cold, others about heat, others about pain, etc. Some are made especially to tell us whether anything touches the skin.

Were it not for this sensation of touch and pressure, we would not know where we were. We could not tell whether we were riding, walking, or sitting. These cells tell us where we are, and this knowledge depends on the brain and nerves.

Medical Doctor Acknowledges

'Purposeful Manipulation' of Chiropractors Brings Results

Harold T. Hyman, M.D., associate professor at the College of Physicians and Surgeons of Columbia University, wrote this in the **American Journal of Medical Science**: "I am inclined to the belief that one of the reasons for the popularity of Chiropractors . . . is the failure of the medical profession to provide this type of service. . . . There is no doubt that the consciousness of the orthopedic surgeon was aroused originally by the success of the bonesetters, the early manipulators, and more recently the Chiropractors. This latter group have undoubtedly performed their miraculous cures in individuals who have been misdiagnosed and mistreated by the practitioner or internist . . . the patient is often relieved rapidly and dramatically by . . . purposeful manipulation."

—The Texas Chiropractor, 10/67

Medical Doctor Admits Success of Chiropractic Treatment for Headache

"I believe it is indeed unfortunate that many significant works have either been inadvertently ignored or, to a large degree, forgotten by the practising American doctor. At the same time it is distressingly true that the chiropractors, osteopaths, masseurs and neuropaths, have been treating headache and its associated variegated symptoms with therapy directed toward the cervical spine area for years. We, as medical doctors, may be either reluctant to, or possibly afraid to admit the truth of the sometime success of these fringe therapeutic groups. To a great degree their success lies in the medical profession's neglect of the patient with headache caused by cervical spine pathology."

—Excerpted from "Headache Patterns

and Cervical Nerve Root Compression—a 15-year study of Hospitalization for Headache," by Keith W. Sheldon, M.D., St. Francis Hospital, Colorado Springs, Colorado, in *Headache*, official publication of American Association for the Study of Headache, Vol. 6, N. 4, January, 1967.

—The Texas Chiropractor, October, 1967.

We speak from fifty years of experience as a Chiropractor. We've been thru all this many times. We know definitely how much superior Chiropractic is to medical methods. In our work titled "How I Lived To Be Ninety (\$3.00) We told the true story in a chapter titled "The Dying Woman", of how quickly we saved the life of a patient given up to die by the best medic in that county.

At another time a lady of about 40 visited our office because her lower jaw was constantly twitching and she had to keep chewing gum between her teeth to prevent them from grinding.

A medic had treated her for a week, with no relief, but he was getting her money. The medics are experts in that line. The lady grew discouraged and decided to consult a Chiropractor.

We told the lady that we were going to perform a chiropractic miracle. We just pressed our thumb on the spot where the main nerve emerges from the brain that controls the lower jaw--and the twitching ceased instantly. The lady was amazed and asked what we had done.

We then gave her some special head and neck work, and the job was finished. In a few minutes we accomplished what the medic had failed to do in a week.

Become a chiropractor and you soon learn with surprise how dumb the medics are. And they shout that Chiropractors are just quacks who know nothing. The business of chiropractic has been built on getting patients well after the medics have failed.

Let us now consider how many things the skin does:

1. Clothes the body.
2. Helps keep the body warm in cold weather.
3. Helps keep the body cool in warm weather.
4. It sweats to carry poisons out of the body.
5. It breathes thru the pores of the skin.
6. It absorbs food thru the pores.
7. Informs us of cold, heat, pain, etc.

The walls of the Temple are covered with hair. You have only to look at a bald-headed man to realize how much beauty the hair adds to the body. And

the bald-headed man shows what the hair suffers when covered with a hat so the air can't reach it.

The Indians of this country wore no hats and never became bald-headed. But the time came when they went to wearing hats like the white man, and they began to be bald-headed like him. We learned this secret during the fifteen years we were U. S. Indian Agent in the Choctaw Nation in southeastern Oklahoma.

There are about 250,000 hairs in the average head of hair. Each hair has a root, a shaft or stem, and a tip. The root fits into a tiny bag in the true skin, and this bag is called a follicle.

Food is brought to the root of the hair by a tiny blood vessel at the bottom of the follicle, and each follicle is surrounded by nerve fibers. But the hair cannot use that food when covered with a hat that excludes the air. This presents another mystery medical science does not understand. That one we have considered in our work titled "The Empyrean Sea" (\$2.00).

Each hair is made of cells, just as are all other parts of the Temple. The new cells grow in the root of the hair. They push the older cells up and out into the stem and on toward the tip. So the hair grows longer every day until it attains a certain length.

In the center of the hair stem there is a little canal filled with air. The color of the hair depends on the coloring matter stored away in the cells that surround this canal. When the cells stop making coloring matter, the hair turns white.

By the side of each hair there is a little gland in the skin for making oil. The gland makes oil from the blood and pours it out on the hair. The oil spreads in a thin layer over the skin, keeping it soft and cool.

The hair may be kept healthy by brushing it often and by dipping the fingers into cold water and then rubbing the scalp briskly.

Finger and toe nails are another ornament of the living wall of the Temple. The nails are thickened and hardened skin. They protect and complete the ends of the fingers and toes.

Learn, that You May Live'

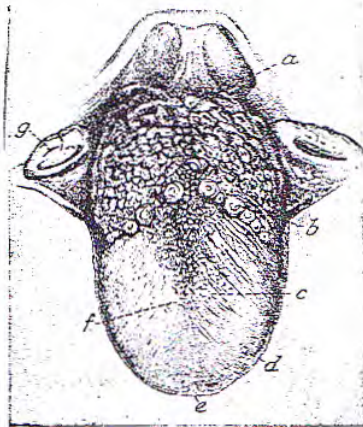
Orthodox Medicine Is Public Enemy No .1

By ALONZO J. SHADMAN, M. D.

I had occasion recently, as a guest of County Medical Society, to visit one of the large Veterans' Hospitals, and I have never been so depressed in my life as the result of what I saw there. Case after case was exhibited, all pronounced incurable. None of the cases which they demonstrated had ever seen actual service. They were healthy young men, in A-1 condition when they were inducted. They all received their immunizing shots and were sent to different parts of the country to training camps, where they developed colds, bronchitis, and pneumonia; for which they received the usual heavy doses of sulfa drugs. After that, they were hospitalized and there they will remain until they die. Some of them show strange, unheard-of pathology, and the doctors put all their efforts into making diagnoses that will fit into their preconceived philosophy of disease, and not one of them suspects for a moment that these diseases are artificial ones; conditions which were produced by unnecessary, ridiculous and harmful drugging, for which they themselves were responsible. Natural diseases produce, by-and-large, an orderly process of symptoms, as Nature reacts in her efforts to produce a cure.

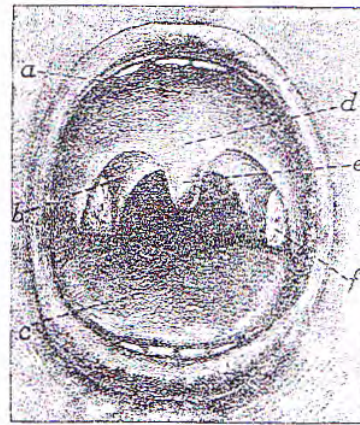
These strong medical measures in vogue in the present wave of chemotherapy, have no curative effect whatever, but they do distort the picture, change the symptoms and even prevent Nature from her proper reaction which would result in cures. Almost any type of pathology may

Tongue and Papillæ.



a Root of tongue
 b Vallate papillæ
 c Fungiform papillæ
 d Margin of tongue
 e Tip of tongue
 f Conical papillæ
 g Tonsils

Teeth, Tongue and Tonsils.



a Hard palate
 b Posterior pillar of the fauces
 c Tongue
 d Soft palate
 e Uvula
 f Tonsils

Chapter 4

AVENUE OF TASTE

Food and fluid enter the Temple thru the mouth, over the first part of the avenue of taste.

The pathway of taste begins with the tongue. Everything you put in your mouth has some kind of taste. We say certain things are tasteless because they are neither sweet nor sour, neither agreeable nor disagreeable.

Everything intended by nature as food, and everything that you might suppose to be food, has a taste of its own when coming in contact with the tongue.

Everything that people were intended to eat has an agreeable taste, a good odor, and is also pleasing to the eyes. Everything that people should not eat and that might be mistaken for food, originally had a taste, an odor, or an appearance that would prevent people from eating it.

That was Creation's method of keeping things out of the Temple that would hinder its work or harm its condition. But Creation's plan to protect the Temple and promote its duration has been disregarded by the people, and for this error they pay a bitter penalty in much sickness and premature death. This is the condition the medics try to remedy with drug poisons without removing the cause.

If you put something into your mouth and it tastes bitter or disagreeable, that is the sign that you should reject it. Sometimes you refuse certain foods, because they do not appear attractive. Then just the odor of something will make the eating of it disagreeable. So you see, all natural foods for you are protected by three senses, of taste, of sight, and of smell.

Hold a mirror in front of your mouth, and look at your tongue. Notice the little red mounds scattered all over it. Some are very small, some are medium size, and back of these are eight or ten very distinct ones, arranged in the shape of a wedge. It is by the means of these mounds that you are able to taste.

The mounds are round and project above the surface of the tongue. On the sides of each are little bodies that form a circle around each mound. Under

a microscope these round bodies look like a leaf-bud, or like an onion that has been cut thru the center. They are called Taste Buds because in them is located the power of taste.

All you put in your mouth touches the taste buds first, and the taste buds tell you whether it is sweet or sour, bitter or pleasant, agreeable or disagreeable.

The taste buds that give you the best taste of sweet flavors are on the tip of the tongue. Those that give you the best taste of sour flavors are on the sides of the tongue. And bitter things are best tasted by the taste buds on the back part of the tongue.

We said the avenue of taste begins on the tongue in the taste buds. It is not the taste buds that taste, but YOU, in your office in your brain.

A live wire of your great telegraph line goes from the brain to the tongue and connects with the taste buds, so as to tell you at once when anything enters your mouth. And you decide whether the morsel on your tongue should be swallowed or not.

But that warning of the nerves is disregarded many times, and the substance is swallowed regardless of the consequences. And many things are artificially flavored with salt, vinegar, mustard, pepper, to deceive the nerves so you will swallow them.

And if you think you are a flesh eater, kill a rabbit or a chicken and eat it at once as dogs and cats do.

The nose, mouth and tongue cut through to show the internal cavities and their relation to the throat.



FIG. 33.

- | | |
|----------------------------|--------------------|
| a Turbinals | g Left vocal cord |
| b Orifice of auditory tube | h Cavity of throat |
| c Uvula | k Upper lip |
| d Left tonsil | l Tooth |
| e Epiglottis | m Tongue |
| f Hyoid bone | n Lower lip |

The taste buds would always tell the truth if they were not abused. But it has been ages since the taste buds functioned as they should. They have suffered from abuse as the rest of the Temple has.

If the Temple were not so hardy and tough and so well provided with safety measures; it had long since perished and vanished as the ancient animals have. That fact in itself shows how much superior Man is to any animal.

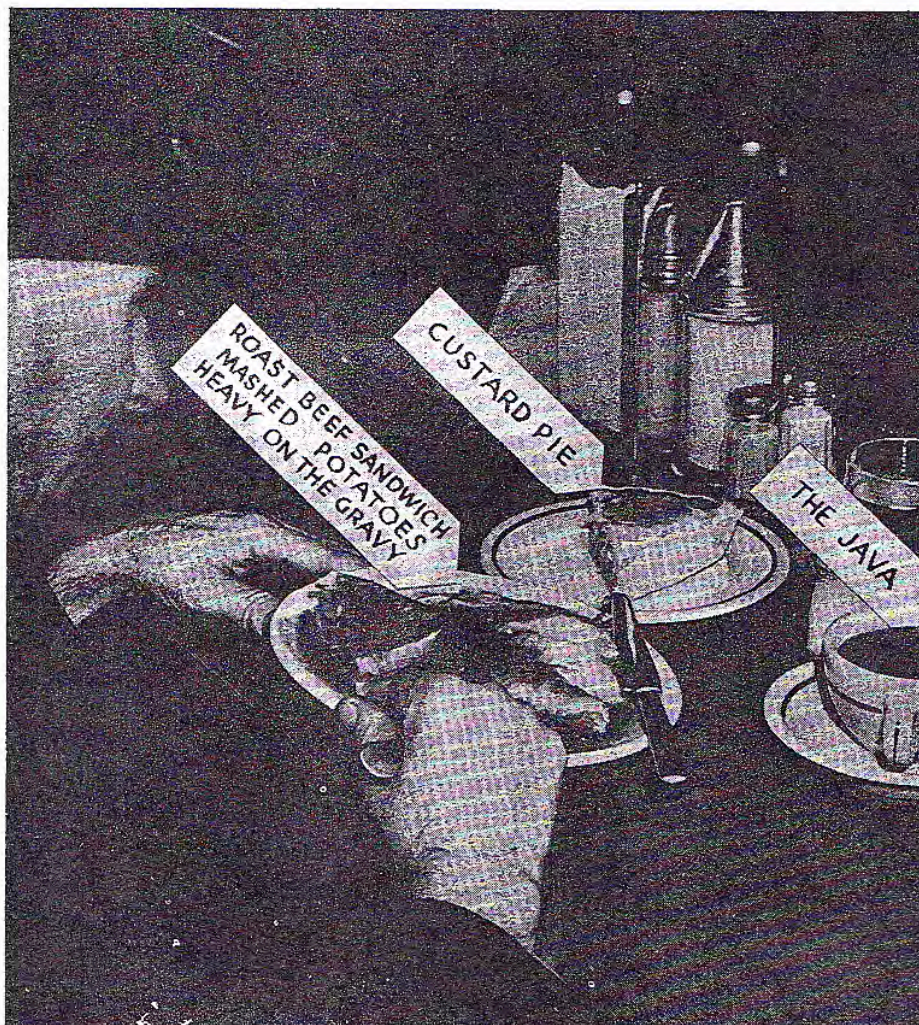
The Temple should easily live a thousand years, as it once did. Now it does well to live 50 years. The dumb medics have an average life-span under 46 years according to the records of the U.S. Census Bureau. That shows half of them die before they reach the age of 50 years.

People have subdued their taste buds by striking them with stinging poisons like salt, pepper, mustard, vinegar, spices, until

they cannot tell the truth about the food that touches them. They are half dead.

The taste buds have been dulled by the use of beer, whiskey, tea, coffee, tobacco--things that are not food at all and should never enter the stomach.

There are no taste buds in the stomach, and putting them all in the mouth was for the purpose of keeping out of the body everything not good for the body. But man's evil habits have made that wise plan of Creation a dismal failure.



AVENUE OF SMELL

Section through the front of the face, to show the air passages in the nose and mouth.



The nose is the smelling room of the Temple. It's more than a room--it's a wonderful house, three stories high, and is made up of many strange rooms and winding stairs. Double doors, the nostrils, admit the air to the waiting room or vestibule.

Most of the inhaled air flows back thru the hall on the first floor. Some of it goes up-stairs to the second floor and visits the various chambers, called sinuses. But all the odors make haste to reach the rooms on the third floor. In the walls of these upper rooms are thousands of delicate hair-like projections, ready to be touched.

These projections are like electric buttons in a hotel. You press the button in your room at the hotel, and soon there is a tap at the door. The bell-boy has brought you a pitcher of drinking water.

The faintest touch of an odor on one of these hairs or smell-bodies in the small chamber of the nose, rings a bell in your office in the brain, and may tell you that a rose is waiting to be enjoyed, or that you are in a dangerous atmosphere.

As at the hotel, you ring once for hot water, twice for drinking water, thrice for something else. And so the little smell bodies, called olfactory cells, send different signals to the brain, telling of different odors.

Fragrant odors are healthful. They make us breathe more deeply and thus bring more vitality into the blood and more vigor into the brain.

Bad odors have the opposite effect. Thus we are warned of danger in the air and should be governed accordingly. In this poisoned world it is hard now to keep from inhaling dangerous gases and poisonous fumes.

The power of the smell cells is adjustable. When they become flooded with odor in the air, they soon get used to it, and bad odors that almost flooded you at first, are soon not noticed. But the danger is still there, and the sooner you get out of that bad air, the better.

The smell cells stand, like sentinels, at the beginning of the breathing passage, guarding you by warning you of the kind of air you are inhaling.

The body's system of "air conditioning" begins with the stiff hairs just inside the nostrils, placed there to keep out enemies, like flies and other insects, as well as dust, etc.

1. The man who knows not, but knows not that he knows not, is a fool; shun him.
2. The man who knows not, and KNOWS that he knows not, is a student; teach him.
3. The man who knows, but knows not that he knows, is asleep; awaken him.
4. The man who knows and KNOWS that he knows is a teacher; learn from him!

The air passages become quite complex deep in the nose. Each nasal cavity is divided into three warm, moist, narrow channels called meatuses, thru which the air must pass.

These channels are lined with thick, sticky mucous membrane which traps and entangles any bits of foreign substance which so far may have escaped capture. The roof of each of the two nasal cavities is only a slit, and the thin bony roof is pierced with many tiny holes admitting the olfactory nerves devoted to the sense of smell.

Nasal mucous membrane is richly supplied with blood vessels and is capable of considerable swelling. That's why victims of cold in the head are made so miserable, with the familiar stuffed-up feeling.

If the air is cold or hot, the front doors of the nose are partly closed by little muscles, whose duty it is to keep watch and not let in any more cold or hot air than it is safe to inhale. When these little muscles are holding the doors shut, it makes the nose look thin and pinched.

The cold air that these muscles do let in, goes up and down stairs in the smelling rooms, all around thru the many rooms, and it slowly warms up by touching the warm walls of the rooms until ready to pass on into the lungs.

Smell and taste work together. One helps the other; but smell helps taste more than taste helps smell.

When you get up in the morning and have a cold in the head, that is the result of foul air in your bed-room, or foul odor from your bed, or from the feather pillows under your head.

Discard pillows filled with feathers, and never sleep on a feather bed. Feathers are from fowls and they emit a foul odor which may be too weak for you to smell, but strong enough to give you a cold, and damage your lungs.

You may get up in the morning and can't smell. You sit down to breakfast but have no appetite to eat. You push back your chair and leave the table.

That is the warning work of nature, trying to help you.



Never eat when feeling bad. Fasting is the rule that should be observed by all living things when they feel bad. Nothing a person can do to bring the body back to par is equal to fasting and fresh air.

EVERYONE IS SEEKING HEALTH

But few are willing to undergo the rigors—simple food, regular exercise, clean living—which will supply health in full abundance.

Chapter 6

THE TEMPLE WINDOWS

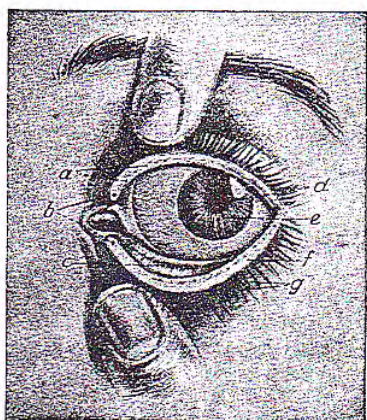
The eyes of the body are your windows thru which you look to see the visible world.

Insects are better equipped with the power of sight than man. The fly seems to have only two eyes, but its eyes are not made like man's are. The fly's eye has 400 window panes thru which it can look. That makes 800 window panes while man has only two. Each one of these panes is called a lens or facet.

The bee has six or seven hundred eyes in the sides of its head besides one large eye in its forehead. Some ants have 24 hundred eyes. The dragon fly has 24,000, and the butterfly has 35,600. Men have actually counted 24,000 lenses in the dragon fly, and 35,650 in the butterfly. We are able to count them by placing them under a microscope and thus making them look hundreds of times larger.

No two eyes are exactly alike; not even your own. We knew a man who had one brown eye and the other was half gray and half blue. He was one of our first cousins. His mother had brown eyes and his father had blue eyes.

An eye with the lid turned back showing



- a Opening of ducts of tarsal glands
- b Ends of tubes leading to canals into the nose through which tears usually escape
- c Tarsal glands
- d Pupil
- e Iris
- f Eyelid
- g Eyelashes

The eyebrows are useful and ornamental. Like the cornice of a house, they lend expression to the eye and the face.

The cornice prevents water and dirt from running down the walls of a house. The eyebrows prevent sweat from running into the eye by shifting it toward the nose or down the sides of the face. They also help to keep out dirt and dust.

The eyelids are the outside curtains of the Temple. They are made of two layers of skin that loosely touch each other. The external layer is like the outside skin of the body, but the internal layer is wet skin, called mucous membrane.

This membrane lines the entire inside of the Temple and every canal and every tube. This wet lining keeps the eye moist and prevents friction of its delicate coats.

The eye lashes are the fringe of the eyelids, and protect the eyes from dust, dirt and small insects.

They are also protection against too much light. If you look at an object in a strong light, the fringe of the lashes falls more closely to the front of the eye so you must look thru its shade to see.

The eyelashes, like the taste buds, are sentinels. They stand at the

entrance of the eye, to give warning of danger and to keep out enemies. If anything touches one of these little hairs, quick as a wink the eye is closed.

Windows made by man cannot move up and down and sidewise, at every angle and in the direction of a circle without any visible machinery. But the windows of the Magic Temple can do this.

Hold your right arm straight out in front of you. Fix your eyes upon your thumb. Now make a small circle with your arm, keeping your eyes fixed on your thumb without moving your head. You cannot feel your eyes moving, but they move all the time. They follow every change in the position of your thumb, and have described a circle in the brain--that is if your thumb described a circle.

Each eye is moved by six small muscles that are behind the eyes and cannot be seen.

Back of the external curtain of the Temple is the window itself. It is called eyeball because it is almost round. It rests upon a soft cushion of flesh which protects it from jars and blows.

Have a friend stand facing a window and look into his eye. You will see the white of the eye and the round center. If you look more closely you will observe that the front of the eyeball is transparent as clear glass.

This is the window pane and is called the cornea. Back of it in the center of the eye is a small black circle. This is a hole that lets in the image to be seen. It's called the pupil of the eye.

Watch closely the pupil of your friend's eye. Ask him to shut his eye a moment. Then look closely as he opens it. As he opens his eye the pupil gets smaller and smaller, and after he has stood in the light for a few seconds, it is a very tiny point.

Now have him turn his back to the light. The pupil grows larger at once. This illustrates the automatic focusing operation of the eye. We think nothing of it because it is so common, and yet it is a marvelous example of the mysterious operation of all parts and organs of the Temple.

The pupil, the real window of the eye, automatically grows larger or smaller to admit or exclude the light to enable you to see better. It does this by means of a round muscle that extends around the edge of it.

When a bright light strikes the eye, the pupil quickly becomes very small. But in the dark the pupil expands. If the pupil did not contract in a bright light, too much light would enter, and the optic nerve would be injured. It's a bad practice to try to look at the sun, or at any extra bright light.

Look again at your friend's eye. You see back of the cornea a colored circle around the black hole called the pupil. This circle is directly in front of, and covers the round muscle that forms a ring around the pupil.

This colored circle is a layer of color cells and correspond to the delicate inside curtain of a window, whether it be of lace or fine silk. It's called the iris, which means rainbow.

No two people have exactly the same colored iris. The color cells are different in each person. The color cells give the color to the eye, that

make the eye brown, blue, gray, green, and in rare cases pinkish white.

If you could look thru the hole in the eye, you would see back of the entrance a round body about one-third of an inch in diameter, and as clear as a glass crystal. This is the crystalline lens thru which the light passes to reach the optic nerve. In front of this lens is a small space filled with fluid. Back of it is a larger space, also filled with clear fluid.

Thus you see that in the middle of the eyeball, from the window pane back to the optic nerve, the path for light is as clear as clean glass. But what does the "seeing"?

One of the greatest misconceptions as to the nature of our faculties of perception is that our eyes see, our ears hear or our nose smells.

Our sense organs are merely receptors, specifically designed to pick up stimuli generated by the environment. The eyes detect electro-magnetic waves of a certain length constituting the optical region of the spectrum. Their task is to translate incoming signals into the language of nerve impulses and transmit them to the brain.

The body's sense organs are the brain's receptors which keep it informed of events in the surrounding world.

The white of the eye and the cornea are kept clean and moist by fluid from a little fountain called the tear gland, located in the upper and outer part of the eye socket, just outside the eyeball. A dozen little tubes carry the fluid from this fountain, which is about the size of an almond, to the edge of the upper eyelid. From there it spreads in a thin layer over the front of the eye, keeping the eye moist and washing off any dust.

The tears do their best to wash out of the eye any dirt and often succeed. They flow toward the nose. So if anything gets into your eye, help the tears by rubbing your eyelid gently toward your nose.

The eyeball is clad in triple coats. The outer, or sclerotic coat is hard and gives shape to the eye. The second coat is called the choroid coat. Its color is a dark purple and its principal purpose is to keep all parts of the eyeball supplied with blood. The inner or third coat is one of the most marvelous parts of the body. It's so thin and so delicate that one can hardly touch it without tearing it all apart. Yet it is made up of ten layers.

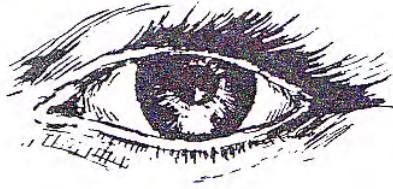
This inner coat, the retina, is the expanded end of the optic nerve. If you think of an umbrella turned inside out, you will get some idea of the shape of the retina.

The umbrella part would represent the expanded end of the optic nerve, and the umbrella handle would represent the nerve trunk extending back to the brain.

This nerve trunk is composed of almost a million tiny white threads or nerves, each going from the light-sensitive retina of each eye back to the visual center situated around the so-called postlateral gyrus at the back of the brain. If this area is damaged blindness results.

Plato taught by his example that man possesses within himself the power to cure the diseases of his body, that in the end, every man is his own priest, and every man is his own physician.

Medicine, like law, is only applicable to transgressors. Those who live correct lives require neither law nor medicine.



Chapter 7

THE LIVING CAMERA

We discussed the window of the Temple, and now we shall examine the window itself.

The window of the Temple is really a camera. It's smaller than pocket cameras, but it has an endless number of films and takes thousands of pictures every day. It is self-adjusting, self-focusing, self-renewing, self-repairing, and the picture is life-size, but the image is very small.

You do not even have to learn how to use it, and you do not have to provide plates and films and washes. Everything about it is complete, and all you have to do is just to take proper care of it.

After you have everything ready, the slide in, the object posed, your watch in hand, and you snap the camera, you cannot explain how letting in the light for just an instant printed a picture on the plate.

No one can exactly expound how the image of an object contacting the optic nerve can make a picture in the brain, and you think you see it with your eyes.

A camera cannot project a picture to its place in full size, but the human brain can do so. This proves that the human senses extend beyond the body and contact objects seen with the eyes.

Suppose your finger touches something. The nerve of touch sends a message to the brain. Well, seeing is touching at a distance. Hearing is another kind of touching at a distance.

You set air in motion when you fan it, and can feel the waves of motion-- waves of light. If these waves pass over that clear path thru the pupil of the eye, thru the room full of fluid, thru the crystalline lens and the transparent fluid back of it, and if these waves of light strike the retina, or the expanded end of the optic nerve, then, in some strange way that no one knows just how, the picture brought by the waves of light is carried on over the sight brain, where it is left as a negative, a picture that cannot be destroyed. After that, you can see the picture even with your eyes closed, thus showing that it is not your eyes that see the picture.

Sometimes the optic nerve takes pictures of things we wish later we had not seen. All the pictures of a lifetime are kept packed away in the back part of your brain. Some call this part of the brain a picture gallery, and say the pictures are hung on memory's wall.

It is a grand thing for an old man to have pleasing pictures hung in the gallery of his brain, where he can gaze at them with his eyes closed and thus refresh his memory. We can close our eyes and see pictures of events that happened in 1880.

The Divine Maker of your camera intended for it to have only pleasing pictures to photograph. The hills, the valleys, the forests, the brooks, all these are views for your camera. Your eye is taking snap shots of them all the time whether you think about it or not. And the pictures your camera is making are having a constant effect on your mind and character.

There is one remarkable difference between your eye and any other window. The eye is changed by what you think about, and what you think depends very much upon what you see, as a woman picking flowers or a man falling in a river.

The windows of a house may stare at wickedness every day and that will not make them any different. But the living windows of the Magic Temple cannot do that.

If you see things that are not good for your temper, that arouses bad feelings of some kind. If you form the habit of looking at such things, not only your mind and your character will be injured, but even your eyes will change. They will grow ugly, cruel, hateful. But if you cultivate the habit of looking at things that are pleasant, your eyes will reflect this.

If you wore a dark shield over your eyes for a year or so, you might become blind. The optic nerves would be injured and they cannot be repaired. Removing the shield would do no good. But if a cataract or a sort of thick film should grow over your eye, due to eating salted food, it might remain there for years and you might not become blind. If the cataract were removed, you could see again.

When we were U. S. Agent for the Choctaw Indians in southeastern Oklahoma, their eyes in general were in very bad condition due to eating dry salt pork and drinking coffee. Dry salt pork was shipped in by the car-load and eaten freely by the Indians who knew no better.

It's harder to take care of the living windows than of windows of a house. All the latter need to keep them in good shape is to be washed often. The eyes need much more than that.

The fluid from the fountain of the tear gland is all the time washing the living windows. But this alone will not keep them bright. To have bright eyes and good sight the entire body must be kept clean and healthy.

We must learn the laws of Creation that rule living things and live in harmony with them. No living creature in its native state transgresses these laws but stupid man. He seldom lives in harmony with them unless forced to do it.

That's the way we got our patients well when they came to us after the medics had given them up as hopeless. They came to us for "treatment" and that's the "treatment" they got. Some were not satisfied because they got no treatment. To get well without treatment was not enough for some of the cattle. We grew so disgusted that we closed our place and told the blabbering fools they had what they deserved and deserved what they had.

When you are sick, your body is weak and this includes your eyes, and they should be given special care. When reading, the light should fall over your shoulder upon the page and not into your face or from the front of the book. It strains the eyes to read in the dusk or by a dim light. When changing from natural light to artificial light, or from one kind of light to another, the eyes should be rested for a few moments either by closing or looking away from the book.

AVENUE OF SOUND

The Avenue of Sound is the path sound travels from the time it is made until it arrives at your office in the brain.

Drawing to show the outer, middle and inner ear.



- a Canal of outer ear
- b Semicircular canals
- c Malleus
- d Cochlea
- e Stapes
- f Tympanum or middle ear
- g Tympanic membrane

All sounds start waves of motion in the air just as light does, or just as a rock starts waves of motion in the water when cast into a pond. These waves go in all directions. If two people are opposite each other when the sound is made, each hears it.

You may think you hear with the trumpet-shaped object on the side of your head called an ear,

but you do not. That is the external ear that catches the sound waves which pass thru a hole in your head.

Your ear is a triumph of miniaturization. This sense organ has unsolved mysteries. It's the most elaborated and complicated mechanical system in your body. No other part of your body has such a sharply differentiated system of bones, membranes, sensory cells, and nerves, all united in perfect mechanical equilibrium.

This sense organ sorts out sound waves according to their frequency, and sends to the brain a nerve impulse indicated for each appropriate pitch.

The acoustic centers of the brain interpret these nerve impulses in so many different ways, that hearing is the most marvelously developed function of the specialized senses.

Comparatively considered, the ear is much more sensitive to range and intensity in its sphere of action than is the eye.

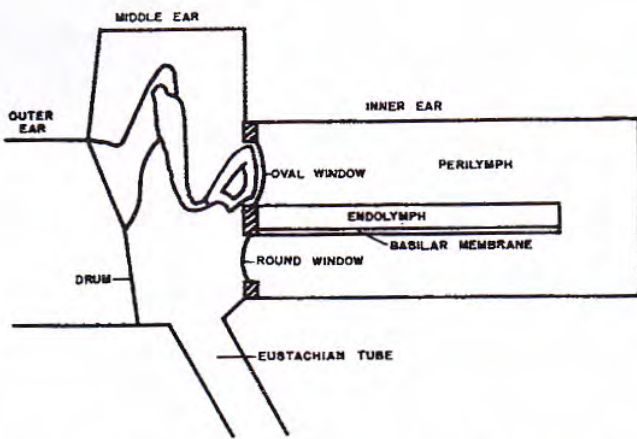
A concert grand piano produces 80-odd notes. The pea-sized internal ear is sensitive to 20,000.

The ear is not keenly sensitive to low-frequency sounds, or we would hear the vibration of our own body, and the jar of walking on concrete would be painful.

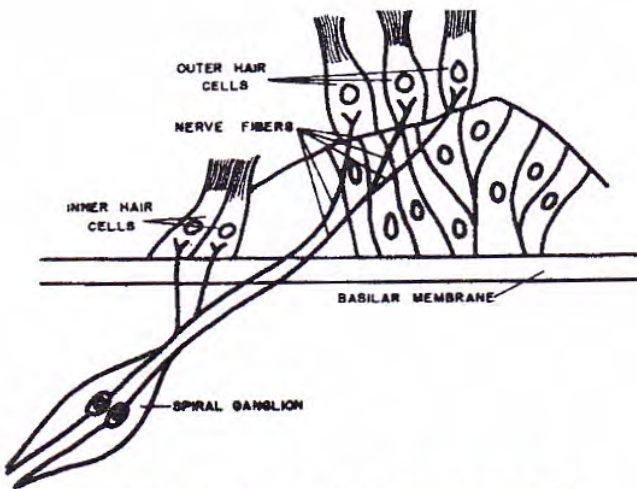
The normal adult ear cannot hear sounds lower than 16 cycles per second, and few people can detect anything higher than 16,000 cycles per second.

The ear does hear much of this "silent" sound. Stick your fingers into your ears, and that low, humming sound you hear is the vibrations from tensed arm and finger muscles.

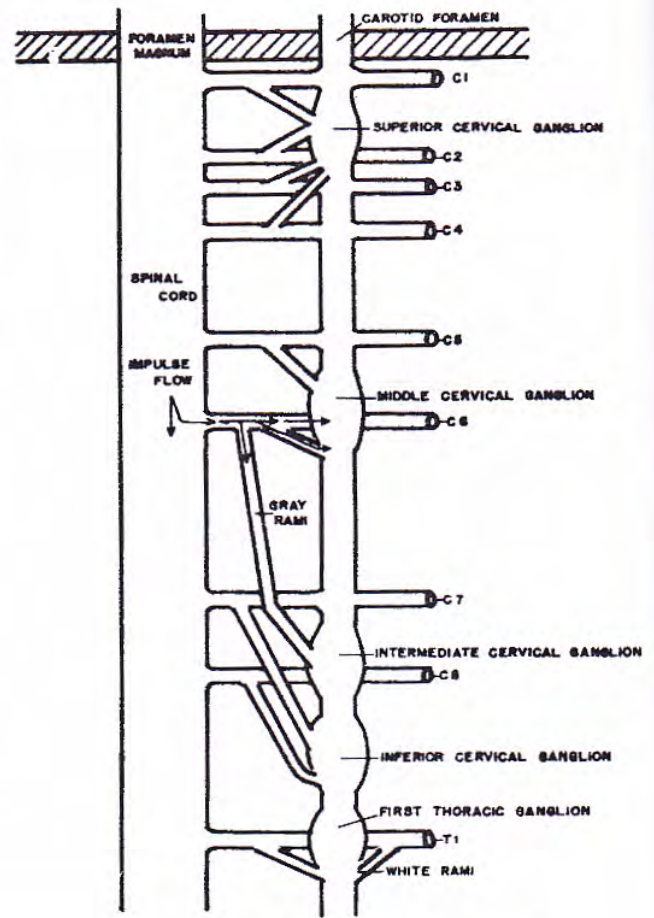
Sound travels two avenues to the brain. There is air conduction--the regular nasal course, and there is bone conduction--vibrations passing thru bones to the inner ear, and thence to the brain. Close your mouth and click your teeth or hum softly--the sound you hear is bone-conducted.



THE STRUCTURES OF THE EAR WHICH TRANSMIT VIBRATION.
(SCHEMATIC)



ORGAN OF CORTI AND BASILAR MEMBRANE
(SCHEMATIC)



LEFT SYMPATHETIC TRUNK-FRONT VIEW
(SCHEMATIC)

Your hearing mechanism has three main components--the external ear, the middle ear, and the internal ear.

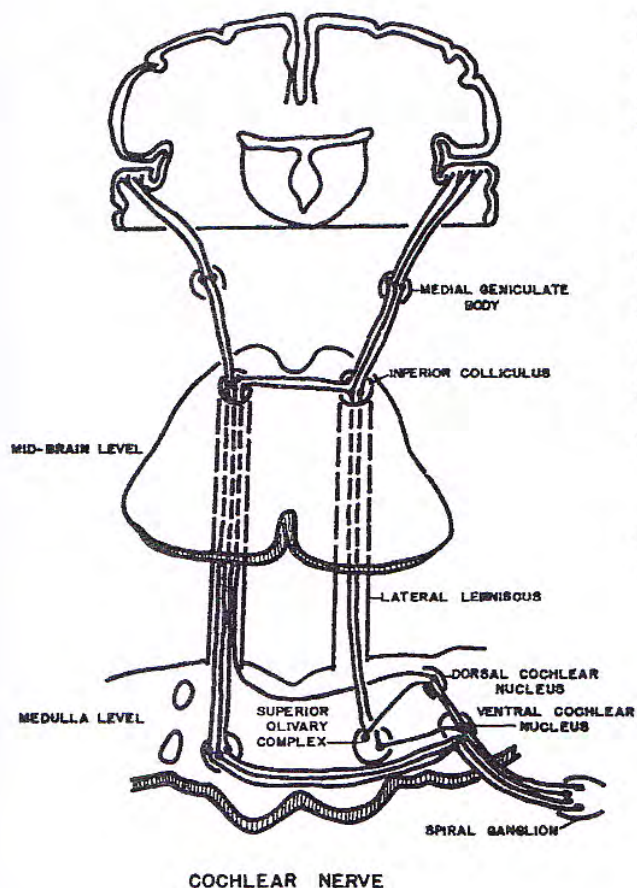
The external ear has a protruding flap that collects sound waves, and a canal that leads to the ear-drum.

You never hear all of any sound. You hear only what is carried by the waves of motion that are caught by the protruding flap.

The canal leading to the ear-drum is slightly crooked. In the external third of it, near the opening of the trumpet, are some little glands that pour out a bitter wax, which is to prevent insects from entering the ear, and to keep the canal moist.

The internal canal of the ear is closed by a very thin membrane, making a drum-head. Sound waves cause it to vibrate an infinitesimal bit. Yet this sub-microscopic vibration opens the way to the world of sound.

A man-made drum produces only one kind of sound. It may be loud or dim, but it has a very slight range of pitch.



The three schematic drawings: The Organ of Corti, Cochlear Nerve and Left Sympathetic Trunk - Front View reprinted from an article "Organ of Corti" by Dr. D. O. Pharaoh. Special permission to reproduce in this book granted to the author by The Palmer College of Chiropractic, 1000 Brady St., Davenport, Iowa. (February 19, 1968).

The living drum is acted upon by a delicate muscle. When a sound that is pitched high hits the ear-drum, the muscle contracts and draws the drum-head tighter. When the sound is low, this muscle expands and loosens the drum-head. So it is changing all the time as sounds change.

Next comes the middle-ear--a cavern half an inch long and a quarter of an inch across. This is a specialized room, and has three tiny bones. One is shaped like a mallet and is called the malleus. The second is like an anvil and is called the incus. The third is like a stirrup or the step of a saddle, and is called the stapes.

These three bones are linked together by a chain. The mallet bone is fastened to the drum-head. The anvil bone is fastened between the other two. The stirrup bone fits into a little hole that opens into a hall or vestibule of the inner ear. This minute chain of bones picks up vibrations from the ear-drum, amplifies them about 22 times, and transmits them to the internal ear via a little membrane called the "oval window," in which the stapes rest.

The middle ear is not a closed room. From it a tube leads down toward the throat, and is called the Eustachian tube. It admits air from mouth and throat to the middle ear.

Partial deafness may be caused by the Eustachian tubes, one on each side of the throat, extending to each inner ear, by being clogged with phlegm, in cases of cold in the head.

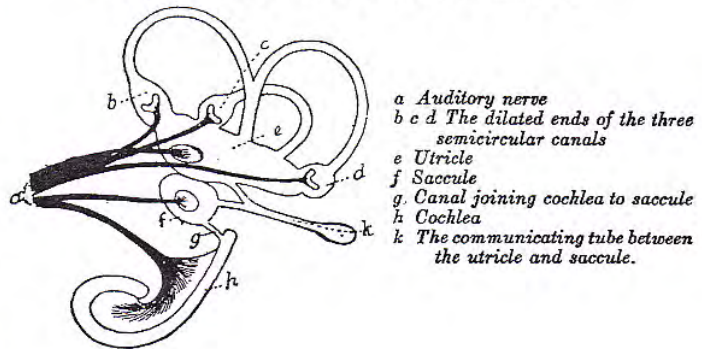
Hold your nose tightly with thumb and finger, close your mouth, then try to blow your nose. That strange feeling you then have in your ears is due to air forced into the Eustachian tubes into the middle ear from the throat and the drum was forced outward.

The fluid-filled internal ear constitutes the proper organ of hearing. It contains special epithelial structures to which are distributed the auditory nerves. It is located in a cavity in the petrous bone, called the osseous labyrinth. The auditory organ within is called the membranous labyrinth. It contains a fluid called endolymph; and outside of it, between it and the osseous

labyrinth, is a fluid called perilymph. The purpose of the fluid is to make the sound vibrate better.

There is a strange shell in this part of the ear, called the cochlea, a Latin word meaning "snail-shell." It makes two and a half turns from one end to the other, with two stairways on the inside of it. One leads toward the small end. The other begins at the small end and leads down to the base.

Diagram of the canals and nerves of the inner ear.



- a Auditory nerve
- b c d The dilated ends of the three semicircular canals
- e Utricle
- f Saccule
- g Canal joining cochlea to saccule
- h Cochlea
- k The communicating tube between the utricle and saccule.

We said these winding stairways were filled with fluid to increase the clearness of sound. In a boat on the water you can hear sounds further away than you can on land.

Between these stairways there is a little passage that contains the smallest musical instrument known, called the Organon Spirale. It was discovered by Alfonso Corti, Italian anatomist (1822-1875), and was named the Organ of Corti.

This musical instrument is shaped like a harp, and is so small that it cannot be seen by the eye. It requires the aid of a microscope to see it, and, according to the Ancient Magi, there are many more important organs in the body unknown to medical science because they are so small they have not been discovered.

The Bible says: "For who hath despised the day of small things? ... What be these two olive branches which thru the two golden pipes empty the golden oil out of themselves" (Zech. 4:10, 12).

In baffling symbolism the ancient scriptures relate secrets of the body, its glands and their work, unknown to medical science. We have expounded the biblical passages quoted in our work titled "Awaken The World Within"

The microscope has revealed many amazing things about this living harp. We will describe some of them: The harp has two series of pillars with broad bases, and united at the top so as to form a row of arches. There are 9,000 of these tiny pillars, and they are musical cells. There are about 20,000 to 30,000 hair cells with connecting nerve fibers working with them to make each sound more perfect.

The hair cells, each tuned to a certain frequency, wave like tall grass in a tidal current. This waving motion produces a minute electric current that is conveyed to the brain by the auditory nerve, and which the brain, in turn, interprets as sound.

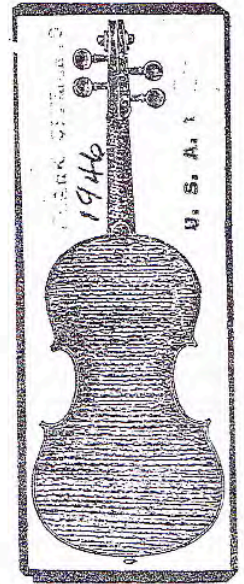
This living harp with a thousand strings can play any kind of music. All the melodies of the world have been tried on its strings.

The harp of the ear, like the camera of the eye, is a marvelous instrument to be built in the Temple. Upon it are heard the thunders of a storm, the notes of a flute, the hum of a bee, etc.



Music reveals to us the deepest chords of our nature. It unveils to us the innermost recesses of our deepest and best self.

The Touch of the Master's Hand



Professor Hilton Hotema's violin in the upper right hand corner. The violin just above was made by Hotema's brother for a large occult organization. Hotema has made violins for years. He taught his brother to play years ago. He often plays the violin in the evening and says it is the king of musical instruments.

The Vital Battery

"There is nothing covered, that shall not be revealed; and nothing hid, that shall not be known"
(Mat. 10:26)

The remarkable success of Chiropractic is due to the fact that the manipulations of the spinal column by the Chiropractor stimulate the cells of the battery and increase the flow of cosmic electricity (nerve force) to the various organs and glands.

This mysterious Battery with its Seven Cells is mentioned in the Bible as a Book with Seven Seals (Rev. 5), but no priest nor preacher ever attempts to make a rational explanation of these Seven Seals. He knows as little about these Seven Seals as the man in the street.

All traces of this the greatest secret of the body might have been lost to the Western World, had that precious Hindu Scroll not been included in the Bible. And to this day the church is unaware of the fact that a chart of this battery and its cells is concealed in Revelation.

Seven Sense Powers

Science says man has five sense powers, but the Ancient Masters taught and proved that he has Seven. That is another secret of the Vital Battery concealed in Revelation, the Book of Sevens.

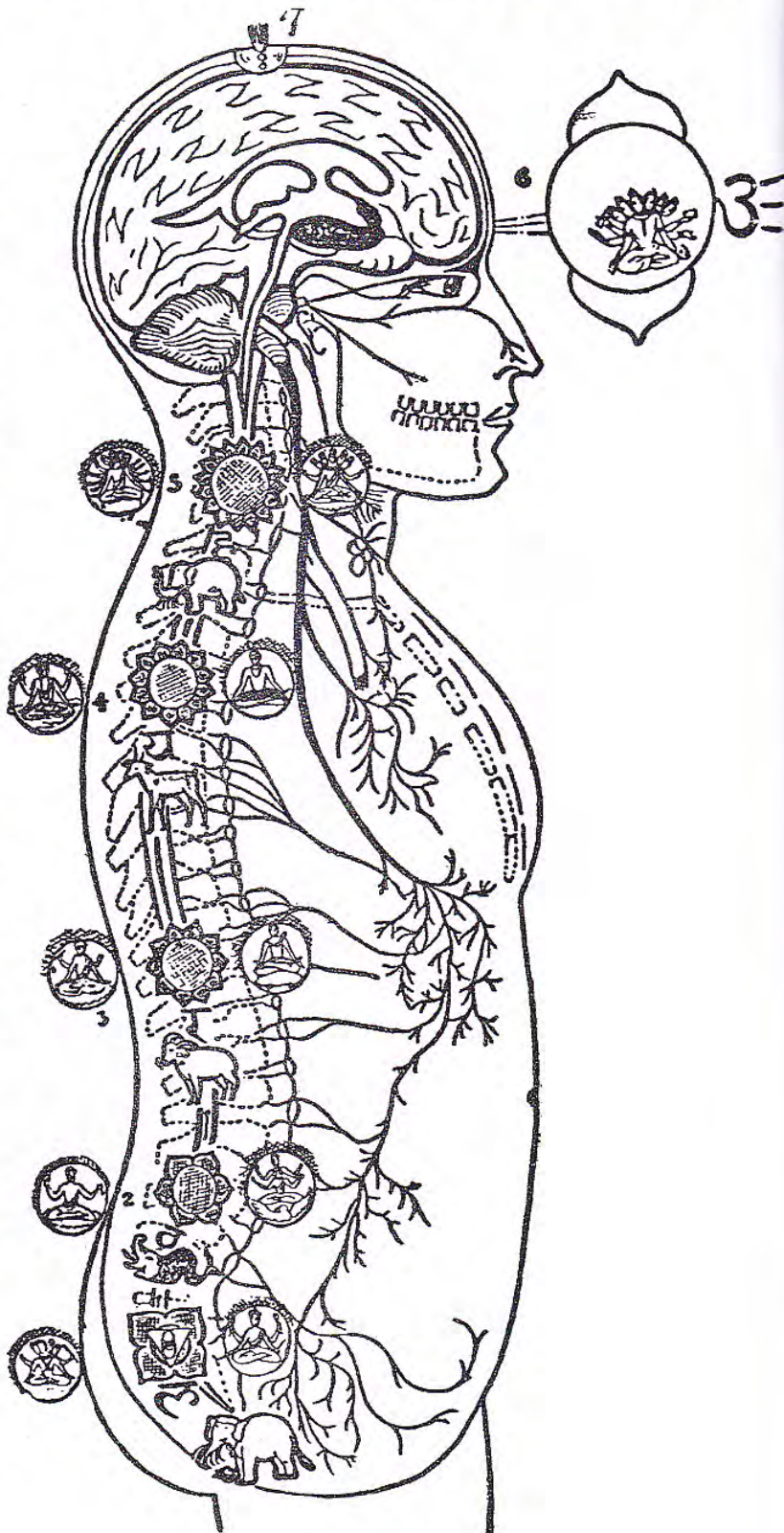
When the multitude was feasted on Five Loaves and Two Fishes, the Five Loaves symbolized the Five Senses of the average man, and the Two Fishes symbolized the Two Higher Sense Powers of the Master. (Mat. 14:17).

After the feast "they took up of the fragments that remained 12 baskets full" (Mat. 14:20). The 12 baskets symbolized the 12 signs of the Zodiac.

Heed not the dead letter of the Bible. Look for the hidden meaning. The dead letter does not make sense, while the hidden meaning reveals the deeper secrets of Life.

There are two special glands in the brain and two in the body that are the main Cells of the Vital Battery, and Five Solaristic Chambers in the head, harmonious and synchronous, man rises to the state of Seership, Cosmic Consciousness.

SON OF PERFECTION – Part II



Each cell of the Organ of Corti is in contact with the delicate end of a nerve, which conveys the sounds to the brain where they are analyzed and interpreted.

As the student reads the description of the Organ of Corti, so tiny that it can be seen only by aid of a microscope, he should remember this when he reads about the Mystery Glands of the body, and considers that when discovered by medical science, some were snipped out and cast into the garbage can, for the haughty medics did not think glands so small could be of any use to the body.

A church bell is ringing a mile away. When the clapper hits the side of the bell it starts waves of vibration, which travel at the rate of about 1090 feet a second. They never stop, but go on and on thruout all space.

Low sounds produce long, slow waves. A sound that causes sixteen waves a second can be heard. But the ordinary ear does not react to fewer waves than that.

The highest sound we can hear sets up nearly 50,000 vibrations a second. A trained ear can hear higher sounds than an untrained ear. The beast and the jungle-man can hear sounds that we cannot hear because their bodies are not so badly degenerated as ours are.

The ear trumpet catches the sound waves and the waves pass into the tube of the hearing canal. At the end of the hearing canal they touch the membrane of the ear drum, and break upon it as the waves of water break on the sea-shore. The sound waves make the ear-drum shake all over. Then they pass on into a little room where the three bones are, and they begin to vibrate with motion.

The sound goes on over the stirrup, thru the hole or window, into the fluid of the whispering gallery. It moves quickly up and down the winding stairs of the cochlea, in which it sets up waves in the fluid of the cochlea. The waves carry the sound to the tiny harp, and it plays upon the strings among the pillars. It touches the ends of the auditory nerves and they begin to vibrate.

The nerves carry the sound to you, in your office in the brain. You listen and by and by you have a pleasant memory to store away. Years later, if you desire, you can recall those sounds.

Now for another secret: Strike the key of a piano and hold your finger on the key. Now strike another key and instantly remove that finger. In the first case you notice the vibration continues. In the second it ceases.

If you strike several keys and hold them down, no sound is distinct. All the sounds run together. When you remove your finger from the key, a little cushion, called a damper inside the piano, falls against the wire that has been struck and stops the vibration.

A similar condition happens in your ear. There is a small projection on the hammer bone in the middle ear that presses against the ear-drum as soon as a sound wave strikes it. This stops the vibration. If this were not so, the sounds we hear would run together and this would cause much confusion in the brain.

This is another instance to show how man copies the work of Creation. His radio and television mechanisms appear in the sinuses in the skull, as expounded in our work titled The Magic World (Magicalism), which the scholar should read.

The ear is the entrance thru which a caravan of sounds is constantly reaching you. The sounds of birds singing in the trees, of the wind shaking the forest, of the babbling brook in the meadow--all the sounds of Nature.

Part II

In December, 1967 and January and February 1968 issues of Palmer College Alumni News, Davenport, Iowa, appeared an article in three-parts, written by Dr. D. O. Pharaoh, late dean of Basic Science of Palmer College of Chiropractic, titled "The Organ Of Corti." It dealt with the sense organ of hearing and contained data relative to which we have commented, but it will be interesting for the student to read it, and we have secured permission from the Palmer College to publish it in full, as follows:

On September 18, 1895, Dr. D. D. Palmer discovered Chiropractic. The story of the events leading to the restoration of Harvey Lillard's hearing is well known.

Harvey had been deaf for 17 years after bending in a stooped position and hearing something pop in his back which resulted in immediate loss of hearing. Then Dr. Palmer examined Harvey's back and discovered an unusually large, tender bump at the back of the neck, which region has been determined as the fourth cervical area.

In the words of Dr. Palmer as found in "The Chiropractors Adjustor":

"I reasoned that if that vertebra were replaced, the man's hearing could be restored. With this object in view, a half-hour's talk persuaded Lillard to allow me to replace it. I racked it into position, using the spinous process as a lever, and soon the man could hear as before. There was nothing accidental about this, as it was accomplished with an object in view and the result expected was obtained."

Better to comprehend the magnitude of this event, it is advisable to review the anatomy, the physiology of hearing, and the neurological connections of the human ear insofar as they apply to the chiropractic concept of certain forms of deafness.

Anatomy Of The Ear--The auditory apparatus consists of (1) the external ear; (2) the middle ear, or tympanic cavity; (3) the internal ear or labyrinth, and (4) the acoustic center and acoustic nerve.

The external ear consists of the expanded portion called the auricle, or pinna, and the external auditory canal. This canal carries sound waves to the tympanic membrane which separates the auditory canal from the middle ear. The middle ear is a small, irregular bony cavity situated in the petrous portion of the temporal bone. It is separated from the external auditory canal by the tympanic membrane, and from the internal ear by a thin wall of bone in which are located two small openings called the fenestra ovalis and fenestra rotunda.

The middle ear also opens into the auditory canal, or Eustachian tube, which leads to the naso-pharynx. In the posterior, or mastoid wall, there's an opening into the mastoid cells.

Extending across the cavity of the middle ear, from the tympanic membrane to the fenestra ovalis, are three tiny movable bones called the auditory ossicles. Due to their shape they have been named the malleus (hammer), the incus (anvil), and the stapes (stirrup).

The handle of the hammer is attached to the tympanic membrane, and the footpiece of the stirrup occupies the fenestra ovalis. All three ossicles are connected in sequence.

Vibrations of the tympanic membrane are carried along the course of the ossicles, and the stirrup rocks in the fenestra ovalis, thus transmitting to the fluid in the cavity of the labyrinth the impulses it receives.

The labyrinth receives the ultimate terminations of the auditory nerve and is the essential part of the organ of hearing. It consists of an osseous labyrinth composed of a series of cavities out of the petrous of the temporal bone.

The anatomy of the internal ear is extensive and complex. Accordingly, we will confine our consideration to that part of the internal ear most directly connected with hearing.

There is a peculiar structure within the osseous labyrinth that resembles a snail-shell, called the cochlea. It contains a thin membrane called the basilar membrane which, in turn, supports the sound-sensitive epithelium called the Organ of Corti.

This organ consists of a large number of rod-shaped cells and hair cells. It's estimated that there are some 20,000 to 24,000 of these so-called "auditory strings" embedded in the basilar membrane.

The basilar membrane and the organ of Corti are immersed in a watery fluid known as endolymph.

All bodies and objects which produce sound are in a state of vibration, and communicate their vibrations to the surrounding air.

As these vibrating air-waves enter the external auditory canal, they set the tympanic membrane to vibrating. These vibrations are communicated to the ossicles stretched across the middle ear, and their oscillations are transmitted as vibrations to the perilymph of the internal ear.

The movements of the perilymph, in rhythm like those of the air, stimulate the nerve terminals in the organ of Corti, and impulses are conveyed from these to the hearing-center in the brain.

One generally accepted theory is, that the fibers of the basilar membrane supporting the Organ of Corti respond to the vibrations of different frequencies. The vibration of each fiber in the basilar membrane causes the stimulation of the attached hair-cell and its nerve fiber.

Nerve impulses carried from the ear to the brain by thirty to forty thousand nerve fibers, are analyzed and resolved in the brain instantly and unerringly.

The sense organ of hearing has unsolved mysteries. It's the most elaborate and most complicated mechanical system in the human body. No other living part has such a keenly differentiated system of bones, membranes, and sensory cells, all joined in perfect mechanical balance.

It sorts out sound waves according to their frequency, and sends to the brain a nerve impulse earmarked for each appropriate pitch.

The hearing centers of the brain can interpret these various nerve impulses

in so many different ways that hearing is the most highly developed of man's special senses.

Comparatively, the human ear is far more sensitive to range and intensity in its sphere of activity than is the human eye.

The normal adult ear is unable to hear sounds lower than 16 cycles per second, and few can detect anything higher than 16,000 cycles per second. The ear is most sensitive from 1,000 to 3,000 cycles, which is the range of most important speech sounds.

Some animals, birds and insects have keen hearing up to 50,000 cycles or more. Dogs respond to whistles which cannot be heard by man. Bats issue supersonic squeaks of from fifty to one hundred thousand cycles and use the squeaks as a form of sound-radar.

The acoustic nerve is the eighth cranial, and it is composed of afferent fibers from the internal ear, which are arranged in two sets; (1) The vestibular part, or vestibular nerve, is concerned with equilibration. From its muscles in the pons some fibers extend to the cerebellum, and others pass down the spinal cord to form connections with the motor centers of the spinal nerves.

(2) The cochlear part, or cochlear nerve, is concerned with hearing. The fibers of the cochlear nerve are bipolar and rise from the spiral ganglion situated in the inner ear. These cells send one fiber toward the brain in the acoustic nerve, and the other to end in terminal arborizations around the hair cells of the Organ of Corti.

The acoustic center in the brain seems to be located in the temporal lobe of the cerebrum. Destruction of both acoustic centers will produce total deafness, whereas if only one is destroyed, the result is impaired hearing. This may be explained in the fact that some of the nerve fibers rising from one ear may cross over within the neuron pathways and become a part of the opposite cochlear nerve--an arrangement similar to that found in the optic chiasma of the visual apparatus.

The cochlear nerve has both reflex connections in the brain stem, and cortical connections thru the lateral lemniscus, medial geniculate body of the thalamus, and auditory radiations for conscious sensations of hearing.

It's often pointed out by those who would deny the science of chiropractic, that the acoustic nerve does not leave the cranial vault, and thus it could not be subject to nerve interference from a vertebral subluxation. It's automatically true that the acoustic nerve is located wholly within the cranium. But there are connections to this nerve from the nerves which are situated in the areas subject to nerve interference from vertebral subluxations as we know them by experience.

Of particular interest is the superior cervical ganglion located behind the carotid sheath, and opposite transverse processes of atlas, axis, and third cervical vertebra.

This is the highest ganglion of a series which are joined to each other by intervening nerve cords, and, collectively, these make up the gangliated trunk of the sympathetic nervous system.

This system lies partly in front of and to both sides of the spinal column. It extends up from the ganglion impar in front of the coccyx to the ganglion

surrounding the anterior communicating artery of the brain.

The superior cervical ganglion gives off nerve branches that help to form the carotid plexus, and other branches from the plexus are considered to control the blood supply to the ear.

One especially big branch is known as the internal carotid nerve, which accompanies the internal carotid artery. As the artery ascends thru the base of the skull, the nerve divides into several branches that form the internal carotid plexus, which gives branches to the tympanic nerve.

Certain mental impulses originating in the brain and passing downward thru the spinal cord are able to communicate with the gangliated chain of the sympathetic system via the rami communicantes.

The rami are short, thread-like connections between the anterior divisions of the spinal nerves and the sympathetic chain ganglia. They may be regarded as visceral branches of the nerves. There are two types:

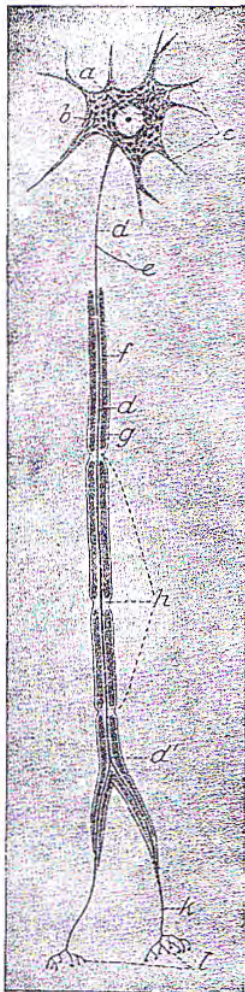
(a) White communicating rami, that pass from the spinal cord to the sympathetic chain ganglia.

(b) Gray communicating rami, that pass from cells in the sympathetic chain ganglia to the anterior divisions of the spinal nerves. The cervical nerves have only gray rami connected with them, and the thoracic and upper lumbar nerves have both white and gray rami.

A vertebral subluxation may interfere with the flow of mental impulses to and thru the gangliated chain by exerting interference either in the nerve, or the ganglion itself. It's entirely possible that these are trophic impulses which supply the structures of the internal ear, and that interference with their flow will result in nutritional disturbances to the parts supplied by them.

Drawing of a single cell from the nervous system; the whole is called a *neuron*, the main part of the cell is *a* with its nucleus, from its protoplasm the processes radiate. The proportionate length of the axon from *d* to *d'* is much reduced so as to get the drawing on the page. The whole cell is magnified by 200 diameters.

- a* Nucleus of cell
- b* Nerve cell
- c* Dendrites or processes of the cell
- e* Collateral branch
- d* Axon
- f* Medullary sheath covering the long extended axon
- g* Neurilemma
- h* Nodes of Ranvier
- k* Naked region of axon
- l* Terminal branches



Part of the spine, showing the entry and exit of nerves.



- a* Dura mater
- b* Anterior nerve root (cut)
- c* Posterior nerve root
- d* Arachnoid
- e* Denticulatum
- f* Posterior nerve root
- g* Anterior nerve root
- h* Spinal ganglion
- k* Anterior ramus of nerve
- l* Posterior ramus of nerve

Neurological evidence indicates that, in addition to the branches of the carotid plexus, the ear is also supplied by the tympanic branch of the glosso-pharyngeal nerve, and the auriculo-temporal branch of the trigeminal. Each of these nerves has a similar connection with pathways via the gangliated chain of the sympathetic system.

TYPES OF DEAFNESS

Chiropractic does not claim to be a cure-all for every case of deafness or impaired hearing. There are certain cases which are beyond such help because of the very nature of the involved structures.

As a matter of fact, deafness may be classified into three main types -

- (1) Conductive deafness is due to disorders of the external or middle ear structures, or both. Examples of conditions that cause conductive hearing loss are wax impacted in the external auditory canal, perforation of the ear-drum, fixation of the stapes in the oval window (otosclerosis) or blood or pus in the middle ear.
- (2) Perceptive deafness is also known as Nerve or Neural Deafness, and is due to disease in the inner ear, in the auditory nerve, or in the hearing center of the brain. This patient may or may not be able to perceive sounds; but even if he does hear sounds of increased intensity he may still fail to understand clearly the spoken word.

Most of these cases have an involvement of the auditory nerve, and consequently they comprise the great majority of deafness cases which do respond under chiropractic care.

- (3) Mixed. This indicates a combination of middle ear and nerve type of hearing loss. It is a common clinical finding.

CHIROPRACTIC AND HEARING LOSS

In July, 1935, Dr. B. J. Palmer opened the chiropractic clinic which bore his name for twenty-seven years. His prime objective was to prove the theory of chiropractic, by using regular medical methods of ascertaining symptoms, pathology and diagnosis and to use only chiropractic care in dealing with these cases. After fourteen years (1935-1949) he had complete case files, medical and chiropractic, before and after adjustment of thousands of cases.

Of great interest here is the research on 1029 cases in the B. J. Palmer Chiropractic Clinic. These patients were tested under specific, controlled audiometric procedures and were given specific chiropractic adjustment. Research conditions were regularly studied and maintained to make certain that all cases were tested under similar circumstances. The following constant conditions were used on all patients examined.

1. All pre-audiometric exams were conducted 24 hours prior to any adjustment.



**STOP
THINK**
Know Your Doctors
Beware of Narcotics,
Sleeping Tablets, Tranquilizers

2. All post-audiometric exams were conducted 7 days following the first adjustment, and at each 7 day interval thereafter.
3. All patients were scheduled as near as possible at the corresponding time of day on their post checks.
4. A Western Electric Model 6 B. P. was used throughout all pre and post examinations. Bone and air conduction tests were conducted on both right and left ear in the following frequency ranges: 128, 256, 1024, 2048, 8192, and 9747 per sec. Each range could be scanned from plus 105 decibels to 0 decibels. Overall losses were computed for both right and left ear in both bone and air conduction, and an overall hearing acuity loss for both ears combining bone and air losses.
5. Many cases were found to have "normal" hearing on the pre check and they were included in the post check. This accounts for the relative low increases in hearing acuity overall. If only those cases with 10 per cent or greater hearing losses were selected, the post findings would have been much more startling. No attempt was made to segregate any because of their condition or previous diagnosis. Their symptoms and diagnoses run the gauntlet of all known conditions, including polio, multiple sclerosis, arthritis, epilepsy, cancer, nephritis, heart conditions, mental cases, and others too numerous to mention.

The results covering tests on 1029 patients of both sexes and in age groups from infancy to 80 years showed that 56.5 per cent were found to have an increase in hearing acuity following chiropractic care. The average increase in hearing acuity for this group was 5.91 per cent.

Monkeys at "Summit" Meeting

Three monkeys met in summitry,
 Sitting at the top of a banana tree,
 Discussing the world as it affected them,
 With raids on their Rhesus an agenda gem!
 Said one to the others—"Now listen you two,
 Consider our Rhesus, when out of the blue,
 Salk and his cohorts, with medical excuse,
 Slaughtered them for their kidney juice
 To make a vaccine said to prevent
 A polio disease that was virus sent
 To mankind for their civilized (?) ways
 Of living licentiously during hot summer days!
 Their mixtures of foods are disgusting to us;
 Their flesh feasts and drinks stir up such a fuss
 With milk from their cows, intended for calves,—
 As if Nature did anything by halves,
 And never provided, after weaning the young,
 Food fit for growth with which life is spun!
 But MAN, *Homo Sapiens*, sap-head and fool,
 Thinks he can break Nature's laws and her rule,
 And then by drugs, operations and vaccines
 Beat Nature's judgments with outlandish schemes!
 He cries to high heavens for MEDICAL insurance,
 When what he needs is sane HEALTH assurance
 Which comes so natural to us in the trees,
 We see it so simply in all life that breathes!
 Rest, Air, and Pure Water, Food fit for a monk,
 Nimbleness for climbing tree or elephant trunk,
 Contented in mind, no psychiatrist to see.
 We leave that to MAN who holy would be!
 While MEN keep their Doctors, Drugs and Diseases,
 We'll keep on living in rain, shine or breezes:
 While they keep their Hospitals and more taxes,
 We'll enjoy a LIVING which teaches and relaxes!
 May *Homo Sapiens* soon awake and be one with us—
 Devoted to joyous, wholesome living without any fuss!"

THE STATESMAN

The Statesman throws his shoulders back
 And straightens out his tie;
 And says: "My friends, unless it rains
 The weather'll be very dry."

And when this deep thought into our brains
 Has percolated through,
 We common people nod our heads
 And loudly say: "Yes, how true."

The Statesman blows his massive nose,
 And clears his august throat,
 And shouts: "The ship will never sink
 So long as she's afloat."

Whereat we roll our solemn eyes;
 Applaud with main and might,
 And slap each other on the back
 The while we say: "He's right."

The Statesman waxes stern and strong;
 His drone becomes a roar!
 He yells: "I say to you, my friends,
 That two and two make four."

And thereupon our doubts dissolve;
 Our fears are put to route;
 And we agree that we've found a man
 Who knows what it's all about!

--Anon.



PSYCHE
FROM PAINTING BY AUG. S. GLAIZE

Chapter 9

MIRACLES OF THE TEMPLE

We have described five methods by means of which the Magic Temple contacts the physical world.

The fifth letter of the Hebrew alphabet is called HE. It meant a window thru which light enters, or to see. In a more profound sense it stood for perception, corresponded with the zodiacal sign Aries, and referred to your Temple as distinguished from other living things.

Arcanum V of the ancient Tarot was titled The Hierophant. Five was the most mysterious of all the digits. It symbolized the Magic Temple in its dual aspect as described in the Bible.

The Bible says YOU are the Lord from Heaven, and have dominion over all other living things on earth. For you, the occupant of the Magic Temple, stand at the apex of physical evolution, according to the facts and the philosophy of the Ancient Magi. (Gen. 1:28; Zech. 4:14; 1 Cor. 15:47).

You are the crowning point of all kingdoms. There is no living thing above you in the physical world. And there can be nothing above you in the Spiritual World. For the Spiritual World is the real world and the physical world is the reflected world.

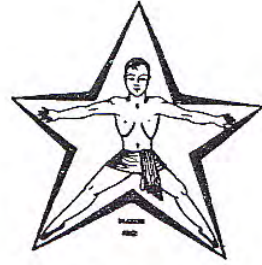
Far back in the dim days of the Egyptian hieroglyphics, the Five Pointed Star signified "rising upwards toward the point of origin," and formed part of such words as "to bring up," "to educate," "the teacher," etc. The White Five Pointed Star also indicated the liberation of Spiritual Man from his physical prison upon the demise of his body.

The doors of Solomon's temple and of many other temples, churches and cathedrals, are famous for their marvelous workmanship. But you have seen that any one of the entrances to your Magic Temple is far more remarkable and pre-

sents much greater skill of workmanship than any masterpiece of man.

But all this ceases to astonish us when we consider what the Cosmic Architect has made YOU able to do by means of the Five Senses. It appears from recent discoveries and performances that there is almost no limit to what YOU can conceive and achieve.

Here again appear the insurmountable differences between the Magic Temple and all temples made by man. A stone temple is not expected to do anything. It cannot move nor change nor repair itself. It can neither destroy nor complete the work of the builder. It makes little difference in its beauty or value what enters it or what occurs within its walls. As it was built, so it must remain.



Death is the release of the soul from his material imprisonment.

But your Magic Temple was designed with just one purpose in view--that in it and with it You might live and watch the Temple grow.

Your physical existence cannot be separated from the existence of the Temple. If anything enters the Temple which should not, that damages the Temple and decreases its duration. And so it's your duty never to fail to protect your Temple at all times and in all ways. For the Temple is in your complete charge, and the Five Senses were given to you that you should use them to perform your sacred duty.

Animals have all the avenues which lead to the brain that you have. They have nerve and brain cells and a certain amount of intelligence. But they have not got the marvelous Mind that you have.

An ape has all these five senses, and a brain much like yours. But no ape ever invented a telephone, an automobile, an air-plane, or wrote a poem, or played the violin.

The five senses are the total means by which impressions, knowledge, warnings, and all kinds of messages as to the work and the condition of the Temple, are conveyed to you. And it is your sole duty to harken and to heed all this data and to act accordingly.

All you know you learn thru your senses. You can see further than you can hear; you can hear further than you can smell. You can touch further than you can taste.

1. Over the avenue of touch are carried into the Temple the warnings of danger, news of whatever is touching the skin, messages from the air and the sun.

2. Over the avenue of taste are carried into the Temple certain information and warnings as to what you eat and drink, the substances that preserve or destroy the Temple.. But no one pays any attention to the warnings.

3. Over the avenue of smell are carried into the Temple warnings of danger, news of all sorts of odors. Over the first part of this avenue there passes the air that is so essential to support and preserve THE LIVING SOUL within the Temple.

The time has come in this decadent civilization when every breath you take poisons the body and kills you by inches. The killing process appears in various

symptoms which the dumb medics call "disease," and treat them by administering more poison to the suffering Temple.

When we began to write on air and breathing fifty years ago, the mind-conditioned readers of our monthly health magazine simply smiled and said they had never heard of such things as we mentioned.

Their silly letters made us search for books to see what others had said on the subject, and we could find none. Not even medical science had considered air and breathing of sufficient importance to write anything about it.

Then we went to work, and the world never heard before of the things we said about air and breathing. We explained to the blabbering masses why we stop living when we stop breathing, even with a stomach full of the finest food.

It might prolong the student's life if he read our condensed work titled "THE BREATH OF LIFE & THE FLAME DIVINE," price only \$2.00.

4. Over the avenue of hearing are carried various sounds into the Temple. Sounds are servants of the Mind. They are messengers that bear instruction, warning, counsel, news, information, encouragement, inspiration.

5. Over the avenue of sight are carried into the Temple the pictures of the phenomenal world called Nature. This is a deceptive field and causes great confusion. Much of the uncertainty in the world rises from the errors in the interpretation of what we see and what we think we see.

We look way down a railroad track and in the distance the rails seem to come together. We know in our mind that they do not.

Not many errors of vision are so easily corrected. Most of them are accepted as factual, and we build these illuscinnable visions of the world as our deceptive sight perceives them.

The Ancient Magi sought to correct this condition, and the Apostle Paul said:

"We look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal (and illusionable), but the things which are not seen are (factual and) eternal (2 Cor. 4:18).

We must black out our sense of sight and do our seeing with our Mind, as Joshua did, when he killed the Five Kings. Then the Sun stood still, for he discovered in his Mind that the earth moves and not the sun (Jos. 10:12-18).

We should keep in and all of its avenues of bathed daily and clad so and not hinder and hamper.

The taste buds should prick and sting of stimulate food or permitted to anything that will dam-

good order the Temple entrance. It should be as to aid and protect



not be goaded by the lants and seasonings in pass into the Temple age it.

YOUR SANCTUM SANCTORUM

Section through the skull and the top of the spine to show the brain and the ending of the spinal column associated with it.



- a The convoluted surface of the cerebral hemisphere
- b Medulla oblongata
- c Cerebellum
- d and e Processes and bodies of vertebra (backbone)
- f Spinal cord and cut ends of nerves coming from it

"In the convolutions of his brain, man is the image of the Cosmos. In the mother's body 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" (Prof. Rudolph Steiner, in Cosmic Memory).

In its building work, the forces and operations of Creative Processes are always and eternally the same. They never change. And the same forces are at work in the building of a tree as in the building of a man.

As we study man, we are amazed with wonderment when we contemplate the complexity, perfectivity, and mystery of the Magic Temple. Think of it as incorporating, including, and presenting all Cosmic forces and elements in the Universe, microcosmic in extent, involving various systems of operation, each more or less complete, yet working harmoniously with the whole, and all of these numerous systems intermingled and interlaced into one another, and all so perfectly correlated as to form a great Unit of living activity.

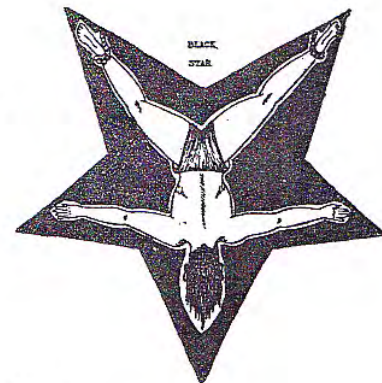
The activity and perfectivity of the brain and nervous system supply man with all the knowledge he has of himself and of the world. This inspired the great scientist, Dr. Alexis Carrel, to assert:

"Our intelligence can no more realize the immensity of the brain than the extent of the sidereal universe. ... We possess no technique capable of penetrating the mysteries of the brain, nor of the harmonious association of its cells" (Man The Unknown).

In plainer terms, science and medical science know very little about man and his body.

The Ancient Magi regarded the body as a prison of the Living Soul. Arcanum XII of the Tarot, titled Hanged Man, presented man hanging by his feet, with head down, symbolizing Birth, the Spirit entombed in the body.

There is a system of motor nerves in the Temple that act on the muscles, a telegraph system formed by the nerves for the inlet and outlet of knowledge, a multiplicity of condensers and transformers, large and small, even representatives in each cell action, resulting in grades of higher and lower tension, according to bodily requirements.



The brain, looked at from below, with the cut ends of the principal nerves.

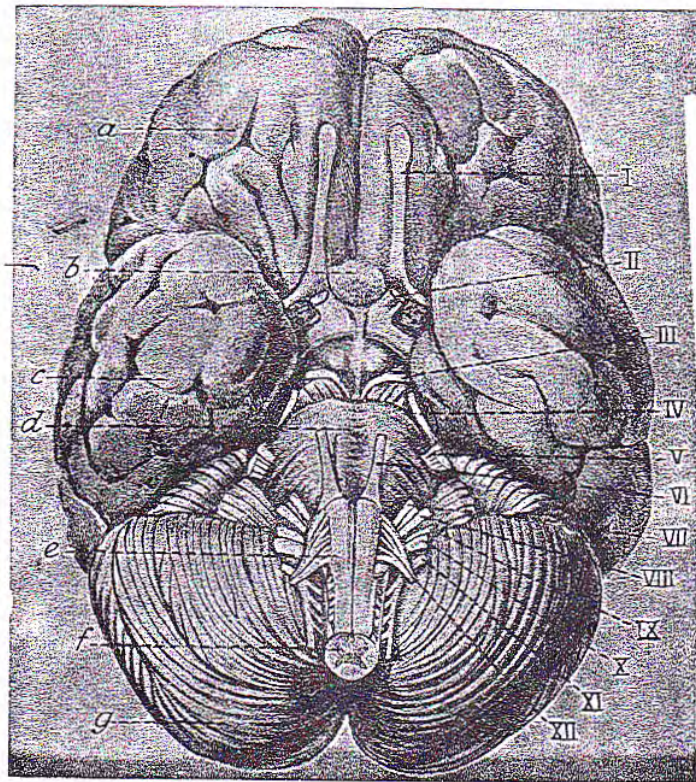


FIG. 52.

- | | |
|------------------|--------------------------------------|
| a Frontal lobe | e Medulla oblongata |
| b Pituitary body | f Medulla spinalis (cut) |
| c Cerebellum | g Cerebellum |
| d Pons | I to XII Nerves (see p. 252 in text) |

The Brain, side view. General plan of the way various functions are localised in the cerebral cortex of the Brain.

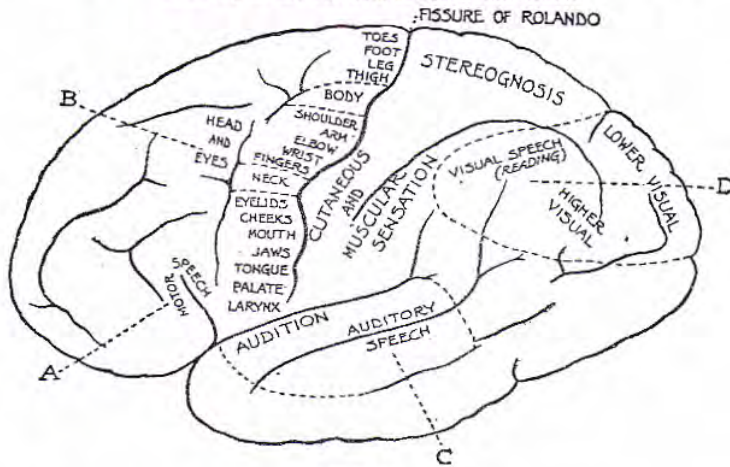


FIG. 53.

- | |
|--|
| a The centre of motor speech; damage or decay here causes word-loss or aphasia |
| b Region controlling power of writing |
| c Region controlling the hearing of words |
| d Region controlling the visual recognition of words |

The circulation of the vito-nervo-motive force can be tested and proved by delicate galvanometers, supplying evidence of a circulation of force in the nerves that flows out into the air, thru the pores of the skin, returning to the source whence it came.

In the brain's cerebral departments are the terminal dendrons, acting as serials conducting by a wireless system, the waves to and from the brain, and to and from the mental centers in the sinuses.

Herein we are able to link up a transcendental mentality, acting in its own super-etheric realm, in one of the higher astral encasements of the human entity, corresponding in man to the Astral Light of the Universe, called Cosmic Radiation by science, one layer of which registers as the subconscious memory of all the activities flowing from the body.

The Ancient Magi discovered that Astral Light (cosmic electricity) holds the memory of its activities which can be, and often are, tapped by psychics and sensitives, clairvoyants and clair-audients.

Astral Light was highly regarded by the Ancient Magi, who held that its quaternary qualities, heating, cooling, dissolving and coagulating, when directed by man's will, can modify all phases of natural phenomena.

In the microcosm there is a blending compound of all the various kingdoms

of the Macrocosm. In man's brain are faculties part physical, part mental, and part astral.

The brain is a cosmic switchboard that receives vibrations from above and below the sensuous realms in the body, transmitting them in both directions; the upper as a direct, controlling, inspiring creative force; and the lower as a flow of experiences, impressions and inspirations that are transmitted to those supersensitive states of astralism as a record of all the events that happen; the whole system representing a dual circulation, viz., (1) the circulation of the Macrocosm, and (2) the circulation of the Microcosm.

From the switchboard in the brain, the circulation flows down into the body thru the nerves as electrical waves, called nerve impulses, to nerve plexuses that are receiving stations, and where directions are changed.

Then there is the system of synapses, where the nerve fibrils or dendrones terminate, and hook up with others by an electrical arrangement of opposing fibrils, where the currents are transmitted over a gap by a process of induction, as in an induction coil.

Most of the currents from the brain go down the spinal cord, from which they are distributed out over the body by the nerves of the cerebro-spinal nervous system.

The other nervous system, separate from it but working in harmony with it, is the sympathetic, which rules the involuntary activities, controlling the various organs, respiration, circulation, assimilation, elimination, etc.

The spinal cord is an extension of the brain, reduced to a cord and goes into the spinal column. From it there branch off 31 pairs of nerves that go to all parts of the body. This makes 43 pairs of nerves, and they, in turn, give off hundreds of branches. There is a total of more than 500 main nerves that carry messages to and from the brain and every part of the body.

Physiologists assert that the brain is rebuilt and renewed in its entirety every ninety days. In its growth and development you help or hinder by your conduct. Think of the condition of the brain of the smoker and drinker. And there are many smokers and drinkers among scientists and doctors who treat the sick.

And what do scientists, professors and doctors really know? All knowledge possessed by all people is the product of the five senses. The five senses receive impressions from the environment, convey them to the brain via the nerves, and the brain interprets these impressions.

That is the foundation of man's knowledge on which he builds his world. And it depends entirely upon his brain's interpretation of the impressions it receives from the nerves.

Prof. Elisha Gray, referring to the physical sensory organs of sound and sight, had this to say:

"While vibrations ceases to affect our senses at 40,000 beats per second as sound, we are conscious again of periodic vibration when it reaches 398 trillion times per second. Then we hear with our eyes and see with our ears, whichever you choose.

"There exist sound waves that no ear can hear, and color waves of light that no eye can see. In the long, dark, soundless space, to us, between 40,000

and 398 trillion, and the infinity of range beyond 764 trillions, where light ceases in the world of motion, makes it possible to indulge in the speculation that there may be entities that live in different places from ourselves, and who are endowed with sense-organs like ours, but tuned to hear and see in a different plane of action.

"The eye is more perfectly developed, yet it is capable of only comparatively crude photography. The red ray comes to the eye with the lowest number of vibrations--four thousand billions. The eye cannot record anything with a less number of vibrations a second. The highest color is violet, with 764 trillion vibrations, beyond which the eye cannot vibrate in sympathy with colors.

"There are colors we cannot see. In fact, the universe is filled with things that are not visible to our eyes, and are unknown to us.

"In the same way there are things we cannot feel, and odors we cannot smell, and flavors we cannot taste.

"For all we know, this world in which we live may also be the home of another race of beings who pursue their course unknown to us, and perhaps we to them."

That reveals how little we know about the universe. While scientists have discovered strange things about the brain and nerves, there are many things that are unknown, and are just as mysterious now as they were a thousand years ago. We cannot progress beyond a certain ring-pass-not.

In referring to the Mind about which we know almost nothing, the great scientist, Dr. Alexis Carrel wrote:

"The Mind is hidden within the living matter, completely neglected by biologists and physiologists, almost unnoticed by physicians, and yet it is the most colossal power in the world" (Man The Unknown).

These men are ashamed to notice anything about the Temple concerning which they know almost nothing. It would be embarrassing for them to expose their ignorance to the brain-washed masses by referring to things about the Temple that were a mystery to them. They want the masses to think they know it all. And the masses do think so.

"And he said unto them, He that hath ears to hear, let him hear" (Mark 4:9).

You hear the messages received by your senses that tell you about the world in which you live, and that is all you know concerning it. A discerning listener will draw forth valuable data from these messages. But the mind-conditioned masses will reject what does not correspond with what they have been taught or want to believe.

Listening is not simply a passive process. To a thinker, it can be a very informative one. The stream of messages being received by the brain thru the five senses should be analyzed.

Adversity, if for no other reason, is of benefit because it is sure to bring a season of sober reflection. Men see clearer at such times. Storms purify the atmosphere.

**Education Is The Most
Powerful Influence On Earth
When Properly Directed**

Often you have difficulty in understanding the messages of your senses. You form the wrong impression. The basic meaning of many messages is not clear to you because of what you have been taught. A listener and thinker gains valuable data missed by the brain-washed masses.

"A wise man will hear, and will increase learning; and a man of understanding shall attain unto wise counsels" (Prov. 1:5).

How unwise it is to close the mind when hearing messages via the senses that conflict with personal views. Yet this is what most people do.

In the acquisition of relative knowledge, man has made but limited use of his receptive devices in the quest of observing and analyzing the nature of Force and Matter in their varying states. This is largely the result of the tricks of the institutions that control civilization. Their basic scheme is to keep man's knowledge limited, thus making it easier to persuade him to believe what he is taught. The Mother Church and Medical Science are the leading institutions in this respect.

So important is the brain, that Creation has protected it with six coverings. First is the hair. When it is long and thick, it's hard to cut the scalp.

The second covering is the scalp. It is thicker and tougher than the skin of the rest of the body, and contains more hairs and more oil glands to the square inch.

The third covering is the skull. The skull bones are hard and smooth. The part of the skull that forms a bowl to hold the brain is called the cranium. It and the face bones make the skull.

Each bone of the cranium consists of two thin plates, with a layer of soft bone between, which makes a stronger protection. Inside this double wall of bony plates are three other coverings called coats. The outer coat helps to keep the brain in shape. The second coat gives it room in which to move. The third coat supplies it with blood. Between these coats are thin layers of fluid, entirely surrounding the brain.

The brain as a whole and every cell of it are surrounded by fluid. This is a protection against the constant jar of walking or running and a great protection against shock of a fall or a blow.

The outside of the brain, like the outside of a walnut meat, is folded in ridges and hollows. The hollows get deeper and the ridges more crooked as we grow older. The outer layer of the brain becomes thicker as the Mind develops.

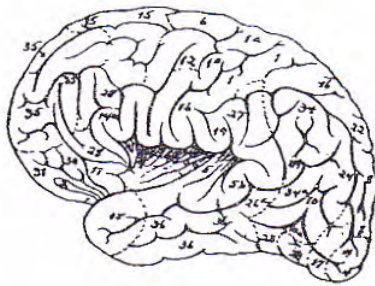
What is Mind? Read the books. Is it an entity or just a function of the brain? We'll consider that in due course.

The Cerebrum is the largest part of the brain. Back of it is a smaller part called the Cerebellum.

"Bellum" is Latin and means "battle." This battle occurs in the Mind and is so important that the great Edenic allegory is devoted to it. "For in the day that thou eatest thereof (dying) thou shalt surely die" (Gen. 2:17).

This is Armageddon. It begins at puberty, when the creative urge of the gonad glands affects the mind. This is the "war in heaven," waged in the brain

"The theory of the localization of function and all the facts supporting it are arguments against formal discipline. Specialized local areas and special functions could never have been developed had not the effects of exercise been cumulative at certain points rather than evenly diffused. Nourishment was supplied to the particular parts in excess of that supplied to any other parts. Consequently growth and development followed in the particular directions. A portion of the brain controlling a special function may be materially increased in development without much affecting other parts. Certain portions unexercised may atrophy without causing degeneration of other parts. Again, a given area may sometimes be completely exercised without seriously affecting the remaining portions. If the theory of general powers were true, any portion of the brain ought to be able to take on the function originally controlled by the parts destroyed. If the doctrine of general powers were true, it would be inconceivable that localization should ever have taken place. Any organ ought according to this theory, to be able to control any function, and undifferentiated, homogenous structure would have served equally as well as the exceedingly complex, specialized brain that we possess." Dean Bolton of the School of Education, University of Washington, in "Everyday Psychology for Teachers,"



(Top) Localizations of Physiology
(Bottom) Localizations of Phrenology

in the brain in relation to Good and Evil (Gen. 2:17). Evil usually wins the victory (Rev. 16:16).

What is that Evil? It appears symbolically as the Great Red Dragon (Rev. 12:1-7), and we have discussed the story in our work of that title.

There are two more parts of the brain with Latin names. This dead language used by medical science is another scheme to hide knowledge.

One of these parts is the Medulla Oblongata. This means oblong narrow. It is less than two inches long, and is the enlarged part of the spinal cord that enters the head. It emerges from the top of the spine, and is well protected, being buried under the rest of the brain. Neither can it be readily reached from below, as it rests on the base of the skull.

The brain is the most mysterious part of the Temple. This is your Sanctum Sanctorum, your sacred seat, your private office where You, king of the Earth, live from birth, to adulthood, to old age, and on as long as your Temple endures.

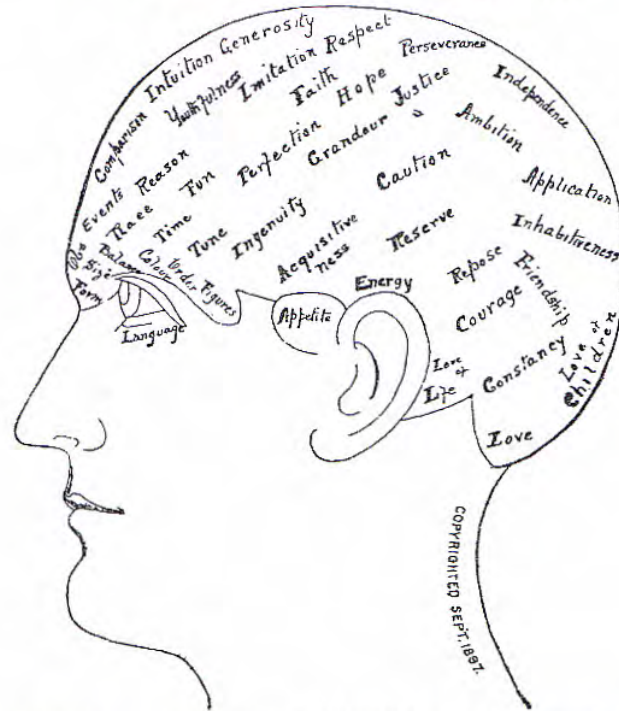
According to the Bible, the Temple used to last almost a thousand years. But the life-span was greatly diminished as man "progressed" from the natural into the artificial, and thought he was improving on Nature.

Progress in this world of fraud has almost reached the limit, and in time a new civilization will rise up and rest on the ruins of this one. The record shows that has been the regular order for many ages. Human nature never changes, and so history keeps repeating itself.

OUT OF THIS LIFE

Out of this life I shall never take
 Things of silver and gold I make.
 All that I cherish and hoard away
 After I leave, on this earth must stay.
 Tho' I have toiled for a painting rare
 To hang on the wall, I must leave it there
 Tho' I call it mine, and boast it's worth
 I must give it up when I leave this earth
 All that I gather, and all that I keep
 I must leave behind when I fall asleep.
 And I often wonder what I shall own
 In that other life, when I pass alone.
 What shall they find, and what
 Shall they see, in the soul that
 Answers the call for me?
 Shall the Great Judge learn
 When my task is through,
 That my spirit has gained some riches too
 Or shall at last, it be mine to find
 That all I'd worked for I'd left behind?

The least known part of the world is under our hats
MIND AND BRAIN GEOGRAPHY



Model Head from the Manual of Mental Science by Jessie Allen Fowler.
 The best book on Child Study ever written. Donated by Dr. J. J. Schneider, Philadelphia, Pa.

We are blind until we see
 That in the universal plan
 Nothing is worth the making
 If it does not make the man.

Why build these cities glorious
 If man unbuilt goes?
 In vain we build the world
 Unless the builder also grows.
 —Edwin Markham.

Chapter 11

THE BRAIN WORKERS

You are learning the Magic Temple is filled with busy workers that go about their duties with marvelous knowledge, skill, and harmony, each one knowing what it has to do and doing it so well that it never makes a mistake.

All the work in the Temple is done by cells, under the control of the nerves and directed by the central office, the brain.

It was not until the latter part of the 18th century that medical science had any knowledge of the cells. The discovery of the cells was due to the work of Dr. Francois Bichat (1771-1802), called the founder of histology.

Bichat's work with minute anatomy, or histology, led directly to the discovery and elaboration of an understanding of the anatomy and physiology of the cells.

There are about three billion nerve cells in the brain and spinal cord. Think of these busy bodies in a space no bigger than a melon. And the cells are not crowded for room. They do not even touch one another.

The brain cells are very tender and sensitive and easily damaged. Liquor, cigarets, coffee, tea, salt, pepper and all seasonings are carried by the

blood stream into the brain and do much damage to the cells. This knowledge discloses why people are fretful and nervous as they call it.

If you could gaze into the brain and watch the tiny cell workers, you would witness a peculiar sight. For these tiny nerve bodies are very curious in shape and behave most surprisingly.

Some of them look like spiders, with many legs. They are called spider cells. Others look like kites with long tails. Still others look like turnips, having a large body, a bushy top and a long central root. Some are star-shaped, some are three-cornered, some are very irregular, and some have so many branches that they make one think of a tree.

Imagine spiders, kites, turnips, stars, triangles and branches of trees, all in your brain and working diligently, carrying messages back and forth between your sanctum sanctorum and every part of your Temple.

But that is not the most surprising part of it. Every cell works under water as fishes do, and is separated from all other cells of the brain by a delicate film of fluid and rests on a cushion of fluid. So it is correct to say you think under water.

So you see the brain workers are taking a bath all the time, while they are working and resting. The same water that bathes them also feeds them. And that food comes not from what you eat, but from the air you inhale. That's why you stop living when you stop breathing. That's why polluted air is so dangerous as expounded in our work titled "The Empyreal Sea."

What is the Empyreal Sea? It's the sea of air in which you live just as fishes live in a sea of water. They live one step lower down than we do.

The brain cells, like other workers, have arms and legs. Some have two, some three, and some more. These arms and legs project in all directions. They have branches like trees, and form what are called dendrites. When a cell has a message to deliver, the branches reach out and touch the branches of some other cell.

The brain worker has a tail as well as arms and legs. The tail is a very delicate silver-white thread that reaches from the cell into the substance of the brain, or sometimes down into the spinal cord. Some of the tails are very long and some are very short.

These tails of the brain cells are nerve fibers. Each cell has one that connects with the thicker cord of a nerve trunk. These are tiny telegraph wires that carry the messages from one cell to another.

A dog's tail is a telegraph wire as well as a tail. If you pull its tail, the dog will bark at you and may bite you. That is because a message went up its tail and on to its brain. So if you touch the silvery thread of a nerve cell, a message is sent to your brain.

Every nerve fiber is covered with a thin layer of fat. This prevents messages from jumping from one nerve to another. If messages jumped from one nerve to another, the brain would be constantly confused, and much worse confusion than is caused in a business office by the crossing of telephone wires.

The brain workers wear gray coats, and if you study them thru the microscope, you see their arms and legs are rough and seem to be tied in knots.

And so, the brain workers are strange looking and queer acting objects.

Most of the brain workers live and labor in the external surface of the brain, called the cortex, which means bark. The cortex is a layer of gray cells, and varies from one-eighth to a quarter of an inch in thickness.

This is called the gray matter of the brain. The white matter is inside of the layer of gray matter, and is composed of millions and millions of the little white nerve fibers of the gray cells.

Where the gray matter dips down into the hollows, these hollows being like the hollows of a walnut meat, it may be thicker than on the ridges. If the gray matter were flattened out smooth, it would cover almost four square feet. This means you have four square feet of thinking surface. How much of it do you use?

In a general way, the results of the examinations of the brains of great men and women who have died, show that those with brilliant mental capacity are not those necessarily with larger brains, but with brains corrugated by a larger number of fissures and convolutions. For these increase the surface area of the gray tissues of the brain.

The better the brain is developed the thicker the gray matter becomes. The more you use your brain the larger, stronger, and faster the cells grow. The larger variety of the things you study, and the more you learn anything, the more cells are set to work. Every new thing you think, or say, or do, or learn, calls into action a new brand of brain workers.

This indicates what it means in the case of those who run constantly in the same old rut, let their leaders and enslavers do their thinking and learning, and accept without question the false philosophy and religion of the organized institutions that control and direct the affairs of civilization, and persuade the common cattle to believe it's for the public welfare.

That is the condition of the mind-conditioned masses, and the brain development of that class has been found by test to be no better than that of a 13-year old child.

The fantastic potential of man's brain was discussed by biochemist Isaac Asimov in the New York Times Magazine of October 9, 1966. He said:

"Some scientists estimate that the brain, in a lifetime, absorbs as many as one million billion separate bits of information. But there are some 10 billion gray cells, or neurons, in the brain."

Such an astounding capacity for remembering, filing and using knowledge, a capacity far beyond what any one could ever use in a lifetime of 70 years, or more, would indicate that the human brain was designed by its Creator to last indefinitely, forever.

Animals have no such capabilities, but were designed for a much more limited sphere of activity as well as a shorter life-span.

That is just what the Bible shows. Man, with his marvelous brain, was created with a high degree of intellect. He was undoubtedly designed to live forever on the earth, and was endowed with a brain that would serve that purpose. No animal was so designed. -- Gen. 1:27, 28; Psalm 37:29; John 17:3.

It appears from the evidence unearthed, that man was at his peak in the days of the Cro-Magnon. For since then the human brain has been decreasing in size, according to Science Digest for April-1951, p. 33.

This indicates degeneration, not evolution. Dr. Ernst Mayr, as to man's brain, said:

"The trend may now be in a downward direction. ... The increase in the size of the human brain, a characteristic that sets man apart from all other animals, stopped nearly 100,000 years ago."

Dr. H. M. Morris said; "The Cro-Magnon race of human beings are well known to have been superior to modern man both in physical size and brain capacity." (Bible & Modern Science).

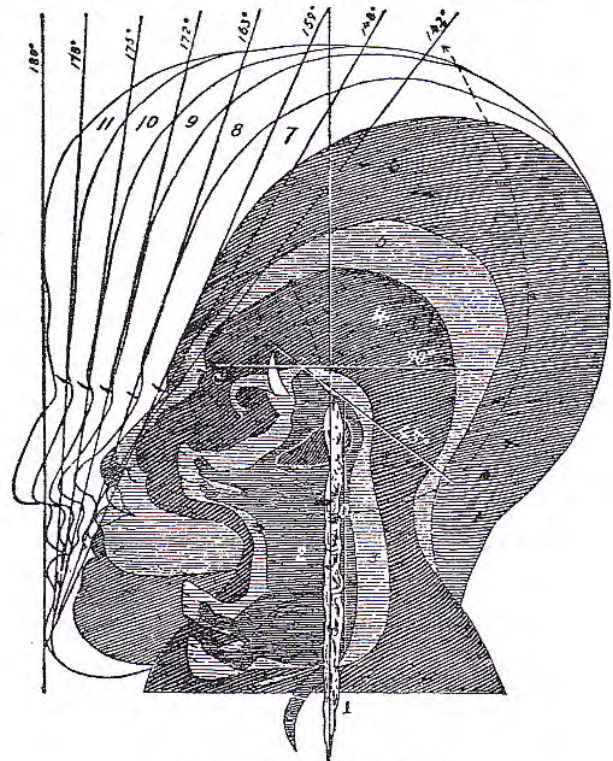
This man lived during the Aurignacian period, estimated at 25,000 years ago. In his work titled "Stone Age," Clement Wood described the Cro-Magnon man in these terms:

"The men of this race varied in height from 5'11" to 6'7", with the average male well over six feet. The race, with a cranial capacity average of 1800 C.CM., was one of the finest of which the world has any record."

Wood lists the cranial capacity of modern man (average) as 1325 c.cm. If cranial capacity is an index to man's natural intelligence, modern man falls considerably below the Cro-Magnon.

The Bible says, "There were giants in the earth in those days" (Gen. 6:4). And these giants supplied the record contained in the ancient scrolls from which the Bible was made, and modern science calls these giants "ancient heathens," and refuses to consider of any value what the Bible tells us.

We have shown many times in our various works that the evidence indicates that the human race is undoubtedly degenerating even at this time. That's another reason why persons appear now and then who stand out above the average individual.



INDIVIDUAL DIFFERENCES

Chapter 12

THE BRAIN OPERATORS

When a company is constructing a new building, it employs a supervisor to direct the workers and to watch the kind of work they do. If the work is not satisfactory, the workers may be discharged and others hired.

You cannot do that with the workers in your Temple. You never have to. For the workers in your Temple perform their duties perfectly, unless hindered by you. If you feed them polluted air, tobacco smoke, liquor, and all sorts of poisonous foods and fluids, all they can do is to warn you with aches and pains, as they cry out for you to stop abusing them.

But you do not understand these warnings. Instead of heeding them by changing your evil habits, you consult a doctor. He is engaged in the business of making a living, and he is taught to believe the aches and pains indicate the workers in your Temple have failed in their work, and he will correct the trouble by giving you a "shot in the arm," or by administering poison, falsely called medicine. This poison paralyzes the workers so they are helpless and are unable to revolt against the danger. If you live, you are lucky; and if you die, the "disease" killed you says the medic.

The nerve cells control and direct all other cells of the Temple. They are the policemen. Most of them are stationed in the grand central office, the brain. Many of them are placed in the spinal cord and in other vital centers of the body.

Every part of the Temple has its telegraph office and skilled operators. Each nerve cell may be considered a policeman that controls a wire.

Some of the wires are so short they do not leave the brain. Others are several inches long, maybe a foot, or two or even three feet long.

These Temple wires work differently from the wires men make and use. The same wire that carries a message to the brain cannot bring back the answer. One office receives the message, but another answers it.

Nerve cells do not travel around carrying messages or any material substance as do the blood cells. But thru them, while they remain stationary, pass on the vibration of the stimulus or the order from headquarters, when external conditions vary in such a way as to create an impression on any of the external cells of the skin or any of the sense organs.

Nerves that carry in from the outer world to the brain impressions from the sense organs, are called AFFERENT nerves. Those that take orders from the brain in response to messages received, are called EFFERENT nerves.

The grand central office, the brain, is divided into many different compartments or centers. Each attends to certain work. One files all messages received thru the eye. Another takes the messages from the ear. Each of the five senses reports to a special center in the brain. Every movement of the body is ordered by an office called the Motor Center.

No other telegraph office in the world can equal this one in variety of conditions or rapidity of operations.

Thousands of different messages may be coming in and going out of your

brain at the same time. Every message that comes in, is classified instantly and put into its proper file. If it needs an immediate answer, it gets it. If not, it remains on file until it is called for.

You would be astounded if you could at any time see all that is going on in this office while you are doing some simple thing.

Suppose you are playing the piano. Consider all the different groups of brain cells that are working as hard as they can.

There are the sight nerves, carrying into the brain exact pictures of the musical notes. The group of cells in the brain that receives those pictures, communicates to another group of cells that classifies the notes. This group of cells in the front of the brain decides which keys of the piano correspond with the written notes of the music. The office of this group then calls up the motor center and asks to have orders sent to certain muscles to make certain fingers touch certain keys of the piano.

Striking your fingers on the keys makes a sound. The sound enters the ear and is carried by the auditory nerve to the hearing center. This center, like the seeing center, reports the sound to the intellectual center in the front of the brain. That center decides whether the sound was correct or not, and sends new orders accordingly. All of this happens in a second, while you are playing just one note.

To a certain extent, this work of the brain and nerve centers is under your control, just as all the other cells of your body work under your control.

When you are walking you never think of your feet and legs, or your motor nerves. You just walk and talk and pay no attention to your little brain workers.

Suddenly your nerve cells of hearing are startled by a strange sound. You look up quickly and your nerve cells of sight tell you a furious bull is rushing at you.

Your whole attention is instantly transferred to your motor center. You do not walk now without thinking of it. You do not walk at all, you run. And your whole mind is bent on having your nerves of motion take you over the fence as speedily as a few million excited nerve cells can do it.

You get over the fence and are sitting on the grass, safe from the bull. While your motor cells are resting, we'll tell you something strange about them. This you will not find in medical books either.

These tiny motor cells are among the busiest workers of the brain, and they are perfect electric batteries, and it's not food energy as medical science claims, but electrical energy. And that energy comes not from the food you eat, BUT FROM THE AIR YOU INHALE, as expounded in our work titled "The Empyrean Sea." Read it as you need the knowledge it contains.

Medical science has much to say about nerve force, but does not know what it is. Each motor cell is an electrical battery, and it generates that force.

Nerve force is Cosmic Electricity, and you see flashes of that force when you see a streak of lightning.

When you wish to use any muscle, the cell supplies the electricity and it

flows over a nerve at a speed of about 150 feet a second. When it reaches a muscle fiber, it causes a tiny explosion of the power stored in the muscle, and electrical discharges crackle within the nerve cells. Then the muscle contracts. It is the work of muscles to contract and relax.

If the nerve going to a muscle be cut or destroyed, the muscle cannot move, no matter how good its condition may be. That's the way drugs stop aches and pains. The nerve is responsible for all aches and pains, and when drug poisons stun them, the aches and pains cease. The victim of the medic does not know this. That's a good way to shorten life and go to an early grave.

We'll explain this misunderstood problem by citing a test made on a certain animal. A microelectrode was applied to a cell of the reticular formation. The electric discharges showed that the cell was functioning normally. Then aminazine was injected into the animal's blood, and within five minutes the cell's activity began to slacken, the electrode picked up fewer electric charges, and finally the cell lapsed into silence.

The drug had done its work. It inhibited the nerve cells, and the cells stopped functioning. That's how drug poisons stop aches and pains. That is called "curing disease." But the "cure" is much worse for the body than is the "disease."

Much of the mysterious work of the brain operators is unknown. The little we know is strange and surprising, and the techniques involved in their operations are very foreign to our mind.

The esoteric teachings of the Bible disclose that the Ancient Magi knew much more about these secrets than we do. But they were jealous of their knowledge, and hid it from the world by preserving the essence of it in symbols and allegories that are very difficult to interpret. The student will get a good example of this by reading our work titled "Land of Light" in which we interpreted the baffling symbolism of the Tarot.

The clerics know not that Man, not God, is the Key to the Bible. And the various parts and operations of his body are the subject of many puzzling allegories in the Bible. Here is an illustration:

"Moreover the word of the Lord came unto me, saying, The hands of Zerubbabel have laid the foundation of this house; his hands shall also finish it. ... For who hath despised the day of small things? For they shall rejoice, and shall see the plummet in the hand of Zerubbabel with those seven; they are the eyes of the Lord, which run to and fro thru the whole earth. ... And I answered again, and said unto him, What be these two olive branches thru which the two Golden Pipes empty the Golden Oil out of themselves. ... These are the two Anointed Ones that stand by the Lord of the whole earth" (Zech. 4:8-14).

In this case, Zerubbabel symbolizes the Pituitary Gland in the brain. When looked at from below, the olfactory bulbs of the brain project conspicuously as two elongated masses with club-like ends. Lying between them is the Pituitary Gland.

The work attributed to Zerubbabel shows the important work the Pituitary controls. It directs the organization of our bones and the shape of our bodies, and is one of the most important glands of the brain. For if anything goes wrong with this gland, the very shape and size of the bones change, and with them, the shape, expression, and character of the person may alter.

The Plummet symbolizes the spinal column; and "those seven" represent the seven great nervous ganglia, five in the body and two in the brain.

The five in the body tell the common cattle, the clerics, the medics and the scientists what they know. When the two in the brain function as they should, that makes man a seer and a sage, and the world has few of them.

The eyes of the Lord which run to and fro thru the whole earth, symbolize the body and the nerves.

The two Golden Pipes represent the two tiny tubes that carry to the brain, when not expended in masturbation, fornication and generation, the precious fluid of propagation, elaborated by the gonad glands.

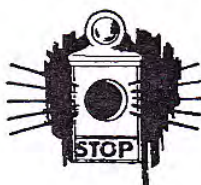
The Golden Oil is so important that it received the special attention of the Ancient Magi. According to their teaching, it flows from the brain down the spinal cord to the solar plexus, where its power is augmented, and then passes on down to the sacral plexus, and it may serve two purposes--propagation or regeneration, mentioned in the Bible in these words:

"For in the resurrection (regeneration) they neither marry, nor are given in marriage, but are (free of carnal lust) as the angels of God in heaven" (Mat. 22:30).

This is a deep subject and we have covered it in our work titled "Awaken The World Within." For it is the conservation of the Golden Oil that liberates the physical man from carnal lust and exalts him to the angelic plane, as the Bible says.

If the Golden Oil is consumed in propagation, as it is in the animal kingdom, it conduces early decay of the body and early death. For in the process of propagation every living thing has served its purpose in life, and is ready to expire.

Knowledge of the esoteric teachings in the Bible reveals the reason why the clergy and the exoteric cannot understand the Bible.



"Drugs Are Deceptive.
They tear down the Signals
nature erects for your bene-
fit and conceal or cover up
the symptoms."

VAYA CON DIOS



Chapter 13

POWER OF HABITS

"And God saw that the wickedness of man was great in the earth, and that every imagination of the thoughts of his heart was only evil continually. And it repented the Lord that he had made man on the earth, and it grieved him at his heart. And the Lord said, I will destroy man whom I have created from the face of the earth" (Gen. 6:5-7).

In our work titled "The Empyrean Sea" we referred to a very ancient tradition regarding man, substantially as follows:

Man was created perfect and placed in a garden of fruits and streams. He was free of all bodily appetites and had no desire to taste the fruit or to quaff the water. Moreover, he had been commanded by Divine Providence not to eat or drink, as that would inject foreign substance into his body, causing it to deteriorate, decay and become unfit for his habitation. Men were more boys when a hundred years old, and had none of the infirmities of age to trouble them. When ready to pass on to the Spiritual Realm, it was done in a gentle slumber, and man silently flashed out of his body thru the fonticulus, that vacancy in the bones of the fetal cranium between the frontal and parietal bones of the skull.

Man was created perfect, reflecting the Creator's harmonious state of perfection. With man's various qualifications he was endowed with Free Will; and the misuse of this endowment caused him to fall from the plane of perfection.

What a disgraceful record man has made. His nerve cells are trained by ages of evil to do the work they are doing. They cannot think; they cannot train themselves. They must work in the direction in which You have trained them to go.

Man has sunk lower than the beast. He is a slave of evil habits. His nerve cells are his servants. They do what he directs them to do. That makes him the Master of his destiny.

When a nerve cell has once learned its work, a change occurs in its body, and it cannot learn anything new. It must keep at work in the way you have taught it.

If you have taught the nerve cell to do something you wish to stop doing, the only way a change can occur is for that cell to die and be replaced by a

new one. That's one reason why it's hard for you to break a habit.

The tiny brain workers do the work they learn to do, and in doing this work they make trails in the brain.

The first message that comes into or goes out of any part of the brain, must make its own path. And thus paths are formed in the substance of the brain. In time these paths become so deeply worn that it is almost impossible for a message to go any other way.

This knowledge clarifies many things. For instance, did you ever notice that in dressing, you nearly always make the same motions, and in the same order.

You put on first your right or left shoe. It's the same with many things you do. If anything happens to make you do it another way, you notice it, and perhaps cannot do it quite so well.

Your nerves are doing their work without special orders from you. They are ruled by their habit that you taught them. If anything stops them, they wait for orders. And you notice it when you have to give them special orders.

The drunkard has worn deep trails of that bad habit in his brain. His nerve cells have called so long for messages to be sent along the trail of yielding, that they cannot go any other way. If his mind should send out a negative order when the nerve cells are clamoring "Yes," that "No" would have to force its way against great obstacles. Whereas, the "Yes" trail is already made. That's the reason why it's so hard for drunkards to reform.

The same philosophy applies to all habits not only of man, but of all living creatures. In referring to the perversions of man in straying from the strait and narrow path that leads to good health and long life Dr. R. T. Trall wrote:

"A cow has been taught to consume kitchen-slops, strongly impregnated with refuse and putrefied animal matter, in preference to her natural food; and a sheep has been feasted on beefsteak and coffee until it refused to touch the greenest grass or most delicious clover. And so man has depraved his appetite to such degree, that rum, tobacco, and decaying animal flesh have become his great luxuries" (Natural Food of Man, p. 53).

Our readers were surprised when we presented evidence in our work titled "The Empyrean Sea" to show that eating and drinking were unnatural and were the result of habit.

Dr. Wm. Lambe of London, wrote a book titled "Water And Vegetable Diet," published in 1815, in which he had reason to pose the proposition, "Is Man A Drinking Animal?" Then he said:

"Let us consider man again, for a moment, as we may suppose him fresh from the hands of his Maker, and depending only upon his physical powers for his subsistence.

"We must suppose every animal so

**"The physician of the future
will treat the WHOLE MAN — BODY,
MIND, and SOUL."**

**—Hippocrates, 460 B. C.
(Father of Medicine)**

circumstanced to be furnished by Nature with organs suited to its physical necessities.

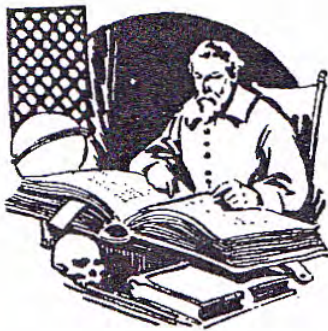
"Now I see that man has his head elevated above the ground, and to bring his mouth to the earth requires a strained and painful effort. Moreover, his mouth is flat and the nose prominent. These circumstances make the effort still more difficult.

"In this position, the act of swallowing a fluid is so painful and constricted that it can hardly be performed. He has therefore no organ which is naturally suited to drinking. He cannot even convey a fluid into his mouth without the aid of some artificial instrument.

"The artifice is very simple, it is true. But still the body must be nourished anterior to all artificial knowledge.

"Nature seems therefore to have done her part toward keeping men from the use of liquids. And doubtless on a diet of fresh fruits and vegetables, there would be no necessity for the use of liquids."

Let us pause at this point and present some of our own personal experience. We have reason to agree fully with Dr. Lambe that man is not a drinking animal. We subsist on a diet of uncooked and unseasoned fruits and vegetables and have no desire to drink. We drink no water and have not for ten years. Our body gets all the fluid it needs from what we breathe and eat.



The path the nerve cells make to your brain by the time you are 25 years old, determine your character to a large degree. They determine what kind of person you will be, and what kind of a Temple you will build. They determine the vital adjustment of your body to your habits and your environment to a degree that will rule your life-span.

The younger you are when you begin, the easier it is to make these trails in your brain as they should be for the best. The first habits you form have the greatest influence on your body and life. If you wish to have good health and long life, learn while young how to do it, then form the habit of doing it as we did. We began that job when we were nine years old, and that's the reason why we are now in our 92nd year with the vigor of a man of 60.

We have earned what we have. We got started when by chance a book came to our notice that taught us the way, and we have told the story in our work titled "How I Lived To Be 90."

Like other workers, the nerve cells must exercise or they lose their power. If you do not use them, they fade out and in time lose their ability to work.

There's no time in the existence of the Temple when all of its organs are called into action. Those whose service is not needed, rest in a dormant state, yet are always ready to respond when needed, unless they have rested so long that they have lost the power to come back into action.

That expounds the reason why the Temple has many dormant organs that are a mystery to science.

Unused muscles, organs and brain cells grow weaker as time passes. You must work them and keep them working all the time. You should do much studying, thinking, reasoning, to call into action as many different groups of workers as you wish to have ready to serve you during your life.



Your little brain workers should be trained by you. Do not let others do your thinking and reasoning. But thinking and reasoning are such hard mental work that most people let others do it and they just follow the crowd.

Not many thinkers and reasoners live in each generation. When they do appear and grow conspicuous by getting too far ahead of the social pattern, they are in the danger zone. They are assassinated or persecuted out of existence. History mentions many of these cases, but many go unrecorded.

There are said to be some 300 people now in jail in this country because of false charges filed against them, due to the fact that they authored books that revealed the crooked work of certain groups that stand high in the mind of the mind-conditioned cattle.

MENTAL HEALTH

"The prime aim of the promoters behind 'MENTAL HEALTH' is not the care of our less fortunate friends, but rather the reshaping and remodeling of religious and social values which underlie individual behavior, conduct and actions (and special 'treatment for those who resist this new shape of mold')"from "Mental Health and the World Health Organization." Mar. 1960, Pg. 59.

ME

I have to live with myself, and so,
I want to be fit for myself to know.
I want to be able as days go by
Always to look myself straight in the eye.

I don't want to stand with the setting sun
And hate myself for the evil I've done.
I cannot hide my work from Me.
I see what others may never see.

I know what strangers do not know;
I cannot fool myself, and so,
What ever happens, I want to be
Self-respecting and conscience free.

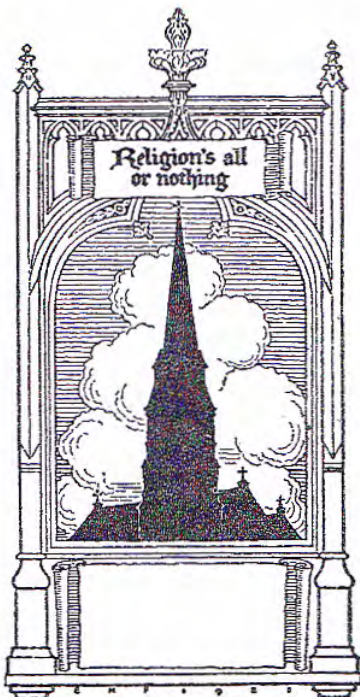
--Edgar A. Guest.

The Roman Catholic Church does not allow its members to think. The Church even asserts it's wrong for people to do their own thinking, as they always reach false conclusions. They must let the Church think for them.

Pope Leo XIII, speaking for the Church, declared that:

"It's quite unlawful to demand, to defend, or to grant unconditional freedom of thought, of speech, or of writing, or of worship" (Ency. Human Liberty, 1888).

And a later statement from Pius XII:--"Individual liberty is in reality a deadly anarchy" (April 6, 1951).



Then in the Catholic Encyclopedia Vol. XIV, p. 768 this appears: "Heretics may not only be excommunicated, but justly put to death."

Medical Science pursues a course not so drastic but very similar. The individual medics are not allowed to think. His thinking is done for him by the medical hierarchies and his school, and he is ruled by that thinking in his practice and does none of his own.

And in practice the medics slyly watch one another to see that they stay in line. They report any medic who does not, and he is lucky if his license is not revoked. He may even suffer a worse fate.

Dr. Norman Barnesby, an orthodox medic, wrote a book, published in 1910, titled "Medical Chaos & Crime" in which he presented evidence to show that rigid medical rules govern the medics. He said:

"Medical ethics controls the orthodox physician in his professional life. It governs his conduct in the sick room, in the hospital, and eternally stifles his every impulse to think for himself, paralyzes his tongue into silence before the grossest malpractice of

a brother practitioner, and prevents him from questioning the methods of another physician toward a patient, no matter if a life is at stake."

Religion and medicine are the biggest frauds on earth, and they continue to hold their place by virtue of schemes and tricks that they invent for that purpose. And they control every public organization, every big newspaper and publication, the radio and television, the federal government, the Congress, the Senate, the state governments, the county commissioners and the city councils.

Such controls are not new. They are as old as civilization and have always been in force.

"The 'credit' for introducing disease exploitation, as a means of tapping an endless flow of dollars from an unsuspecting public, goes to Harry L. Hopkins. First tried on the public on an extensive scale by the New York Tuberculosis and Health Association, of which Hopkins was guiding genius and director, it proved an instant and lucrative success for its organizers."

EMANUEL M. JOSEPHSON, M.D.

"I firmly believe that if the whole materia medica could be sunk to the bottom of the sea, it would be all the better for mankind and all the worse for the fishes."

—OLIVER WENDELL HOLMES, M.D.
Professor of Medicine at Harvard

"If you tell a lie big enough, and loud enough, and long enough, and often enough, the people will believe it."

—ADOLPH HITLER

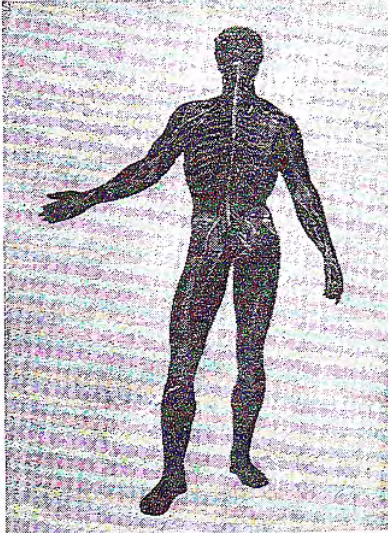
"Since the regimentation of Medicine by quacks and medical gangsters in control of the American Medical Association, this organization has become one of the most vicious rackets in the country. A large majority of the people have lost faith in the medical doctor and look elsewhere for relief."

—CHARLES LYMAN LOFFLER, M.D.

"Get money; still get money, boy; no matter by what means."

—BEN JOHNSON

THE SYMPATHETIC WORKERS



Nerves leave the spine going to all parts of the body.

Creation performed wise work in making the Temple, and knew the importance and value of the nerves. And so it provided the Temple with a special class of workers whose chief duty it is to be sympathetic, to help other workers to do their work, and to help you especially when you are asleep or tired. During such times they keep the work of the Temple going smoothly; and these workers are called the Sympathetic Nerves.

Two sympathetic nerve trunks start at your neck and descend, one on each side of the spinal column. They form a distinct system, and yet are connected with the cerebrospinal nervous system.

In going down the spinal column, they have 24 stopping stations. These stations consist of a series of ganglia, which mean a collection of nerve cells and fibers forming a subsidiary nervous center. The ganglia are disposed along the spine from the base of the skull to the spine's termination in the coccyx (ganglion impar).

The name given to this system was due to the opinion of scientists that it formed the means whereby the sympathies were exhibited between the different organs and parts of the body. The chief duties of these nerves consist in the regulation of the processes of involuntary motion, of secretions, and of nutrition.

The spinal cord and the two sympathetic trunks make three nerve cords that extend down the middle of the back--two outside of the spine and one on the inside of it.

The sympathetic nerve cords are connected with the spinal cord by little nerve fibers that reach in from each ganglion. Other nerve fibers reach out to other ganglia or sympathetic stopping stations in the heart, lungs, liver, kidneys, and intestines.

The sympathetic nerve workers carry on their work without any direct orders from you, as they work automatically. They have a wonderful part in the building and sustaining of the Temple. They preside over all the unconscious functions, such as circulation of the body fluids, the work of stomach and intestines, the beating of the heart, the action of the lungs, etc.

There are sympathetic workers in all blood vessels, and they regulate the blood supply to every part. They do this by expanding or contracting the blood vessels, which lets in or keeps out the fluids.

Behind the stomach is an extra large group of sympathetic nerves, called the Solar Plexus, with nerves coming and going to all organs of the Temple.

This plexus is called the Abdominal Brain. When the main brain in the head is unconscious in sleep or as a result of some other cause, the abdominal

brain and all the sympathetic workers are wide awake and very busy, carrying on the work of the Temple, as stated.

If you have been hit by something and become unconscious, it is only the main brain workers that stop their work. That's the reason why people continue to live for a long time in an unconscious state. The work of the Temple is conducted automatically by the abdominal brain and the sympathetic nerves.

While the sympathetic nervous system works independently of the main brain, it is always influenced by the main brain. The sympathetic nerves are actually and intensely sympathetic. Every little cell is affected by your mental state, by what you think.

You can make the little sympathetic workers feel so badly that they can hardly work at all. If you keep thinking you are going to be sick, perhaps as the result of reading some medical propaganda, you may confuse and upset the sympathetic workers so their work will be hindered until you do actually become sick. That is the main purpose of that medical propaganda.

If you make up your mind to resist all bad feelings and all medical propaganda, and are bent on keeping well, the sympathetic workers will join you vigorously and ward off illness entirely.

The Ancient Magi understood this psychological, physiological and metaphysical secret, and they said, "For as he thinketh in his heart, so is he" (Prov. 23:7).

Metaphysics teaches that, "As a man thinketh in his Subconscious Mind, so is the state of his body." Medical science knows this trick and uses its propaganda in that direction for that purpose.

Your Temple manifests your subconscious mind, your imperishable Soul, your Breath Form. It's an exteriorization of your thoughts, thinkings and doings. The stronger you think of good health and long life, and live according to your thoughts, the deeper are these thoughts built into your brain cells.

All negative trends of thought have a destructive and disintegrative effect on your Temple. All positive emotions are likewise powerful. In fact one constructive emotion has sufficient potency to neutralize and destroy the harmful effect of a score of negative thoughts.

And so you must keep thinking of long life and of gaining your great desires. But your mode of living must correspond with your thoughts. Do not leave the whole task up to the sympathetic workers. They help you if you help them. And the more you help them, the more they will help you to achieve your desires.

Our thoughts build into our cells the essence of our thinking, and we should learn to think the thoughts that shall be helpful and constructive.

The late Dr. Kingsley Claunch wrote: "The living organism is potentially immortal. There is no biological nor physiological reason for death. But as we are born into a world of error--of mental and physical discord, no sooner do we come into being, than error and discord, detrimental to our living existence, are thrust upon us, and with disastrous results" (The Divine Life, page 101).

The scholar should read our work titled, "Long Life in Florida," and

learn the story of the ex-slave who picked oranges until he was 115 years old, and who was 125 July 4, 1967, and reported to be in good health and thinking he can live fifty years longer.

One case is sufficient to show is possible for man to do. If one man can live 125 years, a million can do it.

The perfection of Creation's work appears in the fact that it equipped the body with dual nervous systems to perform the duties of the Temple more efficiently. And the short life-span of modern man is proof of his stupid work in caring for his Temple, so wonderfully made, so amply equipped, and so fully fortified that it should survive forever, and it does well if it lasts sixty or seventy years.

DON'T QUIT

When things go wrong, as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit —
Rest if you must, but don't you quit.

Life is queer with its twists and turns,
As every one of us sometimes learns,
And many a fellow turns about
When he might have won had he stuck it out.
Don't give up though the pace seems slow —
You may succeed with another blow.

Often the goal is nearer than
It seems to a faint and faltering man;
Often the struggler has given up
When he might have captured the victor's cup;
And he learned too late when the night came down,
How close he was to the golden crown.

Success is failure turned inside out —
The silver tint of the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems afar;
So stick to the fight when you're hardest hit —
It's when things seem worst that you mustn't quit.

— R. J. C.

Chapter 15

TREATMENT OF THE TEMPLE

The condition and duration of the Magic Temple depend upon the treatment it receives from You who live in it. But you know not how to care for the Temple, according to the laws of Creation which govern it. And that knowledge is not taught in the schools, nor understood by the teachers, the scientists, nor the medics.

We shall present some recent findings relative to the care of the Temple. It is from the Director of the biggest research center of its kind in the world--U.S.S.R. Physical Culture Research Center--Dr. A. A. Korobkov and associates, as reported in a magazine titled Northern Neighbors, published in Canada.

1. At the age of 55 twice as many desk workers die as physical workers. That shows how the body deteriorates due to lack of exercise.
2. At the age of 80 years and over, physically active people outnumber by 3-to-1 those who take it easy, generally under the directions of the medics, who shout, "Be careful, you are liable to strain your heart."
3. Heart and circulation disorders are far more prevalent in non-active people.

Now we shall list four reasons showing why physical activity works wonders:

1. If blood pressure is high, physical exercise lowers it. If too low, physical exercise will raise it.
2. People with high cholesterol, who keep eating animal fats, can reduce this element in the blood by physical activity.
3. The function of the glands is markedly improved when inactive people indulge in exercise.
4. From very young children to very old adults, all ages reveal brain response to vigorous activity.

The first requirement of the Temple is good air. You stop living when you stop breathing. Every time you expand your air organs, that brings life and vigor to the billions of faithful Temple workers.

Polluted air quickly damages the Temple workers and you feel the effect of it. Then in your ignorance you consult the medic who "practices medicine" for a living, and the more sickness the more dollars for him. He makes matters worse by giving you a shot of poison in the arm, or by administering a dose of poison falsely called medicine.

You would never think of giving poison to the workers on a building. But millions of fools are feeding poisons all the time to the little Temple workers, and then wonder why they get sick.

Tobacco, liquor, coffee, salt, etc., are the most common poisons that are forced upon the helpless Temple workers. And in spite of the damaging effect of these poisons, in time the Temple workers form a habit for them, and call

for them. That shows the dangers of bad habits. The path of yielding has been formed thru the forest. It's no longer agreeable to say "No."

Like all other workers, the brain workers need rest. Every thought, movement or command tires some of the nerve cells and causes wear and waste of the Temple. If this wear and waste are not repaired, the cells are weakened and do poor work.

During sleep is the best time for repairing the wear in brain cells. Then the brain workers are not on duty. The sympathetic nerve workers and the abdominal brain are in charge. The main brain cells are resting and at the same time they are building up their strength for the next day's work. If the sleep is sound, it is better for the brain cells. But if you go to bed excited or worried, your sleep will not be sound and the brain cells cannot get the rest they need.

Nothing is better to promote the strength and vigor of the nerves than sound sleep. When you have had that kind of a sleep, you feel ready to face a big day's work. Your nerve cells are rested and ready to go. They have filled themselves with energy and are eager to spend it. Things that seemed impossible the night before, seem easy now.

And like you, the brain cells need work as well as rest. Working also makes them strong. As they spend their energy they gain more. That gives you an appetite and makes you breathe more deeply, drawing more energy into your lungs to be passed on to all parts of the Temple.

The more the brain cells practice their work the better they can do it. The better they do it the more gracefully you can move, the more eloquently you can speak, the better you can think, and the better you are in all respects.

If you take good care of the little brain workers, give them pure air and proper food, just as produced in Nature, and do not keep them awake when they should be asleep, there is no danger you will overwork them.

It's better for you to go outdoors and run or chop wood than to sit at the window and read a story. In reading the story you keep at work the same cells that have helped you study. If you work outdoors the tired workers can rest while fresh cells have a chance to use their energy.

Nothing hurts the brain cells more than worry. You can worry the brain cells until they are damaged beyond repair. That is one thing that sends many people to insane asylums.

Fear is akin to worry, and brings only harm to the brain and body workers.

Anger, like alcohol, makes the brain cells drunk. Sometimes it kills them. We knew a woman who became so angry at another woman that she burst a blood vessel in her brain and fell to the floor, a senseless heap. Four days later she died.

Love, faith, hope, and courage are feelings that should be cultivated. They have great influence in making the Temple healthy. They stimulate you and lead you to your very best for all the workers of your Temple.

THE TEMPLE FOUNTAIN

The Magic Temple has a wonderful fountain. It is called the Heart. To look at, it's not remarkable, being just a hollow muscle, shaped like a pear, and enclosed in a little bag. The work this fountain does in your Temple more than compensates for its plain outside appearance.

The average heart is about six inches long and about four inches in diameter. The small end, the apex, points to the left side of the chest, between the fifth and sixth ribs.

You cannot see this fountain, but you can feel its beating by pressing your fingers over your chest. Sometimes it beats so strongly that you can see the motion of it.

The water is never turned off from this fountain. The swift stream of red fluid is always flowing thru your heart both day and night as long as you live. Yet the throbbing fountain manages to get about fifteen hours' rest in every twenty-four. That's the time between beats.

The large end of the heart points upward to the right and is under the breast bone. All the tubes that carry the red stream into and out of the fountain, enter and leave the large end of the heart.

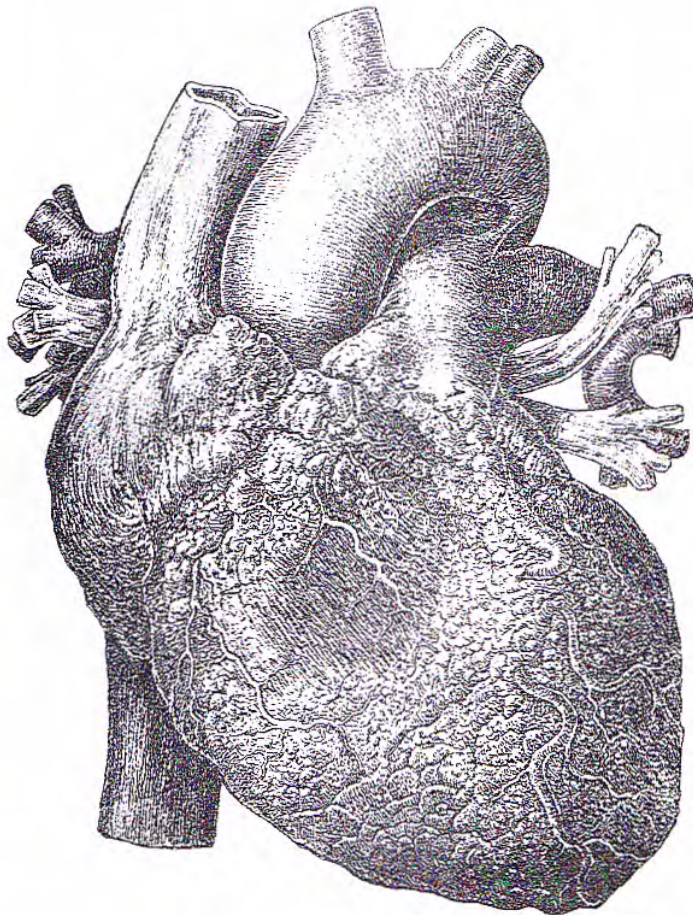
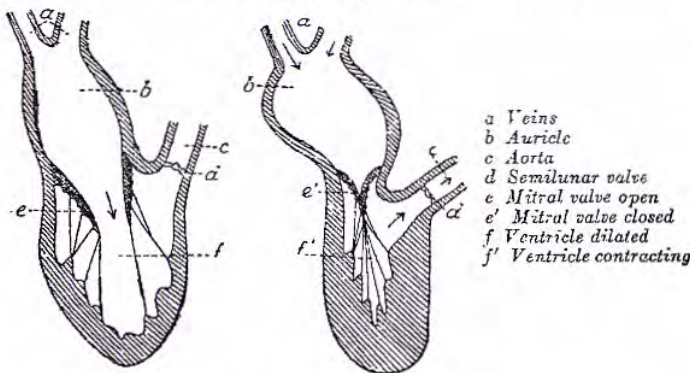


Diagram to show the way the valves of the heart work when pressing the blood forwards.



The bag that encloses the heart is called the pericardium. The name comes from the Latin *cardium*, meaning heart, and *peri*, meaning around.

In this little bag there is a fluid that keeps the outside of the heart moist and prevents it from rubbing against the bag. This fluid oils the heart and makes it run smoothly. Sometimes this fluid dries up, due to your evil habits, and then every heart beat causes pain.

The fountain is a double organ. There is no connection between the right and left sides. Each side has two rooms, one above the other. The upper room is at the big end of the heart, and is called the auricle. The lower room is called the ventricle. This makes four rooms in the heart.

As it flows thru the heart, the blood stream enters the right upper auricle slowly, until from three to five ounces of blood have passed in. There is a trap door made of three little valves in the floor of this room. It is called the valve with three flaps, or the tricuspid valve.

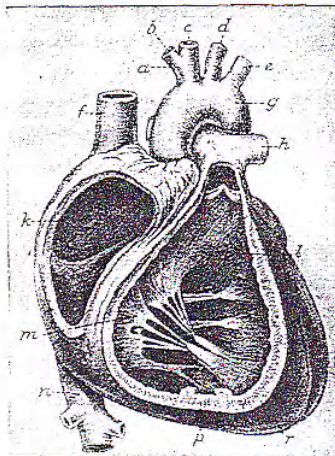
When the right auricle has taken in about three ounces of blood, the trap door flies open and the blood rushes into the lower room, the right ventricle. As this room fills up, the trap door floats on the blood. When the right ventricle is full, the trap door is closed. It's a self-closing door.

When the lower room on the right side is full and the trap door is closing, the muscle walls of the room automatically begin to contract and to squeeze the blood out into a large pipe, called the pulmonary artery. The blood cannot be squeezed back thru the trap door into the upper room, as the trap door cannot open that way. It is fastened on the underside of the wall of the heart by many small cords that hold it firmly in place when it's shut.

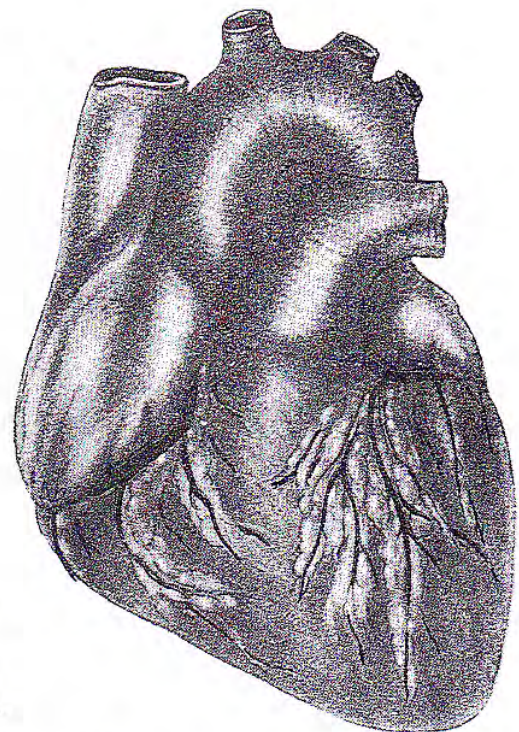
When these little doors of flesh get out of order and fail to close, due to your evil work and adverse environment, there's terrific disturbance thruout the Temple, and something serious may occur. Even death of the Temple could result.

Medical science calls the heart a pump, but its the nerves in the walls of the pulmonary artery that drives the blood into the lungs.

A heart cut open to show some of the great veins and arteries and the two cavities on one side with the valves.



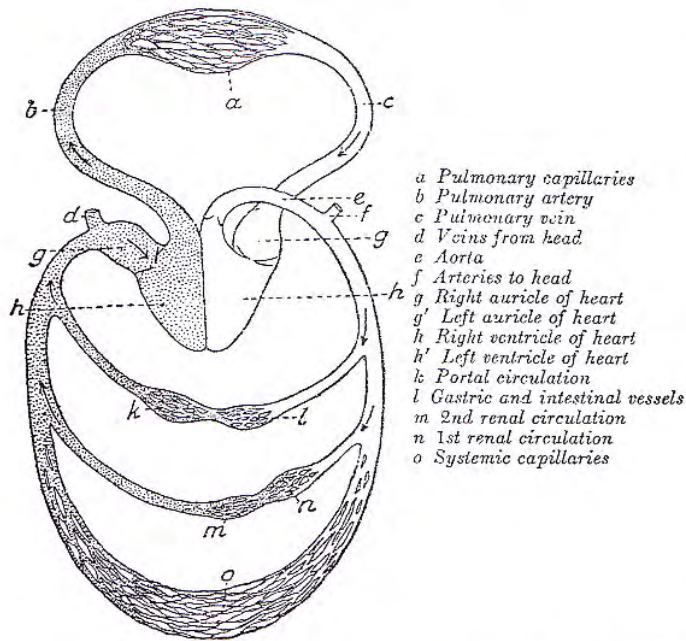
- a Innominate artery
- b Subclavian artery
- c Common carotid artery
- d Common carotid artery
- e Subclavian artery
- f Superior vena cava
- g Aorta
- h Pulmonary artery
- k Right auricle
- l Right ventricle
- m Valves
- n Inferior vena cava
- p Cut edge of muscle of heart
- r Outside of heart



When this blood enters the lungs, it has a dark purple color, due to the poisons it has collected in the veins on its way to the heart. The blood goes to the lungs to discharge these poisons and to take on a new load of purified blood in the lungs, to carry out thru the arteries to the little cells in all parts of the body.

The blood-vessels in the lungs are distributed

A Diagram (very much simplified) to show the general course of the blood circulation.



everywhere in the minute spaces between the vast number of vesicles, and envelop their walls with an abundant muscular network. The blood flows slowly thru the lungs in thousands of minute currents, almost in contact with the air contained in the vesicles.

It is actually as if the blood were sprinkled thru the air in a fine shower, so that every drop of the blood and every particle of the air in the lungs are brought into the closest proximity. At this moment the oxygen leaves the air and enters the blood over the whole internal surface of the pulmonary tissues, changing the blood to a brilliant scarlet color, by purifying it.

This bright red blood from the lungs goes into the left side of the heart, flowing into the fountain thru the upper room on the left side of the organ, the left auricle.

The poisonous purple blood and the purified red blood are kept separated in the heart. There is another trap door on this left side of the heart, called the mitral valve, thru which the blood is forced into the lower left room, called the left ventricle.

The muscular walls of the left ventricle are much thicker than the walls on the right side. For the left side must resist the back-pressure as the nerves drive the blood from the left ventricle into the aorta, the largest artery in the Temple.

From the heart the aorta rises upward for a very short distance, and then, curving over in an arched form, called the arch of the aorta, it descends thru the chest and abdomen, sending off, right and left, all the arterial branches that distribute blood to all the different regions of the Temple.

All this happens far quicker than we can describe it. Just forcing the blood thru the heart, and the short rest of the heart afterwards, takes only little more than half a second. The blood makes a complete circuit of the entire Temple in approximately half a minute.

The beating of the heart is entirely involuntary. We cannot hasten nor retard its action in the least degree, much less arrest it for even a single pulsation. It is kept in action by the little nerve workers, most of which are the sympathetic workers. They send the living stream thru the Temple steadily, silently, without will or wish of yours.

The walls of the fountain, of the blood tubes, and the crimson stream that is flowing thru the Temple, are alive with little workers. They are not fairies or mischievous elves, but faithful workers, living cells that work peacefully

together, doing their part in the steady building, repairing and renewing of the Temple.

They obey the nerve workers. You never know that you have a heart unless something unusual happens. If you are knocked unconscious, the sympathetic workers, as we said, keep the living stream flowing, the trap doors operating, the muscle walls contracting and relaxing.

If you hear good news, or bad news, if you get angry or have a joyful surprise, the brain workers send special messages to the heart to make it work faster or slower.

This may be the reason why the common cattle in ancient days thought the Mind was in the heart. The Bible says "as he thinketh in his heart, so is he" (Prov. 23:7).

Now the knowledge is general that the Mind is not in the heart but in the Sanctum Sanctorum. It's there, not in the heart, that we think and feel, love and hate, that we know courage, fear, or pain.

The operation of the heart illustrates the wonderful power called nerve force. Without steam, or wood, or coal, or wheels, or cylinders, the heart beats day and night, year after year, at the average rate of 68 to 72 times a minute.

Every time it beats, more than six ounces of blood pass into the blood vessels. At 72 beats a minute, in one hour it has completed at least 4,320 beats; in 24 hours, 103,680.

Each of these heart beats lifts at least six ounces of blood. That makes 622,680 ounces, or 38,880 pounds. Almost twenty tons of blood lifted the same as one foot high every 24 hours--by a little organ no bigger than your fist.

DATE _____

SYSTOLIC _____

DIASTOLIC _____

TABLE OF CLINICAL AVERAGES
(AUSCULTATORY TECHNIQUE)

Age	Systolic Range			Diastolic Range		
	Mini- mum	Aver- age	Maxi- mum	Mini- mum	Aver- age	Maxi- mum
15-19	105	117	129	73	77	81
20-24	108	120	132	75	79	83
25-29	109	121	133	76	80	84
30-34	110	122	134	77	81	85
35-39	110	123	135	78	82	86
40-44	112	125	137	79	83	87
45-49	115	127	139	80	84	88
50-54	116	129	142	81	85	89
55-59	118	131	144	82	86	90
60-64	121	134	147	83	87	91
65-69	124	137	150	84	88	92
70-74	126	139	152	85	89	93
75-79	129	142	155	86	90	94
80-84	132	145	158	87	91	95

ANY PRESSURE BETWEEN THE MINIMUM
AND MAXIMUM IS NORMAL AVERAGE

Chapter 17

THE LIVING STREAM

Every living cell worker in the Temple is dependent for life upon two factors, the fluidic stream that never fails to flow thru the living fountain, and the animative force that makes that stream flow.

We call this stream Blood, and medical science says it is constituted of what we eat. We discovered that to be another medical fallacy. When we fasted patients in our sanitarium for 30 and 40 days, giving them good air to breathe and good water to drink, and the amount of blood in their bodies did not diminish, we saw that blood is not made of what we eat, because those patients ate nothing at all.

We wrote a folio on that subject, titled "THE EMPYREAL SEA," and every student should read it.

The blood stream brings fresh supplies to the cells, and carries off the slime and debris resulting from their operations.

If you could see the blood flowing all thru the body, if you could understand what this means for the Temple and its workers, you would realize that the blood is the stream of life, and that every little blood corpuscle carries a tiny cargo of substance that supports life, and is bearing it swiftly to the waiting port, where the stream will also pick up the garbage to be carried away and eliminated thru the lungs. This garbage gives the blood in the veins its dark purple color.

The blood flows thru every part of the Temple except the outside wall of the skin, the window pane of the eye, the hair, and the finger and toe nails. These parts depend on a fluid called lymph, a liquid that looks like water.

If something happens to prevent the blood corpuscles from reaching any part of the Temple with their cargo of supply, and to carry off the garbage resulting from the work of the cells, that part will decay and die in 48 hours.

The quantity of blood contained in the body is about one-eighth part, by weight. If you weigh 140 pounds, the amount of blood is nearly 18 pounds.

One-fourth of the blood is in the heart, the great blood vessels and the lungs. One-fourth is in the liver; one-fourth is in the muscles; and one-fourth is in the skin and other parts.

The blood is so divided among all the parts of the Temple that each has enough to do its work properly. But there is never enough blood at any time to fill every part full. For the sake of safety there must always be some space available.

When the workers of any part are busy, more blood is needed in that part than when they are resting. If you chop wood, the muscle workers need more blood.

In examining a drop of blood thru a microscope, we first notice a little moving column composed of biscuit-shaped bodies. They are forming in rows with their sides together. These are the red corpuscles. That word is Latin, corpus meaning body and an ending denoting little.

Under a microscope the red corpuscles appear to be of a pale straw color. They are so small that if 3200 were placed edge to edge, they would make only one inch. If 12,800 were placed on top of one another, the pile would be only one inch high. In a cubic space one-twenty-fifth of an inch on each side, there would be five million of these tiny bodies.

These red corpuscles contain a coloring substance called hemoglobin, which imparts the red color to the blood.

In looking at the blood thru a microscope, you will see now and then a large blood cell called white corpuscle. There is only one white cell to 700 red cells. But they have important work to do, and most of it is not understood by medical science.

The blood contains many other tiny bodies, the duties of which are unknown to medical science.

When poison gets into the blood, the blood has the ability to form an antidote against it at once. The blood is kept constantly busy in this respect, due to the many poisons injected into the blood by the medics, and by what we eat, drink, and breathe.

The composition of the blood in 1000 parts is as follows:

Water.....	795
Corpuscles.....	150
Albumen.....	40
Febrine.....	2
Other animal matter.....	5
Mineral substances.....	8
	<u>1000</u>

Water forms more than three-fourths of the blood. This makes it important that we should drink the best water obtainable, and shows why it is very bad to drink other fluids, such as tea, coffee, liquor, etc.

When the blood is loaded with poisons, as in the case of the glutton, the drunkard, the tea and coffee drinkers, it flows slower and all the little workers of the body are hampered in their duties, and become weak. This means a short life-span.

MYSTERY INCREASES

The Mystery of Creation increases as materialistic science discovers more about the metaphysical constitution of Creation. There are two great areas of knowledge: the physical and the metaphysical. Science recognized only the physical, and scientists deny the existence of the metaphysical. We live in an age of scientists, not an age of science. Science is knowledge based on facts. Scientists are men with all the frailties, emotions, prejudices and errors of other men.

Scientists are more embarrassed with their great ideas coming so simply. After years of diligent research, patient experiments, laboratory observations, they end in a blind alley. Then suddenly the idea filled their mind. How come? They can't explain. We don't understand the manner in which great discoveries originate. It is a process beyond the reach of reason. In physics, the rigid Universe disappeared in 1905 when Einstein showed that energy has mass. The energy a man would expend in a life-time of heavy manual labor can be weighed. It would amount to about 1/60000 of an ounce.

This page is composed of swarming atoms, which are made up of electrons, which are composed of radiation. In the past, scientists saw huge masses of materials and formulated laws to describe their functions. They then assumed these laws were correct and would apply universally. This was error in their logic. Certain laws of physics apply to large masses, but not to electrons, to atoms, or even to small aggregations of electrons or atoms.

Chapter 18

BLOOD CIRCULATION

Thousands of years ago the Ancient Magi knew the blood circulates in and thru the Temple (Gen. 9:4). But medical science did not know that until the 17th century.

The tubes that carry the blood from the heart out thru the body are called arteries. There is a strange reason for this name. In dead bodies these tubes were always found to be empty and filled with air. This made medical science think it was air that flowed thru these tubes, and they were named "artere" from "air."

Then in 1618 medical science got a terrific shock. It was unbelievable. Another one of its theories exploded. It was caused by Dr. Wm. Harvey's public announcement that he had discovered the circulation of the blood in the body.

The Haughty Medical Hierarchies were dumfounded. Something had to be done to hide this medical ignorance from the cattle. And so the first step was to ridicule Harvey as a quack and a crackpot.

But when it finally appeared that Harvey was right, the medics boiled with rage. It was humiliating and embarrassing to suffer this exposition of their ignorance to the people.

So the medics resolved to organize a mode of persecution that soon drove poor Harvey into exile, and he died of a broken heart. Then his persecutors confiscated all of his property.

It was forty years after Harvey announced his discovery, that medical science overtly admitted that he was right. The arteries did not carry air as medical science taught. They carried blood from the heart during the life of the body, but were empty after death because of the air pressure from the lungs, thru the left ventricle of the heart into the aorta and on thru all of its branches which carry arterial blood to all organs and parts of the body.

Thus we observe that air, thru the lungs, reaches every cell in the body. That air carries the Life Element.

The little nerve workers in the walls of the arteries drive the blood, with the aid of air pressure, from the heart to all parts of the body. This knowledge reveals another secret.

The flow of the blood is independent of heart action. For the blood flows out of the arteries into the veins after the heart stops beating. So the heart is not a pump as claimed by medical science. It is a mixing and measuring valve.

When an artery is cut, the blood spurts in jets with the beating of the heart. To stop the bleeding, press down firmly with your finger just above the spurting spot.

The wall of an artery has three layers. The middle one is made of muscle. When the muscle contracts the artery becomes smaller and less blood can flow through it.

There are more than a thousand arteries in the Temple. As the branching arteries leave the aorta they continue to give off more branches which get smaller and smaller until at last they are so small they can be seen only with the aid of a powerful microscope. They are called capillaries.

In the lungs there are so many capillaries that if they were all arranged in one straight tube, it would extend from Chicago to London.

The stream that left the heart thru the aorta at the rate of fifteen inches a second, has decreased in speed to about one inch in twenty seconds by the time it reaches the capillaries. This gives the little corpuscles time to discharge their cargo they took on in the lungs, in exchange for the cargo of slime and debris produced by the cell workers.

This cargo of filth flows back to the heart thru the veins. The veins are more numerous than the arteries and increase in size as they lead back to the heart.

These veins, in the legs and all organs and parts of the abdomen, unite in one large vein, called the inferior vena cava, which carries the poisoned blood to the right auricle of the heart.

The veins of head, neck, arms and chest unite in another large vein, called the superior vena cava, which also empties this poisoned blood into the right auricle of the heart.

The veins of stomach, spleen, pancreas and intestines, all unite in one large vein called the portal vein, which goes to the liver whose work is neutralizing poisons.

Everything we eat and drink, except fat, passes thru the portal vein to the liver before what we eat and drink can enter the body. But for the protective work of the liver, the poisons we eat and drink would soon put us in the grave.

The liver is the policeman that also guards the Temple and strives to protect it from being damaged by the poisons contained in what we eat and drink. But these poisons come in such large amounts that the liver is too small to neutralize them all, and some slip thru and do much damage to the little nerve workers of the Temple. That's the reason why it's so common for people to suffer from liver trouble.

Due to your evil habits of eating and drinking, the faithful liver is abused beyond description. It's not the liver that needs treatment and remedies, but your head and evil habits.

The medic is educated to go the other way. The liver just gets out of order and needs his help. As he directs his remedies to the poor liver, it must fight his poisons, called medicine.

All the veins carry venous blood except the four big ones going from the lungs to the left side of the heart. These carry scarlet arterial blood. All the arteries carry arterial blood except the big artery going from the right side of the heart to the lungs. It carries the poisoned venous blood.

The stream of living fluid makes another system of communication between all parts of the Temple. From the heart thruout the Temple and back to the heart in a steady course, without pause or haste, flows the living fluid, a

repairing, renewing stream, bearing life sustaining elements to every little Temple worker.

There is also in the Temple a third system of communication. It begins between each cell and each capillary, where a colorless fluid appears. It is called lymph, and flows thru tiny tubes called the lymphatics.

Where and how does the lymph originate? We can find no definite data on that point. It is said the lymph acts as an agent between the cells and the capillaries. No blood vessel extends directly to a cell. It fades out into a tiny tube and becomes lymph. It is said the blood vessels discharge their cargo into the lymph, and the cells pick up what they need from the lymph. That is easy to do, for each cell is bathed constantly in lymph, and from the lymph it receives the substance which sustains it.

The lymph is an important fluid. It constitutes about one-fourth of the weight of the body, and is more abundant than the blood.

The lymphatic tubes, like the veins, increase in size as they approach the heart. All parts of the body which possess blood-vessels, except the central nervous system, the eye and the internal ear, are well provided with lymph vessels, which are divided, according to their positions, into superficial and deep vessels.

The superficial lymph vessels lie in the skin and subcutaneous tissues; and the deep lymph vessels drain the lymph from all parts of the body which lie internal to the deep fascia.

In the intestines the lymph tubes are called lacteals. They carry fats and oils from the intestines into a large pipe called the thoracic duct, and this empties into a large vein under the left collar bone. It is there that the lymph mixes with the venous blood, carried to the heart, and thence to the lungs.

Each cell of the body has its own work to do, and does it alone. It is shut in to itself by a wall of lymph, and works, eats, drinks and breathes. It casts off waste matter just as the body does, and the waste is carried off by the lymph.

Now for some speculation and assumption: It is estimated that each blood cell lives about forty days. Then it fades out and is replaced by a new cell. That renewal, regenerative process is in constant action in every part, organ, gland and tissue of the entire body.

That is the reason why leading biologists and physiologists of the world assert that it is much easier to understand the reason why the body should live forever than it is to explain why it degenerates and dies.

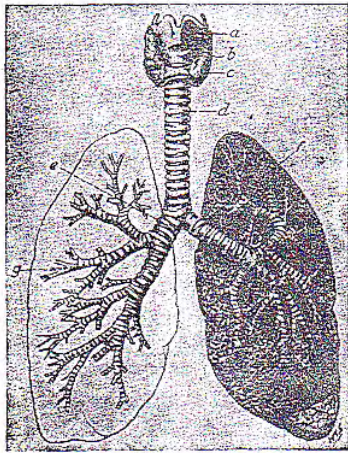
The reason why the body dies is one of the leading subjects of the Bible, and the first reference to the matter appears in the first book of the Bible. The student should read verse 17 of the second chapter of Genesis, and the 5th and 6th verses of the sixth chapter of Genesis. Then read our works titled "The Great Red Dragon," and "Why Do We Age."

"I've been told there never has been an accidental death due to vitamin overdosage, but it is said that one person dies every three days from taking lethal doses of aspirin which FDA permits to go unlabelled." — Rep. Craig Hosmer, California.

"People may not generally have a physical need for food supplements, but if they feel they are helped by them, then they are helped and the FDA should leave them alone. In any event, a Department of Agriculture survey revealed that 48% of U. S. families are deficient in at least one recognized important nutrient or other.

"No one, neither the FDA nor medical practitioners, should have a monopoly on a simple therapy, where no danger is involved. Freedom of choice should be routine in a healthy society." — Rep. Craig Hosmer, California, announcing his bill, H. R. 11837, to curtail the proposed FDA regulations on food supplements.

Drawing of the throat with the air passages leading to the lungs.



- a Larynx
- b Cricoid Cartilage
- c Thyroid Gland
- d Trachea
- e Right bronchus
- f Left bronchus
- g Bronchial tubes

When the Living Stream of the Magic Temple has flown thru the body and returns to the heart thru the veins, it is loaded with waste and poison. This venous stream enters the right side of the heart, and then goes on to the great air organs in the chest to discharge its cargo of waste and poison.

We have explained what happens to the blood in the lungs. Without this constant meeting of the air and the blood in the lungs at every breath, the life of the Temple would end at once. That expounds how dangerous it is to inhale polluted air.

Fifty years ago when we mentioned the dangers of polluted air, many of the readers of our old monthly magazine just smiled and wrote us that they had never heard of such things as we taught.

Then we searched for books to see what other authors had said about air and could find none. Not even medical science had written anything on the subject.

We found this to be a new field in which there were no workers. Then we went to work, and the world never heard before what we wrote about air and breathing in the next few years. And now the papers and big publications have much to say about the dangers of polluted air.

We were fifty years ahead of them. We showed the world that every home harbors an invisible potential killer. It goes right along on every automobile trip, and strikes down vacationers in motels, campers or tents.

The invisible killer is Carbon Monoxide, a colorless, odorless gas emitted as a by-product of any burning fuel. We covered this subject in our work titled "Long Life in Florida." The federal government has now published a book on the subject. And fifty years ago the public laughed and thought we were a fool because of what we wrote about polluted air.

You cannot stop breathing by any effort of the will. You may breathe more deeply, you may breathe good or bad air, but breathe you must or die. You cannot hold your breath to the point of danger. The power that rules compels you to keep the way open into the breathing rooms.

To meet the blood, the air must pass thru a hall, a vestibule, a music room, and a corridor. On this course to the breathing rooms the air first enters the nose. That is the leading purpose of the nose.

People know little of the importance of their nose and the function it

performs to carry life into the body and to keep the body alive.

The lungs must have perpetual contact with the air to preserve the life of the Temple, and the nose provides that purpose. When a cold causes mucus to clog the nose and prevent the passage of air thru it, that makes mouth breathing necessary.

As air enters the nose, it first brushes by those stiff little hairy sentinels that stand at the entrance to keep out insects and to catch dust. The air is then in the outer hall of the smelling house. This is the nose we see on one's face.

Back of the entrance, inside the bony part of the outside nose, there is a space called the vestibule. It is the vestibule to the lungs.

Back of the vestibule, are two large rooms called nasal chambers, which extend back and open into the throat or pharynx. They are very silent and mysterious, as is the fashion of antechambers.

The same bony partition, called the septum, that separates the nostrils and vestibule, also divides the nasal chambers into two rooms, in each of which there are some little bones that are rolled like a scroll. They are covered with a moist, smooth, red skin, called mucous membrane, which lines the entire body.

As the air passes thru these little rooms, it is warmed and prepared for the lungs. Any dust that may have escaped the sentinel, sticks to the moist membrane, and so is kept out of the lungs. And the cold air of winter must be warmed before entering the lungs, otherwise there would be danger in every breath. As the cold air would prevent the proper function of the lungs.

When the air has entered the antechambers in the proper way, it passes on thru the pharynx, on downward thru a queer little door, into the music room or larynx, which is often called the voice box, for here it is that vocal sounds are produced.

The walls of the larynx are made of cartilage, a substance almost as hard as bone.

The little door mentioned is back of the tongue and is tongue-shaped. It is flesh and moves on a hinge. If the tongue is pressed down, the tip of it can be seen thru the mouth. It is called the epiglottis.

When you are breathing the epiglottis is open, but when you begin to swallow, it closes quickly to keep everything out of the larynx. Sometimes it fails to close quickly enough, and then the nerves that protect the body make you cough, to get the substance back where it should be.

The epiglottis is open only for air. To everything else it is a closed door.

You can feel the walls of the larynx by putting your fingers on the front of

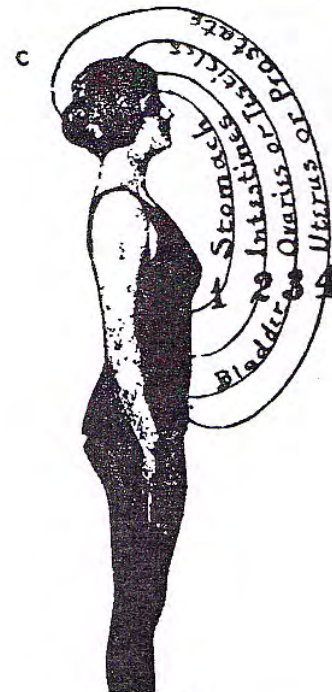


FIGURE 4
AREAS OF CARBONIC GAS PRESSURES THAT
CAUSE CRANIAL DISTRESS

your neck. You will notice the cartilage moves when you swallow. This part of the larynx is called "Adam's Apple."

In the music room, or larynx, there are two very thin bands, called the vocal cords, by means of which you talk and sing. As the air comes out of the lungs, it passes over these cords and makes them vibrate, thus producing sound. Before they can vibrate, they must be drawn taut like a violin string. If they are very tight, the sound will be high. If they are loose, the sound will be low.

We mentioned the little instrument in the ear called the Organ of Corti. That is the sounding-instrument in the Temple to which you listen.

The vocal cords are the instrument in the Temple upon which you play to express your thoughts and feelings, your wishes and needs, your inner life. But what YOU hear comes from the Organ of Corti.

The Master Architect built in your body a marvelous reed-organ. The chest walls and a part of the diaphragm form the bellows. They pump the air into a pipe called the trachea and across the vocal cords.

The walls of the pharynx and of the nasal chambers are the sounding board. The mouth, the teeth, the tongue, the lips, serve as different stops to vary the tones.

The wonderful voice of the Temple is one of the greatest mysteries of Creation. It is one of the strange properties of the organism. No other living creature possesses a reed-organ like that built in the body of the King of the earth. That specialized feature exalts the Lord of the Magic Temple far above all other living things. And that specific quality is not the product of evolution.

The voice of Man is used in speech and song. Speech may be music as well as song. Your words and the tone of your voice expose your thoughts and feelings.

If you have angry thoughts you will utter angry words and these words will make others angry. You receive as you give (Lu. 6:38). If you have kind thoughts they will be expressed in word and tone: "A soft answer turneth away wrath; but grievous words stir up anger" (Pr. 15:1).

No other living creature can talk. We can easily observe that there is an unbridgable gulf between the lowest man and the highest beast. And yet a misguided science classifies Man in the Animal Kingdom. Blind leaders of the blind, and they all fall into the ditch (Mat. 15:14).



Some statistician recently announced that "horn blowers" live longer than violin players. That is probably true. The man who expands his lungs to a greater degree than the average person, brings more of the life-giving oxygen into his body and thereby improves his health and probably lengthens his life.

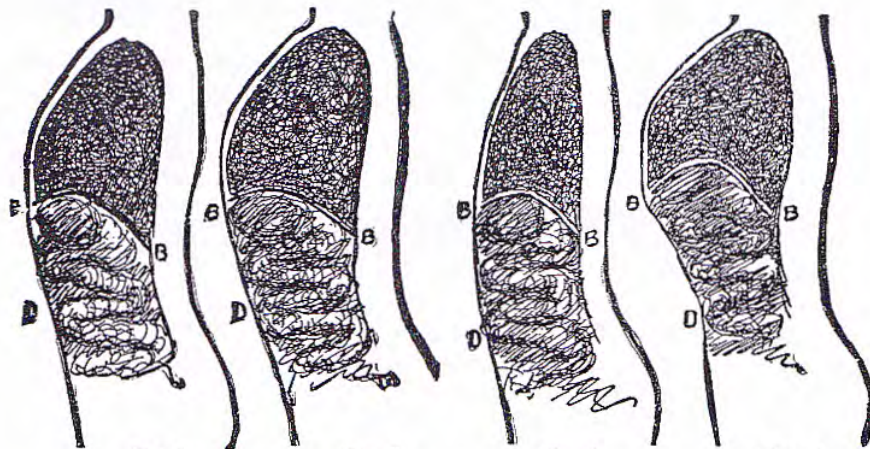


Fig. 1. Fig. 2.
 Fig. 1—Lungs in moderate inhalation.
 Fig. 2—Showing lungs fully inflated.

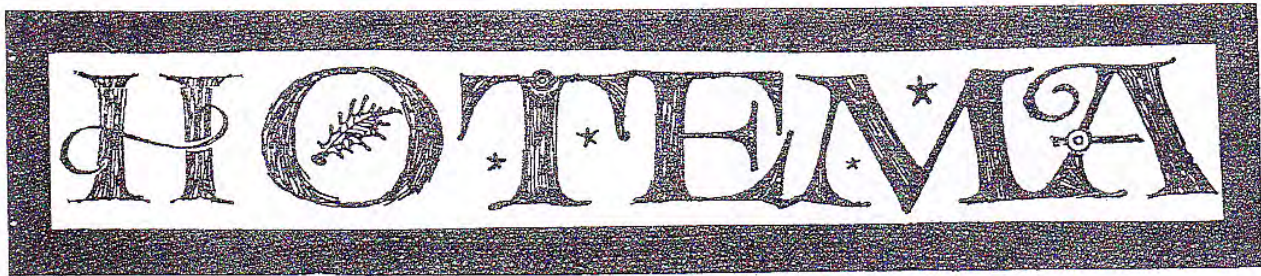
Fig. 3. Fig. 4.
 Fig. 3.—Lungs deflated in exhalation.
 Fig. 4.—Inhaled air forced into upper lobe.

A speechless person is seriously handicapped. How lonely you would be in your sanctum sanctorum if you could not discuss with any one what you think and feel.

There is nothing that varies more in people than the face and the voice. In a certain sense the voice is born in the Temple. The quality of the vocal cords, the size and shape of the pharynx, and the shape of the walls of the larynx, the size and shape of the mouth, the tongue, the teeth—all of these affect the voice and are determined in the great workshop of Creation.

Occasionally there is built into the walls of some of the Temples a voice organ so rare, so strong, so sweet, that all who hear it are enchanted. If the owner of that voice organ has a mind to correspond, his influence over other people is almost unbounded.

Even an ordinary vocal organ may be trained to produce harmonious and musical tones. You should study the voice as you do the piano or violin.



Dr. Walter Siegmeister, writing in *How to Live* magazine of February, 1935, says: "If modern society was not controlled by Money Kings whose henchmen govern our educational institutions, the press, the church, etc., Professor Hilton Hotema would be considered as one of the greatest scientists of our day. For in his marvelous course of Post-Graduate Orthopathy (*Secret of Regeneration*), he presents a discovery that is fully as great as that made by Dr. Charles Darwin, — in fact, greater, because it is truer, viz., that instead of spring from lower beings (apes), Man descended from Superhuman Beings — The Gods of the Ancients. If the scientific world possessed the intelligence to appreciate this discovery, the name of Hilton Hotema would be placed in the shining galaxy of mankind's intellectual geniuses."

Lawyer C. F. Weagner, of Houston, Texas, writing in *How to Live* magazine of November, 1934, remarks: "In my opinion, there has never been a man with a deeper understanding of the Riddle of Life than Professor Hilton Hotema. His Post-Graduate course of Orthopathy (*Secret of Regeneration*) is the most wonderful work that I have ever read or studied, and I have been studying without a stop for twenty-two years. His explanation of Biblical history and his interpretation of Biblical passages have opened a new world to me out of a mass of tangled matter, neither understood nor making sense."

Mrs. Rev. Richard Otto of New York, in her letter addressed to Professor Hilton Hotema; writes: "The profound truth contained in Chapter 53 of *Secret of Regeneration* touched me very deeply; in fact I had to weep for awhile. It is so sad that humanity wanders in such darkness, as shown by this course."

AN APPRECIATION OF PROFESSOR HILTON HOTE MA'S COURSE SECRET OF REGENERATION

Dr. Walter Siegmeister, of New York, says: "In Professor Hilton Hotema's Post-Graduate Course (*Secret of Regeneration*) is revealed a mass of knowledge so startling, so revolutionary, and so original, that one who has gone through it must declare that it is the greatest work he has ever read. It is undoubtedly one of the greatest contributions to anthropology, archeology, history and religion that has been made in modern times.

"Each lesson of this marvelous course grows more and more interesting. It is a most remarkable and revolutionary body of information. The following facts are revealed.

"1. That man did not evolve from the ape, but degenerated from a previous race of Supermen or Gods.

"2. That the Gods of antiquity were a race of superior human beings who were our remote ancestors; and that the "Sons of God" represented a more inferior race which degenerated from the previous race of Gods. The race of men represents a still greater degeneration.

"3. That originally there was only one sex, not two and that these superior, fruitful beings reproduced parthenogenetically, by virgin birth. In other words, the virgin Birth was the normal method of reproduction in the early days of the race. Through degeneration, the male sex appeared, and then came sexual generation, with sexual debauchery.

"4. Woman still possesses the latent capacity for virgin birth, manifesting in the development of 'dermoid cysts', or malformed embryos, in virgins, which is recognized by the medical world.

"5. Originally the embryo is hermaphroditic. Through degeneration, imperfect males and imperfect females come into being. The perfect person that once existed before the race degenerated, was like the embryo in its early stages of development. Only through degeneration did the two imperfect sexes arise.

"These are a few of the high points of the marvelous teachings of this course, which reveals knowledge not to be found in our modern schools and colleges."—Dr. Walter Siegmeister.

FOOD FOR THOUGHT

"I BELIEVE I WOULD NOT BE FAR OUT OF THE WAY TO SAY THAT DIET MAY BE SAID TO BE A FACTOR IN EVERY DISEASE TO WHICH MAN IS HEIR."

-- Harvey W. Wiley, M.D.

"If the doctor of today does not become the dietician of tomorrow, the dietician of today will become the doctor of tomorrow."

-- Dr. Alexis Carrel,
Rockefeller Institute of Medical Research.

"It is through ignorance that the community is surfeited with unsuitable foods.... people who eat natural foods never eat too much."

-- Dr. Bircher-Benner.

"The fact is there is only one major disease, and that is malnutrition. All ailments and afflictions to which we may become heirs are directly traceable to this major disease."

-- Dr. C. W. Cavanaugh, Cornell University.

"More lives can be saved for the effort expended, dollar for dollar, by getting the very best nutrition for all our people than we can ever gain with curative or preventive medicine...creative medicine must be founded on growing the best foods. Thus alone can we create real health for our people."

-- Dr. Jonathan Forman, President, Friends of the Land.

"IT'S NOT THE FOOD IN YOUR LIFE BUT THE LIFE IN YOUR FOOD THAT COUNTS!"

"And often, from that other world on this
Some gleams from great souls gone before may shine."

-- J. Russell Lowell

"FOOD ALONE CURES MANY DISEASES." -- Hu Se-Hui, Chinese Imperial Physician, 1314 A.D.

"Agriculture and nutritional science can banish both hunger and malnutrition from the experience of our people almost as completely as bacterial science banished yellow fever and cholera."

-- N. Philip Norman, M.D.

"LIFE IS A GRINDSTONE. BUT WHETHER IT GRINDS US OR POLISHES US DEPENDS ON THE STUFF OF WHICH WE ARE MADE."

One thing wrong with the younger generation is that many of us don't belong to it anymore.

Confusion is one woman plus one left turn; excitement is two women plus one secret; bedlam is three women plus one bargain; chaos is four women plus one luncheon check;

The man who horses around with the girls may one day find that he is a groom.

Anybody can grab a tiger by the tail. You only survive by knowing what to do next.

Then there was the fellow who gave up smoking for his health and took up chewing toothpicks instead. Now he's got the Dutch Elm disease.

It's amazing how many millions spend money on pills - to sleep, and other millions spend money on coffee -- to keep awake.

Good judgment comes from experience -- usually experience which was the result of poor judgment.



EVA

As God Made Woman

In explaining proper breathing (exhalation) for women it might please the female reader considerably to know that it is much easier for women to obtain the correct form of posture, than it is for men.

The strength required of men is not necessary for women who begin to obey the Act of Godliness through EXHALATION.

It would take many pages to explain the reasons in its entirety, but a few are as follows:

The lungs of the human female body contain only 40 per cent of the air from that of the male, and that is, of the male of the same size or stature. In other words, a woman five feet tall has only 40 per cent of the air inside of her body including the diaphragm from that of a male of the same height—five feet. Therefore, a woman five feet tall, would have no more than A THIRD OF THE AIR inside of her body than the average man six feet tall.

It is for this reason women feel the cold in the winter more than their male companions and in the summer they do not feel the heat as easily as the average man.

There are many explanations and stories to tell regarding the differences of the two sexes but the writer feels that the first point stated is about the most important and that again, is that the posture taught herein is or should be no hardship for any woman no matter in what physical condition and at no time will this teaching bestow upon women the large chest they so dreadfully detest, because the same is unnatural for a female.

But the contour through EXHALATION, will give them the beautiful form they have so long craved but never been able to obtain.

"She girdeth her loins with strength, and strengtheneth her arms."

—Ecclesiastes, 1.

"I shall pass through this world but on
Any good, therefore, that I can
Or any kindness that I can show
To any human being
Let me do it now. Let me
Not defer it or neglect it for
I shall not pass this way again.

Author Unknown

MONEY WILL BUY

A bed but not sleep.
Books but not brains.
Food but not an appetite.
Finery but not beauty.
A house but not a home.
Medicine but not health.
Luxuries but not culture.
Amusements but not happiness.
A crucifix but not a Saviour.
A church but not heavens.

*W' a can take wealth and riches we store,
As far as our grave—beyond that nothing more.
The riches that follow us beyond the grave,
Are moaners, and trash and how we behave.*

Chapter 20

THE BREATHING ROOMS

Silence reigns in the Music Room as air passes thru it on its way to the Breathing Rooms. The vocal cords are designed to vibrate only when air is coming out from the breathing rooms.

The air having passed thru the vestibule, the nasal chambers, the pharynx, the larynx or music room, it enters a large corridor called the Trachea, the common name of which is wind pipe.

It is from the trachea that air comes rushing across the vocal cords to make them vibrate and produce sounds which you hear played on that tiny harp called the Organ of Corti.

The trachea is round and stiff, four or five inches long, and built of rings of cartilage, nearly twenty in number. The trachea extends downward and divides behind the breast bone into two tubes called the bronchi, one going to the right lung and the other to the left.

When you suffer from bronchitis you are paying the penalty of breathing polluted air, and the remedy is not poison called medicine, but better air.

The bronchi subdivide into many air tubes, down each of which air passes into the network of corridors that grow smaller and smaller until they are smaller than hairs.

These tiny tubes are called Capillaries. Thru them air passes until at last it reaches the tiny air cells or space where the function of breathing occurs.

The breathing rooms and the heart are protected by the breast bone and collar bone in front, by 12 pairs of curving bones called ribs, that extend in front, on the sides, and by the back bone and shoulder blades.

Each time you take a deep breath, the lungs expand in front of the heart and almost cover it.

The upper part of each lung is pointed and called the apex. The apex extends up into the neck above the collar bone.

The lower part of the lung is broad and is called the base. It rests upon a large muscle called the diaphragm, which divides the thorax from the abdomen.

There is a constant, double communication between heart and lungs. About seventy times a minute the poisoned blood stream flows into the heart, rushes thru the trap door, thru the lower right basin of the heart, thru the pulmonary artery, out into the billions of tiny air cells that form a vast network of meeting places for blood and air. Not seventy times a minute, but every second the blood is flowing back to the heart from the lungs. Block that stream for three minutes, and life of the body usually ends.

And what kind of air does the blood meet in the lungs? Generally polluted air that degenerates the body and sends it to an early grave.

If the air cells in a normal pair of lungs were all spread out on a flat surface, they would cover a space fifty feet long by forty feet wide. That is

your breathing space. When you compare that space with the size of your stomach you discover how much more important breathing is than eating is. And you want only clean food to eat while you breathe rotten air.

The capillaries of the lungs are the final tubes thru which blood flows to meet the air. The walls of the capillaries are thinner than the walls of soap bubbles. Here it is that the air and the blood actually intermingle. The Living Stream is literally sprinkled thru the air in a shower of exceedingly fine red mist, so that every drop of blood and every particle of air in the lungs are brought together in the closest proximity.

This natural process of Blood Purification occurs about one hundred times in an hour; and in twenty-four hours the lungs purify about 125 barrels of blood in the average person.

Now do some thinking. As air in the lungs replaces the cargo of waste brought in and dumped from all parts of the body, it is certain the air in the lungs contains all elements the body needs. This secret we have covered in our work titled "The Empyrean Sea."

Here we meet the greatest health menace known. Polluted air thru the ages has sent countless millions to early graves, and will continue to do so for ages yet to come.

As to the quantity and quality of poisons produced in the Temple by the workers in the Temple, Dr. Chester Levere wrote:

"There are no poisons known to chemists so deadly as the poisonous waste of the human body. If a healthy person were to inhale the poisonous gases eliminated by one's lungs, death would result almost instantly. Urea, discharged by the bladder, if retained in the body, would cause death in a short time.

"The human body, under regular living conditions, generates enough poison in 30 or 40 hours to kill the body were it not eliminated. The poison is the natural waste and decayed matter which, in health, is eliminated by the lungs, the skin, and the kidneys" (Startling Facts Of Disease).

The walls of the antechambers and the breathing rooms, except the walls of the little air cells and of the tiniest tubes into which they open, are covered with that moist, soft lining, the mucous membrane.

This lining in the lungs is covered with little workers, curious cells that stand out in rows from the walls at any angle, and are busy working day and night. On top of each mucous membrane worker's head are several fine hairs called cilia, that are constantly waving toward the larynx.

They work constantly, fanning dust out of the lungs into the throat. They never fan backward, but keep the air moving toward the music room.

If you have seen bees fanning air into a hive, you will understand this.

If the air tubes of a frog are taken out and a speck of white paper is put on the lower part of the mucous membrane, it will move over the cilia toward the larynx fast enough to be seen.

The breathing rooms are moving rooms. They are free to move on all sides but in one place, called the root of the lung, where the lungs are attached to

the back bone. The root is made up of air tubes, arteries, veins, nerves, and lymphatics, all of which go to the lung or lead away from it, carrying messages just as they do to and from every part of the Temple.

The movement of breathing is involuntary and produced by the action of nearly a hundred muscles under the control of the nerves. You breathe about eighteen times a minute.

The diaphragm is the most important muscle used in breathing. It is dome-shaped on the upper side, and curved on the under side. It makes a movable floor of the chest and a movable roof of the abdomen. To draw outside air into the lungs, this muscle contracts and the dome is flattened, making the chest space larger. The lungs, resting upon the diaphragm, follow it when it moves down. This expands the lungs and tends to make a vacuum, causing the air to rush in. This causes the rising motion of the chest, and is called inspiration. The movement is helped by 24 pairs of little muscles between the ribs, called the intercostal muscles.

To expel the air from the lungs, the diaphragm relaxes and the muscles return to the dome shape again. The lungs are elastic like a rubber bag, and so they return to their normal position and the air is forced out. This is expiration.

All the air in the lungs is never changed every time you breathe in and out. Normally you inhale at one time about 30 cubic inches of air. This is called the tidal air. It comes and goes without special effort.

If you take a long, deep breath, you will take in a hundred cubic inches more. This extra air is called the complemental air.

In the regular work of the Temple you do not need this extra air. But if some sudden danger arises, as in the case of that bull that charged you when you were walking in the meadow, then, if you could not inhale more than 30 cubic inches of air at once, the little blood vessels could not begin to supply the muscle workers with the power to make your legs go at top speed. So in the Temple there has been space provided in the lungs for such emergencies.

The facts of observation and experience prove that your energy comes from the air you inhale, but medical science claims it comes from the food you eat, and you believe it.

Besides the tidal air, the complemental air, and the supplemental air, there is the air that always stays in the lungs. No matter what you do, you can't force all the air out of the little air cells. About 100 cubic inches of air constantly remains in the lungs. This is called the residual air. And without the residual air in the lungs, there could be no life in the Temple.

Chapter 21

BREATH OF LIFE

God formed man of the dust of the ground, and breathed into his nostrils the BREATH OF LIFE; and man became a living soul" (Gen. 2:7).

There are baffling mysteries in every part of the Magic Temple, but the leading one is the mystery of Life.

We can trace the course of the nervous system, of the blood system, of the muscles, describe the function of the tiny cells, but we cannot determine the nature of the force that enables the Temple to move, called Life.

The power that works and moves in matter, that makes matter much more than form, that gives the Temple energy and force, has never been seen, nor heard, nor touched.

From the early ages men have sought to solve this mystery. The question, WHAT IS LIFE, has rung down thru the centuries, and the only known answer is the restless echo, WHAT IS LIFE?

Every question has an answer. So has this one. And we can find it if we seek it in the right direction.

We know that every living thing must breathe air to live. The tree breathes air thru its leaves. In this sense the leaves are the lungs of the tree. Insects breathe air thru tiny openings in their bodies. Frogs breathe air partly thru their skin. Fishes breathe air by taking oxygen out of the water as it flows over their gills.

And so we have expounded in our work titled "The Emyreal Sea" that these known facts of observation and experience undoubtedly indicate that the Life Principle is in the air.

We can trace the path of the blood to the capillaries. We can trace the air to the air cells. We can tell how much oxygen is absorbed into the blood and how much carbonic acid gas is given off. Then we stop at the point where the mysterious process occurs by which the Temple is animated.

We know that we stop living when we stop breathing, even with a stomach stuffed with food. This evidence indicates beyond the shadow of a doubt, that the Life of the Temple comes from the air. And John Mayow (1634-1679), an English chemist and physiologist, discovered what appears to be that strange element in the air that animates the Temple.

In 1668 Mayow published a tract on Respiration, in which he said:

"It may be affirmed that, in Respiration, an aerial something essential to life passes into the blood from the air."

He called that something "Spiritus Nitroaerius." And that great discovery by Mayow meant so little to medical science because it offered no pecuniary prospects, that it was never even noticed by the medics. Unto this present day medical science is wandering in darkness as to the mystery of Life.

There is a region of the central nervous system that controls the function of respiration, and its destruction stops respiration and Life in the Temple

terminates.

In 1842 Flourens found that exact spot and he called it the "Knot of Life." He placed it in the floor of the fourth ventricle, at the point of the V in the gray matter at the lower end of the calamus scriptorius, a district of considerable size.

Subsequent to Flourens, investigators have tried to show that the chief respiratory center of the Temple is situated higher up in the nervous system, in the floor of the third ventricle, or in the corpora quadrigemina, or lower down in the spinal cord.

The balance of experimental evidence is to prove that the sole centers of respiration are in a limited area in the medulla oblongata, in close connection with the vagus nucleus on each side. They are approximately identical in location.

The destruction of this region stops respiration. If the center is left in connection with the muscles of respiration by their nerves, altho the remainder of the central nervous system be separated from it, respiration continues.

It is almost certain that the medullary center is the definite center of respiration. The action of this center is to send out impulses during inspiration, which cause contractions of the inspiratory muscles. Similarly, it may be assumed that the center sends out impulses to certain other muscles during expiration.

It's considered that the center is double, that it is made up of inspiratory cells which are constantly in action, and of an expiratory group of cells that act less generally, inasmuch as ordinary tranquil expiration is seldom more than an elastic recoil, and not a muscular act to any marked degree.

As air enters the lungs it contains 21 parts of oxygen and 79 parts of nitrogen. It's certain the air contains other elements unknown to science. Science recently asserted that there is enough electricity in one breath of air to power an airplane for a month if it could be utilized.

When the air is exhaled by the lungs, it is said to contain 16 parts of oxygen, 79 parts of nitrogen, and five parts of carbon dioxide.

Oxygen, nitrogen, and carbon dioxide are gases. You have seen what becomes of the oxygen in the body. Nitrogen, in some forms, is a terrific explosive; but in the form in which it has been placed in the air, it enters the lungs and passes out again without the least danger to the body.

Biologists assert that oxygen supports the cells, and that nitrogen acts as a tissue builder and vitalizer. Nitrogen appears in the muscles and fibrous tissues, and is said to be the first of all the elements to leave the dead body. Then tissue decomposition begins.

Hydrogen also is needed in the blood and cells. It soothes the nerves, regulates body temperature, moistens lung surface, carries off toxins, cools the tissues and retards inflammation. Without hydrogen, the nerves and tissues would stiffen, harden and disintegrate.

We told you what Dr. Levere said about the quantity and quality of poisons produced in the Temple. That means the air expelled by the lungs is unfit

to breathe again. But people in a closed house breathe that air over and over. It makes you feel drowsy, and have headache. The nerve workers are damaged by the poison. They tell you by aches and pains to get out doors and get them some fresh air. But you do not understand their language and the medics dont want you to.

Every time you breathe you poison nearly a barrelful of air. Each person in a room needs 3000 cubic feet of air an hour.

When you come from out-doors into a closed room where there are people, you often notice the bad odor in the room. They don't notice it as they are used to it. Nor will you notice it after you have been in the room a few minutes, for the polluted air will dull the little workers in your body that warn you of such dangers. They warned you at first, but you disregarded it.

Cold air is better for the lungs than warm air. You notice how refreshing the cold air is on a frosty morning.

Outside air is much better for the lungs than the air in any house. In the house the air is stale and foul, like water in a stagnant pool. It needs the wind to keep it wholesome and in motion.

Not many persons die suddenly from bad air, but thousands are dying slowly because of living and sleeping in poorly ventilated and over-heated rooms. This slowly dying process is called disease and aging, and medics are searching for remedies to correct the condition.

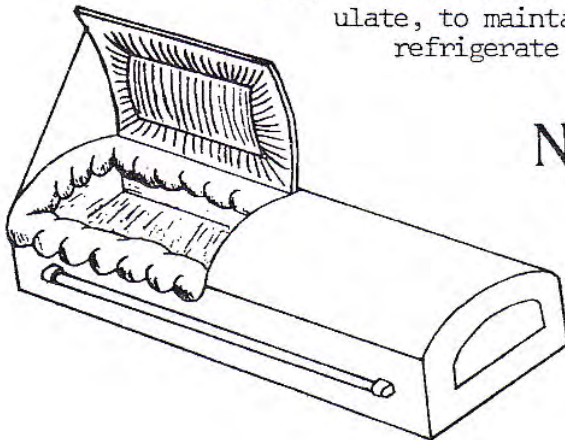
Nothing helps to prolong life more than good lungs. You must do things to make you breathe harder, like fast walking, running, chopping wood. When you breathe harder and faster, the blood flows faster into the lungs, and is purified faster by the air in the lungs.

The lungs can be better developed by such exercise as hill climbing, running, chopping wood, swimming etc.

Now let us turn back and show the common cattle what medical science knows about air and breathing.

Down to the 17th Century medical science believed the purpose of breathing was "to draw air into the body to cool the blood, for the heart was a furnace from which came the heat of the body."

This ridiculous theory produced the 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 and to refrigerate the innate heat of the heart."



New Flip Top Box For Smokers

This preposterous postulate of Respiration prevailed from Aristotle to the middle of the 20th Century. That evidence helps to prove how little the medics really know about the Temple and its processes.

Chapter 22

VITAL HEAT

Science has paid little attention to the air in which the earth floats, and until recently regarded it as empty and void.

From a study of chemistry it appears the air consists of a mixture of gases, chiefly oxygen and nitrogen, with small quantities of other gases, including traces of argon and others, and a small percentage of carbonic acid gas.

The Ancient Magi said that everything comes from the air. Every living thing must breathe air to live. Breathing from birth is a life-long function. The death of the body comes with the last feeble exhalation. Respiration is the primal function. All other functions are secondary, and designed to keep the body fit to perform respiration.

Carbonic acid gas is essential in relation to life, both that of plants and animals. All carbon products, all starchy foods, all thick coal seams of the earth, stored in past epochs, and all carbon containing foods which we and all animals eat, have been produced directly for the animal kingdom by the vegetable kingdom from carbon dioxide gas, even tho it is but a decimal point percentage of the total gas of the air.

In order to live we must inhale fresh oxygen. But as a side issue of breathing, we increase the amount of carbon dioxide in the air, and, therefore, we increase the basis of food available for the vegetable kingdom.

The amount of nitrogen inhaled and exhaled remains so nearly the same, that by ordinary test it seems the same. It is a natural gas, apparently of little direct use to man or any other form of animal life.

There must be a purpose for nitrogen that we do not understand. We may regard nitrogen as simply diluting the oxygen which would otherwise be so strong as to intoxicate us.

The big difference between the air inhaled and exhaled lies in the four pounds of carbonic acid gas exhaled.

Our lungs are designed to draw a constant supply of fresh air into the specially contrived, complicated, sac-like cavities prepared for it. But the atmospheric air, in the form of gas, does not penetrate the lung cavity itself. It must enter in solution from the blood corpuscles, then it is carried in the blood to the tissues of the organs in the body cavity and the muscles, where it is absorbed and used as required.

At the same time the blood corpuscles bring the waste products, also in solution, especially the carbonic acid gas which is exchanged for oxygen on the return trip thru the lungs, so that the carbonic acid gas comes out of the solution from the inner tissues of the body, and is carried back to the lungs and again exchanged for the air in the lungs, and is then expelled thru nose and mouth.

Carbonic acid gas is a waste product of "burning" organic matter. That is to say, chemical molecules and compounds containing carbon, split up so one carbon atom "burns" or unites with two oxygen atoms so as to produce carbonic acid gas.

The cells contain a "hot center," and in every cell, all the time, "burning" occurs, but sometimes more and sometimes less.

In all groups of factory cells, like the liver and various organs of the body, and especially in the muscles with their constantly high pressure activity of movement, organic molecules within the cells are being burned.

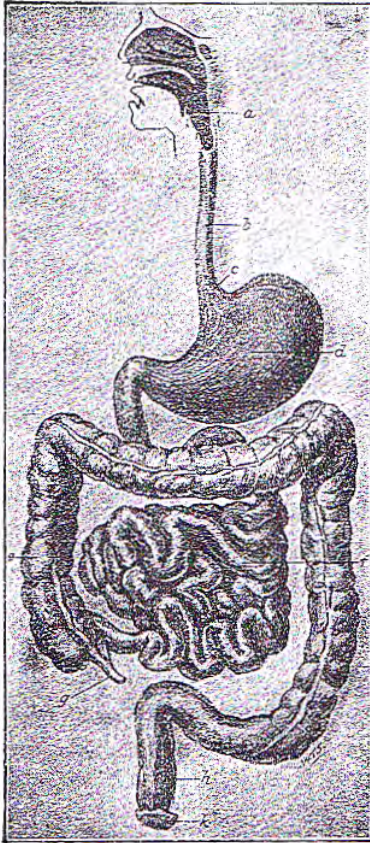
They burn so slowly that they produce no flame; but it's their burning that produces the heat of the body. Were it not for the burning within the cells, the body would be as cold as a stone, and all vital processes would cease, as they do in the death of the body.

The cells of the Temple are said to be centers of oscillation of a high frequency, emitting invisible radiation belonging to the gamut close to that of light, and appearing as the Aura or Halo around the body. A trained clairvoyant can see the elements constituting the Aura, which appear in the shape of stars, cubes, pyramids, and a variety of other geometrical figures. These elements are atoms of the chemical ether that have served their purpose in the body and are expelled thru the skin.

This burning or breathing is a factor of all living cells, and is true of plant cells. But in plants the breathing is hidden by the active starch elaboration which takes in carbon dioxide from the air.

THE LIVING CANAL

Diagram of Alimentary Canal from mouth to anus.



- a Top of alimentary canal
- b Gullet or œsophagus
- c Entry of œsophagus to stomach
- d Stomach
- e Large intestine
- f Small intestine
- g Appendix
- h Rectum
- k Circular muscle around anus

We refer to the tube that extends thru the Temple from mouth to anus. In an adult person the tube is about 30 feet long. In carnivorous animals it is much shorter, to get the remains of the rotting flesh out of the body sooner.

There are several stations in the canal where various changes occur in the food we eat. Each station has a special name and a special task.

There is first the mouth, second the pharynx, third, a long passage called the esophagus, fourth, a large station called stomach, fifth, a winding and curving canal almost 20 feet long, called the small intestine, sixth, a junction, shaped like a pouch, called the caecum, seventh, a large canal about six feet long, passing up the right side of the body, and then across to the left side, called

the colon, and eighth, the final part or rectum, closed by a muscle at the anus.

Two small canals empty into the intestines near and below the stomach. One comes from the liver and the other from the pancreas.

With its large station, the stomach, and its coiling and winding parts, the alimentary canal occupies most of the space in the abdomen. It is lined with mucous membrane, sometimes called the internal skin. The lips show where the external skin ends and the internal skin begins.

All entrances into the Temple are protected by guards. The first entrance into the living canal is protected by a double row of teeth, under your control. When you shut your lips and teeth, nothing can enter your mouth.

Your teeth bite and grind all solid food that enters the mouth. They assist in the first process of digestion, which is called mastication.

The teeth are living and growing parts of the Temple. The hardest material in the body is put into the teeth because they are made for hard work.

The grinding surface of the teeth is called the crown, and is covered with enamel. The second part, or neck, is under the gum. The third part, or root, is fastened into the jaw bone. A nerve and blood vessel run into the root of each tooth.

At the farthest end of the mouth, opposite the teeth, is a pink entrance, the soft palate. When you are breathing, it hangs down like a curtain, but when you swallow, it is drawn up to close the back door of the nose so nothing can pass that way. The mouth has a pink floor, called the tongue.

The tongue can move forward, backward, up and down, and sidewise. It can do this because it is composed of many muscles. You send orders to move the tongue over a pair of nerves that connect with the brain. The muscles of the tongue and lips are the last muscles of the body to come completely under the control of your will power.

Without the tongue you could not talk. The tongue has been called an unruly evil, that member of the body which no man can tame. It takes a lifetime for some people to learn to keep the tongue from saying things that should not be said. The pen may be mightier than the sword, but the tongue is mightier than the pen. Many lives have been ruined by evil words, and many lives have been saved by good words. The old song says, "If you can't say something good, then say nothing at all."

We stated that the first part of the avenue of taste is the tongue. The inside of the mouth is covered with little workers that are helping in the great task of choosing and preparing stuff for the Temple.

The taste buds, or papillae, on the top of the tongue help you to decide as to everything that comes into your mouth, whether to keep it or reject it. But here we must be very careful, for the papillae, due to your habits, will adjust themselves and in time will come to crave poisons that should be rejected. Think how hard it is for the drinker or smoker to break the habit. Form good habits and never evil ones.

Food should be well chewed before being swallowed. If swallowed hastily, the saliva workers do not have time to pour out the saliva as they should.

Gum chewing is a harmful habit. It compels the saliva workers to work when they should be resting.

Supposing you should be swallowed by some animal. Imagine you are in its mouth, rolled around by the tongue, chewed by the teeth and saturated with saliva.

Then the tip of the tongue tosses you against the roof of the mouth and pushes you back toward the throat. At the same time the root of the tongue is drawn up higher, the palate is raised to shut the door into the nose, and the epiglottis closes down over the door into the music room, to keep you from falling into the trachea.

By this time you have reached the base of the tongue and are lifted high upon its curving root. The soft palate closes behind you, and you are on your way. Down you slide, swiftly, over the epiglottis, into the pharynx.

Compared with other rooms in the Temple, the pharynx is large. It has seven doors, two from the nose, one from each ear, one from the larynx, one from the mouth, and one from the stomach.

Food and drink usually go straight for the opening that leads to the stomach. Some times the epiglottis fails to close quickly enough, and a crumb of bread or drop of fluid falls into the trachea thru the larynx. Then the nerve workers make you cough to clear the trachea of the obstruction.

You land next in the esophagus. This tube is about nine inches long and as big as your finger. The food does not fall thru it, but is pushed along by the muscles.

This is the way you get into the canal--thru a curtain and a room with seven doors. But at last you are in the beginning of the living canal.

In the walls of this part of the canal are two thin layers of muscles. One is in the form of rings that encircle the canal from one end to the other. As the food flows thru the canal, these rings contract behind it so it cannot go back. The other layer of muscle runs down the tube and makes wave-like contractions toward the stomach, forcing the food onward.

As you cannot go back, maybe you would like to hurry thru this strange part of the canal. But you cannot, as the muscles always work just so fast. Slowly and orderly the walls open before you and close behind you, and push you on until you reach the opening into the stomach.

When you return from this trip, drink a glass of water and time yourself as you swallow. You will understand why you can't do this faster.

The ring-like muscles of the esophagus contract behind the water and keep it from flowing backward. You can stand on your head and swallow while in that position. You can understand how horses and cattle drink from a stream--actually drink up-hill without any trouble.

If you were to make a trip thru the whole length of the canal, it would take you anywhere from 12 to 24 hours. It would depend on how you were treated by the canal workers. If you were a poisonous substance that should never have entered the body, these workers rush you thru the canal as fast as possible.

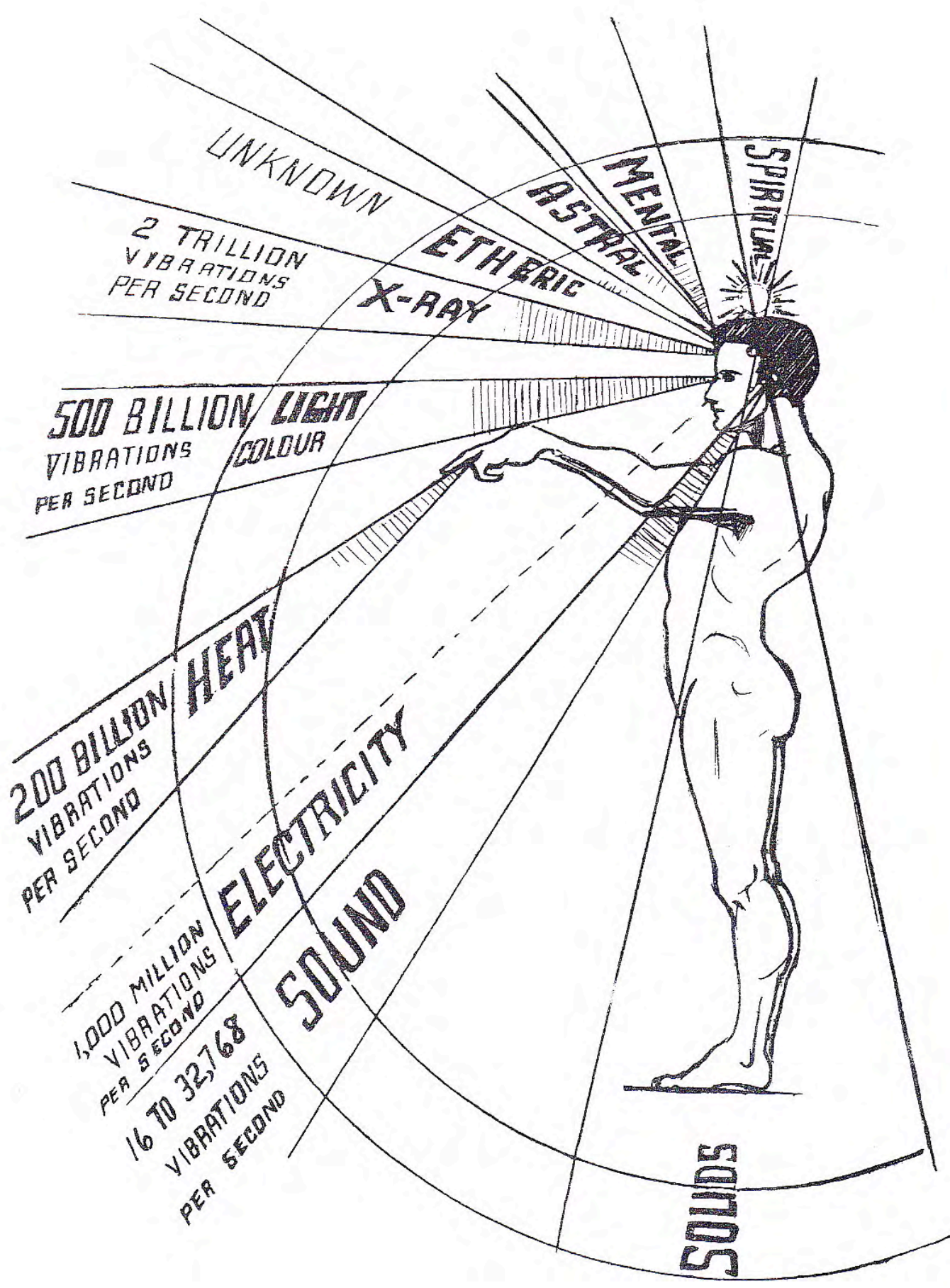
That is the condition the medics call diarrhea, and administer poison that dulls the nerves and checks that natural process of the body to protect itself by getting rid of substances that should never have entered the body.

The proper thing to do is to help the body in its work by taking an enema and washing the poisonous substances out of the canal.

One day when we were in practice as a chiropractor, a lady patient told us she had a little calf that had the scours and wanted to know what to do to help it. We told her to give the calf an enema. A few days later the lady returned and told us the enema did the job and did it quickly.

Patients with diarrhea sometimes die under medical care. The poison the medics administer dulls the nerves and checks the action of the bowels. If the bowels fail to revive and the patient dies, the medics call that "locked-bowels."

The medics are experts in the game of dodging. They have so much of it to do, and practice makes perfect.





The Creator is reflected in His Creations. The true doctrine of Omnipresence means that the Creator inheres in every moss and every cobweb. -- Emerson.

THE WORLD ILLUSION

God and I alone in space,
And nobody else in view.
"And where are the people, O Lord," I said,
"With the earth beneath and sky overhead,
"And the dead that I once knew?"

"That was a dream," God smiled and said.
"A dream that was never true.
"There are no people, living or dead,
"No earth beneath, and no sky overhead,
"There are only Myself and You."

"And why do I have no fear," I said,
"Meeting you here this way?
"For I have sinned I know full well;
"And is there Heaven and also Hell?
"And is this the Judgment Day?"

"Those are dreams again," the Great God said.
"Dreams that have ceased to be.
"Fear and sin are the product of mind,
"And you are a ghost that has never been;
"For there is nothing at all but ME."

-- Author Unknown.

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A NEW THOUGHT FOR YOU.

Do you believe in Santa Claus? Maybe so, but you know Santa Claus is not a person.

Do you believe in God? Sure. We all do, but God is not a person. It is the source of all life.

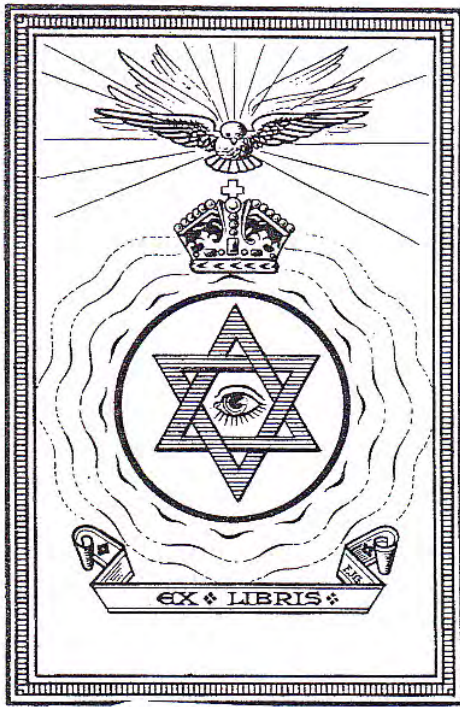
Do you believe in the Virgin Mary? Maybe so, but the Virgin Mary was not a person. The grand, wonderful Virgin Mary is Mother Nature. She manifests the will of God by putting the spark of life and intelligence in each one of us. She is the mother of all life.

Do you believe in the Lord Jesus Christ? Maybe so, but He was not a person. The Christ Child is the spark of eternal life and intelligence within each one of us, regardless of race, color or belief. This spark of life lives on forever, it never dies.

Do you believe in Heaven? Maybe so, but Heaven is not a place to go to. Heaven is that state of mind within you that makes you feel truly happy and blessed. Forever work toward this end. It is your duty.

Do you believe in Hell and Damnation? Maybe so, but Hell is not a place. Hell is that state of mind in which we can not see any release from our misery and suffering. Do all you can to avoid Hell. Work out of it by doing real good, living a clean moral life, live the golden rule, do not just preach it, and blame others for your wrongs.

"Do unto others as you would have them do unto you." God will bless you for this and make you happy. Give this thought to a friend.



"There are thirty thousand gods that rule the world,
and they keep hidden from mankind the ways of life."
--Hesoid, 776 B.C.

"Above the established doctrines neither knowledge
nor practice should seek to go."
--Euripides, 400, B.C.

(Banished from Greece, possibly forgoing beyond es-
tablished doctrines.)

"There was a veil through which I could not see."
--Thirty-second quatrain,
Rubaiyat Of Omar Khayyam.

"Their gods are the gods of the Hills." -- I Kings
20:32

The Ancient Masters said, "As above, so below." It
was the master thinker, Emerson, who said: "A man
does not tie his shoe string without employing the
laws which bind the farthest regions of Nature.

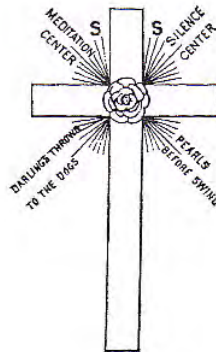
Moon, planet, gas, crystal--are concrete geometry
and numbers. The Divine calculations never rest
nor linger. Every moment instructs and every object;
for wisdom is infused in every
form. He who knows what sweets and virtues are in the ground, the plants, the heav-
ens--and how to come at these enchantments, he is the rich and royal man."

"Truth Wears No Mask:
Bows At No Human Shrine
Seeks Neither Place Nor Position
She Asks Only A Hearing.

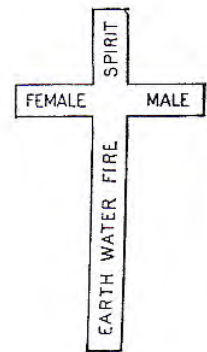
GREAT ARCHITECT OF THE UNIVERSE - This Supreme Being is one known to Rosicrucians and
Freemasons as the "Great Architect of the Universe." From the first aspect, Power,
proceeds the Word, the second aspect. It is VERBUM, WORD, LOGOS, or "SON," but not
the personality known as Jesus, or the principle known as "Christ" the "Christos."

"So many gods, so many creeds,
So many paths that wind and wind,
When just the art of being kind
Is all this sad world needs."

--THE WORLD'S NEED --
--Ella Wheeler Wilcox.



Rose Cross.



CHRISTIAN CROSS.

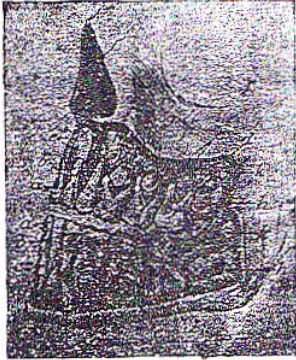
The Red Cross of the Rosicrucians,
Life to Come, the Cycle of 12.

Cycle of 10.

Chapter 24

BUILDING MATERIAL

Drawing showing the jaws with the first teeth in use, and the second teeth growing below them ready to push them out.



- a Incisors (1st dentition)
- b Canines (1st dentition)
- c Milk molars (1st dentition)
- d 1st or 6 year old molars (2nd dentition)
- e Incisors (2nd dentition)
- f Canines (2nd dentition)
- g Premolars (2nd dentition)
- h 2nd molars (2nd dentition)
- k 3rd molars or "Wisdoms" (2nd dentition)

One of the most complex, most inextricable, and most baffling of all the mysterious processes that are constantly working in the Temple is the transformation of what man eats into living flesh.

Medical science believes in what it terms "nutrition." But the facts of observation and experience fail to support this medical belief. One

wise doctor wrote a book titled "Natural Diet of Man," copyright 1930, in which he said:

"The great mystery of nutrition is still unsolved. We can no more explain today how food material is changed into living human flesh and blood than could the lowest savage of a thousand years ago."

When we fasted patients in our sanitarium for 30 and 40 days, giving them nothing to eat, and the volume of blood in their bodies did not diminish, we discovered that the blood is not made of what we eat. Then we wrote a folio on the subject, titled "The Empyrean Sea," and the scholar should read it.

We have followed the stages of this process of nutrition in the Temple to the point which medical science terms "digestion," a process said to be performed in stomach and small intestine.

To begin with, the stomach is not a specialized organ, like the liver or kidneys. It is merely an incidental enlargement of a certain section of the alimentary canal.

As the building and sustaining of the Temple progresses, the stomach must dispose in some way of the mess that man dumps into the stomach in the process of eating and drinking. And this amounts to a terrible mess, especially in the case of gluttons and liquor drinkers.

Many people spend most of the day eating and drinking. They know nothing about eating and drinking to support the body. It's all for pleasure. And the stupid cook in the kitchen does her best to make food tempting so people will eat more.

Eating and drinking make the shape and position of the stomach change as the years pass until, in an adult, it grows much larger, very much larger in some cases, and lies somewhat crosswise in the lower room of the trunk, largely under the diaphragm and partly under the liver on the right side of the body.

And thus the stomach grows into a canal station, a room where work is performed that causes degeneration, aging, and premature death.

Prof. Wilfred Bransfield, in his book titled "Continuous Creation," said

the substance of living organisms comes from the air. He added:

"The human body, in the final analysis, is merely a compound of invisible gases. They become visible by being compounded in the chemical process of crystallization and solidification."

No other part of the body, except the sexual organs, is more seriously and regularly abused than the stomach. That abuse is almost beyond description. The average person is not only a glutton, but eats anything that does not kill him on the spot.

The stomach has two gates, the upper one being at the large end and leads from the esophagus. It's called the cardiac opening.

The lower gate, at the small end of the stomach, is called the pylorus, from the Greek words meaning "gate guardian." It opens into the intestines.

Both gates are made of muscular bands that open and shut like a puckering string.

The wall of the stomach is lined with mucous membrane that hangs in folds or stretches out as the muscles contract or expand.

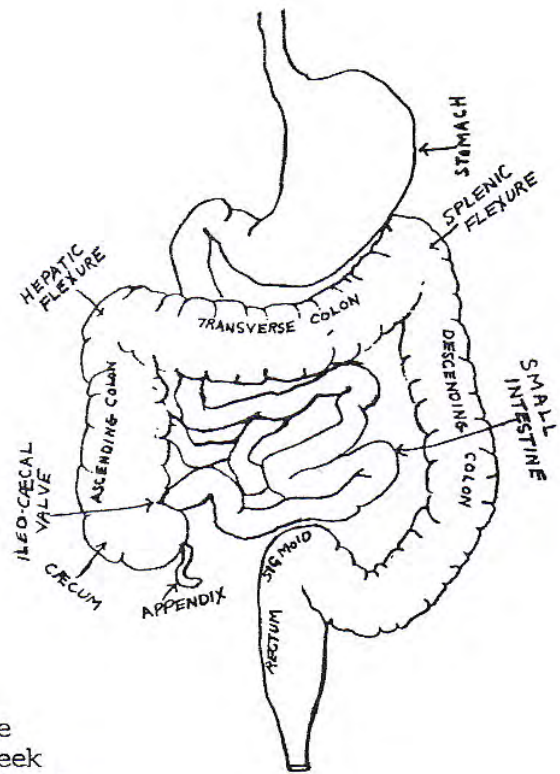
In the mucous membrane are millions of little workers. Like the saliva workers, they elaborate a fluid that is used in digestion. Some of these workers are called the peptic glands, and others, the pyloric glands. The fluid they make is called gastric juice. If they all work together, they can produce from 10 to 20 pints a day.

There are not many telegraph offices along the alimentary canal, for which reason we consciously know nothing about the work done there. There must be serious trouble there before we are informed of it. But the common practice of gluttonizing produces plenty of trouble there.

The stomach is controlled by the sympathetic nerve workers more than by the brain cells. That's the reason why that part of the Temple gets into very bad shape before you know anything about it. You are expected to keep it in good condition by faithfully attending to what goes into it, but you fail to do it.

When the door from the esophagus opens and a mouthful of food passes thru it into the stomach, the mucous membrane of the stomach gets very red. Then drops of gastric juice flow out from the walls, and the walls begin to move.

All the little workers get busy to handle the food. The little gland workers are pouring out their fluids and the little muscle workers behind the



mucous membrane are churning the food back and forth.

This movement is called peristalsis. It lasts as long as any food remains in the stomach. It squeezes the food and forces it from the upper gate toward the lower gate and back again.

This process finishes the work began in the mouth, and continues the process of mixing the food with the gastric juices. The separate substances of the food eaten are all mixed into a thick fluid called chyme. Then a further process occurs by which the chyme is reduced to chyle by the action of the bile and pancreatic fluids.

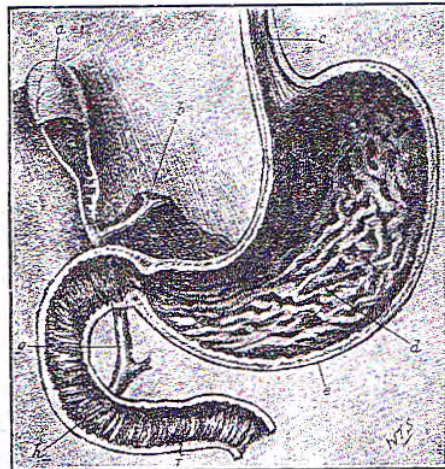
Chyle is an ivory colored fluid absorbed by the lacteals from the food in the intestine after digestion. It passes into the veins thru the thoracic duct and is mixed with the blood.

The gate guards are always ready to open the gate for the chyme. But they let it pass a little at a time so as not to crowd the canal workers beyond.

When the food has all passed out of the stomach, its walls relax, the mucous membrane hangs in folds, and the gland workers stop pouring out gastric juice and take a rest.

Eating big meals and dumping a large amount of food into the stomach, according to the common practice, is wrong. We should nibble as the birds and cattle do.

Stomach and Gall Bladder with ducts, front view.



- a Gall bladder partly cut open
- b Hepatic duct
- c Gullet, or œsophagus, as it joins on to the stomach
- d Stomach cut open to show the muscular corrugations
- e Outer wall of stomach
- f Intestine with corrugated muscular wall
- g Common bile duct
- h Opening of pancreatic duct into intestine

SATURNIAN ASTRO-CHEMICAL SYSTEM
(Body Mineral Chart)

CALCIUM PHOS
(Lime Phosphate)

SILICEA

NATRIUM
MUR
(Sodium Chloride)

CALCIUM SULPHATE
(Lime Sulphate)

FERRUM
PHOS
(Iron Phosphate)

NATRIUM PHOS
(Sodium Phosphate)

POTASSIUM
PHOSPHATE
(Kali Phos)

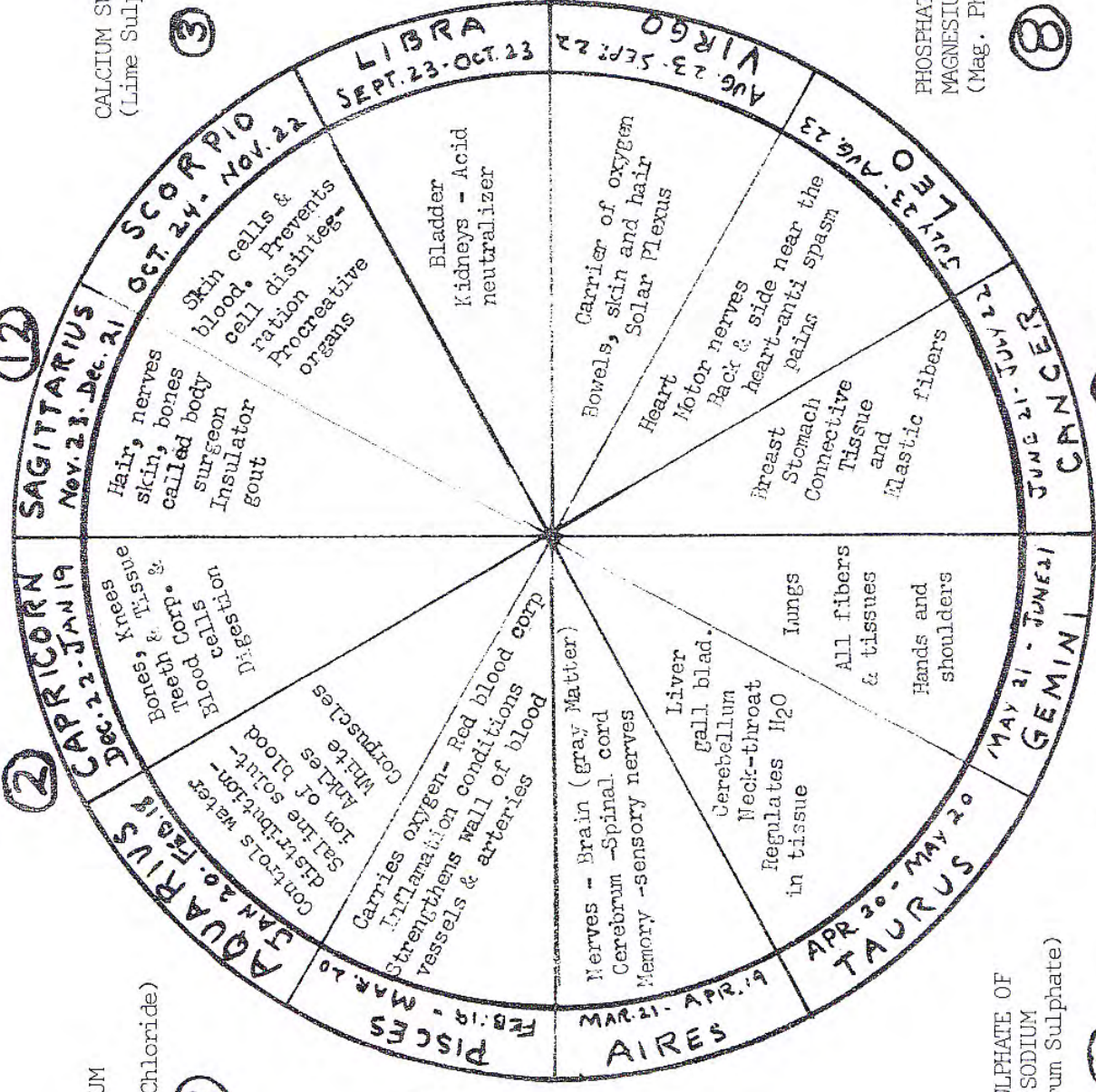
SULPHATE OF
POTASSIUM
(Kali Sulph)

SULPHATE OF
SODIUM
(Natrium Sulphate)

PHOSPHATE OF
MAGNESIUM
(Mag. Phos)

CHLORIDE OF
POTASSIUM
(Kali Mur)

CALCIUM FLUORIDE
(Fluoride of Lime)



For convenience each mineral is numbered

Chapter 25

VALVES AND PUMPS

The food you ate has passed thru four parts of the alimentary canal,-- the mouth, the pharynx, the esophagus, and the stomach, and has passed thru four of the changes that prepare it for the body's use. It has been forced thru the pylorus valve into the longest part of the canal, the small intestine.

The small intestine is a round, muscular tube about 20 feet long, and coiled closely so that it occupies little space. It is located in the middle of the lower room of the trunk, the abdomen, is lined with mucous membrane, and has a muscular layer inside.

The first 12 inches of this organ are called the duodenum, from the Latin word for twelve. In the duodenum the process of changing food into building material is practically completed.

Two digestive fluids are poured thru little pipes into the duodenum. One is pancreatic secretion from the pancreas, and the other is bile from the Liver. Bile has a bitter flavor and aids the action of the pancreatic juice. It emulsifies fat and retards putrefactive changes of the food in the intestine.

There are many workers in the intestine, and they elaborate fluids called intestinal juices, which act upon all foods.

The saliva of the mouth will act only on starch. The gastric fluids will act on starch, fat, and sugar. The juice workers of the duodenum make a fluid that acts on any food.

Cane sugar and candy go all the way from the mouth just as they enter it. Neither saliva nor gastric juice will act on them. They are not acted on until they pass thru the pylorus valve into the small intestine.

It is because cane sugar and candy remain so long in the stomach, unchanged, that they cause so much trouble in the body. They are not fit to be eaten. And yet a large amount of them is eaten, and people wonder why they feel badly, and medical science says its the work of germs, etc.

The mucous membrane of the duodenum and small intestine is smooth, slippery and irregular. It's wrinkled in tiny folds, but these folds do not smooth out as the folds of the stomach do when the canal expands. Instead, they become sharper. They are stationary, and make the food move more slowly, as it should in this part of the canal.

The folds of the intestines are called winking valves. They are circular and extend almost around the canal. They are most numerous in the duodenum and upper part of the small intestine.

The winking folds seem to be covered with fine hairs that make them look like velvet. These hairs are called villi. Each one is about one-twelfth of an inch high. Each villus contains two arteries, one or two veins, a tiny muscle, and a little white canal called a lacteal, from the Latin word for Milk.

Down in this secret part of the Temple are hidden more than ten million of these villi, each one covered and filled with little workers that perform

curious work.

When the muscle of a villus contracts, it makes the villus a suction pump. The muscle contracts when food comes into the intestine. After each meal you eat, when the food passes out of the stomach, there are ten million tiny pumps at work, pumping liquid food from the intestines into the blood.

Between the villi and between the winking valves, fifty millions of hungry mouths as well as ten million living pumps, are sucking food from the alimentary canal, and passing it on into the blood and the lacteals.

This is the fifth stage of the journey of the food, and is called absorption, from the Latin word meaning to suck up.

Up to the point where the food reaches the pylorus, it has had a rough trip. But after it passes thru the pylorus, it has smooth sailing.

Up to this point the different foods have travelled together. We could say they have gone this far along the bread and butter route. But now the foods are separated, the bread going one way and the butter another. Most of the fats in food take the butter route. All the starches, grain and other foods take the bread route.

If the food stopped here in the small intestine, it would still be outside of the body. So you see it is important that foods be so chosen and prepared that when they pass thru the pylorus, they will take one of these two routes and reach the inside of the Temple.

But who knows anything about this secret? Not even the medics. For their schools do not teach it.

All the foods that are not proper to take one or the other of these two routes, pass into the colon and are discharged as feces thru the anus--worthless waste down the sewer, and doing much damage to the organs that were forced to handle and dispose of them.

When food enters the small intestine, the muscles in the walls contract as tho they were preparing for a fight. And so it is; for it is their duty to dispose of the food before it rots and poisons them and causes their death.

That fact in itself makes it appear irregular and strange that we should do anything that endangers the existence of the body. And that very subject we have considered and covered well in our great work titled "THE EMPYREAL SEA."

These muscles in the small intestine are of two kinds; (1) long, and (2) round. Their double contraction produces a worm-like motion called peristalsis. Their contracting movement is like that of the esophagus, and forces the food forward. But it cannot go fast, for those nine hundred winking valves retard its progress, and this permits the ten million little pumps and fifty millions of little mouths to suck it up. They suck up from the moving mass the food that has been prepared for them by the process of digestion.

Each one of the ten million pumps is covered outside with living cells. These cell-workers have different duties. When the muscle workers begin to draw up the fluid, each cell selects the type of food it needs. Some collect a drop of fat, others pick up a bit of digested bread, etc. They know what they need. Who tells them? More mystery.

The muscle workers and cell workers must work jointly to send the fats into the lacteals, and all the other foods into the blood vessels. So in the villi the bread and butter bid each other adieu and go different routes into the Temple.

Notice this remarkable example of the intelligence displayed by Cosmic Consciousness, which science calls "blind instinct." These tiny cells know their work and do it so well that they never make a mistake. Some of them know they must reject everything but fat, others know they must take up the grain products, and every one of the millions of cells works all its lifetime without making one error. That demonstrates the strange operation of Creation's perfect work.

In case of sickness, shall we turn to Creation for help, or consult the medic who does not know the cause of our illness?

The butter and fat pass from the villi into the lacteals, and are carried to a large reservoir called the Receptaculum Chyli, located in front of the spine, just back of the lower border of the stomach.

From this reservoir it is carried thru straight tubes upward, thru the lower and upper trunk rooms into a large vein, where it joins the blood. It then passes rapidly to the right upper room of the heart, where it meets the bread, and together they go into the lungs.

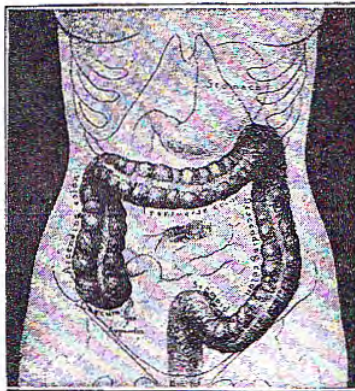
From the villi the grain products pass thru a vein which grows larger until it reaches the liver. After being worked over by the liver, this food passes into another large vein that takes it to the right upper room of the heart, where it joins the fat, and together they go to the lungs.

When food passes thru the intestinal wall, it is changed in some mysterious way. It loses its individuality, becomes part of the living stream, and is carried to the cells of the body, to all the little workers, to nourish them.

This last stage of the journey of food is called assimilation. That means the change of dead food into living flesh. Dr. Charlton Bastian, of London, said this "involves a chemical alteration or change akin to that of bringing the dead to life."

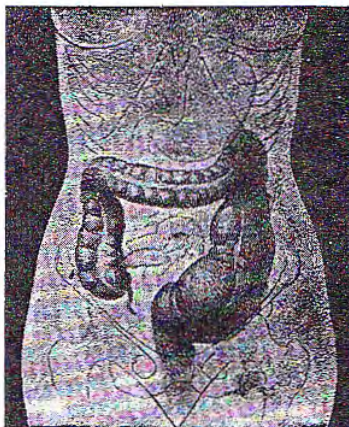
We do not endorse this assumption of science, and have expounded the reasons why in our great work titled "THE EMPYREAL SEA."

FIGURE No. 1



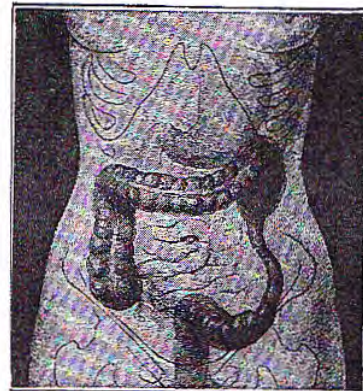
HABIT CONSTIPATION
A NORMAL COLON

FIGURE No. 2



ATONIC CONSTIPATION

FIGURE No. 3



SPASTIC CONSTIPATION

THE LIVER

In eating and drinking, the mouth is the outside door of the Temple. The liver is the inside door thru which must pass most of the material for building the Temple.

Not everything that enters the Temple as food passes thru the liver. But the great bulk of the coarser stuff in food and drink must go thru the liver, where the building inspectors are stationed.

The liver is very dark red in color, has a smooth finish, and in a full-grown person, weighs about three and a half pounds. It is on the right side of the body, under the lower ribs, just below the diaphragm. It has five lobes, two large ones and three small ones.

The liver is not a door as the epiglottis or the pylorus is. It does not open or shut or lead to a room. It is a door simply in the sense that food must pass thru it to enter the body.

Like all other parts, the liver has its share of the millions and millions of living cell workers. They do their work in little groups, called lobules, and are termed hepatic cells. They are about the busiest of the Temple workers, and there is no more important work than theirs. It keeps them on duty day and night.

We have seen how the food is sucked up by valves and pumps. Then it is collected by small veins that carry it to a large vein, called the portal vein, by which it is carried into the liver. The portal vein gets its name from the Latin word for gate. And the blood that passes thru this gate is always loaded with food. This blood is quickly scattered among the little liver workers by means of blood vessels called inter-lobular veins. The blood filters down between the cells toward the center of the lobule. As it trickles between the little hepatic cells, the building inspectors seize all foods and inspect them to determine whether they are fit for the Temple or not.

These inspectors separate the good material from the bad. The good food is collected by a little vein in the center of the lobule and sent out of the liver thru three veins that carry it to a large vein, called the inferior vena cava, which empties into the right side of the heart.

The food found to be bad is collected by another little vein in the center of the lobule and sent to the liver thru tiny channels called bile ducts.

The bad food is changed into bile, yellowish green in color, and is poured thru the bile canal into the duodenum, where the bile meets the food as it comes thru the pylorus.

Between meals most of the bile is stored in a little reservoir called the gall bladder. About one quart of bile is made daily from the bad food we eat.

The liver workers do not send on at once all the good material. Some is stored in the liver as liver starch or liver sugar. Enough food is stored in the liver and other places to keep you for several weeks if you ate nothing during that time.

Liver sugar is called glycogen. It is made in the liver from carbohydrates

and proteins, being converted into glycogen as the needs of the Temple require, and carried off in the hepatic vein. It is also called animal starch.

Glycogen is a sort of dynamite. If you want to move a certain muscle, you send a message to the liver thru the motor nerves in the brain. The nerve electrical impulse passing into the muscle serves as a spark to the food dynamite, and it goes off in a series of tiny explosions that provide the power to obey your wish.

Here is an ancient secret: The liver is also a divining cup. In ancient days, certain cups, called divining cups, were supposed to have the ability to detect poisons. A king who had a divining cup thought he could tell, by pouring into it the wine he was about to drink, whether the wine was poisoned or not.

But divining cups made by man do not possess the magic power that the liver has. For many kings have been poisoned to death by wine that had been tested in divining cups made by man.

The liver is a true divining cup. It never fails. No matter how subtle the poison may be, the liver can detect it. The little workers in this organ are always on the alert for every substance that could damage the Temple. But excessive eating and drinking pile on them more work than they are made to do. And so some of the poison gets by them and damages the Temple.

You may defile your own body by taking into your system foods and drinks which you knew should be rejected. When that food or fluid reaches that inner door which is guarded by the inspectors, it is halted at once.

These inspectors attack the substance as an enemy. They do their best to keep it out of the Temple, or change it so it will not damage the Temple. But you eat and drink so much poison, that the inspectors are not always able to protect the body. Then you suffer the results and reap as you sow.

And furthermore, these inspectors grow tired and discouraged from overwork, and cannot do properly what they should. And that is another reason why you get sick. What is the remedy? Eat nothing and fast, and you will be amazed by what the little workers in your body will do, and how quickly they will do it.

Eating candy and sugar make the liver workers groan because of the great burden this puts on them. They become so clogged with blood they cannot work. The poisons slip by them and you suffer as a result.

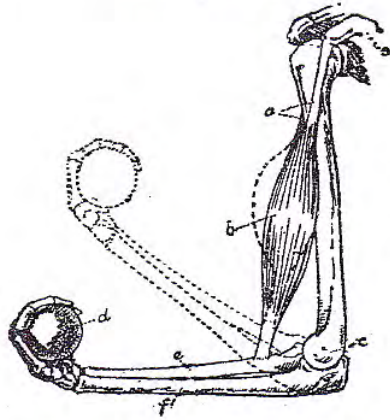
The liver workers do not take their food from the blood that goes thru the liver to the body workers. They are supplied by a special blood vessel called the hepatic artery.

The liver workers are also aided by a group of workers called the spleen. It is under the ribs on the left side of the stomach and is richly supplied with blood. It contains gland workers and muscle workers. The gland workers make blood and the muscle workers contract the spleen once a minute to help in forcing the blood from the portal vein into the liver.

The liver makes out of the poisons which it destroys a substance called ashes. All the work of the Temple makes ashes or waste. This is collected and cast out by ash-carriers scattered all thru the body.

MUSCLE WORKERS

The bones of the arm attached to the shoulder to show how the biceps (muscle) works in movement.



- a Tendons by which the biceps is attached to the scapula
- b The biceps (power)
- c End of humerus (fulcrum)
- d Weight
- e Radius
- f Ulna
- g Scapula, or shoulder to which the tendon ends of the biceps (a) are attached

Every movement in every part of the body is made by muscles, and the power of movement depends upon the nerves.

By the use of your muscles you can smile, laugh, sing, shout, breathe, eat, drink, and the Temple can be moved at will from place to place. All of these movements are under the control of your will save that of breathing.

The Cosmic Builder of the Temple makes all parts of it perfect and complete from the start.

All parts of a baby's body are as perfect in form as those of a well-developed athlete. The baby's body grows like a young plant, and if the work of Creation is not hindered in any way, especially by drugs called medicine, the baby's body will grow and pass from youth to adulthood, and change in form, size and strength, but it will still be perfect and complete.

The baby is born with more than 600 muscles, and the number will not increase. Each muscle is named either for its shape, its location, or its work.

When a muscle has lost its power to move, that part of the body is paralyzed. This is not the fault of the muscle but of the nerve that makes the muscle move. And the cause of this paralysis is the abuse of the Temple which suffers from the way you have treated it, or from some medicine you have taken.

The lean part of dead-animal-flesh called meat is muscle. When you eat lean meat you eat the muscles of some hog, cow, or bull. Such stuff is good for dogs but not for man.

Dead muscle is red, but living muscle is almost transparent, for some light will shine through it.

Muscles are composed of many little bundles, which are called fasciculi, from a Latin word meaning "little bundles." Each fasciculi is separate and distinct from the others.

There are many little strands in each fasciculi. These are called muscle fibres, are about an inch long, and 500 times longer than they are thick. The muscle fibres are composed of many muscle threads called fibrillae.

The muscle workers are divided into two classes, voluntary and involuntary. The voluntary do what you direct them to do. After you have had them do a certain thing over and over many times, they learn to do it so well that they will surprise you by making the usual motion without any command from you.

Such motions as sucking your thumb, biting your finger nails, chewing gum are done without orders from you. These are habits you form by training your muscles, and they continue the work when you wish they would stop.

Each fibre of the voluntary muscles is striped. It looks like one flat layer were piled upon another. The muscle is thicker along the dark stripe and light does not pass thru it so easily. This produces the effect of dark and light stripes. All voluntary muscles are thus striped and are called straight muscles.

At one end of a muscle, and sometimes at both ends, is a white, round or flat cord called tendon, by which the muscle is attached to the bone. The biggest tendon in the body is just above the heel bone. The heel is raised when the muscle contracts.

This reminds us of the fable of Achilles, son of Peleus and Thetis, and the hero of the Iliad.

When Achilles was an infant, his mother sought to make him immortal by dipping him in the river Styx. She held him by the heel, and that part proved to be vulnerable to his death.

Thetis also told him that he had the choice of either a long life but uneventful, or one short and glorious.

Achilles chose the latter, and assumed an important role in the Achaean War with Troy. His feud with Agamemnon and its resolution form the central theme of the Iliad. He was killed in the last days of the siege of Troy by an arrow wound in his heel.

The longest muscle in the body is the sartorius in the thigh. It is used in crossing the legs, and sartorius means 'tailor' who sits so much with his legs crossed as he works. And that is the origin of the name of Taylor.

The smallest muscle with a name is the stapedius, only one-eighth of an inch long. It's in the middle ear and acts upon the stapes or stirrup ear bone. When this tiny muscle is injured, the sense of hearing is greatly disturbed.

The muscles are so arranged about the joints that when they move any part of the body, they act as levers. When you bend your arm, stand on your toes, lie down or get up, the muscles act as levers.

The muscles do their work by contracting and relaxing. That rule of contracting and relaxing is one of the leading principles of all the operations of Creation. Its application is endless.

The foot dissected to show some arteries and muscles.



- a Swathing ligament of instep
- b Cut end of muscle
- c Dorsalis pedis artery
- d Arteries supplying the toes (dorsal metatarsal arteries)

When a muscle contracts, it swells and shortens. The ends are drawn closer together and the muscle becomes hard.

The shortest, thickest muscle can lift the heaviest load. The longest muscle can carry a load the longest distance. A short muscle with a long tendon is the best combination for quick movements.

In every muscle there are thousands of little working cells, and they all get their orders thru the nerves. These orders, telling them what to do, are given by you as to the voluntary muscles. The involuntary muscles get their orders from Cosmic Consciousness.

The muscles move together in perfect harmony. They do this by means of the nerves. One main wire of the telegraph system runs to each muscle. This main wire subdivides into smaller and smaller branches until every little worker gets its tiny wire.

When an order to contract or relax is sent to the muscle from the brain, the order reaches every cell at the same moment, and at the same moment every cell responds.

Most movements of the body require the united action of many muscles. When you stand still, certain muscles keep the legs straight at the ankle, others keep the knee from bending, others hold the body upright on the big thigh bones, and certain powerful muscles keep the back straight.

If the muscles of the body should suddenly give way, the Temple would collapse like a house of cards.

The bones could not be put together without muscles any more than lumber could be made into a house without nails. The muscles not only serve as nails to hold the bones in place, but they also protect them as useful cushions.

The inside of the wall of the Temple is padded in every piece with this strong padding.

An artery and a nerve go to every muscle. The artery, like the nerve, subdivides into thousands of branches so that every muscle worker is supplied with one or more blood vessels.

Here as elsewhere in the body, the clear fluid, called lymph, acts as a middle man between cells and blood vessels. The lymph takes gases from the blood and gives them to the muscle cells. This is what medical science calls "nourishing the body." Then the body is nourished by gases and not by food.

The lymph also takes the waste and ashes from the cells and dumps them into the blood.

The reader should notice that raw blood never intimately contacts the cells. It's the lymph that directly contacts them, and it is a transparent, slightly yellow fluid of alkaline reaction.

When the muscle workers are contracting, they need more oxygen, and the arteries are so arranged in the muscles that when a muscle contracts, more oxygen is supplied to it.

An extra supply of gases from the blood is kept stored in the muscle cells. When the muscle contracts, the gases furnish the energy and also the heat. Eighty

percent of the heat originates in the muscles.

We said the voluntary muscles that act under your orders are striped or striated. The involuntary muscle workers not under your control and which work without your knowledge are not striated.

Involuntary muscles appear all thru the alimentary canal, in all the blood vessels, in heart and stomach, and in the lymph channels. These workers are under the control of the sympathetic nerves that receive their orders from the abdominal brain.

Some authorities hold that the abdominal brain is the seat of the subconscious Department of the Mind and is ruled by Cosmic Consciousness, which appears in the atom and increases in scope as atoms increase in aggregation.

The involuntary workers pay no attention to you at any time. They silently and faithfully obey orders given thru the nerves from the very beginning of the life of the Temple. For this work is too important and too complex to be entrusted to the will of man who knows little and thinks little about the care of his Temple.

The involuntary muscle workers move more slowly than the voluntary workers. But they never rest. They work all the time, and the life of the Temple depends upon their work.

They never make a mistake. Even in the process called "disease" by the medics, the action is a saving process in which extraordinary activity is necessary to eliminate excessive poison that is doing the Temple much damage.

The worst thing that can be done is to hamper that activity by the administration of poison called medicine that dulls the nerves. If the body presents fever, give the patient a hot bath to help the work of the body. In case of diarrhea, where the body is trying to eliminate poison that is damaging the body, do not check bowel action, but give an enema to help that action.

You can see some of the work of the muscle fibres by the goose-flesh that sometimes forms on your arms when you suddenly go into the cold.

When the nerve workers in the wall of the Temple are chilled by cold, they send a message to the brain, and say, "It's cold; take some of the blood out of the skin or its heat will be wasted."

Instantly, the Heat Tender in the brain sends orders to the involuntary muscles in the living wall, "Contract." And as the muscular fibres contract, the papillae in the inner wall, or true skin, are drawn together, making little pimples of goose-flesh.

You notice also that the skin turns blue. As the muscles contract, all the blood, save a little venous blood, is forced back out of the skin, to keep the heat within the Temple.

The diaphragm is an important muscle of the involuntary system. By holding your breath you can keep this muscle still for a minute or two, but no longer. Then you are obliged to breathe. You cannot help it. The nerve workers that control the diaphragm will not let you hold your breath any longer than is good for you.

By exercise the muscles grow stronger and firmer. They are made for use.

Medical science likes to compare the Temple with a machine. That comparison dismally fails. Exercise or use weakens the machine and wears it out. Rest or non-use increases its life-span. But it works the other way on the Temple.

If you should tie your arm to your side for a few weeks, it would become so weak you could hardly use it.

Give the muscle workers exercise and divide it among them all. If you give one set of muscle workers daily exercise and not another set, the one that is exercised will grow stronger and the other weaker.

The muscle workers depend on the nerve workers. It is amazing what the nerve workers can do to the muscle workers some times. Under great mental excitement, people can often do muscular feats that are impossible under ordinary conditions.

During a fire, bed-ridden patients have jumped out of bed and climbed down fire-escapes to safety, and men have carried women twice as heavy as themselves to save their lives.

This is an illustration of the extra nerve power that can be sent to the muscles under exciting circumstances.

Chapter 28

THE LIVING SKELETON

The framework of the Temple is called the Skeleton. It is made of about 206 different bones, and they are alive, filled with living workers that keep building and renewing them from the inside.

The skeleton is covered with muscles, flesh, and skin. Unless an accident happens, most of us never see our bones, but we can feel round them, especially at the elbows, the knees and the various knuckles of the fingers.

Only a few of the bones are fastened together. Most of them are so arranged as to give a freedom of motion that would be the wonder of architecture were it not so common that we seldom think of it.

To see a child running and tumbling, or an acrobat rolling himself into a ball, we would hardly imagine that this limber, lively body had a bony skeleton inside of it. This is due to the fact that the bones are so arranged and placed, that they all move in perfect harmony, without any friction, and that this bony framework adapts itself to every need of the body workers.

The part of the skeleton forming the framework of the head is called the skull, or cranium. It has eight flat bones, and they are so united that they form a large room or cavity.

This is the Master Room occupied by the brain. This is your sanctum sanctorum; and all the centers where the sensitive brain cells work, are protected and surrounded by the firm wall made of these bones. And in the front part of this Master Room are five cavities about which we shall tell a strange story as to their work.

In a baby these bones are not yet perfectly formed and united. They could be moved by your fingers, but this would not be safe for the baby.

And that soft spot in the top of a baby's head is part of the space left for these bones to fill. It is called the fontanelle, meaning little fountain, and another strange mystery of the Temple, known only to leading esoterics, surrounds this "little fountain."

We'll mention some of that mystery now. In the Bible this fontanelle is called a "door opened in heaven." This heaven symbolizes the brain, the kingdom of God within the Temple. The Bible says:

"After that I looked, and, behold, a door was opened in heaven; and the first voice which I heard was as it were of a trumpet talking with me; which said, Come up hither (into the brain out of the body), and I will show thee things which must be hereafter" (Rev. 4:1).

We have expounded this mystery in our work titled "The Kingdom of Heaven." " For this is that kingdom for which the mind-conditioned masses look up into the sky, and which the Bible says is within the body.

In the base of the skull are many openings for the passage of blood vessels and nerves.

In face and nose there are 14 odd shaped bones, which help to give shape to the face. The muscles that move parts of the face and the lower jaw are attached to them.

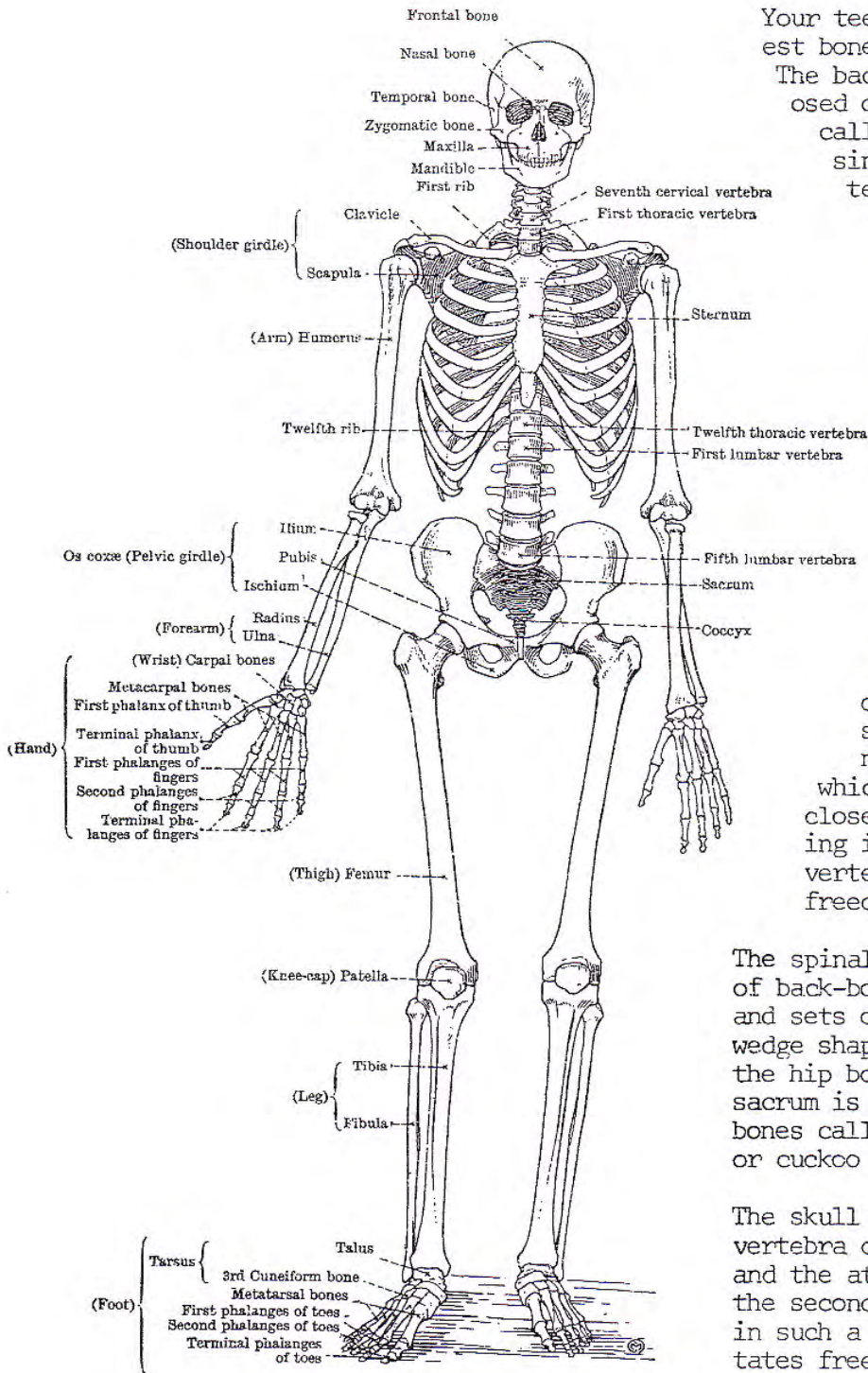


FIGURE 3 - ANTERIOR VIEW OF THE SKELETON OF A MALE.
The bones of the left forearm and hand are in the position of pronation.

Your teeth are the hardest bones in the body. The back bone is composed of 24 little bones called vertebrae, the singular being vertebra. The word comes from the Latin word meaning to turn.

Each vertebra has a hold in the middle. The vertebrae set closely together but have little cushion rings of cartilage between them, all strung, like beads, on that trunk line of the nervous system, the spinal cord, for which they make a closed canal, protecting it, and yet the vertebrae have great freedom of bending.

The spinal column consists of back-bone and spinal cord, and sets on the sacrum, a wedge shaped bone between the hip bones. Below the sacrum is a little chain of bones called the coccyx, or cuckoo bone.

The skull rests on the first vertebra called the atlas, and the atlas rests upon the second vertebra or axis, in such a way that it rotates freely in all directions.

The curved spinal column contributes to the

grace of the body and helps to prevent the brain from being jarred by walking or jumping.

When you bend back and forth, up and down, and sidewise, you never feel the presence of the bones in your back. They do not grate on one another in twisting or turning. No matter how sharp an angle you make, the cushions

between the bones protect their edges.

The framework of the thorax is formed chiefly by 12 pairs of flat, curved bones called ribs. They are attached to the backbone, and pass around the body in the manner of hoops around a barrel.

In the front of the thorax ten pairs of ribs are united to a bone called the sternum. The two lower pairs of ribs are short and are loose at the front end. They are called floating ribs.

The shoulder joint is the most movable of all joints of the body. Its framework is formed by the union of the collar bone or clavicle and the shoulder blade or scapule. They hold the arm in place and unite it with the thorax.

The bone in the arm above the elbow is the humerus. In the forearm there are two bones, called the radius and the ulna, and they enable you to turn your hand over.

There are eight carpal bones in the wrist, five in the palm of the hand, called metacarpal bones, and 14 in thumb and fingers, called phalanges.

Two large bones in the hips, called innominate bones, form the pelvis. They are generally larger in women than in men because they form the basket in which the baby lies before birth.

The hip bones are broad and protect delicate organs and help to support the weight of the body.

The biggest bone in the body is in the leg, above the knee, called femur. Below the knee are two bones, the tibia and the fibula.

The tibia is the shin bone and usually is the larger of the two bones. It joins on the inside of the ankle or tarsal bone. The fibula is the outer and smaller of the two leg bones below the knee. It joins on the outside of the tarsal bone. These bones in the legs support the whole weight of the body when you are standing or walking.

In the front of the knee is the patella or knee-cap. In the foot are the talus, the metatarsal and the phalanges, bones of the toes.

The external surface of the bones is harder than the internal portions and the ends. In the long part of the long bones is a canal filled with marrow, composed of fat and blood vessels, and filled with little workers.

The ends of the long bones where they join with other bones, are large, smooth, and porous.

The joints are where the bones are fastened together. Some joints are very firm, as the joints in the skull. The joints of elbow and knee are called hinge joints. The arm and leg swing on them as a door on its hinges.

The shoulder and hip joints are ball joints because almost a complete circle can be made in them by the humerus and the femur.

The ends of the bones are protected by a thick, smooth substance called cartilage, which also serves as a cushion for the joint to protect it from injury.

The joints are bound together by ligaments, which completely surround the larger joints, so that nothing can enter the joints. Inside of the ligaments is a fluid that lubricates the joint and keeps it smooth. If something happens that causes the joint-fluid to dry up, the joint becomes sore and stiff.

There are little workers by the millions in the bones, and they are the same active, tireless, busy bodies that fill every part of the Temple.

There are two kinds of material in the bones, called organic matter and mineral matter. The bones of a child have more organic than mineral matter. For this reason young bones are more flexible and harder to break.

The bones of old people get brittle and easily break. If an old person's bones are broken, they mend slowly. The blood flows sluggishly and the little workers are feeble. Broken bones in a child's body knit together quickly and are soon as good as new.

Because the bones of children are soft and yielding, it's important to keep them from being deformed because of bad positions. If a baby is urged to walk too soon, its legs become bent and we say it is bow legged.

If you wish your skeleton to grow shapely and strong, you should sit straight, stand with weight of body resting on the front part of the foot, with hips back, chest lifted and head erect.

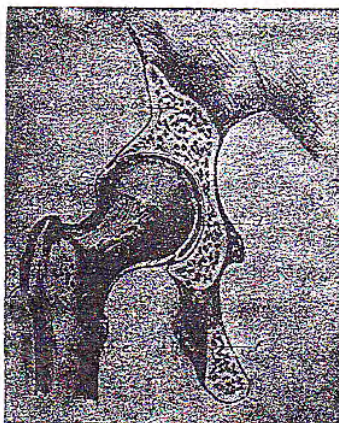
The growing bones may be deformed by tight clothing. Garments fitting closely at the waist crowd the ribs inward, press on blood vessels and skin, and stifle millions of body workers.

Wearing tight shoes deforms the bones in the feet, yet this is done by many people, and especially women.

One day in 1967 a man and his wife from New Jersey found us and visited us. We were in bare feet. The lady noticed our feet, and said, "What pretty feet you have."

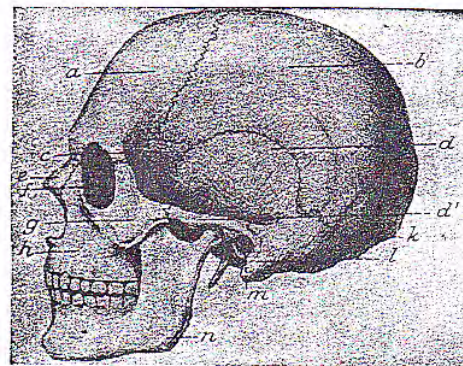
We went bare-footed much as a boy, and we did not deform the proper shape of our feet by wearing tight shoes. As a soldier in the Philippines nearly 70 years ago, we hiked hundreds of miles, carrying quite a load including our rifle and 45, and our feet never bothered us. Not many of the soldiers were able to do that. Many of them were laid up because of trouble with their feet.

The hip joint, with the muscles cleared away and part of the pelvis bones cut across to show the relation of the ball and socket of the hip and leg bone.

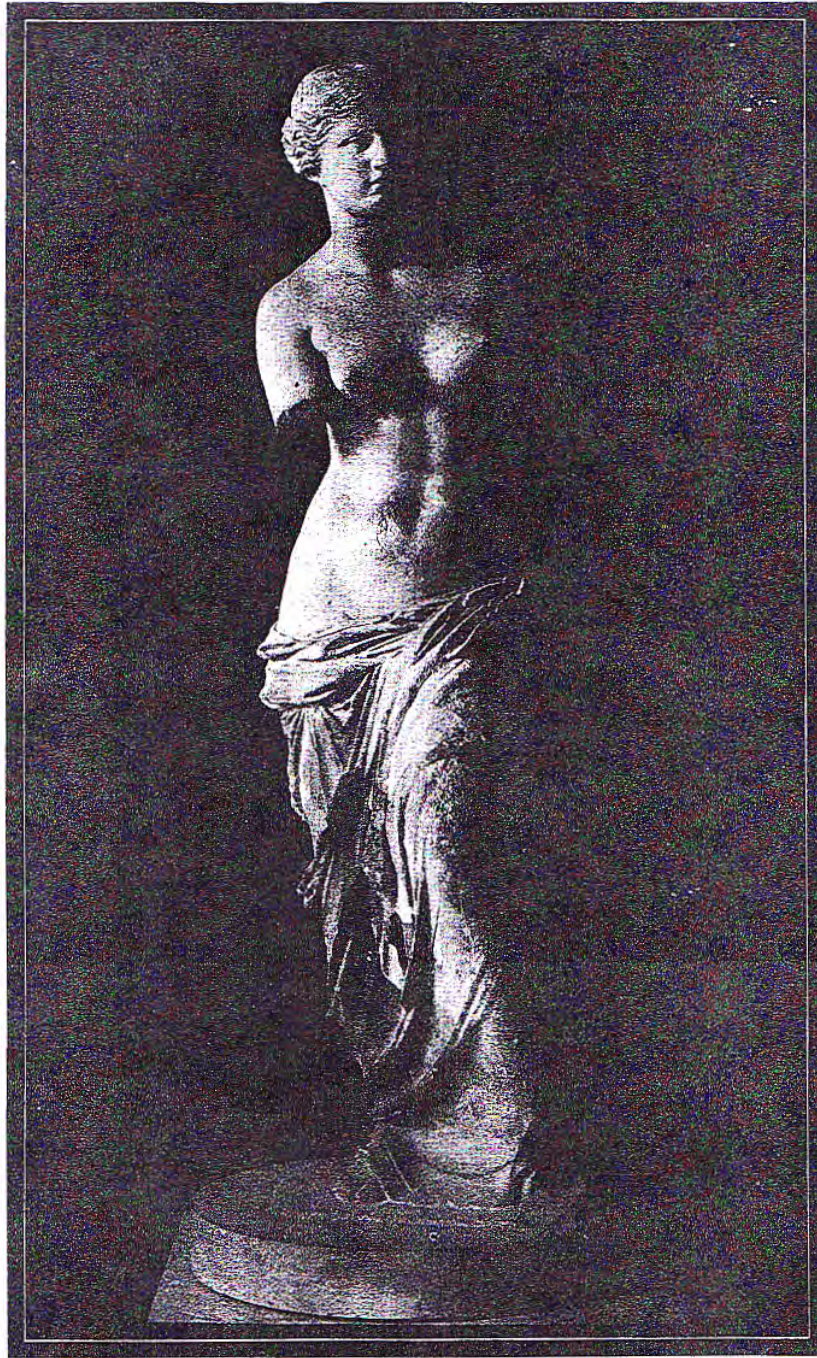


- a Sacrum
- b Ilium (cut)
- c Cup and ball cavity of hip joint
- d Round ligament
- e Shaft of femur
- f Ischium (cut)

Side view of a skull showing the irregularly toothed sutures of the separate bones of which it is composed.



- a Frontal
- b Parietal
- c Wing of sphenoid
- d Part of temporal
- d' Process from temporal joining cheek bone
- e Nasal
- f Lacrymal
- g Cheek bone
- h Upper jaw bone
- k Occipital
- l Mastoid process
- m Opening of ear
- n Lower jaw



VENUS DE MILO

Chapter 29

KINGDOM OF GOD

"What is Man, that thou art mindful of him? ... For thou hast made him a little lower than the angels, and hast crowned him with glory and honor. Thou madest him to have dominion over the work of thy hands; thou hast put all things under his feet" (Ps. 8:4-6).

That refers to You who can see, and hear, and smell, and taste, and feel;

who can talk, and think, and reason. Not another living thing in the whole world can talk but man. And what does our vaunted science say man is?

Sir Wm. Osler, generally conceded to be the greatest physician that America ever produced, made an effort to answer that question. And this is what he said:

"Life is the expression of a series of chemical changes, and the material endowed with life must be of such a nature that it, itself, is composed of molecules which react" (Mod. Med. 1097, p. 39).

We refuse to consider that description of life as being sensible and reasonable. It omits too many factors that must be recognized. The statement by Osler was evidently designed to conceal from the world the ignorance of medical science as to the real nature of life, and to pacify the mind of the deluded masses.

The Bible, in several places, presents definite statements in respect to this important matter. It says:

"The Kingdom of God is within you. ... Know ye not that ye are the Temple of God, and the Spirit of God dwelleth in you" (Luke 17:21; 1 Cor. 3:16).

Science refuses to recognize these biblical statements. It puts no credence in anything the Bible says regarding life and man. It regards the Bible as the work of superstitious heathens. And we must turn to the Bible in our searching for definite information regarding life and man.

The magic You, due to lack of proper knowledge, have identified yourself with your body. In thinking of yourself, you think of your physical mechanism. By force of habit, resulting largely from what you were taught from the days of your childhood, you regard yourself and your body as a unit, and you never think of considering yourself as not being your body.

That is exactly what the world wants you to think. Society does not want you to think there is a definite distinction between you and your body.

Refer to Hosea in the Bible, and read this: "My people are destroyed for lack of knowledge" (Ho. 4:6).

That is a condition that never changes. People were kept in ignorance by fraudulent teaching 3000 and 4000 years ago, and it is the same now.

Is it possible for us to make you realize that you are not your body? During the years you have been aware that your body has been changing. It passed thru its childhood, adolescence and youth, and into its present stage. But you have not changed.

You know how your body came into the world. But how you got into your body is a mystery not only to you, but to medical science. The leaders of medical science go so far as to claim you do not exist as a definite Entity. You are just an effect produced by chemical action in your body. You are just the expression of a series of chemical changes.

You seem different when your body is grown than when you were a baby. That difference was in your body, not in you. As a baby you were unable to walk or talk because your body had not developed to that point. As a baby you were unable to think and reason because your brain had not developed to the point where

it could do such work.

Most people cannot think nor reason. This is largely due to the mind-conditioning process called education. The mind is trained to travel in the regular rut established by society, and there it is supposed to stay. If you attempt to get out of that rut, you are regarded by society as a nut, as a dangerous person who should be watched or imprisoned, for the good of the people.

That fact reveals the main reason why the mental development of the average adult is found by test to be as low as that of a 13-year-old child. The mental development of the average medic is no greater, for his school does his thinking and he is not allowed to think beyond the teaching of his school.

We are learning why the world has no science of man. We must go to the Bible for that knowledge; and there it is concealed from the exoteric world in symbol and allegory that only the esoteric can interpret. Occasionally a definite statement slipped into the Bible, such as "the Kingdom of God is within you," and "the Spirit of God dwells in you."

Due to what you have been taught from the days of your childhood, we shall be unable to make you realize that the Spirit of God dwells within you, as stated in the Bible, and is the power that does the work you think you do.

You are just an instrument that is used by the Creator to do certain work. You could not plow ground without a plow to do the work. And so God has provided you as the instrument that is used to do what is done.

At this point confusing conditions confront us. Something somewhere seems to have slipped. The biblical scribe mentioned this in these words:

"And God saw that the wickedness of man was great in the earth, and that every imagination of the thoughts of his heart was only evil continually" (Gen. 6:5).

Yes, we know that by ages of sad experience, and will leave that situation and move on.

The throne of God is in the brain. Lift the brain and nervous system out of the body, and the body becomes a lifeless mass of decaying flesh.

And what is the Godly Spirit that is seated in the brain? Can we examine ourself and define what we are? Well, that is what we are trying to do.

Let us examine the brain: One noted author stated that the Brain is a great power station, composed of millions of cells, each one a miniature electrical battery; and that the nerves act as wires to transmit the power to operate the muscles, organs and glands.

We are still in the dark. That fails to present a definite explanation of the mystery. If the brain is a great power station, it must receive that power from some external source.

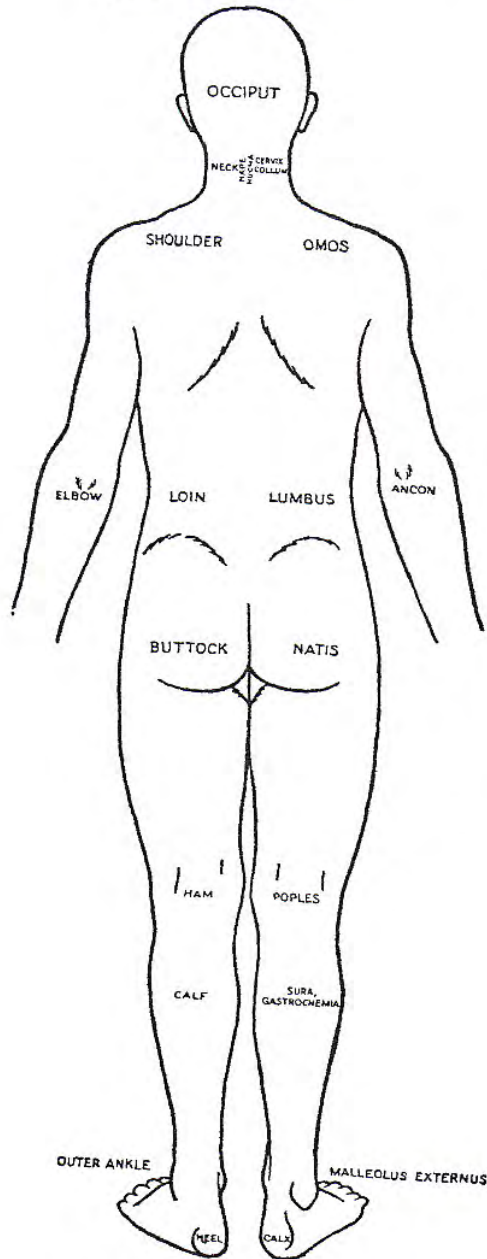
This line of thought leads into a vast field and we have considered it in our three works titled, (1) The Epyreal Sea, (2) Awaken The World Within, and (3) The Hidden Creator.

Long ages ago, due to degeneration of his body because of evil habits, man lost Consciousness of His Unity with his Creator, and then his leading thought

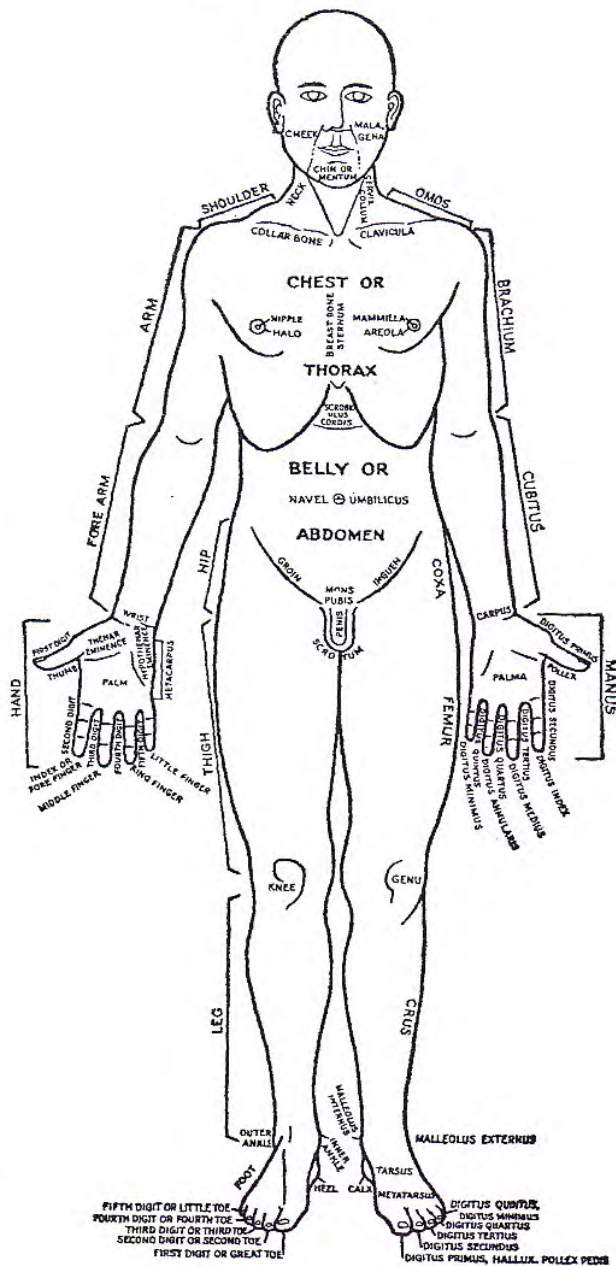
GENERAL ARCHITECTURE

THE HUMAN BODY

Back View of a Man



Front View of a Man



centered on Fear of Death and the Hereafter.

That "fear" was great for the priesthood. It provided the opportunity for the priests to move in and take advantage of the situation. Using "fear" as their leading line, they concocted a religious system that constrained the "man of darkness" to think he was safe from the Fire of Hell if he accepted the thinking of the Priesthood.

THE SUPREME ILLUSION

God and I in space alone,
And nobody else in view.
And where are the people, O Lord, I said,
With the earth beneath and the sky o'erhead,
And the dead that I once knew?

That was a dream, God smiled and said,
A dream that was never true.
There were no people, living or dead,
No earth beneath and no sky o'erhead.
There were only Myself and You.

And why do I feel no fear I said,
Meeting you here this way?
For I've sinned I know full well;
And is there Heaven and also Hell,
And is this the Judgment Day?

Nay, those were dreams, the great God said,
Dreams that have ceased to be.
Fear and sin are the products of Mind,
And you, yourself--you have never been;
For there is nothing at all but ME.

--The Great Mystery



Chapter 30

THE WIZARD

(Excerpted from "The Light Of The Universe").

Everything that man has ever invented is a copy of some part of himself. Radio, television, atomic energy--these are some of the greatest at the present time. And all of these are only a miniature duplication of the original Copy, taken from the great Electronic Mechanism of the higher self.

When the higher self is more developed, man is in harmony with all outer space. He is in tune with Infinite Wisdom, and can tune in on the Akashic Records, which reveal the antecedent lives he has lived. He can paint pictures of things beyond this earthly life, and exercise mastery over the powers of his body to such a degree, that the things which he can do are beyond the imagination of all but a few.

There have been many great philosophers and teachers of this earthly life who could demonstrate these remarkable powers. Ancient records tell of these great men. Such powers may not be possible for You now in this life experience. But it is possible for all at some time in another incarnation.

The potentiality of man may be compared to the germ in an egg. A fertile egg under proper circumstances will produce a chicken, a duck, an eagle, depending upon its parentage. The potentiality of the chicken, as it were, is within the egg.

And so the potentiality of the ALL THAT IS, is within Man himself. That is where he should look. We do know that there are universal Beings and planetary Beings, and next below them are great Philosophers and Teachers that are so much superior to the regular human being that there is little comparison.

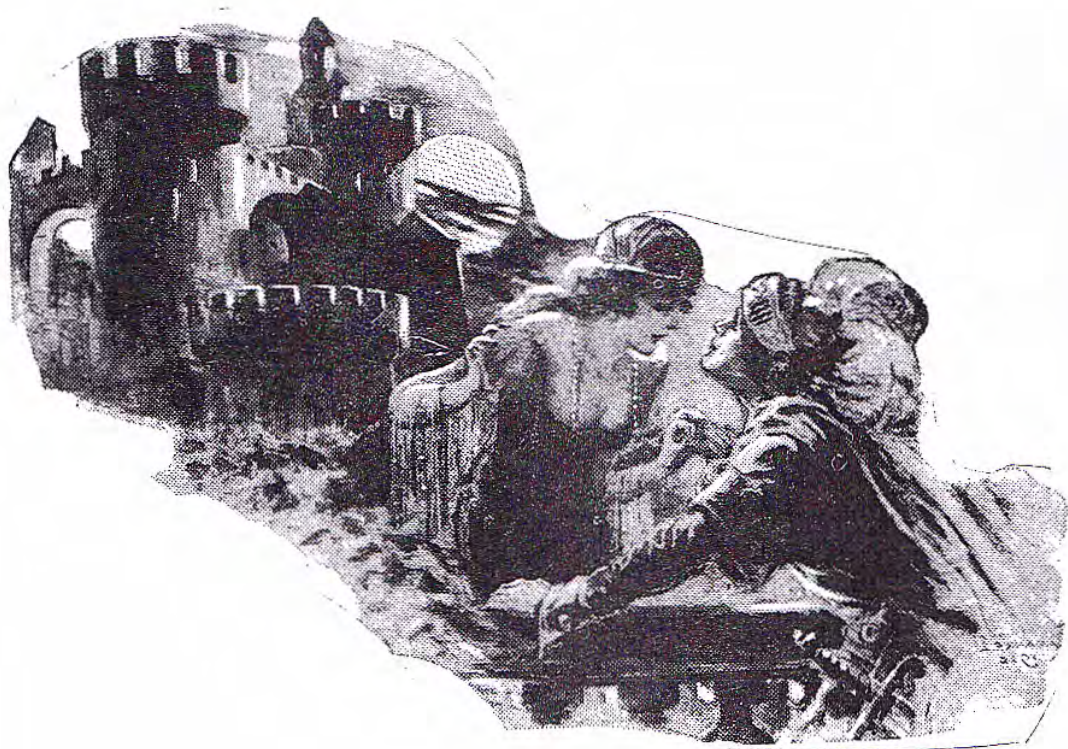
And the potentiality of the highest of these great ones is within every man. So thru reincarnation man is finally lifted up from the Initiate to the Master, and finally to the Ascended Master state where earthly experience for himself is no longer necessary. So he graduates from this earthly school and goes up to a higher school, and on from there to many more schools.

We can remember when we were in the lower grades at school, that some made slow progress while others advanced more rapidly. Some went on to college, and some earned masters degrees.

Those who were the more advanced and had the initiative to go ahead, were those with memory of previous life experience, and may not have been conscious of it.

Sometimes you hear of a genius only three years old that can play great music. It's all in his memory from prior lives. Therefore, if we encourage and stimulate the memory thru proper spiritual exercise, this memory will develop and come into focus, causing us to attain a higher lever.

Those who have not this memory and the ability that it gives, are in a kind of dormant state. Many do not realize this until they have passed thru the physical body. Then they can see all of their past experiences in life, and they realize how they have wasted their time while on earth. And as they awake from this death state, they learn that it is the only death there is.



ENDOCRINE
GLANDS

SPECIAL
NERVOUS
CENTRES
OR
CHAKRAS

PINEAL

SAHASRARA

PITUITARY

AJNA

THYROID

VI SHUDDHA

THYMUS

ANAHATA

PANCREAS

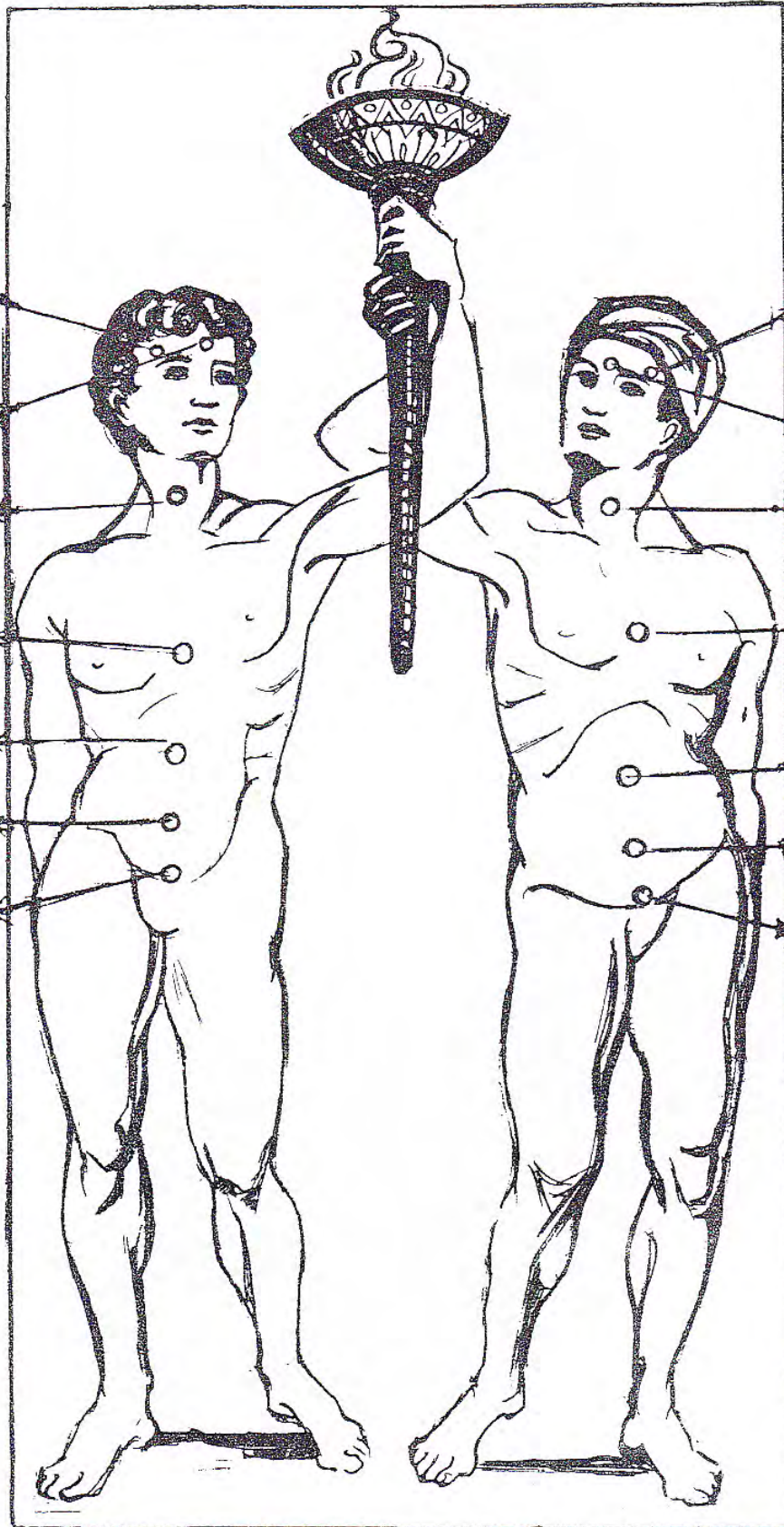
MANIPURA

ADRENALS

SVADHISTHANA

GONADS

MULADHARA



WESTERN EXOTERIC

EASTERN ESOTERIC

THE LIGHT OF WISDOM

Chapter 31

THE MYSTERY GLANDS

We shall now consider another phase of the mysteries of Creation's Masterpiece which the priest and preacher, the doctor and lawyer, do not understand.

This is one so highly important that it is casually and sketchily referred to all thru the Bible, but more definitely in Zechariah and Revelation. In fact, the great allegory in Revelation, the greatest ever invented by man, deals with certain forces and functions of the living organism unknown to medical science, and far beyond the knowledge of priests and pastors.

For instance, the Bible says:

"The hands of Zerubbabel have laid the foundation of this house (human body); and his hands shall finish it. ..." (Zech. 4:9).

No priest nor pastor would ever dream that the statement quoted referred to one of the leading glands of the body, some of the work of which medical science has only recently discovered.

From the Bible again we quote:

"What be these two olive branches which thru the two golden pipes empty the Golden Oil out of themselves" (Zech. 4:12).

The evidence furnished by the Bible itself, when comprehended, indicates that it deals with the forces and functions of Creation's Masterpiece and not with some strange religious dogmas.

On this point it is well to quote what a wise man said about the Bible. This man was Charles W. Littlefield, M.D., and his book of 650 pages, titled "The Beginning And The Way Of Life," was published in 1919. Listen to what he said:

"Few people know that the Original Bible, a title, by the way, which simply means 'The Book' was strictly a scientific work treating on the origin of life, and dealing with many vital subjects not now mentioned concerning its nature here and hereafter.

"The text, however, has become so polluted by designing priests and kings, who have compelled translators and transcribers to write into it a multitude of things favorable to priest-craft and king-craft, that its original authors would scarcely recognize it" (p. 20).

The student was surprised to learn that an organ in the ear so small it cannot be seen by the unaided eye, played such an important part in the function of hearing. He will now learn that half-a-dozen glands, so small that a complete set of them can be put in a little wine-glass, have recently been discovered to be so important that upon them the body depends for life and development.

Moreover, there are tiny glands in the body that have not yet been discovered by medical science, and nothing is known about them and their function save what we find in the Bible. But they are concealed in symbol and allegory that only leading esoterics can comprehend, as shown in our work titled "Awaken The World Within."

Endocrine Glands, What Are They? Where Are They?

The mysterious endocrine glands — their workings a challenge to today's medical research — are even more of an enigma to today's average patient.

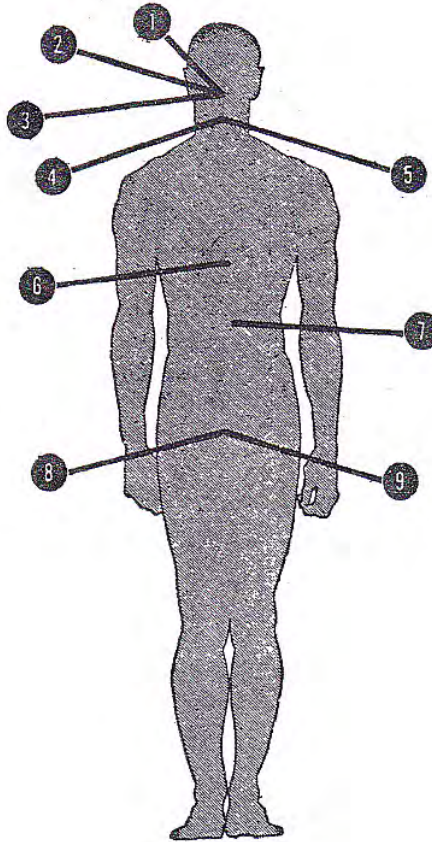
And, the layman wants to know, just what is endocrinology all about?

Endocrinology is the study and treatment of the seven or eight glands that play a vital role in the health and welfare of the human body. Long known to have an important part in the organic function of the body, these glands are being considered more and more by doctors as playing a key role in psychic functions as well.

The endocrine glands dump their vital juices — the hormones — directly into the blood stream. There are nine such glands.

THE PINEAL gland (1), considered by ancients to be the seat of the soul, has recently been reconsidered as an endocrine gland with the discovery that it stimulates the flow of an adrenal hormone.

THE PITUITARY gland (2), also located within the brain, plays an important



role in growth and fertility and is believed to be a trigger for the thyroid gland.

THE HYPOTHALMUS (3), a third gland within the brain, controls sleep, body temperature and appetite.

THE THYROID gland (4), located in the throat just behind the larynx, controls growth and body development.

THE PARATHYROID gland (5), located just behind or beside the thyroid, governs the balance of calcium in the bones.

THE PANCREAS (6), located behind the stomach, produces and controls insulin in the body. Too little insulin, and diabetes results.

THE ADRENAL glands (7), produce ACTH, the important muscle trigger that flows when the body needs an emergency burst of energy. The adrenal glands are located over each kidney.

The **TESTES** (8) in the male body and the **OVARIES** (9) in the female produce hormones that determine and control sexual characteristics.

For years we have known some of the functions of the large organs, like the lungs, the liver, the heart, the kidneys, etc. Now medical science with surprise is discovering the strange work of tiny glands that have been disregarded because they were so small and seemingly so insignificant.

These tiny glands that are now found to have a powerful effect upon the growth of the body and the development of its mental powers, are called Ductless Glands. But scientists had to give them a more impressive name, and called them "endocrines," from the Greek word meaning "within-secreting," as these glands pour their special elaborations directly into the blood stream as it flows thru them.

The best known glands that elaborate, refine and secrete substances necessary for the development, sustentation and conservation of the body's equilibrium and the operation of its structures, ten in number, may be mentioned as the cardinal glands.

Dr. Theophile Borden of Paris appears as the first researcher in modern

times to recognize and pay particular attention to these glands. In 1776 he published two small books, titled "Researches Into The Mucous Tissues or Cellular Organs," and "Analysis Of The Blood."

He began this work by observation of the characteristics of eunuchs and capons, also spayed female animals. He recorded the conception of sexual secretions, absorbed by the blood, that impart male or female to the maleness or femaleness of character of the individual. How accurate his observation was and how shrew his reasoning which led to his conclusions, are clearly evident from the findings of modern research on the subject.

The discoveries of this doctor went unnoticed by medical science because no pecuniary prospects were presented. And so, the secret of the Endocrines remained in darkness until a literary as well as a physiological genius in Paris, Claude Bernard, began to dilate on what he termed the internal and external secretions of the glands of the body, emphasizing the marked difference between them and asserting that the subject should have strict attention.

Then in 1855, only twenty-two years before we were born, came the publication of Bernard's "Lectures On Experimental Physiology." The striking effect of this was such that it moved medical science, and there followed a study of the Endocrines and their secretions.

And so, it was not until the latter part of the 19th Century that "medical progress" was made in the mysterious functions of the body, its glands, and their work.

From this study evolved the discovery that the body is provided with dual directing centers, termed Cranial and Abdominal Brains. The importance of the former is far better known than is that of the latter.

Medical science regards the Abdominal Brain as the Progenital and Reproductive Center only. That conception falls far short of evaluating the work of the Abdominal Brain. There are more functions highly important but hardly noticed by medical science.

(1) Of these little workers, tucked snugly away in different parts of body and brain, a highly important one is the Pituitary, called Zerubbabel in the Bible. It's situated in a closely fitting bony chamber, near the base of the skull, is about the size of a large pea, and connected with the brain by nervous tissue.

This bony chamber was poetically designated the Sella Turcica, or Turkish Saddle, the metaphor being suggested by the bony flares of its sides. The third ventricle of the brain extends into the stem (infundibulum) and the rear of the gland.

The occultists assert that the rear part of the gland is the Throne of Astral Man, and the front part is the Throne of the Psychic Body which controls the involuntary functions of the organism.

The Pituitary secretes hormones that affect or regulate the function of the thyroid, the parathyroid, the adrenals,



the pancreas and the gonads. Thru these it regulates the functions of the liver, the circulation, and the sexual functions (menstruation, sexual activity, pregnancy).

Man is a crystal vessel -
Through which the Rainbow
of The Great Existence
Is to Shine -
- A Taoist Sage.

If the secretion of these hormones is decreased during childhood, disproportions of the skeletal development occur. If the secretion is increased, the results will differ, depending on the time of life in which this occurs. Should it be manifested during puberty, the form of the circus giant results.

In this way all giants are produced. That demonstrates the work of Zerubabel in building the body. The press recently reported a man in Persia who was 11'3" tall. Goliath of the Bible was about 12 feet tall (I Sam. 17:4).

This evidence demonstrates that the skeleton is directly under the control of this tiny gland. It secretes hormones that control the tone of the involuntary muscles in the blood vessels, in the alimentary canal, and in other hollow organs. It helps to determine whether you are bright and active, or slow and stupid.

The effects on body and mind of the activation of this certain nervous-plexus are described in symbol and allegory in the 9th, 10th and 11th verses of Chapter 6 of Revelation, which we have interpreted in "Son of Perfection." The clergy are ignorant of the psycho-bio-physiological processes, thinking Revelation refers to God in Heaven.

Another function of the Pituitary is its influence on rebuilding and repairing work of the body thru its control of the action and reaction of other glands and organs, whose duty it is to build, repair and revitalize the body as a whole.

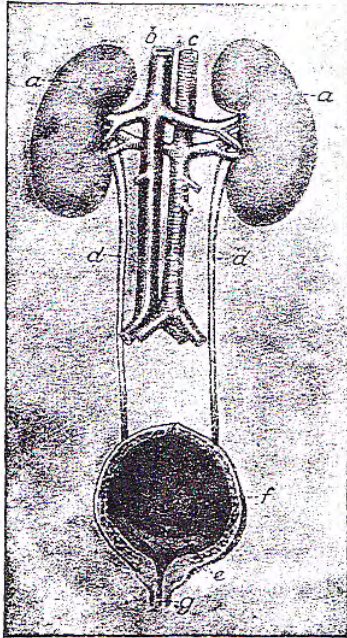
The mysteries of this gland's activity are still unfolding and much remains to be discovered. We are amazed to learn that there is no organ nor function in the body which is not under the influence, directly or indirectly, of the Pituitary.

This gland, no bigger than a large pea, is so important that life and health would be impossible without it. As its mystic functions continue to unfold, it seems incredible that so much responsibility could be assigned to such a small gland.

Chapter 32

MORE ENDOCRINES

The apparatus for cleansing the blood:—the two Kidneys and Bladder, with the blood vessels, etc.



- a Kidneys, complete (not cut open)
- b Inferior vena cava (large vein of kidneys' blood supply)
- c Aorta (large artery of kidneys' blood supply)
- d Ureters (tubes carrying liquid from the kidneys to the bladder)
- e Ureteric orifices (openings of these tubes into the bladder)
- f Bladder cut open
- g Urethra (tube leading away from the bladder, cut open)

(2) The Thyroid is an important endocrine. It consists of two maroon-colored lobes, astride the trachea, near the larynx, just below Adam's Apple.

This gland is almost the first organ to become distinct in the human embryo, and in the average adult weighs nearly two ounces. It's work is so important that it has a blood-supply four times greater, in proportion to its size, than the kidneys, which are noted for their high degree of activity. All the blood in the body flows thru the Thyroid in a few minutes.

The function of this gland is controlled by the Pituitary, and it appears to regulate the rate of cellular metabolism. Probably no tissue is exempt from the influence of its secretion, the active principle of which is termed thyroxin.

The thyroid seems to regulate the speed with which the functions of many parts of the body do their work. It also seems to regulate the speed with which You work and think.

When the thyroid pours an extra amount of its hormones into the blood, it makes you restless and quick in your movements and snappy in your thoughts. Such people start something with interest, and quickly take up with something else. They talk fast, and their mind races from one subject to another.

Sometimes in children the thyroid seems to be somewhat inactive, and they fail to grow in body and mind as they should. In this condition a person 20 years old may look like a child of six. Those little old children will grow many inches in a few months if given thyroid substance.

The story of the function of the magic fluid of the thyroid makes one of the most fascinating chapters in the romance of the living organism. Too little or too much of this fluid can change the entire destiny of human life.

And only a century ago medical science knew nothing about the work of the Mystery Glands that we are discussing. And there is no reason why we should believe that we have reached the bottom of the work of these glands. We are just beginning to scratch the surface.

As chemical activity within the cells of the body produces heat, the determination of heat-production of the body for a given time has been made the

basis of a chemical test for thyroid activity.

Practically, this test, known as the determination of basal metabolism, is usually performed by measuring the amount of oxygen absorbed thru the lungs into the body over a given time.

The oxygen consumption is an index to the rate of heat production, which, in turn, is an index to the gland's activity. The results are expressed in terms of percentage above or below an average normal standard.

When excess poison in the blood stream is injuring the body, all of the endocrines naturally increase their activity to correct the situation, and this activity to help the body causes an increase in the body's temperature in a condition termed "fever" by medical science. Then the medic moves in with his poisonous remedies to reduce the excessive heat of the body resulting from the increased activity of the endocrines to protect the body, and of course this means that the work of the medic is obstructing the saving process of the endocrines.

What the body needs at such times is a hot bath to help the work of the endocrines, and that was the kind of work we did in our sanitarium that saved the lives of the many patients who came to us after the medics had failed to help them.

It's preposterous to assert or assume that the body's functions are ever wrong and destructive. They are always right and constructive, and must be under the law by which the body is governed.

(3) In close proximity to the thyroid are the parathyroid glands. These tiny endocrines are about the size of a millet seed, and it is their duty to regulate the amount of calcium in the blood and tissues.

The removal of these glands by the dumb doctors causes a low calcium level in the blood and certain changes in nervous and muscle tissues that cramps, convulsions, and even death may ensue.

(4) The Spleen is the largest endocrine. It is situated in the left quadrant of the abdomen, at the left of the stomach, between it and the diaphragm. It is bean-shaped, of bluish-red color, weighs from five to six ounces, is about five inches in length and three inches in breadth. It is fed by the splenic artery, and its veins empty its blood into the portal vein, which discharges its contents into the liver.

The spleen appears in the embryo about the fifth week as a localized thickening of the mesoderm, or middle layer of the embryonic cell. It is almost entirely surrounded by the peritoneum membrane, and held in position by two folds of this tissue. It functions under the control of the wonderful Pituitary in combination with the Parathyroid, forming an operational triad. It's secretion is called hemolytin and is the controller of the blood destruction.

The spleen is the entrance gate of the Solar Force, specialized by each person and circulated thru the physical body as the vital fluid without which no being can live.

From the spleen this Solar Force goes to the Solar Plexus, and there meets the ether which has been extracted from the blood by the heart, and which, as soon as it is extracted, flows along the Silver Cord (Eccl. 12:6) to the Solar Plexus where the Seed Atom of the Vital Body is located.

The Seed Atom seems to have the same effect upon the ether as a prism has upon clear light. For the ether stream is refracted by it into the three basic colors: Red, Yellow and Blue.

In people living the purely physical life, red predominates. But as the individual advances spiritually by living a better life, yellow becomes noticeable, and later, blue.

The red stream coalesces with the colorless solar stream, which constantly flows to the solar plexus via the spleen. It is the agent that changes the colorless solar fluid to a pale rose.

From the solar plexus this energized fluid flows along the filaments composing the nervous system, and permeates every part of the body, vitalizing every cell with its solar force.

The real clairvoyant can observe an astonishing sight in gazing at the exposed parts of the body, as the face and hands, when there begins to flow from them a stream of stars, cubes, pyramids, and other geometrical figures.

These forms are atoms of the chemical ether that have served their purpose in the body and are being discharged thru the pores of the skin. Each figure floats away a short distance from the individual and then disappears. Their color is an amethystine blue.

This elimination by the body of substance thru the pores of the skin is in constant process just as breathing is, making it important for health to keep the skin clean and the pores open. Neither should this healthful process of elimination be obstructed by tight-fitting clothes.

(5) A duo gland situated just above the kidneys, called Suprarenals, regulates the adrenalin, an activating fluid poured into the blood, and it prepares you to flee or fight in case of danger.

The faster heart beat, the stronger contraction and the more complete evacuation of its chambers, the quickening of the breathing, the hair standing on end, symbolically speaking, the rise in blood pressure, the alteration in the quality of the blood so it will readily clot--all these complicated patterns of reaction to sudden change in the environment that threatens the safety of the body, may be traced to the ubiquitous wires of the sympathetic nervous system as they are affected by adrenalin.

(6) The Thymus is an endocrine that was large when you were born. It dominates your life until you are several years old.

This gland is situated in the thorax between the two lungs and behind the upper part of the sternum. It covers the upper part of the heart, overlapping the great blood vessels at the top part of the heart. In color it is a brownish mass which, when cut, has the appearance of a sweetbread. It attains its maximum size at the appearance of puberty. At birth it weighs little over an ounce.

The work of this gland keeps us in the childhood stage, for which reason it is called the gland of youth. It seems to hold a check on the adrenals and sex glands until about the 12th year.

The scribe of the Luke gospel noticed this in his story of Jesus, and at the age of 12 years had him "sitting in the midst of the doctors, both hearing

them, and asking them questions" (Lu. 2:46). Think of doctors being questioned by a child 12 years old. An interesting story for children and the mind-conditioned cattle.

Medical science, knowing so little about the endocrines and their work, asserts that the Thymus should fade gradually as the genital organs develop, and become inactive after the age of about 21.

We have uncovered another secret. Like most medical theories, this one is also erroneous. Creation is the Master Economist and Constructionist. It makes nothing in vain, and builds no glands in the body that should become atrophied and inactive.

There is a definite cause when glands wither and lapse into dormancy, as many organs in the body have done. That cause lies in man's unnatural environment and evil habits. His work has poisoned the earth and the air, and his unnatural habit of eating cooked and seasoned food has had much to do in the damage the body and its glands have suffered, as expounded in our work titled "Man's Higher Consciousness."

There is much mystery about the endocrines that has not yet been discovered by medical science, but was known to the Ancient Magi.

The nerves of the Thymus come from the sympathetic and tenth cranial or pneumogastric. During childhood the gland promotes growth of bones, but at puberty a decreased functioning begins for some reason. Its hormone has not been definitely determined.

The knowledge available indicates that we here enter the field of pro-generation. Experiments show that the Thymus acts as a "check valve" on the gonads. This fact was discovered in experiments on rats. When their thymus gland was removed, increased sexual activity resulted, with greater propagation, faster deterioration of the body, and shorter life.

Right here a person who can think, begins to wonder whether we are finding the reason why the Masters mentioned in the Bible were still young when one hundred years old, and why Adam was 130 when he begat his first child.

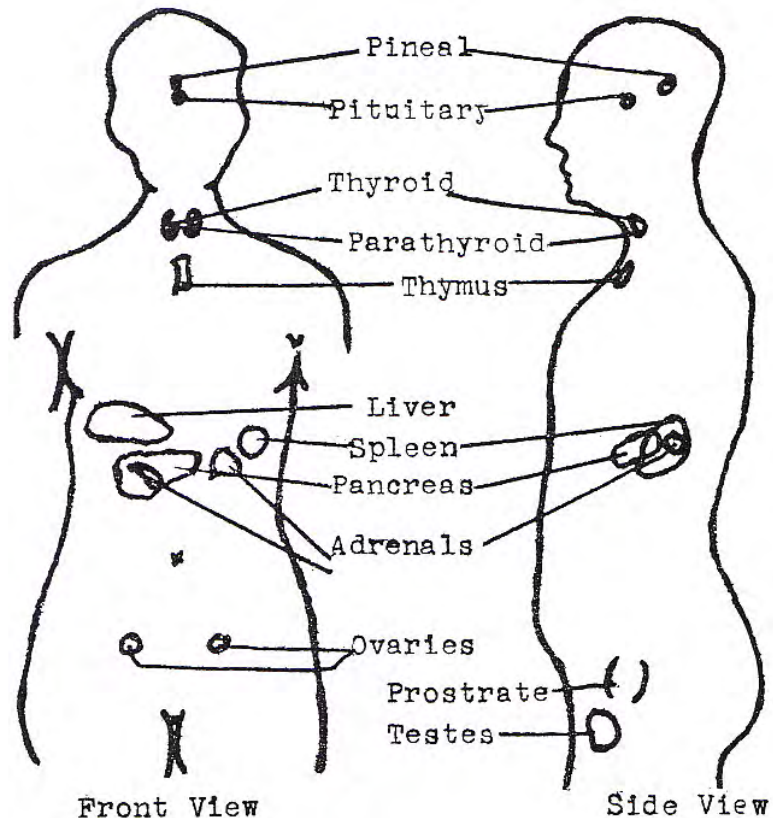
This may reveal some of the mystery surrounding the rapid decrease in the life-span from Noah to Nahor. Noah lived 950 years, and Nahor, only eight generations from Noah, lived only 148 years (Gen. 9:29; 11:25).

According to the Bible, when ancient men did not produce offspring until they were 100 years old, they lived almost 1000 years. But when they began to propagate before they were 30, they lived less than 150 years. It appears from the little we have learned about the endocrines and their work, that they had much to do with the change mentioned.

(7) The Pancreas is another important endocrine. It is situated in the curve formed by the duodenum, and its main duct opens into that part of the small intestine. Its secretion is colorless, slightly viscid, alkaline in reaction, and has four distinct enzymes known as trypsin, amylopsin, steapsin, and maltase.

The secretions of this gland are regulated by nerves from the vagus and the splanchnics, and they offer the special case of a fluid of proenzyme which is stable in alkaline solution until acted on by enterokinase. The gland receives and precipitates small quantities of niton gas from sunlight.

LOCATION OF THE ENDOCRINE GLANDS



Chapter 33

THE AMAZING PINEAL

(8) The Pineal Gland is the most wonderful of all the glands. It's a small, dark-red, acorn-shaped body, weighing about two grains. It lies on the posterior side of the Thalamus, which is a mass of gray matter at the base of the brain, projecting into and bounding the third ventricle.

The Pineal is attached to the Thalamus by delicate nerves, and joined to the roof of the third ventricle by a flattened stalk, the habenula. It is composed, in part, of nerve cells containing a pigment similar to that in the cells of the retina, which is an expression of the optic nerve. And this supports the assertion of the Ancient Magi that its basic function was that of Spiritual Vision. It is pictured as the Magic, All-seeing Eye, and the Bible says: "If thine eye be single, thy whole body shall be full of light" (Mat. 6:22).

The Pineal was mentioned in the ancient scrolls as the Cyclops or Third Eye. In Greek mythology the Cyclops were a race of giants, having but one circular eye in the midst of the forehead.

The vibratory rate of the force-emanation of the Pineal is beyond the rate of vibrations that are capable of being registered by any mechanical instrument so far produced by science, and has been estimated to be in the billions of cycles per second.

The Ancient Magi regarded this gland as the positive spiritual organ, thru which the positive, astral force of the body flows, the Crystalline Dew from heaven (brain).

Some of this marvelous essen, the Divine Father, received by the brain from the Silver Cord, flows into the Pineal, where it is differentiated, becoming Golden in color (Golden Oil - Zech. 4:12) as it is secreted by the Pineal, and, in quality and action, is masculine, positive, electrical.

On the opposite side of the Thalamus, a little lower down, is the Pituitary, the negative, female gland of spirituality. It also receives its share of the esse, the Divine Father, the undifferentiated substance from which all created objects are produced.

This substance is differentiated by the Pituitary and secreted as a whitish fluid, symbolized in the Bible as milk and honey (Num. 13:27).

In quality and action, this fluid is feminine, negative, magnetic, attractive. The gland has a small gossamer sac for the reception of the spiritual seed.

The fluid of the Pineal and Pituitary flows down the tiny canal of the spinal cord, symbolized in the Bible as Jordan, and, via the semilunar ganglia, it reaches the Solar Plexus, symbolized in the Bible as the Sea of Galilee.

This biblical symbolism relative to these glands and their processes and products signifies how important the Ancient Magi regarded them in connection with the existence of Spiritual Man, and how they sought to conceal the facts by puzzling symbolism. And the misled priests and pastors think this symbolism relates to gods and saviors.

The function of the great Pineal Gland is utterly unknown to medical science. It's the most peculiar, most mysterious, and most important of all the glands of body and brain in the matter of linking man at the lower end of the scale to the original protoplasm, and the higher end to the Magic Eye. In other words, the link between the consciousness of man and his spiritual home.

Not understanding its nature and work, the 19th Century anatomists regarded the Pineal as a useless vestige of a once useful organ, which now has no present function at all.

The gland was assumed by medical science to be the vestige of an atrophied eye, and hence was termed as "the unpaired eye." Modern anatomists believed that the gland should begin to atrophy in the child at about the age of seven years. "But this involution is not complete," said one these authorities, "until puberty."

It is ridiculous to assume that, in the perfect work of Creation, the body would be furnished with glands in the brain that were so useless that they begin to deteriorate when the body is only six or seven years old, and, at the age of 12, were completely worthless.

That is just another trick by which medical science conceals its ignorance. If the Pineal were located in some less important area of the body, this assumption of medical science might appear more rational. But we cannot regard it so superficially when we consider that the gland is located in the brain, the organ which, in its completeness, rules the entire body and all of its functions.

In certain vertebrates the gland attains a much higher degree of development than it does in modern man. And why not? They have not suffered the serious degeneration that man has, because of his evil work.

The higher degree of development of the Pineal in the lower animals, accounts for that strange state of Higher Consciousness exhibited by them. This fact our smug science brushes off with little notice under the silly term of "instinct." What is instinct?

Cunningham's big text-book on Anatomy contains this statement: "In the lamprey, lizard, etc., the gland is present in the form of the so-called Pineal Eye. In these animals its structure resembles an invertebrate eye, and it possesses a long stalk, in which nerve-fibers are developed. Further, it is carried thru an aperture in the cranial wall, and consequently lies close to the surface of the dorsum of the head between the parietal bones" (p. 612).

When the Pineal becomes defective in children, almost always males, the child becomes affected by a striking sexual and sometimes intellectual precocity. The child develops rapidly, the sexual organs increase in size and become active, and a mental ability and maturity may appear far beyond the years of the child. And the child's decline is almost as sudden. He ages rapidly and dies early. That seems to be some of the answer to the question, Why Do We Age.



This drawing of the Four Horsemen, made by Albrecht Dürer in 1500, was based on the grim prophecy of Revelations 6:8: "And power was given unto them to kill with the sword, and with hunger, and with death."

The Pineal is responsible for memory, expectation and anticipation. We are informed that if it were not for this gland, we'd have no knowledge of the past.

According to the Ancient Magi, the Pineal was the seat of the psychic faculties, the state of intuition, and supersensory wisdom, which some oddly "gifted" persons now exhibit. This condition merely indicates a better state of their body and their endocrines.

The body comes into being completely equipped with all that it needs. Everything in the Macrocosm is represented in the Microcosm on a miniature scale. But evil habits and adverse environment have caused the body and its glands to suffer degeneration, with the resultant loss of mental powers.

Every department of the Universe and every known science of man is represented in Creation's Masterpiece. The physical body, tabernacle or temple, in which the Spirit is imprisoned, is the epitome of all worlds and all things. The Ancient Magi said, 'Man, know thyself and thou wilt know the Universe.'

Chapter 34

GLANDS OF GENERATION

We now come to the glands that form the Tree of Generation, the power that produces a New Person, the force that perpetuates the human race, and, next to the stomach, the most abused organs of Creation's Masterpiece. And the scientists wonder why man is such a degenerate creature.

(9) The Prostate Gland is situated near the base of the back-bone, is larger than a hen egg, contacts the lower part of the bladder, and thru it passes the urethra as it extends from the bladder. Medical science knows almost nothing about this gland, its functions, or the purpose of its secretions.

The ejaculatory tubes of the male gonads enter this gland, and between it and the pubis is the rich venus pudendal plexus, in which ends the dorsal veins of the male penis.

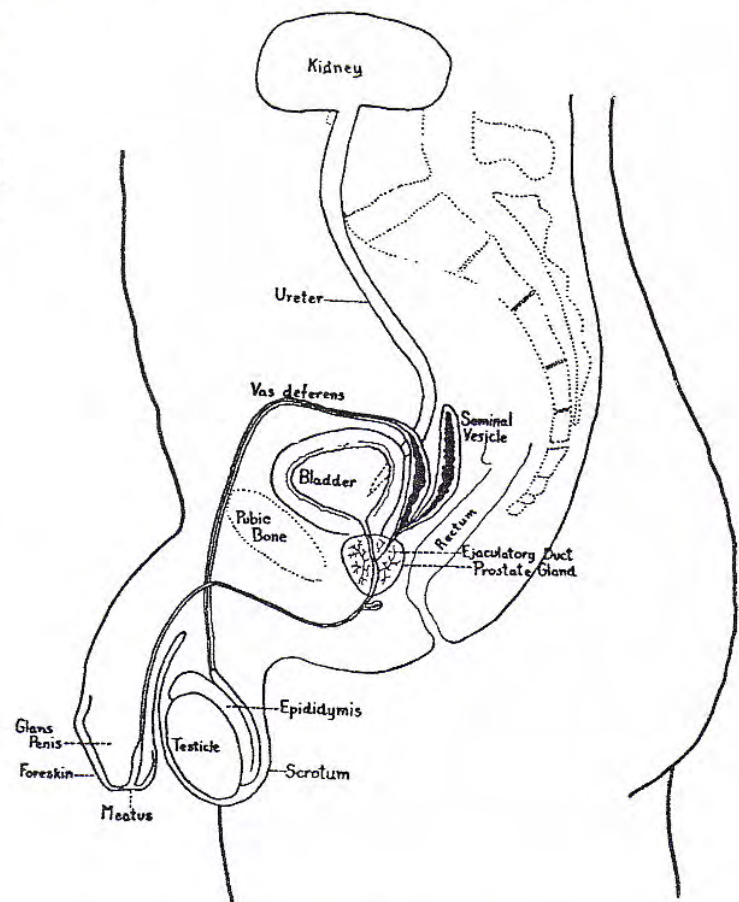
The Ancient Magi termed this gland the Kanda, and said it was the seat of the body's Kundalini Power, which is also known as Solar Force and Serpentine Fire.

The Bible calls the principal secretions of the Prostate the Golden Oil (Zech. 4:12). The fluid is subject to varied degrees of consistency, from a thin, volatile oil that promptly evaporates when exposed to air, to a fixed fluid that produces permanent stains on cloth. It stains the linen in cases of nocturnal emission, which occurs in men who have weakened their creative centers by early masturbation and sexual excess. In a healthy, vigorous man, it is a fixed oil, but in the average man it is more or less volatile.

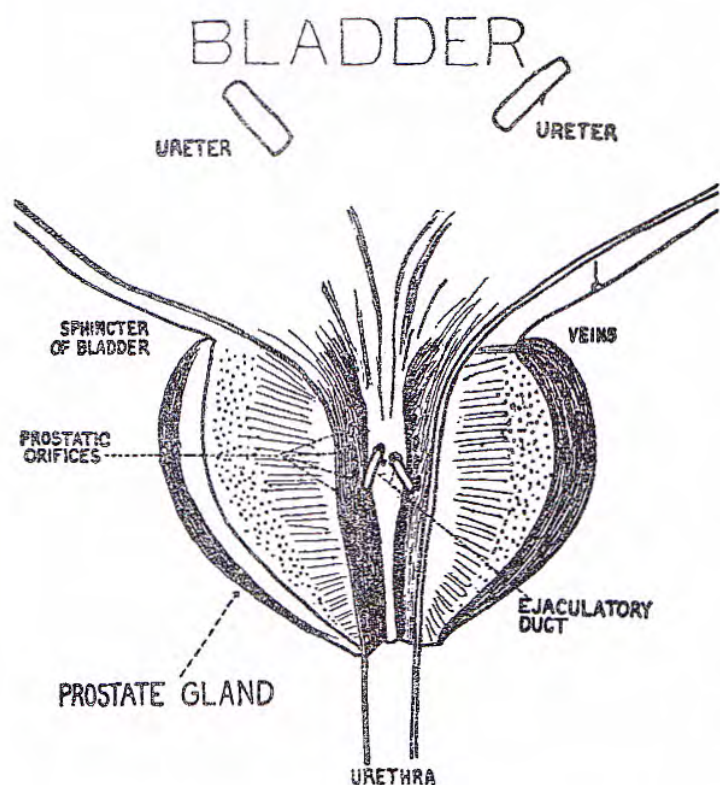
The prostate pours the Golden Oil into the blood stream, and it is carried to all the cells of body and brain. It's one of the principal constituents of the blood, and the Greeks termed it Chrism. We must be careful or we'll reveal how the word Christ originated.

For this is where the Church Fathers found the Blood of Christ (Heb. 10: 19, etc.).

This Solar Force, this Golden Oil, this Greek Chrism, is the Christ in you, the Christ who is your



OUTLINE OF SEXUAL AND URINARY ORGANS



ANTERIOR VIEW OF PROSTATE

The prostate was said by the Ancient Magi to be the seat of the astral body, and from it rise 72,000 nadis (astral tubes) that carry the Solar Force, the Serpentine Fire, up thru a tiny tube in the spinal cord to the Pituitary and Pineal glands in the brain.

In modern man these currents are exceedingly weak or practically nil, due to the degenerate state of the gland and to sexual excess.

The Nadis that carry the Solar Force are constituted of astral substance, are beyond the reach of medical science, and no test-tube experiments can be made of them on the physical plane.

For this reason medical science rejects all that the Bible and the Ancient Magi have said on the subject. For the same reason we should reject the doctrine of Solar Force that flows thru the Nadis, for no test-tube experiments can be made of it.

(10) The Gonads are the Master Glands of generation. They are situated in the scrotum of the male and in the pelvis of the female. The ovary in woman is about the size of a pigeon egg. It has no tubules, and its secretions are internal and external, the former being poured into the blood and passed into the body.

For ages the world has known the purpose of the external secretions of the male gonads. But the purpose of the internal secretions is still a mystery to the exoteric, but such is not the case with the leading esoteric.

life, the Christ who is all and in all (Col. 3:4,11). We see that these biblical statements are true and correct when their occult meaning is understood.

The prostate consists of muscular and glandular tissues, and has twelve to twenty secretory ducts which pour their products into the blood and into the urethra.

The heavy, milky fluid discharged thru the penis under the influence of erotic thoughts, nocturnal emissions, or sexual stimulation, is supplied largely by the prostate, with some help from the Cowper's glands two small glands situated near the bulb of the corpus spongiosum.

This fluid constitutes the major part of the liquid portion of the semen, supplied by the gonads.

A SERMON

rendered by an unknown Philosopher, a Brother of the Fraternity (R.C.) and containing the Substance of the teachings of the Sacred Philosophy and the process of preparing the Universal Panacea.

THE TRIUNE GOD, Called By Men JEHOVAH

produced every Thing out of No Thing. The Spirit of God moved upon the face of the Waters, the CHAOS, which is the primum HYLE of the Sages, or the Substance (Water) out of which everything has been formed, Firmament, Mineralia, Vegetabilia, Animalia: called THE MACROCOSM, and from its Centre and Quint-Essence THE MICROCOSM, being the most perfect being, produced by the producer of all things, and called - MAN - male and female in one, a spiritual power, an image of God; An immortal Soul, a heavenly invisible Fire.

He fell into Matter and Darkness, but there is the MESSIAH, (which means:) The Spiritual Light of Grace in the Light of Nature. LILI: The Prima Materia of a perfect Body, the matrix or womb of the Middle World, Balsam and Mumia, and the incomparable magical Magnet in the Microcosm, The WATER of the sages, from which all things come, and in which all things are contained, and in which imperfect things are improved. A Healthy Soul in a Healthy Body, Indefatigable prayer, patience and perseverance are required. The Substance, the Alembic, the Furnace, the Fire are all only one thing, contained in only one, and this One is itself the Beginning, the Middle and the End. It suffers nothing foreign and impure to exist in it; it is prepared without any admixture of foreign matter; for see: In the MERCURY is contained all that the wise desire: THE CLEAR AND TRANSPARENT FOUNTAIN. The Double Mercury.

A revolution of the sphere of all the planets and a Being, which in a moment of time emits a black smoke of a LUMINOUS DEATH AND LIFE. Regeneration and Renovation, being the Beginning, the Middle and End of Finitude or Permanency, the noblest of all Secrets, the Foundation of the whole magic mystery.

Take the Quint-essence of the Macrocosmos and the Microcosmos, the Philosophical MERCURY, the invisible, celestial and living Fire and the Salt of the Metals; prepare of this according to the rules of Magic, by Rotation, Solution, Coagulation and Finition THE SUPREME UNIVERSAL PANACEA wherein exists Supreme Wisdom, perfect Health, sufficient Riches. All comes from ONE and All becomes ONE in the end. Reject all evil desires, because they are an impediment in this work. Let the will of JEHOVAH be done, it will accomplish everything.

To God alone belongs all Honor and Praise.

"If there is one among You who is deficient in wisdom, let him pray to the spirit of truth, who comes to the simple-minded, but does not obtrude upon any one, and he will surely obtain it."

-- Jacob Epist. v. 5.

In 1891 a German scientist by the name of Poehl, referred to the internal secretion of the testicles as "spermin," a term that has often been used ever since. What is its purpose? Medical science does not know, but the Ancient Magi did.

In 1897 Zoth made some important contributions on this subject. He found that the internal secretion increases the power of the muscles. It does much more than that.

It has been known for ages that castration of male animals and human beings adversely affects their physical and mental development. But only recently has medical science learned the cause of this degrading modification of body and brain because of castration.

In the case of two males of the cattle kind, if one is castrated at the age of one year, it develops into a patient, plodding, peaceful, submissive beast of burden. But the natural one grows into a strong, hard-muscled, fiery eyed, alert, belligerent bull.

The same law applies to human beings. If boys are castrated before puberty, they develop into flabby-muscled, squeaky-voiced, namby-pamby, molly-coddles whose temperament manifests qualities of cringing servitude.

It is almost as serious in the case of uncastrated men, because of the consumption of the internal secretions of the gonads in masturbation, fornication, and sexual excess. The body is deprived of those important internal secretions and suffers as a result. But this condition is sanctioned by tyrants and priests, for such men are the peaceful slaves that compose the unthinking multitude of this decadent civilization. That's another reason why our writings for fifty years concerning these matters has made such a weak impression on the common cattle.

In addition to elaborating and refining the male portion of the Seed of a New Person, the male gonads also secrete glycogen and lactic acid, which stimulate the cells of the brain if not consumed in masturbation, fornication and sexual excess.

It is common knowledge that the impulse and motive power of propagation of progeny lies in the Progenitals. That is all medical science has ever considered as the work of the Master Glands. It has never dreamed of anything in Sexuality except its relation to propagation. Those glands had no other purpose.

To suggest that Sexuality expresses two phases would accomplish nothing more than to elicit from the haughty medics scornful sneers, and that would satisfy and convince the cattle.

So constantly and consistently has this unsound dogma been exploited by medical science, that Sexuality has never been analyzed as a principle. The subject is and has been taught in medical schools only in its physical and propagative phase, and its psychical aspect is utterly unknown to medical science. This serious error is reflected back upon society thru false literary and social doctrines involving sexual questions and relations.

Creation's Masterpiece is built around a staff of bone, extending from skull to coccyx. Thru the canal in this staff extends the spinal cord, with brain at the top and gonads at the base.

Between these two points there are seven vital centers, unknown to medical science, yet of such great importance that they are mentioned in the Bible as Seven Seals.

The 5th Chapter of Revelation recites a strange fable about these Seven Seals that has no relation to religion, gods and saviors. It deals with the development and function of the Higher Consciousness of the living organism as we have expounded in our three works titled Son Of Perfection, Great Red Dragon, and Secret of Regeneration.

In the ancient scroll that became the last book of the Bible, these Seven Seals were given special names, as follows:

1. Muladhara (sacral plexus)
2. Svadhishtana (prostatic plexus)
3. Manipura (solar plexus)
4. Anahata (cardiac plexus)
5. Vishuddha (pharyngeal plexus)
6. Ajna (cavernous plexus)
7. Sahasrara (conarium plexus)

The Ancient Magi had what was called a Symbol of Mortality. It consisted of a Spade, a Coffin, and an open Grave, and it related to the destructive phase of the function of the gonads.

In the ancient Tarot, that strange book which has descended to man in his present stage as a deck of ordinary playing cards, there is presented a wonderful symbolism.

Of all the suits of the cards, the Spade is the only one in which all the court cards face away from the pip. On all the others, kings and queens, the faces are looking at the little marker in the corner of the card.

The occult student sees in the Spade, which has for ages been the symbol of Death, a certain part of his own anatomy. The grave-digger's Spade is the Spinal Column, and the spade-shaped piece is the sacrum bone.

This bone is the base of the spinal column, and it is also the head of the Spear of the Passion. Thru it and the foramina which pierce it, run the roots of the spinal nerve, which are actually the Roots of the Tree of Life.

This is the center thru which are vitalized the lower vertebrae of the spinal column--the sacral and the coccygeal bones that dig the graves of all created things, symbolically speaking.

The Ancient Magi discovered that the secretions of the gonads served a dual purpose. They reasoned that secretions which produce a New Person must be the most vital secretions of all, and if not consumed on the bestial level of propagation, but conserved for the benefit of body and brain, the result would be improvement of the body and brain plus a higher state of consciousness. And they were right. Maybe some day medical science will make this discovery as it "progresses."

The expanse of man's world depends on the state of his consciousness. He would have no knowledge at all of his world without the use of his five senses and his brain. And that world would be greatly expanded if the two dormant sense organs in his brain were activated as they should be by the vital essence of the gonads, were that valuable essence not consumed in masturbation, copulation, or propagation.

The Ancient Magi have been disparagingly called Sex Worshipers because they devoted much attention in a study of the Master Glands of the body, whose work is so marvelous that it produces a New Person.

In their diligent researches they discovered what medical science does not know. They found that Sexuality is much more than purely a physical function. They found that it is designed by Creation to perform a higher role in human life than merely that of propagation.

The Ancient Magi considered life as having a higher purpose than just feeding and breeding. They correctly opined that Man, the Lord of the whole earth, had a higher destiny designed for him by Creation than that advanced by tyrants, religionists and medicalists--of producing a large number of progeny, to be used as soldiers by the tyrants, as slaves by the clergy, and as suckers by the medics.

Take your Bible, look up Hosea 4:6, and read: "My people are destroyed for lack of knowledge."

Yes--that was the case 3000 and 4000 years ago, and it still holds true today. The leading work of the institutions that control civilization is to keep the people in ignorance. That reveals some of the reason why the world is filled with fools and why insane asylums are filled with idiots and imbeciles.

Being a slave of the gonads and the common custom of procreation in bestial fashion are condemned all thru the Bible. It was definitely condemned in Genesis, by the Ancient Magi, and by the apostle Paul. He said much about it in the 6th and 7th chapters of his Epistle to the Romans. But the underlying gist of what he said has been ignored by the orthodox clergy.

Paul referred to that passage in the first chapter of Genesis, "be fruitful, and multiply, and replenish the earth." That statement was never written by the Ancient Magi. It was interpolated by the clever makers of the Bible under the pressure of priest-craft and king-craft.

Read what Paul said about it: "For when we were in the flesh, the motions of sins, which were by the law, did work in our (sexual) members to bring forth fruit unto death. ... And the commandment, which was ordained to life (be fruitful), I found to be unto death."

Here is the commandment, "be fruitful and multiply." And here is the result, "For in the day that thou eatest thereof (being fruitful and multiplying) thou shalt surely die" in due course (Gen. 2:17).

The apostle John followed that up by stating, "There is a sin unto death" (1 John 5:16).

Paul knew there were two processes of generation, and John mentioned the original process in these misunderstood words:

"Whosoever is born of God (Spiritual Generation) doth not commit sin; for his seed remaineth in him, and he cannot sin, because he is born of God. In this(fact) the children of God are manifest" (1 John 3:9, 10).

The orthodox clergy never mention that, knowing it would not please the common cattle to give up the pleasure of fornication.

Then the human race went thru a long process of degeneration because of evil and unlawful work. And to save the race from extinction, Creation saw the future and knew what it would bring to mankind, and provided the body with another means of generation. And that is the only means of generation known to and recognized by medical science.

Now listen to what Paul said: "I see another law (of generation) in my (sexual) members, warring against the law (of Spiritual Generation) of my mind, and bringing me into captivity to the law of sin which is in my (sexual) members" (Rom. 23).

There is definite evidence to indicate the existence of dual laws of generation, known to the Ancient Magi but unknown to medical science.

This practically unknown subject, not mentioned in the books nor taught in the schools, we covered in our great course of 85 lessons, titled "Secret of Regeneration" which we wrote in 1934, and it should be studied by all adults.

The Ancient Magi understood the dual laws of generation. They regarded sexual generation as a destructive, degenerative process. It robs the progenitor of the most vital essence of the body, which should be conserved and passed on to the brain. For that is the essence which stimulates the Pituitary and Pineal glands and expands man's scope of consciousness. And that exalts man to the high level of the biblical angels, who neither marry nor are given in marriage (Mat. 22:30).

But the higher plane of life failed to attract humanity. It did not offer the physical pleasure of the lower plane. And what we have in this respect is the result of man's choice.

His choice has not been so pleasant as he thought it would be. He wants to leave it and rise to the higher level, and also keep what he has that binds him to the beastilic plane. He can have one, but not both.

When the Golden Oil of the gonads is not consumed in physical pleasure and propagation, it then flows up the spinal cord, activating all of the five special nervous centers, causing these etheric vortices to spin with terrific speed, causing increased force to flow into the vital centers of body and brain, and elevating the consciousness.

When viewed clairvoyantly, these five centers in the body and the two in the brain emit electric sparks. Each one of the seven centers has six lesser ones surrounding it, thus forming six-pointed stars.

The Ancient Magi knew these secrets of body and brain and symbolized them in their scriptures.

As the vital essence invigorates body and brain, it illuminates the mind, exalting man to a higher level of consciousness, and enabled the Ancient Magi to accomplish things that go over the head of the clergy.

The Tree of Life has its roots in the soil of the endocrines, its trunk in the spinal cord, its numerous branches in the nervous system, and the supervising agency in the cranial brain, the actual THRONE OF THE MOST HIGH.

The modern world does not suspect that the Ancient Zodiac had any relation to the body's glands and their function. But that was one of the principal purposes for which it was designed.

The Ancient Magi knew that everything in the Universe is related to everything in the Universe. That the stars, sun and moon are constituted of the same elements as the Temple of Man, and ruled by the same laws. The four fixed signs of the Zodiac related to the four principal glands of the Microcosm as follows:

1. Pineal, Fire (solar), center of the brain
2. Pituitary, Air (Psychic) base of the brain
3. Prostate, Water (Generation) base of the spine
4. Gonads, Earth (Seed) sacrum.

The word Zodiac (Zodiakos) was derived from Zodion, meaning a little animal, a diminutive form of Zoon, an animal. And so, it was called the Animal Circle, the signs being called Zodia, and the four principal ones were the Zoa. And this symbolized the Spermato-Zoa of the male fluid of generation, the Golden Oil, the motile essence which served to impregnate the ovum of the female.

The Animal Circle was also called the Wheel of Life, and was symbolized in Arcanum X of the Tarot, as covered by our work on the Tarot titled "The Land Of Light," and referred to in the Bible in the first chapter of Ezekiel, and all thru Revelation in symbol and allegory.

The modern world knows little about the Zodiac and has never suspected that it had any relation to the living organism, its glands and functions. But that was the principal purpose for which the Zodiac was designed.

The Bible says much about Solomon's Temple. Its construction required thirteen years (I K. 5:5; 7:1). This symbolized the twelve signs of the Zodiac and the solar orb in the center.

The orthodox world has the wrong impression of Solomon's Temple. It was not devoted to any form of foolish and silly religion. It was a school of the Ancient Mysteries, and our churches should be Schools of Life.

On the walls of Solomon's Temple was a chart of the Endocrine Glands, which is evidence of the fact that three thousand years ago the Ancient Magi knew much more about the Endocrines than medical science has recently discovered, and thinks the knowledge is something new.

THE GREAT MYSTERY

WHAT IS MAN?

The common cattle are so well mind-conditioned that they think science knows the answer to that question. And we'll quote the scientific answer:

"Man is made up of a procession of phantoms, in the midst of which strides an unknowable reality.-- Man The Unknown, p. 4.

That is the answer of science, presented by Dr. Alexis Carrel, one of the truly great scientists of this century, who had studied man professionally as a doctor for forty years. He then wrote a book, copyright 1935, which he titled "Man The Unknown," in his effort to have the title of his book tell the world what medical science knows about man.

All questions have answers, and we shall try to find the answer to the question under consideration. We shall revert to the ancient scriptures and seek for knowledge in this puzzling field of mystery.

It appears that the author of the first book of the Bible cleverly invented a "ghost" to tell the Christian World the story of the making of man. And this is what that "ghost" said:

"Let us make man in our image, after our likeness" (Gen. 1:26).

In whose image? After whose likeness? It would be imperative for us to have explicit knowledge as to the nature of this "image" and "likeness" in order to know what man is.

As we proceed we find that in the next chapter of Genesis there is another story of the making of man. It says:

"God formed man of the dust of the ground, and breathed into his nostrils the BREATH OF LIFE; and man became a living soul" (Gen. 2:7).

These two separate accounts of making man were no doubt taken from two different sources.

It's helpful to find that the substance of Carrel's statement of man agrees with this last account, in that man is a dual being. The dust of the ground represents Carrel's procession of phantoms, and the breath of life indicates his unknowable reality.

But we need information more definite to solve the secret. The apostle Paul appears to have been a great man in his day, and what he said about Man indicates that he saw man as a dual being, constituted of what he called a celestial body and a terrestrial body (1 Cor. 15:40).

Then he sought to be more explicit by asserting that the first man is of the earth, earthy. That part was the dust of the ground, the terrestrial body, and Carrel's procession of phantoms.

And then Paul endeavored to identify the second man, the celestial body which is Carrel's unknowable reality, by stating that he "is the LORD FROM HEAVEN" (1 Cor. 15:47).

That surprising assertion still leaves us unable to determine what Man is. The breath of Life made him a "living soul," and that Living Soul is the Lord from Heaven.

We find that the subject of psychology consists of systematized and classified assertions relative to expressions of Soul and Spirit. But it fails to describe what these terms definitely mean.

Soul and Spirit undoubtedly mean the Life Element or the Breath of Life.

In no other relationship of human existence do we so fully come to realize our incompetency, our limitations, as when we attempt to discuss the Soul in words invented to describe the material world.

It is then that we stand in the presence of that immaculate Entity, as it were, with palsied tongue. For there is no language that the mind is fully able to comprehend, or tongue to express, the Spiritual Realm.

Language is limited and defective. The best we can say of it is, that it is bound up in the limitations of material existence, and must remain so.

The terminology of science is just a system of compromise; a system of consensus of opinion, a system of consent to call things by certain names, as they come within the purview of the impressional sense of what we call intuition.

The word Soul has had more common usage, no doubt, than almost any other word in our language. You may peruse the most ancient literature, or even go way back to the hieroglyphics, and you will find the ancients used the term Soul.

The word Soul has been a part of language as long as there has been a fragment of history of human beings. And yet, there is today a great distinction and difference, and probably an irreconcilable dispute, as to what the word Soul really means.

Spiritualists in general use the terms Body and Spirit. Psychologists generally use the triune expression Body, Soul and Spirit. This can readily be understood as meaning that the physical body is composed of gross matter, that the Spirit is the life of the body, the living breath, and that the Soul is the inner form, the imperishable model of the visible structure; and that the Living Soul is the perpetual breath-form which shapes, maintains, repairs and rebuilds the fleshy body.

Has the Soul a Mind? It has been the concept of physiologists that the Soul is Mind, or is possessed of Mind. Thus is the Soul confused with Mind. We find in history and literature, relative to Psychology, the terms subconscious Mind, subliminal Mind, subjective Mind, objective Mind.

Before it would be proper to use such terms in referring to Soul, it must be established beyond the shadow of a doubt that Soul has, or is, Mind. This has not been done. Nor can it be conceded that Soul is less than Mind. Yet this order is being observed constantly by authors who have much to say about Extra Sensory Perception.

Even the terminology, Extra Sensory Perception, fails to describe the condition presented by these authors. Sensory refers to the Senses, and Perception refers to the response of the brain to the messages it receives from the Senses, which are carried to it by the nerves. That response of the brain is

signified by the phenomenon called Mind.

It was stated in Fate Magazine of October, 1967, that a Dr. E. E. Bernard, a psychologist at North Carolina State University, was doing research on out-of-body cases, and asserted that "it's like lying on a sofa, getting up, and seeing your body still there."

Bernard said that in one case, a person sitting at his office desk somehow projected his Mind to a distant city he had never seen. Afterwards he was able to describe in detail a street, an office building, and persons he saw there. According to the account, Bernard investigated the matter and confirmed the accuracy of the subject's detailed description.

Such cases are called "astral travel." But what part of Man does the traveling? The Mind does not do the traveling. It could be the Soul if the subject were asleep. It is then possible for the Soul to leave the body, as in dreams. This mystery we have covered in our work titled "The Soul's Secret."

If all intelligence is transmitted to us by intuition and recognized through the process of imagination, this would indicate that Soul is Parent of Mind. And being parent, it is and must be superior to Mind. So the term "sub" in this connection is not correct.

The most potent objection to such terms is that they are too incomprehensive to express what is intended to be conveyed. All the terms indicate this phenomenon as being subject to, less than, or incidental to the Mind of man being a product of brain function.

Without the brain there is no Mind. But there are numerous cases where people "lose their mind" and still have their brain. What happens in such cases? It appears that something happens that prevents proper brain function.

We must apply some term to Soul that relieves it of this relationship, this subjectiveness to Mind. And for this purpose it can be referred to as intelligence, as power, as psychic phenomenon, or any term which, in itself, stands alone and is related to nothing that carries with it material limitations.

When we use the word Soul, we definitely refer to that unseen, intelligent Entity that we conceive to be the primary individuality that is superior to all things which are material and are limited by materialism.

If what we describe is Soul, then what is Mind? We must take these steps in regular order just as they come and skip nothing. This indicates that Mind is not an Entity. It is a function of the brain. It can be lost in cases of insanity, as we have said. It is subject to improvement by education and training. It can be controlled by what is termed mind-conditioning. In fact the world is filled with Mind-conditioned people who do not think nor reason.

The evidence indicates that the brain, or the portion of it which is made for that purpose, produces Mind in its operation, just as all other organs of the body perform their functions, and produce the results they are made to accomplish.

The production of Mind as a brain function is no more wonderful nor strange than the function of any of the various organs, and is performed in exactly the same way. All the operations of all parts of the body are so strange that they pass beyond our comprehension, but nothing is too strange to happen in the body.

Since servitude to Soul is the primary office of Mind, and as it is the proper office of Mind to receive intelligence from Soul, it is then the secondary office of Mind to receive, thru the five senses, information as to the physical environment, and to convey to Soul that information.

The Soul, without this Mind office, would be absolutely sightless, smellless, tasteless, hearless, feelless. That is to say, it would be destitute of a single avenue by which it could receive any information as to its environment.

If it were not for the fact that it is the secondary office of Mind to receive information from the material part of the world and convey it to the Soul, the Soul could never be advised of man's physical existence. For the Soul would have no avenue thru which it could receive such knowledge.

Psychologists show by their work that they are searching for solid ground when they refer to the objective Mind, the active Mind, the environmental Mind, or to Mind with some sort of limiting or qualifying adjective used in relation to it.

Why should this be? Why should it ever have been? When you have used the word Mind, you have used the most comprehensive term that you can employ with respect to the human being. And when you have said Soul, you have expressed all that appertains to man's intelligence psychically. When you have used these two terms, you have said all that can be said with respect to the intelligence of a human being.

It has been pointed out that the extent is limited to which the human psyche can be made an object of study. This means that psychology has not yet become a science.

William James denied that it had ever reached the stage of holding out any promise of becoming a science. All that can as yet be claimed for psychology is, that it has been liberated from the restrictions formerly imposed on it by theology, and that it has made much progress in the last fifty years.

Mind, in its chief attribute, is restricted to imperfect concepts of a purely mental, physical, limited existence. But Mind has other attributes, and these may be multiplied to perfection. This does not apply to Soul. The Soul is perfect and remains unchanged eternally and forever.

Mind has presence which, multiplied to perfection, is omnipresence. Mind has power, which multiplied to perfection, is omnipotence. Mind has knowledge which, multiplied to perfection, is omniscience.

The Soul is not possessed of the properties or attributes of reason, because it has not the power of quality of inquiry. It has not the power to compare; it only knows. It is intelligence, and being intelligence, it does not function as does Mind. It just knows.

To repeat, the Soul is without capacity to reason: First—because the Soul is not of the physical world, and is therefore not bound by the limitations of that which is material. Second—because the Soul is potentially equivalent to Supreme Intelligence that cannot reason because it is omniscient.

The Soul does not have imagination, for that requires inquiry and investigation, and the Soul has no capacity to perform that function.

The Soul is indestructible. Its eternal maintenance has been supplied. There is nothing the Soul needs or can acquire. It is without the quality of ambition, existing without the necessity of obtaining anything.

Scientists bring a science into existence, and that science, in turn, refuses to recognize the existence of its parents. There could be no science were there no builders to give it birth and development.

In Chapter Number 1 we said when the sperm nucleus contacts the egg nucleus and they combine, a strange event occurs.

First, at the spot where they met, everything fades out and vanishes from sight. Then more strange things begin to happen as the mysterious work of Creation continues.

After a few moments of quiescence, exceedingly fine granulations suddenly become visible at that particular spot. But something mysterious has happened, for the energy this new granulation exhibits is now very different and distinct from that which was performed before that moment.

This new granulation is the substance that forms the New Cell which is the beginning and birth of your body. And the new energy mentioned comes not from the mother. That New Energy indicates that You have arrived. How did you come? and from whence did you come?

You have heard much about the Spiritual World, but you never heard anyone expound that world so you could understand it. That World is the Biological Kingdom of the Universe. It surrounds the earth as described in our work titled "The Empyrean Sea." From that invisible sea there flow invisible streams of Astral Rays, and these Rays build and animate everything on the earth.

We know that radio impulses exist even though we cannot see them with the naked eye. We know they exist because of the effect they cause in a radio receiver. There are many things that are invisible to the eye, but we can discern them by the results they produce.

And so, the existence of the invisible You can be discerned by the results of your activity. And as stated, that activity, that exhibition of New Energy, indicates your arrival and is your own activity.

Now for another mystery: There are seven areas between the skull bones called fontanel. The largest is the fonticulus frontalis, and can be felt in the top of a baby's head. It remains open for a time after birth, and exhibits rhythmic pulsations.

In building your body, the Astral Rays first form your brain. These invisible rays flow from the Empyrean in a stream that was known to the Ancient Magi, and in the Bible is called the Silver Cord (Eccl. 12:6).

The Silver Cord is really the cosmic umbilicus that links the physical body with the Spiritual Realm. It's not noticed in the books because science has not yet discovered it.

Neither does science know that the Silver Cord and Spinal Cord are continuations of each other. The spinal cord is the crystallized portion of the invisible Silver Cord.

The Pope and priests know of this invisible beam that links the physical

body with the Spiritual Realm, and keep a spot shaved on their head, which is covered with a little cap. This spot is where the Silver Cord penetrates the head and flows thru the brain, spinal cord and nervous system.

In Chapter 1 we said that You appear as a tiny ring of colorless fire. In our work, "The Flame Divine," we stated that when a person seems to die, the etheric ring of fire flows out of the Funiculus Frontalis thru the Silver Cord like a fast flowing fluorescent Light, imperceptibly extracting the body's vitality, somewhat like a suction pump. And the Ego (You) leaves the body thru the Funiculus Frontalis as a flash of Etheric Light that can be seen by a true clairvoyant (p. 46).

In referring to these strange things, Prof. Justin E. Titus wrote:

"Now, the Silver Cord is loosed (in the death of the body), and the Spirit is free of the physical body. This is RESURRECTION. The Spirit has been raised up out of the physical body, the house of clay. The dying individual is BORN (Again) out thru the top of his head, and, while in a perpendicular position, assumed his new and more tenuous form above and at right angle to the prone physical body. He is now clad in an astral form and is lovingly met and cared for—even as the newborn baby is tenderly attended upon its arrival here. ... One of the early experiences of the newly ascended spirit is to be reunited ... with loved relatives and friends who preceded him into the great beyond." — Orion Magazine, p. 15.

There is no death. Nothing dies. Even the physical body, after the Spirit leaves it, goes thru a process of disintegration and finally returns to the Emyrean from which it came.

Remove the fear of death from the mind by teaching the facts of Creation and religion would fold up and vanish. Then transform the churches into schools in which people should be taught the mysteries of life.

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January 28, 1968

"Gentlemen:

"Professor Hiltan Hotema's course, SECRET OF REGENERATION, is the only enlightening work written on the human dilemma, in my opinion.

"I am convinced there is more worth reading and realizing - even after Science of Regeneration (which is on the highest shelf). I do not want to waste my time and efforts on inferior books. What is the next suggested reading by Professor Hotema. You now have one more person trying to help Health Research."

(Signed) Kay Huntington, 822 SO. 3rd St., Stillwater, Minnesota 55082.

One lady customer in Indiana writes:

"I enjoy the things you send me more than you will ever know. I love these pictures of you (Hotema) taken when you were a soldier, and especially the one of you taken in Manila in 1901 at the age of 24.

"That's a good picture of you taken Nov. 15, 1956 when you were 79. You look like you are 45 or 50. But the best one was taken in 1960, showing you at the lake. A friend who was here and saw it, said, 'That man is a swimmer; I can tell it by his big chest.'

"I knew the reason of that big chest but did not mention it. The deep breathing of good air did it."

EPILOGUE

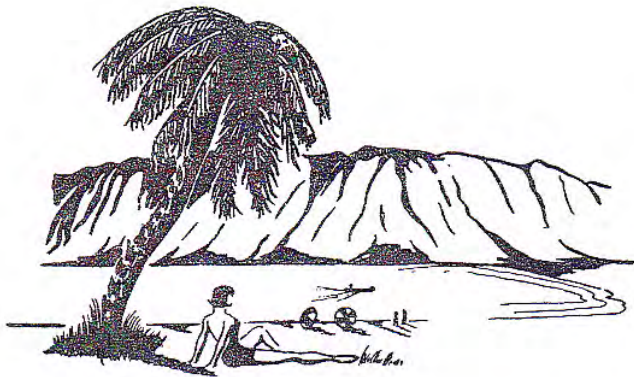
You have learned a little of the many mysteries about your Magic Temple, some of which are not found in the books nor taught in the schools.

You saw that your Temple comes from a tiny cell that seems to supply all that follows by simply dividing itself. And all that comes from that original cell forms the various organs and glands, and each organ and gland has its own special work to do, and does it perfectly when not hampered by conditions beyond its control.

You were amazed to know that the building of your Temple, its growth, its condition, and its very life, depended in the finale upon the silent work of some glands which had seemed so useless and insignificant to medical science, that they were disregarded and ignored for a thousand years.

When the importance of these tiny glands was discovered, the medical world was as greatly shocked as it was when Harvey announced his discovery of the circulation of the blood.

The best work that we can recommend for further knowledge as to some of these mysterious glands, is contained in our course of 85 lessons, titled Secret Of Regeneration, which we wrote in 1934



If you value knowledge that will teach you how to improve your health and let you live longer, you should be glad to know that you can get this priceless knowledge for such a small sum of money. The best use that can be made of money is to invest it in ways and means that will do one the most good.

To let you know what others have to say about this great course of study, we are presenting a few of the many testimonials received from students of this course.

AN APPRECIATION OF PROFESSOR HILTON HOTEMA'S SECRET OF REGENERATION

WHAT ONE BUYER OF THIS COURSE SAID (30 Years Ago!)

"Your teachings are both evolutionary and revolutionary. What a godsend these lessons are for those who have them.

"My fort has been lecturing. I was a clergyman at 20, and later was tutor and demonstrator of Anatomy at the College of Surgeons, Edinburg, Scotland."—**Marmaduke Rose, M.D., of Melbourne, Australia.**

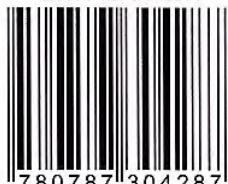
Consulting Physician, Surgeon & Gynecologist. Formerly Resident Physician and Surgeon to the Royal Surrey County Hospital, England; Demonstrator of Anatomy and Lecturer on Anatomy at the Royal College of Surgeons, Edinburg; University Resident Surgeon, Edinburg Royal Infirmary, and Assistant to the Surgeon to Queen Victoria.

(He stated in his letter that he was then 84 years old, and had been a student and practitioner of medicine for 60 years.)

1968 The amazing powers of the human body. The author says the world is still trying to solve the mystery of man. Is God as described in the first book of the Bible? The evolutionists refuse to consider that fabulous account, and assert that man is the product of creation. People grow up in that confusion and know not what to believe. There is no death, as religion teaches. Food does not build blood as science teaches. Food does not give nourishment to the body as taught by the dietitians. Man need not die at 100 years. He quotes scores of unusual facts seldom found in the average text book. Don't miss this.

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