



BOOK
2

Man's
**MIRACULOUS
UNUSED
POWERS**

*By
Kenyon Klamonti*



THE WISDOM
OF THE AGES



IMPORTANT NOTICE

We take not patients, and no individual cases. We have medical practice, and do not teach or prescribe medicine. We teach the way to health.

We cannot answer inquiries for special treatments, special advice, and special help. All that we have to offer is put into our various books for distribution to our readers that they may reach all our readers and reach all we know.

Usually the owner of this course already has our book ANCIENT LITTLE KNOWN KNOWLEDGE OF HEALTH AND LONG LIFE, price a copy. But if you have not that book, we recommend that you send for it.

These remarks are made in this place because so many people write us asking for special treatments and private help, and we cannot prescribe for individual cases.

All that we have to offer is the health knowledge we teach. We do not pretend to cure, for all healing power is inherent in the living system.

—Natural Science Society.

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

by

KENYON KLAMONTI

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LESSON NO. 10

THE AGING PROCESS

"By the old age of the body, that does not age; by the death of the body, that is not killed. It is thy Self, free from sin, free from old age, from death and grief, from hunger and thirst."—Chandogya Upanishad.

People want to look younger and live longer. To that end many books have been written, and the authors died comparatively young as proof that they were incompetent teachers.

Why does man grow old? If the earth's turning on its axis does not produce "old age," what does?

An unusual account of Old Age appeared in the press of July 19th 1952. The item, date-lined Chicago, said:

"A four-year-old girl, who weighs only 7½ pounds, is dying of old age at the University of Illinois Research and Educational Hospital.

"The child is a victim of progeria, or premature senility. Doctors at the hospital said it is one of the rarest ailments. Both its cause and cure are unknown.

"The child, named Linda, entered the hospital January 28th, 1948, when she was two months old, and has been there ever since.

"A hospital spokesman said Linda is withered and wizened, with thin, balding hair, is only two feet long and wears doll dresses and shoes."

Nothing happens by chance. We may not always understand the working of the law because our view of life is so limited. If our thoughts penetrated beneath the surface, we would find a cause for every effect.

We are not told why the child was taken to the hospital when only two months old, but the aging condition of her body is evidence to prove the harmful effects of an artificial mode of living. Everything natural is banished from hospitals and the laws that rule natural phenomena receive no attention in such places.

In the matter of eating, Abbe N. De Montaucon De Villars states that the Ancient Masters ate food only for pleasure, and never of necessity (Compte De Gabalis, P. 63).

We are told that in the Breatharian Age man's body, in its perfection, required not that kind of *stimulation* which physical food now furnishes.

Our fundamental concept of man should be that, as we know him, he is a degenerate representative of the original. His environment, greatly changed and adversely affected by the conditions called civilization, and his habits and practices, most of them bad, have forced the body to alter its functions in order to survive. Otherwise it had perished.

In the course of long ages the body's functions have changed, by continuous adjustment, and developed a dependency upon certain kinds of stimulation, rising from man's environment and his eating and drinking habits, that were foreign to the body in its original state, when it received directly from the Air, the cosmic reservoir of all things, the stimulation needed to activate its cells.

Poverty and want are conditions created by man's living an artificial life. The less we need the more complete we are, and we attain perfection only when free of all wants. The more wants we have, the less complete we are, and the farther we incline from perfection.

CONDITIONS OF ARTIFICIAL LIFE

Daily experience proves that the body still continues to adjust itself to man's additional errors, such as smoking, drinking, and eating certain things. Some find it impossible to smoke, while others cannot tolerate certain foods which some seem to enjoy. So the body has been forced, by long ages of eating, either to adjust itself to the foreign substances man eats, or perish.

Instead of dying quickly as a result of man's errors, the body changes and sinks into degeneration. Our organs always improvise means of meeting every new situation; and these means are such that they tend to give us a maximum duration under the circumstances. The functional processes always incline in the direction leading to the longest survival of man (Carrel, P. 192).

So-called food is foreign to the body. None of it enters into the body's constitution and construction. If man's body were built of what he eats, a process of physical transformation would in time change the body literally to resemble physically the things man eats.

If man is what he eats, if the body were built of the food man consumes, the eating of pork would in time transform him physically into a pig.

The body was forced to adjust itself to what man eats in order to survive. It was either adjustment or death. The adjustment has become so complete that man now seems to "starve to death" when deprived of that stimulation ~~which~~ food furnishes.

RETURN MUST BE SLOW AND GRADUAL

The return or transformation to Breatharianism, where food is no longer essential for body stimulation, must be slow and gradual. Man must slowly reduce the amount of food ingested daily in order to give the body time to meet the new condition and adjust itself to the perfect physical state of long ago, when the air man inhaled supplied all the stimulation the body needed. We must also leave the polluted air of civilization, or perish.

Some scholars assert that man has been on earth six to eight million years, and produce certain evidence to prove it. Dr. W. C. Pei, research fellow of the Chinese National Geological survey, unearthed "The Pekin Man's remains near Peipine in 1929," and this discovery, according to science, pushes back man's appearance on earth fifty million years.

ANTIQUITY OF MAN

In his book titled "Sree Krishna," Premanand Bharati states that this is the 28th Divine Cycle of which the first three sections, viz., the Golden Age, the Silver Age, and the Copper Age, have passed away. We are now in the early part of the fourth section, the Kali or Iron (Dark) Age.

The Divine Cycle is composed of 12,000 Divine Years, each of which is equal to 360 human years. So that 12,000 Divine Years multiplied by 360 give us 4,320,000 human years, which is the length of a Divine Cycle. As this is the 28th Divine Cycle, that would be a total of 120,960,000 years. The Hindu scriptures state that man had been on earth 4,000,000 years when the Great Deluge occurred.

The author of Sree Krishna says,

"These men (of the Golden Age) required little material nutrition; they ate very little food, consisting of fruit only, and drank water—and these between long intervals."

Some physiologists hold that it requires three-fourths of man's time on earth to descend from Breatharianism to Gluttonism, which was accomplished by an alteration of the body's functions and needs as it adapted itself to the new conditions and practices with which it came in contact.

This would place the Breatharian state so far back in the night of time that little evidence of it could be found, other than what we learn now by fasting a man, who begins at once to regain health when given no food, and even shows signs of growing younger.

Professor Morgulis wrote:

"The acuity of the senses is increased by fasting, and at the end of his 31 days' abstinence from food, Professor Levanzin could see twice as far as he could when his fast began."

Bernarr Macfadden of Physical Culture fame wrote,

"I have consistently maintained that the body can be revived and rejuvenated in every way, mentally, physically, etc., by fasting."

Dr. Moeller said,

"Fasting is the only natural evolutionary method whereby, through a systematic cleansing, the body can restore its equilibrium by degrees to physiological normality."

Mayer, eminent German physician, declared,

"Fasting is the most efficient means known for correcting disease" (The Wonder Cure).

Dr. Densmore wrote,

"We find one great cause that accounts for the majority of cases of longevity—moderation in the amount of food eaten" (P. 295).

Dr. Evens said,

"Among instances of longevity, we have the ancient Britons, who, according to Plutarch, 'only begin to grow old at 210'. Their food consists almost exclusively of acorns, berries and water."

Drs. Carlson and Kunde, University of Chicago, found that a fast of 15 days restored the tissues of a man of 40 to the physiological condition of those of a youth of 17. This amazing discovery seems to explain the biblical statements,

"His flesh shall be fresh as a child's; he shall return to the days of his youth (Job 33:25). And thy youth shall be renewed like the Eagle's" (Ps. 103:5).

Here is more evidence of damage to the body by food. *Eat little of a simple diet and we live longer and look younger.*

Stop eating and the sick man automatically and spontaneously begins to recover his equilibrium. As if by magic the disorders disappear and health returns. For that reason fasting is often feared and bitterly condemned by some.

A world of health would put some people out of business. The press of February 26th 1948, stated that illness brings physicians of the U.S.A. \$1,500,000 daily."

HOW TO REVERSE PHYSICAL APPEARANCE OF AGING

The turning of the earth on its axis has no affect on the human body. Looking older as the years pass is the effect of physical adjustment to adverse conditions, and shows more complete adaptation of the body to bad habits and bad environment.

Drugs, medicines, vaccines, serums and tonics are not the answer. Supply better living conditions and the physiological process of degeneration changes to regeneration, and the physical appearance of aging will reverse.

All things that damage the body age the body. If food damages the body it ages the body. Sickness begins to age the body in childhood because sickness results from damage to the body. Drugs, medicines, serums, hot and cold baths used in sickness, age the body because they damage it.

Polluted air, bad water, hard water, chlorinated water, tobacco, liquor, heavy manual labor, excessive exposure to the hot summer sun, all kinds of riotous living—these age the body, and the body improves when such practice or habit ends. Remove the CAUSE and you have found the CURE. A library of medical books is unnecessary to teach that simple law of Cause and Effect.

Under no circumstances can man stop breathing and live. Every living thing must have air or die. To stay the breathing is to stop the living.

Water comes next. Man may go without water for days and live. If the air is very moist, he can live longer without water than in a drier atmosphere.

Men at sea, when shipwrecked and have no fresh water to drink, are able to supply the body's needs by submerging the body in the sea water. The salt is filtered out as the water is absorbed through the skin.

No one can breathe too much good air nor drink too much good water. But one can easily eat too much of the best food and the result is always bad.

No eating habit is harder on the body nor causes it to age faster than that of salting food. Anyone who claims the body needs common table salt should try drinking sea water when thirsty.

CONSTIPATION THE NATIONAL DISORDER

That the practice of eating is bad is further shown by the fact that few people are free of stomach and bowel troubles, while constipation is so universal that it is termed the national disorder. This should not be if eating were natural for man.

If food were not foreign to the body, it should not derange the so-called food organs, the digestive tract and its accessories.

If food were necessary to sustain the body, then the fasting of patients would be dangerous and could not be the "cure all" that it seems to be.

We know the body adjusts itself to many abuses and becomes accustomed to many new conditions. So it can adjust itself to feeding. But little does man know *that all such adjustments can occur only at the expense of a depression of the vital functions, which must be injurious if long-continued or often repeated. That is what the body has suffered because of eating.*

While it appears from the evidence that eating is not natural,

the body as a machine is so perfect that it can take such abuse and survive for a century or more, provided the amount of food consumed is not too great.

That fact was shown in the case of Ludovico Cornaro, who was a physical wreck at the age of 40 and told by his physicians that he could not live. He fooled them by turning to Nature and recovering health to such extent that he lived to be 103.

Cornaro found that a simple diet of 12 ozs. of solid food and 16 ozs. of fresh fruit juices daily was comparatively better for him. On his 78th birthday his friends urged him to increase his ration. Reluctantly he agreed to an increase of only two ounces of the same food. In twelve days he was ill with fever and pains in his right side. He returned at once to the 12 oz. ration, but suffered for 35 days. That was his only illness in 63 years on his frugal fare.

One case is sufficient to show what is possible in millions of other cases. Cornaro proved on himself the virtues of frugal feeding, contrary to medical advice that man must be "well nourished."

The consumption of much food to build up the body's "resistance to disease," works the other way.

Looking older, old age, a state of decrepitude that appears with the years, is the result of the body's adjustment to harmful habits and adverse environmental conditions. No hunter ever found a wild animal that showed signs of old age.

Supply better living conditions, discard bad habits, move to an environment of good air, keep the home well aired, practice chastity, and the appearance of "aging" will retard and reverse in time to that where the body was when its equilibrium began to show imbalance or deterioration. That takes time, as the "aging" process must first come to a full stop before improvement can begin.

LESSON No. 11

DOES MAN STARVE

"As long as we confine ourselves to the world of observation, we must continue in a state of bewilderment."—Robert Walter, M.D.

We live in a world of illusion. We are victims and prisoners of our five senses, and they are unreliable. We are not surrounded by what we think we are; nor do we actually see what we think we see.

The press of July 23rd 1951, quotes Dr. Theron Alexander, psychologist, Florida State University, as declaring,

"The familiar saying of 'seeing is believing' is being seriously questioned these days. It is more the reverse; we tend to see what we want to see."

There are two systems of Thought—the backward and inward, and the forward and outward, the inductive and deductive, the empirical and the logical.

Both systems are claimed to be based upon Fact, but not upon the same class of Fact. The one bases all practice upon the facts of observation, and claims that its processes are inductive. This is the backward and inward process, and Francis Bacon was its great representative.

The other system, the forward and outward, is based upon a fundamental truth or principle, and was followed by the Ancient Masters, who taught that the secrets of the Universe are discovered by studying Causes instead of Effects (Rom. 1:20).

All observable facts are the effects of something preceding; the something which preceded is the Cause, which, being discovered, constitutes an eternal verity which changes not, and so becomes the unchanging basis from which logical reasoning may be conducted.

Professor Robley Dunglison, one of the ablest authors and professors, warns us against reliance on observation, and quotes the man who—

“Saw with his own eyes the Moon was round,
Was equally sure the Earth was square,
For he'd travelled twenty miles and found
No sign that it was circular anywhere.”

Dunglison recited many facts to show the fallacies of medical observation and the absurdities of medical practice that have grown out of observation—out of what men *think* they see. Chapman, Bichat, Magendie, Bennett, Holmes, all laughed at or exposed medical reasoning based on observation.

FINDING THE TRUTH

We cannot reach truth by reasoning from facts of observation. For such facts clearly show that the Sun does rise and set.

“True science is in the mind,” wrote Professor Jevons. The postulate from which logical reasoning proceeds must also be in the Mind, inasmuch as Effects are only the Visible symptoms of an invisible cause. This makes the Fact to be not one of Observation but one of Conception.

Empirical scientists reason not so much from what they observe as from what they THINK they observe. Appearances are usually deceptive and seem to be what they are not. So it is not surprising that Empirical Science, even though dignified by the new title Inductive, has always proved unreliable and erroneous.

The world of observation is the Shadow World, not the Real World. It is the World of Effects, not the World of Causes. What we see are the visible Effects of the operation of Invisible Causes.

If the body cells are self-existent and eternal, if they are not produced nor sustained by food as Carrel showed, that raises the

question as to *why man appears to starve to death when deprived of food.*

We could well counter with the question, Why does man die when deprived of Opium? Why does man sometimes drop dead upon the receipt of very bad news?

FOOD STIMULATES

In our "THE NUTRITIONAL MYTH" we stated that the substance man eats does not nourish his body. It merely contacts and stimulates the body machinery into a certain state of vital activity, and passes out of the body through the eliminative channels, as flowing water passes on as it turns the wheel of a mill on the bank of the stream.

The water activates the machinery of the mill that does the work by acting on the water-wheel. But the water never becomes a part of the mill. So the food one eats activates the machinery of the body, but never becomes a part of the body.

It may appear to physical science that man starves to death because he is deprived of food. This is another instance where we must not be deceived by what we think we observe.

It is not yet known how electrons become combined into atoms, nor how molecules become combined into cells and protoplasm to build and sustain the living body. It has become evident that the body is not built and sustained by food. Food is the occasion and condition that activates the vital processes and stimulates their activity.

Unorthodox physiologists assert that such activation and stimulation as food now furnishes, were not necessary before the body altered its functions and adapted itself to the practice of eating, as it still does to the practice of smoking.

Some of the Flying Saucers we have read about since 1947, have landed on the earth from some distant planet. They are disk-shaped ships, made of metal lighter than aluminum but stronger than steel, and they move by electro-magnetic power.

Frank Sully reports in his book that a group of scientists examined a Flying Saucer that landed near Aztec, New Mexico. In it they found sixteen dead men, ranging in height from 26 to 42 inches. Their bodies were normal from every viewpoint. They had a type of radio unknown on this earth, and subsisted on tablets of an unknown kind of concentrated food. In all probability that food would not sustain us because our body is not adapted to it. Thus we might eat and starve to death on the food eaten by these men.

Carrel says that our ignorance of the body and its functions is profound. If we know so little now about the body and its functions, we have no knowledge at all as to the body and its functions

in the past when man first came into physical being, in an Environment so perfect for the body's needs, that it actually drew man out of potential existence in the Spiritual Realm to actual existence in the Physical Realm.

We must assume that in that day the Environment was in perfect harmony and attunement with the body, and vice versa, or else the body had not appeared on earth as a physical entity.

IT IS THE BODY THAT ACTS

If man's body, in less than a generation, will change and adjust itself to a point of craving to the death a poisonous stimulant such as opium is known to be, it should be easy to realize that, through long ages of eating, the body has changed and adjusted itself to the point of craving to the death that stimulant termed food.

As an example, it is absurd to hold that the action following the administration of a drug, is the action of the drug. There is a mechanical contact of course, and there may be some chemical affinity between the elements of the drug and the organism. But the action that follows is the action of the vital system upon the drug in its process of making proper disposition of the drug.

The same principles apply to food and drink, to everything that enters the body. It is the living organism that acts and not the ingested substance, whether it be food or drugs. There is no greater error than to assert that the body derives energy, vitality and strength from food.

PEOPLE WHO CRAVE POISON

A staff nurse in a certain hospital accepting drug addicts tells of her experience in caring for such cases. She said:

"If I had ever been tempted to take drugs, I had discarded the idea quickly after working in a hospital ward for drug addicts for the past two years. There can be no torment of the damned that exceeds the agonizing pains that a drug addict goes through to conquer the habit.

"All our patients entered the hospital ward voluntarily, but as they were not released until completely off the drug, it was a pitiful sight to watch them. The first day they were bolstered up by friends' and relatives' good wishes, and had mustered up every bit of will-power that the drugs had left them. By the second or third day all will-power had vanished as the dosage of the drug was slowly reduced, and they became abject, tortured, screaming idiots as their nerves begged for the drug."

That is an example of the great power of the law of adaptation. The use of poisonous drugs that destroy the body by degrees and never do the body any good, makes man an "abject, tortured, screaming idiot as the nerves beg for the drug."

POWER OF ADAPTABILITY

The power of adaptability is one of the ever-present facts of living existence. Men live in every climate, are subject to all kinds of influences, and indulge in every sort of habit. It has become proverbial that "habit is second nature," and "what is one man's meat is another man's poison."

The evidence is hourly apparent that man may become accustomed to almost anything short of shooting or hanging. No matter how repugnant or destructive a substance may be, we first endure it and then embrace it, provided time is given to secure the efficient operation of the body's Balance-Wheel, whereby is prevented a violent swaying of vital activities from one extreme to the other.

It is the sudden and violent changes that become immediately destructive to the body, even sometimes when it is a change from bad to good. Because a habit does not seem to be immediately destructive is not proof that it is either beneficial or harmless. The secondary effects are the real and lasting effects.

The bearing of the Law of Vital Adjustment on many important questions is evident. Any discussion of the subjects of food and drink, the treatment of those addicted to the use of liquor, tobacco, opium, food, involves this law. It is a lack of knowledge in this respect that has prevented the success of many reforms which had in them the elements of great value had they been carried to a successful issue.

All changes in man's habits should be made with a distinct recognition of the fact, that Vital Accommodation will succeed provided time and opportunity are accorded. The Eater must not expect to become a Breather in a day nor a year. He must return to the perfect state as he departed from it.

The body must have time to change, alter its functions and adapt itself to that perfect state in which the Breatharian was when the Breath of Life supplied all his physiological needs and he was free of all poverty and want, of all discomfort and sickness.

Suddenly to shift the Hottenton to the frigid region of Greenland, or the Greenlander to the hot region of tropical Africa; to force upon one totally unused to polluted air, tobacco, liquor, drugs, opium or arsenic, which seem normal to those who indulge in them; or even quickly to deprive the victims of their indulgences, causes suffering, disaster, and even death.

Move man from the low lands to mountainous regions and he experiences much difficulty in breathing, as his lungs are not adapted to the higher altitude. Keep him there and the adjustment will occur in the expansion of his lungs and the increase of their capacity.

The Breatharian lived in high regions and his lung capacity was much larger than that of the Gluttarian.

Every practice makes a place for itself in the vitality economy; and suddenly to cease any practice leaves a vacuum that is uncomfortable at least.

Every fact of life, as well as the Law of Vital Adjustment, goes to prove that man is a product of Evolution—but not in the sense that one species is evolved from another. Nor in the sense that animals are grown out of vegetables, or man from animals, except on a plan which is occurring under our daily observation. Cosmic Laws never change.

The passage of vegetal and animal material through the human body in the process of ingestion, digestion and elimination is a fact of observation. But these substances never become a part of the body, do not sustain it, and do not change its constitution.

FISH DOES NOT GIVE BRAINS

Eating bacon does not transform man into a hog; nor will eating grass-seed make of him a bird; nor eating fish give him brains—medical art to the contrary.

If food built, nourished and sustained the body, it would change its constitution. That is a cosmic law that has no exception. If a house be built of bricks, it is constituted of bricks and not of wood or stone.

The press of May 3rd 1936, reported that a Hindu Bengali Kayastha woman of 68 had eaten nothing since she was 12. The account stated,

“Swami Yogananda Giri, the disciple of Guru Shama Charan Lahiry of Benares, came here recently from America and, accompanied by Messrs. Sandanada Sanyal, press representative, and Bibhuti Bhusan Ghosh, went to Patrasayar in the afternoon to visit the woman and gather from her the following information: She is active, discusses higher philosophy and religious matters, and an expert in “Paranayam and Yogi.” She takes nothing, not even a drop of water. *She is always gay and looks like a child despite her age.* She does not pass stool nor urine and does her household work like any other woman.

“The Swamiji wanted to take her to America with him, but she was not agreeable to this, as she had no order from her Guru to leave her native village.”—Amrita Bazaar Patrika.

One case is sufficient to show what is possible in a million other cases. Another person lives on nothing but orange juice for six months; another fasts six days a week for thirty years, eating only bread and water each Saturday.

It is not disputed that the Law of Vital Adjustment modifies physical development and function. It is believed the practice of parents becomes constitutional tendencies in their offspring. How far this process of development may extend, no one is able to say.

LESSON No. 12

DANGER OF ABRUPT CHANGES

"The science of living beings in general, and especially the human individual, has not made much progress. . . . We have grasped only certain aspects of ourselves. We do not apprehend man as a whole. We know him as composed of distinct parts; and even these parts are created by our methods" (Carrel in *Man, The Unknown*).

All discussions of man, his native environment, his natural and legitimate habits, must be conducted in the face of the fact that we have no science of Man, as Carrel often asserts in his book; and we have very little reliable information to guide us through the wilderness and confusion created by the many authors who have sought to advance their opinions, record their views, and register their conclusions as to a subject on which nothing much exists but vague theories and speculation.

Carrel says that modern science has grasped only certain aspects of man. What are they? How shall we know whether these aspects believed to have been grasped are aspects of fact or of fancy?

If modern science does not apprehend man as a whole, what parts does it apprehend and what parts does it omit? How shall we know whether the parts apprehended are correctly or incorrectly adjudged?

If we know man as being composed of distinct parts, and have created these parts by our methods, how shall we know whether the parts so created are true to the nature of man, or whether they are the products of the fanciful mind of the Evolutionist?

If modern science knows so little about modern man and admits it, there is no reason to believe it knows anything about that man who lived so far back in the remote past that there seems to be little reliable evidence extant to guide us in describing him or any part of him, or his environment or any of his habits.

MEN OF GREAT STATURE

We mentioned the giants described by Bharati that lived in the Golden Age, the Silver Age and the Copper Age. Modern Science will meet the report with a smile and pity the ignorance of him who made it.

The Bible should be good authority in this respect, as in it there are frequent references to "giants" being "on the earth in those days, and also after that" (Gen. 6:4).

All the people we saw in it (Canaan) are men of great stature. There we saw the giants, the sons of Anak, which come of the giants; and we were as grasshoppers compared to them (Num. 13:32, 33).

The Emims dwelt there in times past, a people great and many, and tall, as the Anakims; which also were accounted giants as the Anakims (Deut. 2:10, 11).

The amorites dwelt in the hill country of Canaan. His height was like that of the cedars, and he was strong as the oaks (Amos 2:9).

In Deut. 3:11 it is said that only Og king of Bashan, remained of the remnant of giants. His bedstead was of iron, nine cubits long and four cubits wide, or about 13.5 feet long and six feet wide.

The Valley of Hinnom was known as the valley of the giants (Jos. 15:8).

Goliath of Gath was six cubits and a span in height (1 S. 17:4). That would make him approximately ten feet tall,—the height of man in the Copper Age.

The staff of Goliath's spear was like a weaver's beam; and his spear's head weighed 600 shekels of iron (1 S:17:1).

R. M. Johnson, D. C., said in the Chiropractic Record of July 1916, that in 1830 a living man 18 feet tall was exhibited at Rouen. He added, "A few years later, near the same city, was found a human skeleton 19 feet long. Three human skeletons unearthed near Palermo measured 21, 30 and 34 feet in length."

In the press of July 27th 1930, Ripley reported in his "Believe it or Not," the case of Angoulaffre, the Saracen giant of the 8th century A.D., who was 12 feet tall.

The American Weekly of October 5th 1947, mentioned the case of Jan Van Albert, age 44, who was 9' 3½" tall.

The press of February 14th 1936, reported that the skeleton of a gigantic man, with head missing, was unearthed at El Boquin, on the Mico River, in the Chontales district of Nicaragua. The ribs were a yard long and four inches wide. The shin bone was too heavy for one man to carry.

In the press of March 26th 1933, Ripley reported the case of Fedor Machnow, Russian giant of Charkow, who was 9' 3" tall.

In 1934 a Los Angeles dispatch reported that Dr. F. B. Russell had found in Death Valley, California, mummified remains of a race of men eight to nine feet tall.

Robert Wadlow, of Alton, Illinois, who died in 1941, was 8' 9½" tall, and weighed 490 pounds. The press of December 28th 1941, reported the case of Cliff Thompson of Milwaukee, Wisconsin, who was 8' 6" tall.

Historians of ancient Rome say that the giant Posia and giantess Secundilla were 10' 3" tall.

Pliny wrote of the Arabian giant, Gabbaras, who was 9' 3" tall.

STATURE ORIGINALLY GIGANTIC

Gobind Rehari Lal in the American Weekly of September 17th 1944, stated:

“Science has at last proved what it long suspected—that those fairy tale giants really did exist. The time was more than half a million years ago, and they were not occasional freaks, like the circus giant, or Goliath of the Bible,

“Gigantopithecus, whose early existence was recently reported by Dr. Franz Weidenreich of the New York Museum of Natural History, averaged seven to nine feet tall, weighed 500 to 600 pounds, and had teeth six times the size of modern man’s and twice that of a gorilla. It is possible that an oversized Gigantopithecus may have stood 12 feet tall and weighed at least half a ton.

“The most startling implication is that when the evidence is all in, he may not be the all-time human heavyweight, but merely a middleweight.

“Gigantopithecus flourished between 500,000 and 800,000 years ago in Java, and man has been shrinking in size ever since. The farther back we go, the bigger we find our ancestors.”

The first clue to Gigantopithecus appeared in the shop of an herb doctor in Hong Kong who had three “giant’s teeth” for sale.

Dr. Weidenreich saw the teeth and was convinced they were human teeth. But this seemed preposterous, as they were twice the size of the biggest ape teeth.

In 1941 a jaw-bone was found in Java, unquestionably human, but of such gigantic size that it could have held those “giant” teeth.

Between 400,000 and 500,000 years ago there was *Meganthropus* of Java, still a giant, but weighing only 400 pounds.

Some 200,000 years ago there was Java’s Nandoe Man, with another marked reduction in size.

Then came the Wadjah Man of Java, comparable with the Neanderthal Man of Europe.

Continuity, periodicity and evolution or development are fundamentals of Manifestation, as we find it. Races of men have inhabited the globe for many millions of years according to the testimony of Ancient Wisdom; and the stature of all things was originally gigantic compared with the period of recorded history.

In prehistoric days giant animals roamed the earth. Some species of the Dinosaur were 60 to 80 feet long and their weight exceeded 35 tons. These species are said to have been herbivorous only, but had such defective dentition as to make impossible the mastication of food. *Did they eat?*

The theory has been advanced by some scholars that man was not originally an eating animal. Some scientists show that what he eats now does not nourish his body.

It is said the cells of man’s body are self-existent and self-sustaining, the same as other objects are that are composed of atoms, as the body cells are; and that man should have no more need for food than a stone or a star.

The body is built of cells, the cells are composed of molecules, the molecule is composed of atoms, and the atom is composed of electrons.

Within the molecule in the three states of solid, liquid and gas, everything remains the same, i.e. the proportion of substance to emptiness does not change.

Electrons remain equally far from one another inside the atom, and revolve in their orbits in the same way in all states of cohesion of the molecule. Changes in density of matter, i.e. transition from solid to liquid and gaseous states, do not affect the electrons.

MAN'S BODY RESEMBLES THE PLANETARY BODIES

The area inside the molecule in the living cell is exactly analogous to the vast space in which move the celestial bodies, which space scientists assume to be void and empty. Radio proves that theory is erroneous.

Electrons move in their orbits in the atom in the cells of the human body just as planets move in their orbits in the solar systems of the Universe. The power of movement in all these instances comes not from food. There is one universal law that governs all bodies.

The electrons in the atoms in the cells of man's body are the same celestial bodies as the planets of the sky. Even their velocity is the same. This now established fact shows how completely man's body resembles the planetary bodies.

The Ancient Masters were right when they said, "As above, so below." Man is microcosm and the Universe is macrocosm.

If the planetary bodies depend not on food for their origin and maintenance, neither should the human body. One universal law governs all bodies.

Why does it seem that man dies of starvation when deprived of food? Because his body is adapted to that kind of stimulation.

Somatic death results from the shock of the body's being deprived of a certain kind of stimulation. It is the loss of that stimulation which activates the vital machinery of the body, and to which stimulation the vital machinery is geared, and adapted, and accustomed by reason of ages of practice.

As man adopted new habits through the ages, it was necessary for the body machinery to adapt itself to the new practices or perish. The adjustment occurred slowly, gradually, the body yielding to the new habits through the Law of Vital Accommodation only when the primary reaction was disregarded and the practice continued.

Each phase of the adaptive process can occur only at the expense of a depression of all the vital functions, which must be injurious if long-continued or often repeated.

Man never turns back. He was proud of what he terms "progress" as he stupidly advanced from perfection to imperfection and greater imperfection. He believes that each new practice is an improvement, provided the effect of it does not kill him instantly. So he continues on his descending course, while his health steadily declines and his life-span constantly decreases. The basic causes are never suspected.

MISLEADING REPORTS

Deceptive propaganda is often put out to show man's life span is increasing. People believe these reports. They are false and calculated to deceive. It is the "life expectancy" that has increased, and not the life-span. The "life expectancy" has increased because more babies are living than they did fifty years ago.

In the press of July 30th 1929, Professor C. H. Forsyth of Dartmouth College said: "The expectation of life from the age of 45 on, is the lowest of which we have any record. Far lower than it was only forty years ago—and it is still falling, not rising."

Carrel wrote,

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

Man has died suddenly upon receiving bad news because his body could not take the shock. Many a man has died because the body could not take the shock of being deprived of a certain poison, as opium or morphine, which his constant use had forced his body to adapt itself to that stimulant so completely, that its use became a physiological necessity in the vital economy of the organism. The same is true of food.

Doctors know that it is dangerous to stop any practice too abruptly. No doctor will claim the body needs opium. Yet man sometimes does when deprived of it. It is a matter of common knowledge that the drug addict dies by inches from the effect of the poison which his body craves, and that it is dangerous to deprive him of it suddenly.

The more poisonous a substance is, the longer it takes the body to make the adjustment, the greater the adjustment from the perfect point, and the greater the shock when the body is deprived of that substance.

The greater the shock, the more dangerous the shock. The drug addict almost goes crazy when deprived of his poison. The nerves of the smoker practically go out of control when the last cigaret is gone.

BODY CRAVES FOOD AS IT DOES POISON

That is a typical example of the operation of the law of Vital Adjustment. Due to the established fact that the body will adapt itself to the point of craving to the death a destructive poison, it is not difficult to understand that, by countless ages of practice, the body has become so firmly and completely habituated to the stimulating effect of food, that it will gradually sink down in death when deprived of that kind of stimulation. We must remember that it is stimulation and not nutrition in this case.

If sudden death results from the physiological shock of depriving the body of a certain poison, it should not be mysterious that death by steps and stages occurs from the shock of depriving the body of another form of stimulation called food.

It is well to consider that both eating and drinking are voluntary and controlled practices. Not only are these under man's conscious control, but he can go without food for weeks and without water for days—but to stop the breathing is to stop the living. This evidence proves beyond question the paramount importance of air to the body.

Furthermore, the function of respiration is an automatic, involuntary process, and so far beyond man's conscious control, that he breathes when unconscious in sleep, or from injury, even better and deeper, more regularly and rhythmically, than when conscious and awake. Furthermore, polluted air disturbs the sleeper more than it does the worker. Quite often the cause of insomnia is bad air.

It is impossible for one to commit suicide by holding the breath. As soon as consciousness is lost, breathing automatically begins again.

It is neither reasonable nor practical that man's body is so constituted that its existence on earth depends on the exercise of voluntary and controlled processes, such as eating and drinking are.

The breathing function is not only automatic and involuntary, but the primary function of the living organism. All other functions are secondary and designed to keep the body fit to perform Respiration.

The lungs are definitely constructed and constituted for their work. They are by far the largest organs in the body, filling the thorax from the clavicle to the floating ribs and from the sternum to the spine.

In comparison, the stomach is an insignificant organ, being only an enlargement of the alimentary canal that extends from mouth to anus.

MAN EATS TO DIE

In the 19th century a group of eminent doctors, composed of

Hufeland, Rowbotham, Raymond, Rayer, Gumbler, Monin, Freille, Bailey, Winckler, Easton, Evans and others, working independently, made a special study of the causes of Old Age and death from so-called natural causes. Without exception they all arrived at the same conclusion by finding that the cause is—*"We eat to live, and we eat to die"* (Densmore, P. 284).

If we eat to live, how can we eat to die? If we eat to die, how can we eat to live?

These doctors found that we grow decrepit and go to the grave because of what we eat, and that appears as definite and irrefutable evidence to prove that eating is not natural.

All authorities who have investigated the matter, agree that as man descended from the Breatharian State, he first ate fruit. Then came the time when he began to fish and hunt, and he added flesh and fish to his diet. He next became a "husbandman" (Gen. 9:20) and began to till the soil, and increased his diet with the addition of vegetables and cereals.

These authorities place fruits and nuts first in their fitness as food; animal products are placed second, vegetables third, and last and worst, pulses and cereals. The latter, due to their excess of earthy minerals, are most suited of all foods to induce ossification of the tissues and joints, thickening and hardening of the muscles and arteries, and consequent and inevitable premature Old Age—that decrepitude and imbecility almost universal, but wrongly reckoned as a necessary condition of senility.

Each step man took he considered progress—as he still does. It was progress in the wrong direction—as it still is. But he never turns back. As he took the first step of this "progress," his health began to decline and his life-span to decrease—but the cause was a mystery to him.

When the cause was definitely discovered, it was too late to do much about it. Man's body had suffered such serious degeneration and had so completely adapted itself to the new regime, that he refused to resist his craving for it, finding it easier to sicken and sink into an early grave than to fight against the bad habits that had enslaved him as he "progressed."

In this age he is still progressing, still adopting new habits, while holding hard to the old ones, and is steadily sinking both mentally and physically—while "medical science" wages its "bitter battle against disease," as was boastfully declared in the press of February 15th 1925 by Dr. Morris Fishbein, late editor of the Journal of the A. M. A.

LESSON No. 13

CHRONIC AUTO-INTOXICATION

When Dr. Evans in 1879 wrote in his "How to Prolong Life," that

"We eat to live, and we eat to die,"

he made a statement that inspired us to search and see whether we could find an answer to this riddle.

We found that a vegetarian diet causes cretaceous degeneration, atheroma, arteriosclerosis, hardening of the blood-vessels, ossification of the tissues and joints, and premature decrepitude or aging.

Furthermore, alcohol is made of grain; and the production of alcohol is in constant operation in the bodies of those who eat grains and cereal products.

These vegetarians are always in an auto-intoxicated state, to which their bodies have become so completely adjusted, that when the toxic effect begins to fade, an uncomfortable feeling appears in the sensations of hunger, weakness, nervousness, headache, etc.

The doctors warn these people to be regular in their eating habits. That keeps the body in its chronically intoxicated state, the condition to which it has become adapted. So they feel better and regard the doctor as a wise man.

The condition is similar to that of the chronic drunkard sobering up. He is weak, nervous, has headache. These symptoms simply show that the body is calling for more liquor to keep it in the semi-paralyzed, auto-intoxicated condition to which it has become adapted.

The more tobacco or liquor one uses, the more the body craves it. The more food one eats the more the body craves it. The more flesh and cereals one eats, the more the body craves them. The basic cause is the same. In each case the craving shows that the body has adapted itself to these damaging poisons.

The flesh-eating man is in a steady state of mild irritation, or auto-intoxication, rising from the excessive stimulation caused by the decaying flesh food in his stomach, bowels and blood.

Just as in the case of the flesh-eater, the vegetarian has eaten his diet from childhood, and the condition of auto-intoxication is deep-seated and chronic. The victim's body and organs are adjusted to it.

Another reason why man feels hungry is because flesh protein starts to putrefy as soon as eaten, and the sensation of hunger results from the toxic condition that rises. He eats bread, and this starchy product ferments in the intestines, producing alcohol and acids that temporarily dull the putrefactive bacteria that work on the protein remnants of the flesh formerly eaten, thus suppressing the effect of

auto-intoxication, and the fatigue produced by the auto-intoxication temporarily subsides.

BODY TRIES TO MAINTAIN BALANCE

After a meal of bread, meat and potatoes one feels strong. "Food gives you strength," say some people. What actually occurs is only a stimulation of the tissues and intestines that increases peristaltic action, and their contents are moved along, while the carbohydrates suppress the protein putrefaction.

Man eats a sandwich of bread and flesh and feels stronger because the bread counteracts the rotting of the flesh formerly eaten. A few hours later the last flesh eaten starts to rot, and the sensation of new hunger causes him to eat another sandwich, which temporarily counteracts the toxic weakness mistaken for hunger. That is the vicious circle.

Hunger is usually a call for food to counteract the effects of toxins of the food previously eaten and to stimulate the intestines to move along their contents.

Ehret reported cases of religious devotees who had fasted for decades. He held that the purer the body, the less it craves food. When the body is perfectly free of toxins and in normal condition, the need for food practically vanishes.

When there are toxins in the body, acids form in the fluids, creating a need for alkalis in the form of fruits and green vegetables, which supply the body with activity in cell function by stimulation.

Man realizes not how filthy his body is internally until he takes a fast and the body begins to purge itself of accumulated filth.

The body of the average man is filled with accumulations of filth where the body has adjusted itself and compensated for errors and indulgences. When we stop the errors that age and disfigure us, these accumulations start to dissolve and depart via the eliminative channels—the skin, lungs and bladder.

When headache lassitude, vomiting and skin eruptions appear as the purging process continues, the details of which we know nothing, most people get frightened and they are advised to "stop this nonsense of not eating."

As soon as they begin to eat, that stops the purification process, and they feel better as the eliminative processes cease. They think eating is necessary and that fasting is dangerous, as medical art teaches. Did they not feel better as soon as they began to eat?

They feel better because the eliminative process was halted. One feels bad as the body begins cleaning out obscure corners and this foul mess begins to leave the body.

This filth within the body is in the form of fat, lumps, blind boils, tumors, cancers, growths of all sorts, silent within the body.

We blame much on the weather, when it is the filth being eliminated because the sudden changes in temperature have made the body forces active, aroused and awakened them, brought them into action, perhaps by making an opening in the heavy coating of corroding filth around the poles of the cells which obstructed contact with the Life Principle.

Feasting fills the body with filth and disorders, while fasting enables the body to cleanse itself.

Dr. Pearson reported that he removed a tumor from a patient of over twenty years standing with a fast of 30 days. Dr. Eli G. Jones reported the removal of cancers by fasting. Simply remove the Cause and you have the Cure.

VITALITY INCREASES

Some times fasting patients begin to vomit about the 20th or 25th day, and may vomit intermittantly for two or three days. Then they get very weak. But after the vomitting rids the body of filth stored in it for twenty or more years, they are amazed by the increase of strength.

This filth corrodes the poles of the cells and interferes with the reception of Life Force. As the filth is removed and eliminated, better contact is established between the cells and Life Force and the patient's vitality immediately increases. This fact is known only to doctors who have fasted patients, while medical art will claim the statement is false. No orthodox doctor dares to make a test of it.

On account of ages of habitual eating, we cannot trust our apparent instinct and craving for food. We should combat the craving until the habit is conquered, as with all habitual errors, indulgences and abuses.

A man living in good, fresh air can break more of Nature's Laws and reach a ripe old age than one living in foul, stagnant air. Evidence of this appears daily in the press of people who live to be 100 or more, who have broken many health laws—smoking, drinking, gluttonizing, sex abuse.

In such cases we find that the persons have not housed themselves, have not lived on a main highway, nor worked in garages, filling stations, factories, stores, offices.

EAT LITTLE AND LIVE LONG

The theory that food is so essential to sustain the body receives a heavy blow whenever investigated. As little food is eaten the result is better health and longer life.

The 1938 edition of the Encyclopedia Americana reported that Bulgaria was the leading land of Centenarians in the civilized world, and they subsisted on a frugal fare. The account said:

"People (in Bulgaria) said to be 105 to 125 years of age are not uncommon. . . . Over 70 percent of the people are engaged in agriculture. . . . Fruits and vegetables are raised in abundance. . . . Wine is plentiful and cheap" (Volume 5, P. 1).

A commission of Bulgarian doctors visited a large number of these old people in 1927, and found they lived on a simple diet of fruits, vegetables, sour milk and buttermilk. They were lean to the point of underweight according to medical standards. Only one of the group was found to weigh as much as 168 pounds, the majority weighing between 122 and 130 pounds.

Bulgaria had 58 centenarians per 100,000 of population, while the U.S.A., the land of plenty and gluttony, had but 4 per 100,000 population, with the number of centenarians steadily falling.

The press in 1938 reported the case of Kakudo Yamashita, a cemetery caretaker in Tokyo, who lived for 35 years on nothing but uncooked tree leaves, grass and weeds. He was then 80 and reported in good health.

K. L. Coe, writing in *Correct Eating* for March 1931, reported that Dr. Robert McCarrison, of the British Army Medical Service in India, found in a colony in the Himalayan region that the natives were so old it was hard to believe their records were correct, yet he was unable to detect any error in their method of keeping time. Coe said:

"Ages well beyond 250 years were common. Men of well attested age up to 150 years were recently married and raising children. Men said to be well over 200 were working in the fields with younger men, doing as much work, and looking so much like the younger men, that McCarrison was not able to distinguish the old from the young. These people live long and are free of all disorders because they spend their time in the open air and subsist entirely on simple, natural foods, with a small amount of milk and cheese."

An account appeared in a certain magazine in 1950 to the effect that one Oswald Beard, an English veteran of World War I, was wounded in the stomach, and for the last ten years had been able to take nothing but tea "spiked with plenty of cream and sugar."

No dietetic expert will agree that such a diet will support the body.

LESSON No. 14

BODY NEEDS

"Conquer this foul monster, Desire, most difficult to seize, and yet possible of mastery by the Real Self; then bind him fast forevermore, thy slave instead of thy master" (Message of the Master, P. 44).

"To want nothing is divine. To want the least possible brings one nearer to divine perfection. The less physical man becomes through the conquest of his Desire, the less he needs. The less man needs, the nearer he becomes like gods, who use nothing and are immortal" (Socrates).

Dietetic experts are like other experts. They think their theories are right when they are most always wrong. They contend that man must eat this for protein, that for carbohydrates, something else for vitamins and minerals, and so on. They forget the fact that the cow eats only grass and green leaves and lives in good health.

One test case is sufficient to show the experts are wrong: In his "Believe it or Not," in the press of January 16th 1934, Robert Ripley, who said he had evidence to prove the truth of everything he published, reported the case of Jekisiel Laib, of Grodno, Poland, who fasted six days a week for thirty years. Each Saturday he ate bread and water, and his health was good. Laib declared that eating is an acquired habit and not natural, as are chewing and smoking tobacco, and he determined to prove it.

Modern man subsists on a diet of demineralized substances that form dangerous acids in his body and rob it of minerals. How does he keep going on such a diet? How did Laib keep going on a diet of bread and water? Because man has always been and still is a Breatharian. He gets his real nourishment from cosmic rays, from the air—cosmic food.

The food man eats, like the tobacco he smokes, and the liquor he drinks, are only stimulants and indulgences that have little to do with the process of nutrition, but rather interfere with it.

He who eats demineralized food and gets sick, gets well when put on a fast and eats nothing.

Every man who eats is an example of one who lives without getting his nourishment from food. What he eats robs his body of its minerals, due to the acid-forming effects.

MINERALS FROM COSMIC RAYS

We eat some spinach. Does it give the body iron as dietetic experts claim? What actually happens is this: Practically all foods we eat form acid toxins in the cells, as do proteins, fats, carbohydrates. These acid toxins interfere with the cell's function to assimilate minerals from cosmic rays.

Dr. Crile asserted that death occurs at the moment when positive acidity is established in the body. He showed that—

"All inhalation anesthetics cause a progressively increased hydrogenation concentration, with death occurring at the moment when a positive acidity is established."

The acid-alkali balance of the body has a vital significance. When the alkalinity of the blood falls, the animal dies.

This balance between the nucleus and the cytoplasm of the cells (the electric potential) is essential to animation, and supplies the vitality of the living process itself. Its reduction to zero produces death.

The body cell is bi-polar, a miniature battery, whose nucleus is the positive pole and the cytoplasm is the negative.

The cytoplasm of the cell surrounds the nucleus and is the negative (alkaline) element. The nucleus is the positive (acid) element. The cytoplasm is a colloidal solution of alkaline minerals. This makes the cell a bi-polar mechanism.

The essential, characteristics of vitality manifested in the cells, as assimilation, growth and generation, depend not upon food, but upon the presence of an electric potential produced by oxidation. The various functions of the organs are due to a variation of the potentials.

The foods we eat form acids, and the acids reduce the alkalinity of the cytoplasm, thus reducing the cell's electric potential. This means reduced capacity of the cell to respond to cosmic rays, which means mineral deficiency and physical weakness.

We attempt to overcome the condition by eating mineral-rich, alkaline vegetables. They introduce alkalis into the blood that temporarily neutralize the acid toxins, causing the cytoplasm to become more alkaline, and the cell's electric potential increases. It regains its capacity to assimilate minerals from cosmic rays. Then the dietetic expert steps in and gives the spinach the credit, asserting that the minerals of the spinach were transformed into cell minerals.

That is erroneous and just more dietetic nonsense. The minerals of the spinach are largely eliminated through the bladder, in the form of neutral salts, by combination with acid toxins. Practically all the minerals of foods are eliminated in the urine in the form of neutral salts.

SENSATION OF HUNGER

Each kind of food induces its own type of stimulation, producing a hunger sensation. One may test it and see. Eat bananas until no more of that type of stimulation is desirable, and then change to pie or cake and a new hunger sensation appears. That is the reason why one eats with a "coming appetite."

A man, not hungry, is persuaded to eat. As he eats a feeling of hunger develops and he eats a big meal. This course can be continued until the stomach is distended to a discomfortable degree.

Such a state of distress may result that vomiting becomes necessary to relieve the outraged stomach. Then the glutton takes

some dope to settle his stomach, and that adds insult to injury. Maybe a doctor is called, who administers some of his scientific poisons to make the unruly stomach behave and submit without complaint to abuse.

It requires the concoctions of "medical science" to whip the body's organs into line and make them stop rebelling against maltreatment. The organs should know better. Since they do not, "medical science" teaches them a lesson, making them more docile and less unruly.

EATING IS A VICIOUS CIRCLE

We eat acid foods and then must eat alkaline foods to balance them. If we ate no acid foods in the first place, we should have no need of alkaline foods. Once our body is clean and pure, we should have no need to eat.

But eating is necessary until vital adjustment is established so the body cells no longer require that kind of stimulation furnished by food.

Biochemists show that a plant possesses a laboratory that transforms invisible substance of the air into cell material. The cells of the leaf split the water molecule of the air into oxygen and hydrogen, rejecting the oxygen atoms and appropriating the hydrogen atoms for replacement cells.

The experiments of Richards showed that in the plant's laboratory the disintegration of acids through the division of the acid compounds is not a digestive, but a respiratory process, and results from the alternate oxidation and de-oxidation of the plant tissues through the action of cosmic radiation. He held that the same principle applies to man.

Biochemists assert that the function of the intestinal tract is to serve as a laboratory for condensing and combining nascent hydrogen gas with nitrogen gas entering the lungs as air. They regard the lungs, not the stomach, as the chief organs of digestion, with the intestinal tract serving only to carry on its primary function of condensing, combining and eliminating.

Biologists hold that oxygen supports the cells, and that nitrogen acts as a tissue builder and vitalizer. Cosmic nitrogen appears in the muscles and fibrous tissues, and is said to be the first of all the elements to leave the body when it is dead.

Physiologists declare that without hydrogen, creative activity in the body would cease. There would be no salivation, no perspiration, no elimination.

It appears that hydrogen also soothes the nerves, regulates body temperature, moistens the lung surface, carries off toxins, cools the tissues and retards inflammation. Without hydrogen, the nerves and tissues would stiffen, harden, and decay.

Physical science declares that the body is animated, vitalized, nourished and maintained by the material food eaten, digested and assimilated by the cells through a direct chemical process. No orthodox doctor dares question that scientific theory, and no scientist ever lived who could analyze and explain the process in an intelligent and logical manner—because that alleged process is definitely imaginary.

The body is built and composed of cells. The cells are composed of molecules, the molecules of atoms, and the atoms of electrons, which are found to be whirling centers of force in the ether.

We may reverse the process in our mind and see those whirling centers of force transforming into visible substances, forms and entities by a natural process of condensation resulting from a retardation of the vibrations.

It is common knowledge that invisible gases condense to form ice. It should be as easy to understand that, under the same law, these invisible gases condense to form blood, flesh, bones, and the entire body—according to a pre-existent pattern, which is that “building of God, an house not made with hands, eternal in the heavens” (2 Cor. 5:1).

ATOMIC ENERGY

Splitting the atom proves that a mighty force is inherent in cosmic substance which condenses and forms visible bodies. Its modus operandi never alters, and it acts constantly in man, in his cells, operating simultaneously on all planes of being—yet appearing to manifest itself only in material forms.

That Cosmic Force, controlled by Infinite Intelligence, possesses the property of activating and stimulating atoms to assume various relationships under the Law of Polarity, and galvanizes the power latent in dormant cells into a higher state of activity.

We see in radio-activity that matter is transformed into radiations. Lakhovsky said that the stars are radioactive, and their various minerals, in the form of electrons, constantly pass out into space in the form of cosmic rays. When cosmic rays strike another part of the cosmos, they materialize into the identical minerals from which they arose.

The chromosomes of our body cells are constantly exposed to a bombardment of cosmic rays. The chromosomes pick up these rays, which are transformed into (1) vital electric currents, (2) nerve and brain electricity, and (3) electrons of various Minerals. The cells of the body are sustained by these minerals, and the cells manufacture all their constituents from cosmic rays.

The cow subsists on a diet of grass. We examine the grass and find no fat in it. Whence comes the rich butter fat in the cow's milk? It is manufactured in her body from cosmic rays.

Most people live on a demineralized diet that drains many elements from their bodies. Yet these people seem to be healthy and energetic. Whence come their minerals? From cosmic rays. If they depended on food for their minerals, they would soon be physical wrecks because of their demineralized diet. In spite of their mineral losses, they are constantly receiving minerals from cosmic rays, and not from the demineralized food they eat.

If man's body were not sustained by cosmic rays, he would shrivel up and disappear in short order. He is still a Breatharian.

LESSON No. 15

EATING POISONS

"The ways of the kitchen and dining-room are the ways of disease and death, ways whose ends are prisons, asylums, scaffolds, to a far larger extent than is dreamed of by the mothers and fathers of the land."
—The Fasting Cure by Edward H. Dewey, M.D.

When man eats, he not only makes of his body a distillery that produces alcohol, but a refinery that consumes various poisons.

Civilized man constantly eats poisons and knows it not. His foods, such as potatoes, tomatoes, lettuce, spinach, onions, carrots, beets, etc., are bad enough, but to the poisons these contain are added the deadly insecticides used to protect these crops from the bugs.

The vegetarian thinks his diet is superior to that of the carnivorian, and knows nothing about the actual poisons his vegetables contain.

1. The common potato, called white or Irish potato, is of the nightshade family. Its botanical name is *solanum tuberosum* and its native country is the Andean region of South America.

This tuber contains two narcotic alkaloids, one of which is solanin, and in some cases it causes "potato poisoning" that requires hospital care. Few animals will eat potato vines because of their poisonous properties. Fowls will not eat potato bugs because they are so poisonous. Potatoes are also used to make alcohol.

2. The tomato belongs to the nightshade family. It is a native of South America and was taken to Europe in the 16th century. Tomato vines are as poisonous as potato vines, and few animals will eat them.

3. The onion contains a soporific substance and an irritating oil, which makes the eyes water and the genital mucous membrane do the same. Some authors assert that it acts as a powerful aphrodisiac, besides irritating the kidneys and bladder. Garlic does the same, only to a greater degree.

4. Lettuce got its name from its milky juice, *lactis*, milk. Let-

tuce *Sacriola* is believed to be the wild variety from which the cultivated kinds were derived. It contains a soporific, harmful narcotic alkaloid termed *lactucarium*, and is sometimes used as a substitute for opium.

5. Asparagus, celery, cabbage, onions and turnips contain salt-petre. Cabbage and turnips also contain arsenic. Beets, egg plant, spinach, swiss chard, rhubarb, all contain certain poisons, and the poisons are the properties that force the body to adjust itself to the point where it craves these stimulating substances.

Potatoes, lettuce and practically all so-called vegetables dull the brain and produce enervation. One may speak of solanin psychosis or potato psychosis or lettuce psychosis as a mental disorder caused by eating these substances as one speaks of alcoholic and opium psychosis.

DANGEROUS NARCOTIC FROM JUICE OF POPPY

The poisonous properties of opium are well known. A full dose is intoxicating and exhilarating, but its effects are damaging and fatal. It is one of the most energetic narcotics, and is made of vegetable juice—the juice of the white poppy.

The tobacco plant is a vegetable, an herb. It has become one of the great mediums of commerce and is now widely used all over the world. Tobacco, in medicine, is a powerful stimulant, emetic, and purgative. These various effects appear as the reaction of the body's protective force to poison. As the body is thus poisoned it suffers permanent damage, resulting in a decrease of the health and life-span.

In spite of the poisonous properties of the vegetables mentioned, they are freely used by millions of people, who also use as food other vegetables containing poisonous properties, not so pronounced as those of tobacco and poppy plants, but so damaging that it has been necessary for the body to adjust itself to their use and effect. Such adjustment can occur only as a result of a decrease in the body's vitality.

The breatharian contends that eating is an acquired habit, as are the chewing and smoking of tobacco, and that it has been necessary for the body to adjust itself to all substances man eats, just as the body, under our observation, must adjust itself to the use of tobacco, opium, morphine, medicines, drugs and all other poisonous substances.

The vegetarian's body is stimulated and saturated with poisons of the substances he eats; and the vegetables one craves most are those that poison one most. The vegetable poisons are usually mild in character and slow in action, but their damaging effects are cumulative, increasing with the years, and are responsible for many disorders, the basic causes of which are never suspected.

The vegetarian goes through life in that weakened condition, with his vitality much below par, but he knows it not because he never knew anything else. He has no reason to believe his vitality and health are not what they should be. He cannot miss what he never had. He is dying by inches all the days of his life, while believing that he is following a high standard of living.

MICE UNABLE TO LIVE ON HUMAN DIET

In the press of March 8th 1938, headlines appeared reading, "Man's diet fatal to mice in test by pathologist." The account said:

"Washington, D. C., March 8th (AP)—Wanted, a strain of mice that can stand up under a human diet of cocktails, highly seasoned foods, hot foods and drinks.

"Dr. Maud Slye, Chicago pathologist, said today that she has been looking for years for such a strain. She added: "The diet of man containing these three properties kills any mouse that I have ever tried on it."

This is the conventional diet of the man of today, and people are constantly urged to eat freely of it to build up their "resistance to disease."

The body-adjustment-powers of a mouse are less efficient than those of man; so man is able to eat, and not drop dead on the spot, what the mouse cannot take. On that diet man dies by inches, and the basic cause of his demise is never suspected.

In the July 1951 issue of "American Magazine," appeared an article by U. S. Congressman James J. Delaney, "Chairman of the nonpartisan House Select Committee to investigate the Use of Chemicals in Food Products," in which he relates some findings of the committee that are startling in showing how food products are chemicalized with various poisons. We quote:

"Not long ago a frozen-food packer was told that his new shipment of peaches would stay bright and fresh-looking if he added a touch of thiourea. He tried it. The chemical worked a miracle of freshness and coloring. The shipment went out.

"Another frozen-peach firm did the same thing. Before shipping out its product, it invited the local Food and Drug Administration inspectors to test the food. Samples were fed to experimental rats. Within a few hours they all died.

"Several years ago a salt substitute was put on the market for use by people on a low-salt diet. It contained lithium chloride, a chemical whose effect had been only superficially tested. Three persons died before the 'salt' could be withdrawn from the market.

"These instances point out a blunt fact: Our food supply is being doctored by hundreds of new chemicals whose safety has not yet been established."—P. 19.

There is no use covering more space with quotations from the article. It may all be summed up by saying that people are being poisoned daily not only by what they eat, but by the poisonous chemicals added to foods to improve their appearance, their flavor and their keeping qualities.

Under the Law of Adaptation, the body is able to adjust its physiological processes to a surprising degree in favor of any substance, no matter how poisonous; and it appears paradoxical that the more poisonous the substance, the more the body craves it and the greater the shock when the body is deprived of it.

By degrees the body will adjust itself to tolerate increasing doses of a poison until the amount taken at one time may be so large that it had killed the man quickly had he taken that amount at first.

In the matter of food the same rule applies. It seems that the substances are most harmful which the body craves most, due to the greater adjustment the body must make in favor of these poisons. The more deadly the poison, the greater the degree of the body's adaptation; and the greater the adaptation, the greater the shock when that particular poison is withheld.

The substances that are the hardest for man to give up are those that cause the body to make the greatest adjustment to endure them. These as a rule are the substances that contain the most or deadliest poisons.

As we ascend from vegetables to fruits, we find that the fruitarian takes into his body less poison than does the vegetarian, assuming in both cases that the substances have not been sprayed with insecticides.

Man does not entirely free his body from the ingestion of poisons until he becomes a liquidarian and drinks only pure snow or rain water in regions where the air is not polluted by civilization. If the air is polluted, the snow and rain falling through that air is polluted to a certain extent.

Poisons still enter the body of the Breatharian when they are in the air. The only air free of poisons and fit to inhale is that found miles from the centers of civilization.

EVOLUTION AND DEVOLUTION

Some ask *why man has teeth and alimentary canal* if he was originally constituted to subsist on air and cosmic rays only.

The body contains many dormant, rudimentary organs which once were developed and useful, as God makes nothing in vain. The teeth complete the mouth and aid man in talking. Certain developed

organs in the body of the Eater will shrink and become dormant when man again becomes a Breather.

There is a prevision and a provision within the living organism, by which it may anticipate future conditions, and may rise superior even to heredity as well as environment, until it meets and masters the conditions of a progressive or an established achievement.

The prevision is the power to realize the ultimate effect of the unnatural use of any substance or thing, and guard against this effect by vigorous reaction, yielding to the inimical influence through the Law of Vital Adjustment only when the primary reaction is disregarded. We must never forget that such adaptation can occur only at the expense of a depression of all the vital functions, which must be injurious if long-continued or often repeated.

On account of its theory of Evolution, physical science must see in man only an object that has existed always in his present shape and form not only, but has actually improved beyond the ape-stage where he once was. Consequently, his habits have made only minor changes in order to keep pace with his improved organism and his higher plane of existence. It is this theory which physical science must protect by opposing everything that tends to explode it.

Contrary to the scientific theory of Evolution, there is not a scrap of evidence to show that any creature has ever improved when left to its own resources. On the other hand the rule is, that all things degenerate unless given proper aid directed by proper intelligence.

The human body was perfectly constituted and designed in the beginning to meet and master all conditions to which it would be subjected in physical existence on earth.

When man was a Breatharian, his body was equipped, in a rudimentary degree, with all the parts that would later be needed, in a functional degree, to prevent him from becoming extinct as a species, regardless of what habits he might adopt or the condition of the environment by which he might be surrounded.

Evidence of this fact appears in the case of modern woman, whose clitoris is nothing more nor less than a rudimentary penis, as Dr. G. R. Clements showed in his work, *Science of Regeneration*. Why has she that rudimentary organ when it is of no use to her?

Man asked himself the same question when he was a Breatharian. He wanted to know why he had the rudimentary parts and organs which were of no use to him until he descended to Glutarianism. When his gradual change of habits made it necessary for his continued existence, that the rudimentary parts and organs develop and become functional to save the race from extinction, they developed to a functional degree, and now we think man was always as he is at present.

Much light on this appears in Darwin's works. He refers to the law of variation and says,

"All organisms exposed to new and changed conditions, vary. Accordingly, there is no case on record of a variable organism ceasing to vary, when subjected to the Law of Variation. The oldest living forms known are still capable of further modification." Variation of Species. P. 5.

Kirby and Spence describe in their work under the Law of Variation how bees will change in constitution in one generation. They write:

"If bees are deprived of their Queen and are supplied with comb containing young worker-brood only, by having a royal cell erected for their habitation, and being fed with royal jelly for not more than two days, when they emerge from the pupa state they will come forth complete queens, with their forms, instincts, and powers of generation entirely different. But had they remained in the cells that they originally inhabited, they would have come forth as workers."—Science of Regeneration, Lesson 48, Chapter 148.

DORMANT ORGANS READY WHEN NEEDED

Man's body contains the vestigial remains of organs that once served a purpose. As he descended to lower stages, the organs that functioned on the higher plane were no longer needed, and withered and grew rudimentary. Modern science considers them left-over appendages of the ape stage. Some doctors say we know not whether they are coming or going. They are doing both—"coming" when needed and "going" when not.

Dormant organs develop and become functional when needed. If the body contains dormant organs that were developed and functional in the Breatharian Age, they will revive and return to their former state when the demand for their use is supplied.

We know little about man now and less of what he was in the beginning. We know nothing about a normal man if the term means original man. Variations from the original pattern are conditions of Devolution and not Evolution.

Physical Science says man is ascending. The facts show the reverse. Nothing left to its own resources ever improves in structure and function. The course is always downward. Otherwise the lowest man, without effort, would become the highest by reason of evolution.

We never rise by drifting with the stream. If we did, there would be no incentive for intelligent and diligent labor. Man follows the line of least resistance. Ascension requires work while descension is to drift with the tide.

LESSON No. 16

VEGETARIANISM IS BAD

"We eat to live, and we eat to die."—Charles W. De Lacy Evans, M.R.C.S.E., late surgeon to St. Saviour's Hospital, London, in his work "How To Prolong Life," P. 28.

A puzzling paradox. If we eat to live, how can we eat to die? If we eat to die, how can we eat to live? That mystery we are now engaged in considering in this work.

The Vegetarian thinks his diet puts him a big step ahead of the flesh eater; but the records show that the average health and the average life-span of the average Vegetarian are not above that of the average Carnivorian.

In his reference to Vegetarians, Dr. Evans wrote:

“Cereals and farinaceous foods form the basis of the diet of the so-called ‘vegetarians,’ who are guided by no direct principle, except that they believe it is wrong to eat animal food. For this reason vegetarians have no better health and live no longer than those around them” (Densmore, P. 303).

We shall be guided by a direct principle in this discussion, and learn the reason why vegetarianism is bad, and why many continue to consume flesh in spite of the long campaign waged against the practice.

It is well to remember that the less vital the body is, the more poison it will endure without discomfortable reactions. When danger threatens and the body is too weak to defend itself, that man is in a serious state. Poison will not affect a dead man, and it affects a half dead man less than it does a more vital man.

An example: As the killing cold dormantizes the peripheral nerves of the body, they become unable to convey danger signals to the brain, and the freezing man no longer notices the cold. In fact, he begins to feel warm, and then he becomes unconscious, feels nothing, and freezes to death.

Most adults know that tobacco and liquor are bad for the body. They are nerve and brain poisons. The use of these lowers the vitality, and the body, due to a reduction of its powers, adjusts itself physiologically to their use.

BODY VITALITY REDUCED

The same principle applies to eating. When the Breatharian ate his first food, it affected his nerves adversely, just as the first smoke adversely affects the youth. But the youth persists until the poisonous tobacco dulls his nerves and lowers his vitality; and thus his body adjusts itself to the use of tobacco not only, but in time comes to crave the poisonous weed.

So the Breatharian continues to eat in spite of the ill effect of it, with the result that the body's vitality was reduced because the brain and nerves were dulled. His body, thus weakened, adjusted itself to the unnatural, enervating practice of eating, and he began to crave food.

And it came to pass that as the substances the Breatharian ate weakened his body, *man actually eats to die just as he smokes to die.*

We must not miss the fact that he who eats has never had the amount of vitality that man's body originally possessed as a Breatharian. We refer not to physical strength, but to that physiological vitality which carries man on through the years and keeps him as nimble at ninety as he was at thirty. *For the turning of the earth on its axis has no affect on the body.*

We must understand that the process of vital adjustment necessary for the body to tolerate a substance it is not made to receive internally, *is actually one of vital reduction.*

The enervated body will endure without protest a dangerous enemy which the vital body wars against and strives to subdue and eliminate. The symptoms of that struggle are termed disease by the doctors.

It took time to modify and weaken the body so that it would not only tolerate, but crave the poisonous plants and herbs, termed vegetables, which constitute the diet of the vegetarian.

MOST VEGETABLES ARE NOT NATURAL

Most of the vegetables man eats are not found growing wild in Nature. The fields in which they grow are man-made.

God made no mistake when he covered the earth with trees. The science of forestry shows that deforestation lays the land open and naked to the fury of the wind, the scorching rays of the sun, and to erosion and destructive floods.

Authorities on the subject assert that many waste regions and deserts were once teeming with fertility and foliage; and the existing sterility of these places is the work of man in the destruction of forests.

Man's burdens rise from his foolish efforts to modernize the Primitive and artificialize the Natural. Striking examples of the catastrophe that results from this work are the deserted Dust Bowls of the earth.

Fields are artificial; annual crops are artificial; their cultivation is artificial.

Fields are the work of man in his effort to "improve" on Nature. The cultivation of these fields is as artificial as the fields themselves. The annual crops grown in these fields are as artificial as their cultivation.

All forms of artificialization disturb the equilibrium of Nature, and the results are always disastrous, says Professor John C. Gifford, University of Miami, Florida, who wrote:

"Fields are sun-baked in dry weather, and muddy and eroded in the rainy season, where cultivation is entirely artificial, and where the equi-

brium of Nature has been completely upset by the work of man. All these cultivated things would die and disappear without the pampering hand of man" (Tropical Subsistence Homstead, P. 95).

The Vegetarian has grown vain in his conceit. He has discarded animal products and feels that he has found dietetic perfection in vegetables, grains, cereals, legumes and tubers. Scientific investigation and his own deficient physical and mental condition prove that he is no better off than his flesh-eating friends.

Unbiased investigation shows that the modern Vegetarian is travelling the wrong trail. *The things he eats are not natural products*, nor the natural food of man. They are definitely artificial.

1. Grains and cereals have been developed from insignificant grass seeds. By long ages of seed selection, careful breeding, intensive cultivation and constant fertilization, small grass seeds were developed by this artificial process into the modern grains and cereals.

2. Beans, peas, lentils, cabbage, lettuce, celery, etc., were developed in the same way from the grass family.

3. Tubers, which include potatoes, onions, carrots, turnips, beets, radishes, etc., are nothing more than wild weed roots, developed by the artificial process above described.

Years ago Knight, in his "Vegetable Food of Man," asserted that grains and cereals have been developed from insignificant grass seeds now unknown to botany. Dr. Emmet Densmore, in his "Natural Food of Man," wrote:

"Grains are the product of the temperate zone, not of those regions where there is no winter; and it was therefore a necessity of man's sustenance when he was without agriculture, without tools, and without fire, and had to depend upon foods spontaneously produced by Nature, that he live in a region where foods were produced at all seasons of the year. This narrows or confines the inquiry of natural food to two articles—fruits and nuts" (P. 224).

Vegetarians hate to hear their diet criticized, and most of them refuse to read or believe anything that is not favorable to vegetarianism.

C. C. Hibbs, D.D.S., wrote an excellent article on Dental Decay, in which he said:

"Grains are responsible for nearly all of man's disease, for wheat, barley, oats and rye are no more a part of his food than oranges the food of the cow, or grains the food of dogs and cats.

"Man's food consists of the fruits and nuts of the tree. They are beautifully wrapped and hung on trees where the common herd cannot get to them. Man is given hands with which to remove this food and its wrappings, and eat to his content and perfect health.

"Eliminate grains from man's food and the decay in children's teeth will cease. Tarter and pyorrhoea will disappear. The hospitals will fold up,

and medicine will be a dream. All the doctors on earth and their 'vast' medical experience cannot disprove this statement.

"The medical profession dare not take a group of children and feed them according to Nature's law for a period of six months, and then truly publish the results" (You Can't Eat That).

CEREALS ARE A BAD FOOD

A German physician of note, Dr. Winckler, after enthusiastically adopting a vegetarian diet, was horrified to find in time that his blood vessels showed signs of cretaceous degeneration. With natural solicitude he applied himself to a solution of the phenomenon.

He said he found the explanation in a work by Dr. Monin, of Paris, who, in turn, had been directed to the explanation of atheroma (arteriosclerosis, hardening of the arteries) by Professor Gubler, of Paris.

The substance of the explanation was, that the mineral salts in the vegetables and the salt and seasonings used on the vegetables to make them palatable, are bad not only for their early effect on the body, but also because they induce the desire for, and the practice of taking, other and stronger stimulants.

In our work, "SCIENTIFIC LIVING," we mentioned the case of Captain Diamond who, as a vegetarian for 30 years, proved on himself that vegetables are not the panacea they are believed by many to be. His diet as a vegetarian consisted of grains, cereal products, tubers and green vegetables. At 79 he was a chronic invalid, suffering from a serious state of hardened tissues and blood-vessels, with stiffness of the joints.

The muscles of his legs and back were so stiff that he could not sit down nor rise from a chair without great discomfort, and he often needed the aid of an assistant. The tissues of his hands and arms were so stiff that it was hard for him to hold his knife and fork to feed himself.

Orthodox doctors were unable to help him and pronounced him incurable. They told him that he could not live long. He turned to Nature, became a fruitarian, and recovered health sufficiently to outlive all the doctors who gave him up, dying at the age of 120.

Diamond's and other cases of vegetarians supply data showing that vegetarianism is not what it is supposed to be. Grains and tubers contain large quantities of mineral salts that harden and stiffen the tissues, blood-vessels and joints, "and as a class," writes Densmore, "are the worst adapted as food for man."

Dr. Rowbotham adduced proof in his work published in 1841, showing that "cereal foods tend to ossification (hardening) of tissues and joints, and produce decrepitude and early death" (Natural Food of Man, P. 390).

FRUITS EASIER PRODUCED WITH LESS LABOR

Dr. G. Monin, of Paris, wrote:

"A vegetable diet ruins the blood-vessels and makes one prematurely old, if it be true that man is as old as his arteries" (P. 312).

All authorities, both sacred and profane, agree that man was a frugivorian before he became a vegetarian. They also show that not only are fruits easier produced with less labor, but that any given portion of land is capable of producing more human food, with less labor, in the form of fruit, than under any other mode of culture.

Down through the ages the body has been forced to adjust itself to everything man eats. Every herb of the field contains substances that are poisonous to him who has never eaten them. Not poisonous enough generally to kill him instantly, but often poisonous enough to make him sick even now, after having eaten them for thousands of years.

Certain foods still give some people diarrhea, yet they have eaten them all their days. To do that they must be poisonous to the body.

Green corn, roasting ears, often give people loose bowels. Strawberries, tropical mangoes, and other substances often cause a rash on the skin.

The fluid from the stem-end of a mango will poison some people as poison ivy will. If the wind blows through the damp foliage of a mango tree into the face of some folks for a sufficient length of time, their face will swell until their eyes are almost closed. A child of three years recently suffered from skin rash on much of its body from handling mangos and not eating them. The mango is considered one of the finest of tropical fruits.

When foods cause skin rash, some doctors order the eating of them stopped, while others say the rash is the result of a purging process that the body needs. The rash is similar to that of ivy poisoning, so why not be consistent and hold that the rash of ivy poisoning is the result of a purging process?

Vegetarians who read this will wonder what to eat. Melons contain no poisonous element and much distilled fluid that is good for the body. Tomatoes are not so good, but are better than many other vegetables because of their large liquid content.

Man should return to berries and fruits and become a frugivorian, and then to fruit juices as he progresses toward Breatharianism by constantly reducing food consumption and dissipating the hunger sensation.

The press recently reported the case of a man who has been unconscious for four years as the result of a car accident. During

this time the nurse gave him a liquid diet. For that time he was a Liquidarian.

Could man perform what is termed manual labor on such diet? What we call manual labor is unnatural. Wild animals do not engage in it. God did not intend man should chop wood all day, shovel coal or dig potatoes or post holes, and come in at night so tired he can hardly drag one foot after the other. Such labor is not natural and is degenerating.

Spencer said that Perfect Correspondence must prevail. One thing calls for another to balance it. We must apply the Law of Correspondence to everything.

In that word "Adaptability," lies the secret of degeneration and regeneration, advancement and retrogression. The Law of Vital Adjustment makes man correspond always with his work, his habits, and his environment.

Adaptability is the quality that makes this possible. Man's existence depends on the flexibility, pliability and adaptability of his body in order that it may be able to accommodate itself to new and varying conditions.

The state of correspondence brings into operation the process of Vital Adjustment, and the purpose is to make man's body harmonize with his habits, his work, and his environment. These things become simple when the basic principle is understood.

ALIMENTATION AND DECREPITUDE

Parallax in his "Patriarchial Longevity," Easton and Bailey in their "Records of Longevity," Hufeland in his "Art of Prolonging Life," and Evans in his "How to Prolong Life," all substantially agree that the CAUSE of decrepitude, called Old Age, is not the work of Time, but the result of ossification and the deposition of calcareous earthy matter in the body—and it comes from what man eats, drinks and breathes.

What are the causes of the difference between youth and old age? Why do the functions of the body weaken and the organs deteriorate? Why does man become decrepit and die?

In Old Age there is a fibrinous, gelatinous and earthy deposit in the body. The solid earthy matter which, by gradual accumulation in the body, brings on ossification, rigidity, decrepitude and death, is composed chiefly of phosphate of lime, carbonate of lime (common chalk), and sulphate of lime (plaster of Paris), with magnesia and traces of other earthy substances.

A process of solidification begins as soon as the infant begins to eat, and continues without interruption until the body is changed from a comparatively fluid, elastic, and energetic state, to a solid, earthy, rigid, weakened condition, which terminates in death.

Infancy, childhood, youth, manhood and decrepitude are so many different conditions of the body, or stages in the process of solidification or ossification. The only difference in the body between youth and Old Age, is the greater density and rigidity, and the greater proportion of calcareous earthy matter that enters into its composition.

EARTHY SALTS CAUSE OLD AGE

Common table salt, so freely used in the preparation of almost every kind of food, contains a very large amount of calcareous earthy matter; and produces great damage to the body economy.

The theory is that the gradual accumulation of earthy salts in the system is the *result* of Old Age. Investigation shows that it is just the reverse. It is the *cause* of Old Age.

If the number of years man lives causes the ossification that accompanies Old Age, then, as like causes produce like effects, all of the same age should show the same state of ossification. Investigation shows this is not so. It is common to find people of 50 who are as weak and decrepit as others are at 75 and 80.

Years ago an English doctor wrote:

“Age is an evil that is not at all inevitable. It is not a question of dates and birthdays, but a matter of natural tendencies and dispositions. The age of the body is irrelevant so long as its condition remains young. Youth is not a time of life, but a quality, a trait of character, a mental and physical state.”

In youth, the organs and structures are elastic, pliable, and yielding; the senses are keen, the mind active. In Old Age these qualities are usurped by rigidity, ossification. The senses are lacking in susceptibility, the mind in memory.

In Old Age the arteries have thickened the walls and are smaller in caliber, caused by fibrinous, gelatinous and earthy deposits. Thus the blood supply to the organs grows less and less, hence their deterioration and the failing of their functions.

Hardening and thickening of the blood vessels is not the work of Time, but of the earthy matter deposited by the blood—and the condition increases year by year, unless one changes one's habits.

Analysis shows that the blood holds in solution the earthy salts, the calcareous and osseous substances of the same kind as the solidifying agents, and arterial blood contains more than venous. This shows that each cycle of the blood leaves deposits of these damaging agents. It is the common carrier that clogs the system. But its supply must be replenished. Whence comes the new supply? From air, food and drink, from drugs and medicines. There is no other source.

FRUITS HAVE LITTLE EARTHY MATTER

We are dealing here with vegetables and cereals. Water and air will be noticed in due course. Writers have little to say about water in this respect, and nothing about air. Evans writes:

"If man subsists on food that contains a large proportion of lime, a large proportion will enter into the composition of the chyme, the chyle, and the blood; and as from the blood the deposition of lime takes place, the greater the amount of lime that the blood contains, the greater will be the amount deposited in the system, the greater the degree of ossification, and the sooner will be produced that rigidity, inactivity and decrepitude which make him old and bring him to premature death.

"On the other hand, if the food and drink are selected from the articles that contain the least amount of lime, the least amount will enter into the composition of the chyme, the chyle, and the blood, the less amount there will be to deposit, the less degree of ossification, the less the rigidity, inactivity, and decrepitude, and the longer the life of man."

Dr. Evans says,

"The cereals constitute the basis of modern man's food. They contain large quantities of mineral matter and, as a class, are the worst adapted as food for man, in regard to long life. Bread, man's so-called 'staff of life' is, to a great extent, the cause of his premature death" (P. 290).

Evans gives over twenty pages of tables of the analysis of foods, which show that *fruits and nuts* have the least proportion of earthy matter, as compared with their nourishing properties, of any of the foods now used by man. Next in order are animal foods, then come vegetables, and last are the pulses and cereals, which are shown to have the largest amount of earthy matter. Evans then observes,

"From the foregoing analysis we see that fruits, as distinct from vegetables, have the least amount of earthy matter. Most of them contain a large amount of water, but that water in itself is the purest kind—a distilled water of Nature."

After quoting many authors on the subject, Dr. Evans says:

"We have traced to the blood these earthy compounds that are found in the system, and which increase as age advances. By the process of transpiration, they are gradually deposited by the blood. From the blood we trace them to the chyle, from the chyle to the chyme, from the chyme to the contents of the stomach, and thence to the articles of diet. *Thus we eat to live, and we eat to die.*"—How to Prolong Life, P. 28).

Evans filled many pages to show that food hardens and clogs the tissues and blood vessels, causing decrepitude and death. That is excellent evidence to prove that eating is not natural. If we grow

decrepit and die because of something we do, then we should not do that thing.

In the light of late nutritional discoveries, it appears more correct to say—*As we eat to live, we actually eat to die.*

FRESH FRUIT

So long as man must eat, the best food is fresh fruits, berries and melons. These contain fluid of the best and purest kind, distilled by natural processes.

Some of these fruit juices are a wonderful solvent, opening the way into capillaries already clogged and hardened, provided the process has not gone too far.

One author says that with a course of fresh grape juice, people with sunken eyes, wrinkled skin and poor complexion have made surprising improvement in recovering a younger appearance.

LESSON No. 17

CARNIVORISM IS BAD

"In nature a curious yet simple phenomenon is often observed—a rise and fall. If perpetual, it alternates and becomes a fall and rise. Man has degenerated. This degeneration is due solely to his diet. He has fallen; but we hope that he has risen to the highest point in the art of shortening his days, and that in the present generation he will commence gradually to fall back on his original and ordained diet. Since the creation, the days of man's existence have been little by little decreasing—it has been a gradual fall; but both science and religion tell us that he must rise again, that his life on earth must be prolonged."—Dr. Charles W. De Lacy Evans in "How to Prolong Life," 1879.

Evans made that statement seventy-two years ago. Were he alive today he would see that man has not yet commenced to fall back on his original and ordained diet—fruits and nuts. He is also in error when he says that man's degeneration is due solely to diet.

For more than half a century we have read book after book on food and feeding, and have closely followed the explanations and arguments. We found that those who favored Vegetarianism omitted all the bad features, and the same course was pursued by those who favored Carnivorism.

Books favoring Vegetarianism are composed by prejudiced authors who say nothing of the damaging qualities of vegetables and cereals. Those favoring Carnivorism are composed by authors who carefully omit the damaging properties of flesh.

Such authors do much damage by giving their readers half truths. A half truth can be more dangerous than a lie, as it is more mislead-

ing. We will be soundly criticized by all hands for giving the facts as we find them.

One author writes:

"The food of the natives of New Zealand and many South Sea Islands consists of fish, flesh, fowls, eggs, fruits, berries, leaves and sea-weeds, all of which contain a comparatively small amount of earthy matter. They are healthy and energetic beyond the age of 100 years, and are said to be equal to the finest young men in Europe after they have reached 100 years of age" (Densmore, P. 268).

We do not question these statements. But it is important to note that the instances of longevity mentioned occurred in the cases of those who lived in regions remote from the centers of civilization, and are free of the degrading influences and polluted air of such centers. We shall observe in due course some of the unnoticed dangers of polluted air that are striking people down in civilization at an alarming rate.

These South Sea Islanders live a more natural life, breathe better air, and subsist on a diet that damages the body less than the conventional diet of civilization. If these natives, in their favorable environment, ate only fruits and berries, it would no doubt double and perhaps triple their present lifespan.

BUTTER, MILK AND CHEESE LESS HARMFUL

The early Greek historian Herodotus told of a people of Ethiopia who, because of their unusual longevity, were called Macrobian. Their diet consisted entirely of roasted flesh and milk, both of which contain only a small amount of earthy matter. They were remarkable for their "beauty and large proportion of their body, in each of which they surpassed other men," he wrote. They lived to be 120 and some to be much older (Densmore, P. 268).

Fishermen and those living near the sea who subsist chiefly on fish, have good health and live to considerable ages.

Fowls that subsist chiefly on fish and flesh, as the pelican, vulture, hawk, eagle, owl, have much longer life-span than domesticated fowls, as chickens, turkeys and pigeons, fed large quantities of grain.

According to Captain Riley, some tribes of Arabs of the desert, subsisting entirely on the milk of their camels, have no sickness nor disorders, and attain to great age, with remarkable vigor and vitality. He wrote:

"I am fully of the opinion that a great many Arabs on this vast desert live to an age of 200 years and more. Their lives are regular from birth to death; their climate dry and unchangeable; they are not subject to hard labor, yet have sufficient exercise for the purposes of health."

Camel's milk contains little earthy matter and does little damage to the body; the people are not subject to the hard manual labor of the toilers of civilization; the climate of their region is not changeable; their lives are regular, and, more important, the Breath of Life they inhale is not polluted with the poisons of civilization.

John Smith cites the case of Ephraim Pratt, of Shutesbury, who died in 1804 at the age of 116. For forty years he lived very much on milk, and yet he could "mow a good swath" almost up to the day of his death (P. 275).

Smith mentions the case of "Paul the hermit" who lived to be 115. He spent nearly a century in the desert, and lived largely on dates and water. Also the case of a shepherd at Gompus, Hungary, who lived to be 126. He "subsisted entirely on milk, butter and cheese, and was never ill" (P. 277). But in those days the devitalized fluid termed "pasteurized milk" was unknown.

While the articles of diet such as milk, butter and cheese are less harmful than many other things men eat, they are not suitable for the body. Science finds that one cause of hardened blood vessels and tissues is the cholesterin contained in milk, eggs, butter and cheese.

One scientist says,

"Hardening of the arteries, which has been experimentally produced by other agents such as a high protein diet of whole wheat, is undoubtedly due chiefly to the deposit of cholesterin along their interior walls.

"Also, it is an interesting fact that just as the excess of cholesterin in the senile organism causes the characteristic symptoms of arteriosclerosis, so it causes the increased incidence of cancers, tumors and carcinomas at the stage of life.

"Every other animal except man is weaned in infancy, but man continues drinking milk or using it in foods all his life. Very few animals eat eggs, and then only during the three or four weeks egg-laying season, but man eats them all year round all his life.

"Cholesterin is an animal fat found in meats, fish, fowl, eggs, lard, butter, milk, cream and cheese. Hence the first offensive in the attack on all disorders of old age must be a diet that excludes the animal products just mentioned."

The paradox that man eats to live and eats to die explains itself as we proceed. A child can understand that if a man live 200 years on a diet of camel's milk, or dates and water, and only 50 on a diet of flesh, cereals and vegetables, the difference in the life-span depends chiefly on the difference in the diet and the other factors enumerated, such as climate, air, labor.

We should not make the mistake of giving diet all the credit, as most writers do. Under the same circumstances, it is possible for

man to live 200 years along with these Arabs, eating the foods of civilization, provided he keep down to a minimum the amount consumed so the body is able to handle it.

In due course we shall cite cases of men who have lived up to 256 years, and their great ages did not depend entirely on the food they ate.

REASON FOR INCREASED VITALITY

Now for some facts concealed by the authors who favor Carnivorism and believe that a diet of fish, flesh and milk is responsible for the remarkable longevity of those who subsist on these substances.

Animal food possesses a greater proportion of stimulating power to its quantity of nutriment matter than vegetables and cereals. For that reason it accelerates all the functions of the system, rendering vital changes quicker and less complete, and the general result of the vital economy less perfect.

Moore demonstrated at the Harvard Laboratories of Physiology that a diet of flesh produces acceleration of heart action that is surprising in its magnitude and duration.

After a meal of meat, the increase in heart rate regularly amounts to 25 to 50 per cent rise above the fasting level, and persists, in experimental subjects, for 15 to 20 hours, to reach a total of many thousands of extra heart beats.

As the heart beats in harmony with the blood flow, this shows how much faster a stimulating flesh diet makes the blood move and the body organs work, as their work keeps pace with the blood stream.

The findings of Moore were confirmed by Dr. Arthur Hunter, actuary of the New York Life Insurance Company. His investigation showed that flesh eating quickens body function, heart action, and raises blood pressure.

It requires the presence of internal poisons to cause the body functions to quicken in this manner.

The stimulating effect that appears to result from flesh, rises from the rapid decay of the flesh. The flesh decaying in the digestive tract forms some of the most deadly poisons known to chemists. The body intelligence senses the danger and knows the poisons must be eliminated quickly to minimize the damage to the tissues and organs. So the speed of all functions is increased to cast out the *dangerous* enemy as soon as possible.

We now meet another paradox. The quickened functions make the man feel stronger, and he gives credit for it to the flesh he ate. He is right, but how ignorant he is of the price he pays for that temporary increase of vitality.

There is no law of organic life, extending over the whole animal and vegetal kingdom, more general and more certain than this:

The slower the growth of organic bodies, consistently with the healthy and vigorous condition and action of the vital powers, the more perfect and symmetrical is the general development.

In the vital economy of the human body, all the changes concerned in the development and maintenance of the system are the most healthfully slow and complete when the food consists of fruits.

It follows from every known physiological principle in the human constitution, that—all other things being equal—a diet of fruit is most conducive to the completeness of bodily development and perfectness of symmetry and beauty.

FLESH FOODS PUTREFY

The rapid transformation of the tissues in the carnivora is a condition of their existence. It is only as the result of the change of matter in the body that its vital organs are the better protected from the damage resulting from the poisons generated by decaying flesh in the bowels and blood.

Another fact is worthy of observation in connection with our subject. So far as chemical tests are concerned, the chyle of all animals is the same, from whatever kind of food it may be formed. But as to its physiological qualities and its relations to the vital economy, its character varies with the foods consumed.

Physiologists unite in stating that chyle formed from flesh food will putrefy in three or four days at the longest, while chyle formed vegetable food, because of its greater purity, may be kept for many days without becoming putrid.

They find that human blood formed of flesh food will putrefy, when taken from the living blood-vessel, in a much shorter time than that formed of vegetal aliment; and that, other things being equal, there is always a greater febrile and putrescent tendency in the living body of those who subsist largely on flesh, than in those who subsist wholly on vegetables.

If two healthy, robust men of the same age, the one subsisting mostly on flesh and the other exclusively on vegetables and water, be suddenly shot and killed in warm weather, and both bodies be laid out in the usual manner, and left to the action of the elements, the body of the vegetarian will remain two or three times as long as the body of the flesh-eater, without becoming intolerably offensive from the process of putrefaction. This fact was fully confirmed by Majendie.

It may here be noticed that the excretions from the lungs, skin, kidneys and alimentary canal of the Herbivora are far less offensive than those of the Carnivora. We know from this that the breath, perspiration, body odor, etc., of the vegetarian are not so unpleasant as those of him who eats flesh food.

From the foregoing facts it may be concluded that the more rapidly the changes in the chyle of the Carnivora, the more rapid is the state of ossification, hardening, stiffening of the body. All processes of bodily decay are accelerated and the approach of Old Age is hastened.

Hence, a diet of flesh is less favorable to health and longevity than one of fruits and nuts, which form chyle and blood less subject to chemical decomposition, and require less rapid changes.

Hufeland said,

"The more slowly man grows, the later he attains maturity; and the longer all his powers are in expanding, the longer will be the duration of his life. It is natural law that the life of a creature is lengthened in proportion to the time required for growth and development."

MODE OF LIVING BUILDS CRAVINGS, ACHES AND PAINS

Most of the stimulating effect of flesh food rises from its rapid decay in the stomach, bowels and blood. The body strives to protect itself by an increase of its functions in order to eliminate the poisonous products as quickly as possible. As this is continued year after year, the victim is hurried to the grave.

Haig said,

"Seventy-five per cent of the most terrible disorders from which men suffer, rise from poisonings of unnatural food. In a way that there is no misunderstanding, Nature says that man is a frugivorian and not a carnivorian."

Another authority states that flesh as food is more dangerous for man than nicotine, because nicotine is a single poison while flesh contains eight dangerous poisons. He adds:

"According to the universal statistics on mortality made by Westgaards, in England, where flesh is the people's staple article of food, only one in every 100,000 lives to the age of 107. Of 100,000 new-born children, 30,000 die in their first year and 11,000 in their second.

"This extraordinary high rate of infant mortality has only one cause: The complete intoxication of the mother's organism by the poisons in the flesh food, and by her inferior liquids which poison the child while still in embryo."—Cosmotherapy, P. 284.

The flesh-eating man is in a constant state of mild irritation, intoxication, rising from the excessive stimulation caused by the poisons of the decaying flesh food in his stomach, bowels and blood.

This man has been a flesh-eater from childhood, and the condition is deep-seated and chronic. His body and organs are adjusted to it. As his nerves and brain begin to be comparatively free of the intoxicating effects, of course he does not feel right. The brain and

nerves begin to call for their regular stimulant; they are used to it, adapted to it, and crave it. If the flesh and coffee and toast come not at the accustomed time, they protest.

Alcoholic intoxication is that state in which the poison dulls the brain and nerves. Polluted air produces the same deadly effect. So does any poison if it is powerful enough, or enough of it is taken.

The flesh-eater, coffee and coke drinker, the smoker—they are all in a state of chronic autointoxication. When deprived of their indulgences, the effects begin to wear off, and the nerves wake up. Then trouble starts.

If the condition of autointoxication is mild, the symptoms are mild. If advanced, the symptoms are stronger, and give the victim more trouble.

The sensations of hunger, uneasiness, nervousness, weakness, are the symptoms of the protesting nerves as they begin to revive from their chronically poisoned state.

The trouble frightens the victim and he sees his doctor, who administers another poison to dull and weaken the protesting nerves. That stops the symptoms and “cures” the patient.

When the body becomes adjusted to this chronic condition, it cries out for the stimulating poisons which keep it in that state. It craves them; it must have them. The nerves protest when the stimulating poisons are not forthcoming. Then a substitute is given in the shape of drug and serum poisons.

We build the world in which we live. To change our world we must change ourselves. Our mode of living builds our cravings, aches and pains. We should know our bad habits and conquer them. We should know what to eat and drink, how to live in harmony with cosmic law—and live accordingly. There is no substitute.

48 MILLION HAVE TRICHINOSIS

We have heard of trichinosis. *Trichinella Spiralis* is a parasite that imbeds itself in the muscular tissues of animals in the form of encysted worms. They infest dogs, cats, rats, hogs and other animals, live on garbage and decaying animal and vegetal matter. The worms get into the bodies of people who eat pork not cooked sufficiently to kill them.

A recent article in the *Therapeutic Digest* stated that, through a special technique that shows up trichinosis, post-mortems have shown that in Cleveland 35% of the inhabitants had trichinosis when they died; 24% in Washington; 31% in Minneapolis and Rochester; 43% in San Francisco; 49% in Boston; and that 48 million people in the nation have trichinosis.

If you must eat flesh and do not want worms working in your

body, have your flesh well cooked to **kill the** worms. It is better to have the worms dead in your body than alive.

We do not recommend flesh eating. But as one moves back to a diet of fresh fruit, one may use unpasteurized milk, cheese and butter, without salt, until these may be discarded entirely. These substances are products of the vital processes, and do the body less damage than vegetables and cereals. No salt should ever be used on anything.

Henry S. Graves, U. S. Forest Service, wrote:

"To primitive man the forest furnished both food and shelter. Later, when he became a meat-eater, he left the forest for the treeless plains, where he found in abundance the animals upon which he preyed" (Mentor, June, 1918).

One writer says,

"During the Moon Period man was fed upon the milk of Nature. Cosmic food was absorbed by him, and the use of the milk of animals has a tendency to put him in contact with the cosmic forces."

The real Milk of Nature is that contained in fresh fruits, berries and coconuts. Man should change to this diet as soon as practicable, and then move on to Breatharianism by gradually reducing the amount of food and liquid ingested, and getting into the good air of the hills and forests.

TABLE SALT

Common table salt is a compound of sodium and chloride, a mineral in inorganic form that cannot be used **by the** animal body. It enters the body as salt and leaves it as salt.

Salt is a deadly irritant to all the tissues of the body. Put some salt in your eye and feel the distressing effect.

Salt in food irritates the membrane of the stomach, and for protection, mucus is excreted by the cells. The salt passes to the bowels, the membrane of which pours out more mucus for protection, in time a catarrhal condition results.

Any substance that irritates the body cells, causes the mucus membrane to excrete mucus for protection, and creates a catarrhal condition in time, no matter whether it be salt, polluted air, pepper, vinegar, spices or any other irritating substance.

Salt irritates the cells and they call for water to allay the irritation. This creates abnormal thirst and results in a water-logged body.

As the salt irritates the cells year after year, the cells and tissues

harden, the blood vessels harden, the blood pressure rises, with its train of troubles.

Some of the salt is filtered from the blood by the kidneys, and in time the irritation of the salt creates a condition in the kidneys termed Bright's disease.

Haig proved that salt impedes the elimination of uric acid, which thus paves the way for gout, sciatica, rheumatism, lumbago—all symptoms arising from the use of salt and treated as "diseases."

As you get older the flavor of food changes because the use of salt, spices and condiments has dulled the delicate taste buds of the tongue and weakened your sense of taste. Salt eaters say unsalted food tastes "flat." It depends on what one is use to.

No carnivorous animal in its native state uses salt, except as an acquired habit. Animals form bad habits as man does.

OPINIONS ON SALT EATING

The North American Indians used no salt when discovered by the Europeans. Chinese in the interior of their country use no salt. Most of the human race that subsists chiefly on vegetable food uses no salt.

Dr. J. E. Cummins wrote:

"I knew of a case of a little girl who had a craving for salt. She would take a teaspoonful of it at a time when not watched. She was a pinched-faced little thing, and had hardening of the arteries, was wrinkled and appeared old at the age of four years."

Commenting on how salt dehydrates animal flesh, Professor Liebig said:

"Fresh flesh, over which salt is strewn, is found swimming in brine after 24 hours, yet not a drop of water has been added. The water has been yielded by the flesh itself."

Dr. Bouchon observed:

"Salt is one of the worst of social poisons. Because of its use, surgeons are constantly operating for appendicitis, gastric ulcers, and liver and kidney calculus. It atrophies, dries up or hardens the tissues, and causes persons with tendencies to arthritism to become stout, and those of lymphatic temperaments to become thin."—Nouvelle Review.

Dr. Hal Bieler stated:

"Haig showed that in animals, such as dogs, and in fowls, such as chickens, where a good deal of nitrogen is eliminated as uric acid as the result of feeding salt, even in very small quantities, the creatures soon die. Autopsy showed the liver and kidneys studded with uric acid concretions.

"Our forefathers used a salt solution as an embalming fluid. The ancient Egyptians used oils, spices and salt in their mummy wrappings. Today we mummify the living with salad dressings made of mineral oils, spices and salt. You see these mummies walking the streets. The dry skin, shrunken bodies and faded hair bespeak the hardened livers and sclerotic kidneys. It is hardly necessary to embalm such bodies after they are dead, for they are already pickled to the gills.

"The action of salt on hogs, rabbits, etc., is to paralyze the muscles of the hind quarters and the animal sinks to the ground. Later the muscles of the lungs are paralyzed and the victim dies of asphyxia. If this is the result of the consumption of salt by animals, it is reasonable to suppose that salt has a similar affect on Man."—Philosophy of Health.

Dr. A. Birchard said:

"Man is the only animal that deliberately commits suicide by self poisoning. He is the only animal that spoils his food before he eats it. The average individual suffers constantly from chronic poisoning of some kind, due to the food he eats, either in wrong combination or in excessive amounts, or by adding to it injurious substances to stimulate a jaded appetite.

"Instead of fasting until he has no appetite for the simplest of foods, he tries to whip up an appetite by the use of irritating and injurious condiments, or he doses himself with poisons of various sorts.

"He begins the day perhaps with a poison dose, in the form of coffee, to wake him up, or maybe a drink of whisky or bitters to get an appetite. Probably he finds an afternoon cup of tea necessary to relieve after-dinner stupor. At night he needs a narcotic to put him to sleep, and in the morning a cathartic to move his bowels.

"With all his other poisonings, he spoils his food by putting into it toxic substances which, by means of acrid, biting and burning flavors, belong to the poison class and are not fit to eat. These poisonous substances, used for their flavoring properties and having no food value, are known as condiments."—Philosophy of Health.

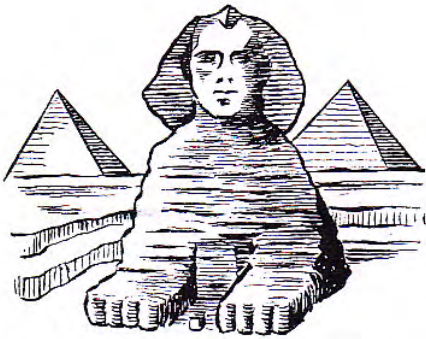
It seems strange that the doctors who know these things, will say that it is more difficult to explain why man dies than it is to show that he should live forever.

One eminent author states:

"Wild boars and other mammals exceed the age of 200 years because they instinctively follow a natural diet. It is only man who eats everything indiscriminately. He arranges his meals by the clock (due to the artificial life he lives), and so his hunger is only a matter of habit and not natural hunger"—Cosmotherapy, P. 280.

“When any object or purpose is clearly held in thought, its precipitation, in tangible and visible form, is merely a question of time. The vision always precedes and itself determines the realization.”

Lillian Whiting.



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