



BOOK  
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**M**an's  
MIRACULOUS  
UNUSED  
POWERS

*By*  
*Kenyon Klamonti*



THE WISDOM  
OF THE AGES



REMEMBER—

“Fully to understand grand and beautiful thought requires, perhaps, as much time as to conceive it.”

—Joupert.

If you wish to enjoy the most benefit from “MAN’S MIRACULOUS UNUSED POWERS” — go slowly.

Each time you read the work you will get a better understanding of natural laws and cosmic principles.

Consult “MAN’S MIRACULOUS UNUSED POWERS” constantly, as your perpetual help and stimulus.

Tell others of “MAN’S MIRACULOUS UNUSED POWERS” so that more and more people may reciprocate with you, as conscious adepts in harmony.

—Natural Science Society.

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

*by*

**KENYON KLAMONTI**

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SECOND EDITION

NOTICE—Statements in this course are recital of scientific findings, known facts of physiology and references to ancient writings as they are found. No claim is made as to what the methods cited may do for one in any given case and the publishers assumes no obligation for opinions expressed.

*“Honest investigation and criticism lead to light and liberty, whereas all forms of suppression lead to darkness and enslavement.”*

*“You think the DARK AGES are gone because you are asleep. AWAKE!! Your boasted liberty and enlightenment are largely imaginary. You cannot miss what you never had.”*

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## WHY WE LIVE AND WHY WE DIE

Scientific investigation shows that---

We breathe to live and we breathe to die,  
We drink to live and we drink to die,  
We eat to live and we eat to die.

In this work it is sought to show how to take *DEATH* out of Breathing, Drinking and Eating, so man may live 250 to 300 years---

As Dr. Robert McCarrison, of the British Army Medical Service in India, reported of a colony of people he found living in a certain Himalayan region, who were active and vigorous, yet so old in years that he was astounded and could not believe their records were correct. But he found no error in their way of keeping time. He said:

*"Men well over 200 years of age were working in the fields with much younger men, doing as much work, and looking so much like the younger men, that I was unable to distinguish the old from the young."*—K. L. Coe in *Correct Eating & Strength*, March, 1931.

### INTRODUCTION

The living cell is animatized by Cosmic Force and Intelligitized by Cosmic Consciousness.

The human body is a mass of trillions of cells, guided by Infinite Intelligence.

Each cell is a mass of millions of atoms, each of which is a miniature solar system, with "planets" in the form of tiny electrons whirling at tremendous speed around a common center of attraction.

The solar system has no use for food. The electrons do not eat. The atoms do not eat. The cells do not eat. Why should man eat?

The Parent Cell begins the body of man and expresses the uncanny intelligence which it inherits from the Cosmic Principle of Creation. This cell does not come from food, and does not depend on food. The body is not the product of food, and should not depend on food.

Food cannot sustain what it cannot produce. As the body is not the product of food, it is actually not sustained by food.

Infinite Intelligence works in the cell, from the Parent Cell on through the entire existence of the body. Being directed by Infinite Intelligence, the cells know spontaneously the functions they are to perform in the construction and maintenance of the body.

The innate intelligence of the part the Cells must play in the whole body is a mode of being of all the elements of the body, These



elements know their work, and can receive no aid from human hands.

The body cells are seen to understand numerology, geometry, physiology and biology, and act concertedly for the good of the whole.

The spontaneous tendency of the cells toward the formation of the organs of the body is a primary datum of observation.

The body, from the Parent Cell on, is built by techniques and directed by Intelligence entirely foreign to the best scientific minds.

From the Parent Cell, composed of invisible atoms, and out of the invisible Essence of the Universe in the Infinite Air which contains ALL in itself, the body and its organs come into being by the work of cells endowed with Infinite Intelligence.

The cells prove by their work that they possess a prevision of the future structure and its purpose, and they synthetize from the atomic substance that appears to be contained in the plasma, not only the building material, but also the builders.

The trillions of cells forming the body are tiny suns and stars, composed of the same cosmic essence and governed by the same cosmic law.

A droplet of water forms a tiny microcosm containing a great variety of cosmic chemical elements. The body cell is practically a duplicate of a water droplet, but raised to the high plane of divine animation.

If the cells depend on food and drink, man should continue to grow and live as long as he had sufficient food and drink.

According to the press of May 27th, 1937, Srimati Bala, of Bankura, India, age 68 had taken no food nor water since she was 12. The account said "*She is always gay and looks like a child.*"

What is possible in one case is possible in millions of other cases. Abbe N. Montfaucon De Villars stated in his book that the Ancient Masters ate food only for pleasure and never of necessity (Compte De Gabalis).

#### MAN EATS TO DIE

The world is flooded with books on food and feeding. No one seems to realize that eating is not natural, but an acquired habit, like smoking and drinking, and that Air is the Cosmic Reservoir of all things, including the substance that builds and sustains the human body.

Science shows that the body is built of cells, which are composed of molecules, which are composed of atoms, which are composed of electrons, which are nothing more than whirling centers of force in the ether.

Electrons do not eat, atoms do not eat, molecules do not eat, cells do not eat, and the body is built of and sustained by the cells, and not what man eats.

More proof that eating is not only a habit but a bad one, appears in the fact that a sick man often begins at once to recover when given no food, and even shows signs of growing younger.

This could not be, and it would be dangerous for one to fast, if eating were natural and food were needed to sustain the body.

Why does man seem to starve to death when deprived of food? That riddle "MAN'S MIRACULOUS UNUSED POWERS" considers.

For more than half a century the author read books on food and feeding, and closely followed the arguments and explanations. He found those who favored Vegetarianism omitted all the bad features, and the same course was pursued by those who favored Carnivorism.

Books favoring Vegetarianism say nothing of the damaging qualities of vegetables and cereals. Those favoring Carnivorism carefully omit the damaging properties of flesh.

These authors lead their readers astray with half truths. A half truth is more dangerous than a lie, as it is more misleading.

The author describes the damaging qualities of all foods, and favors none. What he shows will shock the reader and show him why that group of eminent doctors in the 19th century, after studying the food question from every angle, concluded with this astounding statement:

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

Why is it possible that we eat to live and eat to die? If we eat to live, how can we eat to die? If we eat to die, how can we eat to live?

In this work these puzzling questions are considered and answered.

#### LESSON No. 1

### PHYSICAL PERFECTION

Physical Perfection would be Physical Immortality; and Herbert Spencer formulated the Law of Physical Immortality as follows to-wit:

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

Breatharianism is Physical Perfection. Man came into physical existence a Perfect Breatharian. God breathed into his nostrils the Breath of Life, and man became a living entity (Gen. 2:7). Nothing was lacking, and nothing more was needed.

The Breath of Life supplied all the requirements of animation. The Breatharian needs air only, and nothing more, to sustain his body.



In that state of Physical Perfection man has no other wants. The less man needs the more he becomes like gods, who use nothing and are immortal—said the Ancient Masters.

Poverty, Want and Sickness are the work of man. They are the products of his habits which correspond with his desires. He increases his burdens as he multiplies his wants.

The less man needs the more complete he becomes. He gains Perfection as he gains freedom from all Wants. The more Wants he has, the less complete he is, and the farther he inclines from Perfection. He changes his world as he changes himself.

### BREATH OF LIFE

“Every living thing must breathe the air in order to live. The tree breathes the air through its leaves. The leaves are in this sense the lungs of the tree. Insects breathe the air through tiny openings in their bodies. Frogs breathe the air partly through the skin. Fishes breathe the air by taking oxygen out of the water as it passes over their gills. Man breathes the air through the air cells of the lungs.”—Frederick M. Rossiter, B.S., M.D., L.C.R.P., London.

“Hardly anyone understands this science (of breathing), which all should know and practice. It is the air that renews our blood and brings life to all our organs. It is the air that helps to give us balance and to keep our physical and psychic functions in good order . . . Most people use only a third, a quarter or even a fifth part of the lung’s total surface.”—Professor Edmond Szekely.

Modern Man is the degenerate descendant of the Breatharian. During the millions of years that man has inhabited the earth, his environment and the many habits he has formed have forced his body to adapt itself, under the law of Vital Adjustment, to many evil conditions and harmful substances in order to survive, all of which are foreign to the body and injurious in character.

### STAGES OF DEGENERATION

Every fact of living existence, the Law of Vital Adjustment, the evidence contained in ancient scriptures, all prove without an exception that modern man is the product of descending Evolution—Devolution.

The scanty evidence that has survived from the remote past, shows that modern man has slowly descended through the five stages

1. Breatharianism.
2. Liquidarianism.
3. Fruitarianism.
4. Vegetarianism.
5. Carnivorism.

Breatharian indicates a plant or animal that neither eats nor drinks and subsists entirely on the substances contained in the air. It is surprising to know how many such plants and animals there are.

The Spanish moss hanging on the trees of Florida gets all its substance from the air, and grows very fast. The big cactus plants on the dry, barren deserts of the southwestern part of the U.S.A. get their substance from the air, their roots serving as anchors to hold the plants in place and complete the Life Circuit.

#### MAGNETISM

In our work, "THE NUTRITIONAL MYTH," we stated that no chemist can find in the ground in which grows a giant tree, the ash, minerals, carbon, wood and chlorophyl contained in the body of the tree and its leaves.

Nor does a tree consume the soil in which it stands. If so, as evidence of such consumption a depression should surround every tree. A large tree weighs tons, and all the earth still surrounds it that was there when it was a small sprout. The roots appear to serve only as anchors to hold the tree in place and complete the electro-magnetic Circuit of Life.

If corn or wheat is planted in moist sawdust around a magnet or loadstone, growth is promoted without adding more elements.

No real relation appears to exist between the elements in the soil and the plant. Examination shows that plants contain elements which never exist in the soil. They are supplied by cosmic rays.

It is the general belief that crops consume the soil in which they grow. Jean Van Helmost did not believe it. In the 17th century he weighed the soil he put in a tub, then planted a tree in it. At the end of four years the tree was six feet high and weighed many pounds. But the soil in the tub weighed the same. The growth of the tree resulted from the elements supplied by cosmic rays.

There must be ground connections in the case of plants to complete the Life Circuit. Ground connections are necessary to complete the circuit for electric instruments.

Trees grow not in certain areas, nor grow well in what is termed poor soil. They improve if given proper fertilizer.

To make the circuit effective, the right minerals must be in the ground, and there must also be moisture. It is not the tree that needs the minerals. They are required to supply the conditions necessary for proper electro-magnetic action.

You know more about motor car batteries. When the battery weakens and runs down, it is recharged. The recharging process does not infuse electricity into the battery. It only changes the chemistry of the battery fluid.

All hibernating animals are complete breatharians during the weeks they sleep in winter.



A fasting man who takes only water during his fast has simply added liquidarianism to breatharianism. That is the path back to Physical Perfection.

In our work "THE NUTRITIONAL MYTH" we referred to cases of those who are reported to live without eating—Mrs. Martha Nasch who had eaten nothing for seven years; Teresa Nouman, a German mystic, who had taken no food nor liquid for forty years.

The press of May 3rd, 1936, mentioned the cases of Srimati Giri Bala Devi of Patrasayar in Bankura, India, the sister of Babu Lam-badar Dey, pleader, as a woman who had taken neither food nor water for 56 years. The account said,

"She takes nothing, not even a drop of water. She is always gay and *looks like a child*. She does not pass stool nor urine, and does her house work like any other woman."

This woman was reported as being 68 years old, yet she "*looks like a child*." This appears to be getting close to the Law of Perpetual Youth and Eternal Physical Existence.

One physiologist states that of what man eats, the only parts that do and can enter his blood are the gaseous and fluidous elements. All the rest is nothing but waste that passes through the bowels as feces, playing its part in overworking and weakening the stomach and bowels, with constipation afflicting practically the whole nation.

There are very few folks who are free of stomach and bowel troubles, and the markets are flooded with worthless and harmful remedies for these disorders.

#### SPIRITUAL POTENTIALITY TO PHYSICAL ACTUALITY

Scholars hold that in Physical Perfection man was entirely free of all wants and desires. The needs and requirements of his body were fully supplied by the Pure Air of His Perfect Environment.

That perfect state was a condition precedent to his coming into physical being. It was the cosmic perfection of his Environment that made possible his evolution from Spiritual Potentiality to Physical Actuality.

It is an established fact that something cannot come from nothing. Men could not become a physical entity had he not existed as a spiritual potentiality. There must be a precedent for every subsequent, a cause for every effect. The cause, whether first, last or anywhere along the chain of causes, must be the comprehensive equal of the effect.

The stream cannot rise above its source. If the rivulet can flow but an inch higher than the sufficiency of its cause, there is no reason why it should not climb the mountain-top and "*increase by the force of its own intensity*," as is said of disease.

No effect can produce its own cause. The Universe could not create itself, which is equivalent to the admission that no part thereof could create itself.

Universal existence is eternal existence. What appears as the physical world which we call Nature, is the materialization of Spiritual Potentialities.

Had man not existed Spiritually, he had never become a physical reality; and his appearance as a physical entity is conclusive proof of the perfection of his Environment at the time of his Physical beginning.

That Environment had to and did possess the perfect powers and requirements that evolved man, not from an ape, but from Spiritual Potentiality to Physical Actuality. It fulfilled every need, every demand, every requirement of his physical being. Had anything been lacking, it had been fatal.

#### THE WAY TO IMPROVE PHYSICAL MAN

Advanced scholars point out that there could have been in man's physical beginning no unfilled wants; otherwise physical being had been impossible. They show that the only way to improve physical man, is to reduce his wants and decrease his economic burden.

But physical science is not interested in any course that raises man to a higher plane. For nothing must be done, nothing must be allowed to happen, that will disturb or derange the fixed social order of civilization.

This order is the product of ages of planning and scheming. It depends upon and is sustained by man's wants and desires, and the constant effort made to promote and increase them. To that end all education is directed.

Every branch and department of civilization leads away from Perfection. The movement away from Perfection begins with the child in school and continues all through life.

#### SO CALLED CIVILIZED VIEW

On January 12th, 1951, Frank W. Abrams, Chairman of the Board, Standard Oil Company of New Jersey, made an address before the National Citizens Commission for Public Schools, and his address was published and widely circulated. Among other things he said:

"There can be no doubt that we are talking about something very fundamental to business when we talk about education. . . . If only to maintain and expand its markets, the business world has at least as big a stake as anyone in the achievement of an educated, productive and tolerant society. . . . There is definite correlation between education and the consumption of commodities. Education has done more to create markets for business than any other force in America."



This is the orthodox view and, according to that view, the purpose of education is to maintain and expand the markets of business, and to create a demand for commodities. To that end billions of dollars are expended annually in the education of the children of America.

The constant cry of Commercialism is to consume more, create new markets and new demands, promote the production of commodities, employ more wage slaves, increase the economic burden.

#### WHY THE TRUTH IS SUPPRESSED

The art of scientific living is so lightly regarded that it receives no attention. He who is so far ahead of the multitude as to oppose the social pattern is promptly silenced, disgraced and liquidated; and the press carries large headlines proclaiming that an enemy of social progress has been found and jailed. The deceived multitude believes.

One's teaching may be in harmony with God's Plan of Life, the Law of Perfection, and the Science of Cosmic Economy. But that teaching does not harmonize with civilization's artificial world, nor support its social pattern, therefore it cannot be accepted and supported by any institution or any form of government. It must be suppressed "*for the good of the people.*"

Tell us how long man's created wants and unnatural desires will mean money for Commercialism, and we will tell you how long man will remain in his present condition of degeneracy and economic slavery.

#### ECONOMIC FREEDOM

It is interesting and important to note that as man moves back toward primal Perfection, his wants decline and his economic burdens decrease. We thus learn what these burdens are and whence they came. We see them as the product of man's created wants and unnatural desires which Perfect Man had not. Man has produced them, and he can destroy them.

It was not until man began to form habits and adopt practices which created wants that he began to decline and degenerate. He was deceived then, as he is now, by the illusion of progress as he developed new habits that increased his wants. He considered then, as he does now, that each new invention was a mark of progress while he and the doctors were puzzled by the fact that his health continued to decline and his life-span to decrease.

Economic freedom is the first step back toward man's high estate of primal Perfection. Every animal, in its native state, has economic freedom. Man is the only economic slave on earth. He has made himself such by his unnatural wants and acquired desires.

In complete freedom from every want, to be dependent upon nothing, man's mind and senses are under control. He is released from the consequences of action, which are bonds and chains, binding down those who are the slaves of want and desire.

## LESSON No. 2

### THE LIVING CELL

"Life is the expression of a series of chemical changes."—Osler in Modern Medicine P. 39.

Modern science has spent years trying to define Life, and some of the many definitions advanced appear under "Life" in our work titled "SCIENTIFIC LIVING." In "The Book of Popular Science" it is said:

"What is Life? That is another question and the answer is one of the profound mysteries. Science has explored life down to a single cell of living matter, but exactly what makes that cell alive is not known."

One of the main concepts of science, the "living protoplasm" which has been regarded by science for a century as the source of life, was exploded in 1937 by a group of America's foremost scientists, who showed that protoplasm is composed of numerous, ordinary particles, visible by modern methods, and not one of these particles is alive.

Protoplasm is the sticky, whitish substance of which living tissues seem to be made. It was so named in 1840 from the Greek, Protos (first), and plasm, a thing formed, and means "the first creation."

Dr. E. N. Harvey, of Princeton University, related how, under the microscope, protoplasm has literally fallen apart in the whirling centrifuge and fine testing methods. It appeared to be composed of cells, bits of fat, granules of colored matter, proteins, threads, hollow bubbles, nuclei, minerals and a complex of other substances,—"not one of which," he said, "can be considered as living except insofar as it is indispensable for the continuance of Life."

Thus the mystery of Life remains unsolved so far as modern science is concerned.

Osler declared that Life is not an entity nor a principle, *but only the expression of a series of chemical changes.*

Then came the famous Carrel whose experiments showed that Osler is wrong, Carrel said, "The childish physico-chemical conceptions of the human being, in which so many physiologists and physicians believe, have to be definitely abandoned" (Man, The Unknown, P. 108).

This leaves Medical Art with no law of Physiology, and it cannot have one until it knows what makes the body function.



## CHIROPRACTIC LAW OF PHYSIOLOGY

The Science of Chiropractic discovered the law of Physiology, and the law was formulated by the great Willard Carver, who died in 1943 at the age of 80. He founded the Carver Chiropractic College at Oklahoma City in 1905. Carver wrote:

"Organisms that move in the conduct we term animation, are not alive. Life is imminent in such structures, but not inherent in them. Life flows through them. We speak of a wire as being alive whilst a current of electricity is flowing through it. If we cut off the current, the wire becomes dead; yet the wire itself has assumed no visible change.

"Life, as it is observed in this material existence, is the action of Matter under the operation of Force. The body of man is alive in the sense that it is animated by the Life Principle flowing through it."—(Psycho-Bio-Physiology).

According to Carver, the Living Organism is an instrument, and its animating power is the Life Principle. But this old doctrine of the Ancient Masters, who held that the Cosmic Spirit animates the body of man (Jn.6:63), "is a mere superstition," according to modern science, and accepted now only by the layman and the Chiropractors.

No satisfactory theory of the evolution of man, as advanced by the evolutionist, can be sustained so long as the Genesis of Life upon this planet is shrouded in darkness. The basic factors and causes of evolution are bound up in the question of Life itself.

The evolutionist begins with the Living Cell. Once given a primordial life cell capable of reproduction, and modern science constructs man physically, vitally, intellectually and morally. According to modern science, all these properties appear in matter as the result of "*the expression of a series of chemical changes.*"

Preposterous. That exceeds the work of the magician in pulling white rabbits out of a hat.

### WHERE DID THE LIVING CELL COME FROM

The evolutionist makes no attempt to explain the original appearance of the living cell itself. Nor does he explain the nature or cause that originated it. He does not explain the original division of living organisms into male and female. He does not explain the phenomenon of intelligence displayed in the conduct of all living things.

Modern science explains none of these things. On the other hand, it most unscientifically relegates them to the realm of the "Unknowable."

Modern science confesses itself baffled at every point when it would explain how life evolves from non-life, how sensation evolves

from non-sensation, how intelligence appears in living creatures. It fails to explain these phenomena just as it fails to explain how intuitive intelligence rises into rational intelligence, or how unmoral perceptions rise into moral conceptions.

The vigilant biologist traces life to the nucleated cell. Here, in the department of Protozoa, he becomes bewildered. He misses the connecting link. He fails to discover that subtle principle which enters into and converts inanimate substance into living organisms.

This lack of basic knowledge caused Carrel to state that, "Our ignorance (of the body and its functions) is profound. . . . The mechanistic physiologists of the 19th century . . . have committed an error in endeavoring to reduce man entirely to physical chemistry (Man, The Unknown, P. 4, 34).

In more definite terms, modern physiologists of the orthodox school are still in darkness as to the body's requirements and functions. What the body needs to sustain it and why its functions are things unknown to them.

The field is wide open for the consideration of Man, with almost nothing definitely known by physical science, and any reasonable theory advanced may be as correct as any other.

#### IS EATING NECESSARY

"Appetite comes with eating."—F. A. Ridley.

In our work titled "THE NUTRITIONAL MYTH," we stated that it is more difficult to explain why man should eat than to show that he should never eat.

It is said by some unorthodox physiologists that man should not eat; that what he does eat does not sustain his body; that the cells of which his body is composed are self-existent and self-sustaining, as are all other objects that are composed of atoms as the body cells are; and that man should have no more need for food than a stone or a star, since these also are constituted of atoms the same as are the body cells.

Science knows that the Parent Cell begins the body and builds it by a process of cell division and subdivision. Food does not build the cell nor the body. Neither can food sustain the cell or the body.

New cells are not produced by food but by the division of pre-existent cells. The new cells replace the disintegrated cells. Modern science knows that. It knows that the new cells are not the product of food. Yet it insists that the body is nourished and sustained by what man eats.

Consistency of thought demands that we proceed in our processes in a direct line through infinite time to infinite results. If food does not produce cells, if all cells of the body are produced by the process of division and sub-division of pre-existent cells, then food does not



and cannot nourish and sustain the cells. In that case the cells need no nourishment, cannot receive nor use it, and are self-existent and eternal.

If food can produce and sustain Living Cells, if unintelligent matter can produce intelligence, there is no reason why man should not progress to infinite capacity by virtue of the power residing in the food he eats.

#### ELIMINATION

Experiments consistently show without an exception, that elimination is much more important than feeding. Many refuse to recognize that fact.

The maintenance of the vital condition of the body is more intimately and immediately related to and dependent upon the excreting part of the physiological process than it is upon the supply of new aliment.

Many refuse to recognize the fact that feeding may be suspended for a considerable period without causing anything more serious than loss of weight and strength. The records show that people have gone without food all the way from forty days to forty years, and still lived in good health.

But the elimination of the effete substance produced by tissue disintegration cannot be checked for even a few minutes, in warm blooded animals, without inducing fatal results.

Every act of respiration is in effect the leading process of excretion, and the only process of animation. For to stay the breathing is to stop the living (LONGEVITY—Chapter 3).

The products of cell disintegration are liquids and gases, of which the gases form the greater part. The major portion of the gases is eliminated via the lungs. The rest leaves the body thru the kidneys and skin. The liquids also leave the body via the kidneys, lungs and skin.

#### CELLS ARE NOT PRODUCED BY FOOD

We reiterate that what man eats and drinks does not produce cells nor nourish them. The cells all come from the Parent Cell, the beginning point of the body.

The body cells do not depend on what man eats and drinks. They are not nourished. That is another illusion. The cells are far above the nutritional level, are independent of nutrition, and are self-existent and eternal—a fact demonstrated by Carrel.

Upon the demise of the body, the tissues, glands and organs disintegrate, setting free the cells that constitute these structures; and the immortal cells return to the Cosmic Ether, whence they came. The cells are perpetual and indestructible, as are all primal elements of the Universe, to which order the body-cells belong.

## EARLY MEN WERE BREATHARIANS

These facts have constrained unorthodox physiologists to advance the theory that the first men in the early days were Breatharians, deriving from the Divine Breath of Life (Gen. 2:7) all the substance the body required for its existence, and they lived from eighty thousand to a hundred thousand years—or until they were ready to return to their spiritual home, as stated in our work on LONGEVITY, Chapter 12.

The human body is now known to be a composition of trillions of cells. Each cell is a mass of millions of atoms, each of which is a globular system with “planets” whirling with tremendous speed. What use, asks the unorthodox physiologist, has such a system for food and drink? What use has our solar system for food and drink?

## THE MIRACULOUS CELL

The body cells are endowed with unsuspected powers and astounding properties. Despite its smallness, the cell is an exceedingly complex organism that does not in the least resemble the favorite abstraction of the modern chemist—a *drop of gelatin surrounded by a semi-permeable membrane*.

While the structural complexity of the living cell is disconcerting to the orthodox biologist, its chemical constitution is still more intricate. A droplet of water forms a tiny microcosm containing, in a state of extreme dilution a great variety of cosmic elements. The body cell is practically a duplicate thereof, but raised to the exalted plane of divine animation.

Carrel says that the Parent Cell and the Cells that come there from are “*not made of extraneous material, like a house*” (P. 107).

He means that the cells are not composed of what man eats and drinks. He states that while the body is composed of cells as a house is of brick, the body is born of a cell that makes more cells, just as though a house originated from one brick, “a magic brick that would set about manufacturing other bricks. Those bricks, without waiting for the architect’s drawings or the coming of the bricklayers,” says Carrel, “would assemble themselves and form a house” and all parts thereof.

## LESSON No. 3

### PHYSICAL IMMORTALITY

“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.”—Monroe.



John Gardner, M.D., in his work "Longevity," wrote,

"Before the Flood men are said to have lived 500 and even 900 years. As a physiologist I can assert positively that there is no fact reached by science to contradict or render this as improbable. It is more difficult, on scientific grounds, to explain why man dies at all, than it is to believe in the duration of human life for a thousand years."

Dr. Foissac wrote in his book on "Longevity," that

"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 (Part II, Chapter 2).

After years of investigation, the famous Metchnikoff declared that deterioration of the bodily structure and old age are due to minute quantities of poisonous substances in the blood.

#### WHY MAN DEGENERATES

In his book, "Prolongation of Life," Metchnikoff furnishes the first logical explanation in modern times of the degenerative changes occurring in the body, and why. His findings have been confirmed by leading researchers, including such noted doctors as Crile, Emphringham and Carrel.

1. Crile said, "There is no natural death. All deaths from so-called natural causes are merely the end-products of a progressive acid saturation."
2. Emphringham declares, "All creatures automatically poison themselves. Not TIME but these toxic products produce the senile changes that we call old age."
3. Carrel asserted, "The cell is immortal. It is merely the fluid in which it floats that degenerates. Renew this fluid at proper intervals, and give the cell proper nourishment upon which to feed, and, so far as we know, the pulsation of life may go on forever. . . . Quickly, involuntarily, the thought comes: Why not with man? Why not purge the body of the worn-out fluids, develop a similar technique for renewing them—and so win immortality?" (Man, The Unknown).

Carrel was great; but he missed some vital points. He could not rise above the medical theory of cell nutrition. We show in our work "THE NUTRITIONAL MYTH" that the cells of the body are self-sustaining, self-existent, eternal. They are far above the nourishment level.

In the attempt to nourish cells which need no nourishment, lies one of the errors that hurries man to the grave. Feeding increases the degenerative process, whereas fasting, the opposite course, institutes the opposite effect—the process of rejuvenation.

The body is composed of trillions of cells. Carrel shows that all organs and structures that constitute the body as a whole, come from the original Parent Cell by a process of cell division and subdivision. That fact is definitely stated in all text-books on anatomy.

It is highly important to note that Carrel further states that the Parent Cell and the Cells that come from it, are "not made of extraneous material like a house." He means that the cells are not made and composed of what man breathes, drinks and eats.

That being an admitted fact, then as the cells are not the product of food, they are independent of food and are not sustained by it. What food does not produce it cannot sustain.

As the body is not composed of "extraneous material," we cannot feed it with such material, as such material is foreign to its constitution.

The body is composed of cells, not of food; and the cells are composed of molecules, which are composed of atoms, which are composed of electrons, which are whirling centers of vibratory force in the ether.

Recent observations show that the entire Material World is only a visible manifestation of varying wave forms. Dr. H. H. Sheldon, University of New York, wrote:

"We live in a world of waves. The further we delve into the ultimate structure of Matter, the more obvious it is that nothing exists except in wave form.

"Electrons, long thought to be the ultimate particles of which all matter is formed, have now been shown to have a reality only as a wave form, while an atom consists of a bundle of such waves."

This means that cells consist of a bundle of such waves, as cells are composed of nothing but atoms. This further means that the body consists of a bundle of such waves, as the body is composed of nothing but cells.

So far as such physical structures as man and animals are concerned, this doctrine might be contested by the old school of scientists; but Sheldon says:

"We as individuals undoubtedly have no existence in reality other than as waves, multitudinous and complicated centers, perhaps, in what we call the ether. . . . We are analogous, in a sense, to the sounds that issue from a piano when a chord is struck, or when a symphony orchestra sounds."

Electrons do not eat, atoms do not eat, molecules do not eat, cells do not eat, and the body does not eat.

Then why does man eat? That question science cannot answer; but we answer it according to Cosmic Law in our work, "THE NUTRITIONAL MYTH." We said:



"Cell and body nutrition is a myth. What man consumes does not supply cell nutrition by assimilation as taught by science. The ingested substances merely produce activity in cell function by *stimulation* and not by nutrition.

"Two types of stimulation seem essential for the function of living cells: Vital and Chemical. The nerves supply the Vital from the Life Source, and air, food and liquid supply the chemical.

"The ingested substances contact and stimulate the cells into action, and pass from the body through the eliminative channels, as flowing water turns the wheel of a mill, thus activating the machinery in the mill that does the grinding."—P. 17.

### THE TRANSPORTATION SYSTEM

Consider the water and the water wheel. The water below the wheel is the same that activated the wheel as it passed.

The same substance that leaves the body as waste is the same substance that enters the body as air, liquid and food. In their passage thru the body, as the water passing the wheel, they stimulate and activate the cells which compose the organs and tissues which constitute the body.

The substances man breathes, drinks and eats enter the body and pass into the blood. The blood, as a transportation system, carries the substances to the cells where they stimulate and activate the cells, but pass on without becoming a part of the cells—as the water passes on without becoming a part of the wheel or the mill. And as the water activates the wheel in passing, it activates all the machinery of the mill.

Carrel, as an orthodox medical doctor, went no farther than the cell and held to the medical theory of nutrition. His experiments showed the cell to be immortal. When the fluids fail to carry off what he regarded as the excrement of the cells, he found that the cells degenerate, grow senile, and show signs of dying. Each time they were rejuvenated by a cleaning process.

Here again Carrell missed a vital point. Body cells do not die; and he himself declared them to be immortal. The cells simply sink below the life-level of vibratory action because their magnetic poles become corroded by the acids that are not carried off and eliminated by a clogged blood stream.

Naturists know that patients recover quickly under fasting because fasting reduces the amount of pollution in the blood, thus freeing the cells of the injurious effect of the acids, Crile said that "all deaths from so-called natural causes are merely the end-point of a progressive acid saturation."

In fasting is the process of renewing the fluids mentioned by Carrel. That is also the process of rejuvenation as many experiments have shown.

This startling knowledge leads physiologists to declare that decrepitude and physical death, except by accident, are due to

- (1) polluted blood system and the
- (2) accumulation of garbage.

This results in a corrosion of the magnetic poles of the cells, making them incompetent to receive the animating amount of vital vibrations of the Life Force, and they fall below the level of animation. Carrel called that condition the death of the cells.

If we keep the cells from dying, we keep the body from dying. For the body is composed of nothing but cells. Nor do the cells die. They are immortal. But when their vibratory rate falls below the life level rate, the body accordingly sinks below the life level plane: and that state is what we term physical death.

### BLOOD PURIFICATION

Elimination therefore appears far more important than feeding. If blood purification by the kidneys were stopped, man would die in three to five days. If blood purification by the lungs were stopped, man would die in three to five minutes.

In the matter of health and life we always come back to the blood. "It is merely the fluid in which the cell floats that degenerates," said Carrel, and he added, "Why not purge the body of the worn-out fluids, develop a similar technique for renewing them—and so win immortality?"

That simply seems to be the secret of physical immortality.

With every poison that man can inhale, drink and eat which does not kill him instantly, his Vital Stream is changed from the River of Health and Life to the Pool of Pollution and Death.

In due time, after much suffering, man dies "of a progressive acid saturation" of his blood, tissues and cells, in fulfilment of the cosmic law that he reaps as he sows (Gal. 6:7).

### LESSON NO. 4

### VITAL ADJUSTMENT

Carrel and Lakhovsky are the greatest scientists of the age so far as the constitution of Man is concerned. The former dug deeper into the body and its processes perhaps than any one else in modern times, while the latter swept the universe in his search for the secret of Life.

Carrel devoted a chapter of his work, *Man The Unknown*, to the important subject of Adaptive Functions, and declared them to be responsible for the duration of man's life. He showed why man's body, composed of soft, alterable matter, susceptible of disintegration in a few hours, lasts longer than if made of steel. He wrote:



"Not only does he last, but he ceaselessly overcomes 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. He persists in living despite physical, economic and social upheavals. Such endurance is due to a very particular mode of activity of his tissues and humors. The body seems to mold itself on events. Instead of wearing out (collapsing) it changes. Our 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 . . . always incline in the direction leading to the longest survival of man. This strange function, this watchful automatism with its specific characters, makes human existence possible. It is called Adaptation."—191-2.

People know so little concerning the adaptive functions of the body. Hence it will be difficult for the reader to understand that the weaker his body becomes the longer its duration under adverse conditions.

Carrel himself appeared not to know that man "persists in living despite physical, economic and social upheavals," because of the fact that as the "body seems to mold itself on events," it suffers in the process a corresponding weakness which will be explained as we proceed, and that explanation will be so new to the student that he will miss some vital points unless he reads this lesson several times.

#### DISEASE GERMS

We shall begin by referring to the fraudulent claim that the world is filled with evil entities which attack healthy persons without reason and the result is "disease,"—something so dangerous that it must be combatted and cured.

A deceived world believes in this and rejects evidence that exposes it. Carrel believed in it to the extent that he asserted, "*scientific medicine has given to man artificial health*" (P. 311).

It requires great prejudice to blind a scholar so completely that he cannot see the obvious absurdity of such a statement.

According to cosmic law, man reaps as he sows; and that law has no exception (Gal. 6:7). We shall use that law as a guide to lead us through the wilderness and confusion created by Carrel's "scientific medicine."

#### GOOD HEALTH IS NOT IMMUNITY

Doctors volubly discuss the theory of "resistance to disease," and Carrel believed in it. Supposedly good health makes man "immune" to disease-breeding influences, to the attack of germs, to vicious habits, to hostile environment.

The theory of "scientific medicine" is that man is attacked by disease because of a weakening of the natural body defenses. Alfred Pulford, M.D., M.H.S., F.A.C.T.S., a medical practitioner of fifty years, wrote:

"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 (Truth Teller, April 1944, P. 2).

In his daily column in the press of June 8th, 1944, Irving S. Cutter, M.D., said:

"Now is the time to think of getting rid of that chronic winter cough. Yes, bacteria are responsible. But their very existence with all the irritation they can create, means that basic resistance (of the body) is too depleted to throw them off."

The better doctors know the germ theory of disease is false. If it were true, no man nor beast could live long. They would be literally devoured by "disease germs."

Natural science shows that correspondence must prevail as between the living organism and its environment. That is the positive, primal, and fundamental condition of Existence.

It were impossible for primitive man to come into physical being unless the proper, perfect and harmonious condition of his Environment prepared the way. Furthermore, the health condition of man's body can never be any better than the health condition of his Environment, with the condition of which his body must always be in correspondence.

Bananas grow not in a cold climate because their constitution does not correspond with such climate. Salt water fish live not in fresh water because their constitution does not correspond with such water. That is natural science.

Man is the most perfect of all creatures, and is able to rise superior to bananas and fish by reason of his body's "watchful automatism with its specific characters" which "make human existence possible." He can modify the condition of a hostile climate or adjust himself to it so as to live for a limited time in the hottest and coldest regions on earth.

The Law of Correspondence in this case means that a condition of harmony must exist as between living things and their environment, or they will die and disappear. That does occur occasionally, causing certain plants and animals to become extinct.

Spencer formulated the Law of Eternal Physical Existence and sought to show that Death was the end result of environmental changes which the living organism had not adapted changes to meet, thus creating a condition of discord and friction that sent the body down to death.

The human body is so perfectly constituted that it possesses the power to prolong its duration by adapting itself to conditions so adverse that they would otherwise cause not only early death, but instant death in some cases.

On this point Dr. Charles W. Greene wrote:



"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 the same air be breathed again and again, the proportion of carbon dioxide and organic matter in it will increase until it becomes decidedly unfit to breathe.

"It is a remarkable fact that the organism, in time, adapts itself to a very vitiated atmosphere, and that a person soon comes to breathe, without sensible inconvenience, an atmosphere which, when he first enters it, feels intolerable. But such an 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" (P. 286).

There is a definite statement of what occurs in the body as its "watchful automatism with its specific characters make human existence possible" in an atmosphere so badly poisoned that it feels intolerable when one first enters it. The adaptation occurs "*at the expense of a depression of all the vital functions, which must be injurious if long-continued or often repeated.*"

That is how the body builds up "basic resistance" to inimical influences and unhealthful conditions. We must first weaken the body's vital powers before it will submit without protest to "the dangers of the outside world" and the evil effects of bad habits.

#### IMMUNITY REDUCES POWER TO RESIST

The secret of Vital Adaptation is the riddle that puzzles the doctors. They term it immunity. The body acquires immunity to dangers by reducing its powers to resist them. Exactly the opposite of what medical art teaches.

We shall recite another instance of this weakened condition which medical art terms immunity. Greene continues.

"This 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 contained in it will permit the bird to live for 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 will die at once" (Kirks Physiology, revised by Greene, P. 304).

According to medical theory of 'vital resistance,' the fresh healthy bird should have resisted the effect of the polluted air in the bell-glass 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 certain degree of debilitation by reason of breathing the poisonous exhalations of its own body, could have lived for another hour.

This illustrates what Carrel means when he says, "Our organs always improvise means of meeting every new situation; and these means are such that they tend to give man (living creatures) a maximum duration. The physiological processes (of all animals) al-

ways incline in the direction leading to the longest survival of man.”

Man in civilization is born into and grows up in an environment of polluted air that may kill in a day a wild Indian of the hills, whose vital body would react so violently to the shock, that death may soon result.

No matter how repugnant or destructive a thing may be, we can endure it provided time is given to secure the efficient operation of the body's power of adjustment, whereby is prevented a violent swaying of vital activities from one extreme to the other. Only sudden and violent changes become immediately destructive to life, even sometimes when it is a change from evil to good habits.

By the reduction of its vitality, the body pays in the process of becoming “immune” to discordant conditions, to poisonous substances, to evil habits.

That is the reason why the vigorous Indians of America became a “dying-race” when they came in contact with the enervating habits of the white man of Europe who survived in spite of the evil effects because he was born in and grew up under those health destroying conditions. His body was accustomed to them, was adjusted to them; but the body of the healthy Indians was not, and they died like flies.

All evidence proves conclusively that the more vital the organism, the more quickly it succumbs to unhealthful conditions and harmful practices. That is another paradox. We live in a world of illusion.

There is a natural condition of Vital Adjustment to unhealthful conditions and harmful habits, but no Vital Resistance. That is another fallacy that belongs in the same category with the absurd theory of “contagious diseases.”

It is a paradox that the body, in a weakened condition, will tolerate and endure longer than a more vital body, the various evil practices and inimical influences which it cannot control, and which it must endure or die. Carrel says “the body perceives the remote as well as the near, the future as well as the present,” and it prepares accordingly (P. 197).

Creative Intelligence knows that the weakened body will endure more and live longer under adverse conditions. This appears paradoxical, yet the truth of it every scientist can demonstrate for himself.

#### CONDITIONS THAT DESTROY HEALTH

The condition of the living organism is governed by habits, environment and climate. If these are good, vigorous health and longevity are the rewards.

Conversely, when this trio of factors is bad, the body is forced to adjust itself to endure them, or perish. It is either endurance or death.

But for the Law of Vital Adjustment, the race had perished ages



ago. As it is, a gradual degenerative process through the ages has reduced man's life-span from eighty thousand years to an average of much less than eighty.

It is Vital Adjustment, not Vital Resistance, that enables the body to survive for a few miserable years, with aches and pains, in air so foul that one in vigorous health would be in danger of dropping dead by suddenly coming in contact with it, as the vital bird thrust into the air that was polluted by the exhalations of the previous bird under the bell-glass.

#### DANGER OF SMOKING

The Law of Vital Adjustment makes it possible for the body to tolerate man's evil habits. That makes it possible for the smoker to endure and even enjoy his poisonous pipe. The same pipe would make a vigorous non-smoker ill, or might cause death; as death in such cases has been reported.

The vital youth in his ignorance takes his first smoke. His vital body reacts with such vigor against the dangerous poison that sickness results. The degree of his sickness is the measure of his vitality. The more vital his body, the sicker he is.

Here are the poisons found in a chemical analysis of tobacco, Nicotine, nicotinuine, carbon monoxide, carbon dioxide, ammonia, methane, methylamine, hydrogen-sulphide, furfural, nicotelline, pyrrole, pyridine, picoline, lutidine, collidine, formaldehyde, carbolic acid, prusic acid, arsenic.

Chemical analysis shows that cigarets contain the following active poisons: Furfural, acrolein, diethylene, glycol, carbon monoxide, pyridine, nicotine, carbolic acid, ammonia, and a host of tarry substances.

The tarry substances in tobacco smoke are approximately 2.25 percent. They stick to the walls of the lungs, forming a coating that obstructs the free passage of oxygen into the blood. Those who must breathe air laden with tobacco smoke are injured almost as much by it as are the smokers.

These are the poisons to which the body of the smoker adapts itself in order to survive. It is either endurance or death.

The use of purgatives and laxatives in the case of constipation illustrates the work of the Law of Vital Adjustment. As these poisonous substances are used to force the bowels to move, the body slowly adjusts itself to them and from time to time the dosage must be increased to make the body act, or some other poison more powerful must be used.

As the horses grow weary drawing the heavy load, the whip must be used harder to drive them on. As the body weakens from constipation and the poisons that force bowel movements, the dosage must be stronger or more powerful poisons used to make the body act.

The youthful smoker disregards the warning reaction of his body. He continues the harmful habit, and gradually the poisons of the tobacco weaken the nerves and reduce the vitality to where it cannot fight back. Now he can smoke in comfort and experience immediately no ill effects. He has established "immunity" say some people. But in so doing he is taking the short-cut to the grave. The body slowly sinks into a process of degeneration and slow suicide under the power of the deadly enemy.

We may well say that what is termed the Law of Vital Adjustment is also the Law of Vital Reduction. It is the process of vital reduction that brings the body into subjection to any devitalising substance, influence, habit or practice.

### TOLERATION BY THE BODY

The body's vitality is reduced to save it from sudden death and prolong its duration. Instead of dropping dead, one dies by inches, and in the process of slowly dying one suffers until the body can endure no more and the grave ends all.

Great is the power of the body to adjust itself to conditions and poisons that would destroy it. Far greater than man can imagine.

The Law of Vital Reduction will enable the body to adjust itself to the point where the opium addict can take at one time a dose of dope so large that it had killed him quickly had he at first taken a dose that large.

The law may cause the body to adjust itself to the point where the venom of the reptile will fail to kill. The Grit of October 14th 1951, reported the case of Bill Haast who is said to be in that condition. The account is as follows—

"He is full of snake poison himself, for when he first began handling the reptiles he set out to make himself immune to their bites.

"The serpentarium owner inoculated himself with larger and larger doses of snake poison and now believes he is the only man in the world genuinely immune to all types of snake venom.

"He has been bitten by nine cobras and many other times by rattlers, mocassins, corals, and various other kinds of killers."

As the Law of Vital Adjustment operates in the case of smoking and other bad habits, so has it operated in the case of eating. When man first began to eat, the substances that entered his then rudimentary stomach were poisonous to his body, as in the case of tobacco. He persisted in eating and the Law of Vital Adjustment brought his body into harmony with the habit.

*But such an adaptation could occur only at the expense of a depression of all the vital functions, which must be injurious if long-continued or often repeated.* That is the law and there is no exception to its operation.





Some substances man eats are still poisonous to him after all the long ages he has followed the practice. His body has never been able to adjust itself completely to some of the things he eats.

Tea and coffee still make sick some who drink these, and no one can avoid their harmful effects.

As the flesh eater becomes a vegetarian, the Law of Vital Adjustment goes into operation, and the time comes when even the odor of the meat market or of boiling beef, which was formerly so fragrant to him, becomes obnoxious to him. These are facts that are unbelievable to him who knows them not by actual experience.

#### IMMUNITY

What medical art terms "immunity" is a condition produced by reducing the body's vitality. The reduction is accomplished by weakening and dulling the nerve system, and it may have far reaching effects.

The Federal Bureau of Census discloses the shocking fact that the number of persons 15 to 19 years old in this country in 1950 was 14 percent less than in 1940, whereas the population in the same period increased 19,500,000.

The startling decrease in the number of young people may be

the damaging effects of vaccination and inoculation—in an effort to make man disease-proof. Perhaps those who manage to survive the process and live long enough to reach adulthood, will never know the meaning of the term good health.

The damaging effect of vaccinating and inoculating all school children seems to appear in the young men of draft age. The press of June 21st 1952, reported that 11.6 percent, or 1,443,315 of the 12,416,129 men it classified from 1948 up to April 30th under the draft system have been put in Class 4-F, as unfit for military service.

This includes the states, the District of Columbia and the territories. The Canal Zone, where the medical rule is less rigid in the vaccination and inoculation of children, had the lowest percentage of 4-F's.

Acute diseases are nothing more than symptoms of the body's reaction to internal poisons, or a condition of "acid saturation" as Crile calls it.

There is no absolute immunity to internal poisoning. The body cannot be saturated with poisons and not suffer a corresponding degenerative change.

The condition of apparent immunity to poisons, to bad habits, or to so-called disease, arises because the poisonous substances, or the vaccines and serums, dull the nerves and reduce the body's vitality, making the body unable to react against the poisons that a more vital body would cast off in the eliminative process which are termed diseases.

Man gains so-called immunity by paying the price. That price is a dulling of the nerves that reduces the body's vitality, and that is the short-cut to the cemetery.

The wholesale practice of vaccination and inoculation is poisoning the body and reducing its vitality and decreasing its duration so fast, that the death-rate after the age of 45 is steadily rising. Professor C. H. Forsyth of Dartmouth College was reported in the press of July 30th 1929, as stating:

"The expectation of life from the age of 45 on, is the lowest of which we have any record. Far lower than it was forty years ago—and it is still falling."

#### LESSON NO. 5

#### BODY CHANGES

"Man ceaselessly overcomes the difficulties and dangers of the outside world. He accommodates himself to the changing conditions of his environment. The body seems to mold itself on events. Instead of wearing out, it changes. Our organs always improvise means of meeting every new situation; and these means are such that they tend to give us a maximum duration. The physiological processes always incline in the direction of the longest survival."—Man, The Unknown.



These statements by one of the great scientists of the age, so far as living organisms are concerned, mean much more than many understand.

By reason of the perfection of the body and of the power of vital adjustment possessed by it, a power little understood by the greatest scientist, man has been able to survive thru the ages in spite of his changing environment and his evil habits.

The toll taken thru the ages by the evils and dangers thus thrust upon the body, has been a deterioration of the body's organs and structures that has reduced its duration from a period that probably once covered nearly a hundred thousand years to that of much less than one century in modern times.

#### MISLEADING THE MULTITUDE

Modern institutions attempt to conceal the facts of human degeneration by deception, by the destruction of ancient records, and by leading people to believe that the race is progressing, moving upward, and that man now stands at the very pinnacle of his earthly career, that his scope of knowledge is greater than the race has ever before possessed.

There is not a scrap of evidence to support these claims. They are empty and misleading. They fall before every impartial investigation, and do much damage and no good. They weaken all desire to live a better life and discredit those who present the facts. They constrain the multitude to regard and treat as an enemy any teacher who would show the way back to the better life, making it dangerous to expose fraud and advocate race improvement.

The elements of Time and Tear have no effect on the living body. The turning of the earth on its axis means nothing to a body that is repaired and renewed every minute of its existence.

The body neither ages nor wears—*but it weakens*. The causes of the weakness include man's hostile environment, his harmful habits, and medical treatment.

Carrel seemed to disregard habits and medical treatment. He saw only "the difficulties and dangers of the outside world." He is right in holding that a hostile environment is enough to weaken the body and send it to the grave; but the difficulties and dangers of man's habits and medical treatment are often more injurious than those of the external world.

As a result of the inimical conditions to which it is subjected, and the injurious substances that enter its receiving chambers (air organs and stomach), the body changes instead of wearing out, as Carrel says.

The body changes may be briefly considered under three main heads, viz.,

- (1) a change in the organs and glands ruled by the Law of Vital Adjustment,
- (2) causing changes in their functions, and
- (3) a change in the quality of the cells and tissues.

By this course the body gently sinks into a slow process of degeneration instead of dying suddenly, giving the body a maximum duration under the circumstances, because it is able to change as Carrel says.

1. The changes in the body's organs and glands, under the Law of Vital Adjustment, cause some of them to fall below par and, in time, lapse into a state of dormancy or semi-dormancy. The others must increase in size and function to compensate for this loss, putting a strain on them as the body struggles to survive under the handicaps it is forced to face.

2. The changes in function resulting from the change in organs and glands are numerous and are for the worse. A condition of slow deterioration sets in, and its symptoms are what doctors are trained to term "disease." In time these changes appear as diabetes, Bright's disease, arthritis, neuritis, lumbago, rheumatism, and so on through the entire list of diseases.

3. The change in the quality of the cells and tissues appear in that condition of weakness known as old age," where and when the activity and elasticity of youth are succeeded by the slowness and stiffness of decrepitude.

#### HARMFUL PRACTICES FROM BIRTH

The changes are not the work of Time and Tear, but of harmful habits, a hostile environment, and that medical treatment which begins after the babe is born, as vaccination and inoculation to make the body disease-proof," and is continued all through life. The body is poisoned and weakened at the start, begins its decline into degeneration immediately, and is never given an opportunity to recover.

As the organs and glands become dormant or semidormant, the body and its functions change in its adaptation to evil influences that reduce much of its integrity and efficiency, and it loses much of its spiritual capacity and faculty to function on the spiritual plane.

The evidence of this loss is most apparent in the brain, and proof of this loss is found in the institutions of civilization that are filled with the insane and feeble minded. It is common knowledge that civilized man is mentally only ten percent of what he should be and the few on earth still sufficiently sane to see the light are those who are jailed and liquidated on charges of obstructing social progress by exposing the social pattern.

Man as a Breatharian received all his substance of the Cosmos directly through his Air (Spiritual) Organs, and thus functioned on



the Spiritual Plane while dwelling in the Material World. His spiritual capacity and faculty to function on the Spiritual Plane failed in direct ratio as his body changed and became more material through the internal changes suffered by his organs as a result of the body's adapting itself to the evil influences which it could not control, and which it was forced to endure or die.

In the perfect state of Breatharianism, man's body was free of the clogging and dulling substances of the material world; and it must be free again of these damaging substances before it can return to its perfect state, when man was competent to explore with his mind the Spiritual Universe and possessed actual knowledge of the fact that he is of that Kingdom and has eternal life. But one should not court danger by trying to return to Breatharianism too quickly.

In his present, degenerate state, man's body is afflicted with all the cumulative effects of his harmful habits, his hostile environment, and the poisons introduced into his body by the doctors. That is the change, as Carrel called it, which we know as the shocking stage wherein man's physical organism sinks into the decrepit stage termed old age. He is taught to expect it, as his body wears out.

On the contrary, the best doctors declare that the body does not and cannot wear out, and is so perfect, as a machine, that it should go on forever.

#### FEWER CENTENARIANS

As evidence of the progress of degeneration, Royal S. Copeland, M.D., former New York Health Commissioner, said in the press of June 27th 1930:

"Fifty years ago there was a population of a little more than fifty million people in the United States, 4,000 of whom were centenarians. At the present time, with more than double the population of fifty years ago, there are only 2,841 people who have reached the age of 100."

Dr. John Harvey Kellogg wrote: "Civilized man is dying. This melancholy fact is recognized by all students of anthropology. Such eminent economists as Major Darwin, son of the famous Charles Darwin, and Professor C. B. Davenport of Carnegie Institution, consider the case hopeless, and believe that man will ultimately become extinct through degeneration."—Good Health, August 1930.

Max Heindel, an author of note, in writing on Man's past evolution, present constitution and future development," attempts to show in his book under the Science of Nutrition," that decrepitude and death result from a change in the body's organs, structures and tissues because of what man eats and drinks. He ignores "the difficulties and dangers of the outside world," which Carrel saw, and failed to notice

the wholesale manner in which the race is being poisoned. Heindel wrote:

"There is a gradual increase in density and firmness of bones, tendons, cartilages, ligaments, tissues, membranes, the coverings and even the very substance of the stomach, liver, lungs and other organs. The joints become rigid and dry. They begin to crack and grate when they are moved, because the synovial fluid, which oils and softens them, is diminished in quantity and rendered too thick and glutinous to serve that purpose.

"The heart, the brain, and the entire muscular system, spinal cord, nerves, eyes, etc., partake of the same consolidating process, growing more and more rigid. Millions upon millions of the minute capillary vessels which ramify and spread like the branches of a tree throughout the entire body, gradually choke up and change into solid fiber, no longer pervious to blood.

"The larger blood vessels, both arteries and veins, indurate, lose their elasticity, grow smaller, and become incapable of carrying the required amount of blood. The fluids of the body thicken and become putrid, loaded with earthy matter. The skin withers and grows wrinkled and dry. The hair falls out for lack of oil. The teeth decay and drop out for lack of gelatine. The motor nerves begin to dry up and the body's movements become awkward and slow. The senses fail; the circulation of the blood is retarded; it stagnates and congeals in the vessels. More and more the body loses its former powers. Once elastic, healthy, alert, pliable, active and sensitive, it (changes and) becomes rigid, slow, and insensible. Finally, it dies of old age."

Medical art says the body wears out. Carrel says it changes. Given above is a good description of the more apparent changes. From the changes listed many others occur that are less noticeable and harder to describe.

It is unnatural for the body thus to change; and the changes do not come of their own accord. The body battles against them, but they are forced upon the body by the persistence of a hostile environment and man's harmful habits.

#### THE BODY FIGHTS AGAINST CHANGES

The changes come slowly, gradually, steadily, while the body is constantly struggling against the various handicaps in its fight to live. The evidence of this struggle are the symptoms termed disease.

The cause of the changes are not in the body, but "in the difficulties and dangers of the outside world," and in the difficulties and dangers of man's evil habits.

#### RUDIMENTARY ORGANS

The great Carrel, in his work, "Man The Unknown," wrote: "The body seems to mold itself on events. Instead of wearing out (dying), it changes" (degenerates) (P. 192).



We have described some body changes in the foregoing pages, showing how and why the body sinks into degeneration and death. There is another phase of the subject to which we shall now refer.

On page 197 Carrel said that the body's intelligence possesses both a prevision and a provision. It perceives the remote and the near; the future and the present, and provides, by definite changes, for such conditions and emergencies as its prevision shows that it must meet—or perish.

Carrel failed, for some reason, to proceed from there and present some evidence of changes which the body makes and has made in order to survive under new conditions that prevailed not at the time when man first came into physical being. Had he done so, he would have uncovered some strange and startling things.

Could Carrel, as a doctor, see the present rudimentary organs and glands in the body, and not understand that they must have been useful and functional at some early period in man's life? These rudimentary structures must represent changes the body has made in its struggles to survive under adverse conditions.

Could Carrel view the stomach and intestines in modern man and not realize they were rudimentary structures in the days when man was a complete Bretharian?

With that evil disorder Constipation so prevalent that it is termed the "national disorder," and with few folks free of hemorrhoids (piles), of stomach and bowel troubles, with thousands suffering from appendicitis and many dying from appendectomy, could Carrel pass these glaring facts and not perceive that something must be wrong? How could he, as a doctor, fail to understand that all this misery and these disorders indicate a shifting of the body from its original course?

Even a layman knows that if a machine fails to perform efficiently a certain work, that failure is evidence that the machine is asked to do what it was not made to do.

Supreme Intelligence equipped the body, in its physical beginning, with all the structures that it would ever need under all reasonable circumstances.

It was made perfect and complete. But it seems that man has strayed even farther from the true path of life than was ever anticipated by an omniscient Creator.

Modern man has the rudimentary breast of the female. In some cases they are functional, and such men can nurse babies, as shown by Clements in his Science of Regeneration.

He also shows that the male glands of generation appear in rudimentary form in woman, and vice versa. These rudimentary structures represent changes that have occurred in the body through the ages because of changed conditions.

As a Bretharian, man had all the organs, both functional and

functionless, developed and undeveloped, that he would ever need as he drifted down the stream of degeneration.

He fell from the plane of perfection by becoming a drinker of fluid and a consumer of food, thus creating unnatural wants and desires that have dragged him down to misery and despair. He had become extinct but for the prevision of an omniscient Creator, who provided him with rudimentary structures for just such emergencies.

As the rudimentary organs were needed and commanded into use by new conditions, new environment, and new habits, they responded to the command and developed to a functional degree. Thus the body changed instead of dying.

Huxley and Darwin declared that the rudimentary organs in men and women are the remains of structures that have been better developed in an earlier state of human existence. They are the anatomical remains of what has been, and are used by modern biologists in tracing lines of descent with modification, and in determining probable ancestry.

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 'telegony,' which means that they are of past and future service or purpose" (*Anatomy of Invertebrates*, P. 68).

Darwin made a deep study of this matter and he wrote:

"Any complex organ in a rudimentary state is direct evidence of its once having been functional, and in order to discover the many transitional grades through which it has passed, we must look to very ancient forms which have long since become extinct.

"Rudimentary organs of now trifling importance, have probably been of high importance to an early progenitor, and after being perfected in a former period, have been transmitted in a more or less changed condition by modified descendants, until of slight or no use.

"In all species, or varieties, correlated variations play an important role, so that when any part has been modified or changed, other parts have necessarily been similarly affected or modified—and so viewing it, Nature may be said to have taken pains to reveal her scheme of modification by means of rudimentary organs, embryological and homologous structures, but we are too blind to understand the true meaning of them" (*Variation of Species*, pp. 14, 147, 178).

In Lesson No. 7 appears the story of a woman who is working back to Breatharianism. She said,

*"I have passed the eating stage and could not eat even if I desired, as my digestive apparatus has changed considerably, and is now unable to handle any fibre at all."*



Because it has no work to do, this woman's alimentary tract is shrinking back to its original rudimentary state as it was before man began to eat.

In the beginning the alimentary tract was rudimentary, as are the mammary glands now on man's breast, and it reverts to its original condition when man, by not eating, gives it a chance to change back.

These are some of the changes in the body to which Carrel referred but failed to describe. For the body, it is either change or perish. It is either adaptation or expiration. So the body meets the emergencies by making the necessary changes. But Carrel was too materialistic to use his Mind and find within the kingdom of God (Luke 17:21) the facts he needed to aid him in discovering and describing how and in what ways the body had changed.

The body, being subject to changes, can change in practically all directions to meet many emergencies and survive, even the changes that decrease its efficiency and diminish its duration.

The body can change to meet adverse conditions, and it can also change to meet favorable conditions. These changes are possible because of organic and functional changes within the body. As the organs change, their functions must change to a corresponding degree.

To describe these changes definitely and in detail would require observations covering thousands of years.

Some surprising changes can occur in one generation. As where a man turns into a woman and vice versa.

If a man can change to a woman so completely as to become the mother of a baby, or a woman can change to a man and become the father of a child, as Clements shows in his *Science of Regeneration*, then it should not seem so surprising or impossible that a breatharian can change to a glutton and vice versa.

As a man becomes a woman, as sexual changes occur because of organic and functional changes taking place within the body, so a breatharian becomes a glutton for the same reason.

The sex glands of a body of 9 or 10 years of age are in a rudimentary stage as a rule and not competent to function in a productive degree. But as they are commanded into use by the boy's habits, they respond and he becomes competent to produce offspring.

The press of July 15th 1951, reported the case of a ten-year-old girl in Picayune, Mississippi, who gave birth to a seven pound son. The doctor said the baby was "perfectly normal."

When similar reports come out of India, we in the U.S.A. think it is terrible. When it occurs in our own country, it is winked at and forgotten. Prejudice is a powerful influence.

LESSON No. 6

MAN'S NATURAL HOME

It stuns a man to tell him eating is not natural. Most men never heard of people who live without eating.

We show in our work, "The NUTRITIONAL MYTH," that eating is an acquired habit, like smoking. The sensation of hunger rises from certain stimulation of the alimentary tract. "Appetite comes with eating."

An advanced scholar writes that there was not an Ascent of Man but a Descent of Man, and this theory is supported by ancient records and legends.

Man did not spring from the slime of the sea nor from a worm in the ground, as science claims. He came from another planet or star, travelling to this planet in a space ship, now called "flying saucers," several of which have been seen since 1947, and some have landed on earth and dead men have been found in them.

This man did not eat, but subsisted on cosmic elements. He was a Breatharian, and assimilated sunshine and cosmic rays from the atmosphere of the earth to which he had come, and acclimatized himself to its atmosphere and his new environment.

In that distant age man dwelt in high places where air is purest and highly charged with ozone and cosmic rays. This cosmic substance he inhaled, and it was termed the Breath of Life. By it his body was animated and sustained. In the high altitude the weather was perpetually cool, but his powerful vitality kept him comfortable.

In that day, according to legend, man had a life-span of nearly a hundred thousand years. He did not know somatic death according to Bagget Irland, who said:

"During that time it was common to find men and women who were thousands of years old. In fact, they did not know (somatic) death. They passed from one accomplishment to a higher attainment of life and its reality. They accepted Life's true source, and it released to them its boundless treasures in a never-ending stream of abundance."—Life & Teachings of the Masters of the Far East, Volume II.

Long ages pass and the time came when man decided to use pure rain water. So he added liquid to his sustaining substance.. This man was blonde in complexion, had sparkling blue eyes that resembled the color of the sky and hair of golden yellow that resembled the sunshine.

The ancient Greeks had a tradition of the Hyperboreans who dwelt in the mountains in a land of perpetual sunshine and ate only fruit, but originally, like the gods from whom they descended, subsisted on air and sunshine. They were never ill and the duration of



their life was a thousand years. The word Hyperborean means beyond or in the mountains.

Man's traditional "Fall" occurred when he migrated to lower levels, where he found fruit growing and ate thereof—an event symbolized by eating the apple.

Only after man descended to the low regions of the tropics, where he found fruit growing in abundance, did he become a consumer of food and darker in color.

#### ALTITUDE IS BENEFICIAL

Science shows that climate and altitude govern man. Each race harmonizes with its environment. In the high, cool regions, in the warmer middle regions, in the low hot regions, the type of people differ, but in each region they are basically similar.

According to climate, altitude and the condition of the air, so is man. By these he is ruled, his constitution formed, and his habits shaped.

Regardless of where or how man lives, his body is basically composed of and sustained by cosmic rays, either directly or indirectly, in the form of minerals condensed from the rays after they strike the earth's atmosphere. It is for this reason that in high altitudes, where cosmic rays are stronger, the air contains more minerals to sustain the body, making it easier to subsist on cosmic rays at high altitudes than in low regions.

In low, warm regions people are languid, listless, of low vitality and poor health generally, regardless of how they live or the kind or amount of food they eat.

The air of such regions lacks freshness and vigor; it contains too much carbon dioxide and too little oxygen and ozone. Also, the humid decomposing humus in the soil emits odors of acid decay that further weaken the body and shorten its duration.

The worst air, speaking generally, is the stagnant, stifling, warm air in low regions of the temperate and tropic zones. In the latter region occurs the lowest human degeneration, and in some of these regions the average life-span is surprisingly short.

Languor, listlessness, weakness, and poor health come when the body cells are saturated with acids that disturb their mineral balance. They lack the capacity to receive and register cosmic radiations properly. When the mineral deficiency advances far enough, the organic radio fails to function on the life level, and that state is termed physical death.

#### LESSON No. 7

#### SHE EATS NOTHING

In regard to eating Judith C. Churchill wrote:

"When you overeat one day, you are hungrier the next. Huge meals stretch your stomach and throw your appetite out of proportion. Conversely, the less you eat the less you want. . . . After you become used to smaller food intake, you may wonder how you have previously eaten so much."—Readers Digest.

What man has done man can always do. There is an ancient tradition to the effect that the first men did not eat, and a London lady is trying to prove it on herself.

The London Sunday Chronicle of June 17th 1951, carried a picture of Mrs. Barbara Moore Pataleewa, of London, with her story that her "diet" consists of air, sunshine and an occasional glass of water. The account states:

"A woman of 50 who looks like she was only 30 claimed yesterday that she hates food, has beaten old age and expects to live at least 150 years. She has set out to do it by giving up eating.

"Twenty years ago she ate three normal meals a day. Slowly for 12 years she reduced her eating until she was keeping fit on one meal a day of grass, chickweed, clover, dandelion, and an occasional glass of fruit juice.

"Five years ago she switched entirely to juices and raw tomatoes, oranges, grasses and herbs. Now she drinks nothing but a glass of water flavored with a few drops of lemon juice to kill the taste of chlorine."

(NOTE—Killing the taste of the chlorine in the water does not remove that poisonous substance from the water, and in time the cumulative effects of the poison will appear in some ailment if she continues drinking that kind of water.—Klamonti.)

"She says, 'There is much more in sunlight and air than can be seen by the naked eye or by scientific instruments. The secret is to find the way to absorb that extra—that cosmic radiation—and turn it into food; that is what I have done.'

"Every year she goes to Switzerland for the purer air and climbs the mountains on a diet of water from the streams. 'You see,' she explains, 'my body cells and blood have undergone a complete change in composition. I am impervious to heat, cold, hunger or fatigue.' She continues:

"Winter or summer, even in Switzerland, I wear nothing but a short sleeved jumper and skirt. In cold weather people stare at me. But while they shiver in furs, I am warm. I am as strong as any man, and need only four or five hours' sleep for mental relaxation. Because I have no toxins in my system, I am never ill.

"I had to advance gradually from vegetarianism to uncooked fruit and then to liquid food. Now I am struggling towards Cosmic Food. I have passed the eating stage and could not eat even if I desired, as my digestive apparatus has changed considerably and is now unable to handle any fibre at all.'



“Instead of thinking that my normal physical life will end in ten years, I am growing younger. With patience anyone can do the same. The tragedy is that eating is considered one of the pleasures of life. To stop eating is to experience discomfort while the body is adjusting itself to the new course. I now find the very smell of food disgusting.”

Vegetarians find the smell of flesh (meat) disgusting. If they have been vegetarians long enough, to eat flesh would make them sick. We know by this and other experience that when the Breatharian first attempted to eat, it made him ill, as the first cigaret makes the youth ill. Eating still makes man ill while fasting restores health.

The statement that this woman is comfortable while thinly clad in cold weather while others shiver in furs, proves the correctness of the ancient tradition that ancient man dwelt in high regions where the weather was perpetually cool, but was kept comfortable by his powerful vitality.

She says that her body cells and blood have undergone a complete change in composition, making her impervious to heat, cold, hunger or fatigue. She further says that her digestive tract has changed considerably and is now unable to handle any fibre at all.

#### SURVIVAL IS NATURE'S GOAL

The great Carrel devotes an entire chapter to the subject of Adaptive Functions in his work *Man The Unknown*, stating that the body seems to mold itself on events, and “instead of wearing out, it changes” (P. 192). He continues:

“Our organs always improvise means of meeting every new situation; and these means are such that they tend to give us a maximum duration. The physiological processes always incline in the direction leading to the longest survival of the individual.”

We have an example of some of these changes occurring in the body of this woman. Her alimentary tract is shrinking to its original rudimentary state as it was before man began to eat.

In the beginning the alimentary tract was rudimentary, as are the mammary glands now on man's breast, and it reverts to its original size when man gives it a chance by not eating.

This woman is proving in her experiment that it is regular, under proper care, for the body to regenerate and return to its original perfect state. As degeneration is a fact, regeneration is a possibility.

#### BREATHARIANISM TO GLUTTARIANISM

As a Breatharian, man's alimentary tract was rudimentary and his lung capacity was much larger than now. The lungs decreased in size as eating forced the development of the alimentary tract and re-

duced the capacity of the air organs, because eating reduced the body's need for "cosmic food."

From its original state of Breatharianism, the body has gradually changed thru the ages and declined to its present state of Gluttarianism. The Body has changed from a Superior Entity that was made to subsist of Cosmic Substance to an Inferior Entity that subsists largely on the gross products of materialistic substances.

The body never wears out, as is claimed. It changes says Carrel. The change to which Carrel refers is the natural way that the body sinks into degeneration from misuse and abuse, which includes bad environment and all of man's bad habits.

As the body sinks in degeneration, its vitality is rendered too weak to fight to the death against dangerous and destructive conditions. Instead of going down in sudden death, the existence of the suffering body is prolonged.

It is a "change" under the Law of Vital Adjustment by which man escapes from early death for days of misery that are pitiful for the sufferer.

As the body changes to adapt itself to the downward course, it must also change to adapt itself to the upward course, as shown in the case of this woman.

As the body sinks in degeneration under abuse, so will it rise in regeneration under proper care.

#### BURIED SIX MONTHS AND LIVES

The body is so plastic that it readily yields to man's desires and practices, whether good or bad. This is shown by the Yogis of the East who are reputed to have achieved almost unbelievable powers, by concentrated exercises and by systematic control of breathing.

Man's body is composed of soft, alterable substances, susceptible of surprising changes in function, making it last longer than if made of steel. Not only does the body last, but it ceaselessly overcomes the difficulties and dangers of its environment and of man's bad habits.

The press of July 26th 1942, carried the account of a Yogi of India, a novice, who had established a record by living in a state of suspended animation for six months in a grave, without food or drink.

When he emerged from the grave, at Benares, his clothes were said to have been worn away and his body covered with white ants. By rigid body discipline he was said to have forced his beard to stop growing, and his whiskers were no longer than when he was interred.

The statements were made by Dr. B. L. Atreya, professor of philosophy in the Benares Hindu University and general secretary of the Indian Society of Physical Research.

The yogi, practicing the art which consists in suppression of all mental activities, discipline of the body, control of involuntary mus-



cles, and a few other weird things, lay in the grave from September 25th 1941, to March 21st 1942, the doctor said.

#### SPENT TIME IN CELL

The yogi spent his time in a pit cell, reinforced with brick and cement. The day he emerged from the tomb a crowd of more than 100,000 persons was on hand, the doctor stated.

An opening was made in the outer inclosure and then an opening in the all-around closed cell. The first slab of stone was removed by selected persons, some of them Hindu professors and college teachers.

Said Dr. Atreya,

"The yogi was already awake, and he raised his hand to indicate that fact. Then he was dressed in new clothes. His old clothes were partly worn away under the influence of the atmosphere inside the pit and partly eaten up by white ants, some of which were found collected over portions of his body.

"He was then brought out covered with blankets and placed on an easy chair on a high platform, visible to all. The yogi looked just the same as when he entered the pit. Even the beard on his face had not grown. He insisted on walking about 25 yards from the place, but we did not allow him to do it for fear of his being crushed by the crowd which wanted to get close to him and touch his feet."—Critt, July 26th 1942.

It appears that the Yogi know certain secrets of the body and its function which enable them to suppress all mental activities, control the involuntary muscles, and withdraw the senses from natural outward expression.

#### LESSON NO. 8

#### MATERIALISM

The Materialist missed the point when he wrote:

"God formed man of the dust of the ground. . . . For dust thou art, and unto dust shall thou return."—(Gen. 2:7; 3:19).

As a block of ice is invisible cosmic substance materialized, so is the body of man.

Fasting experiments prove that vitality, heat, minerals, etc., come not from what man eats. They are cosmic rays that materialize as visible substance. As cosmic rays condense and become visible as matter, they lose none of their properties, one of which is vital force.

Science says that vitality and heat come from the combustion of carbon compounds in food, according to its calorie theory, which erroneously compares the living organism to a steam engine.

Lakhovsky held that the living cell is an electro-magnetic entity, activated by cosmic rays, the source of its vitality. The cell's development also is directed by cosmic rays, which materialize in the form of body minerals and create the vital condition needed for the synthesis of atmospheric nitrogen into body protein, as well as atmospheric carbon dioxide into body fat.

It appears that four-fifths of the air we inhale is nitrogen. The body synthesizes this substance to form protein, which occurs by its union with hydrogen in the alimentary tract. The body cannot use the nitrogen of protein foods. Practically all protein nitrogen that man eats is eliminated in the form of metabolic end-products.

#### WEIGHT AND VITALITY LOSS DUE TO AUTOINTOXICATION

During a fast the body loses weight because it is toxic. There is a condition of autointoxication, and the internal toxins liberated cause decomposition of body protein and fat.

If the organism were sufficiently pure, no condition of auto-intoxication and no loss of weight would occur during a fast. Inhale the terrible odor from the body of a person who has fasted eight or ten days and you will think his body is rotten.

When one's vitality decreases as one stops eating, it is due to auto-intoxication which then begins, and not to lack of food to supply energy. Food supplies no energy.

Lakhovsky showed in his experiments that protein and other substances occurring in the body are converted from cosmic rays by the body's physiological processes.

Organic growth and maintenance, says Lakhovsky, are the work of cosmic rays. The living organism is a materialization of these rays. They are subtil streams of substance of ultra-electronic form and materialize into grosser minerals as they strike the earth's atmosphere. So the body is a materialization of "cosmic food."

He demonstrated this fact by keeping unicellular organisms in sealed test tubes, measuring the amount of iron they contained before and after a certain period of growth. He found the amount of iron increased as the cells multiplied, even though the test tubes were sealed.

The extra iron came from the cosmic rays to which the cells were attuned. They absorbed these cosmic rays at an iron rate of vibration and the rays materialized as iron atoms, showing that the cells of the body are maintained by cosmic rays.

Babbit showed that sunlight is converted into minerals in the body, according to the spectral colors, each corresponding to different groups of minerals. All that food does is to furnish a certain type of stimulation.

As we advance from vegetarianism to liquidarianism, and then



on up to Breatharianism, we change from the grosser forms of stimulation to the finer forms. Instead of the body getting its stimulation from food and liquid, it gets its stimulation from the elements in the air.

When the scientific theory of Materialism exploded, material science exploded with it and its textbooks became obsolete. Professor J. S. Haldane, the great astronomer, said.

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

With the discovery that atoms are composed of electrons and protons, and that these elements are merely whirling centers of force in the ether, material science saw its fundamental theories swept into oblivion.

Physicists and chemists now know that all Matter is vibratory electro-magnetic activity. Matter is composed of units called atoms, and atoms are composed of varying numbers and arrangements of electrons and protons, which are tiny centers of vibratory activity in the ether. Each of these vibratory centers possesses a magnetic polarity that is positive in the proton and negative in the electron.

All matter is fundamentally the same basic substance. The different properties which distinguishes the various types of matter in the human body, such as proteins, carbohydrates, fats, etc., are, basically, nothing more than the differences in the number and arrangement of the protons and electrons.

The protons and electrons are held in their orbits in the atom and regulated as to the combinations they form, by the field of electro-magnetism generated by their rapid motions.

In order to transform any given type of matter into another, as proteins into fats, it is necessary only that the vibratory frequency of the electro-magnetic activity composing the matter be altered appropriately.

The transformation of matter is accomplished by exposing it to vibratory activity of the appropriate frequency, impelled by a force greater than the force impelling the vibrations of the substance to be transformed.

A simple illustration of this process appears in the transformation of ice into water and water into steam by exposing the substance to heat. The normal vibratory frequency of the substance composing the ice is increased by heating until the substance assumes a gaseous form, and the ice is transformed into invisible elements that float in the air.

## LIVE WITHOUT EATING

The press of January 31st, 1931, said:

"Authentic reports from Salisbury, South Rhodesia, state that Mrs. A. G. Walter, a noted singer, has been fasting 101 days, during which time she has consumed only two to three pints of cold and hot water daily. Last October she weighed 232 pounds, so she decided to fast. She has lost 63 pounds and says that she is in perfect health, goes out to parties, and carries on with her public singing."

Bernarr Macfadden of Physical Culture fame reported a case where he fasted a man for 90 days. He wrote:

"The man lost 75 pounds during this period. He weighed 300 pounds when he began this fast, and 225 pounds when the fast ended."

Macfadden adds:

"If a bear can fast all winter, there is no reason why a man could not do the same thing."

## THE GREAT BODY NORMALIZER

No measures known will so surely, safely and speedily normalize a deranged body as will fasting. It is the most natural and certain of all remedial procedures. It stops at once the introduction into the body of all new material, except air and water, thus releasing the organs from the labor imposed by eating, and giving them an opportunity to purge the body of the internal poisons responsible for illness.

On April 28th, 1929, Paul Urban, a German world war veteran and professional nurse, ended a 64 day fast, during which time he took a pint and a half of pure water daily. He weighed 165 pounds and dropped to 113 pounds. He stated that fasting rejuvenates the body and makes man live longer. He was 46.

In the press of July 19th, 1929, appeared an announcement of cancer being "cured" by fasting, with a picture of the patient and his nurse, under which was this statement:

"Albert Schaal, age 58, known as the flax king of Manitoba, Canada, after a fast of 49 days under the direction of Dr. Harry C. Bond of San Francisco, is said by the doctor to be cured of cancer."

In his "Believe it or Not," in the press of January 25th, 1938, Robert Ripley stated that for ten years Giovanni Succi travelled through Europe giving exhibitions of fasting. His exhibitions, rigidly controlled, extended for periods of 30 to 40 days. During that time he was in the public eye day and night. Included were 80 periods of 30 days of fasting, and 20 periods of 40 days of fasting—a total of 3200 days without eating, or eight years and 280 days without food in ten years.

In his "Believe it or Not," in the press of January 16th, 1934,



Ripley stated 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. According to the dietetic experts he should have died of "mineral starvation."

According to the press of July 26th, 1942, a Yogi at Benares, India, was buried in a grave for six months without food or water. (Report given in this lesson).

The press of November 30th, 1934, reported the case of a Jain priest, Muni Shri Mierilalji, of Bombay, who fasted for 259 days, taking nothing but water. He ended his fast in the presence of 500 co-religionists.

The press of October 12th, 1948, reported the case of a British girl of 12 years who fasted for 18 months, taking nothing but water.

The press of February 6th, 1937, quoted Mrs. Martha Nasch, age 44 of St. Paul, Minnesota, as asserting that for seven years she had eaten nothing, and affirmed her willingness to submit to surveillance to prove her claim.

The press of May 31st, 1948, reported the case of a Chinese girl who had eaten nothing for nine years.

The case was reported to Dr. T. Y. Gan, of Chungking Municipal Hospital, and he went to see her. Her name was Yang Mel, she was 20 years old, weighed about 85 pounds, and led a perfectly normal life, except for not eating, and drinking very little water. She showed no signs of starvation, and appeared no different from other girls. Gan said, "I found it difficult to believe her story."

The girl was never hungry, had no desire for food, and never asked for any. When asked as to why she did not drink more, she said that it made her feel uncomfortable. Her alimentary tract was so dormant and rudimentary that it could not take water without bad reaction.

In an article entitled "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.

According to the press of May 27th 1937, Sirmati Bala, of Bankura, India, age 68, had touched no food nor water since she was 12 years old.

One case is sufficient to show what is possible in a million other cases. Biologists are being convinced that eating is an acquired habit, like smoking, and a pleasurable indulgence rather than a physiological necessity. It is said that in India certain sects of yogis live without eating; and that in the Himalyas there are many who consume no physical food.

## LESSON No. 9

### BODY BUILDING MATERIAL

All textbooks on anatomy teach that the human body is a composition of trillions of cells. The cells are not composed of food.

Science admits that the Parent Cell is not the product of food. It also admits that all the subsequent cells are not the product of food. It is law that what food does not and cannot produce it does not and cannot preserve and sustain.

To speak or write of cell nutrition and body nourishment is not only unscientific, but an admission per se of anatomical and physiological ignorance, even though the statements may be those of a great doctor.

When health officers die as they do in their fifties and sixties, it shows that they do not know what they should.

One author says that we have one foot mired in an antiquated medical system that is dying, and with the other foot we are holding down a modern health system that is struggling to be born, which advocates Health by Healthful Living in harmony with God's Law of Life.

The origin and work of the Parent Cell is a mystery. That is the cell which begins the building of the body. That cell comes not from the parents.

The so-called seed of the parents is not seed in the sense that it produces man. What is considered as the seed appears to do nothing more than to form a central, electro-magnetic point, around which occurs a condensation of invisible substance from the Cosmic Reservoir.

The food one eats does not form nor sustain the body cells. Nor do they come from the Parent Cell, which is just an electro-magnetic center of crystallization and materialization, a pattern, around which Cosmic Rays materialize into cells that form the growing body.

In referring to this mystery the great Carrel wrote:

"The body builds itself by techniques very foreign to the human mind. It is not made of extraneous (foreign) material, like a house. It is composed of cells, as a house is of bricks. But it is born from a cell, as if the house originated from one brick—a magic brick that would begin making other bricks (of material that seemed to come from nowhere. Those bricks without waiting for the architect's drawings or the coming of the bricklayers would assemble themselves and form a complete house . . . as does the body and all its various parts (Man The Unknown).

Whence come the cells? or the materials of which they are composed? They rise as shadows and become substance as the result of the condensation and materialization of Cosmic Rays. That sub-



stance is not food. It constitutes the elements of the Universe that have always existed and are eternal.

As the so-called seed of the parents come near to each other, certain elements of each stand out separately and, coming nearer, these separate, individual particles merge and fuse as it were into each other, producing a clear field in which nothing appears. Finally, after a period of seeming quiescence, granulation occurs at a point between the places occupied by the gametes of the parents when they merged, fused and disappeared from sight (P.194).

When the so-called seed of the parents meet and fuse, they thus create a condition or electro-magnetic center, which is necessary for the occurrence of the phenomenon that produces man's body.

That center attracts cosmic rays of a definite frequency, corresponding to the chemistry of that center. The rays crystalize around the center in the form of similar substance; and man comes into physical being under a magic process of transformation of invisible elements into visible form.

The great Carrel missed the point when he said that the body is not built of "extraneous material, like a house." The infant body must receive for its growth material from some extraneous source. That source is the invisible cosmic rays. The process of growth is the work of these rays as they materialize into blood, bone and flesh.

#### DISCOVERY AMAZED MATERIAL SCIENCE

A block of ice represents a materialization of cosmic vapor. So the body of man represents a materialization of cosmic rays. The one process is as simple, as complex and as mysterious as the other. Both processes are ruled by the same cosmic law.

The scientific theory of cell reproduction cannot explain how the Parent Cell produces cells that form blood, bones, muscles, nerves, heart, brain and other organs. These differentiated cells each represent cosmic rays of different wave length.

The cosmic rays become visible by condensation and materialization of Invisible Elements that exist only as vibratory waves, whirling centers of force, termed electrons, concerning which Dr. H. H. Sheldon, University of New York, wrote:

"Electrons, long regarded as the ultimate particles of which all Matter is formed, have now been shown to have a reality only as a wave form, while an atom consists of a bundle of such waves."

This discovery amazed material science and exploded the basic theories of Materialism. For it shows that the cells of the body consist of bundles of waves, not of assimilated food. So man is not what he eats.

The body cells are composed of atoms only, and the body is constituted of nothing but bundles of vibratory waves.

So far as man's physical structure may be concerned, this doctrine might be contested by the old school scientists; but Sheldon says:

"We as individuals undoubtedly have no existence in reality other than as waves, multitudinous and complicated centers, perhaps, in what we call the ether. We are analogous, in a sense, to the sounds that issue from a piano when a chord is struck, or when a symphony orchestra sounds."

This raises the question, *WHY DOES MAN EAT?* In our work "THE NUTRITIONAL MYTH" we wrote:

"Cell and body nutrition is a myth. What man consumes as food does not supply cell nutrition by assimilation as science teaches. The ingested substance merely produces activity in cell function by STIMULATION and not by nutrition.

"Two types of stimulation seem essential for the function of living cells: Vital and Chemical. The Vital is from the Source of Life, while air, liquid and food supply the chemical.

"The ingested substances contact and stimulate the cells into certain activity, and pass from the body through the eliminative channels, as flowing water turns the wheel of a mill, activating the mill machinery that does the grinding."—P. 17.

The process of organic growth from the electro-magnetic center formed by the Parent Cell, and the so-called process of nutrition, are one and the same phenomenon.

Cosmic rays strike the chromosomes of our cells, which act as minute receptors of cosmic radiation, and the rays materialize in our cells into various chemical elements requisite for organic growth and maintenance. The magnetic chromosomes of the cells attract the electronic rays of corresponding vibratory frequency and they materialize in the cells as minerals.

What we term minerals are the foundation of the living cell. These minerals are substances that are universal in existence and eternal in duration. These substances are electrically charged particles of various minerals.

The body is a complex of minerals, consisting of electrons combined into atoms and molecules. It is not composed fundamentally of proteins, carbohydrates and fats. The substances in the body are actually atoms of nitrogen, oxygen, hydrogen and carbon dioxide in various combinations, as water is a combination of hydrogen and oxygen. The nature of the substance depends upon its atomic combination.



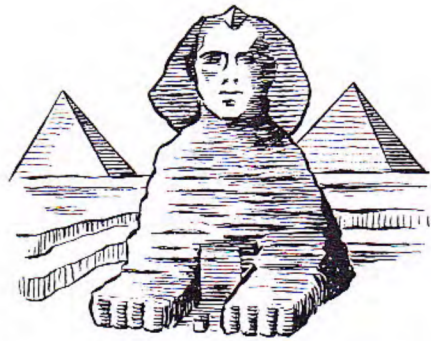
LOOK TO THIS DAY

*For it is Life, the very Life of Life.  
In its brief course lie all the Verities  
and*

*Realities of your existence;  
The Bliss of Growth;  
The Glory of Action;  
The Splendour of Beauty;*

*For Yesterday is but a Dream,  
And To-morrow is only a Vision;  
But To-day well lived makes every  
Yesterday a Dream of Happiness, and  
Every To-morrow a Vision of Hope.  
Look well, therefore, to This Day!*

*—From the Sanscrit.*



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



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