



**CREATION  
COSMIC  
RADIATION  
IN  
FLORIDA**

**HILTON HOTEWA**

# CREATION



# RADIATION

This is a Radiant Universe. Man lives in a Sea of Radiation.  
The Human Body is constituted of congealed Radiation, is sus-  
tained by Radiation, and the process of sustentation is  
Radiosynthesis.

Light of the world



Source of life

# HOTEMA

## The Federal Constitution Guarantees

### FREEDOM OF SPEECH AND OF THE PRESS

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

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

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

"The liberty and freedom of the press under our fundamental law is not confined to newspapers and periodicals, but embraces pamphlets, leaflets, and comprehends every publication which affords a vehicle of information and opinion.

"The perpetuity of Democracies has as a foundation an informed, educated and intelligent citizenry. An unsubsidized press is essential to and a potent factor in instructive information and education of the people of a Democracy, and a well-informed people will perpetuate our constitutional liberties."

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

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Statements presented in this volume are based upon scientific findings, ancient writings as they have been interpreted, and known facts of Creation and its products, including Man.

This work is not intended to direct the reader what to do, nor to condemn him for what he does. He is responsible for his own conduct and will reap as he sows as certainly as day follows night. He is cautioned to use his own judgment in all instances, and in matters relative to his body and its care, he should consult an expert Hygienist, who has studied the laws of Creation and understands the essential requirements of the living organism.

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Professor Hilton Hotema.

Honolulu, 1962.

CREATIVE SCIENCE

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Cosmic Radiator  
By  
Prof. Hilton Hotema  
(1962)

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DEDICATION

This work is dedicated to that Glorious Day in the distant future, when Good Health has caused the welcome vanishment of the doctor and his poisons called medicine, and Long Life is the rule rather than the rare exception, and a real Science of Creation will be taught in the colleges.

Then, Luciferous Knowledge will dissipate modern Darkness; Bible Schools will teach youngsters the basic facts of Life which are such a puzzle to science; and eminent physicians will no longer write books to inform the world that the mysterious Entity called Man is constituted of a strange procession of phantoms, in the midst of which there strides a baffling Unknowable Reality.

## PROLOGUE

In his valuable work titled "Religion", Harry L. Custard presents this parable:

"The fishes of a certain river communed with one another, saying, They tell us that our life and being are from water, but we have never seen water, and know not what water is. Then some among them, wiser than the rest, said: We have heard there dwelleth in the sea a wise and learned Fish, who knoweth all things. Let us journey to him, and ask him to show us what water is. So several of them set out to find this wise Fish, and they came at last to the sea wherein the wise Fish dwelt, and they found him and asked him. And when he heard them, he said unto them: O ye foolish fish that consider not! Wise are ye, the few, who seek knowledge. In the water ye live, and move, and have your being; from the water ye came, and to the water ye return. Ye live in the water, yet know it not."

The most obvious is usually the most unnoticeable. This parable is perfectly applicable in the case of Man. He is searching unto the ends of the earth for the Kingdom of God and the mystery of his being, and to determine whence he cometh, how he is sustained, and whither he goeth.

Crile and Lakhovsky showed in their valued works that in Cosmic Radiation

Man lives, and moves, and has his being; from Cosmic Radiation he comes, by Cosmic Radiation he is sustained, and to Cosmic Radiation he returns.

Cosmic Radiation, called Astral Light by the Ancient Masters, is the Invisible Ocean of Living Fire that covers this Planet with everything known, appearing as Lightning in its fiercest form and as Human Flesh in its finest form.

This Living Form of Human Flesh is such a mystery to science, that a great scientist of this century said, "Man is composed of a procession of phantoms, in the midst of which there strides an Unknowable Reality. ... Our knowledge of the human body is, in truth, most rudimentary. It is impossible, for the present, to grasp its constitution".

In offering the public this particular work, dealing with a subject so little known, it is proper to prepare the reader's mind in advance, that this message is not proffered to present a pattern of living for the humble rank and file of this era, but to disclose a definite data of Ancient Wisdom relative to the higher plane of existence which prevailed in primeval times, and will prevail again in ages to come, as the Cosmogonical Cycle of Creative Action moves up from the present low to higher levels of Consciousness, to correspond with the Astral Vibrations that affect the Planet which we inhabit.

The Ancient Doctrine of Celestial Correspondence is the Gospel of the Cosmogonical Planisphere that reveals certain aspects of Creative Action

which man should know, which he once did know, and which he will know again in the approaching ages.

The current comprehension of the common masses cannot encompass the complexity of cosmic conditions until Man is correctly informed as to himself. What is Man? What do we mean by Man? On that point Grahame W. Barratt wrote:

"Man precedes all the placental mammals in this (Cosmogonical) Cycle--but what do we mean by Man? It (the term) refers, in the immediate sense, to all that can unfold from his Karma in this Cycle, but in the ultimate sense, Man is a (Cosmic) Principle, a Kingdom of Nature which, in himself, can evolve any (cosmic) form. . . . Man is the paradigm, the repertory of all (created) forms, and thus is the Genesis story true, since Adam (Mankind) names (represents) all animals" (Searcher, March, 1962).

This occult knowledge is concealed in the coded message of the Ancient Wisdom, that Man comes forth from the Celestial Kingdom, not as a "worm of the dust, crawling to Perfection for forgiveness", says Krypton (Quartum Organum, p.19), but in the "image and likeness" of the Creator--an ancient secret revealed by reversing the syntax of the coded message, disclosing what the Masters knew,--that the Creator walks in the midst of His Work on the Terrestrial Plane in the Form of Flesh called Man, a Cosmic Principle of Creation.

This occult revelation explains why Man is such an unsolvable mystery to science, that it can do no more than to define him as a "procession of phantoms, in the midst of which there strides an Unknowable Reality."

An interpretation of the coded message of the Ancient Masters expounds the mystery surrounding Man, banishes the superstitious fog in which he appears, and reveals his majestic rank as a Cosmic Principle, a Kingdom of Creation, in this Glorious Infiniverse.

A clear interpretation of the Astral Gospel of the Ancient Masters imparts the basic meaning of Man's mystic being, makes known the fundamental principles of Cosmogonical Processes, and presents the secret of Creative Action of Incarnation involved in the mystery of Birth and Death. It reveals that the Ancient Zodiac is a symbol of the Robe of Flesh worn by the Creator in His Terrestrial peregrinations.

The Zodiac of Constellations was the work of wise Cosmologists, deep in Creation lore. It is an epitome of Creative Action, and the story of Creation "written in the starry sky". It reveals the cosmogonical unfoldment from the central point of beginning to the outer circumference--from the deeper intention of Aries to the uttermost extension of Virgo, and thus back to the Seed Center again for another Cosmogonical Cycle of Creative Action.

A thousand years from now, the people of the Earth will have no knowledge of anything of the present time. The short life-span of Man, even the

time-span of a sign of the Zodiac covering 2160 solar years, is too short to reveal data relative to that state of Perfect Life of the previous Golden Age which Man once knew, and to which he will return and know again, in harmony with the Cosmogonical Cycle symbolized in Card No. 10 of the Ancient Tarot, described in our work titled "Land of Light" (p.127).

Professor Hilton Hotema.

Honolulu, 1962.



## INTRODUCTION

The task of composing a coherent structure of an analytical character dealing with Cosmogony, as that here and now to be proffered, constitutes a diligent effort suffused over a period of years dedicated to profound research relative to Creation, Life, and Man. More precisely, the fundamental generalization incorporated within the present exposition, extends retroactively to approximately 1900, when the author grew surprisingly aware of the incongruent mixture of scientific, medicologic and theologic data concerning the nature of the Kingdom of Life.

He found that the ancient races saw this dilemma ages ago, the evidence of which appears in the Bible in these few words: "My people are destroyed for lack of Knowledge" (Hosea 4:6).

That "lack of Knowledge" prevails at present, and will continue in the current channel until the fundamentals of Cosmogony are discovered, recognized and scientifically taught in the schools, replacing the literalization of the biblical fable found in the first few chapters of Genesis and unnoticed by scientists, who logically refuse to give any credence to the theory of Creation by the Fiat of a Creator.

Law, order, system and development are so related and conjoined, that the mind will not bring its searchings to an end, and rest its reasonings in the belief that a Creator, without the observance of laws as revealed in Nature, by word of mouth and wave of hand, called into existence out of nothing, the varied forms in the Universe.

The world has been plundered for millenniums asserts one able author. The present period of supposititious "freedom and enlightenment" is a clever trick to mask the fact that more people are now existing under physicalized, tranquilized and lobotomized slavery than ever before in human history.

These are some of the facts we found some sixty odd years ago, when we set sail in our search for the mysteries of Creation and the secret of Life. We were looking for LIGHT, not knowing where to find it. We went for it to the schools and studied law, naturopathy, orthopathy, philosophy, and chiropractic, and left the schools with diplomas in our hand and disappointment in our heart. For the Light for which we had looked we did not find.

In this discouraging state we remembered that in the Bible appears this wise declaration:

Ask now the beasts, and they shall teach thee (the mysteries of Cosmogonical Law); and the fowls of the air, they shall tell thee (of the path to take that leads to Light). Or speak to the (dumb) earth, and it shall inform thee (how it was made); and the fishes of the sea shall declare unto thee (that Knowledge of Creation which leads none astray). (Job 12:7, 8).

Thus we found the primeval path that leads man to Eternal Existence and Eternal Knowledge. The Glorious Light of Creation shines forth from its products, and the Great Law of Creation appears in its work.

Behold the bugs and the birds; Being guided to their goal by Cosmogonical Knowledge, they are never ill, have no doctors, no hospitals, no medicines, no vaccines, no serums, and yet they are subject to the same universal law that governs man. He falls below their high level because of the brainwashing and mind-conditioning to which he is subjected from childhood to decrepitude.

Johan G. Fichte (1762-1814) knew the hidden purpose of scholastic institutions, and declared it when he said that education is a process to destroy free-will and mold the mind, so that after pupils leave school, they shall be incapable throughout the rest of their days, to think or to act otherwise than as their schoolmasters would have had them.

Three remarkable books on this vital subject recently appeared as the work of three able authors. They are titled (1) Age of Treason 1957, (2) Hide 1959, and (3) Quantum Organum 1959.

During the Dark Ages these courageous authors would have been burnt to cinders, with great celebration, and the mind-controlled masses would have been assured that such was the righteous end of these base enemies of God.

When Phillip inquired of the Ethiopian as to whether he understood the meaning of the statement he was reading, he responded: "How can I, except some man (who knows) should guide me?" (Acts 8:26-31).

That depicts the mental condition of the multitude on earth today. They sorely need a teacher to guide them. Who will be that teacher? The preacher's hands are bound by the established creeds, and so are the doctor's, the professor's, and the teacher's.

An examination of the facts shows that if the mind-conditioned multitude shall ever be guided to the gleaming goal of Health, Happiness, and Longevity, it must be done by a teacher who understands some of the mysteries of Cosmogonical Law, and is not bound by any of the established institutions of civilization.

For it is understandable by intelligent people that professional religionists, religious organizations, clerics, medics, scientists, and commercial institutions are prevented by their beliefs, creeds, rules and regulations from doing so, even if they realized that it was right.

This has always been the big obstacle, and this is the reason why we have remained free of all entangling alliances and all rules and regulations of the various institutions, which would bind our hands, govern our speech, and rule our course.

Unlike many of the times, we do not claim that our message is some "chosen channel" for facts, nor that we have an "inside pull" with God, nor a "private line" to the mysterious crypt of Creation.

We hunt for facts as the archeologists do, and by hard work and long hours of research, we find the precious knowledge in the only way it can be found. "Here a little, and there a little" (Isa. 28:10), with gaps that must be filled and gulfs that must be bridged.

And we realize that cosmogonical processes can be recognized only when the mind is prepared and the time is presented to accept and understand them. And while we make no claims for our message, we know from reports of the multitude of readers that it is doing much good in helping the masses to understand more about the inexorable laws of Creation.

In 1961 we wrote a work titled Long Life in Florida. It was published in April 1962, and the first edition sold out in less than thirty days, the second edition being available May 25, 1962, and this is what the publisher said:

"We've received piles of appreciative letters concerning this amazing book. It is one of the greatest health classics of all time. Learn to live long, with better health to enjoy it. Others are doing it and so can you. Many ordered extra copies of this amazing book to give to their friends".

Thirty years ago we edited and published a monthly health magazine. In it we said, "You will never know the joy of living until you are in the midst of the glories of the Warm Zone of Life, where extremes of temperature are unknown."

Think of living in a region where the temperature never went below 62 nor above 98, where no artificial garden was needed because the land was all natural garden, and all you had to do was to gather your food growing wild.

That is the condition of Perfect Living and the Path to Good Health and Long Life. That is the design of Creation,

## CHAPTER I

### COSMOGONICAL HARMONISM

In 1952 a book of 490 pages was published, titled "The Radiant Universe", written by George W. Hill, in which he stated that he had spent many years of study, research and thought in "working out" the theory presented in his book.

He traced the process of Creation from the distant galaxies to the formation of the earth, showing a definite relationship ever existing between all objects and bodies, that the basic element is Radiation, and presenting evidence to prove that Col. James Churchward was correct when he declared that the Law of Creation is the Law of Adaptation. That is the basic law of Existence, concerning which Churchward said:

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

Churchward's terminology requires modification. The Condition of the Environment is not the Parent of the Creation. It does not create, but triggers Creative Action. It is the occasion that activates the process, and the Astral Vesture in which the Ego comes clad, is a panoramic presentation of the planetary vibrations affecting the mundane plane from the primary stage of the embryo until complete maturity of the organism is attained.

Coulson Turnbull recognized this phase of Creation, and wrote:

"Clothed in the glorious garment of the Cosmos, man corresponds in color, number, and vibration to the same in the solar system at the moment of his birth (Solar Logos, p.42)."

The astrological action halts not at birth. It continues unchecked until the maturity of the organism, and then on to the day of its death.

Darwin's absurd postulate of a Hostile Environment is the exact reverse of the facts of Creation. No living organism ever appears on the terrestrial plane until the condition for its appearance is favorable. When the condition changes and grows hostile to any type of living organism, that organism dies and disappears.

The Condition of the Environment rules the appearance, existence and disappearance of living organisms. That is the scientific explanation of the mystery of the appearance and disappearance of the gigantic creatures of pre-historic days. The Condition of Environment caused them to appear, and when the Condition changed to that extent where their bodies had not adapted changes to meet the alteration, they perished and vanished.

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

This Cosmogonical Law of Existence was noticed by the great Herbert Spencer and expressed in this remarkable statement:

"Perfect correspondence (between the organism and its environment) would be Perfect Life. Were there no changes in the Environment but such as the Organism had adapted changes to meet, and were it never to fail in the efficiency with which it met them, there would be Eternal Existence (for the organism) and Eternal Knowledge" (for the mentality).

Spencer placed all responsibility upon the Organism and its Environment, failing to accord any consideration to the treatment of the Organism. He must have assumed that man would never mistreat his own body. That does seem unbelievable, but it is going on constantly.

Rev. Henry Drummond, toiling in the same field, observed Spencer's statement, and said:

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

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

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

According to the law, that is true, and that is the way it should be. But in the case of man, it does not prevail in practice. In his comment on this point thirty-five years ago, Dr. George R. Clements wrote:

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

This is an appropriate place to let speak one of the truly great scientists of this century, Dr. Alexis Carrel, who presented the following observations:

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

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

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

No medic nor laic possesses knowledge of the body's ability to adapt itself to the changing conditions under which it exists. If the medics knew, they'd quickly alter their methods of treating the sick. If the laics knew, they'd be astounded to learn how human habits have forced the body to adjust its functions and modify its structures to exist as long as it does under the terrible conditions imposed upon it.

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

The condition of the Environment plays an important part in the duration of the organism, making its existence long or short according to the degree of harmony prevailing between the organism and its Environment. That is the chief reason why longevity in the case of man is more often found in regions where climatic conditions are more favorable for his existence.

Anthropologists assert that civilizations first arose in regions favored by climatic conditions more suitable for human existence. The historian Toynbee asserted that no advanced nation ever appeared in areas where man had to struggle continuously against a treacherous Environment. The ultimate result of such struggle is degeneration and early death.

## CHAPTER II COSMOGONICAL DUALISM

Cosmogonical processes present dualistic propensities, which may be designated as action and reaction, expansion and contraction.

All processes of the living organism are cosmogonical, and they are either regenerative or degenerative, constructive or destructive, the direction being determined by conditions confronting the organism.

The Regenerative-Degenerative Cyclic Impulse is the primeval and dominant motivation of existence. Degeneration is most common, since it results from the natural inclination of the organism's following the line of least resistance, thus figuratively flowing with the stream of evolution.

Regeneration rises from the counter course, in which the organism travels along the line of most resistance, moving contrary to the common current of the cosmogonical stream. This obviously makes Degeneration the rule and Regeneration the exception.

Agès of observation and experience demonstrate that living organisms, left to their own resources, regularly incline in the direction of Degeneration for the reason stated.

Man alone is endowed with the requisite intelligence to direct and the natural ability to act to the ultimate end, that he will rise to a higher level of existence if his efforts merit that reward.

The condition of the human body and the duration of its existence are not preordained by law nor determined by a certain number of years. Neither is its animative element ruled or regulated by the rising and setting of the sun.

Youth and age are states appertaining only to the organism, not to its animative element. Man is young or old according to the condition of his material frame, which is not regulated by the rotation of the earth on its axis.

The animative element is not subject to the influence of time or toil. If the organism remained forever in a state favorable for its eternal operation therein, the animative element would never depart therefrom.

It is a law that we reap as we sow. Give as we will, and as we give so shall we receive. If we give our sacred body the scrupulous care that deserves good health and long life, these rare qualities we will enjoy, barring accidents.

Man never dies a natural death. That positive opinion is based on the law that Life never willingly leaves the body. It strives consistently and struggles persistently to preserve the form thru which it flows, without variation at any time from that fixed and changeless course, medical art to the contrary.

Muscles grow flabby and weak from little or non-use. If we indulge in toil for a time, the muscles increase in size and strength, to meet the demands made upon them.

The skin on the palms of the hands grows thin and tender thru lack of labor, and the hands soon blister and burn from handling pick or shovel. Continue the work, and Creation soon provides skin of extra thickness and toughness to meet the demands.

These illustrations are typical of the manner in which Creation always strives to protect as much as possible the products of its processes.

Every part of the organism responds to this same law, whether it be the skin, muscles or internal organs. It may be the heart, lungs, liver, kidneys, or ductless glands. As they are all part of the whole, they all respond to the requirements of the law that governs the whole.

A stiff body is the old body, regardless of its age. Years do not harden blood vessels and stiffen muscles and joints. Yet that is the condition of the organism that slows the step, dims the eye, and weakens the frame.

The cause of the condition called old age are deposits in cells and tissues of morbid matter that poisons, stiffens, and degenerates the organism. Dr. Logan Clendening said:

"In youth, the arteries are elastic; but as the body ages, they become stiffened on account of the replacement of their elastic tissues by fibrous structures and hardening deposits.

"In many cases the arteries may be markedly thickened and even so calcified as to have earned the term goose-neck arteries--because the hardening deposits give them a corrugated feeling like that of a goose's neck" (*The Human Body*).

The arteries do not develop that condition because the body grows older, but the body exhibits age as the arteries harden. They do not harden because the body grows older, but because of the replacement of their elastic elements with fibrous tissues and lime salts.

The remedy to correct a condition is always suggested by knowledge of the cause. That is the reason why medical art never has any interest in the cause. The cause must be veiled in mystery to provide a place for the doctor and his remedies.

Old age means a decrepit body. That state is not the result of years. Some men are old at 50 and others young at 80. Thomas Parr did not marry until he was 84, and worked as a farmer until he was 130, dying in 1635 at the age of 152.

Parr's last days were spent in the luxurious court of Charles I, and history states that this change in his living regimen and the change of air, "killed the old man".

His body was dissected by Harvey, the King's physician and noted



discoverer of the circulation of the blood, and he found no signs of decay in any organ.

We have received a unique epistle from a faithful disciple who asks a question that troubles many, and while the answer appears in various portions of our writings, we shall notice the matter here in more specific detail. He said:

"Is there any hope for those who, in the later years of life, have a sincere desire to improve themselves physically and mentally--those who have spent most of their days drinking, using tobacco, and eating like gluttons. Is it possible or even probable that they can succeed in an earnest effort to attain better health and longer life?

"I would like a definite answer to this one, and I'm sure that many of your readers are beyond the half century mark and are beginning to experience serious concern about themselves--yes, even worrying. So please give us a dependable answer--one that will incite action".

That particular point is noticed in the last book of the Bible, but the coded message is not understood by the pastors. It is written, "And he (creative action) that sat upon the Throne (of Creation) said, Behold, I make all things new" (Rev. 21:5).

The masses in general know not that the ancient scrolls from which the Bible was compiled, dealt symbolically with Creation and Man. In fact, Man is the great subject of the Bible, and his proper mode of living the higher life is the core of its teachings, as we have shown in our work titled "Son Of Perfection".

This Apocalyptic Universe, which shall be made new, is none other than the Lesser Cosmos, Man, of whom all the powers of Creation are the Architect and Builder, and whom the Sun, the Moon and the Stars of Heaven have helped to mold and make.

In every human creature, however fallen and degraded, are contained all the cosmogonical forces, both cosmic and deific, which brought Man into existence, and have nurtured him throughout the vast cycles of generations, in countless incarnations upon the terrestrial plane, while the works of Creation by which he is surrounded have taught him the lessons of the good, the beautiful and the true.

And these same cosmogonical forces, with the tireless patience of the deathless Sun, but await the time when the resurgent Divine Principle again stirs within his heart, and then, if not prevented by doctors and their remedies, disintegrating the elements composing the carnal man, they begin a new evolution, the process of improving this child of the aeons, whom the Scorpion-monster of Darkness can drag down to the lowest depths, but whom the Creative Power, the Eagle of Light, can exalt to the highest stages of Cosmic Existence on the terrestrial plane.

The way is simple and the result is certain: Learn the provisions of the law and the requirements of the living organism, as taught by Hotema in his various works, and physical and mental improvement are as positive as the rising of the Sun.

It is instructive to review some specific instances of Rejuvenation, showing what the living organism will do when given a chance to exist in harmony with the Law of Creation.

1. Ludovico Cornaro, a Venetian nobleman, was born a weakling, and became a drunkard. At 40 he was a wreck, and his physicians warned him repeatedly that he had not long to live.

That finally frightened him and he decided to do something about it. He quit drinking and began to experiment on his diet. By reducing the amount of food he consumed daily to 12 ounces of solid substance and 16 ounces of fruit juice, he found that this was the best for him. With the exception of 12 days, he subsisted on that ration for more than 63 years. Within a year he had recovered his health. His wife adopted the same course, and bore children very late in life. Both lived beyond the century mark.

On his 78th birthday, Cornaro's friends persuaded him to increase his ration somewhat. Reluctantly he agreed to a 14-ounce daily allowance. In 12 days he was stricken with fever and pains in his side. He at once returned to his previous ration, but suffered for 35 days. This was his only illness in a period of 63 years.

A few years before his death he said, "I am now as healthy as any person of 25. I write daily six or seven hours, and the rest of the time I spend in walking, conversing and occasionally attending concerts. I'm happy, my imagination is active, my memory tenacious, my judgment good, and what is most remarkable in one of my advanced age, my voice is strong and harmonious."

He died at the age of 103, and no doubt would have lived longer had he known more about the body's requirements. His case demonstrates the results of the process of Rejuvenation.

2. Capt. Goddard E. Diamond of San Francisco, at the age of 79, suffered from hardening of tissues and blood-vessels, with stiffness of muscles and joints. For 30 years he had been careful about diet and was a vegetarian.

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

As usual, the doctors were unable to relieve his condition, and told him that he had not long to live. That scared him and he decided to do something desperate. He would not live long, so what difference could it make? He

became a rigid fruitarian, subsisting on a diet of uncooked and unseasoned fruit--and what happened?

Diamond recovered health sufficiently to live forty years longer, passing his 120th milestone, and outliving by years all the doctors who gave him up to die. He died of pneumonia, a disorder of the air organs caused by polluted air. Had he learned the secret of good air, he had lived years longer.

In 1904, at the age of 108, Diamond wrote a book titled "How to Live In Three Centuries". We read it fifty years ago. Our mention of his case in our writings created a demand for the book, long out of print. Health Research found an old copy after a diligent search, and republished it in 1960. An old lady in California read it, and wrote the publisher that she danced with Diamond in San Francisco in 1901, when she was 22 and he was 105.

After 30 years of vegetarianism, Diamond was afflicted with general sclerosis, showing that vegetarianism is also bad for the body. How many will this knowledge influence to turn to fruit. We have said much on this point in another place.

3. John Bailes, of England, suffered in mid-life from a severe illness of a chronic nature. The doctors told him his case was incurable and that he had only a short time to live. He then turned to the Creative Power that makes and sustains us, adopted a better mode of living, and reached the remarkable age of 128.

How long would man live if he observed a better course of living from the cradle on up? In 1933 a Chinaman died at the age of 256, and in 1566 a Hindu died in Begal, India, at the age of 370.

It is highly instructive to observe, in the three cases above presented, that the sick men recovered health after discharging the doctors and discarding their remedies.

When their faith in doctors and remedies was shattered, and they turned to the great power that created the world, then that power which created man and sustains him, and never deserts him, was given an unobstructed opportunity to perform its regular work, and the recovery of the patients was as certain as the rising of the sun.

### CHAPTER III

#### BUILDING THE BODY

"We eat to live, and we eat to die", concluded a group of eminent doctors in Europe in the 19th century, after examining hundreds of cases to determine the fundamental cause of human ailments and premature demise of the body.

It seems inconsistent and even stupid for us to think of good health and long life while constantly engaging in a practice that is said to damage the body and shorten its days.

But how can man live without eating? Ages of experience indicate that man would die of starvation if he stopped eating. There appears to be before us a serious problem that requires profound study.

Fundamentally, the human body is composed of material substance. This substance is composed of atomic elements, and these elements are composed of cosmogonical radiation,--recently discovered data that was unknown prior to the splitting of the atom.

For a thousand years the inherent constitution of Matter remained a mystery. Force and Matter faced science as a secret without a solution. Then came the splitting of the atom, and at last Matter's hidden nature was revealed.

That was a recovery of lost knowledge which the world has long awaited for man to achieve. It indicates the turning point in the descending process of intellectual darkness. The course from here on should be upward. For the recent annihilation of Matter, as such, also annihilated what has been a stupid materialistic concept of Life.

In splitting the atom, science not only discovered Cosmic Radiation, but also rediscovered the inherent quality of the Universe. And that knowledge also reveals the inherent quality of the human body.

This late discovery constrains science to accept the ancient doctrine that "Absolute intelligence thrills through every atom. . . . The atom is a potentiality of self-consciousness" (Blavatsky, Sec. Doc.):

Cosmic Consciousness and Cosmogonical Intelligence discovered at last, inherent in the Mighty Atom. And one of the most magical occurrences that can be proffered of the directing consciousness and ruling intelligence of the atom, appears in the process of building the human body.

At the moment when the spermatozoon of the male organism unites with the ovum of the female within the uterine tube, one of the most amazing of all cosmogonical processes automatically begins.

The creative action that promptly commences and subsequently occurs, is so extraordinary to the human mind, that one is awe-struck when one witnesses

the complexities which this process unfolds and develops within a period of approximately 270 days.

This creative action excites the emotions with its astonishing grandeur and stuns the imagination with its magic work, when just the most superficial knowledge of its cosmogonic processes is reviewed. For any knowledge of the inner activities of the process is impossible to acquire.

The animated spermatozoon, propelled by a force that seems inherent within the tiny spermatozoon itself, contacts and penetrates the inert and expectant ovum, thus forming the primeval fertilized unit, called the Parent Cell, from which Man's body is built as if by magic.

Here is the beginning of the living organism which the Bible calls the Temple of the Spirit of God. In this unit the Creative Process presents the elements which constitute the body, including the sustaining and animating qualities, to the ultimate end that the development of Man's body proceeds from the Parent Cell to its completion without interruption.

Creation's greatest achievement is the making of Man. For that purpose it uses the body of the human mother as its workshop, and builds the body by the condensation of Radiant Elements. Within the allotted period of time, that new body emerges from the workshop, and is born into the world, a living organism.

Gestation is Creative Action occurring within the mother's womb; but this is not the work of the mother. She is even unconscious of the action within her body until a certain period of time has elapsed. Nor does the substance of the new body come from the mother. For Creation never builds New Bodies of used material. This material is condensed Radiation, the same as that of which all objects on earth are created.

The original Parent Cell, having received the primary impetus with the first fusion, proceeds automatically to divide into two, the two into four, the four into eight, and so on until nonillion invisible cells have been produced.

When this process of cell-division has continued in the aggregate some forty-five times, there are twenty-six million million cells in the new body, the approximate number in the body of a child at birth. They have all come from the original Parent Cell, not from food.

These cells have automatically arranged themselves into a complex which forms the body. Each cell in all that many million-fold population has taken its rightful position and performed its specific work. Each cell has assumed its required form, function, the proper size, in the right place.

Each cell has taken on the shape that suits its particular work in the cell-community of which it is a member, whether its function lies in mechanical pulling, chemical manufacture, gas-transportation, radiation-absorption, or what not.

And furthermore, each cell has performed its allotted work as though it knew the minute local conditions of that particular site in which its lot is cast. All of which indicates that an immanent Principle of Creative Intelligence has endowed each cell with eternal knowledge for the prosecution of the entire design.

This picture which the microscope reveals, conveying this impression of prescience and premonition, supplies us after all with only a static form; because it is only a picture. That is, we can observe only the external and visible signs of a dynamic Creative Action that is in harmony in time as well as in space.

Here is a feat of perfection in engineering that finds no parallel in all of the greatest works of man.

In his book, titled *Man The Unknown*, Dr. Alexis Carrel pursued this line of thought in the building of the various parts of the body, showing that the Mighty Cosmic Atom is endowed with vitality, mind, consciousness, and intelligence. He said:

"The spontaneous tendency toward the formation of the organs (of the body) by their constitutive cells ... is a primary datum of observation. It cannot be explained in the light of our present concepts.

"An organ (of the body) builds itself by techniques very foreign to the human mind. It is not made of extraneous material (Food), like a house (built of bricks). ... It is ... composed of cells, as a house is of bricks. But it is born of a cell, as if the house originated from one brick, a magic brick that would begin manufacturing other bricks (out of itself).

"Those bricks (made by the original brick), without waiting for the architect's drawings or the coming of the bricklayers, would assemble themselves and form the walls. They would also metamorphose into window-panes, roofing-slates, coal for heating, and water for kitchen and bathroom.

"An organ develops by means such as those attributed to fairies in the tales told children in bygone times. It is engendered by cells which (come from the original cell and) to all appearances, have a knowledge of (how to build) the future edifice, and synthesize (from themselves) ... the building material and even the workers.

"These (creative) methods used by the organism do not have the simplicity of ours. They appear strange (and foreign) to us. Our intelligence does not encounter itself in the intraorganic world, which is modeled on the simplicity of the cosmic universe, and not on the complexity of the inner mechanism of living things.

"For the moment, we cannot understand the mode of organization of our body, and its nutritive, nervous, and mental activities. ... How naive our speculations. Our knowledge of the human body is, in truth, most rudimentary.

It is impossible, for the present, to grasp its constitution. We must, then, be content with the scientific observation of our organic and mental activities, and, without any other guide, march forward into the unknown".

And there is presented a totalization of the knowledge science possesses relative to the creation, constitution and construction of the living organism. Its knowledge is greatly limited. It knows that the body appears as a materialistic formation. And so do the sun, moon and stars. They are bodies of the same formation, but the material of which they are constituted is not consumed by these bodies as man consumes food. Nor are they sustained by food as the body of man is--at the present level of its evolution.

Cosmic formations are constituted of condensed Radiation; and so is the human body. They are constituted of electrons, protons, atoms, and molecules; and so is the human body. They are not sustained by the consumption of food; neither should the human body be. It seems there has been a change in something somewhere at some time. For that we are searching by the only means at our command.

The vital processes of the organism cannot be traced to their ultimity, save in the mind. Attempts to do so lead always to a point of irresistible opposition to further analysis.

The formation of cells in the body is constantly occurring, and continues from the birth of the body to its death. They are always produced by cell division, not by food. What man eats does not enter into the cell formation. That is what Carrel meant when he said the cells are not made of "extraneous matter".

And furthermore, physiologists show there passes from the body, thru bowels, bladder, lungs and skin, the exact amount of substance that man consumes in eating and drinking.

No chemist can find in the soil in which grows a tree, the ash, minerals, fiber and chlorophyl contained in the wood and leaves of the tree. Neither does the tree consume the soil in which it stands. If it did, a depression should surround each tree as evidence of such consumption.

In the 17th century Jean Van Helmost made an investigation of this matter. He weighed the soil he put in a tub, then planted in it an apple seed. In four years the tree that grew from the seed was six feet high. He removed it from the soil, weighed it and it weighed 72 pounds. He found the weight of the soil to be the same as when put in the tub down to the fraction of a pound. The tree was composed of 72 pounds of condensed Radiation absorbed from the atmosphere.

There must be certain conditions to activate the Creative Principle. There must be ground connection to complete the Creative Cycle for Radiation to build vegetation. Trees grow not at all in some areas, nor grow well in some soil. They improve in growth when the soil is fertilized. To make the Creative

Cycle effective, proper minerals must be in the soil, and also moisture to provide the conditions required.

We know more about motor car batteries. When the battery runs down, it is recharged. This process does not infuse electricity into the battery, it only changes the chemistry of the battery fluid.

It appears from the evidence that sunshine, air, soil and water do nothing more than to stimulate the innate force of the cells of a tree. On this point, Dr. Robert Walter wrote:

"No amount of plant life would produce plants except for the necessary condition of air, sunlight and soil, which makes the force, previously passive, to become active to grow the plants. Per contra, no amount of air, sunshine and soil can grow the plant unless the power of its life is present. ...

"True, no one claims that food will give life to a corpse, or will generate life, de novo anywhere else. Given a living organism to start with, it is believed that food supplies the substance which may be converted into additional vital force. ...

"Food, requiring by its very presence in the vital domain to be attended to, digested and assimilated, necessarily incites the vital force (of the organism) to control and do this work. ... The use of food is thus the means of inciting the (cells of) the organism to continued activity and consequent (exhibition and) expenditure of force" (Life's Great Law).

According to this opinion, what man consumes as food and drink are essential not to build and maintain the body, but only as the means of stimulating the cells thereof to perform their allotted functions.

Again Walter said: "Another important reason why food is a necessity to living existence, is the fact that activity is the leading characteristic of all living things, and power, as an existence, being wholly and always passive, can become active only as occasions call it into activity. Food is such occasion".

According to the evidence, nourishment and nutrition appear as more scientific fallacies that spring from the illusion of observation. Food does not supply cell nutrition nor body nourishment. The ingested substance does not enter into the composition of the cell nor the constitution of the body. It simply occasions activity in cell function by stimulation and incitation, according to Walter and other testimony and evidence.

We are told by leading biologists that two types of stimulation now seem essential for the function of the cells: (1) electrical and (2) chemical. But in primeval days when man was a Breatharian, only electrical stimulation was requisite, and it was supplied completely by Cosmic Radiation.

In our work titled "Facts of Nutrition", we said: "The ingested substances



contact and activate the cells into certain activity, and leave the body thru the eliminative channels, as flowing water turns the wheel of a mill, activating the machinery in the mill that does the grinding, and passing on without ever becoming a part of the mill or the machinery".

As to the body's absorbing Radiation from the atmosphere, we shall quote Dr. Charles W. DeLacy Evans of London. In his work titled "How to Prolong Life" he said:

"Fruits are nutritious in themselves; but should they not contain sufficient nitrogen to satisfy a theoretical appetite, all the other elements are present in the air, and man may absorb the deficient nitrogen from the atmosphere (he inhales), the combination resulting in albumen or protein" (Densmore, p. 294).

And that is the true source of all the protein contained in man's body. It never comes from what he eats. And the fools ask us what we eat for "protein".

Reverting to the subject of trees, Prof. Wilfred Bransfield, in an article titled "Continuous Creation", said the substance of living organisms comes from the air. As to trees, he wrote:

"In tree life, so much comes from the air and so little from the soil. ... Every change, every new intra-atomic spatial re-arrangement of protons, neutrons, and whirling electrons, every addition or displacement of electrons creates vibratory resonance ... building up atoms to higher mass. ... Their actions are electrical, and it's stupid and foolish to apply to them chemical methods".

In 1930 Dr. George R. Clements wrote a remarkable correspondence course of 42 lessons, titled Science of Existence, in Lesson No. 29 of which he said:

"The general ignorance of the body's composition leaves science without a fundamental factor upon which to base its study of Nutrition. The result is, the scientific world has been unable to do more than to make assumptions and advance theories in this field, which present knowledge proves are ridiculous and preposterous.

"Having declared itself and taken its stand, science is loath to acknowledge its error and change its position. It stubbornly assumes that its assumptions are proven facts, and strives by all sort of dishonorable means to cast discredit upon those patient workers, whose present labor is building a real Science of Threpsology.

"Every substance known may be reduced to Invisible Gas (Radiation). By the application of heat, the flinty face of the mountains of the earth may be reduced first to liquid, then to vapor, and finally to invisible gas, sending back to its original home in space the world and all it contains.

"Certain solids become liquids merely by being shaken. From this state, heat quickly reduces them to invisible gas.

"The human body, in the final analysis, is merely a compound of Invisible Gas. Invisible gases become visible by being compounded under the chemical process of crystalization and solidification.

"Science is unable to study Ultimates in its laboratory. To know the nature of Ultimates is to know all. Science can do no more than to study mediates and intermediates. From such precarious premise, it makes its speculations and deduces its conclusions.

"Science must study the human body as a chemical compound, and not as a mass of invisible gas. A chemical compound is a substance made visible by the union of two or more invisible gases.

"Prima Materia is not visible until compounded. Anything that can be seen, however simple it may appear, is proved by its state of visibility to be compounded."

Dr. David J. Calicchio, M.D. made some excellent observations on this subject in his book titled Electronology, 1953, and we shall conclude this chapter with a quotation therefrom:

"The modern physicist has not only discovered that an immutable substance pervades the physical Universe, but also has affirmed that this Prima Materia is electricity (Cosmogonical Radiation).

"Whether the botanist analyzes the petal of a rose, the bacteriologist, a microbe, the zoologist, an amoeba, the geologist, the ponderous rocks of the earth's crust, they all arrive at the same conclusion, in that all mass, organic and inorganic, is composed of invisible atoms (which are composed of Radiation).

"All matter is electrical (Radiatical) in its nature. This is not an idle, obscure statement remote from human experience, but a tested doctrine accepted only after laboratory confirmation.

"As a result of their (laboratorical) findings, the scientists have classified electricity (Radiaticity) into two forms; Concentrated as in the form of electrons and protons, and waves, classed as radiation."

We inhabit a Radiant Universe and we partake thereof in our Life and in our Organism.

## CHAPTER IV

### SUSTAINING THE BODY

In his book titled "Hygiene", Halle presented the opinion that man has degenerated as a result of his artificial course of living. He said:

"Moses describes the different substances that man successively included in the range of alimentary matter.

"He represented man as at first faithful to reason; then transgressing the rules which it prescribes; obedient to the laws of necessity, but yielding to the charms of pleasure with too faint a resistance; satisfying his hunger with the fruits with which the trees in a favorable climate freely supplied him; then with the herbs and grain which he obtained from a more avaricious earth, as the reward of his labors; with the milk of his flocks; and, finally, with their flesh; subjecting, also, the juices of vegetables to the process of fermentation, and extracting from them liquors which . . . intoxicate and deprive him of reason. Moses exhibits the duration of the life-span as diminishing in proportion as man created new wants and more desires".

From what he says, Halle appears to think that he was tracing the course of man down from his primeval state, whereas, according to science, man had been on the earth ten million years or more before the world ever heard of Moses.

The biblical account dealing with the days of Moses is informative in showing what man chiefly consumed as food only four or five thousand years ago, which brings man and his dietetic habits down very close to our time, comparatively speaking.

After being on earth for ten million years, what do we find on man's dietetic list? We discover that as we follow the course of the men that Moses sent to spy out the land of Canaan, to determine whether it was a suitable place to live.

As the spies reached the book (valley) of Eschol (cluster of grapes), they cut a branch from a vine with a cluster of grapes on it, and bore it between two men on a staff. They also found the pomegranite and fig. They returned and to Moses reported that "the land whither thou sendest us . . . floweth with milk and honey, and this is the fruit of it" (Num. 13:23,27).

These men were not interested in grain, cereals, hogs, cattle. Food was the question, but not the kind by which men of today report favorably or adversely on a region. They were looking for a land that produced the food they ate.

"They returned from searching the land after forty days", and they brought back of the grapes, pomegranites and figs, "unto all the congregation, and showed them the fruit of the land" (Num. 13:26).

That kind of a report would make a poor impression upon modern man. He has fruit far down on his dietary list, and it is considered of little value in comparison with bread, meat and potatoes for sustaining the body.

In this land the spies found grapes growing so profusely that they named the area the Valley of Grapes; and so large did the clusters grow that one was borne between two men on a staff. The inhabitants of that land of grapes, who subsisted on the delicious fruit, were themselves so large that of them it is written:

"And all the people that we saw in it are men of great stature. And there we saw the giants, the sons of Anak, which come of the giants; and we were in our sight (compared to these giants) as grasshoppers, and so we were in their sight" (Num. 13:32,33).

It seems that the sons of Anak were so large that they were a standard of measurement of other large people; for it is further written:

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

The Amorites dwelt in the mountains of Canaan, and of their gigantic size it is written: "Yet destroyed I the Amorite before them, whose height was like the height of the cedars, and he was strong as the oaks" (Amos 2:9).

In Joshua 15:8 and 18:16, a people so large are mentioned, that their land is called "the valley of the giants". In Deut. 3:11 it is said, "Only Og king of Bashan remained of the remnants of giants; that his bedstead was of iron, and that nine cubits was the length thereof, and four cubits was the breadth of it, after the cubits of a man."

The dictionary states that the length of the Hebrew cubit is 17.58 inches. This would make Og's bedstead approximately six feet wide by 13 feet long, which makes it appear that Og was about 11 feet tall, with a thoracic girth of probably six or seven feet. These people lived in the Valley of Grapes.

This evidence indicates that the kind of food one eats influences the body's development and duration. Another ruling factor is the matter of growth. Rapid growth produces rapid decline. And yet, people like to have their children grow fast.

As the development of the body is hastened, its decline also is hastened. By the use of stimulating food and drink the body develops more rapidly, leading to earlier decline.

The habitual use of stimulating substances accelerates organic function, rendering vital changes more rapid, and the general result is rapid decline. There is no law affecting the body that is more general and more certain than this; and the slower the growth of organic bodies, consistently with normal health and vigor, the longer their duration.

Intoxicating liquids stimulate the organism and quicken its development and also its decline. Such liquids are the product of starchy substances that men eat, consisting of grains and cereals. The alimentary canal, in such cases, is actually a distillery of intoxicants.

That is the condition of the body of the average person, subsisting on the starchy substances. It is a case of constant stimulation and chronic intoxication of a mild degree. One is not sufficiently intoxicated to stagger, but enough to damage the body, hasten its development, and quicken its decline. And the craving of the body, mistaken for hunger, is the effect of the intoxication.

Aside from the damage resulting from the stimulating effect of flesh food, it has been demonstrated that chyle elaborated from flesh food putrefies much sooner than chyle made of fruits and vegetables.

Chyle from flesh food putrefies in three or four days at the longest, whereas chyle from fruit and vegetable food may be kept for many days without becoming putrid.

Human blood formed from flesh food will putrefy, when taken from the living organism, much quicker than blood formed of vegetal aliment. If two healthy men, of approximately the same age, one subsisting largely on flesh food and the other on exclusively vegetable food, be suddenly killed, in warm weather, and the bodies of both be laid out in the regular manner, and left to the ordinary action of the elements, the body of the vegetarian will remain two or three times as long as the flesh-eater will, without becoming intolerably offensive from the process of putrefaction.

When the body develops slowly and healthfully, the periods of infancy, childhood and adolescence are prolonged; the period of youth may extend to what we now term middle and even old age, while the period of vigorous manhood will be correspondingly increased.

Dr. Trall said, "A stimulating regimen may produce rapid development of the body; it may produce extraordinary precocity in mind or body, or both, but it is a kind of development unfortunate for its possessor. . . . It is a process that makes the child a giant and the man a dwarf. It may produce manifestations of maturity at the age of twelve, and symptoms of decay at 20".

The Bible contains little about the living habits of the men mentioned in chapters 5 and 11 of Genesis, but it shows that the life-span declined rapidly after the biblical Flood. This evidence indicates that there must have occurred a remarkable change in the environment or living habits, or both to decrease the length of the life-span so rapidly and greatly after the Flood.

Adam lived 930 years and Noah lived 950 years. From Adam to Noah the life-span averaged 912 years. From Shem, son of Noah, to Nahor, only eight generations, the life-span averaged 354 years. Shem lived 602 years and Nahor only 148.

Shem's life-span was 348 years shorter than that of his father. This was the first appreciable decline from the days of Adam. In eight generations after Noah, the life-span declined to 148 years--a shocking decrease of 802 years in only eight generations. What happened? On that point the Bible is silent.

Adam lived 130 years and begat Seth. Seth begat Enos at the age of 105. Enos, at 90, begat Cainan. The latter, at 70, begat Mahalaleel; and the latter was 65 years old when he begat Jared.

In the absence of definite data to the contrary on that point, we are justified in assuming that men, then as now, did not engage in marital relation until grown and matured; for such, we know, is the general rule in this age. Hence, it must be assumed that these ancient patriarchs did not reach full maturity until sometime near the ages when they fathered their first offspring, which range from 65 years upward.

Mahalaleel was 65 when he begat Jared, and Enoch was the same age when he begat Methuselah. The rest of the men recorded as having lived before the Deluge, were older when they begat their first offspring.

Methuselah was 187 when he begat Lamech, and Shem, Noah's son, was 100 years old when "the flood of waters was upon the earth", and he begat Arphaxad two years later.

We come now to a surprising change in this respect. It is a remarkable change because of its abruptness. It were as tho the former race of men disappear entirely from the face of the earth, and a new race springs into existence.

The Flood passes into history; the permission to eat flesh has been granted; and let us examine what follows this new grant in the development and maturity of man.

Shem was 102 when he fathered Arphaxad, and died at 602. He reached maturity before the Flood, and was possessed of a body and mind developed slowly and perfectly, from the same food and drink, and in the same ideal manner, as that of his ancestors before him.

We have noticed the deteriorative effect of stimulating flesh food, and fermented fruit juices, its concomitant, even on Shem's perfectly developed body: for it must have been that which decreased his days to 348 years less than his father's age--the first decline of such great proportion from the time of Adam.

The amazing part of the entire situation is that of Shem's son, Arphaxad, the first generation following the Flood, and consequently, the first to subsist on flesh food from childhood, and later to indulge in fermented fruit juices.

Behold the results: His father did not develop and beget him until he reached the age of 102, but Arphaxad begat Selah, his first offspring, at the

early age of 35, and died at 438. He must have reached maturity in about half the period of time required for his ancestors, and survived about half as long, living 164 years less than his father, and 512 years less than Noah, his grandfather.

We observe that the rapid development of the body of man continues, with little variation, and the life-span gradually decreases, except as to Eber who lived 464 years, until we come to Nahor, six generations from Arphaxad.

Nahor reaches maturity with the speed of modern man, being only 29 years old when he begat Terah, and dying at the early age of 148. This evidence indicates that as stimulating food and drink hasten development and maturity of the body, in the same ratio it hastens its decline and decay. When 90 years were required for the body to develop and mature, men survived over 900 years; and later, when the body developed and matured in 30 years, 150 years is the period of its duration.

The Bible furnishes no other evidence than that of flesh food and fermented juices to account for the precipitous decline in the life-span of man. As the stimulating substances hastened the development of the body, they also hastened its decline and death.

## CHAPTER V

### MACROBIOTICISM

Dr. Charles W. DeLacy Evans of London, wrote an exceptional book in the 19th century, titled "How To Prolong Life", in which he said, "The object of the Macrobiotic art is to preserve the body in health and thereby prolong life".

As the conditions of health and longevity profit none but the one who enjoys them, there is no incentive to spend money and time in research for those things in which the world finds no profit.

Those men who put health and longevity above profit and have investigated these matters, discovered that the weakness and decrepitude of the organism thought to be the product of "old age", are not, but, instead, are the result of ossification and the accumulation of calcareous substance in the system. And this substance "is directly traceable to easily avoidable errors in diet".

Dr. Evans found that the blood is responsible for the deleterious condition that develops in the body and induces decrepitude, decay and death. He said:

"That condition has been found to be changes in the tissue resulting from a gradual accumulation of fibrinous and gelatinous substance, and a slow deposition of earthy compounds, chiefly phosphate and carbonate of lime, which, acting in concert, diminish the caliber of the larger arterial vessels, and by degrees partially, and sometimes fully, obliterate the capillaries.

"By these depositions (of earthy compounds) every organ and structure in the system is altered in density and function. The fluid, elastic, pliable, and active state of the body gives place to a solid, inactive, rigid, ossified, and decrepit condition. The whole system is 'choked up'; the curtain falls, the play of Life is ended, terminating in so-called 'natural death'. . . .

"We have traced these (damaging) earthy compounds, which are found in the system and which increase as age advances, to the blood, from which they are, by the process of transpiration, gradually deposited (in cells and tissues). From the blood we trace them to the chyle, from the chyle to the chyme, and from the chyme to the contents of the stomach, and thence to the articles of diet. Thus we eat to live, and we eat to die." (Densmore, 1892, pp.283-4).

In presenting suggestions of ways and means to prevent the development of the condition, Evans said:

"If man subsisted on articles of diet that contain the least amount of lime, the least amount will enter into the composition of the chyme, the



chyle and the blood, the less amount there will be deposited (in the body), the less degree of ossification, the less the rigidity, inactivity, and decrepitude, and the longer the life-span" (p.286).

Evans then devoted more than twenty pages to tables of analysis of foods, and showed that fruits and nuts have the least proportion of earthy matter of any foods now consumed by man. Next in order were flesh foods; then came vegetables; and last the grains, cereals, beans, peas, tubers, which were shown to contain the largest amount of earthy matter. Then he declared:

"From the foregoing analyses we observe that fruits, as distinct from vegetables, have the least amount of earthy matter; most of them contain a large quantity of water of the purest kind--distilled water".

Evans then referred to the ancient Greeks who lived entirely upon fruits, and quoted from Lucretius, who wrote:

"Soft acorns were their first and chiefest food; and those red apples that adorn the wood. . . . Their body was healthy and their age was long. . . . They wearied even the wings of measuring Time".

Evans continued: "The cereals constitute the basis of (civilized) man's food. They mostly contain large quantities of mineral matter and, as a class, are the worst adapted as food for man. Man's so-called 'staff of Life' is, to a great extent, the cause of his premature death. . . .

"Man's first and ordained diet was fruits. Then he ate animal flesh. . . . After this he acquired a knowledge of agriculture--he learned to grow vegetables and cereals. . . .

"At first man, with no tools, no agriculture, and no fire (for cookery), could neither kill nor catch animals, nor raise cereals; and must have subsisted, like all animals below him, on food spontaneously produced by Creation. Hence, fruits and nuts must have been the first food utilized by man. Next came the slaying, cooking, and eating of animals. And last, agriculture and cereal eating.

"The consensus of writers on the subject, from the time of the Greeks to the present day, unite in asserting that primitive people enjoyed good health and long life; while it has been reserved for civilization to breed body disorders whose name is legion, and to witness imbecility, decrepitude and premature death go hand-in-hand with luxury and plenty.

"The race has strayed far from the path of health and long life, and most likely must return by the same route whence it came down:--

"1. Discontinue the use of cereals and vegetables, and the multitudinous cookery and concoctions to which the use of these products give birth.

"2. Make fruit and nuts the foundation of human food, with a minimum

of cookery.

"3. Absolute return to fruits and nuts, uncooked and unseasoned.

"After that, there will be no disease, and no doctors upon the face of the earth", as in the days of the old Roman Empire, when there were no doctors in Rome, according to the historian Pliny, for six hundred years.

It is our opinion that when people learn of the right path to follow to find health and longevity, most of them will be sufficiently impressed by Dr. Evans' remarkable revelations to do as he recommends.

## CHAPTER VI

### VEGETARIANISM

Dr. Evans' findings in the matter of diet induced him to conclude that vegetables "are the worst adapted as food for man" and constituted the last substance that he adopted as food in his changing course of dietary habits as he sunk to lower levels. Therefore, it is in order to notice some of the details that throw more light on this vital subject.

The Vegetarian opines that his dietary puts him a long step above the eater of flesh. And so do most of the "dietary experts" who write books on this subject. This makes it more important for the facts to be examined without bias or prejudice.

In one of his references to Vegetarians, Dr. Evans said:

"Cereals and farinaceous foods form the foundation of the diet of the so-called 'vegetarians', who are guided by no direct principle, except that they believe it is morally wrong to eat animal flesh. For this reason vegetarians have no better health and live no longer than those around them" (Densmore, p. 303).

Most of the known vegetables that man now consumes are not found growing naturally and spontaneously. Even the fields in which he produces them are of his own making.

Creation made no mistake in covering the earth with grasses and trees. The science of forestry shows that deforestation lays the land open and naked to the fury of the wind, the burning rays of the sun, and the erosion of the floods.

Authorities on the subject assert that many regions, now barren deserts, were once teeming with fertility and foliage; and the present sterility of these areas is the result of the misguided work of man in the destruction of natural forests and native grasses.

Man's burdens are self-made and rise from his foolish efforts to modernize the Primeval and to artificialize the Natural. Striking examples of the catastrophies that result from this blind course are the deserted Dust Bowls of the world.

Cultivated fields are artificial areas, and crops grown in them are artificial products. All this is the work of man as he blunders on in his bewildering struggle to "improve" the work of Omnipotent Creation.

All forms of artificialization disturb the equilibrium of natural phenomena, and the results are always disastrous, asserts Prof. John C. Gifford, University of Miami, Florida, who wrote:

"Fields are (man-made and are) sun-baked in dry weather, and muddy and eroded in the rainy season, where cultivation is entirely artificial, and where the equilibrium of Creation has been completely upset by the work of man. All of these cultivated things would die and disappear without the pampering hand of man" (Tropical Subsistence Homestead, p. 95).

Scientific investigation shows that:--

1. By ages of seed selection, careful breeding, intensive cultivation and constant fertilization, wild grass seeds have been developed by this artificial procedure into modern grains and cereals.

2. Beans, peas, lentils were developed in the same way from the grass family.

3. Tubers of all kinds, such as potatoes, onions, carrots, turnips, beets, radishes, etc., are wild weed roots, developed to the present state by the artificial process described above.

In his book, "Vegetable Food of Man", Knight asserted many years ago that grains and cereals are unnatural products, developed from insignificant grass seeds now unknown to botany. Dr. Emmet Densmore wrote:

"Grains are the products of the temperate zone, not of those regions where there is no (killing) winter; and it was therefore a necessity of man's sustenance when he was without agriculture, without tools, and without fire, and had to depend upon foods spontaneously produced by Creation, that he reside in a region where foods were produced at all seasons of the year. This narrows or confines the question of the natural food of man to two articles, fruits and nuts" (Natural Food Of Man, p.224).

Now we shall notice briefly some of the deleterious effect on the body that results from a diet of these artificial products, produced by artificial methods, in artificial fields.

Dr. Winckler, a German physician, after adopting a vegetarian diet in an effort to improve his health, was horrified to find that within a few years his circulatory system showed signs of cretaceous degeneration. With natural solicitude he applied his attention to a solution of the phenomenon.

In due course he found the explanation in a book by Dr. G. Monin, of Paris, who, in turn, had been directed to an expoundation of atheroma (arteriosclerosis) by Prof. Gubler, of Paris.

The essence of the explanation was, that the mineral salts in the vegetables, and the common table-salt and seasonings used in cookery to make the vegetables palatable, damaged the body as Dr. Evans stated in the previous chapter.

Dr. Rowbotham, of England, adduced proof in his work published in 1842,

showing that "cereal foods tend to ossification of tissues, blood-vessels, and joints, producing early decrepitude and premature death" (Densmore, p. 390).

Dr. G. Monin, of Paris, wrote: "A vegetable diet ruins the blood-vessels and makes man prematurely old, if it be true that he is as old as his arteries" (Densmore, p. 312).

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

"Grains are responsible for nearly all of man's disorders, for wheat, barley, oats, rye and corn are no part of his food.

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

"Eliminate grains from man's dietary and the decay in children's teeth will cease. Tarter and pyorrhea will disappear. Hospitals will fold up, and medicine will become a (bad) dream. All the doctors on earth and all their medical experience cannot disprove this statement.

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

In our work titled Long Life, we mentioned the case of Goddard E. Diamond as a typical example that proved the evil effects of vegetarianism. He died in San Francisco in 1916 in his 121st year. In 1904, at the age of 108, he wrote a book titled "How To Live In Three Centuries", in which he said that he ate no flesh after 1852, becoming a vegetarian when he was 56. He stated also that he never used stimulants, tobacco, tea, coffee, and was never married.

After being a vegetarian for only four years, Diamond discovered signs of stiffness in muscles and joints, and was shocked as Dr. Winckler was. Not realizing the cause of the stiffness, he continued on the same diet until at the age of 79 he was in very bad shape.

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

As usual, the orthodox medics could do nothing for him with all their remedies, and pronounced his case "incurable". And it was so far as medical art was concerned. The medics told him he had not long to live.

That would scare most people and it scared him. Now he would do something desperate. As he was going to die anyway, it would make no difference. And so he became a strict fruitarian, subsisting on a diet of uncooked and unseasoned fruit. Then what happened?

Diamond's condition began to improve at once, and he recovered his health sufficiently to pass the 120th milestone of life, outliving by many years all of the medics who gave him up to die. When he did die, he died of pneumonia, a disorder of the air organs that results from polluted air. Had he learned the secret of good air and lived in and breathed good air, he would have lived years longer.

Diamond's case presents mighty powerful evidence to prove that eating is either unnatural for man, or the list of substances suitable for his food excludes practically everything that civilized man consumes save fruits, melons, and tomatoes.

And this particular list of food is the one that medical art puts at the very bottom, so low down that in August, 1832, when there was an outbreak of cholera in New York and other sections of the east, the Board of Health of Washington, D. C. prohibited, for the space of ninety days, the importation into that city of many articles of diet, including melons, apples, peaches, pears, plums, cherries, apricots, pineapples, oranges, lemons and limes.

In its order of prohibition, the Board did not exclude, but admonished the community to be moderate in using: "Potatoes, beets, onions, and turnips".

In commenting on this matter, Dr. Herbert M. Shelton wrote: "Beef, bacon, and bread, with beer and wine, were about all the Board of Health left for the people of Washington to eat. The Board said that the prohibited articles 'are, in its opinion, highly prejudicial to health at the present season'". (Natural Diet of Man, 1930).

It appears that valuable knowledge gained by actual experience in the matter of food and feeding, as in the case of Diamond, is actually avoided by all sources that direct the course of human life in this civilization.

Grains are practically all starch. Such foods are highly acid-forming, and acidosis is regarded as civilization's most prevalent disorder. The average vegetarian is a starch-drunkard. His alimentary tract is similar to a fermenting vat, with its accompanying carbonic-acid gas and alcohol, irritating the body and damaging nerves and brain. When this regular effect begins to fade, then the nerves cry out for their stimulating liquor, and this appears in the brain as a sensation of hunger.

Grain alcohol is produced by fermentation, similar to the process performed in the digestive mechanism. And those who feed freely on starchy foods, actually convert their bodies into human distilleries. Their digestive tract resembles the malt vat in a brewery, and this is especially true in the case of those who consume sugar freely.

It is a literal fact that those who feed freely on starchy foods are constantly in a semi-intoxicated state. That is the basic reason why they experience cravings for such foods. It is a perverse, depravitive condition of the body. Such people are in the same class as the old sot who must have his daily dram or suffer a state of nervousness that gives him great discomfort.

The constant eater of starchy products makes the alcohol in his own body by a process of intestinal fermentation that irritates the delicate lining of his stomach and bowels, leading in time to rhinitis, appendicitis, gastritis, and many more "itises" that please the doctors because they produce such pleasant profits.

These derangements of the body should be added to those mentioned by Dr. Evans in the preceding chapter. And these disorders the doctors treat and try to "cure" with no knowledge at all of the basic cause back of them.

## CHAPTER VII

### THE FATAL PROCESS

In 1912 we finished a manuscript on which we had worked for two years, titled Law of Life & Health. It was not published until 1926, and for years the book has been out of print.

One of the chapters was headed The Fatal Process. What could that Fatal Process be. What is more fatal to life than heat?

The Fatal Process is the common art of preparing food for the table by the action of heat. A Fatal Process in practice all over the world. A process that is necessary to prepare for human consumption certain substances that should never enter the body. Substances that must be cooked and seasoned to disguise their inherent flavor or man could not eat them at all.

As man developed the use of fire, there came vast changes in his mode of living. The changes developed slowly and gradually, and he regarded them as improvement and progress. Never did he dream that he was moving away from the natural, and that such movement is always downward and never upward.

Man found that certain substances, by heating over fire, were given somewhat different flavors, and substances till then inedible, became edible by being cooked and seasoned.

And so it came to pass that as man moved away from the natural and from a comparatively simple list of foods, consisting of fruits, berries, nuts, and tender shoots, which for numberless ages had formed his dietary, he now found himself freed, and equipped to eat, by the aid of cooking and seasoning, almost everything under the sun from the berries of the bush to the beasts of the forest, from the fish of the sea to the serpent of the swamps.

This may have been the beginning of the reign of gluttony and drunkenness, the perverted indulgence of unrestrained appetites mentioned in the Bible, that inflamed the passions of men in the days of Noah, leading to such common corruption that the fabulist fabricated the fable that God looked upon the earth, and behold, it was seething with corruption. God saw that the wickedness of man was great, . . . and that every imagination of the thoughts of his mind was only evil continually; and the Lord said, I will destroy man whom I have made from the face of the earth (Gen. 6:5-7-12).

The blazing ball of fire, floating in the firmament, is our great, central station of radiating light, heat and power. Without it, the earth would be shrouded in a mantle of impenetrable darkness, and its surface be as barren and devoid of life as a cobble stone.

The heating, penetrating, energizing radiation of brilliant sunlight brings forth from the Universal Reservoir of Life, the sustaining substances for the



support of all living things, causing them to grow, mature and ripen in accordance with a law that knows no change.

The marvelous radiation that greens the grasses, tints the fruits, browns the nuts, ripens the melons, produces the only suitable food for man, and prepares it for the sustentation of his body without any further attention or preparation.

There are approximately 700,000 species of animal life on the globe. That vast horde, with the single exception of man, and the animals he controls, lives and thrives, in a natural state, on uncooked food, spontaneously produced by Creation.

In its native habitat, the lowly swine, subsisting on natural food, enjoys good health and is said to live longer than 300 years. When brought under the degenerating influence of man and forced to subsist on the food he furnishes, it becomes conspicuous for its general unhealthfulness and short life.

How sound and sensible is the argument advanced by the weight of authority in matters of health that man, created to subsist on natural, uncooked food, as do all other animals, has endeavored here, as he has in practically all other activities of life, to subvert the law governing his food and his body.

What does heat do to food? There is a mysterious element in a potato which, when the potato is planted, causes it to grow, mature, and reproduce itself. That mysterious element which science cannot explain nor find with the microscope, exists in all plants and vegetables, filling every part and flowing thru every fiber. When the potato is heated and cooked, that mysterious element disappears, and thereafter the potato is dead. If planted, it decays in the ground and becomes dust.

The vegetal world subsists on the mineral, the animal world subsists on the vegetal, and the humanal world, in the Breatharian Age, subsisted on the radiational world, but now, due to changes which we shall expound, subsists on the radiational, the vegetal and the animal worlds, a course pursued so many ages that it has long been regarded as natural.

Heating and cooking reduce articles of food from their natural, living state, to dead, decaying substances; and they are thus changed from health-producing, body-sustaining elements to substances that poison the body and hasten its end.

We will mention some examples of harm done to all food by heating and cooking. Cereals and vegetables of the tuber type, and others such as beans, peas and the like, contain large amounts of starch. It is quite impracticable to use these things for food without cooking. For that reason man has resorted to cooking to render them palatable and edible; and this fact constrains many to think that before man subsisted on cooked food, such substances were not used for food.

The cooking of starch makes it soluble. Things soluble will dissolve in water, as sugar and salt do. Elements dissolvable in water are absorbed from the stomach directly into the blood.

The body has no use for this soluble starch, and the blood and tissues become surcharged with it. In order to get rid of it, the person becomes ill, loses his appetite, and this gives the body a chance to dispose of the starch it cannot use, provided the doctor does not interfere with the body's work, and "cure" the ailment by killing the patient.

Bee men discovered that heated honey kills bees. So they stopped feeding their bees heated or cooked honey, never thinking that they are governed by the same law of life that governs the bees.

Cooking breaks up into fine particles many insoluble and fibrillous elements which seep into the blood, clogging pores and ducts of the secretory and excretory membranes, and the absorbent glands.

Cooking produces solutions in foods, at 200 degrees F., or above, which cease to be solutions when their temperature falls to that of the body. These artificial solutions pass into the blood, and subsequently they solidify and form calcareous deposits in the joints, muscles, tissues, walls of blood vessels, whenever the temperature of the artificial solution falls below the crystallization point; or, if a complex solution, whenever it reaches the precipitation point. One of the many bad effects of this is gravel in kidneys, liver, pancreas, and elsewhere in the body, and hardened blood vessels.

This shows why we age and stiffen as the years pass.

Artificial solutions, produced by heat, tend to combine with one another, or with the body secretions, forming in the tissues, insoluble substances or agglutinating material which stiffen, harden and deaden the tissues, irritating the nerves, and agglutinating certain precipitations into stones, accretions, deposits, and certain abnormal growths.

Under the law of chemical reaction, the calcium salts (lime) in uncooked substances, becomes useless to the body in proportion to the degree of disorganization caused by the heating. Then these salts are precipitated in the circulatory system, causing hardened blood vessels, stiff muscles and joints, and various dull pains called rheumatism by the doctors.

Elmer Lee, M. D., then editor of Health Culture, in the June, 1921 issue said:

"You were misled by your parents, by your teachers, and by your doctors. They taught you to feed on cookery, cookery that kills the food you eat; and as your food is killed by cookery, in like manner your cooked foods kill you by building disorders in your body."

The cereals and starchy vegetables, developed by man and produced by

human toil, form by far the greater portion of our modern foods. They consist chiefly of starch, and this starch does the body great damage.

The theory is advanced that the thousands of years during which man has made the cereals and starchy vegetables the basis of his diet, have modified his anatomy and physiology by evolutionary changes and vital adjustment, and that, whatever may have been his original diet and physical conformation, these many ages have converted him into a natural starch-eater.

This theory, in a measure, is correct. We are using that evidence to show the reason why the human body is no longer competent to sustain itself on Radiation received directly from the cosmic source, and is dependent to a certain degree upon the Radiation contained in food.

Certain authorities assert that man is not a drinker, but has become a drinker because of the nature of his diet. The dry condition of cereals and starchy vegetables causes them rapidly to absorb the body's fluids, and they become insufficient to meet the body's normal needs, resulting in a demand for water.

Many persons, guided by no direct principle, except that they do not believe in the practice of murdering animals and eating their flesh, have become vegetarians. Cereals and starchy vegetables form the basis of their diet, and the result is that they have no better health and live no longer than those who eat flesh.

Without the Fatal Process of cookery, flesh, cereals and starchy vegetables would promptly pass from human use as food; and without the use of fire to cook his food, man would rapidly rise above the low level to which his unnatural dietetic habits have reduced him.

What has been said gives the reader some vital and little-known data on the effect of The Fatal Process on the body. He may be surprised to know that in Class A medical colleges, the students are required to devote only sixteen hours to the study of dietetics, and the substance of that study is to the effect that "ALL FOOD SHOULD BE WELL AND THOROUGHLY COOKED TO AID DIGESTION".

Medical art never heard of The Fatal Process, the serious dangers of which were demonstrated by an involuntary test made on 500 vigorous men nearly fifty years ago, and yet meant so little to medical art, that it was passed over with almost no attention nor comment.

The story of the involuntary test appeared in Alfred McCann's book published in 1920, titled "Science of Eating", and was also published in a pamphlet prepared by George Harter, founder of the Defensive Diet League of America.

The Kronprinz Wilhelm, converted German Cruiser, left Hoboken on August 3, 1914, and roamed the seas for 255 days, the men subsisting upon the

rich food supplies confiscated from British and French merchantmen before sinking them.

During this time the ship touched no port, sinking a total of 14 ships, and vast quantities were seized of white flour, millions of pounds of fresh beef, large quantities of fresh pork, hams, bacon, potatoes, canned vegetables, dried peas and beans, cakes, coffee, sugar and condensed milk.

Within five months there appeared a declining condition of the crew which attracted the attention of the chief surgeon of the ship. He noticed such symptoms as pallor, dilation of the pupils of the eyes, marked shortness of breath,--but he never dreamed of connecting these symptoms with the "high grade diet" which the men were eating.

For this was the same food that was eaten by the best Americans; and so, the ship went on and the men went on, eating typical American meals three times every day, thinking they were living high on "the fat of the land". And so they were according to all standards.

Within six months many of the men complained of swollen ankles, pains in arms and legs, and they were given the regular medical remedies for these disorders, with no thought nor knowledge as to their causes as usual.

A month later, in March, symptoms more serious appeared: paralysis, dilated heart, atrophy of muscles, pain on pressure over nerves, anemia. Fifty of the men were unable to stand up, and the rest were dropping at an average rate of two a day.

By April 11, 1915, the condition of the men had become so alarming that the ship made a dash for the James river and anchored at Newport News--a floating hospital, with dead men and sick men aboard, 110 of them down in bed, and the rest coming down at the rate of four every day.

The "malady" appeared to be very "contagious". From the first victim it seemed to spread to the rest of the crew with the speed of a grass fire before a gale.

The Chief Surgeon, E. Perrenon, M. D., had employed and exhausted his great medical skill, and the entire list of medical remedies that "cure disease"--and failed. And so, there was nothing left to do but to order the ship into port and issue an emergency call for help. For the members of the crew were dying and medical remedies were useless. Just when were they not useless?

In response to that urgent call, there hastened to the ship government and state experts, specialists in private practice, and numbers of prominent health officers and physicians. They were going to show Dr. Perrenon some new medical tricks. But they soon discovered that not one of them had anything in his "medical repertoire" that would help the stricken men.

A profound medical mystery hung over the ship. None of the medical experts could solve the problem nor suggest any effective remedy. Finally a closed consultation of twelve of the most prominent physicians was held in the large dining-room. All journalists were barred by an edict that recognized no exceptions.

By cleverly disguising himself and assuming the name of a prominent physician, Alfred McCann succeeded in boarding the ship. The imperious group of twelve had hardly arisen to greet him, when his identity was discovered and disclosed in one brief sentence, full of amazement and anger: "This is Alfred McCann, a representative of the New York Globe".

There was no time for preliminaries or arguments, and the consultation of the "haughty twelve" ended in a hurry.

McCann knew what was the matter with the men without seeing them or making an examination of their conditions or hearing the Chief Surgeon recite their symptoms. He did not ask to see them, did not care to look at their tongue, feel of their pulse, listen to their heart. He did not need to examine their sputum, or urine, or blood. He cared not to see x-ray photographs. Surface symptoms of human ailments meant nothing to him.

McCann understood the destructive nature of The Fatal Process. He knew that when men subsist for a considerable time on heated and cooked substances, as these men had done, there is practically no limit to the numerous symptoms of bodily disorders that appear, and they tell nothing of the hidden, unsuspected Cause at the Center. That Cause must be located and removed, and the "cure" is automatic.

Due to his superficial knowledge of Creation, McCann realized that when human beings are forced to feed for a considerable length of time on heated and cooked food, the body does not receive sufficient Radiation from such material to meet its requirements. And so, he informed the ship's Chief Surgeon as to the basic Cause of the derangements of the men's bodies, and advised him to feed the men Live Food, filled with Radiation, the Living Fire of the Universe.

Such advice to this arrogant disciple of Medical Science sounded like childish twaddle, but this time there was nothing else to do except to listen and act accordingly. Everything had been done that Medical Science could do, and conditions continued to worsen. And so, the haughty Chief Surgeon accepted and acted on McCann's "childish twaddle", not because he wanted to, but because it was his last chance and only hope.

And what happened? When we plant corn we don't have to guess and wonder what the result will be. There is no speculation as to the results when you plant an apple seed. The results were just what McCann expected.

To this Chief Surgeon who had been taught nothing in medical school relative to the Law of Creation, the results were miraculous. He saw with his

own eyes the mysterious work of the Creative Power of the Universe, as it brought back to health these sick men for whom medical art could do nothing.

The "spreading" of the "mysterious epidemic" stopped at once. Within ten days 47 of the sick men had recovered sufficiently to leave the ship's hospital, and no more of the men died. The Grim March of Death had been halted by Creation. A Miracle performed by the Creative Power of the Universe. The ruination of medical art would result if the brainwashed masses knew the facts and observed them.

For twenty years we witnessed this regular work of Creation in our sanitarium, and could name another doctor in particular who has been doing it for forty years. Most of his patients are the victims of other doctors, cast off as hopeless and incurable wrecks.

Does this unusual experience impress medical art? Yes, very much and very adversely. Many of those engaged in such good work are persecuted and prosecuted into silence and forced to retreat, retire, and hide. This is not Russia but Russian methods are pursued here.

#### Nature Blamed For Man's Errors

Relating the condition of the men, Dr. Perrenon made to McCann this statement:

"We had many cases of pneumonia, pleurisy, and rheumatism among the men. They seemed to lose all resistance long before the epidemic broke out. We had superficial wounds, cuts, to deal with. They usually refused to heal for a long time. We had much hemorrhage. There were a number of accidents aboard, fractures, and dislocations. The broken bones were slow to mend. Nature was not doing her duty. Food is indeed the cause of much disease. In nine months we can learn much that is not found in the (medical) textbooks" (Science Of Eating, p. 213).

"Nature was not doing her duty". So prone the medica are, because of their training, to hold Nature responsible for all derangements of the body.

It is interesting and instructive to observe the list of symptoms the body presented as a result of subsisting exclusively on heated and cooked food.

The symptoms cited by Dr. Perrenon were (1) pallor, (2) dilation of the pupils of the eyes, (3) marked shortness of breath, (4) swollen ankles, (5) pains in legs and arms, (6) symptoms of paralysis, (7) dilated heart, (8) atrophy of muscles, (9) pain on pressure over nerves, (10) anemia, (11) constipation, (12) loss of vital resistance, (13) broken bones slow to mend, (14) hemorrhage, (15) cuts and wounds refused to heal, (16) pneumonia, (17) pleurisy, (18) rheumatism, (19) diarrhea, (20) dyspepsia, (21) gastric dilatation, (22) gastric and duodenal ulcer (23) intussusception, (24) colitis, (25) failure of colonic function, (26) pyorrhea, (27) trench-mouth, (28) Vincent's angia (29) caries (30) inflammation in various regions of the body.

These are the symptoms which the medics treat, without knowing anything at all about the cause of the symptoms.

### Menu Of The German Sailors

McCann says in his book that from the ship's cook, with the Chief Surgeon's assistance, he obtained a chart, showing just what each meal consisted of, prior to the time when the men began to get sick. Here is what the chart showed:

MONDAY	
Breakfast	Dinner
Cheese, oatmeal, condensed milk, white bread, butter (oleo) coffee, sugar.	Pea soup, canned vegetables, served in juice contained in the cans, roast beef, boiled potatoes, white bread, coffee condensed milk, sugar.
TUESDAY	
Sausage, white bread, oleo, fried potatoes, coffee, condensed milk, sugar.	Potato soup, canned vegetables served in juice in the cans, pot roast beef, boiled potatoes, white bread, oleo, coffee, condensed milk, sugar.
WEDNESDAY	
Corned beef, white bread, oleo, fried potatoes, coffee, condensed milk, sugar.	Beef soup, roast beef, boiled potatoes, white bread oleo, coffee, condensed milk, sugar.
THURSDAY	
Smoked ham, cheese, white bread, oleo, coffee, condensed milk, sugar.	Lentil soup, fried steak, fried potatoes, white bread, oleo, coffee, condensed milk, sugar.
FRIDAY	
Boiled rice, cheese, white bread, oleo, fried beef steak, coffee, condensed milk, sugar.	Pea soup, salt fish, pot roast, boiled potatoes, canned vegetables served in juice contained in cans, white bread, oleo, coffee, condensed milk, sugar.
SATURDAY	
Corned beef, cheese, fried potatoes, white bread, oleo, coffee, condensed milk, sugar.	Potato soup, roast beef, boiled potatoes, white bread, oleo, coffee, condensed milk, sugar.
SUNDAY	
Beef stew, cheese, fried potatoes, white bread, oleo, coffee, condensed milk, sugar.	Beef soup, pot roast, canned vegetables served in juice contained in cans, boiled potatoes, white bread, oleo, coffee, condensed milk, sugar.

#### Afternoon Lunch

At four o'clock each afternoon the men were served with Huntley & Palmer's fancy biscuits or sweet cake with coffee, condensed milk, sugar.

#### Supper

The evening meal was either fried steak, cold roast beef, corned beef, beef stew, potatoes, or cold roast beef, white bread, oleo, coffee, condensed milk, sugar (Science of Eating, p. 204).

This menu includes all that this country in general, including the medical profession, believe to be necessary to sustain the body in health so far as food is concerned. These articles of diet are regularly fed to patients in all allopathic hospitals.

If a man were served at a hotel or boarding house with this variety of food, well prepared and in sufficient quantity, he would consider that his dietetic needs were abundantly and sumptuously supplied, and few men would have the faintest suspicion that these foods were slowly destroying the body. If at any time a man felt the slightest degree of indisposition, to connect what he ate of these foods with his discomfort would be a thought never to enter his mind.

McCann said: "The raids never resulted in any large quantity of fresh vegetables or fruits; and if such fresh vegetables and fruits as were confiscated had been divided among the crew and consumed in their raw state, they would not have sufficed for more than one day. As a result, they were reserved for the officers' table.

"All of the officers showed symptoms of anemia and mild acidosis, but none of them was prostrated".

The officers were saved from the fate of the men by eating uncooked the small quantity of fresh vegetables and fruits taken from the destroyed ships. Not much, but enough to furnish the body with enough Radiation to prevent the officers from collapsing.

McCann tells another story, showing how cooked food destroys the body. Writing in the New York Globe of May, 1915, he reported an instance of 6,000 strong, sturdy, brawny men, selected for their physical vigor, by the Maderia Mamore R.R. Co., for railway construction between Bolivia and Brazil. White bread was freely eaten, baked in camp of patent flour imported from the United States in thousand-barrel-lots. In fifteen months 4000 of the men had died of various ailments for which medical art has no remedies. Most of these victims were buried in the Candalaria graveyard, where is recorded their disastrous fate.

Thousands of monkeys played around the railway camp. They subsisted in good health on a diet of tropical fruits and nuts. The food of the monkeys was available for the men. But they were not monkeys and would scorn the suggestion of subsisting on the monkeys' diet.

In his valuable book titled "Fountain Of Youth", by Arnold De Vries, published in 1946, he headed Chapter 7 "Don't Cook Your Food", and, in referring to certain leaders in the field of dietetics, he said:

"The works of Dr. G. R. Clements and his speculating satellites, though excellent they may be in many particulars, have, through their anti-civilization doctrines, tended to provide the Raw Food Diet with an atmosphere of faddism. This diet must then be redeemed in the eyes of all those who have



respect for the scientific method. It must be analyzed from a strictly realistic standpoint. The practical results of feeding experiments and the experiences of both man and the lower animals must be our guides. They alone must determine the ultimate value of the exclusively uncooked diet" (p. 80).

It seems that this author had not read Alfred W. McCann's great books titled "Starving America" (1912), and "Science of Eating" (1920). Nor had he read what McCann wrote in the New York Globe of May, 1915, relative to the shocking death of 4000 strong, sturdy railroad men in South America, out of a group of 6000 carefully selected for their brawn, who died in 15 months as a result of subsisting exclusively on a diet of cooked food. Nor had he heard of the 500 vigorous sailors on the German ship Kronprinz Wilhelm in 1915, when almost all of them perished in less than nine months on the conventional diet of cooked food.

These cases present the practical results of feeding experiments and the experience of brawny men, and still there is no change in the conventional American diet after the lapse of almost half a century. Well, who is interested in Good Health and Longevity? No one but the individual himself, and stupid is that individual who looks for help from SCIENCE.

Now that the reader has been informed by remarkable experience and reliable evidence as to one basic cause of human ailments, and the great variety of symptoms exhibited by different bodies that rise from that one single cause, he is in a position to appreciate more fully what the great Dr. J. H. Tilden said about these things in his "Philosophy of Health". He wrote:

"Every part of the body is now represented by a specialist. The irony of all this professional perfectionism is summed up in a few words, viz., diagnosing is an elaborate system of summing up effects without a scintilla of knowledge of cause, and the treatment is a stupendous scheme of palliation, with much braggadocio concerning immunization. But the question will not down: How is disease to be prevented when the cause is totally unknown? All four hundred or more so-called diseases are nothing more than the (sensible) expressions of one general systemic derangement--states which I am pleased to name crises or toxemia".

Tilden was another exceptional man. He was a sickly lad and his ailments continued until he was 50 years old. This experience taught him a wonderful lesson. He turned from medicine to Creation and lived to be 89 years old. He would have lived longer had it not been for the damage his body suffered from the drugging he got in his early days.

## CHAPTER VII

### WE EAT TO DIE

We have presented definite and reliable evidence to prove that WE EAT TO DIE.

The reader witnessed the authentic case of 6500 vigorous men, who were involuntary subjects of a course of conventional living that produced startling evidence to prove that eating is dangerous and deadly, and is either unnatural for man, or else the list of substances suitable and safe for his consumption, should exclude almost everything that civilized man eats, excepting uncooked fruits, melons and tomatoes.

We learn from reliable evidence that the people of civilization subsist on substances which destroy the body so rapidly, that more than 4000 vigorous men were killed in less than eighteen months.

The scholar should be shocked by what he has read, revealing the deadly effect of the conventional diet, the diet on which he subsists month after month, the diet which fills his body with aches and pains and sends him to the doctor, who knows no more about the cause of his suffering than the man in the moon.

And nothing concerning this is taught in the schools. The doctors act as though they never heard of it, making one wonder what they are taught in their schools. Nothing is said or done about it by any of the governmental departments that are charged with the duty of supervising the conditions relative to the public health. And so the masses go on in darkness, from generation to generation, concerning things on which people should be well informed.

Consider the short life of the great doctors who write on these things. Prof. Elie Metchnikoff, who "carried on the high purpose of the Pasteur Institute by devoting his genius for biological inquiry to the service of man," wrote a book of 343 pages, titled "The Prolongation Of Life", published in English in 1907, and read by us fifty years ago. He spent much time in the study of longevity and determining the reason of aging and death--and he himself died at the age of 66.

Metchnikoff's findings forced him to conclude that aging and death result from putrefaction, with resulting auto-intoxication due to poisons generated in the bowels, especially in the colon. He declared that by excising the colon, he could increase the life-span to double its present average length. Now think what a mistake Creation made in designing the human body.

Pursuing the medical assumption of the infallibility of medical art and the fallibility of Creation, Metchnikoff sought to improve conditions, not by locating and removing the cause of the trouble, but by surgery to remove from the body the organ that generated the poisons that destroyed the body.

He said he could see no other use of the large bowel than as "a receptacle for poisons"; and opined the body would be better off without it. This preposterous postulation led him, Lane and more of his followers to conclude, that an organ which could be such a source of mischief to the body, had better be excised and cast in the garbage-can.

Hundreds of their unfortunate victims, who stupidly submitted to such wild and idiotic butchery, bear eloquent testimony of the fact that this scientific "improvement" of Creation's productions is not a howling success.

Metchnikoff led the scientists when he stated that the chief problem of promoting health and prolonging life is to keep the alimentary canal free from putrefaction. But he was in the dark as to proper ways and means of accomplishing that state.

In searching for the cause that creates an internal condition of the organism so disastrous to its existence, that it leads science to demand as a remedy, the removal of the large intestine, we find the trail leading directly to food and feeding.

We eat to live and we eat to die. The body sinks down in death because of internal putrefaction resulting from the food consumed, with resultant auto-intoxication in the alimentary tract, declared Metchnikoff. Does this fact indicate that eating is natural or unnatural?

The decay of all food eaten goes on within the body the same as in the garbage-can. The remnants of flesh food, passing into the colon and remaining there for hours, putrefy rapidly, forming some of the deadliest poisons known to chemists. It is not surprising that Metchnikoff found that alimentary putrefaction is responsible for short life and premature death.

He only scratched the surface. Had he gone beyond alimentary putrefaction, to remedy which he excised the colon, he would have found a condition more serious, to remedy which he would have wanted to excise the entire circulatory system. And had he gone still farther, he would have found a decaying condition of the entire organism, to remedy which would have required the excision of the cells, tissues, and even the bones of the body.

Dr. Trall said: "Physiologists have found that the blood of flesh-eating animals putrefies much sooner than that of vegetable-eating animals. The chyle of flesh-eating men, when taken from the body, decomposes and becomes putrescent in less than a quarter of the time required for that of the vegetarian to undergo the same process. . . ."

Chyle is a whitish fluid, extracted by intestinal absorption from food subjected to the action of the digestive organs. It is absorbed by the chyliferous vessels which rise from the mucous surface of the small intestine, and is conveyed into the blood by the thoracic duct.

The metamorphosis of the tissues of the Carnivora occurs more rapidly

than in the case of the Herbivora. The faster transformation of the tissues of the Carnivora is a condition of their existence. It is only as the result of change of the elements of the body that these substances can be formed that are destined to enter into combination with the oxygen of the atmosphere. In this respect, the slower-decomposing food forming the diet of the Herbivora, renders unnecessary the rapid change that occurs in the body of the Carnivora. The result is that the speed of all functions of the body is reduced in the Herbivora.

The effect of flesh-eating is to increase the vital functions of the body. The faster the action of a machine, the sooner it reaches the end. This applies to living organisms as it does to trucks. This is Creation's method of adjusting the condition of the organism to its environment and human habits.

We have now found part of the secret why the body reached maturity in approximately 35 to 40 years in the first generation following the Biblical Deluge, when flesh for food first came into use. Whereas before the Flood, when the eating of flesh was unknown, it required approximately 90 to 100 years to develop and mature the body.

In another place we have mentioned the case of Thomas Parr who did not marry until he was 84, and worked as a farmer until he was 130, dying in 1635 at the age of 152.

At to the quantity and quality of poisons generated in the organism, Chester Levere said:

"There are no poisons known to chemists more deadly than the regular poisonous waste of the animal body. If a healthy person were compelled to inhale the poisonous gases eliminated by one's own lungs, death would result almost immediately. Urea, eliminated by the kidneys, if retained, would cause death in a short time.

"The human body, under common living conditions, produces enough poison in 30 to 40 hours to kill the body were it not eliminated. The poison is the natural waste and decayed matter which, in health, is eliminated by the bowels, kidneys, lungs, skin and tonsils" (Startling Facts About Disease, pp. 37, 74).

We stated at the head of this chapter that poisons are constantly generated in the body. At the time a beast is killed, its body contains the average amount of poisonous substance. As total decay begins with death, the poisons in the body, when the animal is killed, remain there, and to these more poisons are added instantly.

When man eats this flesh, he takes these poisons into his body, to be added to the poisons generated by his own body. His eliminative organs do their best to dispose of the poisons, but the extra work, due to the extra amount of poisons, is too much for them. Some of the poisons are not eliminated, and this hastens the degenerative process of the body.

Dr. Robert Hall, M. D., of London, wrote: "It is a fact that the flesh of dead animals, when entering into the dietary, not only undergoes the most offensive form of decomposition, and gives rise to the most noxious toxins, but also promotes the retention of these toxins within the colon, and so favors their absorption.

"It is apparent that a flesh diet is not in any way suitable for man. Nay, it is not only unsuitable, but dangerous, and is to a large extent, accountable for the more serious disorders to which man is subject."

The most successful sanitoriums rely entirely on a rigid abstention of flesh food for the recovery of patients. Those who enter these institutions, apparently in the last stage of some so-called incurable malady, after a few weeks on a diet of uncooked fruits and vegetables, are "cured".

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

After a meal of meat, the increase in heart-rate regularly amounts to 45 to 50 percent rise above the fasting level, and persists for 15 to 20 hours in experimental subjects, to reach a total of many thousands of extra heart beats.

The stimulating effect resulting from eating flesh, rises from the rapid decay of the flesh in the body. The decaying flesh forms dangerous poisons, and the body increases the speed of all its functions to eliminate the poisons as soon as possible.

This more rapid function of the body makes man feel stronger, and he gives credit for it to the flesh he ate. He is right, but he little knows of the price he pays for that temporary increase in vitality.

This brings before us the law we have mentioned, that the slower the development of the organism, consistent with healthy condition and action of its vital powers, the longer its duration. Hufeland said:

"The slower man grows, the later he matures; and the longer all his powers are in expanding, the longer will he live. It is a natural law that the period of life of a creature is increased in proportion to the time required for growth and development."

The flesh-eater is in a constant state of mild irritation and intoxication, rising from excessive stimulation caused by poisons of decaying flesh in his body.

This man has been a flesh-eater from childhood, his body and organs are adjusted to that condition, and when his nerves and brain begin to be comparatively free of the intoxicating effect, he feels uneasy like the drinker and the smoker. His body begins to call for the regular stimulant; the body is adapted to it and craves it. If the flesh, coffee and buttered toast come not at the regular time, the body calls for it.

The various sensations of hunger, uneasiness, nervousness, weakness, are symptoms of the protesting nerves as they begin to revive from their chronically poisoned state, and they call for the poisons that put them back in the dull, partially paralyzed condition to which they are accustomed. This is one of the causes of paralytic strokes.'

These uncomfortable symptoms frighten the ignorant victim and make him think something serious is developing in his body, about which he should see the doctor. The medic, in regular order, administers another poison to dull the protesting nerves. This allays the symptoms, makes the victim think the doctor knows his stuff, but he is being hurried to the grave.

When the body becomes adjusted to this poisoned condition, it cries out for the stimulating poisons which keep it in that dull state. It craves the poisons that are destroying it. The nerves protest when the poisons are absent.

If people only knew the facts. Give them the facts and few will believe what you say, and fewer will heed what you say.

Shall we stop eating food that poisons the body, or cut out the alimentary tract and throw it away? Metchnikoff adopted the latter course.

## CHAPTER IX

### THE LIVING FIRE

"And the angel of the Lord appeared unto him in a flame of fire out of the midst of a bush; and he looked, and, behold, the bush burned with fire, and the bush was not consumed" (Exodus 3:2).

Here is the evidence in this biblical symbolism to indicate that the Ancient Masters knew the mystery of the Living Fire.

Had Dr. Walter known this secret of Creation, he had been less puzzled by the problem of WHY MAN EATS.

He declared that "every meal one eats has enough poison in its elements, were they properly combined, to destroy an army", and that "the use of food is (nothing more than) the means of inciting the organism to continued activity and consequent expenditure of (its vital) power".

The Fiery God of the Bible is the mysterious element called Life that inheres in the air, as we said in our work titled Long Life (p. 212). That is why living is breathing, and breathing is living. We can't die as long as we breathe, and we can't live when we stop breathing.

What is air? Cosmogonical Radiation. What is that? Gaze at some dark clouds in the evening, watch the dizzy flashes of lightning, and see in action a mysterious power which men search for and call God, and which is termed Astral Light, Cosmic Radiation, Living Fire, Electricity.

According to the recent findings of science:

1. ALL substance, including the living organism, is composed of molecules, which are aggregates of atoms.

2. Atoms are aggregates of electrical particles called electrons, protons, neutrons, etc.

3. Molecules, atoms, and their constituent electrical particles are in constant motion.

4. The speed of the motion is influenced by temperature, mass, dimension, and the electro-magnetic field in which the body is.

5. An electrical particle in motion is surrounded by a magnetic field created by its own motion, so it is not surprising that these particles exhibit both electric and magnetic properties.

6. When any material oscillates in a magnetic field, it produces an electrical disturbance that alternates to and fro, called an alternating current.

To be certain we understand these ideas, let us think them thru again, using different words and varying the accent.

- a. All physical substance is composed of atoms.
- b. Atoms are composed of particles that possess both electrical and magnetical properties.
- c. These particles also exhibit characteristics of mass and of energy, which characteristics are interchangeable and interacting.
- d. The atom's particles are considered to be oriented with all the neutrons and protons, and part of the electrons concentrated in the nucleus.

The blood, bones and flesh of the living organism are constituted of congealed Radiation; and Radiation also provides the power that turns the Wheels of Life.

The living organism is the most intricate mechanism in the Universe, and is a transformer and utilizer of Radiation, which is said to present the four phases of Mechanical, Chemical, Thermal and Electrical.

Prof. Harry C. Jones said, "The electron is the ultimate unit of matter. Positive and negative electricity are dual aspects of Radiation which constitute the phases of attraction and repulsion between these two primordial elements, causing them to form and change, and reform into diverse systems, offering even higher modes of expression.

"The elementary units unite to form atomic nuclei around which electrons circle and form atoms. The atoms in turn unite, by virtue of their externally directed fields of force, and form molecules, and these again form what we call substance. Finally, there results a combination in which the expression of animation appears, that of asymmetry and, hence, a greater tendency to change. Thus the living organism, like inorganic matter, is built up from the two primordial elements, positive and negative electricity, but the constellations of the atom in the molecules of organic matter are unique".

Water is a chemical compound formed by the union of two gases called hydrogen and oxygen. Water is perhaps one of the simplest substances known of Creative Action.

When we drink water we consume Cosmogonical Radiation in fluidic formation. When we inhale air, we draw into our lungs Cosmogonical Radiation in aeric formation. And when we consume food we take into our stomach Cosmogonical Radiation in solidific formation.

The evidence shows that the Ancient Masters were far ahead of us, and saw in the Living Fire the amazing things that we are just beginning to discover. They said that Fire contained All. Out of Fire All come and back to Fire All go. Thru Fire All pass back into the lap of Astral Light, Cosmogonical



Radiation, Unconditioned Reality, referred to by science as the Unknowable Reality.

And now we must refer to that noted French mystic, astrologist and Kabalist, Alphonse Louis Constant, who was familiar with the deeper secrets of the ancient Fire Philosophy. He was educated for the priesthood, but learned so much of the fraudulent foundation of religion that it was an unattractive path for him to travel. And so, he turned aside to become an author, exposing so much which the Church tries to keep concealed from the eyes of the world, that he was always on the verge of excommunication and even worse because of his flaunting of papal authority.

Constant wrote under the pseudonym of Eliphaz Levi, and was termed the last of the great magicians and astrologers. The leaders of many lands sought his advice in occult matters and instructions in the secret arts. He wrote mostly in code that could be comprehended only by the Initiates, and in referring to the Fire Philosophy, he said:

"When, after all the phantoms, thou shalt behold the Light of that Incorporeal Fire, with dancing radiance, flashing formless thru the depths of the world, then harken to the Voice of the Flame" (Hist. of Magic, p. 67).

We are beginning to harken to the Voice of the Flame, and find that a mass of testimony can be drawn from the Bible to present the prominence of Fire and Fire Worship. The Ancient Masters said, "For our God is a Living Fire" (Deut. 4:24; 9:3; Ex. 24:17; Ps. 50:3; Isa. 66:15; Heb. 12:29).

The Sacred Four Elements of the Ancient Tetragrammaton to which we have referred in our work titled "The Glorious Resurrection", rising as phases of the Unconditioned Absolute (Cosmogonical Radiation) appear first as (1) Fire, which produces gas, which becomes (2) Air, which transforms into (3) Water as the temperature falls, and Water, gradually coagulating, forms (4) Solids.

This revelation of the Sacred Four Elements uncovers the mystery of the Holy Jerusalem, descending out of space. The Great City, Lord from Heaven, symbolizing the Celestial Body (1 Cor. 15:40, 47) had a wall great and high (Aura of the terrestrial body), and had 12 gates (12 divisions of the Zodiac), and names written thereon (names of the 12 zodiacal signs), and on the east three gates (Libra, Aquarius and Gemini); and on the north three gates (Aries, Leo and Sagittarius); on the south three gates (Cancer, Scorpion and Pisces); and on the west three gates (Capricorn, Taurus and Virgo). And the wall of the City had 12 foundations (represented by the 12 sections of the Zodiac) (Rev. 21:10-14).

In the activities of Fire we witness Creation at work, exposing to him who understands, its secret, immortal processes, not to be recognized by the man of darkness. It is assumed to be safest from the world at large in disbelief, the magic crypt in which its secrets are locked. The Key is for the Initiates only, who seek in good faith the Light of Wisdom.

The Ancient Magi transcended in their observation upon the nature of Man, the Microcosm, the subject of the Bible. Passing thru the mind-world and emerging on the other side, as it were, they evaporated all powers, and resolved them finally into the Living Fire, beyond which they found nothing, and into which they logically resolved all things.

In referring to the Ancient Fire Philosophy, Pliny wrote: "The Temple at Luxor (Egypt), was a shrine of the Sacred Fire; and as mighty as was that temple, it was exceeded by the Temple of Carnak. The distance between the two was approximately 8000 feet, and along this 60-foot avenue there was a double row of Sphinxes, placed 12 feet apart".

This was the great school of the Ancient Masters. In the heyday of its glory, this avenue presented the most impressive spectacle the world has ever witnessed, perhaps. Here was taught the mysterious secrets of Creation; and if we were competent to present from the field of imagination the grand procession of Neophytes, constantly marching thru and engaging in the ceremonies of initiation, we would be powerless to produce the grandeur of the environment and the impressive exhibition of color and magnificent trappings of those who participated in the august proceedings.

In this school the Initiates were taught the mysteries of the Living Fire, some of which we are only now beginning to discover. The great scientist, the late Dr. George W. Crile, found that in the center of every cell of protoplasm in the human body, there are tiny centers or foci of radiant force which he called "hot points" or "radiogens", presenting an estimated temperature of 3000 to 6000 degrees of heat. He said;

"There are 'hot points' in man and animals on the order of the temperature of the surface of the sun. ... If one could look into protoplasm with an eye possessing the power of infinite magnification, one would see the radiogens spaced like suns in infinite miniature. ... Without exaggeration, the concept may be taken to mean ... that within the flesh of man there burns the fire of the sun, and within man's body there glow infinitely small counterparts of the stars" (N. Y. Times, Nov. 25, 1932).

We are recovering some of the Lost Wisdom of the Ancient Masters.

## CHAPTER X

### GRASS FOR ALL

Occasionally, but not often, a man appears who does his own thinking, He towers above the brainwashed masses. His mind refuses to be pushed into that rut, the objectives of the sordid institutions which rule the educational system of the land. Experience shows that those who do rise above their mental surroundings must "watch their step" and guard their speech, or they will be liquidated in one way or another for the "good of society".

J. R. Branson, B.A., Ll.B., appeared as one of those exceptional persons who refused to think as the others did, and who had the temerity to place on paper the results of his independent thought. And so, in 1939--over twenty years ago--he produced a little pamphlet titled GRASS FOR ALL, the work being inspired, he said, by his experience in breeding horses and cattle.

Barrister Branson was born in India, Nov. 9, 1872, and if now living would be in his 90th year. He went to England for his education, graduated in law, and later held several political offices. He was a man of broad vision, backed by actual experience in several fields. He said, "In 1936, at the age of 64, I moved to London to study and to write". Three years later he printed the results of his conclusions regarding the nutritional qualities of grass. We relate the following excerpts from this work:

"I was moved by two incentives to experiment in the use of grass as an article of food. One, the hope of finding ... a food stuff both universally available and also inexpensive. The other, an ambition to discover a means of sustenance that would enable me to support my own life without having to rob for that purpose the other living creatures of their life" (Note: He neglected to say that he was also inspired to do what he did by Hotema's writings in his health magazine published more than thirty years ago and read by Branson).

"An experience which extended over 22 years in breeding horses and cattle, had proved to me that GRASS is not only a complete and balanced food-ration for all stock, but that it is capable of being consumed by animals without expensive and laborious processes involved in cooking.

"Horses thrive on it; and there is no animal with more energy than a horse. Milch-cows do the same. And however much one might feed one's cows during Winter on commercial concentrated and artificial foodstuffs, with the first flush of spring-grass, up went the milk yield, and down came the cost of production. ...

"For many years my 'Vision Glorious' has been a world from which odorous and unsightly fishmongers' shops, butcher shops and poultry stalls have vanished;--to be replaced by wonderful expanses of green meadows, recreation grounds and playing fields, interspersed with flower gardens and orchards.

Yes, and all besprinkled with the smiling faces and joyous laughter of happy Re-Creators, men, women and children--all enjoying those sports and pastimes which produce health and happiness, and for sporting instincts, friendship and good company.

"If the service of Man to his body were reduced to the mere provision of a sufficiency for the maintenance of the living organism, and that, on those products of the soil which man can consume directly from the soil, and without cooking, the greater part of the arduous toil of Man, and of the busy, often overworked, housewife, would be eliminated, and time and energy be available for the enjoyment of life (and the development of the Mind); for sports, for pastimes, and for recreation.

"My researches into the Past have revealed that there did exist at the commencement of our era, in the region between Jerusalem and the Dead Sea, a Settlement of Pythagorean Philosophers who had adopted this happy, healthy, care-free mode of living, and they lived on the products of the soil.

"These were called the Essenes. It was a Brotherhood which had abnegated the use of any food which necessitated the taking of life; had abnegated everything that was conducive to, or in any way connected with war or strife, and who devoted themselves completely to agriculture, and the arts of peace, and had all things in common; finding their self-expression in joyous devotion to useful labor, and in the service of others. A sect that had not only found in that way of living joyous contentment, but a mode of living that made them friends of all the world.

"That sect, I learn from Josephus, made a custom of eating Grass, as a part, at any rate, of a purely vegetarian diet. They are said to have been healthy and long-lived; to have been most deeply and universally respected; and to have been trusted and honored by all Rulers.

"Admission to the Brotherhood was open to members of all nations, irrespective to origin. But admission was strictly dependent upon the character and disposition of the aspirant to membership himself, and his ability to withstand the disciplinary tests provided in initiation.

"This sect are recorded to have been the most pious and holy sect the world had ever known. But their religion, if it may be called such, was a religion of the intellect and not of the emotions. Nor did they attend at EMOTIONAL congregational worship in the Temple; nor did they sacrifice animals to the Gods; nor did they preach or proselytise; but they accepted and taught the children of others.

"To that sect, I am convinced by my researches, Jesus belonged. His garment, woven in one piece, was that one garment worn by every member of the sect. By reason of this unusual form of dress, they were so readily recognizable that the Eastern Gate of the City of Jerusalem, which was the gate thru which they used to enter and leave, was called the Gate of the Essenes...

"I do not say that I have eliminated all other ingredients from my dietary; nor do I suggest that it is necessary to abstain from other vegetable foods or to be ascetic. But I am using more and more Grass as I grow more accustomed to it.

"And one of the most interesting facts I have discovered is that during the Boer War, the Garrison at Potchefstroom was able to hold out as long as it did by reason of the fact that the men added to their exiguous rations, the grass which they were able to cut within the confines of their encampment. ...

"When I laid my proposals with regard to the use of grass as an article of human food, before the Minister of Health, he was most discouraging in his attitude; and, in the face of his disparagement, I decided not to venture on publicity until by protracted experiments I should have found that no untoward results supervened. I therefore simply 'plowed a lone furrow', experimenting upon myself.

"The results I achieved were extremely gratifying; and consequently when at the beginning of this year (1939), by the courtesy of a friend, I was made aware of the fact that Mr. E. B. Hart and other research workers in America had found that extraordinary results could be obtained by adding a modicum of grass juice to the rations of rats which were being experimentally fed on milk from stall-fed cows.

"I felt in duty bound to endeavor to lay the results of my experiments before as wide a public as possible. What moved me particularly to this desire for the wide publicity was the thought of the thousands of homeless and distressed refugees, who, owing to the fortunes of war, and to the outrageousness of Dictators, had been driven from their homes, both on the Continent, and in far China; and must be suffering grievous hardships owing to the lack of their normal food supplies.

"By the courtesy of Imperial Chemical Industries Ltd. I was put into possession of a reprint of a paper which their chief Research Worker, Dr. R. E. Slade, had read before the British Association for the advancement of Science, in which he said that the original source of all human and animal energy is Solar Radiation, which is absorbed by plant life, and stored--in the first instance in the leaf; and that it is only when the plant begins to ripen, that the carbohydrates change into cellulose, and the protein moves from the leaf to the fiber and the seed."

(Note: That theory of science is entirely erroneous. Radiation is not absorbed by plant life, nor stored in the leaf. Radiation is the substance that builds the plant. Neither do the carbohydrates change into cellulose, for that same Radiation that builds the plant is also transformed into carbohydrates and cellulose. Neither does the protein move from leaf to flower and seed. The protein, the flower and the seed all are transformed from Radiation.--Hotema).

"Dr. Slade said that if mankind could be induced to consume their food in the form of grass leaf, we could support four or five times as many people

per acre as we do under present conditions: and would support the whole of the population of our country on home-grown produce.

"Dr. Slade closed his paper with the words: 'The problem to be solved is the preparation of the food'.

"That problem, so far as I myself am concerned, I've solved effectually. And the solution is absolutely simple.

"My effort has been avowedly simply to establish experimentally that human beings can live, in part at any rate, on grass; and so far as the elaborating of dainty, attractive dishes is concerned, the whole of the field of exploration is open to the world. I can say this: By devoting attention to the careful drying of grass into hay, I've been able so to dry it artificially, that when I was eating my repast consisting of hay with other ingredients, I appeared to myself to be eating the most delightful meal, which was pervaded by the taste and aroma of new mown hay.

"In like manner, by cutting up and mixing with freshly-cut grass mowings, the petals of roses, lettuce leaves, and fruit, and adding sugar to suit my taste, I've been able to make myself most delicious salads. I've also been able, by adding cut up rose leaves to a salad which consisted of fresh grass, rolled oats, sugar, and half an ounce of currants, to produce a meal which gave me the sense that I was enjoying a repast which had the taste and aroma of fresh Leechees, an Eastern fruit of the most delicate and delicious flavor.

"In addition to this, by mixing with my grass either fresh or dried, rolled oats, grated cheese, with tomato and lettuce; I've given myself a repast which is both appetizing and nourishing, and at the same time very inexpensive.

"In the Winter again, I've mixed with my dried grass, rolled oats and grated carrot and grated beetroot: both of them uncooked, adding cheese, or sugar and currants or sultanas, according as I felt inclined; or apple or orange.

"Hitherto, I've had neither facilities nor time to permit of my making extensive experiments as to the type of grass to use. I've simply used grass off any lawn. I've also made a point of using dandelion leaves as the main constituent of my meals; and also leaves of yarrow, including the clovers and lucern. All of these need to be cut up for comfortable eating, unless very young, as the stems are apt to be stringy.

"I've lived for many years in intimate association with my horses and ponies; and have found them ready to eat almost any grass; nor have I in all my twenty odd years' experience had an instance where I came to the conclusion that an animal had suffered from the type of grass it ate.

"Spring grass will scour both horses and cattle, in its first flush; and the only warning that my own experience makes me wish to convey to others

who may think of following my lead, is that they should 'go slow' when they first begin the experiment, until they get accustomed to the grass; as it may have the same effect on them as I've indicated above. As a palliative to this I can suggest, in the shape of taking dry bran with the grass.

"With that exception, I've had no untoward results whatever from the use of grass. On the other hand I'm reinvigorated and rejuvenated both in mind and body to a far greater extent than I anticipated would be possible in the time. I'm never sick, never take any medicine, am brimful of vigor and enthusiasm, and very untiring. At the age of 66 my pulse is 75 and my blood-pressure 110; my respiration is absolutely free, and my 'wind' when running, extremely good.

"Eating beautiful fresh green grass, and beautiful fruit, and the petals of beautiful flowers, are merely incentives which I suggest toward the expression of that self in terms of beauty, of delicacy, and of refinement. Fruit, flowers, grass and some cereals, --in place of flesh, fish, fowl, or animal; all killed, dismembered, and camouflaged by cooking and seasoning further to camouflage and stimulate the appetite. These latter seem to bind man's conception to the earth: the former, to raise one's thoughts beyond the stars. . . .

"I look upon the adoption of a purely vegetarian diet, with Grass as one of the main constituents, as being in the nature of Dumbbell exercises conducive to the growth of creative control.

"I've found that I can for days live on nothing but grass mowings and sugar; and what is more surprising still; that I can eat the grass better without any teeth in, just mumbling it to get plenty of saliva, and to get the saliva well mixed in; and I digest the mowings excellently." (J. R. Brandon, London, July, 1939).

In 1928 Dr. Samuel G. Willan, prominent medical man of New York City, said:

"All of the most prevalent and fatal maladies now afflicting the human race are either directly or indirectly traceable to a dietetic origin.

"Shall we turn to the medical doctor for dietetic advice? Such a course would be absurd; for while the laity usually look to the doctor, the doctor is usually a dietetic dunce, who knows not how to feed himself, who sheds his teeth, his hair, and his health quite as young as any of his patients, and who is a confirmed and incurable dyspeptic at thirty-five. . . .

"Where do we find such muscles of steel and rubber as are those of the graminivorous animals, such as the agile antelope and equally agile deer, that run with the wind for a day and a night without tiring?

"Or where equally keen senses of sight, hearing, and smell, where such sleepless sharpness of instinct, such tenacity of life, such graceful and perfect physical development?

"The huge elephant, with the strength of a steam engine and an intellect that lacks only the faculty of speech to make him a talking philosopher, lives half a dozen centuries practically on grass" (Health Culture, May, 1928).

The Graminivorous and Herbivorous creatures of the earth include all animals except the small group of granivorous and carnivorous animals.

#### LIVE FOOD

Medical art knows so little about diet and regards the subject to lightly, that class A medical colleges devote to diet about sixteen hours out of a total of 4000. And the substance of the teaching can be summarized in one short sentence: "Food should be well and thoroughly cooked to aid the process of digestion".

That is the beginning and the ending of food and feeding. In 1916 Dr. Richard C. Cabot, a leading medical authority of his time, wrote:

"Almost nothing is known about diet. There are numerous books on the subject which are useful for pressing leaves, but not for much which they contain."

Dr. N. P. Norman, of New York, said, "The average medical man seems to have so little interest in dietary matters, that I feel I should like to say or write something at every possible opportunity, to stimulate his interest to a more definite understanding of the nutritional principles that should be applied to every person, regardless of whether he is sick or well" (Journal of Clinical Medicine, July, 1925).

The doctors and authors who write and talk about diet, never heard of the amazing facts were are considering here, and will condemn to the deepest hole in the sea what we say here. That attitude will not alter the facts which have been and will be presented.

We presented evidence of the deadly damage done to the bodies of 6500 sturdy men who subsisted on the conventional diet of civilization. Their food was well and thoroughly cooked "to aid the process of digestion", according to the doctrine of medical art.

No amount of medical argument can change the facts nor eliminate the facts that in less than eighteen months, more than 4000 of these vigorous men went to the grave as a direct result of eating according to the teachings of medical art.

We mentioned The Fatal Process, and said that nothing is more fatal to Life than heat. It is heat, cookery, that kills the food we eat, and as our food is killed by our cookery, in like manner the cooked food kills us by destroying our body.

Food is killed when heat drives the Radiation out of it, and such food



becomes dead substance, unsuitable and unfit to eat. It was dead food that killed the vigorous men so fast.

We have heard of fire damp, ignis fatuus, and will-o'-the-wisp. That is the Living Fire of the Universe, another aspect of Cosmogonical Radiation, and that is the precious element in Live Food and all the body uses of what we eat.

This is the first basic lesson in dietetics, unknown to all the authors whose writings we have read on the subject.

Never cook what you eat. Many have written on raw food, but they did not know the secret that we are presenting.

Doctors talk learnedly and foolishly about proteins, carbohydrates, amino acids, calories, etc., apparently ignorant of the fact that millions of wild animals live in good health all their days on nothing but uncooked and unseasoned grass and green leaves. Man is subject to that same law of Creation.

Cookery is another step in human "progress" that is one of the curses that cause humanity much suffering, degeneration, and early death.

Heat drives out of what man eats, the precious Radiation which the body must have and uses in its laboratory to make its blood and all the products that help to sustain the body in health.

Living bodies are not constructed and repaired of used products. The protein and other elements in the food we eat, never become the protein and the other elements found in the tissues of the body. That protein, for instance, has served its purpose, is a used product, and is never again used by Creation in its constructive work until it has disintegrated and returned to its original radiant state.

That is the regular cosmic process by which used material is transformed into new material and made ready for constructive purposes. Creation never uses second-hand material in its building work.

The Living Fire in what we eat is all the body uses. The rest is worthless waste, cast off by the body as feces. And the more labor the body must perform in disposing of worthless waste, the faster it sinks into decrepitude and moves toward the grave.

Most of what people eat goes down the sewer--good money down the drain. And when cookery drives the Living Fire out of what we eat, there is nothing left that the body can use.

We shall now notice a particular case that provides convincing and conclusive evidence to prove that uncooked food preserves the body.

In Vol. 3, No. 2, of The Analyst, Prof. Wm. C. Wheeler in October, 1960

referred to the remarkable recovery of a regular physician who, at the age of 56, had developed the lung condition called tuberculosis now, but which was called consumption sixty years ago. One of the lungs was consumed, wasted away; the patient's teeth had decayed and he wore plates; he was blind in one eye and wore glasses. His hearing was badly impaired and he was also suffering from cancer and partial paralysis.

Wheeler says, "This man was a greatly admired and successful practicing physician and surgeon in Boston, but his serious condition confined him to his bed. Sympathetic friends chipped in to raise a fund to send him out to Colorado to rest out his remaining years. He had enough money to carry on for almost a year, and secured a shack in the country within walking distance of a suburban grocery.

"This doctor was a man of learning and education and had acquired seven degrees in science, psychology, theology, philosophy and related subjects. Theoretically he was wise. He had advised and helped others. His specialty as a physician had been dietetics and naturopathy, but, like doctors, he had not applied to himself the advice and prescribed courses of living habits that he insisted upon for his patients.

"In his little shack in Colorado he was weak, emaciated and alone with his thoughts and a desire to live. The food he bought he did not bother to cook or prepare. In time his funds ran out, and in the early dawn he resorted to invading the neighboring truck farms to pull up carrots, beets, spinach, lettuce and whatever growing food he could find. Returning to his shack he was too exhausted to eat, and dropped his take by his bed and slept. Awakening, he satisfied his hunger by munching on beet tops, carrot tops and the harder parts of the vegetables until the pain of chewing with false teeth became too great to bear.

"In time he grew stronger and carefully made a record of his foraging, determined that somehow, sometime he would return to practice and pay back his debt. As time went on, he did resume his practice, but he never altered his new eating habits that circumstances had forced him to adopt.

"At the age of 100, forty-four years later, he was a perfect specimen of virility and health. Every tooth in his head was one that Creation had grown, and he used them to crack nuts that others would use a hammer to crack. His eyesight was excellent. He used no glasses and could see the finer details of things that others used magnifying glass to distinguish. His hearing was acute, his strength phenomenal.

"The doctor married when he was a hundred years old, and after the wedding we were invited to his home. There he entertained us with his wisdom and feats of strength."

And there is an excellent example of what Cosmic Radiation in uncooked food will do for the body. That actual experience shows the damage cooking does to food.

Henry Jenkins appeared in court as a witness in a matter that occurred 140 years before. Two sons were with him, one 100 years old and the other 102.

Jenkins was born May 17, 1500, in Yorkshire, and died in 1670 at the age of 170. He never ate cooked food and never ate in the morning. At noon he lunched on milk and fruit, and ate the same in the evening.

#### He Lived 256 Years!

In our work titled "Long Life" we mentioned the case of Li Chung-Yun, a Chinaman who died in 1933 at the amazing age of 256. He was a strict herbivorean, subsisting entirely on raw, herbaceous products that grew above ground, and uncooked and unseasoned fruits.

The account concerning his death appeared in the St. Louis Post-Dispatch of June 11, 1933, and stated that for the first century of his life he was an herb gatherer. In the pure, energizing air of the fields he laid the solid foundation that carried him thru 256 years of terrestrial existence.

Dr. Ann Wigmore said, "Live Foods for Live People. Cooked foods are dead and in the first stage of decay. Man's body is sustained by the little uncooked foods he consumes. All the rest is dangerous waste."

## CHAPTER XI

### FACTS VS. FALLACIES

Why does man eat? To nourish his body. How should his food be prepared? It should be well and thoroughly cooked to aid the process of digestion. As all other animals except man subsist on uncooked food, did Creation make an exception in the case of man? It so seems if medical theories have any sound foundation.

To hear the doctors discuss the subject of Nutrition, one would think they understood the subject thoroughly and completely. But the facts of experience and observation indicate that this is not the case.

After showing the living organism began with the Parent Cell and was built entirely of cells that all came from the Parent Cell by a process of cell-division, science then goes off on a tangent, forgets the process of cell-division, and says the body is built and sustained by food.

Creative Action never changes; but this alleged change is essential to account for the process of eating. Science attempts to show cause why man eats, and invents that cause by making this change. Then it gropes in the darkness which its own work creates.

The experience of thousands of years shows that Life comes only from Life, and cells come only from cells. Now a new process is introduced to enable science to expound certain secrets of Creation which it does not understand. Listen to what science says:--

"Life depends on food. All growth, repair and maintenance of tissues, and all development and maintenance of vital powers, are the result of nutrition."

Preposterous. If Life depends on food, what keeps man alive when he eats nothing for forty or fifty days? According to the Bible, Moses and Jesus both fasted for forty days.

If Life does not originally come from food, cosmogonical law must change somewhere to make Life dependent upon food. For food cannot sustain what it does not produce.

If the growth, repair and maintenance of the tissues of the body are the result of cell division as science asserts, then Creative Action would have to change to make these processes dependent upon food, as science claims.

The facts show that this is blind speculation on the part of science. Scientists close their eyes and go astray to account for processes which they do not understand, thus building the darkness in which they grope.

Now go with us and watch the scientists grope in darkness: "If the process of digestion seems complex and but little understood (by science), the processes of nutrition are much more so".

The alleged processes of digestion and nutrition are only imaginary and non-existent. No wonder they seem complex and are but little understood.

Again the same author stated: "While nutrition is claimed to be purely chemical, it is acknowledged, by even the most materialistic, to be different in many ways from the other chemical processes known to us. This is particularly true of the final stages of the process, by which the pabulum is transformed (from dead matter) into living tissues. By this final act (alleged to occur in the organism), dead matter is raised up to the plane of living matter".

All of this groping in the dark is strictly assumption to account for the mysteries of Creation that are not understood by science. Listen to this:

"Even Prof. Chittenden was forced to acknowledge that this (transformation of the pabulum of the blood into living tissues) 'involves a chemical alteration or change akin to that of bringing the dead to life'; while Dr. Charlton Bastain, of London, argued that these facts of nutrition, especially those of the plant, in which inorganic matter is converted into organic substance of the plant, prove the possibility of the creation of life from the non-living. All of which shows that, while the digestion of food material and their conversion into living tissues are considered to be purely chemical, these (chemical) processes are far different from any chemical actions and reactions known to the laboratory, even though the chemist may not be able to discover any difference. It cannot be disputed that if the substances are the same and the processes and changes identical, the products would be, to say the least, very similar.

"But no chemist can even imitate the work done by plant and animal nutrition. (In fact) the mystery of nutrition is still unexplained. We can no more explain today how food material is changed into living human flesh and blood than the lowest savage of a thousand years ago".

There is the acknowledgment and conclusion of science in its attempt to explain why man eats, and the part food plays in the sustentation of the living organism.

There is no such process of digestion and nutrition as taught by science and food material is not changed into living human flesh and blood.

There is no explanation of processes which never occur except in the imagination.

Prior to 1830 science was in almost total darkness as to the body's processes relative to the food man eats. It was not known whether the stomach was a stew-pot that cooked the food, a grinder that pulverized it, a mash-

barrel that fermented it, or simply a vat in which the food was macerated and dissolved, says the history of medicine.

Then appeared Dr. Wm. Beaumont. He made the first findings in modern times relative to some phases of stomach action thru a long series of experiments of a gun-shot wound in a man's stomach that developed into a fistula form that would not heal.

Dr. B. hired the man to work for him, so that he could continue his experiments on him, and did so for several years before revealing his findings to the medical world. He knew what poor Harvey got for announcing his discovery of the circulation of the blood, and this caused him to hesitate in disclosing data as to what occurs in the stomach to the food one eats.

And that is the beginning and the end of what science knows unto this day about food, feeding and nutrition. It knows nothing about why man eats, or what part food plays in sustaining the body. These matters are more mysteries of Creation which baffle science as much today as it did the lowest savage of a thousand years ago.

## CHAPTER XII

### WHY MAN EATS

After knowing of the serious damage that food does to the body, as proven by the case of more than 4000 men who were killed in less than eighteen months by cooked food, it makes one wonder WHY MAN EATS.

In searching for data on this highly important subject, we found some surprising information in a book titled "Life's Great Law", written by Dr. Robert Walter, M.D., a wise man with a profound mind, and published in 1903. In the Preface of this work he said:

"More than twenty-five years have elapsed since these facts (related in the book) began to form in our mind, after twenty years of previous study and reflection (making a total of 45 years). During these (last) twenty-five years we've had under our immediate control many thousands of cases of all sorts of disease, whose treatment (by allowing Creation to have complete control of the patient) has verified the postulates here advanced (in this book) to an extent seldom, if ever before, achieved in any department of science".

It was here in this book that we, more than fifty years ago, found the facts, presented by this exceptional doctor, which encouraged us to pursue the path of him whose faith in the powers of Creation were so remarkably rewarded by his amazing success in bringing the sick back to health, covering a period of a quarter of a century.

Dr. Walter was led in the direction he took by his own condition and experience. In early life he was a physical wreck, with a bad heart; and he discovered the sad inefficacy of so-called medicine when his own condition could not be relieved or improved by any treatment or remedy known to medical art. This caused him to turn to Creation as a last resort. There was nothing else left for him to do; and as a result, he recovered his health sufficiently to live to be 80 years old.

Why do men have so little faith in the power that creates and sustains them, that they turn to that power only after everything else fails? That, dear reader, is the result of the brainwashing to which they are subjected from the cradle to the grave, and it is called Education. It is a process of molding the mind to fit the groove prepared for it by the institutions that rule and run our civilization.

The remarkable experience in the case of Dr. Walter produced in his mind the doctrine he adopted in subsequent years in the case of his patients. And we in our practice not only pursued his path early in life, but our own amazing success in bringing the sick back to health led us deeper into the arms of Creation than Walter ever dared to go.

And that same path we are pursuing now in the case of food and feeding. We shall show more clearly what we mean by referring to what Walter said in

his book. He devoted Chapter IV to Transmutation Fallacies (of science), and under the subhead of that same chapter, "Relation Of Food To Life", he not only showed that food damages the body, but was so shocked by what his findings led him to say, that he drew back in surprise and asserted:

"Let no man conceive that we are arguing against food as a necessity of living existence, and no honest man will try to make it so appear".

But that is exactly what he was doing, and he was led logically in that direction by his own findings and assertions. And then he recoiled when he saw where his discussion was taking him. He had cornered himself with his own words and was forced to work his way out.

At another point in his book, he said, "Every meal one eats has enough poison in its elements, were they properly combined, to destroy an army" (p. 138).

That statement was proven to be true by the experience of more than 4000 sturdy men who were killed and sent to the grave by that poison.

When we add to the findings of Dr. Walter the factual experience of these men killed by cooked food, it seems more inconsistent than ever to believe that food should ever be regarded "as a necessity of living existence" when it actually kills all who eat it. Yes; "we eat to live, and we eat to die".

Late discoveries in the field of Cosmogonical Radiation have revealed more secrets of Creation that were unknown in the days of Dr. Walter. Had he known what we now know, he would undoubtedly have pursued a different line of thought in connection with what he said under "Relations of Food To Life".

Walter's statements plainly indicate that he was puzzled by the evidence he discovered. That evidence disclosed that the actual effect of food on the organism is exactly the reverse of what science claims it to be.

According to the illusion of common observation, the sun revolves around the earth, and that theory was taught as an actual fact for a thousand years. But what actually occurs is exactly the reverse of what we behold with our eyes. We live in a world of illusion and are deceived by what we see. We make real progress as we discover that fact.

The Bible warns us not to rely on what we see: "We look not at the things which are seen (because our sight deceives us), but at the things which are not seen (with the eyes but in the mind); for the things which are seen (with the eyes) are temporal (and illusional); but the things which are not seen (with the eyes but are seen in the mind) are eternal" (and reliable) (2 Cor. 4:18).

Walter's findings showed that, instead of food communicating power to the organism as science contends, it is the cause of the organism's



expending power. He said:

"Food, by its very presence within the vital domain to be cared for, digested and assimilated, necessarily activates Vital Force to control, if not to do, the work, and, consequently, instead of food communicating power to the organism, it extracts a modicum of power in the act of doing the work".

Why is it necessary for man to eat? Let Dr. Walter answer that important question. He said:

"The use of food is (not to nourish the organism but is) the means of inciting the organism to continued activity and consequent expenditure of its vital force" (p. 81).

And there is the reason why man eats: The only benefit the body derives from food, according to the investigations and opinions of Dr. Walter, is the incitement it occasions to stimulate the organism to "continued activity", and "every meal one eats (to provide that stimulation) has enough poison in its elements, were they properly combined, to destroy an army" (p. 138).

And thus "we eat to live, and we eat to die". Keep in mind these salient facts as we proceed; forget them not. For right here, concisely expressed by an eminent doctor of his day, is the fundamental reason WHY MAN EATS TO LIVE and the puzzling reason WHY HE EATS TO DIE.

Food definitely does not nourish the organism. As we proceed we shall produce more evidence to prove that. The scientific postulate of Nutrition is a wild, empty myth. In the present degenerate state of the organism, food is necessary to stimulate the cells to continued activity, but not to nourish them.

In due course we shall present evidence to show that there was a time when the organism, because of its more perfect state, did not require this extrinsic stimulation provided by food to promote its "continued activity". And the use of that extrinsic, inciting stimulant in the form of food, is another one of the several factors that promotes degeneration, prevents longer life, and induces premature death.

And we shall further show that this is an abnormal state due to degeneration, and now considered normal because of its common prevalency, like the mystery of Menstruation which now afflicts degenerate woman, and regarded as normal only because it prevails so generally and not because it is natural. For no female animal but woman is thus afflicted; and in the days of Moses, when degeneration of the organism was much less than it is now, there were so many non-menstruating women that a special provision in the law was necessary for them, according to the Bible (Lev. 15:28).

Long ages of eating has caused the adjustment of the body to meet that condition or perish. It was the work of Creation either to adjust the body to meet that condition, or let the body perish and sink into total oblivion.

Another great doctor discovered this fact, and called it Adaptation. He showed that all living organisms are adaptations. That is the condition of their existence. The body molds itself to meet and master the conditions by which it is confronted. Instead of perishing and vanishing, it changes.

This doctor said: "Our organs always improvise means of meeting every new situation. And these means are such that they tend to give the organism a maximum duration under the conditions existing".

Here is presented one factor of Creation's work that enables man to live as long as he does in his evil work, followed so many ages that science considers it natural.

If man's evil deeds killed him on the spot, great improvement would quickly occur in his work. But he is not impressed by what happens when it requires nearly eighteen months for his evil work to kill more than 4000 vigorous men out of a group of 6500.

Science claims that food "nourishes the body". Walter's findings did not allow him to agree with that assertion; and we shall present evidence to show that Walter is right and science is wrong. And to show the reader how little science actually knows about the Relation Of Food To Life, we shall present in full what Dr. Walter said on that point:---

"No one can fail to be impressed with the importance of the arguments thus advanced in opposition to the doctrine of transmutation (of forces); but there is, in the minds of people, one overpowering fact in its favor that must be explained if (the) transmutation (of forces) shall be finally abandoned; and that is the absolute necessity of food to continued vital existence, whether of plant or animal.

"Men may readily admit that the theory of transmutation of forces in general is disproved, but that vital force is not the product of food (as claimed by medical art) is not so easily conceded.

"True, no one claims that food will give life to a corpse, or will generate life de novo anywhere else, but that it sustains life is everywhere believed. Given a living organism to start with, it is fully believed that food supplies the materials which may be converted into additional vital force.

"It will probably be agreed also that the theory of the sun's heat being transformed into the life of the plant is at least not proved. It may be equally conceded that no stimulant nor tonic ever gave to man the power of life; but it will appear absurd to the ordinary mind to place food in the same category with stimulants and tonics, or even with heat, light or electricity. For men may live their full appointed time without these, but without food, life on earth must soon cease. The forces resident in food are transmuted into life, or appearances are extremely deceptive.

"We agree to what we shall fully establish, the deceptive nature of

appearances. Evolution, in its philological sense, is the only true process of Creation. Transmutation is a fallacy, if not a fraud. Stimulants and tonics extract from the organism what they seem to give. In spite of all of which, food, an external agency, is a necessity to living existence. What, then, is its position and its value?

"First, food constitutes the materials of organization (Note: But the facts of organization contradict this assertion. The organization is the work of cells, composed of molecules, composed of atoms, composed of electrons, which are whirling centers of force, and food does not enter into the organization anywhere.--Hotema).

"Life, it will be seen as we proceed, exists before, and is the cause of organization. But food is a necessary condition. Structure cannot be built without material with which to build it, and as structure is being continually broken down in the process of work, it follows that replenishment of material is absolutely necessary to continued organized life.

(Note: Structure is not built of food. It is built of Radiation, and Food furnishes only the Radiation it contains. That Radiation in all cases is received primarily from the Cosmic Source. The organism gets most of its Radiation directly from the Cosmic Source. Why not all of it?--Hotema).

"Second, Food being digested and assimilated, supplies physical force to the organism for the performance of certain physical work.

(Note: Walter contradicts this assertion later, stating that "instead of food supplying power to the organism, it subtracts a modicum of power in the act of doing the work" of digestion and assimilation. \_\_Hotema).

"Life is an intelligent force, the superior of all forces, and proves its intelligence by appropriating to its use mechanical and chemical principles and forces. But these always remain the same physical agents of work. They cannot perform vital work. They have no intelligence; they never of themselves build structure; they cannot think a thought, vitalize a nerve, construct a brain, heal a wound, or restore a lesion. They are servants of the life-forces and never their equals.

"Third, Food, being materials of organization, requiring by its very presence within the vital domain to be cared for, digested, and assimilated, necessarily calls up the vital forces to control, if not to do, this work, and consequently, instead of giving the power of life to an organism, it subtracts a modicum of power in the act of doing the work.

"The use of food is the means of inciting the organism to continued activity and consequent expenditure of power. Its effect is the opposite of that of sleep. Sleep recuperates, because of its condition of inactivity. Food, on the contrary, compels work and expends and exhausts power. More sleep and less food is the rule for invalids. Increasing the food supply increases the labor, reduces the sleep, and exhausts the patient.

(Note: This paragraph presents strong points to show that eating is an acquired habit, like drinking and smoking, and followed so long that the organism has been forced to adjust its structures and functions to harmonize with the condition. Walter furnishes evidence to support the assertion that food neither nourishes the organism nor supplies it with power. He says, "The use of food is the means of inciting the organism to continued activity and consequent expenditure of power". This expenditure of power by the organism in all activity is the natural factor that maintains the strength of the organism, just as exercise does. But in the Breatharian Age the organism had not declined, because of misuse and abuse, to the point where it needed extrinsic substance in the form of food to incite it to the activity required to sustain its existence. That incitation was supplied by Radiation received directly from the Cosmic Source.--Hotema).

"Another important reason why food is a necessity of living existence is the fact that activity is the leading characteristic of all living things, and power, as an existence, being wholly and always passive, can become active only as occasions call it into activity. Food is such an occasion. And activity being a primal fact of living existence, necessitates that the occasions for the activity shall be as universally present as the power is.

(Note: There is stated by Walter the present reason why man must eat. Long ages of adjustment of the organism to the practice of eating has produced a condition of the organism, unknown in the Breatharian Age, that requires the presence of food within the vital domain to call the cells into activity to dispose of it, just as Walter says. That call was not necessary in the Breatharian Age, and the use of food now to induce that call, is responsible for the damage the organism suffers from the deleterious effects of the food on the vital tissues of the organism.--Hotema).

"No amount of plant life would produce plants except for the necessary conditions of air, sunlight and soil, which make the force, previously passive, to become active to grow the plants. Per contra, no amount of air, sunlight or soil can grow the plant unless the power of life is present.

"So, no amount of vital power, primarily passive in any germ of life, could develop an organism, except as the materials of organization are supplied with which to build not only, but to call the existing power into action.

"Food and air to men and animals, with water as a connecting medium, are such materials. They are the natural agencies for promoting development and consequent changes in the vital organism. They are the normal conditions for making active the inherent forces of the organism. But they do not supply the force. They only call it forth, a fact which is at least suggested by an equally important one, viz., they can never get out of an organism what is not in it, any more than they can give to an organism what they do not have.

"No amount of food or air will keep up the activity of heart or lungs in a dead or dying man, even if it is predigested food and is injected. From a

dead man there is no response because there is no power to respond, making the proof complete that no application from without can supply the power.

"Food, drink, air, heat, light, etc., are all agencies to call forth the power already present: They are occasions or conditions for making the power present, which is otherwise passive, become active to do work and carry forward change.

(Note: Walter shows here that food and drink furnish the organism with nothing more than the occasion or condition for making the power present in the cells and tissues, more active for the purpose of disposing of these substances. And we contend that the evidence shows this was not necessary in the Breatharian Age, and is now an abnormal state resulting from adjustment of the organism to meet and master conditions forced upon it--or perish. --Hotema).

"It were easy to show in other ways that what we seem to get from food is not supplied by the food. No one can doubt that the digestion and assimilation of food require the expenditure of power, which expenditure begins as soon as the food begins to be eaten. But no one is so ignorant as to believe that we receive real strength from the food until it is assimilated. The strength, therefore, which a recently eaten meal seems to give us, is not strength derived from the meal. It is strength made manifest by the meal, but the power comes from the organism and not from the food.

"However, let no man conceive that we are arguing against food as a necessity of living existence, and no honest man will try to make it so appear.

"Food is a condition necessary to life on the earth, first by supplying materials for building up vital structures, and second, by constituting the occasion for development and use of our powers such as we can never dispense with. But the insane attempts of medical empiricism to communicate, or even sustain, life by this means, is one of the most destructive errors of medical practice.

"If one must work, one also must eat, and as all vital action is work, all must eat. But how much he shall eat should be determined by how much he works. When vital action is vigorous, the food supply should be abundant. When it is feeble, food should be reduced.

"Food compels vital activity, as long as there is power to respond, which may proceed to exhaustion and death. Food never imparts power. Tonics, stimulants, all excitements, do precisely the same, and so prevent rest. It is rare that any of them answers to the needs of the organism for recuperation and health.

"Food, therefore, takes its place among all the other environing influences of existence. It is an occasion and never a cause of vital activity. It is a condition of animal life, never a force or power of life. Its forces are

always extrinsic to the eater, even though intrinsic to the food, and the chances for life to most patients are in inverse, not direct, ratio to the amount of food eaten.

"The relations of the living organism to food may be summed up in the aphorisms of all time, 'Let good digestion wait on appetite and health on both'. 'Enough is a feast' for both man and beast. 'Give me food convenient for me' is the prayer of the ages.

"If we can learn to put our trust in the real source of life, instead of cultivating dependence upon things which can never give us what they do not have, we will get better results."

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## CHAPTER XII

### COSMOGONICAL CORRESPONDENCE

Cosmogonical Correspondence is the fundamental Law of Existence. The Ancient Masters worked it out as Astrology.

Under this basic law, all created objects are adaptations. That is the condition of their existence. Everything known primarily exists potentially. Existence in possibility is pre-requisite to existence in actuality. Every created formation is a materialization of its potentiality.

This law was recognized by Col. James Churchward, and he declared: "Under the great Law of Creation, there must first come a CONDITION (that is favorable), and with it (there comes into existence) a suitable life (organism) to live in it. . . . The Condition is the Parent of the Creation" (Lost Continent of Mu, 1931, p. 328).

Strictly speaking, the Condition is not the Parent of the Creation. It is the activator of Creative Action that causes the materialization of the actual from the potential.

That is what is known as Creation. It is a process of transformation, in which potential existence is changed to actual existence. And that is the Law of Reincarnation.

In our work titled "Cosmic Creation", we stated that "all things on earth appear under the Law of Correspondence. Under that law, man appeared actually when the earth's condition was adapted to his materialization on the physical plane" (p. 74). Until then, man existed potentially. The religionist would use the term Spiritually.

As to the Law of Correspondence, the great evolutionist Herbert Spencer, made this remarkable observation:

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

Spencer failed to recognize all the factors involved. He placed all responsibility upon the organism and the environment, giving no attention to the treatment of the organism. He may have assumed that man would never mistreat his own body. But man is not taught the great lesson of how to supply the body's requirements, or how to live in harmony with Cosmogonical Law.

There is not a school in this country that teaches these elementary matters. There is no person in this country that is competent to teach these elementary lessons.

To find one competent as such a teacher, would send the searchers into the jungles looking for a man like the Chinaman, who died in 1933 at the age of 256.

Concerning Spencer's observation, Rev. Henry Drummond said:

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

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

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

That is true, that is according to cosmic law, and that is the way it should be. But as to man, that law fails in practice. Why? Dr. George R. Clements answered that question thirty-five years ago. He said:

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

In the matter of adaptation, that great scientist Dr. Alexis Carrel made the following observations:

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

"Such endurance is due to a very particular mode of activity in his tissues and humors. The body seems to mold itself on events. Instead of wearing out (dying), it changes. The organs always improvise means of meeting



every new situation, and these means are such that they tend to give us a maximum duration (under the circumstances).

"The physiological processes, which are the substratum of inner (physiological) time, always incline in the direction leading to the longest survival of the individual (Provided the doctors do not interfere). This strange function, this watchful automatism, with its specific characters, makes possible human existence. It is called adaptation" (Man The Unknown, p. 191).

It would be well for the student to read again what Carrel said. Here is the pivotal point around which revolves the mystery of why WE EAT TO LIVE, AND WE EAT TO DIE. If the body lacked the ability to adapt itself to man's evil, destructive habits, if man dropped dead when he indulged in the first smoke or first drink of intoxicants, if the first cooked and seasoned food killed him on the spot, the human race would not be floundering in the mire of degeneration as it is today.

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

The human organism is said to reach full maturity between the 25th and 30th year, although some authorities move the time up to the 40th year. A goose attains that state within 18 to 24 months, and some geese live a century. Man does well to live 75 years. If he lived as long as a goose, comparatively speaking, he would have a life-span of more than a thousand years, --as in the days of Adam and Noah.

Carrel did not seem to know some of the things which we shall relate. For instance, he did not appear to understand that as the "body seems to mold it self on events", it suffers a corresponding decrease in its vitality that we shall notice as we proceed, and that explanation will be so contrary to medical teaching, that the medics will give it the customary haughty sneer.

This is the point where we encounter the medical theory of "resistance" to disease, to germs, viruses, etc. Even Carrel was illusioned and deceived by the postulate that vigorous health makes man more "immune" to disease-breeding conditions, and we shall cite the evidence to prove that it is exactly the reverse.

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

The exciting and contributing causes of pneumonia all simmer down to the one point, viz. polluted air. The more vital the body, the more vigorous the reaction of the body to the poison entering the lungs, and the sicker the patient. And the sickness is the struggle of the body to save itself by eliminating the poison entering the lungs with the air.

The medics attempt to "cure" the sickness by the administration of poison, called medicine, and the effect of that poison on the body is to stun and paralyze the nerves. With its vitality thus weakened by the "medicine", the body is unable to struggle against the poison in an effort to eliminate it. The body becomes calmer, the patient becomes quieter, and the medic obviously thinks the patient is better.

The facts are just the reverse of what the medic observes. That quieter patient and calmer body sink into sleep, the poison slowly performs its killing processes, and the patient never wakes up again. The "disease" killed the patient says the medic, and the friends and relatives, lacking knowledge of the real facts, believe the medic.

Let us review the condition of existence: It was a favorable Environment that activated Creative Action to produce man, and correspondence must constantly prevail between the living organism and its Environment. That is the fundamental condition of existence.

The health condition of the organism must correspond with the health condition of the Environment. If the health condition of the organism is above that level, a conditioning process automatically begins to bring the health condition of the body down to that level.

The first symptoms of this sinking of the organism appears in the form of the first mucus that flows from the infant's nose. The medic calls that conditioning process a "cold" and thinks little of it. If he knew the facts, he would jump higher than a kite.

That "common cold" which all suffer and regard so lightly, is the first signal to him who knows, that the hostile condition of a polluted environment, seething with poisonous gases in this civilization, has begun its deadly work of dragging down to its low-health level, the perfect organism of the helpless infant. Poor child. Then in due course there come the other disorders, called "children's diseases", that continue the work of dragging down the struggling organism in the direction of the grave.

The vital statistics of the nation show that during the first ten years of child life, the leading causes of death are the various disorders of the breathing organs and the organs intimately related to the respiratory process. These disorders include colds, diphtheria, tonsillitis, influenza, pneumonia, whooping cough, croup, etc.

These disorders of the struggling organism are the signals of the work of a degenerative process going on in the organism, dragging its health-level

down to the health-level of the environment.

We shall cite a definite case to make the matter plainer to the reader. On the subject of adaptation, Dr. Charles W. Greene said:

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

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

This explains how the body "builds up basic resistance" to inimical influences and conditions. The vitality of the body must first be decreased by dulling its nerve system before it will tolerate and submit, without protest which the medics call "disease", to the dangers by which it is confronted.

It is the protest of the organism against the dangers by which it is confronted that is called "disease". It is the struggle of the body to eliminate internal poison that is called "disease". The purpose of medical treatment is to stop the body's struggle to save itself, the patient is "cured" of his ailment by sinking into the arms of death.

The power of Vital Adaptation possessed by the organism is a riddle that puzzles the doctors. They regard it as a condition of "immunity". The organism develops "immunity" to poison, misuse and abuse by a depression of its vitality that makes it too weak to battle against its enemies. It then submits and slowly sinks in degeneration and ends in an early grave.

On this particular point, Dr. Greene said:

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

Now, according to medical teaching, the fresh, healthy, vigorous bird should have resisted the effect of the polluted air and lived for three hours. But it died immediately, whereas the other bird that had been under the bell-glass for two hours and suffered a definite degree of debilitation, could have lived for another hour due to the adjustment of the organism to the condition.

Unbelievable but true, that the weaker the organism grows, the more

abuse it will take and survive. That very weakness prolongs its duration under the condition in which it is placed.

Men who are used to tobacco smoke, can sit in a smoke-filled room and play cards all night without feeling any uncomfortable effect, whereas a man with a more vigorous body, not poisoned with tobacco smoke, would be forced by a feeling of sickness to leave the room in half an hour, or sooner.

We observe by actual experience which is understood, that the facts of these matters are exactly the reverse of the teachings of medical art.

Dr. Carrel said: "Our organs always improvise means of meeting every new situation (regardless of its dangers); and these means are such that they tend to give man a maximum duration (under the circumstances). The physiological processes of the organism always work in that direction which leads to the longest survival" (provided the doctors do not interfere under the impression that the body does not know how to run its own business).

On this point in our work titled Long Life we said, "But this is not so when the doctor steps in and begins to make the organism function the way he thinks it should. He assumes that he knows more about such matters than the power which made and sustains the body. And the actual facts are, that he does not even know why the body functions at all" (p. 42).

## CHAPTER XIV

### THE WATCHFUL AUTOMATISM

"The physiological processes which are the substratum of inner time, always incline in the direction leading to the longest survival of the individual. This strange function, this WATCHFUL AUTOMATISM with its specific characters, MAKES POSSIBLE HUMAN EXISTENCE" (Carrel).

Read that thrice. If that line of thought were pursued to its logical conclusions in all of the various ways in which the organism is molded and changed by this Watchful Automatism that makes human existence possible, some strange and surprising results would be presented.

This amazing function of Adaptation is the factor that salvaged sinful man from total extinction by eventually developing an eater of food from a non-eater of food; by getting man well when his evil work has made him ill; by developing a unisexual generator from a bisexual generator many ages ago, when the Original Creative Unit became too weak, due to degeneration, to perform its allotted function, as described by Dr. George R. Clements in his grand course of 85 lessons published in 1935, titled Science of Regeneration.

A few discerning students have discovered that the Bible contains three different accounts of Creation, collected from as many different sources by the biblical makers, and then the ancient scrolls were destroyed to hide the facts: The third account, appearing in chapter V of Genesis and perhaps the oldest of them all, describes what seems to be the original Bisexual Unit, and a description of the later Unisexual Divisions of this Bisexual Unit appears in the 2nd, 3rd, and 4th chapters of Genesis.

In our work titled Cosmic Creation we said:

"The experience of millions of years has shown, that when the earth became the home of Man, it became the partner of a being that is not only the King of Life and the Climax of Creation upon the earth, but as eternal as the elements of which the earth is composed.

"The evidence shows that Man not only goes on while the other races of animals die out and disappear, but he will still continue after the earth itself will have exploded and disintegrated into the dust of which it was originally made.

"For ages Astral Man floated over the dark waters of the primitive ocean, looking and waiting for a suitable spot on which he could materialize and step out upon the new-born earth. No doubt he has done that many times in a distant past, and will do it again in the distant future, when a new planet shall have been born for him to inhabit". --p. 119.

After the elapse of all the long ages of eating, the human organism is

still so inefficiently adapted to this state, that the world is filled with folks who are afflicted with stomach and bowel troubles, and all of the many ailments that stem from this source.

All questions have answers, and it seems that we have discovered the answer to the puzzling proposition as to why WE EAT TO LIVE AND EAT TO DIE.

We have presented reliable evidence to prove that the more vital the organism is, the sooner it succumbs to unhealthful practices and harmful conditions, medical art and its fallacious teachings to the contrary.

More evidence of this same kind appears in the case of the vigorous Indians of America, who became a "dying race" when they first adopted the harmful habits and unhealthful practices of the white man of Europe, who survived because he had for ages been born in and lived under those inimical conditions. He survived because his body was adapted to them. But the body of the vigorous Indians was not, and until the process of Adaptation had time to do its work, the Indians died like flies--and the medics as usual were puzzled by what they saw. They were unable to solve the problem.

And thus we discover that there is a cosmogonical condition of Vital Adaptation of the living organism to unhealthful habits and harmful conditions that MAKES POSSIBLE HUMAN EXISTENCE--but no such condition as Vital Resistance as claimed by medical art. That is just another one of the many medical fallacies that belong in the same category as the preposterous postulate of contagious disease and immunity.

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

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

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

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

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

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

### Smoking Dangers

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

The vital youth, in his ignorance, indulges in his first smoke. He wants to be like a man. His vital body reacts so violently against the dangerous poison, that sickness results, the degree of which is the measure of the body's vitality and the amount of poison that entered the blood-stream.

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

Little do the users of these poisons know of the serious damage they are doing to their body. The youthful smoker disregards the warning reaction of his body to the poison. It speaks no other language. It can only exhibit pain and anguish. But he continues the harmful habit, and gradually the poisons of the tobacco debilitate the nerves, and thus reduce the body's vitality to the point where it is unable to fight back in self-defense. And thus the body has established "immunity" to the poison says the medic. Yes, but in so doing it is taking a short-cut to the grave.

And we accordingly observe the operation of the Law of Vital Adaptation and the Law of Vital Reduction. It is this slow process of Vital Reduction that brings the body into subjection to any devitalizing substance, influence, habit or practice, including vaccination and immunization. How sad that the operations of these Cosmogonical Laws are so greatly misunderstood. They are unknown to medical art and are not mentioned in medical books.

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

Great is the power of the body to adapt itself to conditions and poisons that destroy it by inches. That Cosmogonical Power is far greater than man can ever imagine or realize.

The body is able to adjust itself to the point where the opium addict can take at one time a dose of dope so large, that if it had killed him quickly had he taken a dose half that large in the beginning. The old sot can drink all day and show no apparent effects of it, whereas a couple of drinks made him drunk in the beginning. But a heavy price is paid for that "immunity".

The power of Vital Adaptation enables the body to adjust itself so extensively, that it will endure the venom of deadly reptiles. A publication called Grit, in its Oct. 14, 1951, issue reported the case of Wm. Haast, who was said to be in that state. The account said:

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

But the ultimate end of that "immunity" will be an early grave. That is the price man pays for the enforcement of his body to adjust itself to unhealthful conditions and harmful practices.

Man can have almost anything he wants if he is willing to pay the price. That includes good health and long life. And the reason why it seems more difficult to have good health than bad health lies largely in the fact, that good health is the natural result of living in harmony with the various phases of the Law of Creation, and civilization is a form of living that has rejected everything natural and adopted the artificial, as we have explained more fully in our work titled "Long Life".



## CHAPTER XV

### LIVE 1400 YEARS

GLORIOUS LIFE--Man's greatest treasure. For what is a man profited if he shall gain the whole world, and lose his own life (Mat. 16:26).

How to live long has received world-wide attention of great men of every generation. One author said: "A faculty of learned men could labor for years and still be unable to enumerate the numerous forms in which the wish for Long Life has taken shape."

Some eighty years ago Dr. Wm. A. Hammond, Surgeon-General of the U.S. Army, wrote a book titled "HOW TO LIVE FOREVER", in which he said: "There is no physiological reason known at the present time why man should die".

Prof. A. E. Crews, of Edinburgh University, declared that it was more difficult to explain why man dies than it is to show that he should live forever.

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

Dr. Foissac, in his book "Longevity", observed: "The long life of the Biblical Patriarchs is a fact more rational and more in accord with the known laws of physiology, than is the brief existence of the men who inhabit the earth today".

Seneca, the Roman philosopher, is reported to have declared: "People do not die, they kill themselves".

The noted Dr. Alexis Carrel demonstrated by his unique experiments that the body cells are immortal. He kept alive a heart fragment removed in January, 1912, from a chick embryo, and threw it away after the test had extended for 27 years.

Scientists said, "The result of this experiment reveals the key to total health and longevity. Men of science see no reason why these same principles might not apply to human beings".

Dyson Carter, writing in The National Home Monthly in 1945, stated that scientists now assert it is well within the range of possibility for the average person to live 550 years.

Dr. David J. Callicchio, M.D., of Boston, said: "Turtles live to a very old age. Some of them have a life-span of 1500 years. If one animal can live that long, why can't Man--live just as long? Surely, man should be able at least to discover the reason for a turtle's longevity. By applying

those principles to the way of man, then man too shall live, to say the least, as long as a turtle. Some day it will be done" (Electronology, p. 74).

Startling knowledge in this connection appeared in the press of Sept. 6, 1940, the account stating that Prof. P. Busse-Grawitz had "resurrected the dead cell tissues of 5300-year-old Egyptian mummies, thus tending to prove that cell tissue is positively immortal".

According to the account, the Professor began some years ago to experiment in this field when he noticed that human tissue, which had been preserved in alcohol for 38 years, began again to grow when placed in a special culture.

In further experiments, the Professor removed some tissue from the mummified remains of Indians that had been buried in caves in Argentina 500 years ago. These tissues were placed in the usual culture and the cells, which had been completely dried out and exhibited every indication of total disintegration, showed new form, grew, and more amazing, began to multiply by the regular process of cell division and subdivision.

The immortal cells. And now comes science and presents another postulate to increase man's life-span. A report in the press of November 26, 1961, said science has declared that "Hibernation could give man a life-span of 1400 years".

No end to the wonders of Creation. This datum strongly indicates how man kills himself. It directs attention to the benefits gained by the living organism in a hibernating state. What are they? The chief ones are a suspension of the processes of eating, drinking and procreating.

That seems to reveal the secret of the provisions of Cosmogonical Law that rule the state of Perfect Life which must have been pursued by the primeval human beings before man discovered and invented what he considered ways and means to improve on the work of Creation.

It is reasonable to assume that there was such a state, and it appears that science has discovered the principal phases of it. Based on these scientific findings, the state of Perfect Life may be formulated in these terms:

"If man consumed only Cosmic Radiation thru his respiratory organs as he did in the Golden Age when he lived in health for thousands of years according to ancient tradition, if that Radiation were never polluted, and if the procreative function remained dormant, sickness would be unknown, decrepitude would be unthinkable, and longevity would be unlimited".

It is said that whatever man can conceive, that he can achieve. Anything is possible, yet everything is certain within the limits of that possibility. Any result desired can be attained if the requisite conditions for its attainment can be supplied. If these conditions can be defined, the definition indicates the method of their supplyment.

In various ways we have shown in this work, that food damages the body. We never eat for health; we always fast for health.

One gigantic step in the direction of increasing the life-span, is the development of the body's powers, long dormant from non-use, to utilize Cosmic Radiation to the extent that it will supply the body's requirements, thus making the acquired process of eating again unnecessary as in the beginning.

This can be done, as shown by the cases cited of persons living now without eating. More evidence to prove it can be done appears in the fact, that some butchers are said to grow fat on the odor of the meats they cut up, and some cooks lose their sense of hunger by inhaling the odor of their cookery.

Nutrition, nourishment of the body--just more scientific fallacies to be discarded and forgotten.

One of the most famous Hygienists in the world, who has been bringing patients back to health for more than thirty years by fasting them all, regardless of the meaningless names given by the doctors to the symptoms of their disorders, the most of his patients being physical wrecks, cast off by other doctors as hopeless and incurable, said:

"The great mystery of nutrition is still unexplained. We can no more explain today how food material is changed into living human flesh and blood than could the lowest savage of a thousand years ago".

The transformation of food into flesh and blood never occurs. There can be no explanation of a postulate that is nothing more than a mental aberration, on a parity with "contagious diseases" and a flat earth.

The ingested substances, the food materials, are never transmuted into flesh and blood. Such a postulation is preposterous. The food enters the body as foreign substance for which the body has no use whatever, except for the Radiation it contains; and the ingested substances leave the body as foul feces thru the anal canal.

Nothing damages the body more than (1) eating food, (2) breathing polluted air, and (3) consuming the vital essence in masturbation and fornication.

The derangement of the body by any cause, is a personal problem that must be solved by the individual. The schools, supported by the money of the humble and oppressed tax-payer, are not interested in these vital matters, for their solution profits no one but the individual, hence no one but him is interested in the matter.

We have quoted Herbert Spencer, eminent evolutionist, who believed he presented the cosmogonical law of perpetual life when he said:

"Perfect correspondence (between the organism and its environment) would be Perfect Life. Were there no changes in the environment but such as the organism had adapted changes to meet, and were it never to fail in the efficiency with which it met them, there would be Eternal Existence and Eternal Knowledge".

Spencer saw but a part of the problem. He failed to notice the damage the organism suffers on account of the conduct of him who inhabits it. He disregarded the ways and means in which the organism is poisoned. He appeared not to know why the body degenerates and sinks into decrepitude. We show some of the ways in which the suicidal process is performed.

## CHAPTER XVI

### BREATHARIANISM

Mentally, we are slowly emerging from the crude Materialism in which a so-called science has had man buried since the loss of the Ancient Wisdom, and we are beginning to see the Dawn of the Metaphysical Light in which the Ancient Masters lived sixty centuries ago.

For six thousand years we have existed in a Planetary Night, wrote Krypton in his *Quartum Organum*. That night, he said, "began when the precessional hand (of the ancient zodiac) passed out of Gemini into Taurus, some six thousand years ago--corresponding, oddly enough, with that alleged Creation, 4004 B.C." He added:

"It was not the creation of a new world, but of a New Age, its finality attended, perhaps, by dimly remembered catastrophe. The condition (darkness) it produced will continue in lessening degree for some 6,000 years. To some, this will seem a contradiction of fact, since they believe that we are now entering a cycle of peace and enlightenment--the Aquarian Age. This is but a minor cycle in a major cycle, and even this is misunderstood".

It is clearly evident from their scriptures that the Ancient Masters were familiar with many features of Creation that are unknown to us, including the element called Cosmic Radiation, which we recently discovered with much surprise in the splitting of the atom. Their scriptures disclose, among other things, that they knew Man was originally a Breatharian.

The biblical fable of the alleged Creation six thousand years ago, states that God formed man of the dust of the ground, and breathed into his nostrils the Breath of Life (Radiation); and man became a living creature (Gen. 2:7).

The Form of Flesh called Man did not exhibit Vitality by having Food injected into his stomach, but by having his Lungs, the Organs of Life, inflated with Cosmic Radiation, the Living Gas that Vitalizes the World of Animation.

When man stops breathing, he stops living, regardless of Food in his stomach. That common fact, well-known to every man, is a flat contradiction of the scientific fallacy, recorded in the text-books and taught in the schools, that Food is the source of Vitalization.

The newly-born baby is made to cry as quickly as possible, so it will suck into its lungs the marvelous Breath of Life and live.

In spite of all the evidence and all the facts, science stubbornly shouts that food is the source of the Vital Force of the living organism.

Dr. Robert Walter said, "No amount of food will keep up the activity of heart or lungs in a dying man, even if it is predigested and injected" (into the body) (*Life's Great Law*, p. 82).

How can we explain the necessity for food, if it does not yield Vital Force? There is a simple explanation and we shall present it in due time.

We know that smoking and drinking are acquired habits and not natural. Can we make the world believe that eating in the case of man is also an acquired habit and not natural?

If eating were natural for man, how shall we account for the fact that the best, quickest, and surest method of getting the sick well, is to give them no food at all. Or that the sick man has no appetite, no desire for food and refuses to eat?

We have referred to a book by Dr. George R. Clements that was published in 1926. He devoted Chapter 14 thereof to Fasting--The Greatest Remedial Measure--and said:

"The 'cure of disease' by fasting, although still in its infancy (in this civilization), is as old as the animal kingdom, and was advocated more than two thousand years ago by the school of the natural philosopher Asclepidaes.

"Bernarr Macfadden stated in his book, Fasting for Health, that traces of this method of treating sickness are to be found in ancient Chinese and Hindu writings. Fasting in the Middle Ages was a common practice, and no doubt had its origin in the teachings of the Scriptures; for frequent references to fasting occur in the Bible".

Moses was in the mount forty days and forty nights on two occasions, and he did neither eat nor drink (Ex. 24:18; 34:28).

Elijah and Jesus each fasted forty days (I Kings 19:8; Mat. 4:2).

In those days, fasts were often proclaimed throughout the land by the rulers of the nations. And Jehoshaphat ... proclaimed a fast throughout all Judah (II Chron. 20:3).

We should not assume that "cure of disease" was the sole purpose of each and every fast referred to in the Bible. But something beneficial was the purpose of the various fastings, or else they had not been ordered so frequently, nor so much prominence given to them.

When ill, the body has no desire for food. That natural condition in itself should be sufficient notice to cause us to pause and consider. For the body is governed by Infinite Intelligence and does nothing without good reason and purpose.

Food is damaging to the body, and this involuntary refusal of food gives the body a respite from the agent that is doing the damage, and a chance to repair some of the damage done. But the medic moves in, informs the victim that he is courting danger by not eating, and must eat or worse things will happen to him.

What can be the result of feeding a patient who has no desire to eat, has fever, with dry mouth, parched throat, and stomach inactive? Yet, feed the sick whether there is any natural desire for food or not, using the lower bowel for the injection of food when the stomach cannot be utilized, "in order to keep up the patient's strength", say the medics and their books.

Down thru the ages, illness has been regarded by the ignorant as an enemy to be combatted, and that is the current conception of medical art. One condition considered highly essential in the successful termination of the battle, is to keep up the patient's strength in the struggle with the "demon" by feeding him freely of "nourishing" food.

Adhering to this postulate since the morning of medical history, it has been the fetish of the foolish to feed the feeble patient under the erroneous concept, that as the well need food to keep up their strength, it is doubly certain that the sick need it more, in order to ward off weakness and defeat the demon in the battle.

The dangerous symptoms rising in the organism as a result of this fallacious course, are not due to the "progress of the disease", as alleged by the doctor, but to the ptomaines and ferments rising from food rotting in the alimentary tract, that is fouling the blood and flooding the cells with toxins.

Millions of graves have thus been filled, and sorrowing friends solemnly assured by the doctor that the "disease" killed the victim.

When appetite fails in illness, think how hard unenlightened people struggle against it. Many try to eat this and that. Kind friends, alarmed by the lack of appetite and of knowledge, urge the victim to try to eat something, anything, no matter what it is. The sick-room usually has a table covered with fruits, cakes, custards, and other tasty dishes, tempting the ill to eat--disregarding the body's efforts in its struggle to protect itself.

The early practitioners centuries ago knew the value of fasting, and invariably followed that course in treating the sick. The most renowned was Hippocrates (420 B.C.), who is termed "The Father of Medicine", but not of that brand of "medicine" of this day and time. He taught that--

"All causes are of divine agency, and their operation is directed by constant laws". . . .

And he prescribed total abstinence from all food while a disorder was on the increase, and especially at the critical period. That made him quite successful in his work.

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

Dr. Moeller, superintendent of the Closchwitz Sanitarium, said, "Fasting is the only natural method whereby, through a systematic cleansing, the body

can restore itself by degrees to physiological normality".

Would fasting be required to do this if eating were natural? We cannot get the sick well by taking air away from them. Without air they would perish quickly; they would die instantly.

At this point we could cite many cases of fasting to get the sick well, some instances extending more than three months without food, and all of the patients recovered.

Mary Mitchell, age 27, Santa Ana, Calif., a practical nurse, broke a fast in January, 1927, of 64 days. She weighed 202 pounds when the fast began, and 158 when it ended.

For the first five weeks of the fast, she continued her regular work as a nurse, and during the rest of the fast, she worked at home, preparing food for the family, and said this did not tempt her to eat. Her health was greatly improved by the fast.

Mrs. Albert G. Walker, a noted singer of South Africa, fasted 101 days to reduce according to press report of January 31, 1931. She weighed 232 pounds when the fast began and 169 when it ended. She was in good health, went out to parties, and carried on her public singing all thru the fast.

John W. Armstrong, a naturopath of London, reported to us in 1933 the case of a patient who fasted 104 days under his supervision, taking nothing but water. The medics had pronounced the case "incurable", and fasting was resorted to as a last hope. The man not only recovered his health, but when his body built up after the fast, his face appeared "twenty years younger".

Drs. Carlson and Kunde, Univeristy of Chicago, found that a fast of 15 days restored the tissues of a man of 40 to the condition of those of a youth of 17. This seems to explain the biblical statement, "His flesh shall be fresh as a child's; he shall return to the days of his youth. And thy youth shall be renewed like the eagle's" (Job 33:25; Ps. 103:5).

In his "Believe It Or Not", in the press of January 16, 1934, Ripley reported that Jekisiel Laib, of Grodno, Poland, fasted six days a week for 30 years. Each Saturday he ate bread and water. His health was good.

In the press of January 25, 1938, Ripley stated that for 10 years Giovanni Succi travelled thru Europe, giving exhibitions of fasting. His exhibitions, rigidly controlled, extended for periods of 30 to 40 days. In that time he was in the public eye day and night. Included in the exhibitions were 80 periods of 30 days of fasting, and 20 periods of 40 days of fasting--a total of 3200 days.

In 10 years of 365 days each that would be 3650 days. In the ten years Succi fasted 3200 days, or eight years and 280 days without eating.



The press of November 30, 1934, reported the case of a Jain priest, Muni Shri Misrilalji, of Bombay, who fasted 259 days, taking nothing but water. He ended his fast in the presence of 500 co-religionists.

The N. Y. World-Telegram of July 9, 1942, reported the case of a Yogi, who spent 6 months in a grave, a pit cell, reinforced with brick and cement. He entered the pit in the presence of Dr. B. L. Atreya, professor of philosophy in the Benares Hindu University and general secretary of the Indian Society for Physical Research.

On the day the Yogi was to emerge from the tomb a crowd of more than 100,000 was on hand. An opening was made in the tomb, the first slab of stone was removed with difficulty, on account of its heaviness, by four men.

The Yogi was already awake and raised his hand to indicate it. Then he was dressed with new clothes. His old clothes were partly disintegrated by the influence of the atmosphere inside the pit, and partly consumed by white ants, some of which were found collected over portions of his body.

He was then brought out and covered with blankets and placed in an easy chair, on a high platform, so that he could be seen by all present. He looked just the same as when he entered the tomb. Even the beard on his face had not grown. He looked hale and hearty and saluted the crowd assembled to greet him.

The press of October 12, 1948, reported the case of a British girl of 12 years who fasted for 18 months, taking nothing but water.

The press of February 6, 1937, quoted Mrs. Martha Nasch, age 44, of St. Paul, Minn., as asserting that she had eaten nothing for seven years, and affirmed her willingness to submit to surveillance to prove her claim. The medics were not interested in helping to prove that they are wrong in holding that fasting is dangerous and that food is the source of Vital Force.

The press of May 31, 1948, reported the case of a Chinese girl who had eaten nothing for nine years. Dr. T. Y. Gan, of Chungkin Municipal Hospital, heard of the case and went to see the girl.

Her name was Yang Mel, she was 20 years old, weighed about 85 pounds, and led a normal life with the exception of not eating, and drinking very little. She showed no signs of inanition and appeared no different from the other girls.

She told Dr. Gan that she was never hungry and had no desire for food. When asked why she did not drink more, she said that water in her stomach made her feel uncomfortable and that she had almost no desire to drink.

Dr. Gan said, "I found it difficult to believe her story, but saw no reason not to believe it". Upon examination, he found her alimentary tract was so rudimentary, that it could not even take water without a bad reaction.

Now what shall we think of the question, Is eating natural for man? After long ages of eating, here appears a person who lives without eating, is never hungry, and her alimentary tract is so much undeveloped, that it cannot tolerate water without a bad reaction.

We have not exhausted our list of non-eaters at our command. The press of London of October 16, 1949, stated that Teresa Neuman, a German peasant mystic, had eaten no food for 14 years. It was also claimed that not a drop of liquid had been taken by her for ten years. And she had been without sleep all the time.

In an article titled "Forty Years Without Food", N. P. Ghose wrote:

"Caribala Dassi, sister of Babu Lamboxar Dey, a practicing pleader of Purulia, has been living for the last forty years without taking any food, not even water, and has been doing her regular household duties with no apparent injury to her health. Many respectable persons can testify to the truth of this statement". -- India's Message, January, 1932.

The press of May 3, 1936, reported that a Hindu woman of 58 had eaten nothing since she was 12 years old. The account stated:

"Swami Yogananda Giri, disciple of Guru Shama Charan Lahiry of Bankura, India, recently came here from America and, accompanied by Messrs. Sandanada Sanyal, press representative, and Bibhuti Bhusan Ghosh, went to Pat-rassayar to visit the woman and gather from her the following information:

"She is active, discusses higher philosophy and religion, and is an expert in 'Paranayam and Yogi'. She is always gay and looks like a child despite her age of 68 years. She does not defecate nor urinate and does all her household work like other women.

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

Just one case should be sufficient to show what is possible in a million other cases. And if one person can live without eating, it should be possible for all people to live without eating--after their body, by proper training, has been adapted to that high state.

It is said that in India certain sects of Yogis live without eating; and that in the Himalayas there are many sages and seers who consume no gross physical food. They live a simple life of economic independence, spending their time in the development and improvement of their higher mental powers.

Eating is one cause of illness. Before the body sickens it must first be weakened by internal poisons. If food causes the illness, it causes the weakness. This led Dr. Edward H. Dewey, M.D., to say:

"In time of health, if we eat when not hungry, or when tired, or in any mental worryment, we suffer a loss of Vital Power, both physical and mental. How, then, can food be a support of Vital Power?"

"Yet, from the morning of medical history, the question of how Vital Power is supported in time of sickness has never been considered, for there has never been any doubt as to the support coming from food."

"I assume this to be the case, since all works on the practice of medicine today, enjoin the need to feed the sick to sustain their depressed energies--all this without a question as to whether there is not a possibility of adding indigestion, when food is enforced against Creation's fiat" (Fasting Cure).

While the weak and sick may eat freely, their diminished strength returns not, and even the wasting away of their flesh goes on. Instead of food being beneficial in these instances, it is detrimental. This is so because the sick body cannot use food, and the unused food in the body, under the internal moisture and heat of the body, rapidly rots, causing damage of great proportions.

It is well to cite some instances to prove that food is not the source of the body's strength.

In June, 1926, George H. Johnson walked from Chicago to Bald Knob, Pa., without eating, covering the 578 miles in 20 days in a contest to win a prize. He said he was in excellent condition when the journey ended. He was accompanied by a group that rode in a car, including a doctor who checked his pulse and blood pressure at the end of each day of hiking. He was closely watched at all times to see that he ate nothing. Of this he said:

"There was never a second when I was not under the observation of strangers. My room at night was fastened so that no food could be smuggled to me. All this is attested and sworn to under seal in our log-book by persons whom we did not know until the time of our arrival".

Gilman Lowe was a professional weight-lifter and health director in New York City, and the holder of 35 world records for endurance lifting. In 1903 he gave a public exhibition of his lifting powers. He prepared for this special feat of strength and endurance by eating one meal a day for the first four weeks, four meals a week for three weeks, and then eating nothing for two weeks.

The day of the exhibition he mounted a scale adjusted to 1000 pounds net. The scale was equipped with a steel platform, against which Lowe braced his back. He braced and lifted 1,006 times in succession, until each time the scale registered half a ton--a total of 1,006,000 pounds, in 34 minutes and 35 seconds.

Lowe tried to do this once while eating three meals a day. He succeeded

in lifting half a million pounds in 25 minutes and then was exhausted. He accomplished marvels of strength after seven to fifteen days of fasting. In a physical culture exhibition, after seven days of fasting, he lifted a 2,000 pound weight 22 times in 19 seconds.

We saw that Dr. Walter was puzzled in his consideration of food and feeding. Conditions had been clearer to him had he known as much about Cosmic Radiation as we now know.

It required the splitting of the atom to solve the mystery of Matter and Force. It was the annihilation of Matter, as such, that also annihilated the crude materialistic concept of Life that rules the schools and forbids the scientists from considering the Metaphysical World, as such, the existence of which can no longer be denied.

There are mediums, clairvoyants, hypnotists, fortune tellers, and people who can see the body's Aura. In this class of better body development, there are also those whose radionic organs are sufficiently developed to raise them to the high level of Breatharianism, making food no longer a requirement of their existence, and thus increasing their economic independence to a much higher state. They require only the electrical stimulation, supplied by the Radiation they inhale, to vitalize the cells of their body.

We move up toward the higher level of human existence as we pass on to uncooked and unseasoned food, and continue toward the higher level by slowly reducing the amount of food ingested, thus forcing the body to activate its radionic organs that have lapsed into dormancy from non-use. This will enable the body to utilize from the atmosphere, the various elements it needs for its sustenance.

We have seen that the body will naturally adjust either way, depending on the conditions by which it is confronted. When the chemical stimulation begins to weaken as less food is eaten, the body begins to supply the deficiency by utilizing more Radionic Stimulation from the atmosphere. This is accomplished by the activation of the Radionic Organs that logically lapsed into dormancy from non-use as stated. But it is dangerous to cease eating entirely until the body has had ample time in which to make the proper adjustment.

## CHAPTER XVII

### PHOTOSYNTHESIS

PHOTOSYNTHESIS--The Creative Process that sustains the vegetable Kingdom.--Cosmogogenesis.

"HOW MUCH DOES SCIENCE KNOW?" asked Langston Day in his "New Worlds Beyond The Atom".

Then by logical argument Day proceeded to show that, so far as Creation, Life and Man are concerned, the Christian World has no science, seems to want none, and makes not an honest effort in the schools to teach such a science.

And there is sound reason: For Knowledge is Light, and men love darkness because their deeds are evil.

Prof. A. N. Whitehead declared: "It is impossible to meditate on time and the mystery of creative processes, without an overwhelming emotion at the limitation of human knowledge" (Concept Of Nature).

That great Mason, Albert Pike, observed: "We but hide our ignorance in a cloud of words, and the words too often are mere combinations of sounds, without any intelligent meaning" (Morals & Dogmas of Freemasonry, p. 527).

The great Dr. Alexis Carrel stated: "In fact, our ignorance (of Man) is profound. . . . He is made up of a procession of phantoms, in the midst of which (there) strides an unknowable reality" (Man The Unknown).

After the creation of the living organism, how is it sustained? By the power that produces it. Science does not agree, giving food the credit.

How can food support that which it has nothing to do with creating? That is the big question we have been considering, and consistency of thought demands that we proceed in our processes in a direct manner thru infinite time to infinite results.

According to the allegations of science, the living organism is supported by a process of ingestion of food, digestion, absorption and assimilation of that food.

These processes cannot be definitely expounded. They are baffling. They are nothing but words without an intelligent meaning. Prof. Chittenden was forced to admit that this course "involves a chemical alteration or change (in food) which is akin to that of bringing the dead to life".

The great Hygienist, Dr. H. M. Shelton wrote: "We can no more explain how food material is changed into living flesh and blood than could the lowest savage of a thousand years ago" (Natural Diet Of Man, p. 48).

The baffling mysteries of Creation are those common processes constantly occurring all around us; so trite that we take them for granted and never reflect upon them. And we logically think they are understood by science in all their various details.

Consider the leaf of a tree. It is constituted of millions of tiny cells, all intricately and perfectly organized. It is similar in shape to other leaves on the same tree, yet each leaf is different and no two are ever exactly alike. Each leaf has its own individuality.

Man would consider himself highly exalted could he define how the leaf forms and why it grows. How much more his Ego would be inflated could he design it, invent it, produce it in all its perfection, and give it life.

These apparently insignificant leaves also have vital functions like the human body, the details of which puzzle science. The leaves transform Cosmic Radiation, called Astral-Light by the Ancient Masters, into the various elements they need for their growth and sustentation, just as the human body does.

How is the work done? Not by the consumption of substance called food, but by the Creative Process called PHOTOSYNTHESIS, according to science. That term was invented before the splitting of the atom. We have now discovered that the proper term is RADIOSYNTHESIS.

And it is our purpose here and now to show by logical argument that this process of creative sustentation is universal, applying to the human body as it does to plants. We shall show that it is not food that sustains the body but the RADIATION contained in the food.

Photosynthesis is the process of Creative Action about which little is known. It is regarded as a process of constructive metabolism, by which carbohydrates are formed of hydrogen and carbon dioxide of the air in the chlorophyll-containing cells of plants exposed to the action of Light.

That is the reason why vegetation grows tall, when plants are crowded. They are trying to get out to the Light. It was formerly called assimilation by science, but now this term is commonly used only in animal physiology. And we shall show that this use is erroneous.

Like all other intricate processes of Creation, the details of this one are not definitely known.

Baeyer's theory is that the carbon dioxide of the air is reduced to carbon monoxide, which, uniting with the hydrogenic gas in the cells, produce formaldehyde, the latter forming various sugars thru polymerization.

Vines suggested that the carbohydrates are the secreted products of the chloroplasts, derived from decomposition of previously formed proteids. Who is right and who is wrong? "How much does science know?"

The sustaining elements are usually quickly translocated, those that accumulate being changed to starch, which appears in the cell almost simultaneously with the sugars.

The chloroplasts perform Photosynthesis only in Light, and within a certain range of temperature, varying according to climate, which explains the reason why vegetation grows slowly or not at all in cool weather. This is the only way in which plants are able to organize carbohydrates.

The leaf absorbs carbon dioxide from the air, which is a harmful waste product of man and animals. The leaf utilizes this gas thru Photosynthesis, and returns to the air the oxygen vitally needed by man.

Has science, in all its boasted vanity, ever produced one single invention that has served man half as much as one little leaf?

Scientists cannot comprehend the simple "how and why" of a leaf, but they have applied the impressive term, PHOTOSYNTHESIS, to its living, elaborating and transforming processes--and the world believes that science knows all about it.

If Cosmogonical Law is changeless, omnipresent and ubiquitous, the creative processes presented by the living leaf in its sustention, are similar to those of the living organism.

The hypotheses, theories and speculations of science are regarded by the brainwashed masses as facts beyond question. These guesses and assumptions are accepted in explicit faith.

Newspapers grab this scientific assumption and flash it around the world as "the latest scientific discovery". Later, the "discovery" is disproved by another "discovery", but the newspapers discreetly remain silent as to these scientific blunders.

The valuable works of Dr. George W. Crile and Prof. Georges Lakhovsky are carefully avoided by science. These great scientists placed the living organism on the same level with living plants. They regarded the body as an extremely complex electrical apparatus, in which both short-wave and long-wave Radiation play important parts. They saw each living cell of the body as a tiny electric battery; -- and so did the Ancient Masters, as indicated by the Bible.

In the Bible, a Book with Seven Seals is mentioned (Rev. 5). This ancient symbolism means much to him who is competent to interpret it. The Book indicates man's body, and the Seven Seals are the Seven Principal Electrical Control Centers, which we have discussed in detail in our work titled "Son Of Perfection".

These Cosmic Batteries generate their own current by Radionic Action, the Nerve System being a vast network of highly specialized electric conductors,

exceeding in extent all the commercial wiring on earth.

Now, think of these Electric Batteries of the body, the most perfectly constructed electrical apparatuses on earth, being activated and sustained by beef, bread, butter, potatoes, gravy, cheese, cake, coffee, cream and sugar. Put these substances in your car battery and see what happens.

If that car battery, made by man, possessed the remarkable adaptive powers of the living organism, made by Omnipotent Creation, it would soon perform the adjustment required so it could function on these foreign substances for a short time, in a disgustingly inefficient manner. And the "diseases" exhibited by the ailing battery because of such abuse, would be medically "diagnosed, treated and cured" by an army of doctors that developed because the field of service presented such tempting profits. And great "medical research" would be instituted to "discover" vaccines to make the battery "immune" to these "diseases".

And here we are, led directly into that strange field of "disease", ruled by medical art, "where twenty-three hundred years of blundering and confusion", wrote Harry Gray Steele, "have not uncovered one specific cure for disease" (Perpetual Motion, p. 5).

Dr. Wm. Osler, unanimously considered the greatest physician that America ever produced, whose medical writings are masterpieces, and whose books are used in every university and medical school in all English-speaking countries, frankly admitted:

"We put drugs, about which we know little, into our bodies, about which we know less, to cure disease, about which we know nothing at all".

Now we have discovered the reason why. At last, the great medical mystery has been dragged out of darkness into light. Food and feeding are part of the answer. WE EAT TO LIVE, AND WE EAT TO DIE.

The dying process usually acts slowly, as the body fights to live. The symptoms of that struggle are called "disease", and are treated with poison, called medicine. But no attempt is made to locate and remove the cause. In fact, the cause is UNKNOWN, declares the world's great doctors.

The brainwashed masses may think the analogy presented relative to man-made and Creation-made batteries is rather incongruent. No statement that any one could make, could exaggerate the killing treatment to which the poor body is subjected all thru life, causing that marvellous machine, "apparently intended to go on forever", to sicken and sink into the grave within 30 or 40 years, when a Chinaman lives 256 years, and man should live 500 to 1000 years, and science says he can live 1400 years by sinking into a deep sleep, to protect his body from the many evils of our grand civilization.

We must remember that all science knows now about the question of food and feeding, developed from disclosures made in 1830 by Dr. Wm. Beaumont,



as related in our work titled Long Life in Florida. We said:

"Prior to 1830, science was practically in total darkness as to the body's processes relative to the food one eats. It was not known whether the stomach was ---

1. A stew-pot that cooked the food;
2. A grinder that pulverized it;
3. A mash-barrel that fermented it; or
4. A vat in which the food was macerated and dissolved.

"And that is the beginning and the end of what medical art knows about food, feeding, and nutrition. It knows nothing about why man eats, or what he should eat, or what part food plays in sustaining the body. These questions are more of the mysteries of Creation which baffle science and which we are attempting to fathom" (Long Life In Florida, pp. 107-8).

Beaumont peeked thru a hole in his patient's stomach to see what happened to the food he ate. On these strange observations there evolved the current hypotheses of (1) digestion, (2) absorption, and (3) assimilation, to succeed the four wild theories above listed. We do admit that the three later theories are much more sensible than the four they superseded. Let us examine them:

1. Digestion: To separate or dissolve in stomach and intestinal canal, as food; to reduce to minute particles fit to enter the lacteals and circulate in the blood; to convert to chyme (Dictionary),

2. Absorption: One of the vital organic functions, which conveys to the circulatory system the materials of nutrition, by means of the lacteals, and the effete particles of the body by means of the lymphatics (Dictionary).

3. Assimilation: To perform the act of converting food to the substance of the body (Dictionary).

These three hypotheses that evolved from Beaumont's observations are strictly assumptive and speculative, but are presented to the world and taught in the schools as absolute facts, and are not to be questioned.

The third process, assimilation, is that one which is said to transform the food man eats into flesh and blood. The theory of the Dark Ages that the Sun revolved around the Earth is no greater fallacy than this one, which Prof. Chittenden said was "akin to that of bringing the dead back to life".

The transformation of food into flesh and blood never occurs. This is proven by the terrible experience of more than 4000 vigorous men who died in less than eighteen months on the regular American diet of cooked food, as mentioned in another place.

That experience proves that all the body uses of the food man eats, is the Radiation it contains, and these men died because the cooking of their food drove out so much of the Radiation in it, that there was not enough left

to meet the body's requirements, and the men died with stomachs full of food.

The food man eats, minus the Radiation, is what passes out of the bowels as feces, as we explained in another place. There we said, "Most of what people eat goes down the sewer". There would be very little to leave the body as feces, if the food man ate was transformed into his flesh and blood as taught by science.

It's amazing to think of the misleading features that are taught in the schools relative to these matters. Science talks about the waste of the body being eliminated thru the bowels. Another fallacy. This would indicate that the body's tissues break down in lumps and chunks. More scientific nonsense. The so-called waste of the body is eliminated as gas thru the lungs, vapor thru the pores of the skin, and urine thru the bladder.

In other words, the waste of the body is another form of Radiation and appears in three phases: (1) gas, (2) vapor, and (3) fluid. These are the same phases in which Radiation enters the body's tissues. This is Creative Science.

In referring to food and feeding, Dr. H. M. Shelton wrote: "Medical men as a whole, did not develop any interest in diet until after the presentation of the vitamin hypothesis a few years ago. Few of them possess any interest in diet yet, and fewer still know anything about it. Medical colleges devote to diet about 16 hours out of a total of 4000; and this largely to feeding in acute disease, when there should be (absolutely) no feeding at all" (Introduction, Natural Diet of Man).

We have quoted Dr. Samuel C. Willan, prominent medical man of New York City who said:

"All of the most prevalent and fatal maladies now afflicting the human race are either directly or indirectly traceable to a dietetic origin.

"Shall we turn to the medical doctor for dietetic advice? Such course would be absurd; for while the laity usually look to the doctor, the doctor is usually a dietetic dunce, who knows not how to feed himself, and who sheds his teeth, his hair, and his health quite as young as any of his patients, and who is a confirmed and incurable dyspeptic at the age of 35" (Health Culture, May, 1928).

The great scientist Lakhovsky drew an impressive analogy between the living organism and a radio set. Our radio set, made by man, operates because the aerials are placed in a variably electro-magnetic field, created by waves emitted by the broadcasting station.

The body's cells operate in similar fashion. They act with the earth's rotation thru the variable electro-magnetic fields generated by the Sun, the Milky Way, and the distant galaxies. Like all living matter, the cells are

balanced on a knife-edge, for they are constantly under the influence of Radiation of higher and lower frequencies, which may compel them to alter their vibrational rate at any time.

According to Crile and Lakhovsky, in Cosmic Radiation everything lives, and moves, and has its being. That is the Cosmogonical Power Plant. Every living entity, plant, insect and animal, is a complete electrical apparatus, composed of myriads of cells, each being a minute galvanic battery, activated by Cosmic Radiation, not by food.

In 1954 two Canadian doctors demonstrated that leaves of beets changed Radiation into cellulose in ten seconds.

The experiments of Richards showed that in the plant's laboratory, the disintegration of acids, thru the division of the acid compounds, is not a DIGESTIVE but an ELECTRICAL process and results from alternate oxidation and de-oxidation of the tissues thru the action of Cosmic Radiation. That is Photosynthesis.

There is the secret for which we are searching. In the laboratory of the living organism, the disintegration of acids, thru the division of the acid compounds, is not a DIGESTIVE but an ELECTRICAL process, and results from alternate oxidation and de-oxidation of the tissues thru the action of Cosmic Radiation. That must be Photosynthesis. It should be called Radiosynthesis.

Cosmogonical Processes are similar in all living things. The same process in the case of beet leaves, which changes Radiation into cellulose, in the case of the human body, changes Radiation into blood and flesh.

This is the process of Radionic Transformation in the body that science erroneously terms digestion and assimilation of ingested food. Now we have revealed the reason why science cannot explain how food material is changed into living flesh and blood. Such change never occurs. Chemical alteration or change in food does not bring the dead to life.

We do not eat protein for the protein found in the flesh of the body. The body cells absorb Radiation and transform it into the various elements they need, not by the process of digestion and assimilation, but by the transformative process called Photosynthesis. And what is that? "The details of that process are not yet clearly known", says science.

As they learn more about these mysteries of Creation, leading biologists are growing more convinced by the evidence discovered, that eating is not natural, but an acquired habit and a pleasurable indulgence, rather than a physiological necessity.

Abbe N. De Montfaucon De Villars stated that the Ancient Masters occasionally ate food for pleasure only, and never from necessity (Compt De Gabalis, p. 63).

Ehret reported cases of religious devotees who fasted for decades. He held that the purer the body, the less need it has for food.

When the body tissues are normally pure and in normal condition, the need for food vanishes. When there are impurities in the body, harmful acids form in the tissues, creating a need for alkalines in the form of fruits and vegetables, to neutralize these injurious acids.

The slowness with which man makes discoveries in the realm of Creation, and his blindness to the most obvious facts of Creation, if he happens to be unprepared or unwilling to recognize them, should suffice to show that something is radically wrong.

The facts are, institutions founded on error cannot afford to recognize discoveries that explode that error. That is the reason why knowledge is destroyed and not desired by the despotic rulers of these established institutions.

#### PHOTOSYNTHESIS

We shall now relate what science knows about Photosynthesis, according to the Encyclopedia Americana, 1938 edition:

PHOTOSYNTHESIS--The build up of chemical compounds through, or with the aid of, the action of light, resulting in the formation of new substances that are higher in type than the materials from which they are formed, as evidenced by a more complex structure, or the possession of a greater degree of energy.

The most prevalent example of Photosynthesis is that of the production of sugar, and the transformation of this into starch, from carbon dioxide and water in the green leaves of plants.

In order to produce chemical action, the light must apparently excite (incite) some special resonant mechanism in the molecule, and certain additional conditions, at present unknown, must doubtless be fulfilled also in connection with the chemical potentials of the absorbing substance and the other substances that might conceivably be produced from it.

Light is an exceedingly rapid periodic disturbance of the ether that fills space and penetrates between the ultimate particles of which matter is composed. And when a substance undergoes chemical modification in consequence of being subjected to the action of light, it is probable that some part of the molecular mechanism of the substance has a vibrational period equal to that of the light which produces the change.

When bodies or systems that are large enough to be dealt with individually and which are capable of vibrating or oscillating in certain definite periods, are subjected to a disturbance of external origin having this same periodicity, we know that their motions may undergo marked and important

changes, and we can hardly doubt that the same thing is true of the molecular systems.

A homely illustration of the absorption of vibratory energy in this way may be had by singing a loud note into a piano. Certain of the strings of the instrument - viz., those that are capable of vibrating with the same frequency as the air waves constituting the tone that is sung--are set in motion, and if the singing is abruptly stopped, these particular strings emit a faint sound of the same pitch, thereby proving that they have absorbed vibratory energy from the air.

When light penetrates a substance that is capable of having photo-chemical changes induced in it, energy is absorbed by the molecules or atoms of the substance in a presumably similar way, and it is this absorbed energy that brings about the change. This much appears fairly evident, though we know not the precise mechanism by which the result is accomplished.

In some cases in which an effect of this kind occurs, the molecules may be merely shaken apart, with the consequent formation of new compounds of a simpler nature. And when this occurs, the disruption may be attended by the liberation of energy, so that the final products contain less energy, on the whole, than the parent substance from which they were produced.

Other compounds, more stably constituted or more efficiently absorptive, may be able to store up the vibratory energy of the light until they become capable of entering into combinations of a higher type, and in a case of this kind, we should have a true photosynthesis.

As light must be absorbed to give rise to photochemical action, we find that such action is characterized by high absorption power on the part of the substance that undergoes the chemical transformation. If all the incident light were absorbed, the substance would reflect nothing and would, therefore, appear black.

If the absorption were only partial, and if it occurred in such a way that the absorbed energy constituted the same fraction of the incident white light at every wave-length, then the reflected light would contain all the colors that exist in sunlight and in the same proportion in which these colors must be present to produce the sensation of whiteness. And hence in this case the substance would appear white or gray.

In the actual case as we find it in nature, the incident light is only partially absorbed, but the absorption is quite marked (and may even be almost completely) between certain wave-lengths, while in other parts of the spectrum there is little or no absorption. The absorbing substance, therefore, appears colored, since it absorbs certain wave-lengths with marked efficiency and gives off the others by reflection.

In scientifically studying the absorption of light, the spectroscope is employed, and the particular wave-lengths that are absorbed are determined

by allowing the spectrum to fall upon a uniformly thick layer of the substance under investigation, and examining the transmitted light to see what particular colors have been absorbed--absorption being indicated by the presence of dark bands, or "absorption bands", in the spectrum of the light that has passed thru the test layer. In the case of the green coloring matter of plant leaves, the absorption band that corresponds to the photosynthetic activity is in the red part of the spectrum.

It is not possible to determine with precision the efficiency with which the absorbed vibratory energy of the light is converted into potential chemical energy in the leaf of a growing plant. But it is known that this efficiency is quite high. According to the best available estimates, it may range from 40% upward, and some authorities have even estimated it at 98% in special cases.

The synthesis of highly organized compounds from carbon dioxide and water is performed by living organisms in various ways. Certain of the bacteria, for example, perform synthesis of this kind by utilizing the energy obtained by the simultaneous oxidation of hydrogen or other substance that may be present.

Most of the world's plant life depends upon photosynthesis, effected through the agency of the green chlorophyll that the leaves contain. The coloring matter extracted from green leaves contains four recognizably distinct constituents--two of which are green and two yellow.

The green substances appear to be the ones that effect the photosynthesis. One of them, chlorophyll A, is bluish-green in color, and the other, chlorophyll B, is yellowish-green, and appears to be an oxide of chlorophyll A.

These constituents are probably identical in all plants, and they contain magnesium and nitrogen, but no phosphorus nor iron. The yellow pigments that are present in the leaves are carotin and its oxide xanthophyll. Carotin is identical with the "lutein" that occurs in corporalutea of mammals, and xanthophyll is isomeric with the "lutein" of a fowl's egg.

The view that xanthophyll is related to cholesterol is now known to be erroneous. Carotin may perhaps assist in the decomposition of carbon dioxide.

There is a suggestive structural similarity between chlorophyll and the haemoglobin of human blood. This fact may lead to a better understanding of the way in which chlorophyll acts, and vice versa. We do not yet know how it affects the synthesis of starch and sugar from carbon dioxide and water.

In the living leaf the chlorophyll occurs in the form of concentrated layers upon, or near, the surfaces of certain tiny structural granulets called chloroplasts, which appear to perform an important function of some kind not understood.

It has been shown, for example, that when a seedling is grown in the

dark and subsequently placed in the light, it does not necessarily possess photosynthetic power as soon as chlorophyll appears in it. This shows that other elements, structural or chemical, are needed before photosynthesis can occur. It is also a fact that a mere trace of chloroform vapor in the air stops photosynthetic activity, even in a healthy and vigorous leaf.

The suggestion that formaldehyde is formed in the leaf at first, which was entertained by experimental botanists for a time, was finally exploded by the discovery that it was merely an additional product in the development of chlorophyll B from chlorophyll A, the combination of chlorophyll A with carbon dioxide forming chlorophyll B plus formaldehyde. The chlorophyll B then reacts with carotin and water to form chlorophyll A and xantophyll, which in turn, thru the action of some unrecognized enzyme, is re-formed into carotin, with the release of oxygen, after which the formaldehyde product is polymerized to form hexose sugar.

This, at least, is the conclusion of the eminent experimenter E. Baly, and has the merit of accounting scientifically for the presence of all the materials found associated with chlorophyll in the leaf.

Another result of Baly's work, borne out by the experiments of Willstätter, is the conclusion that chlorophyll is a light-energized catalyst, and not merely a screen, or a transformer of the wave-lengths of light. As a catalyst, it takes an active part in the production of the carbohydrates formed. Thus, its chief role is chemical, and its services as a color screen, which action it certainly performs, appears to be incidental.



# RADIATION

## CHAPTER XVIII

### RADIOSYNTHESIS

We recited in full from the Encyclopedia Americana the foregoing data on Photosynthesis to show how little our boasted science knows about the sustentation of vegetation. We could consume pages analyzing these statements, but the only noticeable alteration that would appear, would be that of substituting the term RADIOSYNTHESIS for PHOTOSYNTHESIS.

The vital processes of plants, no doubt, are the same now as they were in the beginning. Concerning their sustentation, science knows little as shown by the data contained in the encyclopedia. Of course this means that science knows almost nothing about the sustenance of man's body, which is much more complex than plants, yet functions fundamentally the same in its vital departments, except as modified by adjustment to meet new conditions forced upon it by man's constantly changing habits.

Scientific consideration of sustentation of plants is not directed to soil in which they grow, but to Light by which they are surrounded and penetrated, and in which they live, and thrive and have their being.

This would not be so if plant sustentation depended upon soil. Hence, it is evident that sustentation of plants depends not upon soil, as is generally believed, but upon LIGHT, And that Light is Cosmic Radiation, called Astral Light by the Ancient Masters whose surprising knowledge appears in every new discovery we make.

Science shows that it is not SOIL but RADIATION that plants absorb and change into the elements required for their maintenance. That vital process of absorption and transformation is not Digestion and Assimilation, but PHOTOSYNTHESIS. The better term is RADIOSYNTHESIS.



The same law and same processes apply in the sustentation of man's body. We must see things whole or else our observations are faulty and our conclusions are erroneous. On this very point Coulson Turnbull said:

"The Law is One, the Source is One, the Substance is One, and from that Universal One proceeds variety, each a world, impelled into motion by the One Divine Breath--the World Breath" (Celestial Correspondence, p.9).

We can keep from drifting astray only by perceiving that everything throughout the Universe, in its physical as well as in its metaphysical aspects, represents the primeval, universal Entity, encompassing in its infinite manifestations every variety of life.

Certain functions of man's body are not the same now as they were in the days of its Primeval Perfection. This assertion is based on both evidence and experience. We may know almost nothing now about the body's chief functions in the beginning of its terrestrial existence.

Human habits change from age to age, forcing the body to adjust its structures and functions to meet these changes, or perish. This was wisely noticed by Dr. George R. Clements in his unique course of lessons written thirty years ago, titled Science of Regeneration.

Changes within the body have caused some organs, once developed and functional, to become dormant from non-use. Anatomists assert that at least 100 organs in the body are now dormant. No one knows what functions they performed when they were developed and active.

Living organisms are adaptations. That is the condition of their existence. They are capable of adjustment within certain limits; otherwise their existence would be brief. The organism capable of the greatest adaptive functions lasts the longest. That puts man in a class by himself.

This feature was noticed by Rev. Henry Drummond, who said:

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

These findings should make man the longest lived of all animals, but he falls far below that high level.

On this point the great Alexis Carrel, M.D., wrote:

"All vital activities are endowed with the property of being adaptive. Adaptation, therefore, assumes innumerable forms. However, its aspects may be grouped under two categories, intraorganic and extraorganic.

"Intraorganic adaptation is responsible for the constancy of the organic medium and of the relations of tissues and fluids. It determines the correlation of the organs, and produces the automatic repair of tissues and the cure of disease.

"Extraorganic adaptation adjust the organism to the physical, psychological and economical world. It allows man to survive in spite of the unfavorable conditions of his environments (and his evil habits). Under these two aspects, the adaptive functions are constantly at work during each instance of man's whole life. They are the indispensable basis of his duration" (Man The Unknown, p. 192).

The living organism is a highly sensitive medium to both external and internal influences. These will produce within the organism various (1) constitutional, (2) structural and (3) functional changes. If these influences are unfavorable, they will produce degeneration of the entire organism.

Science has engaged itself in the task of discerning and explaining some of the various effects, produced on the body by external influences. It has gone so far as to declare that the body is what it is because of the effect and influence of environment. It has neglected to give equal study to the effect and influence of human habits.

The findings presented by science show that:

1. We cannot alter the composition of the cells of a gland without altering the structure and function of the gland.
2. We cannot alter the structure and function of a gland without altering the quality of the fluids excreted by the gland.
3. We cannot alter the quality of the fluids without altering the condition of the body.
4. We cannot alter the condition of the body in the slightest degree without lowering its normal standard, which means degeneration.
5. We cannot stop the degenerative process without locating and correcting every cause and condition responsible therefor.

We are showing and learning why the body now contains 100 or more rudimentary organs. They are the dormant remains of what has been, and are noticed by anatomists in tracing lines of descent and modification. Of them Prof. Huxley said:

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

Creation is the Master Scientist and Economist. It makes one process serve several purposes, and each process has dual aspects, being either degenerative or regenerative, according to the conditions by which the body is confronted.

Creation is not so extravagant as to endow organisms with useless and superfluous organs. Dormant organs in the body are evidence to prove that, due to the effect of environment and man's changing habits in his downward course, the body has suffered many alterations for the worse since its Primeval Days of Perfection.

The body's Aura, which some people can see, represents electric emanation emitted by the organism, due to internal Radionic Activity. That Activity science calls Physiology. Just another erroneous term evolved by science from its crude materialism. The proper term is RADIOLOGY.

Physiology refers to Physics. The world of Physics was exploded by the splitting of the Atom. It will take years of pressure to make science correct its terminology and acknowledge that fact.

The World of Physics is the World of Materialism, concerning which the renowned astronomer, J. S. Haldane, said:

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

Obviously, this means that the scientific postulate of Physiology is a delusion. All books on that subject are not only obsolete, but were always erroneous.

PHYSIOLOGY--The science that brings together, in a systematic form, the phenomena that normally present themselves during the existence of living beings, and classifies and compares them in such manner as to deduce from them those general laws or principles that express the condition of their occurrence, and investigates the causes to which they are attributable; the science of vital power and phenomena. It is divided into human, animal, and vegetable physiology.--Dictionary.

Prof. Thomas H. Huxley--Physiology is the science that treats of the function of living organisms, ascertaining their coordinations and their correlations in the general chain of causes and effects, and traces out their dependence upon the physical state of the organisms by which these functions are exercised.

The Dictionary and Huxley refer to Physiology as a science. It is a scientific fallacy. The facts show that it is based on imagination and supposition. Now listen to what the great scientist, Dr. Alexis Carrel, said:

"Those (scientists) who investigate the phenomena of Life (vital processes of living organisms, called Physiology) are as if lost in an inextricable jungle. . . . In fact, our ignorance (of the body's vital processes) is profound. . . . Man is composed of a procession of phantoms, in the midst of which (there) strides an unknowable reality" (Man The Unknown).

A constant stream of facts shows that practically all data relative to the vital functions of living organisms are erroneous, being based by science on the deceptive premise that everything in the Universe has a physical basis, and that "All is Matter and Mechanical Energy".

Regarding this fallacious theory, Prof. A. N. Whitehead wrote:

"The stable foundations of Physics have disintegrated. . . . The old foundations of scientific thought have grown unintelligible. Time, space, matter, ether, electricity, magnetism, organism, configuration, structure, pattern, function--all these require reinterpretation. What's the sense of discussing a mechanical explanation when you don't know what you mean by mechanics?" (Science And The Modern World).

Science developed and lives in that Physical World. It denies the existence of a Metaphysical Realm. It scorns the suggestion of a Life Principle. It cannot describe Vital Force. It attempts to define from a physical basis, the Radionical, Electrical, Magnetical, Astral, Vital, Spiritual Processes of living organisms.

On the premise of a "procession of phantoms" and "an unknowable reality", science boldly proceeds to formulate a system of Physiology that is entirely assumptive and speculative, such as functions of Digestion and Assimilation, which do not exist, and presents these fallacies as "those general laws or principles that express the condition of their occurrence", says the Dictionary.

These imaginary, assumed, speculative, fallacious "general laws or principles", which have no foundation in fact, are taught in colleges and driven into the dome of medical students, who become doctors and have reasons to believe that the teachings they have received are based on stable facts.

These "doctors" are trained to obstruct the body's Divinely Guided Processes, in the case of the sick, and attempt to divert these processes from their fixed and regular course, and make the sick body function as they think it should, employing for that purpose certain poisons called "medicine".

Obviously, the result of such unlawful, obstructive work is, that if the sick body recovers at all, it must overcome the doctor's tactics, and perform its Divinely Guided Reparative Processes according to the Law of Creation that brought it into being, or perish. If the doctor's treatment and poison make that impossible, death becomes the victor.

The study of man by science is based on the fallacious concept of crude materialism. There is no Life Principle. Life is merely the expression of a series of chemical changes within the organism. This is what that great scientist Carrel called a "childish physico-chemical conception of human being", and shouted that "physiologists and physicians still believe it" (Man The Unknown, p. 108).

The evidence shows that science is lost in darkness relative to the facts concerning the vital processes and the sustentation of the living organism. Late discoveries regarding Radiation reveal that 80% or more of the data in books and taught in colleges concerning these matters, are erroneous. And there'll be no change as long as science can prevent it.

The term Photosynthesis is not incorrect, but it should be replaced by the better term Radiosynthesis. And the products of Radiosynthetic processes constitute the body's fluids and solids, its flesh and blood.

Science unwisely teaches and contends that these are the product of food, changed to flesh and blood by "physiological" processes called Digestion and Assimilation.

Science is wrong. There are no such processes. Flesh and blood are constituted of congealed Radiation, the same as water and stone, planet and star.

We must realize that we inhabit one Universe, with one Creator, one Substance, one Law, and one Creative Process, repeated over and over again by the Ancient Masters.

In the statements in Chapter 17, relative to Photosynthesis, copied from the Encyclopedia, is this one:--

"When light penetrates a substance that is capable of having photo-chemical changes induced in it, energy is absorbed by the molecules of atoms of the substance . . . , and it is this absorbed energy that brings about the change. This much appears fairly evident, but we know not the precise mechanism by which the result is accomplished".

We know certain work is done by Creation, but don't know how it's done. Late discoveries reveal the "know how" in this particular instance. The above statement should read as follows:--

"When Radiation penetrates a substance that is capable of having Radionical changes induced in it, Radiation penetrates the molecules; and it is this Radionic Penetration that produces the change. This much appears certain, and the precise process by which the result is accomplished is **RADIOSYNTHESIS**".

Dictionaries, Encyclopedias and Science require revision to eliminate the scientific fallacies of crude and bankrupt Materialism and bring up to

date on a factual foundation the Radiosynthetic Processes of Creation.

We must understand that, in this one Universe, with one Creator, one Substance, one Law, and one Process, the sustentation of the Human body is essentially the same as that of plants. The substance of such sustentation rises from Radiation by which the body is surrounded and penetrated, as in the case of plants.

It is well at this point to expound the difference between LIVE food and DEAD food. This is briefly done by Dr. Ann Wigmore, in her Lesson 32 of July, 1962, prepared and sent to her huge Study Groups scattered throughout the whole world. She presented under the heading termed National Medico-Physical Foundation Table of "Life" the following data:

1. Cut a LEMON in half. Test it immediately. It will remain potent for approximately 20 minutes--declining until it is DEAD in 45 minutes.

2. Cut an ORANGE in half. Test it. The potency will continue about 12 to 15 minutes. It will be DEAD at the end of 40 minutes.

3. Cut a GRAPEFRUIT in half. Test it at once. The potency is at its highest point for 10 minutes, declining to DEAD in 30 to 35 minutes.

Dr. Ann continued: "Any one with a Solar Bob may duplicate the findings presented. Expensive equipment is not needed. Cut open any fruit, let it stand at room temperature, and test it regularly every five minutes. In this way you can determine the length of time required to oxygenate the fruit's LIFE out of existence".

"To oxygenate the fruit's LIFE out of existence" should be clarified by stating, that this means the escape of the Radiation contained in the fruit, which process of escapement begins when a break occurs in the "skin" of the fruit.

Cosmic Radiation is the Creative Agent that develops, animates, and sustains the fruit, which becomes DEAD with the complete departure of the Creative Agent, which may also be called the Life Principle. Now we know what the Life Principle is.

For emphasis, we repeat that Light is Radiation. It is absorbed by the body, as it is by plants, in the process of breathing, by man thru the lungs and by plants thru their leaves, and changed by the body, as it is by plants, into various elements required for the body's sustentation. That process is Photosynthesis, not Digestion and Assimilation. The better term is Radiosynthesis.

We are unfolding the strange facts, unknown to science, which explain the reason why WE EAT TO LIVE AND EAT TO DIE, and the surprising secret why man can live for weeks, months, and even years, without eating--and why he suddenly stops living when he stops breathing. This is conclusive

evidence to prove that RADIATION is the great Universal Element that sustains living organisms.

We have said that human habits change with the centuries, and the body is forced to adjust its structures and functions to meet these changes. This is one reason why certain organs in the body, which were developed and functional at some time, are now dormant from non-use. Had the body lacked the ability to adapt itself to these various changes, it had perished and vanished ages ago, as did the prehistoric animals.

Instead, the human body still lives and goes on, with dormant organs which formerly performed more fully the creative process of Radiosynthesis, but later lapsed into dormancy from non-use, as the practice of eating made their labor less essential.

That the body is competent to survive under such degenerative conditions, is more evidence to prove the perfection of its construction and the marvel of its function. But it has paid a heavy price. It has been forced to reap as its god has sown. He has wildly sown the wind, and woefully reaped the whirlwind. Nor does he ever learn from his bitter experiences.

Man in sorrow has seen his precious days decline from a life-span of a thousand years or more, to a brief, miserable existence of aches and pains. And he stupidly seeks to improve conditions by suppressing the symptoms of his distress, rising from his evil work, without removing the cause.

Millions of dollars are foolishly wasted annually in so-called research to discover ways and means to transgress Creation's Great Laws without suffering the penalty. Man thinks he will eventually outwit Creation and be able to "immunize" his body so his evil work will not damage it. The silly dream of a stupid dunce. These immunizing agents merely add fuel to the fire.

We repeat for emphasis: An eminent specialist has studied the problem for thirty years, and says Cosmic Radiation, not food, is the Universal Element that produces, sustains, and animates the body in life, and to which the body returns in death.

MAN IS WHAT HE EATS was the wild theory of half-baked dietists. MAN IS WHAT HE BREATHES, not what he eats. Any one can prove that. Fill the stomach with food, stop breathing, and behold what happens.

The body is a material form. Yes, but the material is condensed Radiation. The blood is fluid, but consists of liquefied Radiation, like water. When Radiation, as air, enters the lungs, says science, it liquefies, becoming blood by the process called Radiosynthesis. If this process should fail, in less than three minutes the body would collapse in a "heart attack", with stomach full of food, and become stone dead.

No substance seems more simple, more homogeneous than water. If we could examine water thru a microscope having a magnifying power of about

one million diameters, its simplicity would vanish. A clear drop of water would become a heterogeneous population of molecules of different dimensions and shapes, moving at various speeds in an apparently inextricable chaos, but actually in accordance with creative law.

We regard air as a simple, homogeneous substance, but, like water, it is the world of a heterogeneous population of molecules of different dimensions and shapes, moving at various speeds in an apparently inextricable chaos, but actually in accordance with creative law.

That is the universal substance, not food, which becomes the vital blood stream of the living organism. The blood is not constituted of the food man eats, but is transmuted from the air he breathes, as that air flows into the billions of cells in the lungs, which are transmuters, designed by Creation to perform that particular process of Creative Action.

The total quantity of air that passes into and out of the lungs of an adult, at rest, in 24 hours, is approximately 686,000 cubic inches. This quantity is greatly increased by exertion; the average amount for a hard-working laborer in the same time, being 1,568,390 cubic inches. This large augmentation in air consumption is further evidence to prove that Radiation, not food, furnishes the body with all of its power in the process of living.

The former world of Materialism is gone. Science says this is a Radiant Universe. Man is a child of Radiation. In a Sea of Radiation, like fishes in a Sea of Water, man lives, and moves, and has his being.

The facts show that science has been lost in darkness relative to creative processes in general, and knows practically nothing concerning the vital processes and the sustentation of the living organism. Late discoveries regarding Radiation reveal that 80% or more of the data contained in books and taught in colleges concerning these matters, are erroneous. And there'll be no change as long as science can prevent it.

The term Photosynthesis is not incorrect, but it should be replaced by the better term Radiosynthesis. And the products of Radiosynthetic processes constitute the body's fluids and solids, its flesh and blood.

Science unwisely teaches and erroneously contends that these are the product of food, changed to flesh and blood by the "physiological" processes called Digestion and Assimilation.

Again, science is wrong. There are no such processes. Flesh and blood are constituted of congealed Radiation, the same as water and stone, plant, planet and star.

The truly great scientist Dr. Alexis Carrel, after studying man for more than thirty years, recorded the best of all descriptions of the body's constitution and construction that ever appeared in print.



Carrel said the entire body develops, from the primeval Parent Cell to full maturity, by a process of division and subdivision of that Parent Cell. On that point science is in complete agreement. He said:

"It (the body) is not made of extraneous material, like a house; neither is it a cellular construction, a mere assemblage of cells".

Then, how is the body built? Not of food, but of that single Parent Cell. Whence cometh the other cells? From the Parent Cell. How cometh the other cells? By a process of division and subdivision of the Parent Cell, as stated.

The creative process of building and sustaining the body is so exceedingly simple, like the growth of an apple seed into a productive tree, that it defies description. Science is unable to explain these creative processes.

The body appears to develop automatically from some intangible element, as water spontaneously develops from invisible vapor, and that intangible element is invisible RADIATION.

In his further effort to expound the building of the body, Carrel compared it to a house built of bricks. The house, he said, is born of one brick, "a magic brick that would set about manufacturing other bricks" out of itself. Then he continued:

"Those bricks, without waiting for the architect's drawings or the coming of the bricklayers, would (automatically) assemble themselves and form the walls. They would also metamorphose into window-panes, roofing-slates, coal for heating, and water for kitchen and bathroom".

Carrel added: "It (the body) is engendered by cells which, to all appearances, have a knowledge of the future edifice, and synthesize from themselves the building material and even the workers".

Here is presented creative mystery far too deep for science to fathom. And after presenting the best description he could invent of the body's construction, Carrel just threw up his hands, as it were, and exclaimed:

"How naive our speculations. Our knowledge of the human body (and its construction) is, in truth, most rudimentary. It is impossible, for the present, to grasp its constitution" (Man The Unknown).

But science refuses to agree with that declaration. It presumes to understand the body's constitution. It is constituted of the food man eats. This food is digested, assimilated, and converted into living flesh. Carrel does not agree with that. He said the body "is not made of extraneous material, like a house". Science says it is. Who is right?

Carrel added this statement: "The spontaneous (automatic) tendency toward the formation of the organism by its constitutive cells (and not of food) is a primary datum of observation, and it cannot be explained in the light of our present concepts".

All questions have answers, and this problem has a solution. From the primeval Parent Cell to full maturity, the body is synthesized, not of food but of ASTRAL LIGHT, now called Cosmic Radiation. The creative process is constant and never changes. It was called Photosynthesis, but is now termed Radiosynthesis.

This synthetic process has no relation to food. It transmutes Cosmic Rays, not food, into electrons, atoms, molecules, organs, and organisms. And, inversely, the regular order is directly back to Cosmic Rays, thus completing the Creative Cycle, symbolized by the Ancient Masters in their Tarot Card No. 10, Called WHEEL OF LIFE.

Science has recently come to realize this fact, and is now constrained by the later knowledge presented of body construction, to pose these startling questions: IS EATING NECESSARY? AND IS EATING NATURAL FOR MAN?

Why should man eat? The food he consumes never becomes any part of the body. And we know that most eating now is just for pleasure. And science shows that this form of pleasure plays havoc with the body.

After ages of eating, says science, the body is so poorly adapted to this condition, that the world is filled with folks suffering from stomach and bowel troubles, and all ailments that stem from this source. That could not be the case, says science, if eating were natural like breathing.

Science now asserts that eating is largely responsible for most of the changes the body has suffered in its long degenerative decline. This has so seriously affected the organs chiefly involved in Radiosynthesis, that Anatomists declare there are over 100 dormant and vestigial organs in the body. No one knows what processes they performed when they were developed and active.

A startling series of body changes appears now right under our nose: Deformed babies are being born of mothers who took a drug called thalidomide, according to press reports. The drug damages the mother's body, the evidence of which damage is deformed babies. Food damages the body, the evidence of which damage is dormant Radiosynthetic Organs, unable to perform their regular functions, making eating essential.

A leading scientist said, "We really know nothing, and we must feel our way long thru life by experience." And so, if food damages the body, eating is unnatural and has become essential because ages of eating have forced the body to adapt itself to that condition, or perish.

This makes us believe that eating is natural, just as ages of suffering by women from the disorder called menstruation makes science declare that the disorder is natural. Yet in the days of Moses, before degeneration had reached the serious stage in which it is now, there were so many non-menstruating women that a special law was decreed for their benefit (Levi. 15:28).

We show in this work that science seems to have solved a profound problem. Some people still have their Radiosynthetic Processes so well developed, that they live on COSMIC RAYS, the only perfect diet that does not damage the body. We mentioned the lady of 68 who is said to have eaten no food since she was 12 years old, and looks and acts like a vigorous girl of 20.

The Glorious Life we all crave. And it seems she has found it, showing what is possible for all humanity. The scientist who studied the problem so long, declares that we must revive our dormant organs and resurrect the body's Radiosynthetic Processes.

The Grand Message of the Ages. A world-shocking secret, based on scientific evidence to convince the skeptic and startle the student. We may be discovering the reason why the Biblical Patriarchs lived almost 1000 years.

And think of what would happen to commercialism and the economic system of civilization, based as it is on the artificial wants of man, if he returned to his Primeval Perfection, when he needed nothing that was not furnished by Creation, like the fishes of the sea and the fowls of the air. Such a perfect state of economic freedom man must also have enjoyed in the beginning, when he lived in health and happiness for thousands of years, according to ancient tradition.

A superficial consideration of commercialism and civilization indicates how wrong and damaging they are. Their foundation is artificial, and they logically lead to human degradation and degeneration. They are based on the wants that man should not have, and these, for profit and gain, are constantly increased.

Under the basic law of Creation, the less man needs the more he moves toward perfection and becomes like gods, who use nothing and are immortal.

That exalted estate is the theme of the philosophers and the dream of the masses. Its attainment by the multitude will remain impossible because it is opposed by the world at large; and to teach it is a waste of time and toil. That we know and for that purpose we do not spend our days in writing. We are not that stupid and optimistic. We write to present these facts, to show the brainwashed masses how they are misled, with no hope for improvement.

The few individuals who think, who possess strong will-power, follow this teaching, and strive to live the higher life, are regarded by the orthodox as crazy nuts. We've been branded as such ever since we were nine years old. We were called that by our comrades in the army in the Philippines more than sixty years ago, and now they've gone over the last hill, while that crazy nut lives on and labors for the benefit of the masses. We've learned how to avoid much of the embarrassment of our unorthodoxy by keeping our mouth shut and letting people think we are a fool. That is better than to speak and remove all doubt.

## CHAPTER XIX

### ECONOMOLOGY

"Man in the cold zone has sunk to the bottom of degeneration" (Hotema in Long Life in Florida, p. 22).

The student of this work should secure a copy of the companion work titled Long Life in Florida; and, at this point, peruse the Chapter headed Perfection, p. 17.

There it is written: "Man rises from imperfection as he frees himself from the low level of self-imposed enslavement". And in the story of Walter Robb, p. 86 of that work, the student is shown how easily he can gain the great Economic Freedom that makes him MASTER OF HIS DESTINY.

In Chapter No. 8, titled Correspondence, we showed that "the condition of the Earth is the Parent of Creation", and "The condition of the Environment is the Ruler of Man".

Climate makes Environment, and Environment makes Man's Life. Even the condition of his body and brain depends upon the condition of the climate in which he lives.

As the student pursues our messages, he meets many surprising statements, and gets a glimpse of a new world, about which he has learned nothing in all of his schooling. For the schools, supported by the tax-money of the humble, deceived, brainwashed, mind-conditioned Tax Payer, have no interest in him except what they can get out of him.

If the schools were established to guide suffering humanity to the goal of health and happiness, they would teach that man's primary task is to gain freedom from an Economic Burden that compels him to spend his precious days in grinding toil, to survive in an Environment so hostile to his being, that it kills him by inches as surely as day follows night. The schools would teach that:--

1. Fundamentally, in the region of the earth where man is appointed to live, ample provisions for his economic needs are provided by Creation. Out of that favorable locale the four pressing economic problems that enslave man are Food, Fuel, Shelter and Clothing.

2. To procure these necessities of life in a land with a climate divided into sizzling summers and withering winters, man must spend his days in degrading toil, which deteriorates his body and brain, and sends him sinking to an early grave.

3. By returning to his Native Home as Walter Robb did in 1932, man is able, at one stroke, to sweep away the sordid Economic Burden of the day, and secure a state of Economic Independence that will add pleasant years to

his life and precious life to his years.

We speak from actual experience. We present real facts. The reliability of our statements was established by the happy life of Economic Freedom found by Robb in the Tropical Philippines, where we, as a U. S. Soldier, fought thru the Insurrection during the years 1899-1901.

We saw with our own eyes the things we are describing. And of the 109 men who served in the same company, we are now the only one left. The other 108 have gone over the last hill. This is not just an accident. There is a definite reason: As a boy, we learned that we reap as we sow, and we learned to sow well that our harvest would be good. Now we are reaping our reward.

We were only 9 years old when one of our little school books attracted our special attention because of its title: "A Healthy Body". That we craved, and we soon knew the contents of that book by rote.

The author was wise. He taught strict Vegetarianism. That made us such. But it was not easy in the army. Our hiking rations consisted of hardtack, sugar, bacon and coffee--a wonderful diet. We swaped our coffee for sugar and our bacon for hardtack--and the other soldiers laughed. They called us a crazy nut. That meant nothing to us. We were following the teachings of a wise man, not of fools. Now those laughing soldiers are gone, while the crazy nut lives on, to teach others the path to the Better Life.

Nor are we dead on our feet. We may be old in years but we are not in body or mind. Permit us to disclose some facts as to our condition by quoting from a report, not to boast but to present surprising data that cannot be matched by any reader of this work:

A certain radionic and electronic engineer had occasion to write us as to a particular subject, and suggested that if we would send him a blood specimen for analysis, he would test it with his sensitive instruments, determine our physical and psychical condition and send us a report. We sent the blood specimen and this is what he reported as to his findings:

"I found your health to be excellent--actually 100 in body vitality reading. High normal is 80. I never found anyone before but you and myself to rate this high. Also, you have 10,500 units of White Light Energy, which is amazing. I'm that high only when I take solar energy directly from the sun thru my eyes for 5 to 10 minutes a day.

"Normal is 45 units. Occasionally I find a person over 100. But you are the only one that I have ever found over 10,000, besides myself. This proves that you KNOW what you are writing about.

"I've checked many allegedly famous health writers, philosophers, professors, lawyers, doctors, etc., and find all of them are SICK. Some have entity obsessions, some are filled with toxins, DDT, etc. You have none of these in you; and you have something that the best of the others lack.



Hilton Hotema 1960



#### HILTON HOTE MA IN 1960.

Born in Fitchburg, Mass. February 7, 1878. His paternal great-grandfather, Wm. Fales, was born February 15, 1799, in Lynn, Mass., and died in 1888 at the age of 89. His maternal great-grand father, Thomas Johnson, was born in Mass. in 1780 and died in 1892 at the age of 112.

"I work from blood, saliva, or photograph, and can also use urine or signature. I refer to specimens I use in the well of my instrument. I do not need the person present to do this work.

"I can also rebuild the body's aura in sixteen days by the use of the Schussler cell salts 12X. It is possible to do this with color therapy too. Usually the blue ray is needed for one hour each night.

"I've done much work on entity obsession, both control line and inner body. This is a major world problem, but few realize it".

\*\*\*\*\*        \*\*\*\*\*        \*\*\*\*\*        \*\*\*\*\*        \*\*\*\*\*        \*\*\*\*\*        \*\*\*\*\*

That report surprised us; we were not expecting it to be so good. But we did not need to be informed about our health, as we've never been ill.

In the Philippines more than sixty years ago, we saw the glories of the Tropics, and discovered that where man first appeared on the earth was vastly different from the degrading region of sizzling summers and withering winters.

The U. S. Weather Bureau shows by its records covering for fifty years the area where we were in the Philippines, that in all that time 99 was the maximum and the minimum was 62. A temperature range in half a century of only 37 degrees.

In their wonderful land and climate, the Filipinos have fresh fruits and vegetables every day of the year, spontaneously produced by Creation.

The Bicol Tribe inhabited the southern portion of Luzon where we were, and they did not have a single garden tool in our day, and knew not what an artificial garden is. For their land was all garden, and all they had to do was to gather their food growing wild.

It is a law, not noticed by economic experts, that the economic problem increases as the productive season decreases. This law, when recognized, directs us in solving the economic problem that puts wrinkles in our face and decrepitude in our body. When we solve this problem and act accordingly, we remove our greatest burden. This problem is reduced to the very minimum in the Glorious Tropics, where fresh fruits and vegetables are available at all times of the year, grown wild by Creation without human labor.

One of the first steps toward the Higher Life is the attainment of Economic Freedom. We must be Master of our Life, our Time, and our Destiny. Valuable data on how to do this appears in our work titled Long Life in Florida.

There are better regions for Economic Freedom than Florida. Hawaii and the Philippines are better, and so is Mexico. Many are migrating to Mexico, and locating between Mexico City and the Pacific Ocean, one of the choice spots in this area being Guadalajara.

A special book containing much economic data on various parts of Mexico titled "Mexico--Where Everything Costs Less", price \$1.50, should be secured by those interested in these matters. It is published by Harian Publications, Greenlawn, New York.

Also write to Tour Guide, P. O. Box 88027, Houston 4, Texas, and ask for Road Map of Mexico, stating that you are interested in Guadalajara. You will be sent the Map and the best auto road will be indicated on it.

Wage slaves, selling their Life and Time by the month and year, are far from being Masters. They spend their precious days worrying, working, and wondering how to meet their obligations. They have a job where they sell their Life and Time, while looking forward to the day when they will retire on Social Security.

Their chances of living to see that day are against them. Most of them will be fortunate to live that long, and most of those who do, will be so feeble in body and mind that they will have lost all desire relative to the Higher Life. They will be satisfied to drag out their days on the common social level, going to the grave at 75 when they should have at least 50 years more of life--and the best years of their whole existence.

The marvellous work of the Ancient Masters is the wonder of the world. It appears as the production of super-human beings. On it are based our boasted civilization and our religious system. They were not Economic Slaves. They inhabited tropical and sub-tropical regions and subsisted on the products of their groves and vineyards, as stated in the Bible.

These Masters were not the helpless victims of an Economic Problem. They were Masters of their Destiny, and free to use their precious days to develop body and brain, and to study the mysteries of Creation, concerning which modern science knows so little. That is the secret of their wonderful accomplishments which amaze modern students. Their mode of living is the Science of Economic Independence. Wise are they who study their work and adopt their methods.

No system of Economics devised by any government can correct the evils rising naturally from artificial conditions that we presented in Long Life in Florida. These conditions have been created by man's ignorance and inventions, as he strives to live in a Hostile Climate that ruins his health and shortens his days. The evils can be corrected only by a removal of the cause, and not by legislative bodies.

Relative to these matters, August Englehardt wrote:

"Winter has estranged us from Nature in every way. Under the scepter of winter, Nature is reversed, and the most unnatural becomes the most natural. It turns men into beasts, making them eagerly eat the steaming corpses of animals, to fill with warmth the body that is shivering from cold. It makes men wear the heaviest and thickest clothes--coffins for our bodies. It forces



men to dig out stone and iron from the bowels of the earth, to build strong houses for protection against the bitter cold. For the same reason it compels men to use fire and light, artificial nourishment--in short to lead an artificial life.

"It has made artificial men of us, who have to struggle for sustenance, for all these unnatural wants, which are in fact nothing but nails for our coffins. Artificial dolls, working at their coffins--that is what men of yesterday and of today are (out of the tropics)."--The New Gospel, p. 26.

We have no time for mental development when forced to fight for life against the oppressive elements of a Hostile Environment. It is foolish to think of developing one's mental condition to a higher level, until one gains Economic Freedom by migrating to a region where the body is safe from the degrading effects of a Hostile Environment.

To the mind-conditioned readers of this work, the postulates presented have appeared fanciful and fantastical. It could not be otherwise to the brainwashed masses who live on the lowest level, and never heard of anything higher.

Now that we have stated the story relative to some features of the higher level of Consciousness, we shall close this narration with a wonderful chapter taken by permission from The Searcher, dealing with that higher level of Consciousness, and showing some surprising features that can be accomplished when the "know how" has been acquired and the body has been prepared.

The exoteric scientist and the orthodox religionist rely for knowledge on the physical senses, the psychic emotions, and the intellectual faculties, as they function in the present stage of human evolution. The scientist somewhat expands the scope of the senses by employing the telescope, the microscope, and other mechanical devices, and the religionist bases his faith on the mutilated and questionable records of suppositional revelations, received from the remote past, written in code he cannot comprehend, and translated by those who slanted their work to support their particular system.

The wise esotericist, refusing to be confined within the narrow limits of the illusionary senses and the restricted mental faculties, and realizing that the gnostic powers of the Celestial Entity are hopelessly hampered by its imperfect instrument (terrestrial body), devotes himself to what may be termed intensive self-evolution, the conquest of the forces and the utilization of the faculties that lie latent in the fontal essence within his organism, the Kingdom of the God within, which is the primary source of all the elements and powers of his being, of all that he is, has been, and will be.

By acquiring conscious control of these concealed potencies which are the proximate cause of his individual evolution, the esotericist seeks to traverse, in a comparatively brief period of time, the path leading to Astral Illumination and Terrestrial Liberation, moving forward, as it were, toward

that goal which the multitude, as a whole, will never reach, and will be reached by a very few of the higher-minded only after aeons of time.

His efforts are not so much to know as to become. And herein lies the real import of the Delphic Inscription, which is the key-note of esotericism, "Man, Know Thyself and thou wilt know the Universe and the Gods".

The esoteric realizes that true self-knowledge cannot be attained in schools that do not teach it, but only thru self-development in the highest possible sense of the term--a development which begins with introspection and the awakening of the creative and regenerative forces, which slumber in man's deeper protoplasmic nature, like the vivific potency of the ovum, and which, when aroused into activity, transforms him ultimately into a Divine Being, embodied in a Deathless Ethereal Form of Ineffable Glory.

This process of transcendental self-conquest, giving birth to self as an Eternal Astral Entity, evolving from the concealed essence of one's own embryonic nature a self-luminous, immortal body, is the sole subject of the last and oldest book of the Bible, presenting the Wisdom from the sunken continents, far older than any of the ancient scriptures, the baffling symbolism of which we have interpreted in our work titled "Son Of Perfection".

It is observed that in the Bible, the subject "was in the Spirit" (Rev. 1:10). This means the narrator blacked-out the conscious department of what we call Mind, and don't know what we mean. How this is done, and the queer events that occur when it is done, is the subject covered in the next and last chapter.

J. G. Gichtel, a noted mystic of the 17th century, said, "Man has become so earthly and outwardly (due to brainwashing and mind-conditioning), that he seeks afar (as he is taught), beyond the starry sky, in the higher eternity, which is actually quite near to him, within the inner core of his being".

Notice what the Bible says on this point: "The Kingdom of God is within you". In our work titled "The Hidden Creator", we said that had the author of that passage operated on a level but one step higher in his consciousness, the single word "within" had been omitted, and so much different might have been the story of human history.

"Within the inner core of his being" is the esoteric meaning intended in the Bible where man is told, "When thou prayest, enter into thy closet" (Mat. 6:6). This means to close the eyes, black-out the physical consciousness, and form a mental image of self beyond the "time stream".

Time is not an entity nor an element per se. Nor is "eternity" merely Time indefinitely prolonged. Time is only a mental concept rising from the consciousness of change in the phenomenal world; whereas, eternity is noumenal, changeless, endless, extending neither into the "past" nor the "future". It is an immeasurable "present".

The word "everlasting" in the Bible (Rev. 14:6), referring to the "everlasting gospel", should read an "aeonian divine message". An "aeon" (aion) is a definite life-period, as the life-time of man, a generation, or the whole evolutionary period, the complete cycle of generation. It is only the crude, unphilosophical notion that "eternity" is "a prolonged period of time" that caused the "authorized" translators of the New Testament to persist in giving "aionios" the meaning "eternal", "everlasting".

Time does not exist for the subconsciousness or superconsciousness. There is no perpetual appearance and disappearance of phenomena, no constantly flowing fountain of ever appearing and ever vanishing events. Everything exists always. There is only one Eternal Present, the Eternal Now, which the limited mind of man can neither grasp nor conceive.

Tarot Card No. 14 is titled Time, and its symbolism we described in our work titled "Land of Light", which the student should read.

In his discussion of the subjects of Time and Mind, Andrija Puharich said:

"It is difficult to escape the conclusion that Mind, at certain levels of operation, is ubiquitous and can pass through the barriers of the physical world around us. In fact, there are instances when it literally transcends time as it leaps forward to cognize physical events not yet born, or leaps backward in time to reconstruct scenes long since perished from the physical realm".

Harry Gaze believed the Mind controlled the aging process of the body. In 1904 he published a book titled "How To Live Forever", in which he said:

"The cause of somatic death is simple and may be avoided. Old age, which is somatic death partially consummated, can also be prevented. It is possible for man so to control his vital energies, that perpetual youth, accompanied by perfect health and strength, may be realized" (p. 23).

We read that book fifty years ago, and found in another book a strange case that supported what Gaze said.

An English lady who, according to the London Lancet, a medical magazine, being disappointed in love in early life, became insane. Unconscious of the fleeting years, she still lived in that hour which had parted her lover and her. Each day she rose, carefully arranged her toilet, and watched thru the window for the one that would never appear.

Weeks passed into months, and months into years, but she knew it not. To her the thought of time had vanished. Her mind was fixed on and lived in that youthful day, and her youthful appearance remained unchanged. At the age of 74 she seemed to be no more than 20. There were no grey hairs in her head, no wrinkled brow, no dimming of the eye, no lessening of the vitality, no signs of decrepitude. The turning of the earth on its axis did not affect her body because it did not affect her mind. To that particular phase of existence, her mind was totally blank.

## CHAPTER XX

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With the reference to Mind in the previous chapter as a prelude to what this chapter will unfold, the reader is somewhat prepared in advance for the strange message now to be presented.

# COULD IT BE ???????

By Easton E. Percifield

(This story is not based on facts which are known at this time.)

**PROFESSOR** John Brookmoore, in his early forties, was a man who had devoted his life to study. He was recognized as the world's foremost authority on ancient religion and had a Ph.D. in theology. For the past twenty-seven years he had collected and studied every scrap of information available pertaining to past and present cults throughout the world.

The professor was a commanding figure. He stood six feet two inches and weighed two hundred and twenty pounds. He carried himself with a supple grace which made him look twenty years younger than his forty two years. His dark hair was slightly receding and his piercing black eyes showed no effects of his many years of intensive study.

**HIS** twenty-seven years of study had given him the title of being the world's foremost authority on ancient religion. His Ph.D. in theology gave him a livelihood which allowed him ample time to pursue his studies of the ancient mystery cults of the world. His collection of information pertaining to the religious cults which were in existence at the time of Christ was his most cherished possession and was the largest and most complete collection in the world.

The professor was respected and well liked by every one. He commanded the respect and interest of every student and faculty member of the university where he taught classes in ancient religion and theology. After teaching hours he was a withdrawn individual spending all his leisure time in study.

For years the professor had studied and practiced yogi in connection with Tibetan Mysticism. To the practice of Yogi he owed his healthy youthful body and without the mind training of the Tibetan Mystics he would have been unable to understand and remember all his studies. From his meditations through true concentration on the phenomenon of time he knew that he was on the threshold of understanding the true nature of time. Just what this understanding would mean to him or to his fellow man he had no idea.

Two years ago he reached the conclusion that man's concept of time was wrong and that the five senses of man were completely misunderstood. After long hours of practice he had been able to extend his senses until was able to see with his eyes blindfolded and to hear sounds that were far beyond the ordinary man. It was a standing joke with his students that he could smell a steak cooking a mile away. The professor often amused them by telling them what the nearest restaurant, which was six blocks away, was cooking for lunch. Of course this resulted in many wagers being placed among his students as to the accuracy of his predictions. His ability was simplicity itself. He had found that the five senses were but an extension of the mind itself.

**ONLY** two weeks ago he had made what he considered a major breakthrough toward the true understanding of time. Through intense concentration he was able to project himself outside the time flow. The professor's theory was simple, precise and easy to understand. He reasoned that time was similar to water flowing in a river and that it always flowed in the same direction and through mental projection he could project himself onto the bank and watch the water flow by. For the past two weeks he had spent many hours practicing this mental projection, and thereby, increasing the amount of time he was able to stay on the bank of the stream. The professor had progressed to the point where he was spending more and more time outside the time flow and now it was just a matter of practice until he could spend an indefinite period there.

One evening as he hurried home from his classes, the clean fresh smell of early spring strong in his nostrils, he felt deep in his heart that this would be the night. Last night he had spent four hours as earth reckoned time, sitting on the bank watching events flow past him. During that time he experimented by moving himself backward and forward along the stream and although he had gone only twenty years into his past, he sensed that there seemed to be no limit to the distance he would be able to regress. It came as quite a surprise to him when he discovered that it was impossible for him to move forward past the point where he moved outside the time stream. Therefore when he left the stream he found that no time had passed. This immediately set his imagination aflame. Theoretically, he could spend years outside the stream, and yet, when he returned not time would have passed.

**AS** he hurried up the steps of his neat attractive bachelor cottage he was so filled with excitement and apprehension that he could hardly wait to get started. Hurriedly fixing and eating a snack he headed straight for his library and study. Performing a few preliminary Yogi exercises to relax himself and to free his mind from the tensions and worries to which it had been exposed all day, he seated himself cross-legged on the floor in the well known Yogi sitting position. This position he had mastered years ago and now it was as comfortable as lying in bed. Closing his eyes, he formed a mental image of himself outside the time stream, allowing no other thoughts to enter and holding firmly to the image, he was instantly transported outside the stream to the bank. Now, time as earth knew it did not exist for him and until he returned to his own period he would need neither sleep nor nourishment.

At first he was content to watch his past life flowing past. It resembled a giant moving picture, running in reverse, with himself as the central figure. Like all pictures which run in reverse it produced little in the way of understanding. However, the solution was quite simple, all that was necessary was to break it into chapters, going backwards in time to the beginning of the chapter, then forward to the end.

**NEXT**, he began to experiment with his mental control. With very little concentration he could move easily and instantaneously to the period where he moved outside the stream. Beyond this point he had found that no amount of concentration could move him. From this he deduced that it was not God's will for men to know their own future. With a little more practice he was able to move back and forth along the stream by will power alone. Very little concentration was required.

With growing confidence he began to move back and forth along the stream, watching with delight the humorous events that had taken place in his past life. Events that had long been forgotten. Nearing the time of his birth the humorous feeling suddenly left, to be replaced by an overwhelming feeling of fear. "If this was a figment of his imagination what would happen when he reached the time of his birth? Would he cease to exist, both now and in his own time period?" He knew well the theories of reincarnation. Knowing them, he also understood that they were only theories, mankind had never been able to prove them one way or another.

Suddenly, completely overcome by fear, he moved quickly back to his point of entry. There he stopped, knowing fear as he had never known fear before. "This is man's fear of the unknown," he reasoned. "The same fear that has kept man from developing his full capabilities. Fear has always been man's greatest enemy," he reasoned. "The only weapon against fear is understanding."

With the cold clammy hand of fear strong within him, he knew he must go back past the point of his birth. Slowly, he let himself drift back, back toward his birth.

"I've had a pretty good life," he thought. "I've always followed the work I felt I was called to do. I've never married so there will be no wife or family to grieve for me. Except for my students and working companions I would never be missed." With this thought came decision. The professor let his mental control go and drifted toward the point of his birth. Come what may he would soon have the answers that mankind had sought since the dawn of time.

**DRIFTING** back, watching events he had been too small to remember, he saw himself, as an infant, lying at the bottom of a cliff surrounded by a group of people. Off to one side lay the flaming wreck of an automobile with two mangled bodies beside it. "This must be the wreck in which I lost my mother and father," he thought. No one knew what caused the wreck or how it came about. He hurriedly moved back past the accident stopping at the point just before the accident he began moving slowly forward, studying each detail closely.

He saw himself asleep in the back seat of an automobile which was driven by two of the most beautiful and radiantly happy people he had ever seen. Their faces were aglow with the love they had for each other. Smiling and talking of how their life's work was finished, they drove at breakneck speed along the narrow winding road. Very calmly and with a serene look of peace on his face his father turned the beg car from the pavement, through the guard rail and over the cliff. The professor screamed and shouted, but he knew that they could not hear him. He realized that in no way could he alter the past. He watched the car twisting and turning as it bounced from rocky ledge to rocky ledge, plummeting downward toward the canyon floor several hundred feet below. Suddenly, he saw himself snatched from the falling car as though by a giant hand and laid gently on the ground a good two hundred feet from where the car came to rest. It had always been a mystery as to how he had escaped the accident without even a scratch. Now he knew, his life's work on earth was not finished.

**THERE** was no need for him to follow the scene farther. He had spent many hours going over the newspaper reports of the accident and from these he learned that the cause of the accident had never been determined. The insurance company had tried every trick in the book trying to squirm out of paying the huge insurance policy his parents carried. It was that insurance which had paid for his education. Apparently life followed a set pattern and no one would be allowed rest until they had fulfilled their destiny.

The time of his birth was upon him, and suddenly he was beyond, and all was darkness, complete and absolute darkness, and with the darkness came fear. The unreasoning terrifying fear of the unknown. The fear lessened somewhat as he realized that he was beyond his birth and his mental facilities still existed. With this realization came the joy of knowing that the millions of people who believed there was life preceding birth were right. Even though they were in the minority, they were right. He himself had always held this belief, even though there were many times he had been ridiculed for it.

"This darkness, why the darkness?" he thought. "What would be the length of it and would it ever end?" As these questions crossed his mind he noticed in the distance a pin point of light. It seemed so far away and he seemed to move so slowly. He found that no amount of concentration would hurry his journey. The only way he could move by effort of will was forward not backward now that he had passed the point of his birth. As he progressed toward the light the rest of his fear left him and he had the distinct feeling of returning home. "Home, home to what?" he thought. The light was getting stronger and stronger. Soon he would be out of the darkness. Then what?

The light came upon him with startling suddenness and he found himself facing a large group of people so radiant with love and kindness it filled your heart with gladness and joy to look at them. A love and kindness that was like a living thing. It seemed as though you could actually feel it. "Why, this is the same kind of joy and love which surrounded my parents," he thought.



**THEY** were talking to him their faces showing a deep feeling of sorrow. The same look of sorrow that shows on a parent's face when he must spank his child whom he loves very much. It pained him to think that he must be the cause of that sorrow. He felt that what they were saying must be of great importance to him, so he hurriedly willed himself to the point where he was being called before the assembly and started drifting forward at a pace which matched the people he was watching. Only in the darkness was he unable to control his movements.

The sounds began to take on meaning. He heard the tall fellow who seemed to be the leader, if it were possible to pick a leader from among them, speaking with a deep sadness in his voice. "Samual, it grieves us deeply, but you have not advanced spiritually to the point where you can become one of us and fulfill the purpose God intended for you. I'm sorry but you will have to go through another birth and spend another life in hell." This came as quite a shock to the professor. So life as we had known it was but a period in hell. He had heard of people who lived by this belief, but he had never given it much thought. "Farewell, and our very best wishes go with you," finished the speaker.

He drifted on, on toward the darkness he had just emerged from. "This will never do," he thought "I still don't know the answer." So with an effort of will he reversed his direction and headed back in time.

**SOON** there was darkness again. Each period of life was followed by a period of darkness. What the reason for the darkness could be he had no idea. He could see that this period of darkness was going to be much shorter than the last because the light at the other end was getting brighter. It reminded him of traveling along a long dark tunnel — one that was straight, allowing him to watch it grow larger and larger as he approached the light he began to experience pain. The closer the light the more intense the pain. The pain could only be described as that of a woman during child birth. Suddenly he was in the light again. He watched as he was buried. Checking closely, he noticed that on his tombstone his name was Samual. Just Samual. "Well, there's nothing in a name," he thought. Suddenly, a Great truth pushed itself forward in his mind. Man's beliefs concerning birth and death were wrong. Birth was death and death was birth. At so called death man passed to a higher spiritual plane where his spiritual development was judged—it found unacceptable he was born again into another life of misery—this actually was death, not birth.

**BACK** he went, and as he drifted back he found that in this life he had been a minister with a great following. By moving back and forth and listening to what he had to say, he discovered what his beliefs had been. The beliefs he forced upon his congregation. He summed them up and to his dismay found they were absolutely false. In this life his preaching had followed but one line, "After death there is nothing. Either repent and follow me or you are doomed to an eternity in hell." A hell so vividly described that the people trembled in great fear. "A hard hearted vengeful God he screamed at the people. Not a loving God the father of all things." Now the reason he had been unacceptable after death stood naked and clear before him, and it was a good reason. He had led thousands along the wrong path. Because of him they would go

through countless rebirths before they would be able to erase the turmoil he had placed in their hearts and minds. “Man, follow thy beliefs, and be not led by false prophets.” Now the meaning of that wonderful passage was clear to him. He wondered how many other poor souls had followed false prophets and ministers. It is not for one man to lead another. The force of this truth hit him like a bolt of lightning. The only way of knowing what is right is to listen to God’s voice within you and follow the path he lays down for you—this is the only path which will let you fulfill God’s plan. Each soul has a different path to follow and a different purpose to fulfill. This the ancients believed, but the modern day churches had labeled it false, threatening the wrath of God should the people continue to believe.

**SUDDENLY** he became obsessed with the idea of knowing what other lives he had lived. Back, back he went, into the long darkness again. He was used to the darkness now and no fear accompanied it. It now became a period of thought. A time to think over what he had seen and heard and what its meaning could be. He allowed the events he had witnessed to pass quickly before his mind’s eye sorting out the facts a she now knew them.

One, he knew that the belief in reincarnation was founded on fact and it had been in existence since before the dawn of Christianity. It must have developed at the time mankind started on his upward climb. The belief was as much a part of mankind as his body. It was a truth that was an unseparable part of their character. Two, he knew that each life was a stepping stone. A stone which was used in building character and spiritual understanding to the point where there would be no more rebirths—toward a time when the individual could take his appointed place with God the creator.

All too soon come the light again. The same gentle loving kindly people. This time he did not stop to listen. He knew what the story would be. So on he went, back past the time of his death.

**IN** this life he discovered his name was Ivan The Strong. Instead of a burial he was tossed into a large pit in the mountains and contrary to what he would have normally thought it raised no feeling of repulsion. The body was nothing but flesh—the soul had departed to become a part of his next life. He wondered how many centuries it had taken to breed the idea of mourning the loss of the body into the human race. It must have taken a lot of brainwashing and advertising to build up the idea of mourning and the lavish care of the useless mound of flesh into the mul-ti-million dollar business it was in his time period. Mankind’s greed. He wondered how many other beliefs had been brainwashed into the human race because of someone’s greed and selfishness.

He looked with wonder and pity at the wild barren harshness of the land. The people were hunters and led a wondering life. They banded together in small bands for mutual protection and there was no trust between different bands. The mere sight of another band brought the warriors of each together into fierce bloody hand to hand fighting. The fighting continued until one or the other was wiped out. There was no surrender of any kind and with the defeat of the warriors brought immediate death to the

rest of the band, with the exception of the young females. This they accepted without any show of emotion.

So, this was his place in this life, leading a band of blood thirsty warriors. Wantonly killing helpless men and women and children. No wonder he wasn't acceptable to God. However, this was not much different from the people of his own time. The only difference was that their way of killing was more subtle. They killed through brainwashing and propaganda. He hurried on past the rest of his life and headed for the darkness again. "This was no life to be proud of," was his passing thought.

**HE** welcomed the darkness gladly this time and wondered how many lives he had led. He hoped that the next life would be better. As he passed before the assembly he noticed that there was a different group of faces telling him he had not advanced far enough to join them. He wondered why the switch in people. Of course, how stupid of him. The group he had seen before must have been accepted before this group and they were moving forward and upward toward higher works of God.

Passing beyond this birth he came upon a scene that he could hardly believe. He didn't know the world had ever been so beautiful. Rich in color and foliage and unspoiled by the touch of human hands. Everything in the perfect harmony. The people beautiful beyond comparison and in complete harmony with everything around them. In this life he found the same utter disregard for the body he had found in his previous life. However, this time there was a difference. There was a look of bliss upon the faces of what should have been mourners. It was as if they knew he was passing into another life and one step nearer God. What a wonderful people they were. They lived off the land—were perfect friends with the birds and animals and they never destroyed a thing. All seeds from the fruits they ate were carefully replanted. Nature gave them a bountiful supply and they in turn gave to nature. The professor was surprised to find that he had died as a small boy as the result of an accident. He had fallen from a high ledge while playing with the other children. The period from the time of his death to the time of his birth passed all too quickly.

**THERE** were fascinating people. He had never seen people so happy and contented. They seemed to be a race of great thinkers with plenty of leisure time which they used for meditation. And relaxation. "What a difference between these people and people of his own period. The people of his period could never be still. Their leisure time was used as a means of always being on the move and learning nothing. The only things they ever seemed to learn was the new catch phrases which came out in the advertising from day to day. This advertising in turn spurred them on to more and more feverish activity. Earn more so you can spend more—use your leisure time for anything you wish, so long as it cost you something. This would just about sum up the drives and philosophy of the people of his period. Never stop to think, this was what the big advertisers were after. If the people ever once stopped to think, greed and selfishness would suffer complete annihilation."

Drifting back to the time of his birth he found it impossible to pass it. No matter how hard he tried he could not go beyond the time of his birth. "This must have been the period my soul started on its cycle of rebirths."

"Therefore, there was no life for him prior to this one, but why this period?" From the spiritual development of these people he could tell that they must have had several rebirths. Why must he stop now? This certainly wasn't the beginning of the race. Then,—the answers came rushing from the depths of his subconscious mind. "Each soul had to work out it's own salvation through a cycle of rebirths. This would account for the trouble of mankind. Actually, life on earth was really hell. Some souls would never advance to the point where they could have the cycle. These same vicious souls, being born again and again until eternity, would keep adding to the misery of the human race. This must be the real evil and the real Satan of the world."

**FINALLY**, with a glad heart and such joy as he had never known, he started back toward his own place and his own cycle. He drifted slowly, allowing himself time to think.

"In the beginning God created Adam and Eve which were new souls and they had many sons and daughters and they were all new souls. Their sons and daughters married and their grandchildren would have been new souls. Actually, all must have been new souls until about the fifth generation. That would have been the beginning of the cycle of rebirths to which new souls were added from time to time. God had given men free will, free to work out his own salvation, because unless he could work out his own salvation he could not fulfill God's plan for him. He would have to take a lesser place than God had intended." As he thought of free will he thought of the people of his own period and a rush of pity came over him. "Free will in his time was almost impossible. They were brainwashed from the cradle to the grave by all groups in search of power through all types of advertising. Advertising which played upon the God given basic drives of human nature. Even the churches were big business with their own subtle advertising and none were preaching according to the word of God. They were preaching according to their own selfish interpretations— interpretations which were designed to keep them on their throne of power with their congregations as their slaves. The people of his own time were so brainwashed they would be unable to recognize the true word of God if they heard it and the churches would see to it that they would never hear it because to hear and understand it would strip them of their power and money."

"Power: there is no evil except power. Power over the other person. Power to twist the other person and make him do as you want. Here was the evil. The evil that held back the advancement of mankind." He thanked the good and loving God that there were individuals in every age that were not swayed by the ones in power. Individuals who would continue to think for themselves, even though it meant their death.

**AT** last he understood what his job in life must be when he reached his own time period. He must band together a small band of free thinkers and a small subtle way start advertising for their beliefs. Advertising to make man think again, not tell him what to

think, just make him think so they could work out their own salvation. Mankind's greed had kept him in the cycle of rebirths until the population of the world was becoming a problem. God had not intended this—instead he intended for the earth to supply his children with all their needs which could not be accomplished on an overcrowded world. With the rebirth cycles working according to his plan the population of the world would remain virtually stable.

He knew that sooner or later all men who think for themselves would be shown the things he had witnessed—their past lives. Now he must help his fellow man. He realized that helping his fellow man would doom him to another rebirth because man should not force his beliefs upon another, by so doing he broke the law of letting man work out his own salvation. But, teaching them to think for themselves would advance them greatly. If only he could accomplish this one task it would make another rebirth bearable.

**FICTION** or preview of facts to come? Of necessity this decision must be left to you ... the reader.

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