



BOOK
4

Man's
MIRACULOUS
UNUSED
POWERS

By
Kenyon Klamonti



THE WISDOM
OF THE AGES



If man were taught the natural rules of health, and lived accordingly, he could not be sick. The body functions always in the direction of health, otherwise the sick could not recover. The lawful function of the body must be obstructed before sickness appears, and the symptoms of sickness rise from the body's effort to remove the offending obstruction. To suppress those symptoms is dangerous and may result in death.

**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. 24

PHYSICAL PURIFICATION

"The blood moves through the arteries at the average rate of thirty feet a second. When you sit quietly, about five pints of blood pass through the heart each minute. That quantity is increased to thirty-five pints each minute if one runs uphill."—Dr. Arthur Vos in Health Messenger.

"*Breath is Life,*" wrote Pundit Acharya.

The Breath of Life is the Power of Animation (Gen. 2:7). It fills the body with mysterious force that defies modern science. It moves the blood, makes the heart contract and expand, builds the body, and vitalizes and intelligentizes it.

We can trace the course of the blood vessels, analyze the composition of the blood, show the action of the muscles, recognize the function of the cells, but no man can explain what Life is, whence it cometh nor whither it goeth.

We can follow the blood stream to the capillaries, and there we must stop. We can trace the course of the air to the air cells of the lungs, and there we must stop. We can determine the amount of oxygen absorbed by the blood and the amount of carbon dioxide excreted, and there we must stop. That is the limit of human knowledge in this field. Beyond those points modern science has been unable to go.

The manner in which Life Force animates matter, in which cosmic rays and sunlight are condensed into blood and bone, in which breath and blood possess the sustaining power and productive properties—all this work occurring every second of time under our very nose, and yet they are cosmic secrets, and seem to be beyond human ken.

All mankind stands in dumb silence and humble worship before the mysteries of the Cosmos, and modern science is no less confused than the man in the street.

That Power which moves matter, makes substance more than form, gives condensed gas vitality and intelligence, enables matter to see, hear, taste, smell, feel, think and reason — these Seven Mysteries of Life — that Power has not yet been seen, nor heard, nor touched, nor named.

Yet science claims that Food is the Source and Power of the Vitality, Intelligence, and Strength of the body. Science has formulated that theory and now must support it. To repudiate it would leave science empty and void,—a system of speculation without a stone on which to set.

FUNCTION OF BREATHING

Life is not individualized in the Infant until it inhales the first breath. Until that moment, the vitality pulsating in the Infant's

body comes through the mother, but not from the mother.

The moment the new-born babe inhales the first breath, its body becomes capable of that function which constitutes living—growth, replacement of cells, repairment of fractures and all other injuries, and recovery from the various ailments—when not hampered by doctors and their poisonous remedies.

Every living thing must breathe the Air of the Universe or die. Trees breathe through their leaves. Thus the leaves are the lungs of the tree. Insects breathe through tiny openings in their bodies. Frogs breathe partly through the skin. Fishes breathe by absorbing oxygen out of the water as it passes over their gills. Man breathes partly through the skin, but largely through the lungs.

The term Blood Poison may frighten you. But in the process of living man's blood is poisoned by a constant process of body function. It is just as constantly purified. The purification process not only occurs in the lungs, but that is the only means provided by the Cosmic Creative Process to purify the blood.

If the layman knew that, it would mean a big loss to those who live and thrive on human misery. It would stop the annual expenditure of millions of dollars for worthless blood tonics and blood purifiers.

When the blood flows from the heart to the lungs to cast off its cargo of poison, and be purified by the air in the lungs, the blood is then and there further poisoned by the polluted air in the lungs. *Read that again.*

The capillaries are a vast network of blood vessels that connect the arteries to the veins, and so small that they could not be seen with microscopes in use in 1616 when the celebrated Harvey discovered the circulation of the blood. He was unable to describe how the blood passes from the arteries to the veins.

Were the heart a pump as claimed, it would have to force the blood from the feet up to the heart against the pull of gravity. The pressure of this large volume of blood would fall on the tiny capillaries, with walls thinner than a soap-bubble, and the entire capillary system below the heart would be ruptured and bursted in an instant by this back pressure.

The capillaries in the lungs are the last tubes through which the blood flows to get the air gases it must have, or fail in its function. Sixty to 80 times a minute it flows from the heart to the lungs, and it must always find air there waiting for it, or death ensues.

The lung capacity is so large that an average man inhales daily approximately 777,000 cubic inches of air, and in the same time 125 barrels of blood pass through the lungs for purification.

In the lungs there are millions of capillaries. They twine among the tiny air tubes and air cells as a vine twines among the

branches and leaves of a tree. The walls of the little breathing organs of the tiny capillaries are much thinner than the walls of soap bubbles. The thinnest film imaginable separates the Blood and the Air in the lungs.

It is here that the ultimate act of breathing occurs. It is here that the air and blood intermingle. It is here that the Breath of Life passes into the blood. It is here that the poisons, the filth and impurities of the body are brought by the blood and cast off, and a new load of oxygen, Nitrogen, Hydrogen and the Essence of Sunlight is absorbed by the blood and conveyed to all parts of the body to furnish the trillions of cells with the normal stimulation to activate their various functions.

The slightest interference with this vital process is fatal. The lips quickly turn bluish-purple when respiration is obstructed, due to the rapid collection of carbon dioxide gas in the blood. In just a few seconds the blood would turn almost black in color if respiration is obstructed or halted.

SHOWER OF RED MIST

The mass of blood vessels in the lungs are distributed everywhere in the minute spaces between the millions of air vesicles, and envelop their walls with a vascular network.

The blood flows through the lungs in thousands of minute streams, almost in contact with the air contained in the vesicles.

In fact, it is as though the River of Living Water were sprinkled through the breath of Life in an exceedingly fine shower of Red Mist, so that every tiny particle of blood and every atom of the Breath of Life in the lungs are brought together in the closest proximity.

The entire blood supply of the body passes through the lungs for purification many times each hour from birth till death.

As the blood enters the lungs it is of a dark blue or purple color, approaching to black. This is the venous blood and it is loaded with all the filth and poison collected from the cells, tissues, glands and organs of the body.

As this blood enters the lungs, it is a stream of poison in every sense of the word. This is the blood that flows back to the heart through the great veins from all parts of the body, to flow on to the lungs for purification.

A marvelous change occurs in the color of the blood as the purging process occurs in the lungs. At the instant the air gases in the lungs are absorbed by the blood over the whole internal surface of the lungs, the dark, poisonous stream is changed in color, as though by magic, to a brilliant scarlet.

This is Blood Purification, and this is the only way in which the River of Living Water can be purified.

BLOOD POISON

The Vital Stream that turns the Wheels of Life is not only the health-producing and life-sustaining agent of the body, but it is also the destroying power. It could not be otherwise without reversing law and order in the body's vital economy.

From the millions of air cells in the lungs, the gases in the air we inhale pass into the blood, and are collected by the red blood corpuscles. They are about 1/3200 of an inch in diameter, and the blood contains 25 to 30 trillions of them. Their total combined surface would cover an area approximately 200 feet square.

When we inhale polluted air, the red corpuscles recoil from it in the lungs because it is dangerous, and then trouble begins.

The red corpuscles have a double concave surface, and a smooth outline at their edges. The absorption of poisonous gases and fumes into the blood through the lungs, causes rapid changes in these corpuscles. They lose their roundness, becoming oval and irregular; and instead of having natural attraction for one another and running together as they do in good health, they lie loosely scattered before the eye, and indicate to the learned observer as clearly as though they spoke to him, that the one from whose blood they were taken, is physically depressed and deplorably deficient both in mental and muscular tone.

The tiny capillaries in the lungs are just large enough to allow the red corpuscles to flow through them in single file. The only element that separates the corpuscles from the air in the air-cells of the lungs, is a thin membrane about sixteen-one hundred thousandths of an inch thick.

If we apply heat to the skin, the blood vessels in it expand and become red. If we inhale air too warm, the blood vessels in the lungs expand, and the corpuscles cannot pick up oxygen so easily. That is one reason why very warm air is suffocating. Again, if the air is very poisonous, the corpuscles recoil from it, which also produces a suffocating sensation.

The symptoms of suffocation are not always the result of the conditions mentioned. They may appear because thickened or carbon-coated walls of the air-cells prevent free passage of oxygen into the blood.

Cold air is bracing because it does not expand the blood vessels in the lungs and the corpuscles can readily absorb the oxygen. Also, cold air contains more oxygen than warm air. The air contains 25% more oxygen at zero temperature than at 100 degrees above zero.

Symptoms of suffocation appear in chronic and semi-chronic lung ailments, as asthma and tuberculosis. Labored breathing is one of the chief conditions of old age. It is not the cause of old age.

A man of 80 should breathe as easily as when he was 20. Why he does not is what we are going to learn.

BREATH CULTURE

The Broom publication contained in a certain issue the following remarks under "Breath Culture":

"When you deal with Breath you are dealing with Creation—with the power that builds and destroys. You can create both ways: Heaven or Hell.

"I have studied and practiced Breath Culture, consciously and designedly, for over forty-five years.

"Take a locomotive, a steam engine; It pulls and breathes, and with every Exhalation the steam hits the cylinders (piston heads), which make the wheels go round.

"Take the automobile—with every exhalation, the pistons are hit by force, which makes the wheels go round.

"The dynamics of the body are in the lungs. No breath, no motion, no life, no thought.

"The steam engine, with all its puffs and snorting, does not think. It moves, it pulls loads, it travels fast, but it stays within the limits of the law set by the designer and travels on fixed rails.

"Man is a different engine. He thinks; but he can think only as the rails or ruts will let him think. (Note: His mind and education are controlled and he thinks according to a pattern prepared for him.—Klamonti).

"As long as you bear in mind that you cannot think at all, while in this human frame, without grey matter, vibrations and chemical changes in the grey matter, you will not think of thought metaphysically, but intelligently, realistically.

"Spirit comes from Latin 'spirare,' to breathe. Thus spirit is a very material process too, my friend, not merely metaphysical." (Note: There is a vast difference between Spirit and Breathing. Breathing is a mechanical process while Spirit is the substance inhaled.—Klamonti).

It is not an empty allegory to assert that the gaseous elements termed Air, God's spiritual substance flowing into man's lungs, is the steam in the boiler of the human locomotive that makes it move and supplies the power exhibited by the body.

The average adult inhales 480 cubic inches of air per minute while at rest; five times as much if he walks four miles an hour, and seven times as much if he walks six miles an hour. It is not food but air that supplies the body with power.

VITAL FUNCTION

God is the Master Economist and makes nothing in vain. There is a scientific reason why He made man's lungs so large.

Air is so important to living that the size of all the body's organs sinks into utter insignificance when compared to the lungs. While man is careful about what he eats, he pays no attention to the kind of air he breathes unless it is so foul as to be nauseating.

In a normal pair of lungs there are approximately a billion tiny air cells. If they were all spread out in a flat surface, they would cover a space about 40 by 50 feet. This is the breathing surface that directly contacts the air in the lungs. This is man's vital capacity.

All the air in the lungs is not changed at each breath. Normally, we inhale about 30 cubic inches of air, or about 500 cubic centimeters each time we breathe.

This is called the (1) tidal air. It comes and goes without special effort. If we take a deep breath, we will inhale 100 cubic inches more. This extra cubic intake is called the (2) complimentary air.

Vital powers.—Suppose sudden danger arises, as in the case of an angry bull, and we need extra energy to flee.

We are told energy comes from food combustion. But our stomach is empty, and we cannot depend on food for extra energy in the emergency. And if we could not at once inhale more than 30 cubic inches of air, the nerves could not supply the vital power necessary to make our legs move at top speed.

In such cases, extra air capacity is provided by greater lung expansion and faster breathing. At the end of our run we find ourselves breathing hard and fast.

This extra air is termed the (3) reserve or supplemental air, and amounts to approximately 1200 to 1500 cubic centimeters. Besides the tidal, complimentary and supplemental air, there is a certain amount of air that always remains in the lungs. No matter what we do, we cannot force all the air out of the air cells of the lungs. If we could and did, we would drop dead.

THE RESIDUAL AIR

About 100 to 200 cubic inches of air constantly remains in the lungs after the most violent expiratory effort. The amount depends in great measure on the absolute size of the thorax, but may be estimated at about 1,000 to 12,000 cubic centimeters. This is termed the (4) residual air, without which the function of the body cells would fall below the life level, and that would be somatic death.

The Residual Air in the lungs is all that stands between life and death. It is the vigilant guard that protects man from the dangers of—

1. Very cold air that would kill quickly if it could enter the terminal air sacs without first being warmed by the residual air, and—
2. Very dirty air which, if sucked directly into the terminal air sacs, would coat their walls so thickly with filth that sufficient oxygen to preserve life could not pass into the blood, and one would die quickly of suffocation.

If the air of zero weather and colder could be sucked right down into the terminal air sacs of the lungs, the sacs would freeze immediately, and man would drop dead as the penalty for living in such a hostile environment.

The cold air must meet and mix with the warm residual air in the lungs before it can enter the terminal air sacs. That is all that stands between life and death in the case of those who live in cold regions.

The protection against dirty air prevents man from dropping dead in the filthy air of civilization. It cannot prevent him from dying by degrees from the cumulative effect of that filthy air.

When we cough out dirty mucus, that dirt is in the air we inhale. The residual air prevents the dirt from entering the terminal air sacs, and we cough the dirt out as it accumulates in the lungs, provided it is free and does not stick to the walls of the lungs.

GASES AND ACIDS

The Residual Air in the lungs warms the cold air as it enters, and to a certain degree obstructs dust and soot from entering the terminal air sacs. But it cannot stop the poisonous gases and acids in the air of civilization from passing directly into the terminal air sacs, and thru their walls into the blood.

In this category come the deadly gases of modern warfare, which were used in World War I to kill soldiers and others who inhaled it. Those not killed in battle by the gases did not live long, and none ever recovered health he had been seriously "gassed."

The deadly gases swept over Europe, causing an epidemic of lung ailments unprecedented in human history.

The air in those days was so heavily charged with the gases and acids, that they were carried across the Atlantic by the winds, which may have resulted in the influenza and pneumonia epidemic in this country in 1918-1919, when thousands died of lung ailments.

For some years after the war, thousands living in the war zone of Europe suffered from lung ailments and many died. Could the gases and acids rising as vapor from the ground of the battle fields have been the cause?

A report of the registrar-general of England in that 1918-1919 epidemic, gave a total of 112,239 deaths, or a mortality rate of 3,129 per million population—the highest ever recorded.

In the days of the terrible cholera epidemic of 1849, which coincided with the wholesale vaccination of the population, the mortality rate per million was only 3,033 (Journal of the A.M.A. September 11th, 1920, page 755).

An article in the Scientific American for September 20th, 1919, stated that up to March 10th, 1919, 56,991 U. S. soldiers had died of disease as against 48,909 killed in battle. Of those that died of disease, 47,500 were charged to lung ailments. In other words, lung ailments killed as many soldiers under the best medical care this country could furnish, as weapons of the enemy killed in battle.

Thomas Frances, Jr., M. D., in writing of the 1918-1919 influenza epidemic, said,

"In a period a few months, 20 million people perished, 548,000 in this country alone" (Journal of the A.M.A. V. 122, P. 4, May 1st, 1943).

That made a death-rate from lung ailments of 5,211 per million population, an all time high that greatly exceeds the mortality rate of the terrible scourges of the dark ages.

The horrible experience in the use of poisonous gas in World War I shocked the world, for so little is known about the agencies of death that float in the air, and caused the nations to agree not to use gas in future wars.

THE SKIN

The rapid manner in which the end product of cell function pollutes the body and the high importance of physical purification is well shown by the function the skin plays in the process.

The skin is a porous covering of the body that is connected with a vast network of nerves, arteries and veins, and it contains billions of tiny openings called pores.

The skin is an organ of elimination of poisonous substance resulting from cell function, and of assimilation of vital elements from the atmosphere, when it functions properly.

An historical event occurred that illustrates the importance of the skin in this work. During the inauguration of festivities of one of the Popes of Rome, a little girl was painted all over with gold paint so she would impersonate a cherub. Within twenty minutes she was dead. The cause: Automatic poisoning of the body by the poisonous products of cell function, consisting chiefly of carbonic acid gas, which could not pass off through the skin because the paint closed the pores.

This case shows how poisonous to the body is the carbon dioxide eliminated through the lungs and skin. It also shows that the lungs are greatly aided by the skin in the elimination of this deadly gas.

EXHALATION

Professor H. H. Sheldon, New York University, erected an apparatus in the Times Square theatrical district that drew in air at roof-level. In one week the apparatus cleaned 341,250,000 cubic feet of air, from which it removed 12 cubic feet of solid matter, composed of dust, soot and tar that weighed 37 pounds.

The constant inhalation of such air results in a coating on the walls of the lungs, and in time one finds it hard to breathe. One puffs and pants from a little exertion, gasps for breath, and may have sensations of choking.

All the protection one has against polluted air is exhalation. The more vigorous the exhalation, the more poisoned air is cast out of the lungs. But this can accomplish nothing if one lives and labors in poisoned air.

Animals know by instinct the value of exhalation. "The horse blows its nostrils, as does the dog, monkey or any other animal," writes Professor Godfrey Rodriguer in his "Key to Life." He said:

"What animal has more strength for its size than a bull? When he blows his nostrils, it reacts like a fountain of force.

"The bull knows that the more he exhales, the stronger he gets. He will not take a chance with his nose alone. He is continually blowing, and the more he blows, the larger his chest grows, the smaller his waist-line, and the more poisonous waste he eliminates from his inner body through his lungs" (P. 9).

In the function of breathing, exhalation casts out the foul fumes and creates a vacuum in the lungs. That process is aided by and increased by coughing and sneezing.

How to help Nature: Cough hard, from the bottom of your lungs, then hold your breath, and the vacuum thus produced in the lungs will exert a pulling power that draws more poison from the blood into the lungs for elimination.

Do this: Exhale to the utmost limit, blowing your breath out as long as possible. Increase the exhalation by hard coughing. Then hold your breath as long as you can. This creates a suction in the lungs that draws still more poison out of the blood.

Ernest T. Seaton, in his story of the Coyote, says that old trappers know it is true, that when a coyote eats poisoned bait, it is wiser than man, for it knows there is but one way it can overcome the poison, and that is by vigorous exhalation. It knows by instinct what you cannot even teach some people.

If the poison does not get in its deadly work before the coyote can take a long run, and if it can run long enough and breathe fast enough, its lungs will eliminate the poison and save the animal's life.

The poison has passed beyond the coyote's power to vomit it up. It cannot be eliminated thru bowels or kidneys, and the coyote has no skin pores to sweat it out. So the lungs are the only channel of elimination. In most cases, the coyote beats the poison by exhaling it, just by eliminating it through the lungs.

When the suffering body strives to cough out the poisonous air of civilization the usual practice is to take something to stop the cough.

The body's functions are such a mystery to many, they do not know that coughing is a natural process of emergency elimination, the purpose of which is to expel anything that should not enter the lungs, whether it be a physical object or invisible gases and acids.

A cough is a sudden expulsion of air from the lungs, and the velocity of the air of the human cough as it leaves the throat has been measured at more than 245 miles an hour. It may well be called a super-hurricane, and results from the tremendous pressure built up when the inhaled air becomes compressed in the lungs before released.

Coughing and sneezing are two emergency but natural processes of violent exhalation, of violent elimination, by which the body performs the important function of expelling poisonous gases and acids from the lungs by convulsive motions that send these gases rushing outward from the lungs with much force.

Stupid is that person who attempts to hinder these beneficial processes. Remove the cause, polluted air, and the effect, coughing and sneezing, will subside.

Man would avoid much misery if he was taught that coughing and sneezing are beneficial, emergency, eliminative processes. Then one would know how to cooperate with these processes of purification and not obstruct them.

On the contrary, he is taught to use poisonous remedies to stop a cough. While he continues to inhale the polluted air which the lungs are trying to drive out by coughing.

As the remedy "cures" the cough, he remains in the polluted air. He inhales it, it passes into the blood and poisons the whole body. If influenza, pneumonia, and death then result, he knows not that it was the work of the poisonous remedies.

While in a certain room, you suddenly sneeze or cough without any apparent reason. As Nature's signal of danger are unknown to you, they go unheeded. Could you read these signals, you would know the cause and immediately seek better air.

If you sneeze several times in succession, or continue to sneeze for some time, you are told it is "hay fever," contracted where there is no hay.

In the Pathometric Journal Dr. J. A. Little wrote:

"I have not contacted any one teaching the importance of exhaling. The doctors have been following the old precepts of breathing that have been taught down through the ages, that is, to get more air into the lungs, force it in if necessary.

"The proper thing to do is to get the old, stale air out of the body by forced exhalations, to make room for fresh air.

"When we get the air out of the lungs, we need to make no effort to get fresh air in. It will rush in to fill the vacuum. We cannot prevent it from doing so, for the air outside of our bodies has a pressure of fifteen pounds to the square inch, and when we make space for it inside the body, the air will rush in to fill it.

"It is my contention, proven through many experiments, that the stale, foul air in the body has much to do in influencing our findings on the Kathoclast. Foul air lowers vitality; fresh air raises it. A clean body vibrates at a much higher potential than does a body that is filthy on the inside."

ATMOSPHERIC PRESSURE

Atmospheric pressure at sea-level is calculated at 14½ pounds per square inch. An average sized man supports with his body a pressure of 38,570 pounds, equal to a solid cube of lead four feet high.

Under such pressure the air rushes into every vacuum, and man does not need to worry about deep breathing with such external power to push air into his lungs. He should worry more about exhalation. When he coughs and sneezes, he should do so with much vigor, to push the poisonous air out of his lungs against atmospheric pressure. When it remains in his lungs it passes into the blood and is carried to all parts of the body.

500 FELLED BY GAS

The press account stated that escaping chlorine gas felled more than 500 persons at a busy intersection in Brooklyn. Most of those overcome were quickly removed to hospitals, some in a serious condition. But no fatalities were reported.

The gas, leaking from a tank being moved by truck to a Brooklyn pier, spread about two blocks in every direction. People on the streets began to cough, sneeze, vomit, stagger, then fall flat, creating a scene resembling war pictures.

The gas, heavier than air, sank thru ventilators into the subway, forcing people to flee to the street, where they also toppled over.

A man who was an eye witness, said he was walking along the street when people around him suddenly began falling like flies. Like some others who did not immediately feel the effect of the gas, he was shocked by the sight, and said the fallen victims looked like dead soldiers.

Not knowing the cause of the trouble, this man tried to help those nearest him, when he suddenly grew sick. He began to cough and sneeze, his eyes to water; he began to choke, got dizzy, and fell unconscious. But for quick help, that would have been the end.

Women grew hysterical. All were coughing, sneezing, choking. They had pains in the chest, were dizzy and staggers like a man drunk. More than 20 hospital ambulances soon converged on the gas swept area, and provided inhalator treatment for the victims where they fell.

A detachment of 100 gas-masked soldiers aided the rescue. Police, firemen and others aided in the work. Some 300 victims were taken to hospitals.

Note the symptoms of coughing and sneezing—Nature's emergency processes of eliminating the fumes from the lungs. The usual method of treatment is to stop the cough and this is called "aiding nature." Stopping the cough, poisoning the sick is not "aiding nature."

This Brooklyn incident further shows that the air of the cities is so saturated with poisonous gases and acids at all times, that just a little more added is all that is needed to send city dwellers to the grave.

As it is, city air contains enough poisonous gases and acids to keep city dwellers coughing and sneezing much of the time, and in the sickbed a number of days each year. The ultimate result is early decay and early death.

SUFFOCATION

Mrs. R. M. J. of New York recently wrote us as follows:

"What causes me to feel like I'm suffocating just as soon as I am about to go to sleep? I have to jump out of bed, shake my head and press on my throat, with a feeling that I cannot swallow nor breathe. Then my heart beats wildly. Is it a nerve condition? My doctor does not understand it. Eating fruits and vegetables and fasting does not help. Please answer and explain if you can."

These things are easy when one understands the underlying principle. The sensation of suffocation, gasping for breath, shortness of breath, labored breathing, mean three things:

1. Lung degeneration,
2. polluted air, and
3. insufficient oxygen.

The only remedy on earth is God's pure, outside air.

COLD FACTS

In January, 1940, the press reported that at Amsterdam, Netherlands, ten children were cured of bad cases of whooping cough by an airplane flight of 90 minutes at an altitude of 10,000 feet, in the pure, ozonated air.

Following that remarkable experience, hundreds of parents sent appeals to air line authorities to take their suffering children for flights, to cure them of whooping cough. These appeals were ignored.

The press of December 10th, 1938, reported Dr. H. Carlson as asserting that an airplane ride was foreseen as a cure for the common cold, and added:

"Pilots, stewardesses and other persons who have much to do with airplanes, believe that a high flight would cure a cold. We made investigations among passengers, and found some 50 of them, who left Chicago with colds in various stages from the sniffles on, arrived in Newark, New Jersey airport with their colds entirely gone."

It was reported in the press of 1943 that some 26 persons, on a plane from New York to Los Angeles, had bad colds when the flight started, and all the colds were cured by the time Los Angeles was reached.

Whooping cough is a big mystery to medical art. The medical dictionary describes the symptoms and says it is "very contagious."

Why is whooping cough confined largely to children? The better the lungs, the deeper the cough.

In very early childhood lung degeneration is slight as a rule. So the cough motion, to eliminate polluted air, begins deep down in the very outer regions of the lungs. That gives the cough the peculiar, deep "whoop" sound.

The shallow cough is the cough of adulthood. By the time adulthood is reached, the outer-fringes of the lungs have decayed and lost their function because of the damage done by polluted air. Then one has the weak, shallow cough. The weaker the lungs the weaker the cough.

Whooping cough in adults would indicate good lungs. That condition is seldom found in civilization, where poisoned air does its deadly work early in life.

LESSON No. 25

BREATH OF DEATH

"Without the meeting of the air and the blood, the life of the Temple of God would end at once. Hence it has been so arranged by Infinite Intelligence that the air and the blood cannot fail to meet. When the

River of Life, dark with poisons, flows from the right ventricle of the heart through the pulmonary artery into the lungs, it always finds the air waiting in the tiny breathing rooms."—F. M. Rossiter, B.S., M.D., Story of the Human Body, P. 124.

What *kind* of air does the blood find waiting for it in the tiny breathing rooms of the lungs?

Man knows that he must breathe to live, but he thinks the KIND of air he inhales is not important.

We saw in Lesson No. 21 how little is known about the Breath of Life (Gen. 2:7). Less is known about the Breath of Death.

It appears it is not known the function of Respiration is a dual process of Life and Death.

Inspire, to live, carries Life into the Body; and Expire, to die, carries Death out of the body.

Like all cosmic processes, this one produces results corresponding to the conditions supplied.

Under the same conditions the same result is obtained. Under a change of conditions, it is evident there must be a corresponding change in results.

Man has vigorous health as he supplies the conditions to produce it. He declines in health and dies suddenly or by slow degrees as he supplies the conditions that produce these results. It is all as certain as the rising of the Sun. No speculation; no guess-work. It is Cosmic Science.

Man breathes to live and he breathes to die. Inspiration may carry into this body either Life or Death. Which will it be? He is the master of his destiny. It depends upon the KIND of air one breathes.

Inspiration carries Life into the body when the air inhaled is fresh and pure. It carries Death into the body when it is vitiated. If the inhaled air contains enough poison, death comes quickly; and it comes by degrees, by installments, when the air contains less poison.

A thousand persons died in less than two minutes when they inhaled the poisoned air in Hitler's gas chambers in World War II. Twenty million people died in the influenza epidemic of 1918-19 from the poisonous gases of World War I which the winds carried around the earth. Millions all over the world are constantly dying by slow degrees from the effects of the vitiated air they breathe.

The Breath of Life is the fresh, clean, outside air, charged with Cosmic Force, in which the birds and beasts live in health and vigor.

The Breath of Death is the foul, stagnant, polluted air of civilization, in which civilized man lives in sickness and misery, aches and pains, and grows feeble and decrepit when he should be in his prime.

POISONS IN THE BLOOD

Every person in a room needs 3,000 cubic feet of fresh air an hour. An adult poisons nearly a barrellful of air at each exhalation. The poisonous gases are brought by the blood to the lungs and eliminated. They consist of carbonic, lactic, hydrochloric, phosphoric and other acids.

You have heard of arterial blood and venous blood, but probably never knew the difference between them.

Arterial Blood is bright scarlet blood that flows from the lungs back to the heart and then out over the body. This blood goes from the heart to the lungs as a dark, purple stream of venous blood that has returned to the heart from all parts of the body and was loaded with filth and poison.

This polluted stream becomes bright scarlet arterial blood as it passes through the lungs and is purged of its cargo of pollution.

Cell function in the body liberates into the fluid medium large quantities of these poisonous acids. Each cell must receive a volume of fluid equal to 2,000 times its own volume, and a volume of gaseous substance at least 20,000 times its own volume, in order not to be seriously poisoned within a few days by the poisonous acids in the blood.

This explains why air and water are so important in the body's vital economy, and why man dies by degrees from inhaling polluted air that fills his body with ailments, the symptoms of which are given names and termed "diseases."

It is the marvelous perfection of the Blood Vascular System that enables the body to live with a volume of fluid hardly equal to one-tenth of its own weight. The speed of the circulation is sufficiently swift to prevent the composition of the blood, under normal conditions, from being modified by the products of cell function. But that composition is seriously modified by polluted air, the bad liquids that man drinks and the bad foods that he eats.

DEADLY CARBON DIOXIDE

During its passage through the lungs, the blood disposes of carbonic acid chiefly. This is the most common of deadly gases in the air of homes and hospitals, and is seldom seriously considered.

This gas has the distinction of killing quicker than any other poison. Quicker than the venom of a rattler.

That is the deadly character of the gas exhaled as the Breath of Death. It saturates the air of homes in winter when cold weather makes adequate ventilation impracticable. It is breathed over and over again, poisoning the body through and through, causing the members of the home to suffer from many ailments, including

coughs, colds, sore throat, diphtheria, whooping cough, mumps, measles, scarlet fever, hay fever, smallpox, influenza, pneumonia, etc.

It is claimed these conditions are contagious. That is erroneous. Many people have them at practically the same time because they breathe the same kind of air.

Carbon dioxide is more dangerous because its presence cannot be detected by the five senses. It is colorless, odorless and tasteless. Combined with hydrogen gas, it forms the common fire-damp that sends many a brave miner to his death, and is the most feared of all under-ground enemies.

Carbon dioxide is composed of one part carbon and two of oxygen in bulk; but by weight the gas holds 12 parts of carbon and 32 parts of oxygen. Both these gases are necessary to sustain the living organism, but in the wrong combination they are deadly enemies.

The atmosphere contains about one part of carbon dioxide to 2500 parts of air—a very small proportion. But this gas has a tendency to sink to the ground in low places.

When there are three parts of carbon dioxide in 100 parts of air, a drowsy feeling appears. This can be relieved only by fresh air. The average person knows nothing about that. He falls asleep in this polluted air, and if he fails to wake up, it is called a "heart attack."

When there are four parts of carbon dioxide in 100 parts of air, it is a fatal poison. When present in larger proportion, it is quick in its deadly effect and leaves no hope for aid or recovery.

This gas sinks to the ground, and is sometimes found in large quantities in wells sunk in marshes and low lands. One author says:

"A man went into a well in sight of his family. He failed to respond to a call, and they found him dead. His demise had been instantaneous. Thousands of such cases have occurred and are occurring."

The gas in sewers is also due to the presence of this poison. A man went through a manhole into a sewer only a few feet below ground level. Not returning in due time, a companion went after him. As the second failed to return, a third started to enter, but was stopped by the fourth. The first two were found dead, having died instantly by inhaling carbon dioxide.

All the blood in the body passes through the lungs many times each hour, eliminating carbon dioxide gas and absorbing, in the lungs, the oxygen needed by the cells, and without which death comes quickly.

When not promptly eliminated from the body, carbon dioxide leaves a trail of damage in its course through the organism. It affects every cell, and as the cell is weakened the whole body suffers.

Carbon dioxide is present in all charged drinks, in all soda waters, all beverages of the soda sort, in beer and fermented liquids, in cake, bread, baking-powder cookery, self rising flour products, yeast bread, and in all fermenting products.

EXHALED AIR IS POISONOUS

At each exhalation the lungs throw out enough toxic gases to poison a barrel-full of air. The amount of poison eliminated by the lungs in 24 hours as carbon dioxide is equal to a lump of charcoal weighing eight ounces. That poison goes back into the body when we inhale what we exhale or what others exhale, as is the case where several occupy a room not adequately ventilated.

When this exhaled air is breathed again and again, as it is in homes and hospitals, especially in winter when cold weather makes proper ventilation impracticable, the proportion of carbon dioxide and organic matter in it increases until it grows more dangerous to breathe.

That is the principal reason why patients in hospitals develop influenza or pneumonia especially after operations. Their blood is poisoned by the anesthetics administered to dull the nerves enough so the body is insensible to pain, and, in addition to this poisoning process, comes the carbon dioxide in the hospital air the victim breathes. Lucky is one to get out alive.

The early symptoms of mild carbon dioxide poisoning are sensations of uneasiness, drowsiness, sneezing, languor, headache, sensation of oppression, coughs and colds.

What fools one is the fact that the body, after a time, adjusts itself to a very vitiated atmosphere, and one soon comes to breathe, without sensible discomfort, an atmosphere which, when one first enters it, seems intolerable.

This process of adaptation medical art terms "immunity." According to this theory, man becomes immune to a condition or a poison that fails to kill him on the spot.

Such adaptation can occur only at the expense of a general depression of all the vital functions, which must be injurious if long continued or often repeated. In this condition people die by inches while being treated for some "strange disease."

The body is equipped with powers of adaptation that enable it to tolerate for a time an atmosphere so poisonous that it would kill a vital man in a few minutes if he suddenly walked into it. That makes it dangerous for a healthy man to breathe polluted air in smoke-filled rooms where half-dead men meet, play cards, etc., and do not seem to mind it.

This little-understood power of adaptation of the living organism to its environment is well illustrated by an experiment of Claude Bernard, as has been stated.

He showed that if a bird be placed under a bell-glass of such size that the bird will live for three hours, and is removed at the end of the second hour when it could have survived another hour, and a fresh, healthy bird be put in its place, the latter will die instantly.

That is the fate suffered by the healthy man who tries to breathe the polluted air of the smoke-filled room where half dead men notice nothing.

The vital body does not resist the dangers of its environment. That is a false theory. The weak body tolerates them because it lacks the vitality to protest.

Bernard demonstrated the body's power of adaptation. That is the power that enables the poisoned body of civilized man to drag out a miserable existence of 50 or 60 years in a polluted environment that would quickly kill a vigorous Indian brought in from the pure air of his forest home and thrust into that polluted environment.

POISONS ENTERING THE BODY

The effect of poison on the body depends on how it enters the body. There is a vast difference between poison entering the body through the lungs and through the mouth and stomach.

Poison entering the body through the stomach does not contact the vital organs until it first passes through all the blood-making organs, of which the liver is the chief one, for which reason it is the largest of all the glands.

The venom of a rattler is very deadly if injected directly into the blood, as when one is bitten by the reptile. The poison, if taken into the stomach through the mouth, would be neutralized so fully by the action of the fluids of the blood-making organs, and the refining and renovating processes of the glands of the blood vascular system, that when the poison reached the general circulation of the blood, it would be rendered so innocuous as to cause little more than slight illness.

When poisonous gases, acids and fumes enter the lungs with the air, they meet nothing to neutralize them. God never intended that man should live and labor in air so foul, that it would require a process of renovating, refining before being fit to breathe. So when poisons enter the lungs with and in the air, they pass directly into the blood, and may even cause sudden death, as they often do.

BIG BATTLE FOR HEALTH

The big battle for health in civilization is the struggle for good air. The body is not equipped to handle and neutralize poisoned air. This makes such air exceedingly dangerous.

That is why one dies quickly in a closed garage filled with

motor exhaust gas. That is why people are continually suffering with headaches and pains all over the body, in muscles, bones and joints. It is a case of blood poison and much of the poison enters the blood through the lungs.

One's blood must be poisoned before one can be ill. The easiest and quickest way to poison the blood is to inhale polluted air.

Children in cold regions must remain indoors so much in winter, that they are sick with all kinds of ailments from coughs, colds, mumps and measles, on to the more serious conditions of whooping cough, tonsillitis, diphtheria, scarlet fever, asthma, influenza, pneumonia, etc.

The air of your environment, your home, the place where you labor, where you live and sleep, is constantly saturated with a hundred poisons, and anything can happen to you by inhaling that horrible air. You have a case of blood poison from which you may suffer with any ailment.

If the condition is not serious enough to kill you instantly, you live; but you are certain to suffer from time to time in some way, from a cold and cough to the more serious states.

It is easy for you to test a serious case of blood poison. Enter your garage, close the door and all ports of ventilation, then start the motor of your car and see what happens.

You will soon faint and fall to the floor, yet suffer no pain; and that will be your end unless help quickly comes.

Now for a milder case: You live in the cold region where doors and windows of the home are kept closed in winter to keep out the killing cold. In that home the air is unfit to breathe. First it is poisoned by the fumes of your own lungs; then the fumes of the cook-stove and heater; then the fumes of cigars, cigarets, pipes, etc.

One hundred times each hour every drop of your blood is sprinkled through that poisoned air in your lungs in a shower of Red Mist. Your lungs are filled with that polluted air; your blood becomes saturated with poisons. The surprise is that the body holds up as well as it does under such blood-poisoning conditions.

If the air were sufficiently polluted, you would faint and die as you would in your garage. If it were that serious, something would be done to improve the situation. Yet helpless infants die in their sleep because of the foul air of the home. Adults come down with sickness, and they are told it is the work of germs.

MILLIONS CHRONICALLY ILL

The press of September 7th, 1951, reported a statement of Dr. A. C. Knudson, chief of the Veterans Administration's physical medicine and rehabilitation division, made to the 29th annual session of the American Congress of Physical Medicine, at Denver, Colorado,

that 25,000,000 people in the U.S.A. are chronically ill, "*and warned that their number is annually increasing.*"

Included in Knudson's list were 1,000,000 persons paralyzed on one side, 2,500,000 orthopedically disabled, 1,000,000 diabetics, and about 10,000,000 afflicted "with disease of the heart and arteries."

In the face of this horrible record we are constantly told in the big publications, of the "great strides being made by medical science."

LESSON No. 26

POISONED AIR

"Human experience with the poisonous effects of carbon monoxide gas probably had its beginning in the prehistoric ages. . . . Dr. L. Lewin, who states that his report on the history of carbon monoxide poisoning is the first of its kind, has traced references to the action of this gas back through the ancient Greek and Latin literature and concludes that this poisoning 'of all stands alone in its close relation to the history of the civilization of mankind'."—Review of Carbon Monoxide Poisoning, 1936, by R. R. Sayers, Senior Surgeon, U. S. Public Health Service.

It seems strange that this matter should be so late in receiving attention, when one author says the Carbon Monoxide Gas is the deadly agent, the great killer, the leading life destroyer.

When man made his first fire, he thought he had something and little dreamed that he was setting into motion the production of a destructive gas that has killed millions, and will continue to kill millions until the present arrogant civilization has disappeared.

The first materials used for making fire were grasses, wood, and other vegetal matter. Ancient records show that many cases of fatal poisoning followed from the fumes of fires.

It would seem that early men were unaware of the dangers lurking in the poisonous gases set free by fire. Modern man knows little more after living in the midst of these gases for thousands of years. He knows not that carbon monoxide kills thousands quickly and millions by slow degree.

Physiologists declare that progressive damage occurs to the body from the inhalation of any gas so deadly as to cause death under certain circumstances.

The gas may be so weak as not to cause sudden death; but constant contact with it induces a deteriorative process in the organism, the destructive work of which appears in various symptoms which are called "disease."

It was not until Gustavus Magnus in 1837 proved the presence of the "blood gases" in different proportions in the blood, that the present theory of respiration assumed definite form. That cast some light on the secret of respiration and animation.

Little is known about the function of respiration—yet it is the

primary process of living. The object of all other function is to keep the breathing organs in condition to perform their work properly. When they fail, death ensues.

CARBON MONOXIDE GAS

From birth to death man must breathe constantly to live. When he stops breathing he stops living. Naturalists use this evidence to show that the most dangerous substance to health and life is polluted air. Yet this important branch of knowledge has been considered so lightly that little literature bearing on it has been produced.

When Dr. Sayers wrote his "Review of Carbon Monoxide Poisoning" in 1936, it soon went out of print because it covered a field in which there is no use for vaccines and serums.

It was not until 1920 that Dr. L. Lewin published in Berlin his work of 369 pages on the dangers of Carbon Monoxide Gas, and in it he stated that his report was the first of its kind ever written.

Lewin found carbon monoxide cases mentioned in ancient literature, quotations from which show that this poison was a frequent cause of death by accident, by suicide, and by use as an agent of punishment and torture. He quotes a statement from Livius that during the second Punic War, about 200 B. C.—

"The commanders of the allies and other Roman citizens were suddenly seized and fastened in the public baths for guarding, where the glowing fire and heat took away their breath and they died in a horrible manner."

Julian the Apostate (331-363 A. D.), tells how he was almost suffocated while in winter quarters in Paris. Because of cold, he had a small fire in his room. The fumes from it affected his brain, put him to sleep, and he was carried out unconscious. Otherwise he had perished.

Campegius, who lived in the 15th century, told of two merchants, travelling toward Lyon in winter, who stopped at an inn for the night and, to warm the room, made a fire in the fireplace and went to bed. Next morning they were found dead in bed.

After the 15th century, with the increased use of coal as fuel, poisoning by the gas greatly multiplied.

With the inventions of methods of producing heat for homes and industrial use, dangers of poisoning by the gas have increased at an alarming rate, until today, with many additional hazards from the wide use of gas-burning appliances and manufactured gas containing large amounts of carbon monoxide, this form of poisoning has become one of the most widely distributed and most frequent causes of accidents and death.

Kober and Hayhurst investigated the matter and reported a list

of 24 possible sources of contact with carbon monoxide gas in industrial operations alone.

The increasing use of motor cars, trucks, buses, and other gasoline-burning engines has made exhaust gases a constantly increasing source of carbon monoxide poisoning.

The dangers have been increased by adding certain chemicals to the fuel to prevent accumulation of carbon in the engine. These chemicals in the exhaust gases are more poisonous than the fumes of the gasoline.

The fact that no noticeable odor warns one of the danger from carbon monoxide gas, was first mentioned by Baconis de Verulamio in 1684, and, unlike most of his predecessors, he was careful to mention "vapor carbonum" instead of "fumes." Van Halmont was the first investigator to term such fumes "carbon gas."

It was not until 1732 that Boerhave made what is probably the first animal experiments with carbon monoxide gas. He found that all red-hot matter, as wood and coal, produces a vapor so fatal that it quickly killed an animal shut up in a confined space.

It is terrible to think what that vapor does to people in cold regions who live all winter in closed quarters, with little or no ventilation, and breathe that vapor for weeks and weeks. Their spiritual (air) organs are damaged beyond repair.

In 1919 the Bureau of Mines published a technical paper on the results of studies made of the degree of vitiation of garage air by motor car exhaust gases, in which it was said:

"In tests made by the authors, garage air was rendered decidedly dangerous after an automobile engine had been running ten minutes."

Henderson and Haggard report that when a motor car is running ten miles an hour, occupants of a car 40 feet behind are surrounded by exhaust gases diluted to a concentration of one or two parts of carbon monoxide to 10,000 parts of air. They further state that one part in 10,000 is a frequent condition of the air in city streets where traffic is heavy, and increases as traffic increases.

In 1920 certain research workers made an investigation in which 1308 garage and repair shops, 341 in New York City and 967 in the rest of the state, were visited. These shops employed 5908 men.

DANGERS OF POISONED AIR UNKNOWN

Most of the men in these garages and shops were totally ignorant of the dangerous properties of the exhaust gas of cars and trucks. Some did know it contains "knock-out" properties, but knew not that serious and even fatal results would follow its inhalation. Others believed that they acquired immunity and could not be injured after working in a garage a certain period.

People know not that they are constantly surrounded by an unseen foe to health and life. They know not that most cases of sudden death from so-called heart attack are the work of this unseen foe. They know not that in a certain area that is free of this unseen foe, people live to be 200 and 250 years old. Inform yourself before it is too late and avoid this dangerous enemy.



Study this picture and see how that unseen foe, in the form of invisible gas, enters nose and mouth and goes directly into the lungs, where there is nothing to prevent the poisonous gases from passing directly into the blood and being carried into the deepest recesses of the body.

In experiments at the Bureau of Mines, dogs became unconscious after a motor was run ten minutes in a single car garage with the door and window closed. One dog died in 30 minutes and the carbon monoxide concentration was only 1.5 percent.

Acute cases of poisoning by carbon monoxide gas result in death by asphyxiation through its deadly action of—

1. paralyzing the nerves of the breathing centers of the brain, and of
2. changing oxygen-carrying hemoglobin into non-oxygen carrying carbon monoxide hemoglobin.

Chronic cases of poisoning by the gas result in a lingering death, in which the victims, before they die, suffer sometimes for years, while their poisoned bodies present various symptoms resulting from the destructive work of the gas. The symptoms are named and treated as "diseases," while no effort is made to locate the cause.

While billions of the tax-payers money are spent annually for the alleged improvement of the public health, under the direction of political health officials, this terrible menace to health and life marches on unmolested, striking down the millions in its path.

BRAIN POISON

As the mind grows feeble, man's physical world grows smaller. Civilized man has lost contact with the Spiritual World because he

has lost his Spiritual Powers, and he loses contact with the physical world as he loses his physical intelligence because of damage to his brain.

The press of October 13th, 1947, contained an item headed, "Insanity More Prevalent in City," which said:

"The nearer you live to the center of a large city, the more likely you are to go insane. These are the conclusions of a study of the geography of insanity in five large cities of the U.S.A.

"Psychiatrists have long known that city people go crazy more often than country people do, but the discovery of well-defined insanity zones within cities surprised even them. The rate of lunacy lessens as you travel from the center of a city."

The highest incidence of insanity occurs in the center of cities where the air is more heavily charged with carbon monoxide gas from motor cars, trucks, coal smoke, tobacco smoke, etc.

As we move out toward the periphery of the cities, there is less carbon monoxide in the air and less insanity among the people. As we reach the better air of the open country, the incidence of insanity diminishes still more, and perhaps would disappear entirely if country folks never visited the cities, and if their homes were not frequently filled with tobacco smoke, fumes of cookery, of the heater and cook-stove, and perhaps of an oil-burning lamp.

Certain so-called diseases are but the symptoms of slow carbon monoxide asphyxiation. These symptoms are chiefly: Headache, dizziness, nervousness, nerve and muscle pains, digestive disturbances, restlessness, weakness, impairment of vision and hearing, shortness of breath, anemia, hyperemia, angina pectoris.

Frequently the appearance of the victim is that of one drunk. The eyes may appear dull, more or less fixed, and somewhat bulging. The order of the respiration changes—the rate is first increased, and later slowed and irregular.

When birds are exposed to carbon monoxide gas they appear moribund. They show signs of distress when exposed for an hour to air containing 0.1 percent of carbon monoxide, and within two to five minutes when exposed to air containing 0.2 percent.

PERNICIOUS ANEMIA

Koren showed that progressive pernicious anemia is a symptom of carbon monoxide poisoning, and he described the following pathological effects:

Dilation of the heart, enlargement of the spleen, large decrease in the number of red blood corpuscles, and peptornuria.

Postmortem of a fatal case showed that all internal organs exhibited great pallor; the heart muscles were thickened; the heart

was microscopically yellow dotted and showed advanced fatty degeneration; spleen was considerably enlarged and of hard consistency

There are various causes of hardening of the blood vessels, and one of these is carbon monoxide poisoning.

Mott made a postmortem examination in the case of a woman found unconscious from illuminating gas poisoning and who died four days later without regaining consciousness. He said that he never saw such extensive and general capillary hemorrhage in the brain as in this case.

Pulvertaft reported a case of spontaneous rupture of the heart of a youth of 19 due to carbon monoxide poisoning.

Lewin found that carbon monoxide destroyed brain function of a dog so it did not know its master. He stated that in cases of carbon monoxide poisoning, great changes of deterioration in the brain occur sooner or later.

Symptoms of paralysis and other nerve disorders present in cases of carbon monoxide poisoning, show the specific effect of the poison of the brain and other nerve centers. For this reason, carbon monoxide gas is called a brain poison.

Wendell Willkie, Republican candidate for president in 1940, died in December 1944 in his sleep in a certain hospital. The report said, "His wife, standing by, looked down into his still boyish face as his life flickered out." Basic cause of death, carbon monoxide gas.

On March 13th, 1943, J. P. Morgan, noted New York banker, "who made his banking firm a colossus of the financial world and his very name a symbol of extreme wealth and power," died of "a heart ailment." Basic cause of death, carbon monoxide gas.

In February 1945 Chief Justice Edward C. Eicher of the U. S. District Court, "died in his sleep at his home, age 65." Basic cause of death, carbon monoxide gas.

December 5th, 1944, Roger Bresnahan, considered by many as one of the greatest major league catchers of all-time, died of "a heart attack." He was 64. Basic cause of death, carbon monoxide gas.

CEREBRAL HEMORRHAGE

Cerebral hemorrhage caused the death of General Edwin M. Watson on February 27th, 1945, age 61. He was the late President Roosevelt's military aide and made his official appointments. Basic cause of death, carbon monoxide gas.

In April, 1945, President F. D. Roosevelt died suddenly of cerebral hemorrhage; age 63. Basic cause of death, carbon monoxide gas.

The press of January 31st, 1948, reported the death of Herb Pennock, one time star baseball pitcher, age 53. He died "after a cerebral hemorrhage."

This man "collapsed as he entered the Waldorf-Astoria Hotel

(in New York City) to attend a National League meeting. There was no hint that he was ailing. A few hours before his death he had invited friends to attend the fights at Madison Square Garden to-night," said the report.

LUNG CANCER

Dr. T. R. Van Dellen, who writes a daily column on human ailments, says that 62 percent of the cobalt miners in Schneeberg, Germany, die of lung cancer, and adds, "A similar catastrophe occurred among the neighboring pitchblend miners of Joachimsthal." The cause is poisoned air.

Chemists who analyze the chemical content of the air of some of our big cities, found that there is a very high content of different chemical byproducts definitely harmful to man. The list included some 27 poisonous byproducts in every cubic centimeter of air.

The press of August 7th, 1945, stated the gun crews on war ships, "choking, gasping, wiping their streaming eyes, keep feeding the guns," until they collapse into unconsciousness from the fumes and smoke that fill the turrets, and must be carried out.

The press of March 14th, 1946, stated that acid soot falling in some of the large cities was so strong, that when it lodged on the nylon stockings of the women "it ate holes right through them."

What does that acid soot do to the delicate lining of the nose, sinuses, trachea, bronchi, and cells of the lungs. And each city is trying for more factories, which means more acid soot for those in the cities to inhale.

Professor H. Landsburg, Geophysical Laboratory, Pennsylvania State College, stated that wherever human dwellings are, wherever industry has found a foothold, the air is polluted with poisonous fumes and gases. He said:

"Among the more dangerous compounds in the air, nitric acid and sulphuric acid are always present in combustion gases. Sulphuric acid fumes, being heavier than air, float like a death-pall over large cities, and are so corrosive that they injure everything with which they come in contact. Man's breathing organs are consumed by the corrosive action of the acids, causing his voice to weaken and sometimes it fails entirely."

The rapidly increasing mental weakness of the people in the U.S.A. is startling evidence of the deadly effect of carbon monoxide gas. The press of November 28th 1947, stated the psychiatrists estimate that 1 in 16 in the U.S.A. is mentally weak.

Damage to the brain caused by poisoned air was studied by Dr. John Chornyak and Dr. R. R. Sayers of the U. S. Public Health Service.

They examined under microscopes the brains of four dogs, each killed by breathing for less than thirty minutes a small percentage of carbon monoxide gas in motor car exhaust fumes.

NERVE CELLS DESTROYED

They found that nerve-cells of some of the most vital parts of the brain were almost entirely destroyed. Some cells had ruptured (cerebral hemorrhage), and were partly liquefied. Others were shrunken and distorted.

Blood vessels in the dogs' brains were swollen and clogged with stagnant red blood corpuscles, as the body forces tried to give aid by rushing larger supplies of life-sustaining oxygen to the damaged brain-cells.

These doctors' findings showed that "cerebral hemorrhage" results from a rush of blood to the endangered area, as the body's vital force tries to carry more oxygen to the brain-cells.

An item in the press of September 24th, 1930, stated,

"Eventful death of all plant-life in America's big cities is certain unless smoke and exhaust fumes of motor cars, trucks and buses are curbed, was predicted by Dr. D. S. Johnson, director of the botanical gardens of Johns Hopkins University, Baltimore.



LUNGS OF
LIFELONG
CHICAGOAN

LUNGS OF
COUNTRY
RESIDENT

BLACK LUNGS

An item in the press of November 13th, 1938, headed Cleveland, said:

"Fifty thousand tons of soot, tar and other filth float in the air of this city of a million people—100 pounds for each person. One of the dirtiest sections produced 87.15 tons of grime and insoluble solids, such as carbons, tar, fly ash and ferrous oxide."

City air is a poisonous mixture of smoke, soot, fumes and acids, which include such poisons as carbon monoxide, carbon dioxide, sulphuric acid, hydrochloric acid, nitric acid, hydrocyanic acid, benzene, methane, and other dangerous chemicals.

In addition to these poisons, city air is saturated with the ex-

haust fumes of motor cars, trucks, buses, gas engines, etc. These exhaust fumes consist of carbon monoxide, carbon dioxide, lead oxide, lead carbonates, free gasoline and complicated benzene chain compounds of the hydrocarbon series.

Tasteless, colorless, odorless, invisible, carbon monoxide gas takes a terrible toll of human life in the cities. The larger cities have a huge, dark, gas blanket hovering over them that holds down the gases and tends to smother those living and laboring in the cities.

Writing on "Our Smoky Cities" in Collier's Weekly, W. B. Courtney said:

"As you fly across the U.S.A. you see a chain of dark smudges on the skyline, like blots from a cosmic thumb. Those are the cities. Certain pilots in daytime will name the cities without consulting maps. They do it by the size of the black umbrella that hangs in the air above it. Sometimes the larger cities raise smoke umbrellas with 200 square miles of spread.

"I have looked at Chicago, St. Louis and Kansas City, among other cities, on clear days, and seen nothing but a pall of smoke and soot. The disturbing thought is that under those black, poisonous umbrellas millions of people live, labor, sleep, seek health, happiness and fortunes; that millions of children struggle under those poisonous umbrellas for a chance to grow into sound maturity and optimistic citizenship."

The Cincinnati Post of April 1946, stated that the fall of soot and ash on that city's 73.9 square miles during March amounted to 2725 tons or 227 railway carloads. It was sufficient to have covered a 40 x 150 feet lot to a depth of more than 75 feet. During the year 1945 Cincinnati was deluged with 33,231 tons of soot and ash; and air pollution in that city is no worse than in other cities of similar size.

Some of the disaster that comes to those living under these poisonous umbrellas was contained in a report made in 1931 of a two-year survey by the Mellon Institute in Pittsburgh. In part that report said:

"Constant inhalation of poison-laden air results in a gradual process of absorption of the body of the poisonous products of combustion. This insensible intake may cause any acute disorder. The process of slow-poisoning eats away insidiously at the vital tissues, making it impossible for the body and brain to function properly."

Investigations show that the lungs of those living in the larger cities become black as coal. Dr. Thomas Darlington, former health commissioner of New York, wrote:

"I have performed many autopsies upon New Yorkers, and almost without exception their lungs were as black as night."

Harold D. Blackwell, educational director of the Smoke Prevention Association, in an address in Milwaukee, said:

"The lungs of anyone living in Milwaukee for five years, become as black as coal; but if that person lived in the country where the air is better, his lungs would be pink and grey, the natural, healthy color."

This knowledge reveals the secret why people become short-winded as they grow older. The polluted air causes the walls of their lungs to thicken, and the walls to become coated with carbon, making it difficult for the gases of the air, needed by the body, to pass through the lung-walls into the blood. The result is labored breathing, especially on a little exertion.

Authorities have demonstrated a concentration of 0.62 parts of carbon monoxide per 10,000 cubic centimeters of air at street level in busy sections of cities of 500,000 population and over.

Few poisons in the air are more deadly than carbon monoxide. Air containing as little as one-twentieth of one percent will cause headache, and one-fiftieth of one per cent may cause total collapse.

Dr. L. Burns examined blood specimens of more than 20,000 persons to discover the affect of carbon monoxide on the body, and wrote:

"Carbon monoxide gas seeps into the blood through the lungs, and mixes with the hemoglobin to such extent that the blood cannot perform its normal function of carrying oxygen to the rest of the body."

This gas seeps into the blood and it is absorbed by the hemoglobin, whose normal function is to carry oxygen to the cells. The hemoglobin has an affinity for this gas about 300 times greater than for oxygen, making very rapid the absorption by the blood of this gas.

As the hemoglobin becomes saturated with carbon monoxide, the oxygen in the blood is reduced in proportion. The first symptoms are headache and weakness. More serious symptoms soon appear as the condition progresses.

Scientists of Harvard Laboratories, risking their lives to learn more about the symptoms of carbon monoxide poisoning, found the average man can endure it only until his blood is one third saturated.

The serious danger of the gas was shown by the way it affected one of the scientists. He had just finished some tests requiring great skill and was feeling no ill effects from the gas, when he suddenly collapsed and had to be carried out in the fresh air and revived.

Small concentrations of the gas soon bring man down to the breaking point. Five percent of the motor cars and closed trucks on the highways have sufficient concentrations of gas to be a menace to the drivers and passengers. Only one part of the gas in 1000 parts of air can render a man unconscious if he inhales it for 30 minutes.

There is no natural nor acquired immunity to the gas. Repeated exposures produce the same effect each time.

Hydrocyanic acid gas is worse. Only a few grains of it produces violent death. Most people who drop dead or die suddenly are not afflicted with heart ailments as is claimed. It is the work of polluted air.

CAUSES CANCER

In the press of August 19th, 1932, appeared excerpts from "the annual report of the Bernard Free Skin and Cancer Hospital," in which it was asserted "that city dwellers, breathing polluted air, develop cancer of the lungs at a rate three times greater than inhabitants of rural districts."

The press of October 24th, 1936, stated that evidence showed an increased occurrence of cancer of the eyes "resulting from colds," according to the doctors. The report was made "at the closing session of the clinical congress of the American College of Surgeons." Quite an imposing body, but none of those present could offer any suggestion as to why an increased occurrence of cancer of the eyes should appear as the result of colds.

The Mellon Institute of Pittsburgh issued a report in 1931 of a two-year survey covering the effect of polluted air on human health. In part the report said:

"The inhalation of poison-laden air results in a gradual process of absorption by the human body of the poisonous products in the air. The effect of this insensible intake is cumulative and results in a condition of slow poisoning that insidiously eats away at the vital tissues of the body like cancer."

The Chicago Health Department reported that in Chicago there is so much sulphuric acid gas in the air that it rots clothes hung on wash lines, and eats away at building stone and metal guttering.

The report stated that while copper guttering in rural regions beyond the smoke zone lasts almost indefinitely, in the larger cities it is destroyed in about ten years by the corrosive action of polluted air.

Can flesh and blood endure long under a condition that "eats away at building stone and metal guttering"? Think of babies and little children that must breathe that deadly air.

EAT UP THE BODY

Man does well to survive for thirty or forty years in air saturated with poisons and acids so destructive that they eat up clothing, copper guttering, stone and steel monuments.

The corrosive acids in city air attack the cells, tissues, throat, nose, lungs, and brain, and all organs and glands of the body.

They attack the blood corpuscles and cripple them so they cannot carry on their normal function. That condition is termed anemia.

They attack the nerves, and the resulting pains are called neuritis. As the nerves weaken, paralysis may result, and often does.

They attack the muscles, producing dull pains that puzzle us, this is called rheumatism or lumbago.

They attack the joints, and this is called arthritis. They attack the air chambers of the head, and it is called sinusitis.

They attack the throat and it is termed laryngitis, tonsillitis, diphtheria, etc. Hoarseness often follows, and in time one's voice weakens, or may be lost.

They attack the muscles and nerves of the heart, and it is called heart disease.

They attack the lungs and it is called hay fever, asthma, or tuberculosis.

They attack the pancreas, and it is called diabetes. They attack all parts of the body.

Medical names, names, names mean nothing except to indicate that part of the body where degeneration is most serious from the evil work of polluted air.

The press of October 24th, 1936, quoted a report made "*at a closed session of the Clinical Congress of American College of surgeons.*" The report showed that increase in cancer appeared in patients following recovery from influenza, in workmen handling oil substances, such as garagemen, mechanics, oil station attendants, auto salesmen.

All the doctors present were puzzled. They had no answer; no suggestions. Not one of them had the slightest suspicion that polluted air had anything to do with the matter.

It was said that after influenza epidemics, as that of 1918-19, a three-fold increase in cancer of the eyes was found. Dr. L. A. Lane rose up and said:

"Not a few patients date the beginning of tumor from an attack of influenza, pneumonia, or a severe cold."

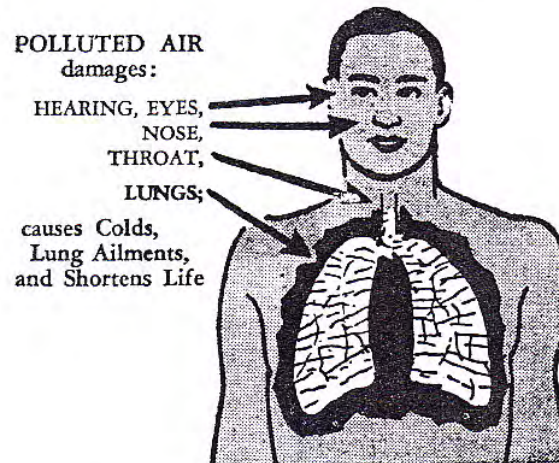
All these disorders, including the cancerous conditions that follow as a sequela, are the evil work of polluted air and the drug poisons which are used to treat the patients.

SMOKE, SOOT, TAR, ACID, GAS

Soot is a mixture of carbon, ash, tar, sulphuric acid and other poisonous gases. In the industrial cities the soot-fall amounts to hundreds of tons per square mile a year. This soot-deposit contains as much as several percent of tarry matter and 20 to 30 percent of

carbon. Both substances are active in the aging process of hardening the body and stiffening the joints.

The constant fall of soot covers everything. The interior walls of the lungs become coated with the tar and carbon, making breathing hard and preventing the passage of oxygen into the blood.



H. B. Meller, of the Mellon Institute of Industrial Research, said:

"When it is known that one takes about 30 cubic inches of air into one's lungs in each inhalation, or about seven times the weight of food and water consumed, it can be understood why more people are weakened, devitalized and poisoned by the pollution in the air they suck into their lungs, than by all the ingredients in the food they eat and the water they drink."

Man longs for health and spends much money trying to gain it, yet with every breath he fills his lungs and blood with the Agents of Death. No one living in the cities can escape it.

Scientific investigation shows that city air is a poisonous mixture of industrial fumes, such as carbon monoxide, sulphuric acid, hydrochloric acid, nitric acid, hydrocyanic acid, benzene, methane, sulphur, and other deadly chemicals too numerous to mention.

Sulphuric acid gas is heavier than air, and hangs like a death-pall in and over the cities. This gas is so corrosive that in certain sections the fumes eat clothing hung on wash lines. It eats ulcers in the skin, it consumes the lungs of those who breathe it.

Dr. Darlington says:

"The products of combustion irritate the eyes, ears, nose, throat, the respiratory tract, the bronchial tubes, and the gastro-intestinal areas. In the lungs the carbon particles accumulate and become imbedded in the air cells, and in time the lungs change from natural pink to black."

As these poisons filter into the blood through the lungs, the body must take vigorous measures to eliminate them to save life. One of these is through the skin by means of a heavy rash called smallpox. If people knew this and would give smallpox patients fresh air, they would soon recover.

Professor Godfrey Rodriguer, in his work on air termed "The Key To Life," wrote:

"The most forceful proof of the power of air was demonstrated in London in 1912, when 150 smallpox patients were taken into a field because the hospital was on fire. They had to spend three days and nights exposed to all sorts of weather, but they breathed good air and all recovered.

"In Glasgow, Scotland, in 1914, when ventilation was introduced in a certain block of buildings, in eight years thereafter only four cases of typhus occurred, in contrast to 107 cases in the same block of buildings in a single previous year."

Of course some people are not pleased to have such information leak out to the public.

TOBACCO SMOKE

The U.S.A. in this generation has developed into a tobacco-saturated nation, thanks to the diligent work of the tobacco trust, which uses the doctors to promote the sale of its products.

The doctors live in glass-houses and cannot afford to throw stones. They have studied the toxicology of poisons and know the evils of using tobacco for chewing or smoking. They cannot warn the public of the poisons contained in tobacco, because medical art considers the more virulent poisons as the best remedies.

Nicotine is an alkaloid and a narcotic. It is deadly dangerous. Just two drops of it will kill a man; 8 drops will kill a horse, and 50 milligrams will kill a 20 pound dog. It takes 1,000 milligrams to make one gram and 30 grams to make one ounce.

There are 150 to 400 milligrams of nicotine in three ounces of tobacco, and a smoker takes almost three milligrams of nicotine into his body every time he smokes one average cigaret. That is enough to kill a man instantly if all taken at one dose; and it kills the smoker by inches because the repeated small doses of nicotine are cumulative.

The poisons found in a chemical analysis of tobacco are as follows:

“Nicotine, carbon monoxide, nictinaine, carbon dioxide, ammonia, methane, methylamine, hydrogen-sulphide, furfural, pyrrole, pyridine, picoline, lutidine, colloidine, formaldehyde, carbolic acid, prussic acid and arsenic.”

Chemical analysis shows that a cigaret contains:

“Furfural, acrolein, diethulene, glycol, nicotine, pyridine, ammoniz, carbolic acid, carbon monoxide, and a host of tarry substances.”

The press of September 4th, 1947, reported Dr. A. C. Ivey, Vice President of the University of Illinois, as saying:

“A person who smokes a pack of cigarets a day, in ten years inhales eight quarts of carcinogenic tar substances into his lungs that are sufficient to produce cancer.

“As the inhaled tar substances enter the lungs, the first damage is done to the delicate air cells and their lining membrane. Non-smokers do not escape. They inhale tobacco smoke with every breath almost everywhere in the nation. Every public building, bus and train are filled today with tobacco smoke, including most of the hospitals, and with every breath one takes cancer-causing tar into the body.”

Tobacco smoke is a cloud of tiny particles of exceedingly fine carbon-dust coating in the air. He who inhales that smoke-laden air will in time have a coating of carbon on the interior surface of his lungs, which prevents poisonous gases of the blood from being eliminated, and prevents the vitalizing gases of the air from passing into the blood.

Dr. A. H. Roffo made a special study of the matter and found that the carcinogenic action of tobacco tar upon the human body is more active and death-causing than coal tar. He found that benzpyrene, one of the constituents of tobacco abundantly produced by tobacco smoke, is a very virulent carcinogenim. In his report he said:

“Due to the prevalence of smoking, although tobacco tar enters our bodies in tremendous volume, yet almost the entire population of the world is kept in ignorance by the tobacco manufacturers regarding the dangerous nature of the tar.”

The students of a pharmacology class took the tobacco from two cigarets and boiled it in a little water for a few minutes. They placed two drops of the brew on a cat's tongue, and within two minutes it was in convulsions. Another drop was placed on the cat's tongue and it quickly expired.

Tobacco poison strikes first at the brain, causing mental confusion, giddiness, faulty memory, and general deterioration of the intellectual faculties.

Tobacco poison constricts the arteries, causing blood pressure to rise and making the function of the heart more difficult. The constriction of the blood vessels reduces blood supply to the cells, and may cause cramps in certain muscles. The condition sometimes becomes so serious that finally gangrene of the extremities develops.

A test showed that a habitual smoker raised his blood pressure 25 points in 20 minutes by smoking three cigarets, and it required an hour for it to return to normal.

CORONARY THROMBOSIS

A serious condition may develop in the small arteries which supply the heart muscles, and coronary disorders strike man in his prime, causing cramps around the heart that may imperil life within a few minutes.

Of a recent survey of 150 victims of coronary thrombosis, 94 percent were smokers. The remaining six percent had quit smoking only a short time before death.

The press of August 7th, 1945, stated that U. S. Senator Hiram W. Johnson, long a leading light in California politics, died in a coma the day before, the cause of death being "thrombosis of a cerebral artery."

H. Wells, publisher of Health Culture, stated that he had tried to find a case of coronary thrombosis in which the victim was not subjected to the effects of tobacco smoke, and failed to find one. He wrote:

"Two women I knew died recently of this trouble, and their husbands were both heavy smokers. The rooms they occupied were filled with tobacco smoke. The women might as well have been smokers so far as the effects of the smoke on them were concerned.

"One man I knew was begged by his relatives to stop smoking, and by his wife in particular. He had an attack of coronary thrombosis and died."—Health Culture.

SCIENCE EDITOR DIES OF "HEART ATTACK"

The press on May 3rd, 1952, reported the death of Howard W. Blakeslee, age 72, "of heart attack." He "was stricken at his home in Port Washington, New York, "with coronary thrombosis."

For a quarter of a century, according to the account, the decedent had been—"Associated Press Science Editor and a pioneer in making science clear to the layman."

How did he do it when scientists are so confused and puzzled about the Universe and its laws that their theories change over night.

The report stated that Blakeslee was "a co-winner of the Pulitzer Prize in 1937" and of "numerous other honors for his reporting in the

field of science." Years of reporting and learning, continues the account, led him to this conclusion:

"Science has given us more of everything, including more opportunity to develop morally and spiritually."

The real facts are that science has done nothing to develop man spiritually, from which it appears that Blakeslee did not understand what the term "spiritually" means.

Science has done its utmost to obstruct spiritual development, and claims that materialism includes and encompasses everything, while spiritualism is only a heathenish superstition.

G. K. Chesterton saw the matter correctly when he wrote:

"Man is the creature that progress professes to improve. . . . There has certainly been a rapid series of inventions; and, in one sense, the activity is marvelous and the rapidity might well look like magic. But it has been a rapidity in things going stale; a rush downhill to the flat and dreary world of the prosaic; a haste of marvelous things to lose their marvelous character; a deluge of wonders to destroy wonder.

"This may be the improvement of machinery, but it cannot possibly be the improvement of man. And since it is not the improvement of man, it cannot possibly be progress."

CIGARET CONSUMPTION

Since 1910 the consumption of cigars has increased nearly 500 percent, with a corresponding increase in ailments caused by tobacco poison. In May 1951 the tax collected by the State of Florida on cigar sales amounted to \$1,338,000.00.

In the forty-eight States of the Union, on that basis, the tax on cigar sales in one month would amount to \$64,224,000.00. That is the rate the people of the U.S.A. spend money each month for just one method of poisoning their bodies, destroying their health and shortening their lives.

Dr. John A. Killian, head of the department of biochemistry of the Post Graduate Medical School of New York, found that smoking definitely increases the content of carbon monoxide gas in the blood. His investigation showed that with every puff of a cigar, a portion of carbon monoxide, a deadly poison, enters the blood through the lungs.

Dr. C. Barber was reported in the press of September 23rd, 1927, as declaring before the American Association of Medico-Physical Research at Chicago, that 60 percent of the babies born of smoking mothers die before they are two years old. In part, he said:

"What we breathe has much more to do with the action of the ductless glands, the functions of the organs, the nutrition of the body, and the

development of the nerve system than what we eat and drink. When people breathe smoke-laden air, it leads to degeneration of the heart, liver, and other organs and glands" (N.Y. Times, September 23rd, 1927.)

The Aero Medical Association of the U.S.A. was told that carbon monoxide gas from burning cigarets injures the sight of pilots in the Air Force. The doctors who made the investigation reported that inhaling the smoke of three cigarets causes the loss of vision, which occurs at an altitude of about 8,000 feet.

KING GEORGE VI

The King of England was in bad health. The great doctors of London examined him and said he was suffering from "structural changes of the lungs."

Without rhyme or reason the tissues of the lungs insisted on changing and causing the King misery. The great doctors rose to the occasion and decided to show the unruly lungs a trick. So on September 23rd, 1951, they cut out one lung, or most of it, and cast it into the garbage can. Unless the remaining lung takes a hint and becomes obedient, it will get the same dose—and the grave will get the King's body.

(PUBLISHERS NOTE—this was written by Klamonti shortly after this operation and time has shown his statement to be true.)

Poisoned air is no respecter of persons, caring not whether you are priest or pagan, king or common herd. For years we have written about the dangers of poisoned air, which in this age fills every city, home and hospital.

As the poisoned air comes in contact with the air organs, the natural result is damage to the lung structure in the form of degeneration. The degeneration in lung tissue the doctors term "structural changes." That is exactly what it is.

What they fail to realize is that "structural changes do not occur without cause, and that cause is not removed by cutting out the lungs.

Had the doctors known about poisoned air and the damage it does to the body, they would have advised the King to go and live in the country, far away from the tobacco smoke, factory soot, motor car fumes, carbon monoxide gas and poisonous acids found in all city air. Then the forces of the body had repaired the lungs and in due time the King would have felt like a new man.

CHANGE YOUR WORLD

In Lesson No. 12, under DANGER OF ABRUPT CHANGES, you are warned of the danger involved in attempting to change too

suddenly from one mode of living to another. Sudden shocks must generally be avoided. The body must have time to adjust itself to new conditions. But this does not apply to a change from bad to good air. Such change can be made any time, and life is often saved by making the change quickly.

With these facts in mind, you will understand that if a 100 percent Breatharian suddenly walked into the poisoned air of our civilization, a few breaths of it would cause him to fall unconscious, because his body would not be adjusted by years of endurance to tolerate the poison.

Then he would be hustled to a hospital, with its stale, polluted air, where he would be scientifically polished off in the "oxygen tent" and prepared for the cemetery.

We must recognize cosmic law in our desire for improvement or be disappointed with the body's reaction. It would be dangerous for one to strive for the perfect state of Breatharianism while living the conventional course in the poisoned air of our civilization.

You cannot safely change to perfection from imperfection without first changing the environment in which you live and labor. You cannot keep what you have and have what you want. The Law of Compensation exacts a price for every privilege.

The environment which has made you the degenerate that you are, is the artificial, poisoned environment of civilization, in which conditions are such, says Carrel, "*as to render life itself impossible.*"

If you are not satisfied with your present state of physical, moral and mental degeneracy and desire to improve, you should remember that you cannot safely change yourself without changing the world in which you live.

LESSON No. 27

THE COMMON COLD

"Science Given Fund to Find A Cold Cure,—Baltimore, January 10th (A.P.)—A gift of \$195,000.00 to John Hopkins University for the study of 'the origin and possible cure of common colds' was announced today. The gift, to be known as 'the John J. Abel Fund,' was made by the chemical foundation."—Daily press of January 11th, 1928.

Nearly a quarter of a century ago that announcement appeared in the daily press. Today knowledge as to "the origin and possible cure of common colds" is right where it was then.

To show how little is known of the common cold, a certain doctor, writing on the subject, in Nature's Path in 1945, said:

"According to the best treatise of orthodox therapy, medical science does not yet know what a cold is nor how it originates. It has been designated as one of Nature's great mysteries.

"The common cold is a provision of Nature devised to conserve our energy and vitality. In reality, it is one of Nature's most widely bestowed blessings. . . . The common cold aids the body."

This doctor, with many others, believes that the mucus expelled during a cold represents waste that has accumulated in the body. So he regards a cold as a purging process.

This doctor would smile if told that the common cold is the first definite signal of the body's intelligence to warn the victim that polluted air is flowing through his nose into his lungs. He never heard that before.

When this doctor was a little child, the common cold was the first warning signal that he had started down the well-traveled road of degeneration that leads to an early grave.

DEGENERATIVE PROCESS

The degenerative process begins in the seed, but we will follow it from time of birth.

To you a baby is born, and you are happy. You begin to plan its future and want to see it grow into a fine man or woman.

You have not been taught that your home and your environment are saturated with polluted air, and that a flag containing Cross Bones and Skull should be flown in the center of every city to warn its inhabitants that they live and labor in a sea of poison.

This poisonous air begins to eat away at the infant's air organs as soon as born. Evidence of this appears in the first little cold, the first sneeze, the first cough, the first mucus flowing from the little nose—these are the first signs that poisonous air has begun its destructive work.

You are not told that vital statistics show the chief cause of death in children up to the tenth year is ailments of the air organs. The poisoned air of home and environment works fast and fatally.

The poisoned air begins immediately to eat away the lining membrane of the air organs, the nose, throat, tonsils, sinuses, trachea, bronchi and lungs.

By the time the child is four or five years old, the damage has gone so far it can be revealed by X-ray examination, which shows white spots in the lungs.

Some call these white spots "small stone coffins in which are buried the germs of tuberculosis."

Those white spots are actually the remains of ruptured air cells that have healed. But they have lost their function. No more can they function as air cells. That early in life they are done. Their function is "gone with the wind." To that extent the lung capacity has been decreased. To the same extent the vitality has been de-

creased. Your body begins to weaken and move toward the grave when you are a little child.

In those "small stone coffins" are buried the worthless remains of precious air cells which did their allotted part in forming the connecting link with the Cosmic Source of all things, by drawing into the lungs and digesting the Divine Breath of Life and passing it, with its precious cargo of vitality, on to the blood, nerves and lungs, but which cells are now as useless as a paralyzed arm.

In this age of smoking fathers and mothers, the children get regular doses of tobacco smoke, and what it does Dr. H. Bieler states as follows:

"When tobacco smoke is inhaled, by children and others, the irritating process occurs, but is not quickly felt because the lungs do not have a sensitive network of nerves. The lungs become red and inflamed, but the condition must grow serious before it can be felt because of the deficiency of sensory nerves in the lungs.

"The absence of pain makes one oblivious to the damage being done. One is unaware that one's lung lymphatics are getting black with tarry irritants, and that the actual breathing capacity of the lung air-cells is soon diminished more than one half" (In Fact, July 1943).

With the breath gone the life goes. Half of the body's vitality is gone when half of the lung capacity is lost.

POLLUTED AIR

Medical literature contains no information of damage done to the lungs and body by poisoned air through the years. If germs are the cause of disease, poisoned air has nothing to do with the matter. The germ theory is protected by no study being made of the effect of polluted air on the body.

To sustain life and preserve the body, the air must be the kind that man is made to breathe; and he is not made to breathe the filth, dirt, dust, smoke, soot and poisonous gases and acids of city air.

Professor H. Landsberg, Geophysical Laboratory, Pennsylvania State College, made a report on the Studies of Air Suspensions," in which he said:

"Wherever human dwellings are, wherever industry has found a foothold, the numbers of dust particles in the air are vastly increased, and added to the list are many substances of high chemical activity. Among the more dangerous compounds in the air, nitric and sulphuric acids are always present in combustion gases.

"The constant irritation of the tissues of the respiratory organs is obvious when it is known that in city air about 900,000,000 of these nuclei pass through these organs daily, of which some 90,000,000 are retained in nose, throat, and lungs."

Ninety million enemies of health and life, inhaled daily out of city air and retained in the air organs are enough to wreck any organism in time and send it to the grave.

The common cold is one of the symptoms of the damage being done. Yet the doctor told us that the common cold "is one of Nature's most widely bestowed blessings."

A scientific study of city air made by the Temperature Research Foundation of the Kelvinator Corporation showed that:

1. The average dust-fall in a large city is approximately 230 tons per square mile per month.
2. An average of 2,500,000 particles per cubic inch are constantly present in city air.
3. More than 1.2 pounds of various dust particles are precipitated in the lungs of the average city dweller in a year.

Nashville, Tennessee, is not considered a smoky city. A press report stated that a survey of its air showed more than two tons of soot per square mile fell from January 15th, to February 15, 1938.

Professor O. C. Gray, Engineer of the Bureau of City Tests at the University of Cincinnati, measured the filth fall in that city for the month of October 1930.

In the business section the fall for the month mentioned totaled 1,176 tons per square mile. In the filth were 2.72 tons of tarry matter, 161 tons of carbon, and 1,012 tons of ash.

Gray said that city air is a deadly compound of smoke, soot, fine particles of dust, glass, rubber, mixed with acids and fumes, which included carbon monoxide, sulphuric acid, hydrochloric acid, hydrocyanic acid, nitric acid, benzene, methane, sulphur and other dangerous chemicals.

Being thus informed, one can understand reports such as that in the press of December 14th, 1945, that "The sharpest weekly rise in influenza and pneumonia cases since the 1943 epidemic was reported today by the U.S.P.H.S."

The most dangerous disorders are those affecting the air organs. The death-rate in pneumonia cases is appalling.

In the 1918-19 Flu-Pneumonia epidemic, 95 patients out of every 1,000 cases of influenza in New York City were lost and 640 out of every 1,000 cases of pneumonia. In the U. S. Army at that time 345 of those young, vigorous soldiers died in every 1,000 cases of pneumonia. (To Combat Disease is Dangerous, P. 35 by Dr. George R. Clements).

Dr. Arthur Vos, M.D., wrote:

"Of all the food required by the body, 90 percent must be oxygen. A man weighing 150 pounds is composed of 110 pounds of oxygen by weight. If the oxygen contained in his body were set free, it is estimated that it would fill 750 cubic inches of space."—Philosophy of Health.

Dr. E. E. Marin, M.D., said:

"Science tells us that over half of our maintenance comes in the air and oxygen we inhale. This means that pure air is much more important than the food we eat. We can live without food for three months without much inconvenience, but we can hardly live one minute without breathing" (Truth Teller, January 1940).

Dr. Thomas Darlington, former health commissioner of New York City stated:

"The products of combustion irritate the eyes, nose, throat, the respiratory tract, bronchial tubes, and gastro-intestinal area. In the lungs the carbon particles become imbedded in the air cells, and in time the lungs change in color from natural pink to black.

"I have performed many autopsies upon New Yorkers and almost without exception their lungs were as black as night.

"There is a striking parallel between smokiness of cities and higher pneumonia mortality. The soot, having coated the interior of the lungs, obstructs their natural eliminative processes and the flow of oxygen into the blood" (Quoted by W. B. Courtney in "Our Smoky Cities," in Collier's).

In 1945, 424,328 persons died of what doctors term heart disease. The cause was polluted air.

In 1945, 174,640 persons died of what doctors term cancer. In this condition polluted air plays a leading part.

In 1945, 129,144 persons, including the late President Roosevelt, died of what doctors term brain hemorrhage. This condition is largely the work of polluted air.

The press of March 6th, 1944, reported that coal gas from the locomotive of a freight stalled in a tunnel in Italy killed 500 persons. Only 49 lived to be taken to hospital.

A case is reported that 146 British men and women taken prisoners and locked in a small room that had only one window. The opening was too small to supply fresh air for so many lungs, and by morning 123 were dead. Before these victims died they suffered from "shortness of breath," then became unconscious, and expired gasping for breath, just as you will do when you die.

The press of October 26th, 1945, reported that in Los Angeles "heavy clouds of smoke clinging close to the ground, mixed with stinging fumes that caused people to gasp for breath, prevailed in Los Angeles this morning."

The account said:

"The manager of one firm called up the Sanitation Director and told him that his employees threatened to walk off the job because their eyes smarted and they had choking sensations in their throats because of the 'gas attack'."

In the November 1943 issue of his publication, the Editor of Let's Live wrote:

"This (Los Angeles) area has heavy fogs that hold down the fumes, prevent eliminating breezes and obstruct the healthful ultra-violet and other rays. Hiking to the top of Mt. Hollywood, I have seen the black pall of smoke hanging over the city (Los Angeles). I even went aloft in air-planes and found this dense shroud of deadly smoke, dust and fumes makes a ceiling 1,500 to 2,000 feet."

The hemoglobin of the blood has an affinity for carbon monoxide gas approximately 300 times greater than for oxygen. The air in the cities and on the highways where there is much traffic is so saturated with carbon monoxide gas, that the blood becomes only part oxygen-hemoglobin while the other part becomes carbon monoxide hemoglobin. This lack of oxygen makes people pale, weak, anemic, dizzy—and they look to food for relief.

ACUTE AILMENTS

Almost all acute ailments start with the common cold. The basic cause is polluted air.

Practically without warning the nose will often begin to drip and one feels awful in just a few moments. Polluted air frequently works that fast.

The patient is rushed to bed. The bed-room is often filled with polluted air and the bed is emitting poisonous fumes and odors. So a bad case of influenza or pneumonia may result.

Whole communities may come down with influenza and pneumonia in winter. The press of February 21st, 1943, reported that at Coshocton, Ohio, 1,500 persons were ill with influenza and all public schools in the city were closed.

The press of March 31st, 1936, reported that in Milwaukee "one-fifth of the city's population was ill with influenza—120,000 persons."

The press of December 8th, 1943, reported that in Washington, D. C., 100,000 were ill with influenza; that Philadelphia had 200,000 cases, and Louisville, Kentucky had 25,000 cases. In Newark, New Jersey, 200 school teachers were ill with influenza, and in Detroit, 228 members of the police department had it. The press also said, "flu kills 2,000 in Berlin in a week."

Nothing strange about this when the facts are known. We wonder why more are not sick.

The "common cold" is considered a very simple ailment because so little is known about the physiology of the body and its requirements, and nothing about the spiritual centers of man.

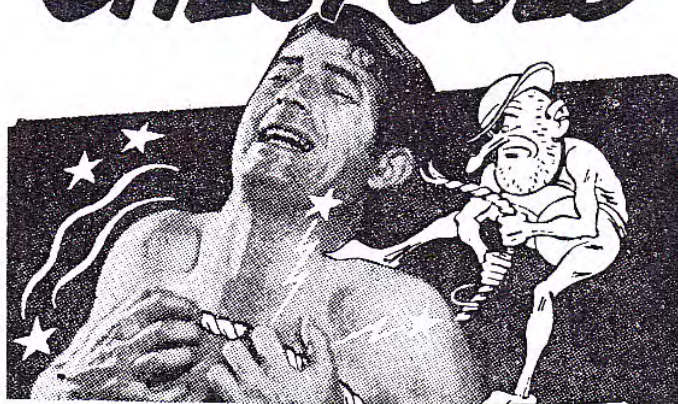
As the delicate lining of the sinuses become inflamed, it becomes swollen and congested. To relieve the misery almost every-

thing is used from paralyzing drugs to poisonous sprays. That is the scientific way the spiritual function of the sinuses is destroyed, usually while man is still a child.

Polluted air, ailments of the air organs, then come the poisonous remedies, and man in modern civilization is reduced to a purely physical entity because his spiritual centers are destroyed. He is then limited in his acquisition of knowledge to his physical senses, which usually deceive him.

AIR CELLS BURST

CHEST COLD



When polluted air is destroying the air cells of the lungs, causing congestion and pains in the chest, that is called a "Chest Cold" and remedies are offered for the condition while no one seems to know the cause of the condition.

If the air is sufficiently foul, the lung cells grow inflamed and swollen, producing tightness in the chest. Some cells burst, and then their air function is forever gone.

As the larger cells burst, the victim coughs up blood that seeps into the air cavity of the lungs.

Polluted air is the cause of nasal stuffiness, sinusitis, laryngitis, tonsilitis, diphtheritis, bronchitis, mumps, hay fever, measles, scarlet fever, chickenpox, smallpox, influenza, pneumonia, and the chronic conditions of asthma, cancer, tuberculosis, etc.

VITAL ADJUSTMENT

In Lesson 4 we discussed Vital Adjustment. The body, vigorous in youth, has a health standard at birth much above that of the environment. So an adjustment must occur to produce harmony.

The state of the environment is fixed and stationary. It cannot be changed. Any change to produce harmony must be made by the body. So by the means of various disorders of a degenerative character, the body begins its long, painful adjustment to the low health standard of the environment—where it is shocking to know that “civilization has created conditions of existence,” declared Carrel, “which render life itself impossible” (P. 28).

The mechanism of this adaptative process begins to work in the body as soon as the child is born. By a long series of sickness, called children’s diseases and beginning with the common cold, the vital body of youth is weakened and reduced in vitality to the harmonious level of the low health standard of the environment.

Perfect correspondence between the body and its environment must prevail; and here is how that condition is produced. The adjustment does not come suddenly. It is a slow process, instituted by Infinite Intelligence to prolong the life of the body as much as possible.

Were the body’s constitution so rigid and unyielding that this process of vital reduction, of degeneration, could not occur, the shock of the health-destroying agencies of the environment would cause sudden death. It does occasionally, as where a baby dies in its crib from breathing polluted air in the home.

The press of June 6th, 1945, reported that a young couple solicitously moved their baby’s crib into the kitchen and lighted the gas range oven to keep the infant warm. Later they found the baby dead of carbon monoxide poisoning.

Each illness through one’s life, from the common cold onward, is a step down the ladder of degeneration to the grave. If the illness is slight, the downward step is short. If severe, the downward step is longer.

NO COMPLETE RECOVERY

All recoveries from each illness are only partial—unless one makes a complete change in habits and environment.

You change your world by changing your habits and environment. If you continue in the same path without change, you sink in degeneration. There is no return unless you act while there is yet time and make the change mentioned.

Otherwise, you go down, down, down—and you never come up again. You never return to that point where you were prior to your first illness.

Comes the day when you may have influenza or pneumonia. They are the same, differing only in degree of intensity. Influenza is a bad cold, and pneumonia is a worse one.

You may not die, but you will experience a weakness that will remain, if you have reached mid-life; and it will remind you that

you are sinking. Some call it the work of the aging process.

As your lung capacity decreases because of ruptured air cells, your vitality decreases in the same ratio. You see your energy fading. You begin to slow up, to get wobbly on your feet. Old age they say.

Barring accidents, internal poisoning, and the poisonous remedies of today, you will never die until your lungs have degenerated to a point where they can no longer take in enough of the Breath of Life to supply the body's requirements.

The cause of nasal stuffiness is polluted air, which irritates the nasal membrane, resulting in congestion, swelling, and a flow of mucus.

The result is a decrease in the nasal passages. The condition gets worse from continued breathing of polluted air. The nasal passages are closed by congestion and swelling of the lining membrane, making mouth breathing necessary.

Continued breathing of foul air makes the condition still more serious, and it extends into the throat, causing sore throat and hoarseness.

This is the cause of diphtheria in children, which is said to be caused by germs, and to prevent it poisonous serums are injected into the children.

Extending down the air-tube, the trachea, the foul air irritates it and the smaller tubes (bronchi) which branch off and enter the lungs.

When the irritation, congestion and swelling reach the lungs, the patient is in grave danger.

The victim now finds breathing hard and painful. This is lung stuffiness, and results from the same cause as nasal stuffiness. The body temperature rises (lung fever),—influenza or pneumonia. A leading medical doctor wrote:

"Pneumonia is always with us, has a frightful mortality, and its lesson is always one of humility to the medical profession. It is doubtful whether the death rate today from pneumonia is any less than it was a thousand years ago."

The breathing organs are so badly crippled by polluted air in the pneumonia stage that they are unable to do their work properly.

The suffering body cries out for oxygen. The air cells and air tubes of the lungs are slowly being closed by irritation, congestion and swelling.

The patient now breathes hard and fast through his mouth, and his heart-rate increases. The lungs are rushing the blood through the heart and out over the body, striving to save life by supplying the necessary oxygen.

The next step is to rush the patient to a hospital, where he is put in the "oxygen tent."

The air in the hospital is filled with foul fumes, drug odors, tobacco smoke, motor car fumes, and what not. The patient may die quickly and it is often said to be a "heart attack."

Mucus is excreted freely by the air organs during a cold. That is the body's only protective measure against the irritation caused by polluted air.

The mucus is not composed of accumulated body waste, as many claim, but of the serum of the blood, elaborated into mucus by the membrana mucosa of the air organs and excreted by the mucus glands.

HARDENED MUCUS

During a cold on the lungs, you cough up much of the mucus, but not all of it. The mucus which remains in the lungs aids in the process of lung degeneration. It remains in the tiny cells and tubes of the lungs and goes through a process of hardening in time, clogging the cells and tubes and they lose their breathing function. No more can the life-sustaining oxygen flow into them. To that extent your lung capacity and vital capacity have been decreased.

As a child you could run and romp all day without tiring. That indicated good lungs. At 30 some begin to slip. At 40 more begin to go down, and a little exertion makes them puff and pant. At 50 the shortness of breath becomes painfully noticeable. The lungs are going. Poisoned air is doing its destructive work.

Sir Jonathan Hutchinson (1828-1913) noted English physician, discovered that man's vitality comes from the air he breathes, not from the food he eats; and he termed the lung capacity the Vital Capacity (Greene, P. 284).

The respiratory capacity continues to increase as a rule until about the 35th year at the rate of five cubic inches per year. Then it should remain stationary, but it does not. Polluted air continues its destructive work.

From the 35th to the 65th year the respiratory capacity diminishes, as a rule, at the rate of about $1\frac{1}{2}$ cubic inches per year. The rate of diminution depends upon the kind of labor one performs and the kind of air. It is less in the case of the farmer working out in the open air, and more in the case of the clerk working in a stuffy office filled with tobacco smoke. As a general rule the lung capacity of a man of 60 is about 30 cubic inches less than when was 40.

There should be no such decrease. With the decrease in lung capacity comes a decrease in vitality. The decrease denotes the damage done by polluted air.

The man who finds himself growing short-winded, should know that lung degeneration is the cause, and that polluted air is the cause of lung degeneration. But he thinks it is caused by the earth's turning on its axis. That has nothing directly to do with it.

Cite some facts says the skeptic. The press of October 5th, 1937, stated:

"In the depression, the death-rate in Pittsburgh decreased. Since prosperity started to return, and factories began pouring out more smoke, the pneumonia deaths are increasing sharply. In the depression they were 91.8 per 100,000. Today they are 167.4. Before 1927 the rate was 200."

There we have the cause of colds, influenza, pneumonia, etc. But some say it is the work of germs.

AN INVISIBLE FOE

The press of December 8th, 1944, said:

"An unseen enemy with which they never had to cope in their native jungle, struck down scores of wild animals and birds today in a lower Manhattan (New York) menagerie. Gas from a defective heater killed 24 specimens and overcame a dozen more before a watchman discovered their plight."

"SMOKY CHICAGO"

"Oh Chicago," said the star,
"How I wonder what you are;
"Hidden there beneath your cloak
"Of whirling soot and filthy smoke."
—John M'Cutcheon, Jr.

With that verse M'Cutcheon begins in the Chicago Tribune of May 5th, 1946, a story about "Chicago's Smoke Screen." He says that the recorded soot-fall per square mile per month in Chicago for 1945 was 67.7 tons.

THE AGING PROCESS

As you weaken and wrinkles appear in your face from your ailments, you imagine you are growing old. We have shown the cause of your ailments and the cause of your increasing weakness.

The dropping water wears away the stone, not the revolution of the earth. Stop the action of the water and eons of Time may pass, but that will not affect the stone.

It is not the imaginary flight of Time but the cumulative effects of your ailments that drag you down to decrepitude.

In the "Precepts of Ptah-hotep," in the Papyrus Prisse, said to be the oldest book in the world, a forbidding picture of the miseries of old age are recorded from the mouth of Ptah-hotep himself, when he was 110. He said:

"The progress of decay changes into senility. Decay falls upon man and decline takes the place of youth. A vexation weighs upon him daily.

Sight fails; the ear becomes deaf; the strength disappears; the speech fails; the mind weakens, remembering not the day before. The whole body suffers. Taste disappears. Old age makes man altogether miserable. The nose is stopped, breathing no more from exhaustion."

In his word-picture this man does not say that sickness is responsible for the decline into senility. He terms it the progress of decay, and he is right.

Decay of man's body results from definite causes, and the turning of the earth on its axis is not one of them.

Notice the reference to the nose that is stopped and breathes no more from exhaustion. The nose is not exhausted. Poisoned air has caused the lining membrane to thicken, thus closing the air passages.

The nose took all it could and lost its function because its air passages were closed by a thickened membrane caused by polluted air.

You know not that you are constantly surrounded by an unseen enemy to health. You know not that you are constantly suffering from a mild case of blood poison.

THE BLOOD

The condition of your body can be no better than that of your blood. You control the condition of your body by controlling that of your blood.

Sickness is impossible if your blood and its circulation are normal. So health is impossible if your blood is poisoned by every breath you take,—poisoned by that invisible enemy of health by which you are constantly surrounded.

Polluted air enters your body at every breath. It will cause every ailment that poisoned blood can produce, and that includes all ailments known.

You can be happy only by keeping well, and you can easily keep well by keeping your blood normal.

You may not know that your blood is changing constantly. It changes completely three times in one day. By fasting one day, drinking nothing but clean rain water (or a fresh fruit juice diet), and breathing the best air found only in country regions, away from cities and highways, the blood is purified, and will immediately begin to build health.

The law of HEALTH may be briefly summarized as follows:

1. Cosmic Rays, as air, are the creative agency and vitalizing force.
2. In health, the vitalizing force functions smoothly and insensibly. When its function is hindered, the body's intelligence increases its physiological powers in an effort to remove the obstructing object or condition. The super-active state thus produced in body function is

falsely termed disease, and named according to the location of the most marked symptoms. There is good health and bad health, but no such thing as disease per se.

3. The body is created complete and perfect, wanting in nothing not supplied by the creative power, and incapable of receiving anything more from human hands. It is self-building, self-operating, self-regulating, self-preserving and self-repairing.
4. All the so-called healing power on earth is within the body itself. That power nothing can aid but the natural elements of the cosmos which are produced by the creative agencies.
5. The condition of the flesh depends upon the condition of the blood. Insofar as the blood is active and normal, and to that extent only, will and must the organs, tissues and cells remain healthy and function normally.
6. In exact ratio as the blood becomes stagnant and abnormal will and must all organs, tissues and cells show a decline from the normal state. That is what is called disease.
7. The healthful existence of the body depends upon the condition of the blood. Normal flow of normal blood maintains the body's healthful equilibrium.
8. Retarded circulation and polluted blood disrupts the body's healthful equilibrium. Remove the cause and the effect disappears.
9. Purification of the blood and acceleration of its movement is scientific treatment. There is no other.
10. The blood is readily purified and quickly normalized by the natural process of fasting, followed by every wild animal by instinct. No liquid should be taken but clean rain water or fresh fruit juice, and one should breathe the best air that can be found only in areas far removed from cities and highways.

WONDERS OF THE AIR

Late discoveries in the field of atoms have scientists running to and fro as they begin to search out the wonders in the air. Cosmic rays and cosmic radiation are terms being used by the scientists as they delve into the wonders in the air.

The late Sir James Jeans, F.R.S., was one of the first scientists to call attention to the "impact of cosmic rays upon human beings." He wrote:

"Cosmic radiation falls on the earth in large quantities. . . . Every second it breaks up about twenty atoms in every cubic inch of our atmosphere and millions of atoms in our bodies every second, and as yet we do not know what its physiological effects are."

In 1935 Professor R. A. Millikan, one of America's foremost physicists, said:

"Cosmic rays are raining enormously energetic bullets of some kind (Photons, electrons or both) from all directions upon the heads of mortals who live on the face of the earth."

In 1939 Professor P. M. S. Blackett, F.R.S., stated that:
"The earth is being bombarded by atomic particles of surprisingly high energy. . . . We know almost nothing about the effects of cosmic radiation on man."

Professor Wilfred Branfield, in an article entitled "Continuous Creation," sought to show that the substance of living things comes from the air. As to Trees he said:

"In tree life, so much comes from the air and so little from the soil. . . . Every change, every new intra-atomic spatial re-arrangements of protons, neutrons and whirling electrons, every addition or displacement of electrons, sets up vibratory resonance . . . building up atoms of higher mass. . . . The reactions are *electrical*, and it is useless and foolish to apply *chemical* methods."

The Prana of Yoga is the Cosmic Radiation of modern science, and the presence of radiant force is proven beyond disputation by instrumental indicators and recorders—above all by the use of the Geiger counter, the Compton cosmic-ray meter, sensitive electroscopes and specially prepared photographic emulsions.

The highest powers of the body are Spiritual, and they fade out first in degeneration, caused by polluted air and dating from the birth of the infant.

The nose, sinuses, trachea, bronchi and lungs are the Gas Chambers, the Life Organs. Cosmic Radiation, appearing as air, seems to be the Life Essence. For to stay the breath is to stop the life. When we cease to breathe we cease to live.

If Life is God, then the breath is of God and in God. "With every breath we are linked with the Divine more closely than we realize."

The mystery of Life itself, of all that is, may be discovered by studying the Breath of Life (Gen. 2:7).

In civilization the Breath of Life is polluted beyond description, and the Life Organs of civilized man are crippled by polluted air while he is a little child.

LESSON No. 28

COSMIC AIR PURIFIERS

The press of August 19th, 1939, stated that gases and acids in the air of the Paris (France) area were:

"Eating away and disintegrating the historic monuments of that city. The rapid decay of these stone monuments dates from about 1900, since when the smoke and fumes from factories, river tugs, motor cars and trucks and heating plants have steadily increased. The smoke, mixed with the exhaust of motor cars, trucks and buses, produces a compound of sulphuric acid gas that chemically attacks everything it strikes."

The air must constantly be purified. Even in the country the air becomes foul. In desert regions, like New Mexico, Arizona and southern California, the air becomes laden with dust particles and is bad to breathe.

There are seven cosmic agencies of air purification, as follows:

1. Rain
2. Wind and hurricanes
3. Vegetation
4. Earth rays
5. Violet rays
6. Cosmic rays
7. Electric radiation

Air is washed and cleansed by rain. Places that have much rain have much pure air. Places with little rain have less pure air, unless located in high regions or near the sea.

In the midwest, and especially in the desert region of the southwest, with little rain and lots of desert dust, dirty air kills thousands. The press in 1935 reported that "70 persons died of 'dust pneumonia' in ten days in one small community, and asthma, tuberculosis and varying disorders of nose, throat and lungs are on the increase."

Winds and hurricanes are purifying forces. They send the stagnant air flying in streams that dissipate the impurities in it. On windy days the highways and cities are purged of their polluted air. The purification lasts only until the wind subsides.

The press of October 6th, 1937, quotes Dr. Haythorn and Dr. Schnurer on this point, as follows:

"High winds blow pneumonia out of cities on the wings of smoke in winter. Calm days, in smoky cities, are usually followed in about fifteen days by a rise in pneumonia."

These doctors prepared a chart of winds which showed a frequent rise in deaths from pneumonia fifteen days after calms in Pittsburgh, and a fall after good blows. There is the evidence to prove that the foul air in cities causes sickness and death.

In the Carboniferous Age the atmosphere was highly charged with carbon dioxide gas. Ferns were abundant, some being as tall as trees. In the carboniferous forests grew the Lycopods or club-mosses, now represented by insignificant forms, but then growing sometimes 75 feet high or more, with trunks three feet in diameter, and spreading branches.

The Vegetable Kingdom is not strictly an air purifier, but an air conditioner. Plants possess the power of absorbing carbon dioxide, assimilating the carbon and rejecting the oxygen in a free state, thus making the air suitable for the larger land animals.

Only after millions of years of plant life on earth, say science, was there enough oxygen in the atmosphere of the earth to support the higher forms of land animals. This fact constrains some authors to assert that forest regions are the most healthful areas for man. Thus we see how man disturbs nature's equilibrium by destroying the forests to provide fields for his artificial crops.

The purest air comes from the ocean where there is nothing to

pollute it. The foulest air is found in cities. The larger the city the fouler the air.

In the wide open spaces of country and sea, the other four agencies continuously create Ozone to clarify and purify the air. When man is not polluting the air with the fumes of his fires and inventions, they keep it in good condition. They also help destroy harmful gases and acids produced by man's work. As they were never intended to do so, they can not overcome the excessive air pollution of homes, hospitals, factories, stores and city streets.

These cosmic agencies cannot break through the layers of poisonous gases and acids, created by man's work, with sufficient force to convert oxygen into the essential quantities of Ozone.

Outside air in the country, or in fairly open spaces, such as a high-class suburban residential district, comparatively free of motor car and truck traffic, while it may seem pure, is still far from being the activated, ozonated air intended for man as the Breath of Life.

The air of the average home, in city or country,

1. Is saturated with carbon monoxide gas from fires, cigars, cigarets, cookery fumes, fumes of motor cars, trucks, gas engines, locomotives, etc.
2. Is saturated with the fumes of filthy barn-yards and hog-pens, farm tractors, and sprays used on gardens and groves.
3. Is saturated with the fumes of garbage and paint cans.
4. Is saturated with the fumes of refuse from the streets.
5. Is filled with tiny particles of filth flying in the air.
6. Is saturated with numerous gases and acids, with small particles of solids, wafted by the winds for miles in all directions.

THE HOME

Put up a roof and you have obstructed three of the natural ozone-creating forces. Add the walls, and you entrap the fumes flowing in from without and those generated within by man and his work.

The hermit's hut in the hills would soon be filled with polluted air unless doors and windows are kept open all the time.

Filth that destroys health and shortens life is constantly generated and eliminated by the body itself.

Your bed should be left open all day to dissipate the filth generated and eliminated by the body during the night. The sun's purifying rays should shine in the bed several hours each day, and pure air should fan it for hours before it is made up. It is much better of course to hang the bedding on a line in the air and sunshine.

The ordinary bed is not fit to sleep in. The material of which beds are made, including the feathers in the pillows, go through a steady process of decay, and constantly emit foul, musty odors that are injurious to health, but not noticed because one gets used to them. Furthermore, the polluted air of civilization has ruined the sense of smell in most people.

Insomnia can often be traced to foul air in the bed-room, some of which comes from the bed itself. That is the language of the body's intelligence as it tries to tell you to move into better air. But you believe in taking sleeping-tablets, and thus force your body to endure a condition that is slowly destroying it.

Those with weak lungs do fairly well in the good air during the day, but have trouble and cough after they have been in bed long enough for the foul fumes of the room, bed and bedding to fill their lungs. Some have serious coughing spells during the night and find it hard to breathe—all due to the damage done their air organs by the foul fumes of their bed, bedding and bed-room.

This philosophy is too new to impress many, but one will soon be convinced if it is given a trial. Just as sure as you live and sleep in the fresh outside air, you will see health improvement.

WHERE TO LIVE AND SLEEP

Man is an air animal and is constituted to live and sleep outdoors. Primitive man lived in the open air, and slept on some dry grass or leaves in the open under the trees. His bed was well aired very day.

The author in 1898-1901 while in the Philippines, emulated primitive man by living outdoors and sleeping under the trees. During all that time he never had a cough nor a cold, and when he came home it was hard at first for him to sleep indoors. He had to get used to it again.

This outdoor life in the Philippines was valuable experience. He often had to sleep in wet clothing and thought he would die of pneumonia during the night as he had been taught such things. As he rose next morning feeling as fit as a fiddle, he saw how wrong these teachings were. He found from whence came sneezes, coughs, colds, sore throat, bronchitis, tonsilitis, hay fever, influenza, pneumonia, asthma, tuberculosis—all disorders of the air organs.

He owes much to that lesson he learnt by living the outdoor life in Luzon, and has applied it through the years. He swears by the outside, pure air, and now in his 74th year he enjoys the health and vitality which that air has given him.

The press of March 2nd, 1943, said:

"Ensign P. G. Nolan, commanding a gun crew on a merchant vessel, spent 39 days at sea in an open boat after the vessel was torpedoed. Every minute of the 39 days he was soaking wet and badly chilled, but he reached a South American port in good health."

One test case is sufficient to show that it is an error to put the cause of certain ailments on the weather.

Wild animals live out in the cold winter rains and snows, sleep in the snow, and no doubt become badly chilled; but no hunter

ever saw one of these animals suffering from ailments of their air organs.

You cannot breathe filthy air and have good health. The environment, which includes the atmosphere, must be clean and pure.

Where shall I live to have good health? In this civilization that becomes the biggest of all problems.

In the words of the great Carrel, "Our civilization . . . has created certain conditions of existence which . . . render life itself impossible" (Man The Unknown, P. 28).

OZONE

For several years certain scientists have been delving into the secret of a cosmic gas called Ozone, an allotropic form of oxygen.

There is a paucity of information on the subject. Some think Ozone is a filter of the sun's rays as they pass to the earth. Its molecules are believed to contain three or more atoms of oxygen. For that reason it is referred to as O_3 .

Ozone may be prepared by passing a charge of electricity through molecular oxygen, forming a polyvalent, unstable form of oxygen. It is a colorless gas with a peculiar odor, from which its name is derived—Ozone, meaning "to smell." It is claimed to be $1/5$ th as heavy as oxygen, yet it resembles ordinary oxygen in its chemical content, although it registers a greater degree of activity.

Being in its polyvalent, unstable form, Ozone tends to disintegrate rapidly into molecular oxygen. If uncombined, the free atomic oxygen thus liberated is highly effective in promoting oxidation. In this sense, Ozone has several uses;

1. As a bleaching agent.
2. As a means of purifying water.
3. As an extremely active oxidizing agent.
4. As a powerful disinfectant and germicide.
5. As an effective agent in dissolving various abnormal deposits, as in cases of arthritis, nephrolithiasis (kidney gravel), and cholelithiasis (gravel in biliary ducts).

Oxygen unites with the iron fraction of the hemoglobin, loosely forming oxyhemoglobin. Ozone has been found to increase this process, which means more of what the body needs.

Cell activity determines the amount of oxygen required. But the amount of oxygen supplied does not determine the activity of the cells.

Cell function must always continue, and can continue in such a low oxygen content that even a match will not burn. But if a process be abnormal, more oxygen is needed. If the oxygen is not supplied, the condition is termed anoxia (deficient aeration of the blood). It can occur as a result of improper external respiration, or internal respiration, or transportation by the body fluids.

An acute inflammatory condition results in a demand for more oxygen. The body intelligence tries to compensate for the demand by increasing the respiratory rate. Lack of oxygen results in a degenerative process that leads to calcification (hardening).

Ozone, in its unstable, polyvalent form, will readily break up and form a more stable molecular oxygen. For this reason, in instances where there is a process requiring more oxygen, ozone is the answer.

This was shown by the use of one of the largest ozonating systems in the Central London Railway. It was reported that during a severe influenza epidemic, the motor drivers who run through the tubes daily were free of the disorder.

Clinical evidence has shown favorable results in the use of Ozone in both acute and chronic inflammatory conditions. It has been known to dissipate certain calcifications in arthritis.

In the case of a chronic condition as arthritis, if additional oxygen is introduced into the abnormal, oxygen depleted tissue, the process would be a reversal, and result in the removal of the abnormal deposits.

In a small way, Ozone is being used in hospitals and in sterilizing water systems. But its use is still in the embryonic stage of development.

Should the development of the use of natural agencies be successful it would interfere with the use of drugs, vaccines and serums. Then there would be the dilemma of presenting this drugless system and showing that the use of drugs, vaccines and serums are not only ineffective as remedies, but actually injurious.

As Ozone is only 1/5 as heavy as oxygen, it rises and the air of the higher regions is more heavily charged with it. Knowing this secret of Nature, the Ancient Masters dwelt in the ozonated air of high places. Good health and long life were the result.

IONIZED AIR

It required radio-radar-television and the atomic bomb to get modern science interested in the wonders of the air we breath. Previous to these inventions no one had believed there were mysteries in the air which we have now discovered.

The press on December 7th, 1938, stated that Dr. F. Behounek and Dr. J. Kletschka, two scientists of the University of Prague, issued a report disclosing some of the secrets of the atomic gases of the air. They said that "the mountain climate is characterized always by a greater ionization than that of the lowlands."

By "ionization" is meant the presence in the air of "ions," which are said to be electrified particles.

It appears that the atoms of the air gases, such as nitrogen, oxygen, ozone, carbon dioxide, are not electrical when they are whole.

When ultra-violet rays, cosmic rays, radium, X-rays, and fast electrons smash the atoms, the broken bits become "ions," or electrified particles.

According to Sir James Jeans, F.R.S., the air one inhales contains over 34,000 atoms per cubic foot that are broken up by cosmic rays, and thus become electrified particles. "This is the source of Vital Force," says one authority on the subject.

In a recent letter to us, the writer says:

"It is remarkable how many tribes and groups of people on the southern slope of the Himalaya mountains have been reported as extremely healthy and long lived.

"I wonder whether the elevation, plus the protection the high mountain must give against sudden severe cold spells from the north, plus a moderate climate as to temperature, don't combine to prolong life there. I think we need a good book about those tribes, telling how they live, about their food, climate, habits, etc."

Propaganda has made most health seekers so food conscious that they never think of air. They never ask whether the quality of the air has any effect on the body.

All mysteries fade out when the simple facts are known.

Scientists who have investigated the air of various regions, high and low, find "the mountain climate is characterized always by a greater ionization than that of the lowlands," as above stated.

People so fortunate as to live in the higher regions and breathe the better air, highly charged with ozone and electrified ions, experience an electric rechargement of the vitalization of their body cells. As this increases, in the same ratio decreases the desire and need for food, *and one's health improves.*

SHALLOW AND DEEP BREATHING

A certain work titled "The Prana of Yoga" states that Prana is not merely cosmic rays of the atmosphere, but also ionized minerals that come from cosmic sources.

As we breathe the air we inhale these ionized minerals, as well as nitrogen, which is transformed into protein in the body. The protein we eat never becomes the protein of the body.

As previously stated, Behounek and Kletschka contended that "the mountain climate is characterized always by a greater ionization than that of the lowlands."

When man changes from his low environment and moves to a higher one, say to 5,000 feet, he finds that at first he breathes deeper and harder. Those knowing so little of the function of respiration, would advise him to return to a lower level before he dropped dead of heart attack.

The body requires just so much air for its needs. The amount is supplied by shallow breathing in the dense air of low altitudes. Consequently, those born and reared in the low levels are made shallow breathers by the dense air of their environment. As a result, their lungs are never fully developed. Millions of air cells in their lungs remain dormant and inactive.

As such persons move into a higher region, they begin to breathe deeper and harder, with an increase in heart rate and a quickening of all body functions.

This is the first effect, the temporary disturbance as the body begins to adjust itself to the thinner air and lower atmospheric pressure of high levels.

A change in environment always causes a corresponding change in the body's function. A slight change in environment causes a slight change in body function that is not noticeable at first, but shows up in time.

It requires more of the thinner air of high regions to supply the body's needs. The result is that function changes as the body adapts itself to the new condition. At the same time the body also receives more of the ionized minerals that come from cosmic sources. The effect of this is to lessen and dull the appetite for physical food.

From a shallow breather at low levels one naturally becomes a deeper breather at high levels. Millions of dormant air cells in the deep regions of the lungs are resurrected from their dormancy and become active, as they should have been from the first.

This is another case of vital adjustment, but this time it is for the better. The lever is reversed, and the process of regeneration begins, being the secondary effect experienced by the body as man moves to higher elevations.

Few understand this secret of physiology. Carrel briefly noted body changes, but this is one that even he failed to find.

The general ignorance of this physiological secret of respiration is the reason people are advised to be careful and not exert themselves at high levels, and to return quickly to lower elevations when they notice these symptoms.

These symptoms are really the signs of the regenerative process going into action. Remain at the higher elevation until the body has time to adapt itself to the thinner air, and no disturbance in breathing will be felt. The lungs will gradually expand to meet the new condition, and improved health will result, provided that all the other rules of health are observed.

Here we find another secret of Nature. When man moves to higher elevations and breathes deeper and inhales more of the ionized minerals that come from cosmic sources, he will soon notice his desire for food waning as the regenerative adjustment proceeds. He eats

less as he breathes deeper of the thinner air, and absorbs more of the ionized minerals in the atmosphere.

Usually it is considered as bad any waning, weakening of the appetite, by those who do not understand, and they are urged to take a tonic or something to whip up the appetite.

This reversal of the lever that changes degeneration to regeneration produces changes in the body that few can understand.

Conditions of regeneration are so rare that those who have no knowledge of accompanying symptoms, usually consider the symptoms as bad and do everything they can to eliminate them. The symptoms cannot be suppressed without stopping the regenerative process. Many persons who experience these symptoms become frightened and flee back to their accustomed lower levels.

We experience discomfort as the body changes under the law of degeneration. Hence we must experience discomfort as the body changes under the law of regeneration, and begins to rise to a higher level of health.

The fasting man experiences much discomfort as his body purges itself of clogging waste and improves its condition. Not understanding this secret of physiology, the fasting man is advised, by those who should know better, to eat or he will die.

We have a report in the case of a certain man who made the change from a low to a much higher altitude, and this is what he said:

"The longer I remained in the higher altitude, the less food I wanted, and food that had been delicious now became disgusting. My body, receiving more cosmic food from the atmosphere, had less need of the gross physical food of the earth.

"Then I changed back to a lower level, where the atmosphere is deficient in cosmic food, as a result of which a ravenous appetite appeared, as my body called for more physical food from earthly sources, in a second-hand form, to replace what I had formerly secured from cosmic minerals of the air at the higher level.

"Toward the latter part of my stay in the higher altitude, I lost my appetite for food to such extent, that I am convinced from my experience that Breatharianism in the higher regions must have been the original state of man."

BREATHE MORE — EAT LESS

The answer to the above questions appears in the purer and better air of the remote, higher regions, and in the eating of less food—contrary to the theories of those who eat freely and often to keep up their strength and die early as a result.

According to Ancient Arcane Science, one of the highly beneficial effects of sustaining the body completely on the chemical ele-

ments of Cosmic Radiation and the consumption of no food, is the development of the higher powers that are now dormant in the man who eats . . . *his marvelous unused powers.*

The Ancient Masters taught that food in the alimentary tract interferes with the natural use by the body of the chemical elements of Cosmic Radiation. Food in the body insulates the body against the natural contact of Cosmic Radiation by corroding the poles of the cells. That obstruction causes the function of the body cells to decline below the higher level.

As this damaging condition of insulation is increased by much food and regular eating, Vital Force gradually decreases and decrepitude slowly appears. Then comes that time in due course when the function of the body cells declines more and falls below the Life Level of vibration, resulting in the condition called death.

This explains the secret and little known reason why man's health and all his powers increase and grow more acute under a fast. During a fast, the alimentary tract becomes free of the insulating effect of food, and the cells are able to free themselves of the damaging corrosion. This permits the body to make more and better use of the chemical elements of Cosmic Radiation, produces an increase in cell vibration, and puts the condition of the body back nearer to the normal state in which it was before man fell to the level of the animal plane by forming the habit of eating.

AIR IS LIFE

Here is a true story which shows that Air is the Power of Life. A soldier on the western European front in World War II had a small cut in his throat caused by a sharp piece of steel from an exploded bomb. He fell in a heap and his buddy hurried to his aid.

An examination showed no injury but a slit cut in the windpipe just below the larynx, causing the windpipe to close so air could not enter the lungs.

Quickly the other soldier slipped his fountain pen into the trachea (windpipe) to hold it open so air could enter the victim's lungs. The wounded man immediately came to life, rose to his feet and walked as though nothing had happened.

Walking jarred the pen out and it fell to the ground, and so did the soldier. He could not move and appeared dead.

Again the pen was quickly inserted into the trachea, and again the dead man came back to life, rose to his feet and walked.

This time the wounded man held the pen in place until he reached a first aid station, where a surgeon sewed up the injury, which soon healed and the soldier's life was saved.

The Living Stream that turns the Wheels of Life depends upon contrary, he knows that tobacco is poisonous and destroys him by

the Breath of Life. The condition of the body depends upon the blood, and the condition of the blood depends upon the Breath of Life.

Pollute the blood and we plunge the body into degeneration. Pollute it more, and the body's function becomes an appalling convulsion, which in due time ends in death.

You may be pale, weak, anemic; you may be suffering from some terrible ailment, but when you go on a fast and breathe pure air, your blood will soon become normal and all parts of your body will soon exhibit renewed life.

ETERNAL PHYSICAL LIFE

Profesor J. S. Haldane, noted English astronomer, believed that Eternal Physical Life is possible. He wrote:

"In years to come, when man learns how to live, he will never know illness, and will live for thousands of years.

"We now sit as the men in Plato's cave, with our backs to the light, seeing only shadows on the walls before us. Reality we never see.

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

"No matter how long you live, when you die your body will be young, and you will die for lack of oxygen. You will die because your blood cannot carry the required amount of Life-Sustaining Oxygen to the billions of cells in your body."

THE NEW AGE

Millions of dollars are spent to study cancer and other disorders but no doctor is ever employed to go out and study the cases of people who live long and publish his true findings. It is just as though the study of a stone would reveal the cause that pulls it to the earth when cast into the air.

If we would learn how to live 150 and 200 years, we should study the lives of those who do it. But there is no profit in health and longevity for those who profit from sickness. When some doctor is interested for himself, and at his own expense makes a study of these cases and publishes his true findings, he is silenced and liquidated and his report is discredited and destroyed as history shows.

Regardless of which road we take in matters of Health and Longevity, we find they all lead back to the Breath of Life.

When man first began to eat, he knew that food was not needed to sustain his body. He ate for pleasure and not from necessity.

The same state is presented today in the case of the smoker. He knows that tobacco plays no part in sustaining his body. On the

contrary, he knows that tobacco is poisonous and destroys him by degrees. But the habit of smoking is too strong for him to conquer.

As long ages passed, the time came when man believed he had to eat to live. The eating habit had him in its grip, as the smoking habit has the smoker. His body had gradually adjusted itself to the practice, and craved food—as the smoker's body craves tobacco.

Old Age is man's oldest enemy. The Fountain of Youth is man's fondest dream.

We have seen that senility is progressive degeneration. It is neither natural nor necessary. All its symptoms are pathological. The complex of these symptoms is also pathological. There should be a way to avoid it.

We have seen that Fasting retards the speed of the aging process, with a corresponding prolongation of the life-span. Why does man continue to look to food for the goal of his search, as he sees the body grow younger when no food is eaten?

For thousands of years the eating habit has held man in its grip. Current reports show that only a few in remote regions of the earth have escaped it.

Carrel was great, but he could not rise above the influence of his medical training. He demonstrated that the body cells are immortal, yet he said they died. He should have known that immortal cells are above the nutrition level, yet he said they had to be fed. These errors he had seen had his mind been clear and not clouded by false theories.

Immortal body cells neither eat nor die. They are in the same category as the cosmic stars and planets.

Body cells are composed of tiny stars that are as eternal and self sustaining as the stars of the Cosmos. For the cells are composed of similar electrons, atoms and molecules.

It is the attempt to nourish the body that destroys it. It is the attempt to cure disease that destroys physical man.

In its present state, the body depends upon the chemical stimulation of food and drink. If that state were natural, the condition of the body would not improve under a fast. That state is the result of ages of eating and drinking. It is an unnatural state resulting from the body's adjustment to a practice forced upon it. It was a case of meeting the practice by proper adjustment, or of perishing. The adjustment was made and resulted from a reduction of the body's vitality and a decline in its integrity and duration.

This is devolution, degeneration, a process of decay, and somatic death is the end.

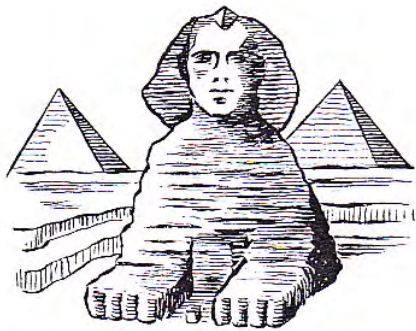
Advanced students assert that man has reached the bottom of the downward trend. He can go no lower. Hence the dawn of the approaching Golden Age is drawing near.

FIRST GREAT LAW

The living body must function always in the direction of health, and sickness is the effect of obstructing natural function.

SECOND GREAT LAW

Sickness is the result of the body's struggle to eliminate internal poisons resulting from bad environment and bad habits.



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

For Years our Hotema fans have been asking for new Hotema material. Believe me we have been searching. Recently we have acquired the early writings of KENYON KLAMONTI, (Hilton Hotema)

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- Lesson No. 25 Breath of Death
- Lesson No. 26 Poisoned Air
- Lesson No. 27 The Common Cold
- Lesson No. 28 Cosmic Air Purifiers

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