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THE AUTHOR

PSYCHO-PHYSIOPATHY

A Study Course on
THE PHILOSOPHY AND SCIENCE
OF PSYCHO-PHYSICAL REGENERATION
AND LONGEVITY



By
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Author of
"PSYCHO-PHYSICAL REGENERATION, REJUVENATION
AND LONGEVITY"
"PHILOSOPHICAL AND PRACTICAL ORTHOPATHY"
"VITAL SECRETS OF HEALTH AND YOUTH"
and
"THE DIETIC LAWS OF NATURE"



Also (in preparation, in Spanish)
"SECRETOS VITALES DE SALUD Y LARGA VIDA"
and
"PROPIEDADES MEDICINALES DE PLANTAS Y FRUTAS
TROPICALES"

PSYCHO - PHYSIOPATHY

BOOK ONE

THE LAWS OF LIFE

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DEDICATION

To Dr. Emmet Densmore	Dr. Isaac Jennings
Dr. Robert Walter	Dr. Russell T. Trall
Dr. Sylvester Graham	Dr. G. Star White
Dr. Edward H. Dewey	Dr. J. H. Tilden
Dr. George Drews	Dr. R. Cajal
Dr. Eugene Christian	Dr. E. Alfonso
Dr. F. E. Bilz	Dr. G. R. Clements
Dr. Nicholas Capo	Dr. H. M. Shelton

Bernarr Facfadden

Rev. Father S. Kneipp

and

To many other **INTELLECTUAL LIGHTS** in the field of Natural Therapeutics, whose **TEACHINGS** made it possible for me to ascend from disease to health, from despair to hope, from misery to happiness; whose **HUMANE AND ENLIGHTENING PHILOSOPHY** inspired me with the desire to write this study course of **PSYCHO-PHYSIOPATHY**, in order to present to suffering humanity a clear and comprehensive **TEXT BOOK** teaching how to apply the processes of purification and regeneration by means of which it is possible to relieve suffering, regain and retain health, prevent premature old age and prolong the span of life;

also

To Mr. Arthur Spencer who with patience and generosity has devoted many hours to the revision and correction of the manuscript of these lessons;

and last but not least

To my beloved wife, whose encouragement and aid has been invaluable in the creation of this study course of **PSYCHO-PHYSIOPATHY**,

I lovingly dedicate this work.

BOOK ONE

of PSYCHO-PHYSIOPATHY

The Laws of Life

LESSON I

BASIC PRINCIPLES OF PSYCHO-PHYSIOPATHY. WHAT IT IS AND WHAT IT TEACHES

The 25 postulates or basic principles of Psycho-Physiopathy. The great benefits to be derived from these teachings.

LESSON II

THE CREATIVE PRINCIPLE OR LAW OF CREATION

How visible things are formed from invisible root-substance. The Law of Creation. Evolution of the earth. The Forces that evolved man. The materialistic theory of evolution. The vitalistic theory of life. The source of vital energy. Man's source of vital energy is inexhaustible. Eight important facts concerning the Law of Vitality.

LESSON III

THE LAWS OF LIFE

How the Laws of Life function in the living body. How understanding of and compliance with these laws prolong life. The Law of Self-preservation. The Law of Action. Can dead drugs act on living tissue? Why living tissue acts against dead drugs. The dead cannot act upon the living. The Law of Power. How we are being killed by what appears to be giving us strength. Law of Distribution of Forces. The physician within the body. Importance of understanding the physician within. The Law of Dual Effect. Symptoms of alcoholism: excitement, depression, coma, collapse, death. The wonders of our inner intelligence. The danger of interfering with our inner intelligence. How man is getting killed by what appears to be curing him. A vicious circle. Where to find real permanent strength. Practical application of the Law of Dual Effect. When cold applications are beneficial, when harmful. When hot applications are beneficial, when harmful. Two important rules.

LESSON IV

THE LAWS OF LIFE

How violation of the laws of life results in disease, premature old age and unnatural death. The Law of Limitation. How stim-

ulants result in weakness, exhaustion and death. Why nature makes us loathe things we liked so well before. How nature marks the limit, beyond which we collapse and die. The Law of Vital Economy. Why germs cannot be the direct cause of disease. Nature's own germicides and immunizers. The Law of Compensative Adaptation. Wonders of this Law. Why it is possible to live without a lung, a kidney, or without the stomach. Where treatment should be applied. The essential factors of cure. Dangerous ignorance in the treatment of disease.

LESSON V

THE INFALLIBLE PHYSICIAN WITHIN THE BODY

Superstition and witchcraft in the healing art. Why some patients recover, even under wrong treatment. Casting light into the chaos and confusion of the healing art. Homeopathy. Osteopathy. Chiropractic. Christian Science. Naturopathy. Psychophysiology. Solving the riddle of the healing art. The true Law of Cure. The seven essentials of health and long life.

LESSON VI

MAN'S LONGEVITY IN ANCIENT TIMES

The ten vital questions of life. Why the human body has the potentiality of perpetual health and youth. The Law of Longevity. Man's natural span of life. Scriptural accounts of longevity of Ancient Man. Scriptural history of degeneration. Scientific evidence of human longevity before the Flood. Correcting a grave error about the causes that shortened man's life-span from hundreds of years to three scores and ten.

LESSON VII

MAN'S LONGEVITY IN MODERN TIMES

Astounding accounts of man's longevity in modern times. Longevity in tropical and subtropical America. Longevity in California. Longevity in Mexico. Proving that when the required conditions are supplied, the body has power to regenerate itself. The Law of Cyclicity or Law of Periodic Regeneration.

LESSON VIII

THE LAW OF PERPETUAL HEALTH, YOUTH AND LONGEVITY

The Law of Change. Periods during which the various body tissues renew themselves. The Law of Like Begets Like. How

and why man lost his terrestrial paradise. Dr. Carrell's formula for perpetual youth and life. Marvelous cases of regeneration and longevity.

LESSON IX

THE FIRST STEP TO REGENERATION AND LONGEVITY

The Transition diet. Recipes for the transition diet. Vegetable stew. A delicious raisin-rice meal. Delicious vegetable Spanish tortilla. Vegetable roast—a meat substitute. Strengthening carminative soup to relieve flatulence. Carminative nourishing soup. Recipe to cook garvanza. Formula for BUEN GOSTO seasoning herb compound. Formula for CARMINO herb tea—a delicious and wholesome carminative beverage. Balanced menus for the diet of regeneration. Delicious and nourishing fruit-nuts confection, formula 18.

LESSON X

THE VAMPIRE THAT POISONS US AND SAPS OUR VITALITY

Hemorrhoids and constipation. Causes of constipation. Effects of constipation. The natural remedies. Kelp, dulse and flaxseed.

LESSON XI

THE UNIVERSAL HELPER DURING THE PURIFICATION PROCESS

Enlargement of the colon and weakening of its walls, its causes and remedies. An invention of great importance. Illustration of "Pluvius Internal Bath Appliance." Instructions for the proper use of the FULL ENEMA. When the enema should be used.

LESSON XII

MISCELLANEOUS INFORMATION OF GREAT IMPORTANCE

Colds and catarrh, their nature, causes and natural remedy. Importance of the purification bath. The revitalizer of the skin. Stomach-strengthening and digestion-improving measures. Ex-

ercise to strengthen the abdominal muscles. The purification day. Twelve rules of great importance. Table I, showing the economy of the natural diet. Precious, vital foods we overlook or throw away. How to make delicious and nutritious beverages from oleaginous seeds. Sunflower seeds, a rich source of protective, and antiseptic minerals. Table II, showing the comparative mineral composition of sunflower seeds and wheat. How you can measure your lung capacity with a simple device and the calculations of Table III.

BOOK TWO

of PSYCHO-PHYSIOPATHY

How Man Lost His Terrestrial Paradise

LESSON XIII

VEGETARIANISM — AN IDEAL PHILOSOPHY OF LIFE

Searching for TRUTH. Religious aspects of vegetarianism. Precious gems of truth. Little known teachings from THE MASTER relative to the paradisiacal diet. Is man's soul immortal? Shall man live again? Thou shalt not kill nor eat the flesh of animals, was the original Law. Occult aspects of vegetarianism. Teachings of the Occult Masters, relative to the FOOD OF THE BEAST vs. THE FOOD OF MAN. The Golden Age.

LESSON XIV

THE THIRTEEN ENEMIES OF HUMAN LIFE

Man's primordial environment. What science says about the original home of Man. The fundamental principles of human life. How the Thirteen Enemies of Human Life came into existence. The First Enemy of Human Life—how it obstructed cutaneous elimination. The Second Enemy of Human Life—how it encumbered the internal organs of elimination.

LESSON XV

THE FUNDAMENTAL CAUSE OF DISEASE AND PREMATURE OLD AGE

The Third Enemy of Human Life—how it contaminated and brutalized the human being. Scriptural accounts of man's degeneration. How the body-builder may become its destroyer. The Law of Hybridization. How animal foods stimulate the body into abnormal growth and premature old age. How the Law of Hybridization becomes the Law of Premature Old Age and early death.

LESSON XVI

THE PROCESS OF FOOD DEVITALIZATION

The Fourth Enemy of Human Life—how it devitalized the living body. Correlating factors between climate, food and man. Man, is he the absolute goal of creation? What led man to cook his food? Destructive changes in food, due to intensive heat.

LESSON XVII

TISSUE-HARDENING AND CANCER-PRODUCING SUBSTANCES

The Fifth Enemy of Human Life—how it hardens and ages the tissues of the body. Does salt act as food or as poison? What the craving for salt means. How salt can either cause obesity or emaciation. Importance of Dr. Bunge's discovery. TABLE IV, showing the reason why cereal and legume eaters crave salt. The hardening effect of irritating spices and condiments. Colloids—how they clog the strainers of the body. Astonishing facts about tobacco. Is tobacco a cause of cancer?

LESSON XVIII

THE WOLVES IN SHEEP'S CLOTHING

The Sixth Enemy of Human Life—how it degenerates the body, while relieving our suffering. Uric acid—its source and nature. Important facts about uric acid and its harmful effects. Harmful effects of alcoholic beverages. What progressive medical doctors say about alcohol. A marvelous physiological phenomenon.

LESSON XIX

THE TRINITY OF HUMAN POISONERS

The Seventh Enemy of Human Life—how it poisons and animalizes the human body. Are doctors conquering disease or is disease conquering doctors? The three basic errors in treating disease. Ten basic facts about disease and healing. The diabolical process of human animalization. What progressive medical scientists think about the practice of medicine.

LESSON XX

THE WATER OF LIFE vs. THE WATER OF DEATH

The Eighth Enemy of Human Life—how it contaminates and hardens the tissues of the body. Is man, by nature, a non-drinking animal? The Living Water. The Water of Death. How hard water calcifies and hardens the tissues. Dissolvers and eliminators of calcereous deposits.

LESSON XXI

THE BLACK BREATH OF DEATH

The Ninth Enemy of Human Life—how it destroys our lungs and brings on premature death. The invisible arch-enemy of civilized man. How the arch-enemy came into existence. How to detect and destroy the arch-enemy of human life. The best remedy.

LESSON XXII

HOW THE FOUNDATIONS OF THE EDIFICE OF HUMAN LIFE ARE EATEN AWAY

The Tenth Enemy of Human Life—how it robs man's foods of precious elements. Demineralization of the soil. How commercial fertilizers destroy man's friendly organisms. The Eleventh Enemy of Human Life—how it poisons man's foods. Logical way to save man's food from destruction by insects. How to remove from our foods poisonous sprays. The Twelfth Enemy of Human Life—how it saps our vitality. Disastrous effects of seminal losses. The Thirteenth Enemy of Human Life—how it consumes us like a living fire. Destructive effects of fear. How strong emotions and passions destroy and kill. How harmful emotions and passions can be overcome.

LESSON XXIII

THE PROCESS OF DEGENERATION

Degeneration—the immediate cause of premature old age. Fatty degeneration. Colloidal degeneration. Mucous degeneration. Calcareous infiltration. Causes, effects and remedies for the above degenerations.

LESSON XXIV

SENILITY-PRODUCING AGENTS

Conditions promoting easy parturition. Factors upon which long life depends. Foods of long-lived beings vs. foods of short-lived beings. Important scientific discoveries about food and longevity. Symptoms of calcification and premature old age. Uratic infiltration. Necrosis.

LESSON XXV

THE LAW OF ADAPTATION

Marvelous operation of the Law of Adaptation. How the body tolerates harmful agents or influences which cannot prevent or overcome. How the Law of Adjustment saves the body from speedy death, at the same time that it hastens old age and premature death.

LESSON XXVI

PHILOSOPHY OF THE PROCESS OF REGENERATION

Two factors that determine the length of life. The imaginary vitometer of individual life. Conditions which shorten or lengthen

en the span of life. The Toleration Point. The phenomena of crises. Disease crises degenerate the body and make it prematurely old. Healing crises purify it. Regeneration crises rejuvenate it. What determines the form which crises will assume. Inevitability and necessity of crises when conditions demand them. A typical case of regeneration.

LESSON XXVII

STRANGE PHENOMENA OF THE NATURAL FOOD DIET

A discovery of great importance. Why people usually get thin at the beginning of the unfired food diet. Why loss of weight is more apparent than real. Why Healing Crises are Nature's way to regeneration. Like begets like. Building your living house on a firm foundation. Longevity of thin men. Table V, showing percentage mortality of people under or over normal weight. What the neophyte should do. Important recapitulation.

BOOK THREE

of PSYCHO-PHYSIOPATHY

Regaining Paradise by Regeneration Through Biological Dietetics

LESSON XXVIII

FINDING MAN'S PLACE IN NATURE

Important lessons from comparative anatomy. The five classes of animals, dietetically considered. Dietetically, man is not a tiger; or why animal food is injurious and shortens man's life. Dietetically, man is not a horse; or why man cannot thrive on an exclusive diet of tough, fibrous vegetable food. Dietetically, man is not a bird; or why man cannot thrive on an exclusive diet of seeds and grains. Dietetically, man is not a hog; or why man's organism is not adapted to an omnivorous diet. Dietetically, anatomically and physiologically, man belongs to the frugivorous class of animals; or why man thrives best on a frugivorous diet. The food of the King of the Jungle. Table VI, showing the anatomical differences and similarities of the above five classes of animals.

LESSON XXIX

THE FOOD OF THE BEAST vs. THE FOOD OF MAN

Four vital questions of vegetarianism vs. carnivorism. Diet and endurance. The true test of good food. Reasons why flesh foods cannot be beneficial to man. Harmfulness of the high protein foods. Important lesson from the chemical analysis of human milk. Table VII, showing the comparative composition of our principal foods, taking human milk as our standard. The yardstick of natural dietetics. Relation between high-protein foods and short life-span. Table VIII, illustrating the relation between rate of growth and protein content in the milk of various animals, compared with human milk. Why milk of animals is not ideal food for humans, especially adults.

LESSON XXX

THE UNIVERSAL LAW OF DIET

Whence comes the Vital Force that makes the body function, from food? How are we to know our natural food? Conflicting and confusing theories of food faddists and dieticians. The triune principle of natural dietetics. The three fundamental rules of natural dietetics, which will solve our dietetic problem. The feeding by type theory. The Trophic Law of the Species. Can one man's food be another man's poison? We have a marvelous chemist within the body, but he is asleep; how to awaken him. The teachers of dietetic abomination.

LESSON XXXI

SCIENCE OF TROPHOLOGY

Food Classification:—Natural food, the nearest thing to a panacea. Table IX, showing the elemental composition of the human body. The metabolic process. Classification of the various classes of foods. Function of carbohydrates. Therapeutic uses of carbohydrates. Hydrocarbons, their sources and function. Therapeutic uses of hydrocarbons. Complete and incomplete proteins. Function of proteins. Therapeutic uses of proteins.

LESSON XXXII

MINERAL SALTS — THE REGULATORS OF THE BODY

General functions of mineral salts. Chemical balance of the body. How the alkaline reserve is decreased. Table X, explaining the characteristic properties of metallic and non-metallic minerals, alkaline or acid. Table XI, showing a general classification of base-forming and acid-forming foods. Calcium, its sources

and its functions. Phosphorus, its sources, function and effects of its deficiency. Sulfur, its source, function and effects of its deficiency. Sodium, Chlorine, Potassium, Magnesium, Iron, Copper, Cobalt, Iodine, Silicon, Fluorine, Manganese: their sources, function and harmful effects of their deficiencies.

LESSON XXXIII

VITAMINS — THE LIFE ELEMENTS OF FOOD

What is the real nature of vitamins? Synthetic vitamins cannot compete with natural vitamins. *Vitamin A and its precursor (Carotene)*:—Functions of Vitamin A. Effects of its deficiency. How Vitamin A is affected by heat and other agents. Sources of Vitamin A. *Vitamin D (Calciferol)*:—Function of Vitamin D. Effects of its deficiency. How this vitamin is affected. Sources of Vitamin D. *Vitamin E (the Antisterility Vitamin)*:—Functions of Vitamin E. Effects of its deficiency. Sources of Vitamin E. *Vitamin K (the Antihemorrhagic Vitamin)*:—Function and sources of Vitamin K. *Vitamin B Complex*:—Source and function. *Vitamin B₁*:—Function of Vitamin B₁. Effects of its deficiency. Sources of this vitamin. *Vitamin B₂ (Riboflavin)*:—Function of this vitamin. Effects of Vitamin B₂ deficiency. Sources of this vitamin. *Nicotinic Acid*:—Sources, function and effects of its deficiency. *Vitamin B₆ or H*:—Functions, sources and effects of its deficiency. *Vitamin C (Ascorbic Acid)*:—Sources, function and effects of its deficiency.

LESSON XXXIV

TRANSITION TO THE DIET OF REGENERATION AND LONGEVITY

Why many neophytes fail. Three basic reasons for failure. What to do if healing crises appear. Observing the *Voice of Instinct*. Easiest way to change to Man's Natural Diet. What Man once was, he can again be. Basic cause of Man's degeneration. Another possible cause for failure. An experience of great importance.

LESSON XXXV

THE PHYSIOLOGY OF NUTRITION

The digestive process. *First process of digestion*:—mastication, insalivation, functions of saliva. *Second process of digestion*:—Action of the enzymes, pepsin, rennin and gastric lipase. *Third*

process of digestion:—Action of the digestive juices, trypsin, amylase, lipase and bile. *Inverting Enzymes*:—Maltase, invertase and lactase. Absorption:—the two paths thru which digested food enters the blood. Assimilation—how the various food elements are converted into blood, flesh, bone, etc. Metabolism of fats. Metabolism of carbohydrates. Metabolism of proteins.

LESSON XXXVI

SUPERLATIVE IMPORTANCE OF BALANCING THE DIET

The protein equilibrium. Before rebuilding it is necessary to tear down. A dietetic paradox. The first missing link in the unfired food diet. Necessity of maintaining the protein equilibrium. Importance of hydrocarbons and carbohydrates in the natural food diet. A second cause of underweight. Why human beings cannot thrive properly on an exclusive vegetable diet. How to supply the fuel value to the natural food diet. Solving our intricate dietetic problem. What those suffering from fermentation should do. Important function of carbohydrates, fats and proteins.

LESSON XXXVII

A NEW SYSTEM OF CALCULATING BALANCED NATURAL DIETS

Importance of maintaining the protein-fat-carbohydrate balance. Table XII, showing the daily energy requirement per pound of body weight for adults. Table XIII, showing the daily number of calories required per pound of body weight for children. Table XIV, showing the proportionate amounts of each nutrient in 2,400 calorie ration of human milk, compared with the Standard Ration of our dieticians. Table XV, showing the decreasing amount of protein in human milk as the baby's rate of growth declines. Table XVI, showing the variation in the composition of a 2,400 calorie portion of human milk as time from the birth of the baby proceeds. *Menu-Balancing Table* XVII, showing the number of ounces and the number of grams of protein, fat, carbohydrates, calcium, phosphorus, and iron in 2,400 calories portion of different foods. Explanation of the balanced-menu table. How to use the menu-balancing table. Menu-balancing examples.

LESSON XXXVIII

ACIDOSIS — THE CONSUMER OF LIVING TISSUE

Causes of acidosis. Harmful acids. Acetic acid. Oxalic acid. Table XVIII, showing percentage of oxalic acid in various foods.

Tannic acid. Benzoic acid. Butyric acid. Uric acid. Table XIX, showing percentage of uric acid in various foods. Lactic acid. Mineral acids. Acid-base reaction of foods in the living body. Table XX, showing the excess of acid or alkalinity (base) in one ounce and in 100 calories portions of various foods.

BOOK FOUR

of PSYCHO-PHYSIOPATHY

Regaining Paradise by Purification Through Natural Agents

LESSON XXXIX

PREPARATION FOR THE PROCESS OF PURIFICATION

Fundamentals of the Diet of Purification. The Law of Alteration in Diet. Important rules for the Diet of Purification. Methods of protecting fruit and vegetable juices. Three methods of releasing from vegetables their vital juices. Harmless preservation of fruits, vegetables and their juices. Juice-preservation FORMULA 1. Juice-preservation FORMULA 2. Proportion of vegetable juices to amount of fruit-acid preservative.

LESSON XL

REGIMENS FOR THE DIET OF PURIFICATION

An important aid during the Purification Diet. Purification Regimen No. 1. Purification Regimen No. 2. Purification Regimen No. 3. The Living Water. The Cold Friction Bath during the Purification Process; how to apply it. Care of the patient during fever or any Healing Crisis.

LESSON XLI

PHILOSOPHY OF THE DIET OF REGENERATION AND LONGEVITY

Fundamental principles. Compatible and incompatible food combinations. Table XXI, showing at a glance the compatible and the incompatible combinations of foods. How to prepare balanced menus. Table XXII, showing the number of ounces of each food which is required to supply the body with the minimum daily amount of protein. Rules for the Diet of Regeneration.

LESSON XLII

PRACTICE OF THE DIET OF REGENERATION AND LONGEVITY

Menus, diets and formulas, balanced according to the natural standard—the composition of human milk. Formulas for 14

balanced menus. How to humanize the milk diet to adapt it to the human being. A revitalized, delicious milk-vegetable-juice diet. Modified milk diet Formula 1—rules to follow. Modified milk Formula 2. Modified milk Formula 3. Modified milk diet Formula 4. Formulas for fruit-nut confections, compounded according to the composition of human milk. Human Milk Standard Dietetic Formula. The Fundamental Rule of Diet. If some cooked food is necessary during the transition period, what is the best way to cook it? Rules to be followed when eating cooked food.

LESSON XLIII

PHILOSOPHY OF FASTING — NATURE'S GREATEST REMEDY

The oldest natural cure for disease. Fasting is as old as man himself. Ancient MASTERS knew about the wonderful effects of fasting. Difference between fasting and starving. How long can the body live without food? The secret of man's power to live without food for weeks or months. Unfounded objections to fasting by those who have never fasted. Appetite—a false hunger. Who needs to Fast? An important question. How fasting purifies the body. How partial rejuvenation is accomplished through fasting. Professor Hurley's and Professor Child's marvelous experiments with fasting worms. Two vital discoveries.

LESSON XLIV

PRACTICE OF FASTING — NATURE'S GREATEST REMEDY

Marvelous phenomena of the fast. Wonderful effects of the fast on the body. How long should a person fast? Short fasts are safer, but long fasts are indispensable at times. How to conduct long fasts. *When* to break the complete fast. *When* to break the incomplete fast. *How* to break the incomplete fast. *How* to break the complete fast. Rebuilding a body more resistant to disease and premature old age, after the fast. Regimens to be followed after the fast.

LESSON XLV

PHILOSOPHY OF DYNAMOTHERAPY

Exercise—physical and physiological. What is our most important food? The process of respiration. Importance of sodium phosphate in the blood to overcome the poisonous effects of carbon dioxide. Iron—the oxygen carrier to the cells. Combustion.

tion in the human furnace. Normal lung capacity. A new system of exercising. The Law of Action and reaction—our guide to exercise for health and vigor. How in unexpected ways we acquire important knowledge. How respiration is controlled. Cause of respiration. How to acquire the deep-breathing habit. EXERCISE No. 1—*The Developer of Vital Lung Capacity*. EXERCISE No. 2—*The Relaxing Exercise—The Recuperator of Vital Energy*.

LESSON XLVI

PRACTICE OF DYNAMOTHERAPY

EXERCISE No. 3—*The Full Breath—The Developer of the Lungs*. EXERCISES 4 to 11, indicated for the development of the thorax, shoulders and arms. EXERCISES 12 and 13 are most important for the development of the lower abdomen and pelvic region—the weakest link in the body. EXERCISE 14—The liver squeezer and spine straightener. EXERCISES 15, 16, 17, 18 and 19 are specially indicated for prolapsus of the stomach, uterus and other viscera of the abdominal and pelvic cavities. EXERCISES 20, 21 and 22 are indicated for stretching and developing the spinal muscles, massaging the liver and developing the chest and arms. EXERCISE 23 is very important in cases of rupture and in prolapsus of the stomach, intestines and sexual organs. EXERCISE 24 is indicated for development of the muscles of the legs.

LESSON XLVII

THE HEALING, FINER FORCES OF NATURE

Is the Sun the Giver of Life? Origin of the Sun Myth. Is the Sun a cold, dark world? Whence comes the light and heat of the earth? Benefic influence of sunlight upon plants, animals and man. The sunshine vitamin—How it is generated and its benefic influence. Nudism, is it right or wrong? "*Who Told Thee That Thou Wast Naked?*"—said the Lord to Adam. Terrestrial Magnetism. How to take sun baths. Physiology of sunbathing.

LESSON XLVIII

HYDROTHERAPY OR WATER CURE

Beginnings of the Water Cure. Physiological effects of water applications. Philosophy of hydrotherapy. Importance of heat applications. The Purification Bath—first and second processes. The Dry Pack, when indicated. The Hot Trunk Pack, the reliever of thoracic and abdominal pains. The Sitz Bath, the reliever of pains in the pelvic region. The Cold Sitz Bath, the stimulator of

pelvic organs. The Epsom Salt Bath, the dissolver of calcareous deposits. The Alkaline Bath, the soother of itchy skin. The Neutral Bath, the soother of the nerves. The Small Cold Enema; its great importance in constipation and hemorrhoids.

LESSON XLIX

PHYTOTHERAPY (HERBOLOGY)

The use of herbs as medicine, a natural, instinctive remedy for human ills since time immemorial. What leads dogs or cats to eat certain herbs at a certain time? How to use non-poisonous, medicinal herbs. *Alteratives*:—gradual modifiers of diseased conditions. *Anthelmintics or Vermifuges*:—expellers of parasites from the intestinal tract, such as tapeworm. *Antilithics*:—dissolvers and eliminators of calcareous deposits. *Anti-Rheumatics*:—correctors and preventers of rheumatism. *Astringents*:—tonifiers of relaxed organs and stoppers of hemorrhage. *Carminatives*:—expellers of gas and relievers of pain. *Demulgents*:—soothers and protectors of irritated, inflamed mucous membranes. *Depuratives*:—dissolvers and eliminators of waste products. *Diuretics*:—stimulators of the flow of urine. *Emetics*:—producers of vomit. *Emmenagogues*:—promoters of the menstrual flow. *Emollients*:—softeners and soothers of hardened, irritated tissues. *Expectorants*:—expellers of mucus and phlegm. *Hepatics*:—promoters of the function of the liver. *Laxatives*:—promoters of intestinal action and relievers of constipation. *Nervines*:—soothers of irritated nerves. *Nephritics*:—relievers of kidney disorders. *Stimulants*:—invigorators, if they are compensated. *Sudorifics* and *Diaphoretics*:—promoters of perspiration.

BOOK FIVE

HUMAN SEXOLOGY

Regaining Paradise Through Regeneration by Means of the Preservation and Transmutation of the Sexual Fluid

LESSON I

THE MYTHICAL vs. THE REAL FOUNTAIN OF YOUTH

The Tree of Knowledge of Good and Evil. Where the Fountain of Youth is situated, and how to drink of its revitalizing waters. What constitutes the Mortal Sin. Was man originally a bi-sexual being potentially immortal? The Serpent, the Apple,

and Eve. Who were the Sons of God and the Daughters of Man? What great scientists say about bi-sexual original Man. The Law of Youth.

LESSON LI

VORONOFF'S AND STEINACH'S METHODS OF REJUVENATION

Why their unnatural methods cannot succeed. Why natural methods are more lasting and successful. Steinach's experiment on a rat known as Scheck. Shortcomings of vasectomy, vasoligature and gland transplantation.

LESSON LII

THE LEAK IN MAN'S FOUNTAIN OF YOUTH

How the oil which keeps the lamp of your life burning may be leaking away. Causes of nocturnal emissions and spermatorrhea. Pernicious effects of seminal losses. How to know if the vital fluid is leaking away. How to stop the leaks and prevent the FOUNTAIN OF YOUTH from drying up. Impotence. Nature's Sexual Law. Thus far shalt thou go. The infallible remedy.

LESSON LIII

SEXUAL DISORDERS OF WOMEN

Frigidity. Sterility. Conditions favoring conception. How woman, by normalizing her sex function, can prevent much suffering appertaining to her sex. Is it possible to have either a boy or a girl at will? Methods that facilitate easy parturition.

LESSON LIV

THE BABY BOOK

How by this natural method the author's son, Mario, was saved from what seemed to be certain death. Cow's milk not the proper food for babies. How to feed babies the Natural Way. Humanized milk formulas. Baby-feeding formulas, based upon the chemical composition of human milk, made from certain liquefied fruits, vegetables and oleaginous seeds.

LESSON LV

DISORDERS OF INFANCY AND CHILDHOOD

Acute disorders in infancy and childhood are corrective, beneficial efforts of purification. Harmfulness of suppressing them. They can be greatly prevented. How to treat them by means of the natural method of living and healing.

INTRODUCTION

STOP! OBSERVE! MEDITATE!

Dear Student:

Before you enter into the study of these lessons it will be of GREAT IMPORTANCE that you read and follow these PRELIMINARY INSTRUCTIONS.

As you will discover in the course of these lessons, there is in this science and philosophy that knowledge which enables us to become our own physicians. The purpose of these teachings is to lead suffering humanity on to a higher and nobler life—a life of radiant health, lasting youth and astounding longevity.

With but a fraction of the knowledge given in these lessons, thirty-one years ago the author began his work of physical purification and regeneration. It is true that lack of basic knowledge of the Laws of Life forced him to go thru a long period of arduous struggle. But without any other aid than the rudimentary teachings of this science, at that time, he recovered his complete health after a period of six years and became free from chronic dyspepsia, constipation, heartburn, asthma and tuberculosis of the lungs, even after he had been told by medical science that his condition was incurable and that he could live only a short time.

Had he at that time possessed the knowledge which he was to acquire later during 30 years of study and experimentation, *his restoration to health would have been a matter of months instead of years.* For, the essential teachings of the pioneers of this science (as incorporated under the name "PSYCHO-PHYSIO-PATHY" teach how to avoid the mistakes which he and so many others have made during their periods of experimentation.

Actual experience in himself and in those who have come under his observation has convinced the author that what he and others have accomplished, you can also accomplish, even in an easier way and in a shorter time, since *we are dealing with immutable laws that ever produce the same results whenever the same conditions are supplied.* These lessons are based upon the Laws of Life and teach how to supply those conditions which will eventually make disease and premature old age impossible for the human race.

But in order to attain that wealth which neither thieves can steal nor moth consume—health, youth and long life—it is not enough to read these lessons and say, “they contain a beautiful philosophy of life,” and then forget to put the teachings into practice. It does not suffice to learn how the Laws of Life operate in the living organism. It is necessary to live in accordance with these laws and to supply the living organism with those environmental conditions which are indispensable for the preservation of health and the prolongation of life.

Therefore dear student, read these lessons *carefully* and *intelligently*. Make haste slowly. Do not pass to the next section until you have mastered what has gone before. These lessons contain in a condensed but clear form the essential teachings of hundreds of books written by the masters of this science, some of whom are named in the dedication of this work. They also contain the result of 30 years of experimentation by the author. Hence, you cannot expect to obtain the beneficial results of this science by one or two cursory readings. It is necessary to master its teaching and to put it into practice.

How high you will be able to ascend toward the Mountain Health, Youth and Life will depend only on the degree to which you can and do supply the natural environment upon which these desirable conditions can be obtained. These lessons teach how to supply the conditions upon which radiant health, lasting youth and long life are possible; it is up to you to supply them to the extent that you can while living in a hostile environment.

To this end, *you should study these lessons methodically*. After you read carefully one section of a lesson, you should stop and meditate upon the essential points of that section before proceeding to the next.

The lessons of this study course contain essential knowledge given to us by the pioneers of the Natural Philosophy and Science of Living and Healing. It took each one of these great doctors and teachers many years of study and observation to be able to transmit to us in printed form their important knowledge. Therefore, in view of this fact, it would be absurd and ridiculous if the author of these lessons claimed originality to all the vast store of knowledge given to you in these lessons. For, it would have been impossible for any one man to make so many discoveries and acquire so much knowledge in one life time.

But although the author has not originated all this vast store of knowledge, he has been able to select the vital facts, separate them from the vast volume of unimportant detail, add thereto the knowledge which he has acquired during 30 years of study and self-experimentation, and finally systematize the whole into a comprehensive system of living and healing, expressed in simple, easily understood language, so that everyone who can read will be able to understand these philosophical and scientific teachings.

It has been the author's endeavor to bring to you in a comprehensive but concise study course the essential knowledge he has acquired. As you may understand, this study course embodies the essential knowledge of hundreds of text books and study courses which the author had to study, in order to be able to bring to you in a condensed form the essential knowledge which would have necessitated a life time to acquire, thus saving you much precious time and the expenditure which you would have had to make to pay for the numerous text books and courses.

But although the author has made every effort to make this study course as complete as possible, he is very far from believing this course of study has reached perfection. For, he well knows that not such a thing is possible; we can approach perfection but never reach it. Hence the author well knows that there is room for further improvement of the lessons. He himself expects to improve and add onto that knowledge in the future. *Perhaps you will be able to improve and enlarge these teachings yourself.* Hence, it is advisable that you keep this thought in mind when you study these lessons. For, *the student of today may become the master of tomorrow.* The proper study of these lessons will bring to you the essential knowledge which took others many years to acquire. This knowledge will enable the student to start from where others left after a life-long effort. Hence, you may be able to go farther and reach higher summits on the Mountain of Human Knowledge.

The author honestly believes that everything he has written in these lessons is true and of great benefit to humanity. But as every human being is subject to error, the author may have made mistakes. If so, he is ever ready to correct those errors. Therefore, dear student, read these lessons with an open mind. Do neither take for granted everything the author has written, just because

you believe in his honesty, nor reject anything, just because it seems to be contrary to your established beliefs. Do not condemn until you have investigated and proved that it is wrong.

As you progress in the study of these lessons, you will be confronted with strange statements that are difficult to believe. But if you keep on reading and thinking you will find satisfactory answers to your perplexing questions. Do neither accept nor reject until you have completed the study of these lessons; for as you advance, the shadows of doubt will disappear from your mind and you will see the radiant light of TRUTH.

EXHORTATION

THE ROAD OF LIFE VERSUS THE ROAD OF DEATH

Dear Students:

There are two roads along which we travel during our terrestrial life. Both start from the same place. One is wide, smooth and leads downward. As it is easier to descend than to climb, this is the road which the majority of humanity follow. The other road is rough and narrow and ascends a steep mountain—the Mountain of Health, Youth and Life. Inasmuch as it is hard to climb for those who have dissipated their vitality, very few follow this narrow and steep road.

The descending road, wide and smooth, leads to temporary pleasures. At convenient distances there are inns where highly seasoned flesh foods are served by beautiful waiting maids. Those who travel along this road and stop at these inns eat of their dumb brothers' decaying corpses, thereby saturating their bodies with acids and toxins, which irritate their nerves and poison their blood stream. Then, to allay this irritation they stupefy their faithful nerves with the nicotine of tobacco, the caffeine of coffee, the thein of tea, and with the more powerful drugs of opium and cocaine. There are after-dinner dances, and they dance, and drink and gamble until late hours of the morn. They finally retire long after midnight and fall into a broken, restless sleep.

Next morning they arise to continue the journey of life. They awake exhausted and peopless from the abuses of the night before. Therefore, it is with painful and unwilling effort that they arise. Their blood, saturated with uric acid and other wastes is so viscous and thick that it hardly can circulate thru their veins. Therefore, they feel depressed and handicapped in the performance of the activities of daily life. But, behold! They know of a pseudo-remedy that quickly braces them up, temporarily only and at the expense of their vital reserves. This remedy consists of whiskey or other alcoholic beverages, or drugs which irritate their nerves and create an abnormal feeling of wellbeing and appetite. They appease this unnatural hunger with more devitalized food, obtain further stimulation from coffee and alcoholic beverages and thereby continue their journey to physical degeneration, premature old age and early death.

They travel on and on; and as the day of life advances and

their fatigue and pains return, they resort to aspirin and to other nerve-paralysing drugs. Their "magic," benumbing effect is felt and soon the pain is gone. But inasmuch as the cause of the pain has not been removed, their aches and pains soon return, ever with increasing severity because, to the old causes of pain has been added a new cause—the poisonous drug. Nevertheless, for the time being the pain is gone, and when they arrive at another inn and night comes, they again create an artificial hunger with tonic bitters and alcoholic beverages. And they drink and eat again beyond their digestive capacity. In this way they keep on day after day dissipating their physical, mental and sexual energy thru more so-called "good times." At last, they retire, only to spend another miserable, restless night. Now they have reached the state where they are half awake during the night and half asleep during the day.

But this life of dissipation eventually exhausts their vital energy and finally their degenerated and debilitated bodies cannot longer respond to or enjoy the pleasures of their sensual life. Due to toxic obstructions clogging the channels of life, Vital Force flows very slowly thru their bodies and now they begin to live a miserable existence.

Now, once in a while, as they continue their journey they come to a tortuous and narrow path (Nature Cure) which, starting from the wide and smooth road, leads upward on the narrow and steep road, to the high Mountain of Health, Youth and Life.

At the beginning of the path there stands a high post with this inscription on it: "THIS IS THE ROAD TO PERFECT HEALTH, PERPETUAL YOUTH AND ETERNAL LIFE."

But, blinded by their sensual appetites, few of them pay attention to the sign. They continue their journey along the wide and smooth road toward physical degeneration, dissolution and death; always descending, and always making it harder for them to return to the Mountain of Life.

They stop at more inns, have more excitement, get more stimulation, take more sedatives, stupefy with narcotics their faithful aching nerves and continue their way downward, always descending toward the abyss where death awaits.

Behold them now! There is a turning of the road just ahead of them. Beyond, it becomes uneven, craggy, sloping and slippery.

See how difficult it is for them now to keep their feet. The descent grows more and more precipitous. Already many of the weaker ones can no longer restrain their steps. See how they let themselves go! They roll to the brink of the precipice, tumble and fall into the abyss of death.

The others become stricken with panic and for the first time they see their mistake. Being in the prime of life they do not want to die. Seeking in their minds for a possible salvation, they remember the narrow paths they left behind. They visualize the guide posts and see in flaming letters the saving inscription: "THIS IS THE STEEP AND NARROW PATH LEADING TO THE MOUNTAIN OF PERFECT HEALTH, PERPETUAL YOUTH AND ETERNAL LIFE."

They now realize that the narrow and steep road is the only salvation they have, and make an unshakable resolution to return and begin to climb this Mountain of Life. Therefore, they decide to retrace their steps to one of the narrow paths. (Nature Cure). But, alas! It may be too late for many of them. Only a few, thru a prodigious effort, succeed in climbing to the edge of the precipice, return to the narrow and steep path and save themselves from utter extinction.

The vast majority left behind, also try to retrace their steps; but as they are too weak to do so, with every effort they make to advance one step forward, they slip three steps downward, ever closer and closer to the edge of the precipice. Like a drowning man, grasping at a straw, they also grasp at every bush and weed in their way. They pull and uproot these shrubs and weeds with the force of their descent; and still clinging to them, they slide to the brink of the precipice and, tumbling, fall into the abyss of eternal oblivion.

But how different it is with those who have been traveling along the narrow and steep road. After a few days of arduous climbing they reach a summit, where there are beautiful groves of fruit trees loaded with golden and purple fruits. Thus they truly eat of the fruit of the Tree of Life—the food of the immortal Gods; they drink of the sparkling waters of the crystalline fountains and bathe in the limpid depths of the murmuring brooks, while Divine Apollo (the sun) transmits thru their skins his purifying and invigorating rays. In this manner they get a fore-taste of the happiness to come to the human race of the future, when every one follows the steep and narrow road. After they have rested and fed themselves with the golden and purple

fruits, they resume their climbing of the Mountain of Life, ever happy in the thought that with every peak they scale and on every summit they reach, better health, a higher life and greater happiness awaits them.

Occasionally, from their high, advantageous point they look downward along the wide and smooth road where they see so many who started the journey of life at the same time, but who foresook the steep and narrow path for the wide, smooth and *easier* one. These unfortunate ones have now reached the end of the wide road—loaded with the wages of their sins, looking pale and wrinkled, old and decrepit, though still in the prime of life. From their high position the enlightened ones follow with compassionate eyes the course of the wide and smooth road—the road of so many promises—and see their fellow beings fall lifeless into the abyss of death. They compare themselves with those unfortunate ones and find that a great, impassable gulf lies between them—the gulf that separates the initiate from the uninitiated, the living from the dead. The enlightened few are now glad that they chose the steep and narrow road that leads to the Mountain of Life.

So my friends, let us join the ranks of those who are climbing the High Mountain of Life. It may be a little difficult and arduous at first. But the glorious price is worth infinitely more than the trouble. Climb, my friends, climb! You will soon find that as you climb you are developing a greater endurance than you ever dreamed of. You will soon discover that as you climb and reach new peaks you will feel increasingly in your organism the vibrating Force of Life. In proportion to your capacity you will feel the returning vigor of a prematurely lost youth, the wrinkles of premature old age disappear from your face to a great extent, and the joy and happiness of a higher health and a lasting youth take possession of your oppressed heart.

Climb, my friends, climb! Ascend new hills! Scale new peaks! Reach new summits! The higher we elevate ourselves on the Eternal Mountain of Life, the more we attain and retain our youth, the closer we get to our Creator, the more we discover Him, and the more we become like Him—Who is ETERNAL, OMNIPOTENT AND OMNISCIENT.

So, dear students, from today let us make an unchangeable

resolution to begin to climb the Eternal Mountain of Health, Youth and Life. Let us not be satisfied with mere mediocrity. Let us set our goal on the highest peak of this Mountain. Then, with illumination in our souls, intelligence in our minds and courage in our hearts let us journey on toward the Elysian Heights, ever conscious with the knowledge that the higher we ascend and the closer we approach, the nearer we get to PERFECT HEALTH, PERPETUAL YOUTH AND ETERNAL LIFE.

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It is the purpose of this science to teach how humanity can transmute these beautiful dreams into actual realities.

LESSON I

BASIC PRINCIPLES OF PSYCHO-PHYSIOPATHY

WHAT IT IS AND WHAT IT TEACHES

Dear Student:

In introducing you into the study of this marvelous philosophy and science of human regeneration and longevity it will be of great importance that you bear in mind the following thought: **THE UNIVERSE IS OUR SCHOOL, MOTHER NATURE IS OUR TEACHER, AND TO DO ONLY THAT WHICH IS RIGHT IS OUR RELIGION.**

Therefore, dear student, let us enter into the **UNIVERSAL SCHOOL** wherein omniscient **MOTHER NATURE** teaches her *eternal and immutable* **LAWS of LIFE**. Let us learn and obey her **LAWS** and she will mitigate our suffering, restore our health, preserve our youthful vigor, and prolong our span of life many years.

Under the title, "**PSYCHO-PHYSIOPATHY**," is my endeavor to introduce the new science of physical and mental healing, for the purpose of teaching the pioneers of the **NEW GOLDEN AGE** how to attain a higher degree of health and prolong their life-span.

PSYCHO-PHYSIOPATHY is a composite word of Greek derivation, from "**Psyche**" (meaning soul, mind) and "**Physis**" (meaning nature or physical part of man). Hence **PSYCHO-PHYSIOPATHY** means physical and mental healing. In other words, it is the philosophy and science of physical and spiritual regeneration and longevity, which conditions can be attained through an understanding of and compliance with the **LAWS of LIFE**.

Therefore, in this first lesson we will postulate the more important basic principles of this science as follows:

I

PSYCHO-PSYSIOPATHY teaches that man is potentially immortal and that through an understanding of and compliance with the **Laws of Life** he has the possibility of living in a state of perpetual health and youth for hundreds of years.

II

It teaches that no man today dies a natural death—every man dies of disease and premature old age at a time when he should be in the prime of life; his untimely death being due to his ignorance and violations of the **Laws of Life**.

III

It teaches that disease is not an entity (evil spirits of the ancients or the germs of modern medical science) coming from the outside to attack the living organism and destroy it, but that disease is an abnormal condition, a state of low vitality—**ENERVATION**—and the consequent abnormal composition of blood and lymph, resulting in the production and retention of waste matter in the cells and tissues. All of this is caused by eating improper food, drinking impure water, breathing impure air, the use of drugs, serums and vaccines, alcoholic beverages, as well as by indulgence in all those bad habits that waste vital force, faster than the body can recuperate.

IV

It teaches that disease is not an enemy to be suppressed, poisoned, and exterminated, but that *disease is a friend in disguise*; that disease is the **PROCESS OF CURE**; that it is the **HEALING EFFORT OF NATURE**; in other words, it is the **HEALING POWER** dissolving, carrying to the eliminating organs and expelling the pathogenic substances from the body, thus purifying the organism and restoring health.

V

It teaches that this process of elimination of poisons (acute disease) must not be suppressed by drugs or by any other means, because suppressing this process of elimination of toxins is tantamount to suppressing the cure. It teaches that every treatment that uses unnatural agents, such as drugs, serums, vaccines, etc., (which are used to antagonize the physiological functions of the organism), are wrong in principle, because they interfere with the intelligent healing and regenerating purpose of Vital Force. These unnatural agents result in great harm to health and life, even though, apparently, they give temporary relief and may bring about the disappearance of certain symptoms. For instance, if the heart or liver is functioning abnormally slow, it means that these organs are enervated and need physiological rest to recuperate their exhausted nerve force and to repair their damaged cellular tissue. On the other hand, if the heart and liver are abnormally active, it means that they have an excessive amount of labor to perform and toxins to eliminate, for which reason the intelligent Vital Force of the organism has increased their physiological activity.

In conformity with these facts, the administration of any

agent that obstructs the intelligent physiological functions of the organism, such as drugs, serums and vaccines, used either to increase the activity of the heart or liver when they need rest, or to decrease their over-activity, which is necessary to eliminate an excessive amount of toxic waste products circulating in the blood—any interference with the physiological functions of the organism through unnatural means, I repeat—interrupts and frustrates the benefic purpose of Vital Force, and results in serious injury to the organism.

Instead of suppressing the process of elimination, we must help Nature in her process of cure by supplying natural conditions favorable to the process of purification. The true Psycho-Physiopath understands the physiological functions of the organism and applies the natural remedies in accordance with the requirements of the Laws of Life. In this way the true physician aids, instead of suppressing, the curative effort of the organism. It is to his understanding of the healing purpose of the intelligent Vital Force and (his cooperation) with the physiological functions of the organism, that the true psycho-physiopathic physician owes his great success in restoring to health those who were suffering with so-called incurable diseases. Suppression of the symptoms of disease, only succeeds in giving temporary relief, at the same time that it makes the disease more severe; for the foreign toxic matter remains in the organism to further degenerate its tissues and make the disease more chronic and incurable.

The psycho-physiopathic physician has five definite steps to take when dealing with disease. First, he tries to discover the mental and physical causes of the patient's suffering; second, he tries to remove these causes by teaching the patient how to live in harmony with the Laws of Life; third, he tries to correct any abnormal condition of the osseous framework, by means of manual adjustments; fourth, he brings about the elimination of the foreign matter that has been deposited in the organism, by means of the natural agents employed by this science; fifth, he supplies the required elements for the regeneration of the organic tissues, by means of the frugivoro-vegetarian diet scientifically balanced and combined according to the discoveries of bio-chemistry.

VI

Psycho-Physiopathy teaches that pain is not an entity, trying to afflict and kill us, but is simply the silent voice of nature, warning us of danger here or there, so that we may pay attention

and correct the error. If it were not for pain which gives us that unpleasant but friendly warning, we would continue committing the same errors and we would destroy ourselves in a very short time. Were it not for the disagreeable, restraining sensation of pain, we would continue eating, drinking to excess, and indulging in vitality-wasting sexual pleasures until we drop dead. Were it not for pain, we would expose ourselves to extremes of cold or heat without knowing the consequences, until we would be either frozen or burned to death. Therefore, pain even if severe, is our best friend. It is the rein that holds us from running wild to our destruction. It must not be suppressed or killed with drugs that stupefy the faithful nerves that carry the important, though unpleasant warning of danger to the brain. To do so, would be similar to casting off the reins that hold the frightened horse and letting him run wild to his own destruction. In other words, paralyzing the nerves to kill pain, which is our warning of danger, is as absurd and is irrational as would be the action of killing a sentry, who upon seeing the enemy approaching, gave the alarm by firing his rifle, thus awakening his companions from their peaceful slumber. When we kill pain by stupefying the nerves with drugs, we kill the sentinel of our life. But though after destroying or incapacitating this sentinel, we may no longer feel the sensation of pain, the danger becomes more serious and is more likely to destroy us without warning. This is why so many men and women (including medical doctors) drop dead without apparent cause. The reason is, that they have so many times before suppressed acute disease and relieved pain with nerve paralyzing drugs. They have killed or put to sleep the guardian of their life; until the enemy finally surprised them while they were asleep and destroyed them. The only natural and lasting way of relieving pain is (1) removing the cause and (2) the application of those natural agents which do not produce destructive after-effects.

VII

PSYCHO-PHYSIOPATHY teaches that the POWER that created the body is the POWER that maintains it and that heals and cures when sick. It teaches that this intelligent POWER is, from the moment of our conception to the moment of our death, striving and endeavoring to maintain the body in as healthful a condition as is possible under the circumstances. It is also trying to prolong individual life to its physiological limit, this limit being several hundred years.

VIII

It teaches that the only "cure" consists in obedience to NATURE'S LAWS, abstention from devitalizing habits, and supplying the organism with the necessary elements of nutrition in their natural state and proportion, and only as needed, according to the physiological demand.

IX

It teaches that there is basically only one disease which consists of foreign matter (toxins, calcareous deposits, drugs, serums, etc.) which accumulate in the tissues of the body injuring them and interfering with the normal function of the organism. *It teaches that there is only one cure*, consisting in (1) the removal of the causes of the disease, (2) in supplying the body with the necessary conditions indispensable for the elimination of pathogenic substances, and (3) in providing the organism with the necessary elements of nutrition, supplied in the natural state, as nature produces them, so that they may serve for the regeneration of the tissues, deteriorated by the accumulation of pathogenic matter.

X

It teaches that VITAL FORCE is the HEALING AGENT and that the healing comes from within; that only man's natural foods can be man's natural medicines and that except through these there is no curative virtue in anything outside of the body—as in drugs, serums, vaccines, etc. These substances have elements foreign to the body, which may relieve pain by paralyzing and stupefying the nerves, but these substances deteriorate, injure and destroy tissue and, by being retained, increase the toxemic condition of the organism.

XI

It teaches that the blood stream, under the quickening power of VITAL FORCE, is the body-building and health-promoting agent, when normal (pure); and the agent of degeneration, disease and death, when abnormal (impure). It teaches that every cell, tissue, bone, gland, nerve and brain depends upon the blood for their building and renewing material and for the removal of waste. It teaches that upon the condition of the blood depends the condition of the body. And last but not least, it teaches that the condition of the blood depends upon whether we rebuild our blood with living or with death cells, in other words, upon what we eat, drink, breathe and think.

XII

It teaches that the only curative and healing substances are those natural substances which Nature uses in the formation and in the maintenance of the organism. That any substance which Nature has not employed in such formation and maintenance of the body (and, therefore, is not a constituent part of its organic tissues) becomes pathogenic matter, foreign to the organism and injurious to health.

The HEALING AGENTS of this natural system of healing are as follows: (1) Natural, frugivoro-vegetarian diet based on the most advanced discoveries of biological science. (2) Herbology. (3) Juice-therapy. (4) Physiological rest or scientific fasting. (5) Helio-therapy. (6) Massage. (7) Physical and physiological exercise. (8) Hydrotherapy. (9) Geotherapy. (10) Psycho-therapy or mind cure.

XIII

It teaches that man is anatomically and physiologically a fruitarian; that of all the animals of the field, living in freedom, man is the only one who eats unnatural, denatured and cooked food. Consequently, man is the only animal who gets sick and dies long before his allotted time.

XIV

It teaches that in view of the fact that the Law of "Like Begets Like" demands that the body tissues be rebuilt with the same kind of substance with which it was originally formed, it follows that only those substances containing the same chemico-vital elements of which the living body is composed can be man's natural food and medicine. Hence the wisdom of the Hippocratic statement: "Let your food be your medicine and let your medicine be your food."

Therefore, this science teaches obedience to the great law of Natural Dietetics, whose formula is: **YOUR FOOD CAN BE YOUR MEDICINE IF EATEN AS NATURE PRODUCES IT, THAT IS, UNDENATURED AND UNDEVITALIZED (UNCOOKED)**. By compliance with this law the blood stream is purified and supplied with building, repairing material—regenerated. Purified blood, charged with these new materials, in turn dissolves, neutralizes and eliminates the toxic waste matter accumulated in the tissues, and rebuilds, renews and regenerates the cells and tissues. It thus brings about the regeneration and rejuvenation of the entire organism.

XV

It teaches that the body has the power of rejuvenation, under the constant operation of the LAW OF CHANGE, during which process the cells, composing the organism are constantly decaying, dying and being disintegrated; at the same time that they are being constantly replaced with new cells, generated with the new nutritive material conveyed by the blood stream. It teaches that it is possible, in general, to rejuvenate the body and prolong the youthful life-span, by means of tissue regeneration, accomplished by physical, mental and, especially, by *physiological revitalization*, during which process the organism eliminates the pathogenic substances and establishes the chemical balance of the blood, lymph, etc.

XVI

It teaches that this process is followed by a period of reconstruction of new tissue, regenerated by means of what is called the PARADISE DIET, which consists of fresh fruits, tender vegetables, and oleaginous seeds, all eaten according to the dietetic principles of the science of bio-chemistry. This is the way in which ancient man ate his food during thousands of years, before he discovered fire or invented cooking utensils. Then is when man, living in a tropical climate and favorable environment, is believed by many investigations to have lived nearly 1,000 years.

XVII

It teaches that man originated in the tropical regions of the earth; and that it is in these lands of warm sunshine and ever-green trees that he finds the natural and best environment for his physical, mental and spiritual evolvment (provided, of course, that he learns and lives in accordance with the requirements of his original, natural, tropical environment).

XVIII

It teaches that the immediate cause of disease consists in the accumulation of pathogenic matter in the cells and tissues; that these pathogenic substances are of a viscous, glutinous, sticky, pasty nature which harden the arteries, capillaries, veins and tissues, impeding the normal flow of VITAL FORCE through the organism; and that these pathogenic substances are the cause of degeneration, decay, disease, old age and premature death at a time when man should be in the prime of life.

It teaches that if these morbid, calcareous, foreign substances deposited in the cells and tissues are softened, dissolved and elim-

inated, then health can be restored, youth greatly attained and retained and the life-span prolonged many years.

XIX

It teaches that the purification of the body and the elimination of toxic foreign matter is brought about by acute reactions of the organism against this foreign matter. These acute reactions are known as healing crises. They come in different forms, such as colds, catarrh, diarrhea, bronchitis, pneumonia, fever, skin eruptions, etc. And when these crises appear under the natural treatment it indicates that Nature is overcoming the obstructions to Vital Force and that the body is being purified and revitalized.

XX

It reaches that unless the patient has waited until his vitality is greatly exhausted and one or more of his vital organs have degenerated beyond the power of recuperation, there is no disease that cannot be cured. This has been demonstrated repeatedly by the many cases of recovery from so-called incurable diseases, after the patients had been given up to die. But even in those few cases in which the patient has waited too long to regain complete health, it is still possible, by means of this science, to relieve much suffering and prolong the life of the patient, many months or years, since this natural treatment can never do harm, but always does much good to the patient.

XXI

It teaches that by periodically submitting to the processes of purification and regeneration as explained in this science, the tissues of the body are gradually purified, regenerated and revitalized, so that the body becomes more and more immune to disease and free from pain and the handicaps of premature old age, as is man's natural state.

XXII

It teaches that the purification and regeneration of the blood and cellular tissues, by means of this natural way of living, not only restores and preserves health and youthful vigor in great measure, but it prolongs the life of the individual to the extent that his psychical, physical and physiological environment permits. That the natural way of living, which includes as its basis the unfired frugivoro-vegetarian diet, will be a blessing, especially for women. For it has been proven that if by means of this natural system of living women eliminate the toxic waste prod-

ucts that poison the blood, and the calcareous deposits that harden their tissues, their periodic suffering caused by menstruation will soon be greatly relieved and eventually disappear. This menstrual phenomenon comes to an end when the organism has been purified and the vicarious elimination through the female sexual organs becomes unnecessary. Furthermore, we also know that when women have followed this natural system of living for several years they build strong, flexible and elastic tissues, which enable them to bear children with little or no pain, as is the case with the female of every species, whose members live a free and natural life.

XXIII

It teaches that when this natural way of living is adopted in general it will bring about the physical, mental and spiritual regeneration of the human race, and will greatly decrease and finally do away with disease, injustice, poverty, crime and war, since all these social evils have their roots in derangements and disturbances of the nervous system, irritated by the toxic waste products which have entered the body with the animal food we eat, alcoholic beverages we drink, and with the use of poisonous drugs, serums and vaccines which the allopathic physician prescribes to suppress and overcome the symptoms of disease. The following two experiments, which anybody can duplicate, should convince you of the truth of the above assertions:

The first experiment was made with a very tame cow which was separated from the others and was given only cooked meat to eat. During several days the hungry cow approached the cooked meat, smelled it and went away without eating it. Finally, pressed by extreme hunger, the cow tasted the cooked meat but made a gesture of repugnance when she felt it in her mouth. But as the instinct of self-preservation impelled her to eat the meat, the cow continued eating it until she finally came to like it so well that when she was given her natural food again she seemed to prefer meat to grass. Thus we see how the living organism either of man or animal, becomes a slave to unnatural, injurious habits.

The psychological effect which the carnivorous diet produced on the formerly tame cow was most surprising, for as the nervous system of the cow was gradually growing more and more irritated by the uric acid, sulphuric acid, phosphoric acid and other toxins derived from the flesh diet, the cow gradually lost her tameness, began to show the ferocious instinct of carnivorous

animals and attacked those persons who tried to approach and touch her.

The second experiment was made on the cub of a tigress. A few days after the cub was born it was separated from its mother and was fed on vegetable foods. The effect of this vegetarian diet on the little tiger was marvelous, for as he grew he showed the domesticity and tameness of a domesticated cat, and children could play with him without any danger. Then, in order to continue the experiment to its desirable end, the vegetable food diet was suspended and the little tiger was given his natural diet of raw meat. The result was that as the meat diet saturated the tiger's blood with its toxins and his nervous system became irritated, he gradually lost his tameness and docility and became intractable, showing his natural ferocity to those who approached him, and the children could no longer play with their little tiger.

These experiments should prove to us that a flesh diet transmits to the living human being certain acids and toxins which irritate his nervous system and make him lose his good nature and self-control, thus driving him to crime and war; and that a frugivoro-vegetarian diet, free from irritating toxins and rich in alkaline organic salts and vitamins, neutralizes the acids, calms the nerves, humanizes, softens and sweetens the heart of man and makes him love his fellow beings and feel that the greatest happiness consists in making others happy.

XXIV

It teaches that the sex glands are the Fountain of Youth and that from them flows the most precious vital fluid; and that the proper or improper use of them determines whether we will preserve our health and vigor of youth to the end of a long life, or whether we will become weaklings and thus grow prematurely old and die when we should be in the prime of life.

XXV

It teaches that back in the dim past man lost his earthly paradise through ignorance and disobedience to the Laws of Life; and that he can also regain his paradise through a knowledge of and obedience to the same laws; and the purpose of this science is to teach the existence and operation of these laws.

Finally, the Science of Psycho-Physiopathy teaches many other marvelous things which we will introduce in the course of these lessons, accompanied by the necessary scientific and philosophi-

cal proof, so that you may be convinced of the great possibilities of this science and philosophy.

So, in conclusion, I wish to say that psycho-physiopathy is also a humanitarian movement whose purpose is to free the human race from the shackles of ignorance, superstition, and disease; then to lead it into the **GOLDEN AGE**, where the people shall be free from slavery, disease, fear and war. The **GOLDEN AGE**, whose people will enjoy lasting youth and will live happily and vigorously hundreds of years, as ancient man lived in the hoary past. The **GOLDEN AGE** (which will be introduced by future generations springing up from frugivoro-vegetarian parents—healthy of body and pure of spirit) will be the *full life*—the **EDENIC LIFE**.

The **GOLDEN AGE**, where, as the prophet Isaiah said, "They shall build houses, and inhabit them; they shall plant vine-yards, and eat the fruit of them. They shall not build, and others inhabit; they shall not plant, and others eat; for as the days of a tree shall be the days of my people, and my elect shall long enjoy the fruit of their hands."

Let us do everything possible to hasten the advent of the **GOLDEN AGE**, when man shall build houses and shall live in them for hundreds of years; when man shall plant trees and vine-yards and shall live to eat the fruit of them; differently from to-day, where our life is so short that practically we build houses for others to live in; we plant trees, for others to eat the fruit thereof, because, before they bear fruit, many of us have ceased to exist.

The **GOLDEN AGE**, where just as the trees that live hundreds of years (such as the walnut, the pinenut, and the cocoanut tree)—just so shall be the days of the elect: those who adopt a natural life, breathe pure air, bathe in the invigorating rays of Divine Apollo and eat the food that Mother Nature ordained that we should eat: **THE DIET OF PARADISE**.

LESSON II

THE CREATIVE PRINCIPLE OR LAW OF CREATION

The following explanations in this lesson and the explanations in the following two lessons on "THE LAWS OF LIFE" are based on the teachings of ORTHOPATHY originated by such MASTER MINDS as Isaac Jennings, M.D.; Sylvester Graham, M.D.; Robert Walter, Trall, Dewey, Densmore, Tilden, Starr White, all M.D.'s, and as further perfected by Dr. Clements and Dr. Shelton in their study courses of ORTHOPATHY.

We are living in a Universe of Law and Order, in which every phenomenon is produced according to eternal and immutable Universal or Cosmic Law.

By Universal Law is understood that Eternal Intelligence which formed the visible Universe from an invisible cosmic root-substance. Universal Law is equivalent to the Life Principle or God.

A Principle is the Source of all facts, effects, phenomena and results. It is equivalent to Force and Law. Hence, a Principle consists of the Force that produces effects and of the Law (Intelligence) that directs this Force in the production of results.

The Law of Creation should be called the Law of Production in order to make its definition clear. In this way we would avoid the confusion that comes to those who give a too-literal interpretation to this word and believe that to create, means to produce something from nothing. Therefore, inasmuch as in the light of science it is impossible to create something from nothing, the term Law of Creation is supposed to mean Law of Production of visible things from invisible root-substance. In Orthopathy, the Law of Creation is explained as follows:

The Law of Creation

Consists of (Intelligence (the directing agent)
(Force (the moving agent)
(Matter (material of construction)

The Law of Creation has the following nine attributes: It is (1) Eternal, (2) Infinite, (3) Absolute, (4) Indispensable, (5) Indestructible, (6) Non-transformable, (7) Non-producible, (8) Omnipotent, and (9) Omniscient.

The Law of Creation operates as follows: Force, directed by Universal Law (Intelligence), is applied upon Matter, whereupon, under the directing influence of Gravitation, Chemical

Affinity, and Vital Force, invisible elements unite into visible compounds, thus bringing into Visible Existence the Mineral, Vegetable and Animal Kingdoms.

How Visible Things Are Formed from Invisible Root-Substance

The Creative Principle, as well as matter upon which it operates to produce Visible Existence, is eternal. It had no beginning and can have no end. Matter is constantly and eternally changing forms, but matter is indestructible. It travels in cycles from the invisible to the visible and vice-versa, but it is never destroyed. An illustration of the cycle through which water passes will show the operation of the Law of Creation or Law of Production and will enable us to understand how visible things, like our solid earth, are formed from invisible substance.

Water is a compound of two gases: Hydrogen and Oxygen. Both are invisible in their free state. But when under the influence of Gravitation and Chemical Affinity they are combined in the proportion of (H_2O), these two invisible gases become a visible liquid which we know as water.

As we will see further on, eons and eons ago, during the formation of the earth, all the water and solid matter which this planet contains was in a gaseous, invisible state, whirling in infinite space at a terrific speed. At the beginning of the formation of the earth, even the solid rocks that give solidity to our planet were an enormous mass of gaseous substance which under the influence of the Laws of Gravitation and Chemical Affinity condensed and took on visible form. The elements of water—two atoms of Hydrogen and one atom of Oxygen gas—are invisible. This represents the beginning of the earth in its gaseous, invisible form. But these same two invisible elements, under a lower temperature, form visible vapor which appears as clouds. A still lower temperature condenses the vapor into a liquid (water), which as it becomes heavier than the atmospheric air, falls in the form of rain, attracted to the earth by the Force of Gravity. If the temperature is further decreased below 32 degrees Fahrenheit, water becomes a solid mass of ice, capable of resisting tons of weight.

So we have seen plainly illustrated the operation of the Law of Creation (Production) and have understood how worlds are brought into visible material existence from an invisible gaseous Cosmic root-substance. But because we cannot see or feel the substance from which visible matter is produced we should not

be led to the erroneous conclusion that things are created out of nothing, because something from nothing is an impossibility.

Evolution of the Earth

In the formation of worlds, as well as in the formation of everything which they contain there are ever present the three indispensable elements of the Eternal Trinity:

1. Law (Intelligence)
2. Force (Moving power)
3. Matter (Building material)

Matter is that infinite, eternal, indestructable substance of which visible existence is produced. *Force* is that eternal, unchangeable, unproduceable *Power* which, under the intelligent direction of *Universal Law* produces all phenomena. Matter, Force and Law are the three different phases of the Absolute Unity. In the last analysis these three phases of the Eternal Trinity merge into one. The existence of these three elements is inseparable. We know of their existence only by their observable activity and manifestation in and through Matter.

In the following explanation of the possible evolution of the earth we will see how visible things come from invisible substance. Visible things are brought into manifestation by a lowering of temperature which, in turn, produces a decrease in the vibratory rate of Matter. Under these conditions the Law of Polarity becomes effective, causing particles to unite according to their affinities, thus manifesting in the form of gases, liquids and solids.

The substance of which visible things are made is Eternal. Therefore, there could never have been a beginning of Existence. But the Earth, having been formed of a previous gaseous, invisible substance in the dim past, had a beginning.

Of the various theories of the formation of the Earth, from its igneous stage, through the various ages to modern times, the one given to us by Professor Isaac Newton Vail, seems to me to be the most logical and beautiful of all. His deductions, fortified by logical reasoning from the facts of science, leave no doubt in the mind of unbiased readers that his statements are true and that the evolution of our earth could not have taken place otherwise. Here follows a synopsis of the principal points of this theory of the evolution of our earth:

1. That the first conception we have of this world is that of an enormous mass of invisible gaseous matter whirling in the

infinite space at a prodigious velocity, caused by the first two elements of the Eternal Trinity: Law and Force.

2. That under the attracting power of the Law of Polarity the particles of matter which made up the whirling mass of invisible gaseous substance got into closer and closer relationship, resulting in tremendous friction, caused by the inconceivable velocity of the whirling mass.

3. That friction increased in ratio, as the space between the particles of matter lessened, and that the embryonic mass of the future earth progressively got heated until it became a great sphere of molten matter, shining and scintillating in infinite space like one of our many stars today.

4. That, controlled by the Law of Gravitation, the flaming mass of the embryonic earth whirled and floated in space, and being a satellite of our Sun, it revolved around the sun.

5. That during countless millions of years, under the Law of Chemical Affinity, the heavier atoms began to combine and were drawn toward the center of the flaming mass by the power of the Law of Gravity, at the same time that the more rarefied substance rose and floated in the cool atmospheric space.

6. That this more rarefied substance that was flashed into space, like tongues of fire, consisted of immense clouds of mineral and metallic sublimated particles, rising from the melted flashing bosom of the New Earth.

7. That these enormous masses of flaming substance, which were vomited from the flashing bosom of Mother Earth formed concentric rings in space around the earth.

8. That as countless ages passed, the cold regions of infinite space gradually cooled and condensed the various rings of sublimated and evaporated matter that had formed around the earth.

9. That the cooled, condensed, floating rings then began to descend toward the earth, attracted by the Force of Gravity; the rings composed of melted and sublimated mineral and metallic substances falling first, because of their greater weight.

10. That the descent of these concentric rings, at different periods of the earth's age, formed the different strata of rock deposits, and that the different layers of these deposits enable us today to read the different periods of our earth's history, as an open book.

11. That as ages passed and the cooled, condensed rings of matter fell to the earth, the surface began to cool and a thin crust was formed on the surface of the molten globe.

12. That in this embryonic period, Nature, from a human viewpoint, was performing a frightful, horrible drama, with dark, dense clouds surrounding the earth, continually pierced by lightning, accompanied with peals of thunder.

13. That the last floating rings or canopies were formed of watery vapors which contained the future water of the vast oceans of the earth.

14. That as the cooling atmosphere condensed these watery vapors, drops of water were formed which Gravity attracted to the earth as rain; but, due to the terrific heat of the flaming earth, this deluge of falling rain was immediately vaporized as it approached the earth and rose again as vapor, to be again condensed into clouds and water by the cool atmospheric air.

15. That this process of vaporization and condensation of the future water of the earth continued for countless ages until, finally, the crust of the earth cooled to the point where it became possible for the falling deluges of rain to form into gulfs of boiling water, filling the fissures in the burning rocks.

16. That, finally after this repeated process of condensation and vaporization the earth was covered with a shallow sea, boiling at first, but gradually cooling off to the point where living forms developed that could endure the heat.

17. That it was at this particular period of the earth's history that the Eternal Trinity, having the necessary conditions, began to manifest Itself through the agency of living forms, and living beings appeared on the earth.

18. That even after vegetable and animal life had appeared and thrived upon the earth for long periods of time, more floating rings of sublimated matter were condensed and fell to the earth, burying under its enormous mass all vegetable and animal life.

19. That man was the last to appear on our earth, having been preceded in order of their appearance, by the invertebrates or jelly-like animalculae, by fish, reptiles, birds and mammals.

20. That the last floating rings or canopies, were formed of watery vapors which contained the future water of our vast oceans, rivers and lakes, and that when the rings or vapor canopies fell, these bodies of water inundated the earth.

21. That there seem to have been at least four inundations or floods over the earth's surface, brought about by the descent of the vapor canopy, the last one being the Great Flood related in the Bible, which took place in Noah's time.

22. That our sun had never been seen by man before Noah's Flood because the vapor ring surrounding the earth had constantly concealed it from view.

23. That the vapor canopy surrounding the earth acted as a diffuser of the solar light and heat rays, thus converting the whole earth, right to its two poles, into a perpetual, warm greenhouse abounding in luxurious vegetation and animal life from the Equator to the Poles.

24. That in that sunless, nightless warm environment of the ante-deluvian world, plants, animals and men took long years to develop and bear fruit, and that the life-span of ante-deluvian men was nearly 1,000 years.

25. That when the last canopy of watery vapors enveloping the earth fell during Noah's Flood, the sky was cleared and the unobstructed sun cast its bright beams upon plants, animals and man for the first time, thus explaining the reason why the beautifully colored rainbow was seen for the first time after the Flood, for there can be no rainbow, unless the sun shines on the falling drops of rain.

26. That the active chemism of the unobstructed sun rays hastened and shortened the period of development, fruition and decay of plants, animals and men, and that the injurious effects of some of the sun rays have been the cause of man's physical degeneration and of the shortening of his life-span from almost one thousand years to three scores and ten, which was promised him after the Flood.

(Please bear in mind the thoughts conveyed in this last paragraph. They are of special interest to us and will be thoroughly discussed further on when we deal with the causes of man's degeneration.)

The Forces That Evolved Man

In the production of Material Existence three primary forces are at work: (1) Force of Gravity, (2) Chemical Affinity, and (3) Vital Force.

In the evolution of the earth, from its invisible, formless mass of gaseous substance to the time when it solidified and cooled to the point where living forms could be evolved, the Force of Gravity and Chemical Affinity were the working agents. When the necessary conditions were present, the primary Force of the Universe—Vital Force—came into operation and began to produce the countless forms of Animate Existence, at the head of

which is man. Hence, Man as all other living beings, is a product of Vital Force.

In defining Life, all we can do is to say that it is that infinite, invisible, eternal non-produceable, unchangeable and indestructible Force which, operating upon Matter, produces all the myriads of living forms. Vital Force performs all functions of the living body. It is the spirit that quickens and moves it and makes it a living being. Vital Force is not inherent in the body. But it is a Universal Force flowing on and through living bodies, animating them and making them express Life in an infinite variety of ways.

For the explanation of our science of Psycho-Physiopathy and to enable the student to comprehend the purpose of Life in its operation in the living body, we can compare Vital Force to electrical force and the living body to a machine run by electricity.

For purposes of explanation, we consider that the living organism is made up of two parts: (1) a physical, visible body animated and operated by (2) an invisible power—Vital Force. It is analogous to an inert physical machine operated by an invisible force—electricity.

The Materialistic Theory of Evolution

The following is the theory of evolution believed in by our materialistic medical science. Materialistic science does not recognize the existence of two bodies in man: one material (visible) and one spiritual (invisible). Materialistic science believes that the spiritual body (the physical function of the organism) is the product of chemical actions and reactions of the food we eat. Materialistic science *begins* its theory of evolution with the simplest kind of living matter—protoplasm—and assumes that life is the physical property of this complex chemical substance. But materialistic science does not explain to us why protoplasm is living or where it got its life. It believes that life is the physical property of protoplasm, but it does not explain why it is that the protoplasm of a *dead* body does not manifest life, which it ought to, if life were the property of matter and were inherent in it. It teaches that life comes from fermentation and decay of food in the body. But it does not explain why the food ferments and gives energy in a living body, while food in the intestinal tract of a dead body (though it may ferment and putrefy) does not produce the same energy of life. Medical science assumes that life is a property of substance, but it does not explain why of

two substances of identical qualities, one is living and the other is dead, or why one is living today and dead tomorrow. The very fact that material forms die proves that Life is not inherent in matter. For, if Life were an inseparable property of matter, material living forms could never die, Life being eternal and indestructible. Materialistic medical science is unable to offer man proper aid in its quest for health, lasting youth and a long life free from the infirmities of old age. Medical science, not recognizing the Vital Principle, can have no knowledge of the basic Laws of Life which produce and intelligently direct the functions of the living body. Hence, medical science is at a loss as to the real cause, nature and purpose of disease, and is unable to apply the proper treatment.

Based on the materialistic theory of evolution, medical science does not and cannot give us a satisfactory explanation of: What is Life? What is Man? What is matter, spirit, soul? What is instinct, intuition, consciousness? How do different organs make different juices from the same blood? How does the body make teeth, bone, cartilage, nails, nerve, hair, brain, muscle, and a transparent lens to allow light to enter the eye? How do we hear, feel, taste, smell and think? Are all these marvelous vital phenomena due to the kind of life supposed to arise from the fermentation and decomposition of food in the intestinal tract?

The Vitalistic Theory of Life

The Vital Theory of Life is the basis of the science of Psychophysiology. The Vital Theory of Life declares that there is a Life Principle, arising superior to the other Principles of Existence. This principle is eternal, omniscient and unchangeable. It is not inherent in matter. But it continuously pervades matter and flows through it, saturating it with animating Vital Force. It reaches to the mineral world, and by the agency of the colorless, structureless matter, called protoplasm, transforms the elements of the inorganic realm (together with their inseparable properties) into living bodies, consisting first of the vegetable world and then of the animal world, at the head of which is man. The difference between the Life Force in man, in animals and in plants is only a difference in degree, not in kind. Life is always the same, whether in the organic or in the inorganic world. Life pervades all substance and manifests itself in an exalted degree in those organisms having a superior and more complex organization. The degree of manifestation of Vital Force depends upon the degree of evolution, complexity and efficiency of the body.

The same Vital Force pervades the body of the sick as the body of the healthy man; but in the body of the healthy man produces pleasant sensations, while in the body of the sick man produces pain, caused by morbid changes in the integrity of the tissues. The same Vital Force pervades the brain of the scientist as pervades the brain of the idiot; but in the highly evolved brain of the scientist produces a work of mathematics or astronomy, while in the brain of the idiot produces only non-sense. The expression of Life is in proportion to the degree of physical perfection of the body. The higher the degree of perfection of an organism, the higher the degree of Life's expression. That is why it has been said that *Life sleeps in the mineral, dreams in the vegetable and awakens in man. It thinks creatively and constructively in highly evolved human beings.*

The Source of Vital Energy

The vital energy of the body arises as the effect of Vital Force, operating in and through the organism, while it performs the vital functions of living, such as breathing, thinking, eating, etc. Air, water and food are simply the agents that call forth the activity of Vital Force. These agents merely are the combustible material. Life is the torch—the Fire—that sets the combustible material burning, thus maintaining the Fire of Life. Without Life to quicken matter there could be no living things.

There are various theories to explain the source and the seat of the vital energy that makes the body function. The old physical medical science believes that vital energy arises from the chemical action and reaction (fermentation and decay) of food in the body. That is why they prescribe plenty of nourishing food, tonics and stimulants to weak patients. As we have seen and will see further on they fail to increase the strength of the patient by these means, because vital energy does not come from what we put in the body alone.

The Nature Cure school advances two theories as to the source of Vital Energy. The first one is known as "The Recharging Theory." Those who believe in this theory claim (1) that the living organism is comparable with the electric motor or electric battery, which is capable of recharging itself, (2) that the brain and nervous system is the human motor and (3) that the living organism is capable of recharging itself only during the hours of sleep and rest. The second theory is known as "The Limitation

Theory." It consists in the belief that every living being is born with a certain income of Vital Energy which can never be increased. That, on the contrary, this income, although recuperable to some extent during rest and sleep, the recuperation never equals the expenditure. From this they deduce that the more the body is exercised, the sooner the inherited income of Vital Energy will be exhausted and the sooner we die. According to this theory the best way to live long would be *not to live at all*; that is, not to exercise the body so that we shall not exhaust our inherited vital income. This theory would be true if the source of our vitality were within the body. But as the Vital Reservoir is in the infinite space outside the body it is wrong to compare the living organism with an electric battery, because, although the battery is a reservoir of power, that reservoir in time becomes destitute of its power, even though the battery be never used. This is not so of the living body.

Man's Source of Vital Energy Is Inexhaustible

If the source of our vital energy is inexhaustible why do we become tired and sleepy? Because during the performance of the daily activities of living the vitolytic process (disintegration of cells) has exceeded the vitosynthetic process (reintegration of cells), resulting in an accumulation of acids and toxins which must be eliminated to preserve the body. The elimination of these waste products and the reintegration of cells can take place only when the vitolytic process has ceased; this can take place during rest and sleep. Hence, the wisdom of Nature in overcoming us with the sensation of fatigue and sleep.

Infinite Vital Force cannot be consumed or exhausted by the living body any more than electricity can be consumed or exhausted by a physical machine. Vital Energy (the effect of Vital Force flowing into the body) is also limitless. Man cannot exhaust it, conserve it nor prevent its expenditure when necessary. Vital Force is continually flowing in and through the body. Sleep does not come to recharge man's nerve batteries. It comes for the specific purpose of halting activity in order to give the body the opportunity to eliminate the waste products resulting from the vitolytic action of the organism and to reintegrate the worn out tissue with new cells. Sleep comes to decrease Vitolysis and to increase vitosynthesis. Vital Force exerts on the cells of the body an effect similar to that exercised by Electric Force on the electric lamp filament, gradually destroying it. However, there is this vast

difference: Electrical Force wears out the lamp filament without being capable of making a new one, nor of maintaining the old one in repair; whereas Vital Force is capable of continuously repairing and renewing the cells and tissues of the body through which it operates.

Not recognizing the Vital Principle outside the body, physical medical science is unable to recognize the phenomena of rest and sleep as the primal requisites to increase vital energy, regain health and prolong the span of life. Medical science assumes, as if it were a proven fact, that man gains his energy from the process of food combustion, as a steam engine gains energy from the process of fuel combustion. If this were true, the fasting patient would not be able to show prodigious strength during a prolonged fast. If the body derived his energy from food, the big eaters would be prodigies of strength and longevity. Yet, the contrary is the actual truth—heavy eaters have little strength—they use what energy they have to digest and dispose of the excess of food.

Eight Important Facts Concerning the Law of Vitality

Concerning the Law of Vitality, Psycho-Physiopathy maintains:

1. That from both mental and physical activity there arise an excessive Vitolytic (destructive) action on the cells and tissues.

2. That as mental and physical activity increases, in direct ratio therewith, so increases the Vitolytic effect on the cells and tissues, resulting in Vital Force working less vigorously through them.

3. That rest and sleep serve to decrease physical and mental activity, and that as activity decreases, in direct ratio therewith, so decreases the Vitolytic effect on the cells and tissues.

4. That rest reduces physical activity, but *that it is only profound sleep that reduces mental activity to the minimum required for recuperation.*

5. *That it is not Vital Force that must be saved and conserved, but the instrument (body) thru which Vital Force operates.*

6. That unless the body be saved and its elementary composition and its elementary relationship be maintained, it will be unable to receive and use Vital Force. As a result, the operation of the Law of Inanimation (Death) will sink the body back into a lifeless mass, not especially from lack of air, water, and food, nor from exhaustion of its Vital Force, but from its inability to receive and use said Force in the proper way.

7. That whether in health or in disease, in youth or in old age, Vital Force never ceases flowing through and acting in the body. Yes, even after death, Vital Force continues working on and in the body, but with this difference: *While the body is alive, Vital Force is building it up; after the body dies, Vital Force is tearing it down and converting it into its original inorganic elements. Vital Force is omnipresent. Therefore, it cannot be cut off from the body. Hence, if it cannot be cut off, then the cause of decreased function and final paralyzation of the human machine must be found somewhere else.*

8. It maintains that the supply of Vital Force is infinite and limitless but it can be used only to the extent of the ability of the living machine to receive it and use it. For instance, electrical force is limitless. Man can utilize it in proportion to the perfection of the machinery he is able to invent. Vital Force is also limitless. Man can utilize it in proportion to the development and perfection of his living machine. Hence, Life's primal purpose is the *perfection of the living body* to fit it for an ever higher and higher manifestation of life.

LESSON III

THE LAWS OF LIFE

How They Function In the Living Organism

In order to make a science easily understood and possible of application it is necessary to systematize its teachings and base them on well-formulated laws. Simply giving the student an unsystemized conglomeration of facts can never enable him to understand the principles of the science, or be in a position to know how to proceed when complicated conditions arise.

This has been the case with my first course of study. I gave the student a wealth of facts about physical purification, regeneration and longevity. But as these facts, though well established, were not systematized in the former course, or related to the Laws of Life, as in this one, it required the most careful study to draw the correct conclusion in every case. Therefore, many of my students wrote asking many questions which had already been answered in the lessons of the course, but which, due to insufficient systematization, they had overlooked, and when a complication arose they did not know what to do. Therefore, in order to correct that situation, I have included these fundamental lessons on the Laws of Life. It is my conviction that if you master these lessons you can become a true physician, and will be in a condition to know how to apply the proper treatment in any case of disease.

With the formulas of the Laws of Life in your mind, you will never be baffled as to: (1) Whether you should apply heat or cold to the body. (2) Whether you should apply the treatment to the diseased organ or to the organs that are able to compensate. (3) Whether stimulation strengthens the body or whether it is exhausting the reserve force of the organism and hastening the patient to his death. (4) Whether you should feed the patient this or that kind of food or whether you should put the patient on a fast and allow him to rest. In fact, if you keep these laws in your mind you can avoid much error and be able to save patients that other physicians, who do not work in harmony with these laws, have given up to die.

How Success Depends Upon An Understanding of and Compliance With Cosmic Laws

The knowledge of the fact that the Universe is governed by immutable and eternal laws, and not by chance or the whims of a

capricious personal providence, has aided in the advancement of human progress more than anything else.

Just as the discovery of the Law of Gravitation made possible the Science of Astronomy; and the discovery of the Law of Chemical Affinity made possible the Science of Chemistry, just so the discovery of the Laws of Animate Existence or the Laws of Life will enable us to solve the great problems of health and disease and establish a dependable Science of Psycho-physical Regeneration which will ultimately lead into a condition of perpetual health and vigor.

In learning a science we are taught its laws. (The astronomer learns the Law of Gravitation; the chemist learns the Law of Chemical Affinity. Just so, in learning to take care of the human body we have to learn the laws of physiology or the Laws of Life.) So, in every department of existence we must learn the laws, otherwise we shall always be groping in the dark as blind men, likely to be destroyed by the forces which, if understood, will be our servants.

The Laws of Life are eternal, unchangeable and indispensable. They show the manner in which Vital Force operates in the living organism. The first of the Laws of Life is known as

The Law of Self-Preservation

The formula of a law is a fixed rule explaining the constant and unchangeable mode or manner in which the law operates. Robert Walter, M.D., formulates the Law of Self-Preservation as follows:

"Every particle of living matter in the organized body of every living being is endowed with an instinct of Self-Preservation, sustained by a force inherent in the organism, usually called Vital Force or Life, the success of whose work is directly proportioned to the amount of the force, and inversely to the degree of its activity."

Under the operation of this Law, Vital Force, or the Life Principle, is continually trying to preserve individual life, or, in other words, the organisms which Life has built for its expression. The Life Principle or instinct of self-preservation is inherent in every particle of living matter: in the cell and in the organ, as well as in the organism (the body).

PERFECTION OF THE HUMAN BODY IS THE FINAL GOAL OF THE LAW OF LIFE:—When the Life Principle or Universal Intelligence forms living bodies for its expression, it

forms them as nearly perfect as environmental conditions permit, and implants in every cell of their structure the desire to live or Instinct of Self-Preservation. It is this Instinct that strikes terror in the heart of every creature at the approach of death and urges them to fight for dear life. *"Life at any price," is the supreme command of the First Law of Life.* Hence, no man nor animal in a normal condition of health, wants to die. Only those who, through violation of the Laws of Life, have become mentally and physically deranged and are suffering, do, some times, commit suicide.

It is the Instinct of Self-Preservation, pervading every cell with life, that without any conscious effort enables every cell, tissue and organ to faithfully perform the function of living. It is what makes the heart beat, the lungs take the breath of life; the kidneys secrete urine, the liver secrete bile. It is what makes certain glands secrete acid juices, and other glands secrete juices that are alkaline. It is what makes certain cells select elements that are indispensable to living existence, and causes other cells to cast out elements that are injurious to life. It is what makes newly born creatures seek their mother's breast and cry when hungry, thirsty, or when in pain, so that their parents may know their needs and attend to them. It is this Instinct that enables living beings to do these and thousands of other marvelous things without any conscious, voluntary effort on their part.

This silent voice of the Instinct of Self-preservation is continually whispering to our cells: "Live on, live on; I do not want you to die."

If through the teachings of this science we purify the body, purging it of the poisonous filth which is clogging the channels of Life; if we thereby have our cells regenerated, revitalized, and our dormant instinct reawakened; if we then follow the unerring, silent voice of our instinct, we shall be able to attain a high degree of health and happiness and will be able to live a long and youthful life, with a hopeful possibility of perpetual youth for future generations. For, according to the findings of true science, true philosophy and true religion the human body is potentially immortal.

Related to the First Law of Life there are other secondary Laws which we will consider in this lesson. The next to be explained is:

The Law of Action

The formula of this Law is as follows: .

"Whenever action occurs in the living organism, as the result

of extraneous influences, the action must be ascribed to the living thing which has the power of action, and not to the dead thing whose leading characteristic is inertia."

According to the Law of Action only those things that have life can act and move by themselves. Inanimate objects remain inert, unless some force acts upon them. The operation of the Law of Action on the living organism is well illustrated by the practice of taking purgatives and cathartics.

CAN DEAD DRUGS ACT UPON LIVING TISSUE? Doctors say that drugs produce various actions when introduced into the intestinal canal. They say that cholagogues act upon the liver, diuretics act upon the kidneys, and cathartics and purgatives act upon the bowels, producing watery evacuations. But do they act? Apparently they do act. But actually the reverse is true, as we shall see. If we take a dose of Epsom salts or other purgative, what happens? It is soon followed by a more or less powerful evacuation of the contents of the bowels. Now we come to the point. Did the drug act upon the bowels, or did the bowels act upon the drug? According to the Law of Action there is no doubt that it was the bowels that acted upon the drug and not the drug upon the bowels, because only living things have the power to act. Dead things are incapable of moving themselves or produce movement. The salts or other mineral purgatives are devoid of animating life, therefore they could not act upon the intestines. Remember, it is always the living that acts upon dead things, and not the reverse.

Why Living Tissues Act Against Dead Drugs

Why did the intestines act? Why did they expel the drug and together with the drug the contents of the intestines? It is clear that it was done to preserve the organism from the poisonous nature of the drug. For if the drug had been retained it would have resulted in serious injury and it might have ended in death.

How injurious a purgative or cathartic is can be calculated by the degree of the intestinal action upon the drug. The more poisonous and destructive a drug is, and the stronger the vitality of the organism, the greater will be the action of the bowels against the drug and the greater the evacuation will be.

The instinct of self-preservation reacts with all its power against the poisonous drug and expels it as quickly as possible, because if the drug is retained in the intestinal tract and is absorbed into the blood stream and there forms a chemical union

with the fluids and tissues of the body, it becomes exceedingly destructive, enough, in fact, to cause death. Nature tries by all means to prevent the absorption of any poisonous substance. She knows that as long as they remain in the intestinal tract they will not be very injurious, because drugs are not within the body until they have been absorbed into the blood stream. Substances in the digestive tube are still outside the body. Many drugs which occasion only a light movement of the bowels when taken via the mouth, will cause instant death if they are injected directly into the blood stream. Hence the effort of the instinct of self-preservation to eliminate the drug by producing watery evacuations.

Therefore, we should never resort to purgatives to relieve constipation. Because every drug that induces violent bowel movements is an irritating, destructive poison to the organism. That is why the instinct of self-preservation arises and rallies the forces of the organism to expel the drug and, incidentally, the contents of the intestines with it.

In order to accomplish this, the digestive glands pour into the intestines great quantities of digestive juices, the mucus membranes secrete large amounts of mucus for self-protection against the irritating drug, the peristaltic movements of the intestines are powerfully increased; then, mucus, digestive juices and the drug, together with the retained fecal matter, are thrown out of the intestinal canal. How injurious purgatives and cathartics are if retained and absorbed into the blood, can be proven by the fact that in those cases where the bowels fail to act because of weakness or obstruction the patient becomes seriously ill and, in many cases, dies.

The Dead Cannot Act Upon the Living

Drugs are dead substances and have no power at all to act upon the living tissues of the body. Remember that it is always the living tissues that act upon the dead drug in order to expel it, to dissolve it or to neutralize it and make it harmless. It is for this purpose that the vital functions of the body are quickened.

That drugs have no power to act upon the body is further proved by the fact that men with strong vitality react very powerfully against the drug; men with weak vitality react very little to the drug; and dead men do not react against the drug at all. If it were the drug that had the power to act it would act the same in the weak as on the strong; on the dead as on the living.

Therefore, the power or energy used to expel the drug, and together with it the contents of the intestines, is Vital Force,

acting to expel the poisonous purgative and to preserve the living organism.

Dead matter can not produce action upon the living body. But when Vital Force is very low and can not dispose of as much waste matter as is introduced into the body, then part of that matter is absorbed and deposited in and between the cells causing disease and preventing the normal functioning of the organism.

Finally, we see that bowel action in response to harmful substances introduced into the intestines is always intelligent vital action; as intelligent and vital as the function of breathing or the beating of the heart, *and the force of this action is inherent in the living body and not in the dead drug*. Therefore, vital action is produced by Vital Force as we shall see under the explanation of

The Law of Power

"The power employed, and consequently expended, in any vital or medicinal action, is vital power; that is, power coming from within and not from without."

As it has been explained under the Law of Action, when purgatives are taken the intestinal secretions and the peristaltic movements are increased and a copious evacuation of the contents of the intestines takes place.

Whence did the power for the bowel action come? From the drug? Not so, because we have seen that drugs are inert matter and have no power to act on living tissue. Hence, the power to act has necessarily to come from the living organism.

For if drugs had the power to produce bowel action they ought to produce it always and under any condition. But inasmuch as they occasion strong action in the strong person, little action in the weak, and no action whatever in a corpse, it is clear that drugs have no power whatever on the living organism.

The living organism reacts to injurious agents or substances in proportion to the need for action and to the extent of its capacity to act. Hence, the higher the vitality of the organism, the stronger shall be the action to expel the injurious drug. Reversely, the lower the vitality of the organism, the weaker the action will be against the drug and the more it has to tolerate it.

Drugs cannot give any power to the bowels since they have none. On the contrary, they occasion the expenditure of the power which the intestines or the organism possess. Hence, the weakness we feel after taking purgatives and cathartics. The

same thing happens when we take other stimulants which, apparently, makes us strong.

We are sadly deceived by appearances. All uncompensated stimulants occasion the expenditure of the energy we already possess, without giving us any. A drink of whiskey stimulates the organism to the point where we believe that it gives us strength, while in reality it has occasioned the expenditure of the power we already had. The fact that after the stimulation period is passed we feel weaker than before we took it, proves this to be a fact. The same is true of other stimulants, like irritating spices and condiments. The greater the power of a substance to stimulate, the more injurious it is to the organism. Strychnine is a powerful heart stimulant, but its continued use will cause the heart to stop beating through exhaustion.

WE ARE BEING KILLED BY WHAT APPEARS TO GIVE US LIFE:—*Energy is manifested only during its expenditure.* Uncompensated stimulants induce the expenditure of nervous energy. That is why they seem to give strength, while they are wearing out nerve force. Hence, in the case of poisonous drugs, the process which *seems* to be strengthening the sick, is often hastening him to his death. Those unnatural agents which doctors and patients believe are supporting and sustaining their life, are the very things which are hastening them to degeneration and premature death.

By uncompensated stimulants we understand all those substances that expend vital energy without contributing to the body the required elements of nutrition. In this category are included distilled alcoholic beverages and drugs.

If uncompensated stimulants are introduced into the body in small doses they just arouse in the organism a small amount of over-activity which gives us a feeling of well-being which leads us to believe that they are beneficial to health. But if the stimulant is taken in large doses and the life of the body is put in danger, the instinct of self-preservation will come to our rescue by increasing the vital functions to the extent that it will put the patient into a high fever or into convulsions, making him feel most uncomfortable. Thus we see that any substance that does not feed the body tends to poison it. It occasions an abnormal expenditure of the reserve forces of the organism and hastens its deterioration and decay.

IT IS LIVING TISSUE THAT ACTS UPON DRUGS, NOT DRUGS UPON LIVING TISSUE:—Finally, that the power to

act resides in the living tissue and not in the inert drug is proven by the fact that, if a blistering plaster is applied to the skin of a healthy and vigorous person the skin soon vessicates and draws readily; if it is applied to the skin of a weak, anemic person, the skin vessicates very little or not at all, unless the skin is first rubbed with a strong irritant, such as hot pepper or vinegar, and if it is applied to the skin of a dead person the skin will not vessicate at all.

Do we need better proof to convince us that drugs are dead substances devoid of all power to act on the living organism? If they had any power to act they would act more powerfully on the body of the weak than on the body of the strong, and still more powerfully on a dead body. After reading this, would you still try to increase your vitality and regain your health by the administration of poisonous, lifeless drugs?

In conclusion let me repeat: It is always Vital Force that is the cause of action. The Epsom salts, castor oil, etc., are only the occasion for the action which the organism performs to expel the poison. *Therefore, any substance introduced into the organism, if it does not serve the purpose of supplying it with the requisite elements for the production of heat, growth, and for the repair of worn-out tissue, acts as a poison. Hence, any substance that does not serve to feed the organism, serves to poison it and destroy it.*

Law of Distribution of Forces

We have seen that the first Law of Life is the Instinct of Self-preservation and that from the moment of birth to the moment of death this law is continually endeavoring to preserve the living organism and to maintain it in the highest degree of health possible under the circumstances. We have seen the marvelous operation of this Inner Intelligence under the explanation of the Law of Power. We shall also see the marvelous operation of this Intelligence under another important law—the Law of Distribution of Vital Force, which I choose to call the Great Physician within. The formula describing this law is as follows:

“Nature apportions and distributes the power of the body, whether much or little, in proportion to the importance and needs of the various organs of the body.”

THE PHYSICIAN WITHIN THE BODY:—For instance, if we have diarrhea it indicates that the instinct of self-preservation has sent an extra quantity of blood and vital energy to the intes-

tines for the purpose of expelling toxic matter, thus preventing it from entering the blood stream and putting individual life in danger. Inflammation of the liver, of the lungs, or of any other organ indicates that an extraordinary quantity of blood and nerve force has been sent to those organs to remove toxic waste that was obstructing the vital functions of those organs, as well as to repair any damage done to their structural integrity.

The Laws of Life are immutable and omniscient and their tendency and purpose is to perfect the living organism and maintain it in the highest degree of health possible. From the moment of our birth, or rather from the moment of our conception, the Law of Self-Preservation is continually endeavoring to preserve the living organism in as perfect a state of health and well-being as possible.

Nature is wisely and continually sending an extra quantity of Vital Force to some organ where it is needed for the repair of injury done to the organism or to eliminate morbid matter, or she is withdrawing Vital Force from some other organ and removing the sensation of hunger when there is no need for food.

Mother Nature is constantly and wisely distributing vital energy in the best possible manner, to those organs most in need, for the removal and elimination of those toxic substances which are obstructing the flow of Vital Force.

Nature would easily succeed in maintaining the body in a healthy condition if we would only obey her immutable laws.

But how many times have every one of us violated the most important law of diet which is: *Never eat without being hungry or when suffering physical or mental discomfort?*

Whoever violates this law to a great extent will soon get sick if he is still well, and will never get well if he is already sick.

IMPORTANCE OF UNDERSTANDING THE PHYSICIAN WITHIN:—Therefore, the true physician is he who studies these unchangeable Laws of Life, observes how they operate and then works in accordance and harmony with these omniscient laws. If we are not hungry it shows that the body has an excess of food to dispose of, or waste to eliminate, or tissue to repair. Under those conditions Nature withdraws the call for food—hunger—until the excess of food has been consumed, the waste eliminated and the injured tissue repaired. To eat when not hungry is to frustrate the wise and beneficial purpose of Nature.

In this case, instead of taking tonic bitters or appetizing medicines to excite the appetite, we should wait some hours, or it may be some days, until Nature has had time to correct the abnormal condition and the sensation of hunger returns. *If we did this we would soon begin to get well if we were sick, and we could never get sick once we were well*, provided that we ate natural food, lived in a natural environment and did not dissipate our vital fluids faster than they can be recuperated.

If the heart beats too fast it indicates that there are toxic substances to eliminate or tissues to repair. If it beats too slow, it shows that it is resting after some extraordinary work or in preparation to undertake some eliminative crisis.

Doctors of medicine, not recognizing that the body is operated by an intelligent Vital Principle, work *against* Nature's Laws: If the heart action is slow they prescribe a stimulant such as strychnine or digitalis to make it beat faster. If the heart beats too fast they prescribe a depressant to slow it down, such as an opiate or an antipyrine. Both treatments are wrong. One prevents the heart from resting, the other prevents the heart from functioning properly in its effort to increase the functions of life.

Because medical doctors have misunderstood the intelligent, beneficial purpose of life, and have mistakenly endeavored to suppress excessive vital action, and stimulate vital action when subnormal—because of this misunderstanding, millions of people have gone to untimely graves while yet in the prime of life.

The intelligence that created the body is omniscient, infallible, and knows infinitely better than the wisest doctor what it is that the body needs; when, in what quantity, and where it is necessary to apply vital force; in what circumstances it is necessary to stimulate function, as well as on what occasions it is necessary to rest.

Creative Intelligence is incessantly struggling with might and main to preserve the living body for her own manifestation. Let us learn and obey her laws and she will preserve and maintain the living body in that high state of health and vigor requisite for Divine expression during a long and happy life. This is the aim and purpose of Universal Intelligence—the Creator and Operator of the living body.

THE LAW OF DUAL EFFECT (Or Law of Action and Reaction)

An understanding of this law is of superlative importance in the treatment of disease. Without an understanding of the operation of this law the physician will be inclined to judge by false appearances, which will lead him to apply the wrong treatment to the patient. Therefore, make every effort to understand the operation of this law. Here follows its formula:

"The secondary effect upon the human organism of any act, habit, indulgence or agent is the exact opposite and equal of the primary effect."

SYMPTOMS OF ALCOHOLISM:—A description of the symptoms of acute alcoholism will give us a good illustration of the operation of this Law. The symptoms of acute alcoholism are divided into the following three stages:

First stage: *Excitement*:—The heart action is accelerated, breathing becomes rapid, the circulation of the blood increases and the face becomes flushed. The individual experiences a feeling of increased vigor and becomes jolly, boisterous and talkative. He may become exceedingly happy, and laugh, or he may burst into a fit of tears, or become angry and fight. The pulse and breathing are accelerated (to dispose of the poison). The peripheral circulation is greatly increased and the skin becomes flushed.

Second stage: *Depression*:—The excess of activity during the stage of excitation gradually depletes the reserve of nerve force, the victim has a staggering gait, his speech becomes incoherent and coarse and nausea and vomiting may occur. Finally, exhausted, the victim falls into a state of stupor—a deep sleep. His sensations are lessened and he becomes unconscious of pain. His voluntary muscles become relaxed. His face turns blue with the excess of carbon dioxide in his blood. His pulse is rapid, strong and bounding. His breathing is slow and stertorous (snoring). Frequently he loses control of the rectum and bladder and involuntary passage of urine and fecal matter takes place.

Third stage: *Coma, Collapse, Death*:—The victim of alcohol poisoning is now practically dead to the exterior world. It is very difficult to awaken him from his stupor and, if awakened, he is dull and stupid and falls back into his stertorous sleep. Finally, if the poison is too strong, he passes into coma (complete unconsciousness), and collapses; his pulse grows very rapid and weak and he dies.

THE WONDERS OF OUR INNER INTELLIGENCE:—Here we have a good illustration of the Law of Dual Effect. We see how, immediately after the poisonous alcohol is absorbed into the organism the instinct of self-preservation is aroused and rallies the forces of the body against the dangerous enemy, for the purpose of saving the organism.

The first step taken to eliminate the poison is through acceleration of the functions of the body. This is the first effect. As long as the immediate reserve of nerve force lasts and no destruction of tissue has yet taken place there is a state of exaltation—a sensation of well-being, which leads the uninformed to believe that the stimulating beverages or drugs are beneficial to the body.

But inasmuch as the extra-activity of the organism gradually exhausts the reserve of nerve force in an endeavor to eliminate the poison, the stage of excitation gradually subsides, the functions of the body are decreased to economize vital energy and the stage of depression is gradually introduced. The victim now feels extremely weak, depressed, exhausted to such an extent that he lies prostrated as if overcome by death.

HOW NATURE REPEATEDLY SAVES US DESPITE OURSELVES:—In both stages of alcoholic poisoning we see the wisdom of Nature. During the stage of excitation the functions of the body are accelerated in order to eliminate the poison. This is accomplished by an increase in the rate of the circulatory and breathing mechanism. In this manner the alcohol begins to be quickly expelled via the lungs as it is converted into water and carbon dioxide.

During the stage of depression Nature wisely decreases the functions of the body in order to prevent complete depletion of the vital reserve, which depletion would end in death. Hence, nerve force is withdrawn from the voluntary muscles and the victim is overcome by extreme exhaustion and falls into a deep sleep (stupor), during which only the vital functions of circulation and breathing give a slight sign of life. Stupor is necessary because it is only during this state of semi-paralyzation that the body can replenish the depleted reservoir of vital energy with which to continue the struggle against the poison and save the individual's life.

THE DANGER OF INTERFERING WITH THE INNER INTELLIGENCE:—Now we come to a most important point. Would it be wise to administer a stimulant to arouse a patient

who is recuperating vital energy while he lies prostrated in a state of apparent death? Certainly not, because the stimulant would introduce a new poison which would excite the organism to self-defense, prevent the recuperation of the necessary vital energy and cause grave injury or immediate death. Yet, this error is committed by medical men every time they are called in to take care of a patient who has fainted or who in some other way is exhausted and lies unconscious while the body is recharging its batteries and increasing its reserve of vital energy. The sane thing to do under such conditions is to keep the patient warm and comfortable and to let him recuperate. When recuperation is sufficient he will regain his consciousness and resume his normal activities. To try to revive a patient with exciting smelling salts, stimulating beverages or with injections, is to cause him serious injury which may end in death.

What is true of alcohol poisoning is also true of poisoning by ether, chloroform, or by any other unnatural agent, whether taken via the mouth or introduced in the form of vaccines and injections. These poisons apparently increase vital force, but they actually diminish it. This could not be otherwise in view of the fact that drugs are dead, inert matter, devoid of power to act. The expenditure of the energy they occasion must necessarily be the reserve energy possessed by the organism. Hence, every uncompensated stimulant becomes an injurious poison and exhausts the vital reserves in proportion to the degree of excitement they cause. The greater the quantity and strength of the stimulant, the higher will the excitation rise and the lower will the depression fall. The operation of the Law of Action and Reaction is well illustrated by comparing it to the pendulum of a clock: the *higher* the pendulum of vital energy is swung beyond the normal functions during stimulation, the greater will be the expenditure of vital force and the *lower* will the pendulum swing beyond the normal function during the period of depression.

We must not forget that the first effect of every stimulant—*excitation*—is temporary. The second effect—*depression*—is permanent and injurious because it has been brought about by an excessive expenditure of vital energy and by destruction of tissue.

HOW WE ARE BEING KILLED BY WHAT SEEMS TO BE CURING US:—We are living in a world of false appearances which deceive us if we are superficial observers. The first, temporary, pleasant effect of stimulation makes us believe that stimu-

lating drugs are beneficial and that we derive strength from them. But the actual truth is that the first sensation of exhilaration and invigoration from any stimulant is followed by a prolonged state of depression and weakness. Thus alcohol causes permanent weakness while it seems to give us strength. Opium, which produces sleep and calms pain and nerves, ends by causing insomnia and nervousness, which are difficult to cure. Coffee, which temporarily relieves headache, ends by making this complaint permanent. Tobacco, which seems to steady the nerves, ends by making heavy smokers nervous wrecks. Tonics, which apparently strengthen, cause exhaustion and weakness. Purgatives, which occasion intestinal movements, end by causing chronic constipation. Diuretics increase the activity of the kidneys but end in greater inactivity of those organs. Cholagogues are supposed to stimulate the liver, but their use ends in torpidity of that organ. In fact, stimulants, if continued for a long time, end in paralysis of the organs, by exhausting them.

A VICIOUS CIRCLE:—Inasmuch as the sensation of weakness that comes during the stage of depression disappears if another dose of the stimulant is taken, the victim is confused and led to believe that the stimulating drug is just the remedy for his suffering, instead of being its cause, as it really is. It is this erroneous belief of judging by appearances that has brought millions of human beings to premature graves. The victim of stimulation enters a vicious circle: *The more of the stimulating drug he takes, the more his reserve of vital energy is depleted and the weaker he feels. And the weaker he feels the more of the stimulant he seems to need to arouse the vital defenses and cause a new temporary excitation through the expenditure of a further amount of reserve energy.*

It is in this way that victims of stimulation descend deeper and deeper into this vicious circle; the body gradually reacting less and less to the stimulating poison. Finally, the reserve of nerve energy is entirely exhausted, the body cannot react to the poison and the victim dies.

CAN DISEASE BE CURED BY ITS CAUSE?—It is because of the apparent beneficial effect of poisonous stimulants that doctors of medicine have been misled into believing that disease can be cured by its cause—that inoculation of the toxin that causes a certain disease will prevent it, or cure it. But if those who have been victims of stimulants deprive themselves of the stimulating

drug they will see to what state of exhaustion they have descended. It will take them a long time to replenish their depleted vital reserves and function normally without stimulation.

Yes, if we judge by appearance and without a knowledge of the Laws of Life, we shall be sorely deceived, because, *apparently, disease is cured by its cause*. This apparent cure has deceived the medical profession and the people for thousands of years and caused the death of countless millions of human beings through the ages. For the temporary false invigoration of stimulation makes us believe that coffee cures headache; that tobacco steadies the nerves; that alcohol gives us strength. But the fact remains that the more our weakness and suffering are relieved by these drugs, the more they need to be relieved. The more alcoholic beverages one takes to increase strength, the weaker one gets and the more alcohol is needed to produce the same degree of exhilaration again. The more bicarbonate of soda or magnesia one takes to neutralize the hyperacidity of the stomach, the more the acidity increases, after a temporary relief.

WHERE TO FIND REAL, PERMANENT STRENGTH:—
The Law of Dual Effect has no exceptions. Every substance or agent that stimulates the organism without due compensation becomes a poison and tends to destroy health and life. Anything that does not serve to provide the body with the necessary elements of nutrition and hygiene, or assists in the elimination of pathogenic waste products without injuring the organism, acts as a destructive poison.

When a person's vitality has been reduced to a low degree and he feels exhausted, what he needs is the real invigoration that comes only from physical, physiological and psychical rest and not a further expenditure of vital energy through stimulation. For it is only during rest and sleep that Nature can recharge the nerve batteries, repair the tissues and eliminate the excess of lactic acid, carbonic acid and other acids and toxins. After the nerve batteries have been recharged during repose and sleep real invigoration and strength can be obtained from a well-balanced diet of natural foods, never from stimulating substances.

PRACTICAL APPLICATION OF THE LAW OF DUAL EFFECT

Although the Laws of Life are eternal and unchangeable in their operations, they produce different results when different conditions are supplied.

Just as electric force will produce either light, heat, cold or motion, depending upon the material conditions supplied, just so the laws of life, by means of Vital Force, will produce different results when different conditions are supplied to the living organism.

Accordingly, the operation of the Law of Dual Effect has certain limitations, which, if we trespass, we force this law to produce an entirely different effect from what it would be under normal conditions. For instance, a short application of cold to the surface of the body will produce a temporary sensation of cold owing to the contraction of the pores and the consequent withdrawal of the blood from the surface of the body. This is the first, temporary action of the intelligence of the body against the cold. It can last only as short a time as the inner intelligence needs to rally the mechanisms of the body and gets ready to force an additional quantity of blood to the surface of the body in order to flush with the fluid of life the cold, anemic skin. How long it will take the body to react and overcome the first action of the application of cold will depend upon (1) the degree of cold applied, (2) the length of the application, and (3) the degree of vitality of the body. *The more intense the cold, the longer its application and the lower the vitality of the body, the longer it will take to react and overcome the first effect and produce the secondary, permanent effect.*

WHEN COLD APPLICATIONS ARE BENEFICIAL, WHEN HARMFUL:—In accordance with this principle, *as long as the body possesses sufficient vitality*, short applications of cold to the surface of the body are beneficial to our health because they produce a secondary, permanent action on the skin, during which it becomes flushed with blood, resulting in the elimination of toxic waste products through the pores and in the relief of congestion in the internal organs.

But if the application of cold is prolonged beyond the capacity of the body to react, then there will be no secondary or permanent reaction against the cold. Under this condition the application of cold will be injurious to the organism, inasmuch as it de-

creases the reserve of vital energy without having accomplished any elimination of waste products. When the vitality is low and there is not the capacity to react against the cold applications, the latter become injurious in proportion to the lack of vital power to react. Submitting the body to long continued cold produces a rapid exhaustion of its animal heat, causes grave injury and ends in death if the cold is intense enough.

In view of this fact, when the patient's vitality is low applications of cold should be very short, if used at all. Cold water treatments are very useful if used judiciously on persons who are living in hot climates and have vitality to react. But cold water treatments can become very injurious if applied to very weak patients who are living in cold climates and lack sufficient vital power to react.

WHEN HOT APPLICATIONS ARE BENEFICIAL; WHEN HARMFUL:—In accordance with the operation of the same law, if we make a short application of heat to the surface of the body, as by means of a short hot bath, we see that the skin becomes immediately flushed and we feel a sensation of warmth. This is the first, temporary action of the body in response to the relaxing power of heat. Now if the bath is continued only for a few minutes and the water has not been hot enough to increase the body heat, then as soon as we discontinue the hot bath, the second, permanent action of the organism against the application of heat takes place. This second, permanent action, will cause a withdrawal of blood from the surface of the body and we will feel a sensation of cold and weakness.

But if we continue the hot bath long enough and raise the temperature of the water several degrees above the body temperature, then an entirely different effect will be produced; the temperature of the body will rise one to three degrees, the first effect of the hot bath will be continued and the secondary, permanent reaction of the body to heat will not take place. In this case the body will have increased its reserve of animal heat, resulting in a better circulation of blood and in the elimination of an extra amount of waste products. Hence, the advisability of applying heat to the body in cases of low vitality. But remember this:

TWO IMPORTANT RULES:

1. Applications of cold to the body can produce beneficial effects only when they are short enough to permit the reaction of the organism against the cold. After the cold application the patient must feel a sensation of warmth and an increase of energy that does not wear out after a few minutes or more. When no sensation of warmth or increase of energy is felt, or if the warmth and energy wear out soon after the reaction has taken place, it means that the application of cold has decreased the body heat and vital energy and it has become injurious.

2. Applications of heat to the body can produce beneficial effects only when they are hot enough and prolonged long enough to raise the animal heat of the body and prevents the secondary or permanent action from taking place. In this case the application of heat will have permanently increased the body heat, increased the circulation of the blood and caused the elimination of an extra amount of waste products through the pores of the skin. One of the best ways to apply heat to the body is by means of the hot water bath, as explained in Chapter 26 of "Psychophysical Regeneration, and Longevity," and will be again thoroughly explained in the lesson on Hydrotherapy, where I will give a detailed account of the various natural methods of water applications to the body.

LESSON IV

THE LAWS OF LIFE

*How Their Violation Results in Disease,
Premature Old Age, and Death*

LAW OF LIMITATION

We have seen that all stimulants, such as tonics, alcoholic beverages, coffee, tea and all hot spices and condiments waste vital energy in proportion to the strength they seem to give. They are very destructive to the body, and would soon end in the complete exhaustion of our reserve of nerve force, followed by death, if Nature did not come to our rescue with her saving

LAW OF LIMITATION, whose formula is as follows:

“Whenever the expenditure of Vital Force has reached the danger point and further expenditure will result in exhaustion and death, the instinct of self-preservation puts a check to further expenditure of power by refusing to respond to any further stimulation.”

If it were not for the Law of Limitation, the body would be destroyed in a short time by the destructive effects of stimulation. As every stimulant irritates and excites, it produces an increased expenditure of nerve force. In other words, the instinct of self-preservation or Nature increases the necessary functions of the organism for the purpose of eliminating the poisonous irritant that has been introduced into the body. As we are conscious of our strength only when we are using it, it results that as the stimulants occasion the expenditure of our reserve energy, we are led to believe that it is the stimulant that gives us strength, while the fact is that it is the stimulant that wears out our strength and exhausts our vital reserves.

HOW STIMULANTS “STRENGTHEN” UNTO WEAKNESS, EXHAUSTION, AND DEATH:—This becomes evident if we think that the first time that we take a drink of whiskey, brandy, tonics or other stimulants, a small glass of the alcoholic beverage or a small dose of the drug is enough to make us feel a sensation of well-being due to the increase of function. But as soon as the organism, thru excitation and hyperfunction, has neutralized or expelled the poisonous stimulant we are more or less exhausted and remain weaker than we were before we took the stimulant.

Why do we feel this sensation of weakness after the period of hyperactivity? Because Nature, having used much of the reserve power of the body in an effort to eliminate the irritating stimulant, is now forced to diminish all functions not absolutely necessary to living existence in order to recuperate the lost power and to repair the tissue worn out during the struggle against the poisonous irritant.

But suppose that now, instead of resting and sleeping to give the organism a chance to repair the tissue and eliminate the lactic acid and other poisons; suppose that instead of obeying Nature's command to rest and sleep we take another glass of whiskey or another dose of the tonic stimulant, what will happen? Why, it is this: we will feel our activities increased *but not to such a high degree as before when we took the first dose*. In order to arouse vital function to the same level as before; in order to obtain the same stimulus, we would have to increase the dose, *because the reserve of nerve force has diminished and Nature is not so ready to let go the vital reserve which is stored for use in a case of great emergency, when the existence of the body is in jeopardy*.

So we see that he who acquires the habit of taking alcoholic beverages or stimulating drugs has to continue increasing the quantity of the dose or the strength of the drug in order to obtain the same degree of stimulation.

WHY NATURE MAKES US LOATHE THINGS THAT WE LIKED SO WELL BEFORE:—Now it happens that if an extraordinary amount of the drug is taken, or if we continue taking the alcoholic beverage, or the drug, until the reserve force, which Nature has stored for an emergency, is threatened, then the instinct of self-preservation rebels against the alcohol or the drug and makes us loathe and feel great repugnance for what we so much liked before. This happens when the tissues of the body have reached the limit of saturation and there is no more reserve force to react to the irritant. Then is when Nature comes to save us, in spite of our selves, with her Law of Limitation, putting a limit to our "habits that kill" by making us loathe, abhor and detest those things which we so much delighted to indulge in before.

Did it ever happen to you that some time, after indulging **ex-**
cessively in alcoholic drinks or drugs, or after having eaten im-
moderately of your tit-bit or favorite food, you have felt such a repugnance and loathing for that food you so much liked before,

to the extent that you were unable to partake of it for a long time, perhaps forever? The writer of this was an inveterate smoker when he was ten years old. But one Sunday afternoon he smoked so much that he was almost poisoned to death, and only the vomiting of the contents of his stomach saved his life. Since that day he has never been able to tolerate tobacco smoke, much less to smoke, though he tried to learn to smoke several times long ago, when he still had the wrong idea that those who smoked were more like he-men.

HOW NATURE MARKS THE LIMIT BEYOND WHICH WE COLLAPSE AND DIE:—As long as there is nerve force to react to the drug, in small quantities, we like it more and more and it gives us a false sensation of pleasure; but the very moment we take an extraordinary, unaccustomed amount, or when there is no more reserve force left, then the instinct of self-preservation (our guardian angel) sets the limit beyond which we do not like to go, because this instinct makes us abhor, detest and loathe what shortly before we thought we could not live without.

The life of the flesh was in imminent danger. *Nature saved us for the time being by making us loathe what we had not the sense, nor the will power to do without.* But if when Nature has decreased your body functions to the lowest limit possible and you lie prostrated, almost motionless in your bed recuperating your exhausted strength, you are given another powerful stimulant, your organism may no longer be capable of defending itself and you may pass on to what may be a more sensible and better world.

The Law of Vital Economy

The formula of this law is as follows:

“When conditions are favorable, the living organism stores up all the vital resources in excess of its immediate requirements as a reserve-fund to be used in an emergency or in time of need.”

This reserve force is our best guarantee against germs. And those persons whose vital reserves are normal are immune against disease. This explains the reason why in times of epidemics some persons fall sick and some of them die, while others, though living in the same town, perhaps in the same house, do not suffer the least discomfort. This fact gives further convincing proof that the theory that germs are the cause of disease is a colossal error of so-called medical science. For, it is logical to believe that if germs

were the cause of disease they would attack every living being (humans as well as animals) living in the same locality and under the same conditions; and that consequently all would fall victims of the same disease.

WHY GERMS CANNOT BE THE DIRECT CAUSE OF DISEASE:—We know that a great majority of people living in the same town, even in the same house, are immune to the same disease that kills the others. We know that several persons have experimentally taken millions of germs of tuberculosis, diphtheria, gonorrhea, etc., without thereby having been attacked by those diseases nor even having been caused the least discomfort by those germs. We know that germs appeared in this world long before man came into existence and that if germs were as deadly as claimed, man could not have survived in those primitive ages when germs were rampant and swarming everywhere as is still the case in tropical jungles today. We know that humans and animals have survived, unaffected by germ life, in the primitive jungles, without medical doctors to drug them, vaccinate them and serumize them. We also know that myriads of humans and animals still live a healthy long life in the jungles of the earth, unaffected by germ life, without doctors, without germicides, without vaccines, without serums and without surgeons to remove their organs or to transplant into their bodies goat or monkey glands.

In view of these facts it is logical to conclude that germs are not inimical to our life, but that disease is caused by (1) an accumulation of foreign matter in the body, and (2) by an excessive expenditure of the reserve power of the organism.

NATURE'S OWN GERMICIDES AND IMMUNIZERS:—A healthy man is completely immune to germs and to disease. When the digestive juices, especially the hydrochloric acid, are normal, they are powerful germicides, capable of destroying and digesting germ life by the millions. It is because of the germicidal action of the digestive juices that certain persons have experimentally been able to take, via the mouth, millions of the germs of tuberculosis, diphtheria, gonorrhea, etc., without having felt the slightest discomfort. As long as the body is pure and our reserve of vital force is replete we are immune against germs or disease.

If a well-balanced diet of natural food is supplied and no drugs are taken, such as stimulants or depressants, which poison

and deplete the vital reserves of the body, the organism seems to have a sufficient reserve of vital force to meet any emergency of life. Hence it will be of great importance to repeat the following factors of health and life:

VITAL HEALTH FACTORS:

A. That purity of the body and economy of vital force are the keys to perfect health, perpetual youth and long life.

B. That the body can economize and store vital energy only during rest and sleep.

C. That the body expends vital energy and depletes the vital reserves during working hours, as (1) in the performance of physical and mental activities, (2) in the maintenance of the functions of digestion, respiration, circulation, etc., (3) in the protection of the body against extremes of heat and cold during very hot or very cold weather, and (4) in the elimination of foreign waste matter from the organism.

Here again we see how, when through dissipation or overwork, we have wasted our vital reserves and our life is in danger, Nature comes to our aid with her Law of Vital Economy. She makes us feel tired and sleepy and we are enticed into peaceful repose, during which the body recharges its reservoirs of vital energy, eliminates the excess of lactic and other acids generated during the period of overactivity and repairs the wornout tissue. *In every case of weakness and disease it is of vital importance to economize vital energy. And the only way to economize it is through rest and sleep, not by stimulation by drugs or alcohol.*

The Law of Compensative Adaptation

An explanation of the operation of this important law will further enable us to apply the natural treatment at the proper place and at the proper time. The formula of the Law of Compensative Adaptation is as follows:

“Whenever an organ has been partly or entirely destroyed, Nature causes another organ or organs to develop beyond their normal capacity in order to enable them to perform the functions of the destroyed organ.”

Wonders of the Law of Compensative Adaptation

You probably have known or heard about persons who have undergone operations, such as the removal of the appendix, the cutting off of several feet of intestines, or the cutting off of the

tonsils, adenoids, gall bladder, one kidney, one lung, the removal of the sexual organs, etc.

If we investigate some of these cases, where due to a strong constitution the patient survived such horrible operations, we shall find that despite their having had one or more organs removed, they recovered and lived for some years in a fairly good state of health.

Have you ever stopped to think how it is possible that a person may live without one kidney, without the gall bladder, without several feet of intestines, and even without the stomach? Well, these persons continue to live after one of these important organs has been removed because of the marvelous operation of the Law of Compensative Adaptation.

This Law is that power inherent in the living organism which enables certain organs and tissues to develop their structures beyond their accustomed capacity, in order that they may perform new functions that will replace the functions that other organs and tissues have lost through degeneration, injury or through surgical removal.

The power to compensate for an injured or lost organ is due to the capacity that every organ has to enlarge and perform extra work. It is calculated that every organ has the capacity to perform 20 times more work than is necessary for the normal functions of living. In order to illustrate the operation of this Law let us compare the organs of the body to a group of men performing a certain work. Let us suppose that due to disease or death one or more men have been taken away. Now, if the group of men remaining is capable of performing the same amount of work, which the full original group was doing before, either by working faster or longer hours, then the operation, let us say of a factory, will continue as before.

This is just what happens in the living body. In a state of health every organ performs its allotted work. But if due to disease or injury some organ loses power to function and another organ performs its function satisfactorily and efficiently, then the complete functional activity of the whole organism will continue undisturbed, and a more or less efficient state of health will be the result.

However, those persons who have lost one or more organs must be very careful not to commit excesses. They must obey the laws of health very strictly; otherwise their end will come much quicker than if they had all their organs intact, as there will be no

further compensation.

The understanding of this important law will enable the physician to prescribe the proper treatment, in the way of diet, exercise, etc., in order to activate the other organs which, when hyper-developed, will compensate for the loss of the destroyed or damaged organs.

This is one of the most important Laws of Life. If a person has lost one eye this person develops a greater power of sight in the remaining eye. When the power of hearing has been lost on one side, Nature develops greater acuteness of hearing in the other side.

The hunchback, with his twisted spine is a good example of this Law of Compensation. Having his vertebrae all dislocated, he ought to suffer from every conceivable disease, according to the Chiropractic theory, which claims that disease is caused by dislocations of the spinal vertebra. But despite this, Mother Nature seems to have compensated so well in the body of the unfortunate hunchback that he, apparently, enjoys better health than many of his brothers with straight spines.

You may have heard of Helen Keller, who is deaf, dumb and blind. Nature has compensated so well for her lack of sight and hearing, through super-development of her olfactory sense, that she is able to detect the presence of persons by the sense of smell. Her sense of touch is also so extraordinarily developed that by the vibrations of other people's throats when they speak (feeling the vibrations with her sensitive fingers placed on the speaker's throat), she is able to distinguish the words and phrases of those who speak and to understand their conversation. All these marvelous faculties are due to compensation.

It is said that Daniel de Volters (a remarkable sculptor) completed his best statues after he became blind, by using the sense of touch to guide his work.

Inasmuch as the cells of the special senses are the hardest to replace, is it not logical to believe that if Nature can compensate for the sense of smell or hearing, she can also compensate for a damaged liver, the loss of a kidney, gall bladder, vermiform appendix, several feet of intestine, etc.?

WHY IS IT POSSIBLE TO LIVE WITHOUT A LUNG, A KIDNEY, OR THE STOMACH:—Let us further illustrate how the Law of Compensative Adaptation works. When in pulmonary tuberculosis, the lungs are deteriorated and cannot perform

their function efficiently, Nature compensates for the lack of proper elimination of carbon dioxide and other toxins, by producing the characteristic night sweats of tubercular patients. These sweats take up the work of the deteriorated lung tissue. The reason why a person can keep on living after the loss of a lung is due to the fact that his skin is really breathing and eliminating poison just as the lost lung did before. In this case, stimulation of the function of the skin through natural means is the remedy par excellence which may save and prolong the span of life of this unfortunate patient.

Persons who have lost a kidney can also continue living by compensating through the proper stimulation of the skin, until the remaining kidney has had time to develop its structure, thus acquiring the power to do the work of the lost kidney.

We also see this compensation in Bright's disease, where the deteriorated kidney tissue fails to eliminate the poisonous products of the urine. In this case the toxic waste products of the urine, such as urea, are eliminated through the pores of the skin.

It is said that Dr. Bilroth performed an operation on a woman, cutting off her ovaries, fallopian tubes, uterus and bladder, together with six feet of intestines. However, she recovered and continued living.

This again shows the marvels and resistance of the human body. For in spite of all this atrocious and horrible butchering and mutilations, the human body is able to survive for a number of years. Now, if Nature can compensate in serious cases of this kind, how much easier would it be for her to compensate in cases of acute, even of chronic disease, when all the organs of the body are as intact as Nature intended them to be?

Complete restoration to normal activity of the functions of the organism after an organ has been destroyed, is impossible. *But if we, thru natural means, succeed in helping Nature to develop other organs necessary for compensation of the lost, degenerated, or injured organ, then the patient can continue living in a fair state of health, even after he has lost the function of one of his organs, such as that of one kidney, one lung, the appendix, etc.* The above facts enable us to see how erroneous and injurious it is to apply treatment to the deteriorated and impaired organ. Nevertheless, those doctors of whatever school they may be, who have not acquired an understanding of this law, apply treatment to the diseased organ. They either stimulate it or depress its action and by so doing hasten its destruction.

WHERE TREATMENT SHOULD BE APPLIED:—Every organ, following the instinct of self-preservation, is constantly endeavoring to perform its allotted function. If any organ does not so perform its natural function efficiently, it is because it cannot do so under the circumstances. And to stimulate it by any means whatever under these conditions is to hasten it to its destruction. *What we should do in this case is to let that organ rest and recuperate, and try to develop compensation in some other organ better able to do the extra work.*

Here we see that the allopathic system of stimulating an organ when it needs rest, and of suppressing its hyperactivity when it is functioning beyond its normal rate, in order to eliminate the excess of toxins and to correct defects, is erroneous and leads toward a fatal termination if the organism does not possess sufficient vitality to eliminate the disease itself and the drug which the doctor prescribed to combat the disease.

THE THREE FACTORS OF CURE:—The only cure there is consists in (1) removing the cause, (2) in supplying the organism with the necessary elements of nutrition to repair the havoc caused by the pathogenic substances, and (3) in inducing the development of those organs which are able to compensate for the diseased ones, as much as possible.

It is of paramount importance, as we see, that the sick should choose a doctor who knows how to treat disease according to Nature's Laws, and not to choose one who uses drugs either to suppress the excessive activity of the organs which are doing all they can to expel the poisonous filth, or drugs to stimulate the organs when they need rest and recuperation.

Both procedures are wrong. They exhaust the little vitality left in a sick organism and may be the cause of death; while if natural treatment had been adopted, the disease would have been of short duration, and, after Nature had eliminated the pathogenic substances, the patient would have recovered very rapidly and enjoyed better health than before the disease.

DANGEROUS IGNORANCE IN THE TREATMENT OF DISEASE:—What would you think of the captain of a sinking warship if he fired his guns to destroy and sink a friendly ship that was coming to his aid? What would you think of a man, unable to escape from a burning house, if when the firemen set the ladder to take him out thru the window he deliberately pushed away and overthrew the ladder and the fireman who was coming

to his rescue? What would you think of the captain of an army if he should kill his sentry because, on seeing the dangerous enemy approaching, fired his gun and by so doing awoke his captain from his peaceful slumber? You would surely think that those men were crazy.

Nevertheless, this is exactly what the doctors of medicine are doing daily, when they prescribe drugs that stupefy or paralyze the faithful nerves that are carrying the signs of danger to the brain. This is what they are doing when they interfere with the compensation which the skin is performing in tuberculosis or when they suppress the night sweats which come for the purpose of eliminating the poison the lungs are unable to expel. This is what the doctors do when they use opium, morphine, or any other drug to suppress pain.

Pain should never be suppressed by nerve-paralyzing drugs. It should be removed by correcting the cause and by relieving congestion by natural treatment applied to compensating organs.

Drugs can paralyze the nerves and so prevent us from feeling the disagreeable sensation of pain, but the cause of the pain will still exist, and be so much the more dangerous when we do not know how, where, or when it will overcome us.

Acute diseases should never be suppressed. They come to purify the body and prolong individual life. Abscesses, tumors, skin eruptions, etc., are healing crises, modes of compensation which, if not suppressed, result in the cure of such chronic diseases as tuberculosis and rheumatism. How many patients have died because medical men, not knowing the purpose of pain and disease, have suppressed these compensations, only God knows. There are other Laws beside the ones which have been explained in these two lessons. But inasmuch as they are closely related to important subjects which will be discussed in other lessons, I have judged that it is more convenient to explain them there.

LESSON V

THE INFALLIBLE PHYSICIAN WITHIN THE BODY

Once upon a time a great and accomplished physician was dying. Around his bed there were a dozen other physicians, consulting about the mysterious disease which was about to extinguish the last spark of life in the body of their beloved, great master. Each of them, as it is their practice, had a different opinion.

As the end of his life approached, the dying man raised his cold and heavy hand, and, in an almost inaudible voice, spoke the following words: "In departing from this dear world, I wish to tell you that I am glad to know that I am leaving a *great physician* behind, whose infallible knowledge you should always follow in order to attain health, success, and long life."

When they heard these profound words, every one of the twelve physicians drew nearer to the dying man, each one, in their conceit, expecting to hear his name pronounced.

"The name of the greatest and only reliable physician," continued the dying man, pausing for breath, "the name of this great physician," he repeated, "is Mother Nature. Endeavor to understand her laws. Obey them. Supply her with the natural environment and she can cure every disease, preserve the vigor of youth and enable man to live a long and happy life far beyond a hundred years."

Saying this, the master physician expired and fell lifeless on his pillow, leaving the group of his fellow student-physicians in a state of astonishment. Each had expected to hear his own name pronounced. For the idea that only Nature can cure had never entered their minds before.

Superstition and Witchcraft in the Healing Art

Back in the dim past of human history, when primitive man, having deviated from Nature, became sick, perhaps for the first time, he conceived the childish idea that disease was caused by evil spirits, which took possession of the body for the mere pleasure of tormenting it and destroying it.

In his ignorance, primitive man resorted to various kinds of foolish practices to propitiate the evil spirits. At first, they depended on prayer and offerings to appease their wrath. If this form of bribery and persuasion did not succeed, they resorted to

the black magic of brews, broths, filthy and abominable concoctions of witchcraft, made from toads, snakes, insects and worms, to which they added the most bitter and noxious herbs. Their idea seems to have been that these repulsive, nauseating concoctions would make the blood and other fluids of the body so bitter and repulsive that even the evil spirits could not and would not wish to stay any longer in the body of the patient who drank such a repulsive witch's broth.

That this diabolical practice is partly still with us today may be deduced from the following words of Oliver Wendell Holmes, Professor of Anatomy at Harvard:

"The disgrace of medicine has been that colossal system of self-deception, in obedience to which mines have been emptied of their cankering minerals, the vegetable kingdom robbed of its noxious growth, the entrails of animals taxed for their impurities, the poison bags of reptiles drained of their venom, and all the inconceivable abomination thus obtained thrown down the throats of human beings." (From *Medical Assays*.)

Ridiculous and absurd as the ancient practice of witchcraft may seem to you, it is possible that a great proportion of the patients who took those filthy concoctions did not die but occasionally recovered their health to a certain extent, inasmuch as their vitality was still strong enough to overcome such diabolical treatment.

Having no knowledge of the marvelous science of physiology, ignorant primitive man and the doctors of those times (the witches, the wizards and the sorcerers) thought that these recoveries were due to some mysterious power present in those diabolical concoctions. This foolish belief has persisted through the ages and is still rooted in the minds of the great majority of the people today. With the exception of a small number of advanced souls, we still have the same conception of disease as did primitive man of thousands of years ago. We still consider it to be an enemy that must be destroyed with poisonous drugs, noxious bitter medicines, and with filthy serums and vaccines, gathered from pus-oozing sores of inoculated horses, cows and other animals. The only difference is that modern medical science has substituted a new mystery (that of germs) for the ancient mystery of evil spirits.

It seems that modern medicine has become much more detrimental to humanity than ancient witchcraft. For, while primitive man introduced his poisons via the patient's mouth, modern med-

ical doctors inject their harmful serums and vaccins directly into the blood stream. For this reason the modern system of drug medication is more injurious to the organism because the direct introduction of the poison into the blood prevents Nature from carrying on her saving work of dissolving, diluting and neutralizing the poisons before they enter the blood stream, as she always does when the poisons are introduced into the alimentary canal via the mouth. It is for this reason that the present practice of medicine seems to be more destructive to the human organism than the superstitious practices of ancient man.

Can Patients Recover Under Wrong Treatment?

If So, How? Why?

Yet, despite the wrong treatment applied, the great majority of patients recover; that is, they do not die under the treatment or soon thereafter. In view of this statement you may want to ask this pertinent question: How can patients recover if the treatment applied is injurious to health?

Before answering this question it is necessary to take into consideration a few facts. Please pay close attention to them because what we are going to learn in the following pages should illuminate our minds and enable us to understand the true nature of disease and the meaning of real cure. By this illumination we shall be able to understand the fallacy of those irrational systems of healing which try to cure the patient by the administration of more or less poisonous substances foreign to the body, such as drugs, serums and vaccins.

According to statistics, during the influenza epidemic in 1918, medical doctors lost one patient in every 18 that were treated. Homeopathic doctors, who also use foreign substances, but use them in highly attenuated doses, lost fewer patients. Osteopaths and chiropractors, who did not use drugs at all, lost only one in about 200. Naturopaths and Christian Scientists lost still fewer patients. In fact, many naturopaths treated several hundred "flu" patients without any death at all. Dr. Crane, an osteopath of New York City in 1918, reported that he treated 650 cases of "flu" without losing a patient. After giving these figures let us come to the main subject of this lesson.

There are numerous systems of healing, but for our purpose let us deal only with the most important ones here. First, we have Allopathy. Second, we have Homeopathy. Third, Osteopathy.

Fourth, Chiropractic. Fifth, Christian Science. Sixth, Nature Cure or Naturopathy, which I have chosen to call Psycho-Physiopathy. This science claims that if the right treatment is applied and nature is given a free hand and is not obstructed in her curative effort, it is most unusual for a patient to die with acute disease; for Nature never undertakes a healing crisis unless she is able to bring it to a successful conclusion. Those who die with acute disease are supposed to die of the wrong treatment, not of the disease.

Casting Light Into the Chaos and Confusion of the Healing Art

ALLOPATHY is a Greek word composed of "allos" (meaning other) and "pathos" (meaning suffering, disease). The medical, Latin formula, which is their Law of Cure, reads: *Contraria contrariis curantur*, which means, "Contraries cure contraries." The allopathic law of cure teaches that if a disease is manifested by an excess of acid (hyperacidity of the stomach, for instance), the remedy indicated is an alkali, which has the property of neutralizing the acid. For this reason the allopath prescribes sodium bicarbonate, magnesia, etc., to treat hyperacidity. Apparently, this system looks reasonable. But in reality it is the most erroneous of all, as well as the most injurious to the organism, because this system of treatment works against the Law of Dual Effect or Law of Action and Reaction as it is evident by the formula of it, as follows: "The secondary effect upon the living organism of any act, habit, indulgence, or agent is the exact opposite and equal of the primary effect."

Hence, according to this law the second effect of the administration of an alkali to neutralize hyperacidity of the stomach is an increase of acidity after the first effect wears out. Those who, like myself, have suffered from gastric hyperacidity and have taken bicarbonate of soda, magnesia, etc., to neutralize the excess of acidity and relieve the burning sensation in the stomach have had occasion to feel the operation of the Law of Dual Effect. For, after a temporary relief the hyperacidity returns as strong or stronger than before, after the following meal. I suffered with hyperacidity ever since I was a boy until the age of 28, at which time I got rid of this suffering by means of the raw fruit-vegetable-nut diet. If some of my readers have been suffering from hyperacidity I feel sure they will obtain quick and permanent relief by adopting the natural uncooked food diet.

Let us now return to allopathy. As a means to neutralize the

different toxic, chemical products in the body, suppress or change symptoms, and temporarily relieve pain by means of drugs which have the power to benumb and paralyze the nerves, this allopathic system has no equal. But though relief is immediate, the after-effects are very destructive to the organism and end by aggravating the disease which it at first relieves, or results in some other disease, as I have explained somewhere else under the explanation of the Laws of Life. Yet, despite this, a great number of patients recover and enjoy more or less health and succeed in living many years afterward. How? Why? We shall presently see.

HOMEOPATHY is also a Greek word composed of "homos" (meaning, like) and "pathos" (meaning, suffering). The Latin formula of this system of healing reads: "Similia similibus curantur," which means, "Like cures like," that is, like ailments are cured by like remedies. This is the homeopathic law of cure. As you see, it is the exact opposite of the allopathic law of cure.

Let us again suppose, for instance, that a patient is suffering from gastric hyperacidity, manifested by a burning sensation at the pit of the stomach, gas formation, etc. In this case, the homeopath, contrary to the allopath, prescribes another acid to cure the excess of acidity in the stomach. At first thought, this system seems absurd and ridiculous, does it not? Yet, Homeopathy is in accord with the natural Law of Cure—the Law of Action and Reaction. And were it not that homeopathy uses inorganic minerals to cure disease it would be in complete accord with the natural healing system. But inasmuch as the homeopath uses his drugs in highly attenuated doses the injurious effects of the drugs used is greatly lessened. Hence homeopathy being less injurious to the organism than allopathy less patients die under the infinitesimal doses of the homeopath than under the heavy allopathic doses of harmful drugs. Yet, both systems are wrong in that they use substances foreign to the living organism which act as poisons and obstacles to the normal function of living tissues. But though these two systems of healing are as opposed to each other as the South Pole is to the North Pole, most of the patients recover under both systems. How? Why? Let us continue, for we are approaching the natural explanation of this riddle.

OSTEOPATHY and CHIROPRACTIC. These two systems do not use drugs. They claim that disease is caused by dislocations, malpositions of organs, subluxations of the spinal vertebra, and impingement of the nerves, instead of being caused by

germs, as claimed by allopathy, or by a deficiency of organic salts, vitamins and adequate proteins, as taught by the dieticians of the Nature Cure School and by our modern biochemists.

These two systems adjust the osseous framework of the body and manipulate the muscles. Neither of them uses drugs, either acid or alkaline. Yet, without using any medicine whatever, these two systems claim to have a higher record of recoveries than the drug-serum-using allopathic and homeopathic systems of healing. How? Why? Let us now do some reasoning.

How is it possible for osteopathy and chiropractic (without the use of drugs) to destroy the enemy of the body (disease germs) and restore patients to health by simple manipulations of the muscles and adjustments of the osseous framework? Does not common sense tell us that if germs were the real cause of disease there could not be reason why patients should get well under osteopathic and chiropractic drugless treatment, who neither use drugs nor serums to destroy the germs and counteract the acids and toxins? How are we to account for the wonderful cures effected in so many cases by these two healing systems? How are we to account for their failures also? We shall presently explain.

CHRISTIAN SCIENCE. The Christian Scientist practitioner proceeds to reason in some way like this: God is good, and everything is a part of God. Hence, God being good and everything being a part of God, everything has, by necessity, to be good. Consequently, disease, being bad, is not a part of God; hence, non-existing, because, as God is good and occupies all space and is everything, there cannot be place for disease, which is bad.

The Christian Scientist, failing to take into consideration the Law of Karma, fails to see the necessity for every one *reaping as he sows* and the impossibility of forgiveness of sins (both physical and moral) without paying attention to the removal of the cause by "*going and sinning no more.*" The Law of Karma shows us that there is a necessity for "disease" and its accompanying pain, in order to make us stop, think and find out where we have violated the Laws of Life, so that we may obey them and thus remove the cause of disease.

The Christian Scientist teaches that if through faith we center our thoughts in God, which is good, disease, which is bad, will disappear and health return. It is true that through faith and suggestion we can suppress symptoms of disease and work wonderful "cures." But it is also true that, unless the causes of the

patient's suffering have been removed, what the Christian Scientist succeeds in doing is only the suppression of the healing effort of Nature. If the causes for the disease are not removed, the degeneration of the body and the accumulation of waste products will continue (despite the apparent cure) until the toleration point is reached, whereupon the influence of the mind upon the body will come to an end and the symptoms of disease return stronger than ever. From then on, no suggestion, no belief that disease is a delusion of the mind will have any further effect whatever; then even the most ardent Christian Scientist will suffer the pains of disease and die, despite his faith and denials. For as the Master Jesus said: "As you sow, so shall ye also reap." If we do not remove the cause of disease ("go and sin no more") our faith will be without works and of little or no avail. The causes of disease must be removed if we are to work permanent cures by faith. I fully recognize the great power of faith. But unless we pay attention to causes and remove them ("go and sin no more") the benefit derived from faith healing is only temporary and incomplete. If we are to succeed in the prevention and cure of disease we must remove the cause, by learning to live in accordance with the Laws of Life. This is accomplished by taking into consideration the three aspects of man: the physical, the mental, and the spiritual. That is why Psycho-Physiopathy considers man in all his three aspects at the same time and prescribes physical as well as mental and spiritual remedies.

But despite failure of the Christian Science practitioner to take into consideration the physical aspect of man, they show that more people get well under their faith cure than under medical drug-serum treatment. How can this be so? If disease is caused by germs; if these germs can only be destroyed by germicides; if toxins can be counteracted only by anti-toxins (serums, vaccines and drugs, as allopathy claims), how is it possible for patients to recover under Christian Science non-physical treatments? What happened to the germs that were supposed to be destroying the body of the Christian Scientist? Are germs dependent upon the patient's belief in them? Can they exist in our bodies and cause disease only if we believe in their reality? It would appear to be so, because (in numerous cases) the moment the Christian Scientist convinces the patient that there is no disease, the patient, in so many cases experiences immediate relief. Did the germs leave the patient's body just because he no longer believed in them? Is it not more logical to believe that germs are

not the real cause of disease, but that they appear in conjunction with disease to serve the purpose of acting as scavengers to consume and dispose of toxic waste products which are at the base of disease?

Solving the Riddle of the Healing Art

Logic tells us that if disease were actually caused by germs, no patient could get well until the germs were destroyed by a germicide. If the allopathic remedy for hyperacidity of the stomach is an *alkaline medicine*, such as sodium bicarbonate, which gives temporary relief and works temporary cures, then the same patient should not and could not be cured of the same disease by the administration of an *acid medicine*, which must necessarily increase the acidity of the stomach, as in the case of the homeopath. Yet we know that some patients get well under both forms of drug systems, one contrary to the other.

How can we solve this riddle? How is it possible for patients to get well under osteopathic and chiropractic treatment where no drugs but manipulations are used? How can patients get well under no physical treatment at all, as it happens under the seemingly miracle-working power of the Christian Science practitioner? Does not this prove to us that germs are not the actual cause of disease? Who, then, does the curing under the different systems of healing, some so contrary to the other? *Is it not the GREAT PHYSICIAN within the body that does the real curing?* Let us see.

Psycho-Physiopathy and Naturopathy

In order to answer these questions and solve this intricate riddle, let us enter the domain of PSYCHO-PHYSIOPATHY (science of physical and spiritual regeneration and longevity). This science of natural healing has been practiced by man since time immemorial. It is not the work of a single mind but the work of numerous advanced souls through the ages and preserved for us from generation to generation as one of the most important factors for the regeneration and advancement of the human race. In modern times, this science has been known by various names, such as Nature Cure, Naturopathy and Orthopathy. But in view of our conception that natural healing, to be complete and fully efficient, must take into consideration the mental and spiritual aspects of man as well as the physical, I have thought

that the composite word "PSYCHO-PHYSIOPATHY" gives a clearer understanding of the purpose and aim of this natural science of healing.

As it is explained in Lesson One, this science teaches that the living body is operated by an INFALLIBLE INTELLIGENCE called for our purpose Vital Force. And that from the moment of birth to the moment of death this intelligent Vital Force is constantly endeavoring to maintain the living organism in as healthy a condition as the environment in which we live permits.

Therefore, any action of the living organism is a vital and intelligent action brought about by the Infallible Intelligence of the organism, for the purpose of preserving and prolonging the life of the individual. It makes no difference whether the vital function of the organism is very low, as in the last stages of chronic disease, or very high, as in the extremely active stages of fever, vomiting or diarrhea. In each case the infinite intelligence of the body is doing the best possible thing (under the circumstances) for the preservation of health and life in the organism. And to try to interfere with this wise operation of Vital Force, by suppressing overactivity, when this is necessary to dissolve, neutralize and eliminate toxic waste products from the organism, is one of the fundamental errors of orthodox medical practice. Likewise, to try to stimulate the organism and induce artificial activity, when the vital energies of the body are low and partially exhausted and repose is indispensable for the recuperation of vital energy, is also very wrong and harmful to the organism. Thus we see that to try to interfere with the intelligent operations of the organism in any way is to frustrate Nature's recuperative and healing efforts, and either retards or makes impossible the recovery of the patient.

The only logical and safe method of healing is that method which teaches the existence and operation of the Laws of Life and their influence on the living organism. This is precisely what PSYCHO-PHYSIOPATHY aims to do, as it is explained in Lesson Three under the explanation of The Laws of Life.

The True Law of Cure

Therefore, in view of the fact that the power that made the body is the power that maintains it and heals it; and in view of the fact that this power resides within the body, we see that the only true Law of Cure is that adopted by Nature Cure philosophy. The Latin formula of the Law of Cure of Psycho-Physiopathy or

Nature Cure is expressed in the following words: "Vis Medica-trix Natura" (meaning, the healing power of Nature). In other words, the capacity which the living organism has of correcting defects, removing obstructions, and healing itself of injuries by reconstructing its tissues with new cells.

In view of the fact that it is Nature that does the healing, do you now understand why people get well under all forms of treatment whenever vital force is still high and the environment permits? Do you begin to see why some people recover their health even under the most ridiculous, vile and abominable methods of treatment, or under no treatment at all? Do you now see why the sick recovered under witches, charms, incantations, brews, broths, diabolical rites, even under animal and human sacrifices? *It was because Nature did the curing, while the doctors of every school got the credit.*

Is it clear to you now, why more patients die under the unnatural, harmful drug-serum-vaccine treatment of the allopath than under the less dangerous method of the homeopath, and why still less people die under the apparently harmless treatments of the osteopath and chiropractor or under the non-physical treatment of the Christian Scientist? Finally, do you see why animals and certain Indian tribes of various countries, who are living a natural life in the freedom of Nature, succeed in maintaining a high degree of health and efficiency and live a long life without the benefit of doctors, drugs, serums and vaccines?

The Seven Essentials of Health

Let us take into consideration the transcendental discovery that (1) the only infallible physician resides within the body; (2) that all healing must come from within; and (3) that all that which the outside physician can do to aid in the cure is to *teach the patient how to live in accordance with the Laws of Life*, by supplying the body with its natural environment in the form of: (1) Pure air. (2) Pure water. (3) Sunshine. (4) Natural, undemineralized and undeitalized food. (5) Correction of the framework of the body by means of corrective exercises, osteopathic and chiropractic adjustments when they are necessary and constructive surgery when this is indicated. (6) Elimination of foreign matter and purification of the body, by means of hydrotherapy, non-poisonous plants, fruit and vegetable juices, and physiological rest (scientific fasting). (7) Last but not least, in-

spiring the patient with the right mental attitude by explaining to him that as "God is in His heaven and all is well," just so the Great Infallible Physician is within the body and he will restore the patient to health and happiness, if he learns to live in accordance with the Laws of Life or laws of his being, by supplying the physician within with the natural environment as explained above. If we take into consideration this transcendental discovery, I repeat, we shall find a common ground—a basis for the unity of all the natural methods of healing. For each one of them complements the others and has its useful place in a complete method of psycho-physiological therapeutics.

In view of the fact that a natural method of healing, in order to be complete and efficient, needs to take into consideration the seven essential factors enumerated above, how ridiculous it is, for a chiropractor, osteopath, or mental therapist to believe that his particular system is self-sufficient for the cure of disease and that all other methods are unnecessary! For, how can spinal adjustments or mental treatments cure deficiency diseases such as xerophthalmia, beri-beri, scurvy, rickets, and sterility if vitamins A, B, C, D and E are deficient or absent in the diet? Can spinal adjustments create these vitamins? Certainly no. The same is true of other systems, such as osteopathy and Christian Science, if they fail to supply the body with the proper elements of nutrition in the way of a well-balanced natural diet. Prayer and belief that disease is non-existent cannot supply the Physician Within with vitamins, organic mineral salts and adequate proteins any more than chiropractic adjustments will, if these indispensable substances are deficient or absent in the diet. When these vital nutritional elements are deficient or absent the chiropractor or Christian Scientist can only have, at most, partial and temporary relief if they do not pay attention to the natural diet.

Those of us who for many years have been using natural dietetics for the prevention and cure of disease and have experienced such marvelous results feel like laughing at certain statements made by only-one-method drugless healers who say that diet is an unimportant factor in healing. Why, even progressive medical doctors know better than that! For the experimental works in biochemistry made by such biochemists as Dr. Sherman, Dr. McCollum, Dr. Mendel and many others have proved beyond the shadow of a doubt that proper diet is the most essential factor in the maintenance of health and the prolongation of the span of life. How could it be otherwise when, as physiological chemistry

teaches us, the whole cellular body dies out every few months and is completely rebuilt with new cells elaborated from the food we eat?

Biochemists have come to discover what the Nature Cure physicians have known and been teaching for hundreds of years, that is, that there is a life principle in natural foods (vitamins) which is partially or totally destroyed when food is submitted to an abnormally high degree of heat in the process of cooking, or lost when natural foods are processed and certain parts of it are discarded.

After these explanations the student may come to the conclusion that, if it is nature that heals and cures, all that we need to do to regain and preserve health is to return to Mother Nature, learn and obey her immutable laws and supply her with the required elements of nutrition. Except in cases where the disease is due to dislocation, subluxated vertebra, or other abnormalities (in which case an osteopath, chiropractor or surgeon is necessary), the above conclusion is correct; for Nature is able to cure the patient, unaided, when the normal environment is supplied. There is no doubt in my mind that Nature, under the proper environment, can cure every disease, unaided by a doctor, just as she heals wild animals of broken legs or of other injuries inflicted upon them by other animals and by man. When a person is still young or when he still has sufficient vital power at his disposal and the process of degeneration has not advanced too far, he can, in a short time, recover his health, unaided, if he supplies the proper environment according to the teachings of this natural science of living.

But when the body has become badly degenerated; when the vital cells have been replaced by non-vital cells which make up non-vital deteriorated connective tissue, scar tissue, adipose tissue, etc.; when the body is saturated with acids, alkaloids, ptomaines, toxins and calcareous deposits which cause hardening of the muscles and blood vessels; when we suffer from lack of one or more vitamins and other chemical elements in our diet; then the purification and regeneration of the body will take longer. It will then be necessary to make a thorough study of this science and learn how the acids, alkaloids, toxins and calcareous deposits, which are making the body sick, stiff and old, can be dissolved,

neutralized and eliminated. It is my endeavor to explain all these things in this course of lessons, in order that the student-patient may have little difficulty in understanding the operation of the Laws of Life. Thus he may be able to supply the proper environment required for the purification and regeneration of the body, the preservation of health and vigor, and the prolongation of the span of life.

LESSON VI

MAN'S LONGEVITY IN ANCIENT TIMES

The Ten Vital Questions of Life

Let us introduce the theme of this science by presenting THE TEN VITAL QUESTIONS OF LIFE:

1. Do Religion, Philosophy and Biological Science teach that man is potentially immortal?
2. If so, why does man die?
3. Was man born to live hundreds of years in a state of perpetual youth?
4. If so, why does he die at the average age of 48 years?
5. Did Ancient Man live hundreds of years in a state of continuous health and perpetual youth?
6. If so, why does present man live in almost continuous suffering, grows prematurely old, and dies in the prime of life?
7. Can present man purify and regenerate his body, turn back the hands of Father Time, regain his health, preserve his youth and prolong his span of life 25, 50 or more years?
8. If so, how can the purification and regeneration of the body be accomplished?
9. Can future generations, by supplying man's natural environment, regenerate the body to that ideal condition which will enable them to live again hundreds of years in a state of perpetual health and vigorous youth?
10. If so, how can that ideal condition be attained?

These are vital questions, not only for the individual, but for humanity at large. As we shall see in these lessons, the answer of Biological Science, True Religion and True Philosophy is as follows: "Yes, these so beautiful, so desirable things are true and possible of attainment through an understanding of and compliance with the Laws of Life."

To the solution of these vital questions the author has devoted 30 years of his life. And he hopes to continue this fascinating search the remainder of his earthly existence, because this philosophy and this science is the most enchanting, the most alluring study that fills with bliss the heart of man.

Many of you have doubtless asked yourselves the above ten vital questions and have desired that they could be answered in the affirmative, because the greatest desire in the heart of man is to live a healthy, youthful long life. I am glad to be able to say

that to a great extent those questions can be answered in the affirmative, even at present, because those so desirable things have been taking place in my own body, as well as in the bodies of others who have learned to live in accordance with the requirements of the Laws of Life.

In these series of lessons it will be my endeavor to explain how by means of a properly balanced and ideally combined frugivoro-vegetarian diet and certain natural methods of treatment the author, as well as many others, have succeeded in purifying and regenerating their bodies to the extent that, in the author's case, he has attained a high degree of health and vigor, has already prolonged his life 30 years beyond the time which medical doctors said he was supposed to die, he still feels as vigorous as at any time during his best years of life and has good reasons to believe that, except dying by accident, he will be able to live up to or beyond 100 years.

Yes, there is no doubt in my mind that physical regeneration and rejuvenation is a possibility, even if only partially accomplished under unfavorable present conditions. It can be demonstrated by actual facts—with living human specimens of regeneration. How soon and to what degree a person's body can be regenerated depends upon the following seven factors: (1) Upon the constitution of the person. (2) Upon the degree to which his vital organs have degenerated. (3) Upon the nature of the foreign matter accumulated in his tissues. (4) Upon the quantity of that foreign matter. (5) Upon the degree to which the patient submits to the processes of purification and regeneration. (6) Upon the favorable or unfavorable environment in which he lives. (7) And upon the degree of capacity to receive and use Vital Force, which still remains in the patient's body.

Why the Human Body Has the Potentiality of Perpetual Health and Youth

If man could produce a machine that had the power to clean itself, feed itself, repair itself and rebuild itself while it continued to operate by endless absorption of infinite electrical force, that machine would go on forever, provided that (1) the material needed, (2) of the kind needed, (3) at the time needed and (4) in the quantity needed was supplied for its rebuilding and repair.

Well, there is a certain analogy between such a machine and the human body. However, there is this difference: the human

machine is infinitely more perfect. For it has the power to (1) start itself, (2) to build itself, (3) to operate itself, (4) to adapt itself to environmental changes, (5) to repair itself, (6) to clean itself, (7) to regenerate itself and (8) to govern itself.

It is owing to such perfect qualities of the human body that man owes his potential immortality. That he has not yet attained it, only shows that he has not evolved to that ideal state in which he can understand and live in harmony with the requirements of the Laws of Life. Of all living forms, only man has the possibility to attain physical immortality, for only he has the power and intelligence to control and change his environment. Only man can become the master of his destiny. For instance, a plant is a living thing, but it has not the power to control its environment. It is unable to regulate the conditions of the soil, air, light, sunshine and moisture—it has to remain where it came into existence. If the necessities for its life are lacking in the place where it came into existence the plant dies, for it cannot move to a new location. The animal has more control on his environment than the plant. It has the power to move to new locations where the necessities of life: food, heat, air, sunshine and moisture are more easily obtained. But the animal is still vastly inferior to man in his power to survive. For, the animal still lacks man's intelligence and ability to plant and sow; to pick and harvest his fruits and vegetables, cereals and legumes, and store them for times of scarcity during the winter months; it lacks the intelligence to build houses to protect himself against extreme cold.

Owing to these tremendous advantages arising from his special faculties of reason and understanding, man is able to control his environment and gradually perfect his body to the point where eventually it will be capable of manifesting its potentiality of perfect health, perpetual youth and life.

In the teaching of this science and philosophy our first effort should be to present logical evidence to convince the student that *there is a higher, happier and longer life awaiting him.* After we have depicted this higher and more beautiful life and have made the student desire it, *it shall be our duty to proceed to teach how to attain it.* We shall now proceed to present evidence that will confirm our belief that man, the masterpiece of Creation, was created to live hundreds of years in a state of continuous good health and happiness, instead of in a state of disease and suffering, as is the case today.

The Law of Longevity

There is a law governing the life span of living beings. According to this Law—the Law of Longevity—*every being is allotted, at birth, a span of life approximately six to ten times longer than it takes him to reach maturity. As a rule the more complex an animal is the longer will be his span of life.*

According to this rule man should be the longest lived being because he is the most complex and, therefore, the one that is best adapted anatomically and physiologically to survive. For instance, it takes the dog about two years to reach full development. Hence, six times two is twelve, which is the average life of the dog. It takes the horse about three years to reach maturity. Hence, six times three makes 18 years, which is the average life of the horse. But in the case of the elephant, it is said that he is still young at the age of 50 to 75 years. Therefore, he lives to the age of 300 to 400 years in his free state. Moreover, there are other creatures whose natural span of life far exceeds the measure of six or ten, and whose life spans are fifteen to twenty-five times longer than the period of their development. Some of these are the eagle, that lives about 300 years; the raven, that lives 400 years; the alligator, that lives from 400 to 600 years; and the whale, that is supposed to live about 1,500 years.

Man's Natural Span of Life

Returning to the human being, we see that he does not mature until the age of twenty-five or thirty, since not until that age does the bony structure of the body, especially the wisdom teeth, reach full development. Thus, supposing that the time which it takes the human being to mature is twenty-five years, then six times twenty-five makes one hundred and fifty, which is the span of life than man should live, even under unfavorable present conditions. But if we apply the law of ten, which corresponds to the human being by right of superior organization, then man should live from 200 to 300 years. This is the minimum period of time which man should live even in his present state of degeneration. If he dies when he should be in the prime of life, it is because he violates the law of his being, as we shall see.

The science of Psycho-Psysiopathy presents proofs, religious, philosophical and scientific, which should convince those who are really seeking after truth, that man did live hundreds of years back in the hoary past, and that to regain health and youth, all we

have to do today is to supply the conditions which made health, youth and long life possible in ancient times. But *before we can act, we must have the thought or the idea which is the moving force.*

Therefore, applying this logic to the question of man's longevity we see that before man as a whole, can regenerate and rejuvenate his body and live hundreds of years he must have the moving thought—the idea that convinces him that man has in his body the potentiality of perfect health, perpetual youth and long life; and the thought that these so desirable things are possible of realization. *And in order that man may have the conviction of the possibility of those things he must have proof that these things are possible of attainment.* Therefore, as much as it is possible, it will be my endeavor to give religious, philosophical, as well as scientific proofs to convince you that the body of man has the power to live in a state of continuous health and youthful vigor for hundreds of years. Only when man has been convinced by this evidence shall he be able and willing to put in practice the knowledge that will convert these beautiful potentialities into present realities. Therefore, the aim of this science will be to convince you, (1) that it is possible, (2) that the *discomfort of putting it in practice* entails much less trouble than you would have if you did not put it in practice, and (3) that you will be richly compensated in a higher degree of health, happiness and longer life if you do put it in practice.

Scriptural Accounts of Longevity of Ancient Man

During the past 30 years dire necessity has forced me to search after truth in order to save and prolong my life. I have found this truth, like grains of precious gold, spread here and there in the works of *modern and ancient* religions, philosophies and sciences. I have found truth in the Christian Bible, in the Koran of the Mohammedans, in the Vedas of the Hindus, and in the secret doctrines of Ancient Lemuria and other great civilizations. Therefore, much of the knowledge given to you in these lessons is the accumulation of philosophical, religious and scientific wisdom which the Ancient Sages passed on to us in hieroglyphics and parables, metaphors and proverbs.

If, while investigating as to what should be the natural span of life of man we refer to the Bible (where we find so much of the wisdom of past civilizations) we learn that there were men

who lived more than nine hundred years. In the book of Genesis we see that in ante-diluvian times, the age of man was from 800 to almost 1000 years, up to the time of the Flood. Then the span of life began to decrease and has continued to decrease until the present time in which the average span of life of the human being is only 35 to 48 years.

In Genesis, Chapter 5, we see that Adam lived 930 years. Seth his son, lived 807 years and begot Enos at the age of 105. Enos begot Cainan at the age of 90 and lived 815 years. So the account continues until we come to Jared. Not until the age of 162 did Jared beget his son Enoch, and he died at the ripe old age of 962 years. Then comes old man Methuselah, who did not beget his first son, Lamech, until the age of 168 and lived 969 years. Lamech was the father of Noah with whom the periods of long life end. Noah did not beget his sons Shem, Ham and Japheth until he was 500 years old and died at the age of 950. *You should pay particular attention to the important statement that before the Flood man did not reach maturity until he was ninety or one hundred years old, since not until that age did they beget children.* Applying the law of ten to them, we see that their spans of life were naturally from 800 to 1000 years, in conformity to the Law of Longevity.

Scriptural History of Degeneration

After the Flood, a new history of degeneration begins. If you read Genesis XI, verses 10 to 25, you will see that Shem, the son of Noah, begot Arphaxad when 100 years old and died at the age of 600. Arphaxad begot his son Salah at the age of 35 and lived 430 years. Salah begot Eber at the age of 30 and died at the age of 433. Eber begot Peleg at the age of 34 and died at the age of 464. Peleg begot Reu at the age of 30 and died at the age of 239. Reu begot Serug when he was 32 years of age and died when he was 239. Serug begot Nahor at the age of 30 and died at the age of 230. Nahor begot Terah at the age of 29 and died at the age of 148.

Perhaps many of you do not believe that before the Flood, people lived so many years longer than we live now. Perhaps you have been told that in ancient times man used to count the years as we now count the seasons, thus dividing our year in four. To prove to you that the years of the Patriarchs consisted of the same number of days as our years, the following explanation will

suffice: Let us suppose that the years of that period consisted of only one-fourth of our years; in that case, Adam would have lived only $232\frac{1}{2}$ years instead of 930. Noah would have lived only $237\frac{1}{2}$ years instead of 930. Shem would have lived only 150 years and he would have begotten his son Arphaxad at the age of 23. Arphaxad would have lived only 109 years and begotten his son Salah at the age of $8\frac{3}{4}$ years. So it goes on until we come to Nahor, who in that case, would have lived only 37 years and would have begotten his son Terah, father of Abraham, at the early age of $7\frac{1}{4}$ years.

Now, dear reader, you will understand that it is a physical impossibility that a child of seven or eight years of age be capable of begetting children. Therefore, we can affirm without fear of committing an error that the years of the Patriarchs consisted of the same number of days as our years of today. Let us now ask ourselves this pertinent question: *Why is it that from Adam to Noah people did not reach maturity until the age of ninety or one hundred and their spans of life were almost one thousand years; while Nahor, who lived only eight generations after Noah, reached his maturity at the age of 30 years, begot his son Terah at the age of 29 and died at the comparatively early age of 148 years?*

What phenomenal change took place in their living habits after the Flood that *reduced the period of their maturity* to one fourth the normal and *shortened their spans of life* from almost 1000 to only 148 years? It is the purpose of the Science of Psychophysiopathy to answer these and many other questions in the proper place as we proceed, especially in the lessons on "The True Sexology."

As further evidence to confirm our belief in the astounding longevity of Ancient Man let me quote the following paragraphs from the magazine "Consolation," July 17, 1946.

"Scientific Evidence of Human Longevity Before the Flood"

"SCOFFERS at the ages of Adam, 930 years; Seth, 912 years; Enos, 905 years; Cainan, 910 years; Mahalaleel, 895 years; Jared, 962 years; Methusalah, 969 years; Lamech, 777 years; Naoh, 950 years (average age of nine of our ancestors, 912 years) are going to have a hard time explaining the following matter-of-fact statement which appears in the British Medical Journal, March 2, 1946:"

"Dr. Hugh Mackintosh (Troon) writes: Your correspondents appear to have overlooked two rather important indicators

concerning longevity. First, human remains have been disinterred by archaeologists, almost certainly pre-Flood, having characteristics that indicate longevity far greater than anything we can at present conceive. The most striking indication is the extraordinary way in which the teeth are worn right down into their sockets by long usage. Thus "the ancient cemetery at Ur (i. e., Abraham's Ur of the Chaldees), and the still more ancient one (circa 2,000 years older) at the neighbouring site called Al-Ubaid, testify strongly not only against revolutionary theories but also to the accuracy of the Bible in ascribing long life-periods to primeval mankind." And Sir Arthur Keith states: "Certainly as physical anthropologists measure people, the later people of Ur were not the equal of the earlier people found at Al-Ubaid;" and again: "the ancient Sumerians were a large-headed, large-brained people, approaching or exceeding in these aspects the longer-headed races of Europe. . . . The teeth of the early Sumerians of the Al-Ubaid cemetery were worn down to an extraordinary degree—much more than those of the people buried in the later cemetery of Ur itself."

"Actually there is ample secular evidence to show that there once existed on this earth of ours a race of men of magnificent physique, splendidly muscled, with a brain capacity exceeding that of modern man, and having all the signs of extreme longevity."

It is evident that teeth worn right down to a level with their sockets is a striking indication that the owner of those teeth lived a very long life. For we see that the teeth of our centenarians (if they still have them) are not worn out to any appreciable extent. The teeth of modern man decay from within and get loose in their sockets and fall out but they are not worn down as the teeth of the ancient inhabitants of Ur of the Chaldees and Al-Ubaid of the Sumerians. It takes a man several hundred years to wear his teeth down to his sockets thru mastication.

The remainder of Dr. Mackintosh's article refers to the climatic conditions before the Flood. Basing his statements on McCreadie Price's book on EVOLUTIONARY GEOLOGY, he proceeds to explain that in ante-diluvian times the earth was enveloped by a water vapor high up in the atmosphere, as it has been explained in Lesson II, under the Annular Theory of Evolution. Dr. Mackintosh thinks that the water vapor surrounding the earth produced a warm climate from pole to pole ideally suited for the growth and long life of plants and animals; and

that when the water vapor was precipitated (causing the Flood) the atmosphere was cleared and the sun shone for the first time on the earth, resulting in extremes of heat and cold, moisture and drought, making climatic conditions inimical to health and life, *and that it was to this change in climatic conditions that man's shortening of the life span was due after the Flood.*

That the above conclusion is wrong we shall have occasion to prove along the lessons of this study course, as we present the **THIRTEEN ENEMIES OF HUMAN LIFE.**

Correcting a Grave Error

Dr. Mackintosh's conclusion coincides with that of Professor Vail. It is my firm belief that both are wrong and that they are far from the real causes of man's degeneration and shortening of his span of life. Turn now to LESSON II, paragraph 26 of the "Synopsis of Professor Vail's theory of Evolution," where it says: "26. That the active chemism of the unobstructed sun rays hastened and shortened the period of development, fruition and decay of plants, animals, and men, and that the injurious effects of some of the sun rays have been the cause of man's physical degeneration and of the shortening of his span of life from almost one thousand years to three scores and ten, which was promised him after the Flood."

Though, in general, I am in complete agreement with professor Vail's astounding theory of evolution I strongly disagree with his statement in paragraph 26. It is of paramount importance that we discuss and correct this gross error; for it is fatalistic to the human race for the following reason:

If the vigorous health, perpetual youth and astounding longevity of ante-diluvian man depended upon the watery canopy which entirely obstructed the sun rays from coming in contact with man, and that water vapor canopy condition is gone from man's environment for ever, it means that man's hope of regenerating his body to be able to live again in a state of perpetual health and youth for hundreds of years is also gone from him for ever.

With the hope of the possibility of rehabilitating his lost paradise gone, man will resign himself to what seems to be inexorable Fate and will not longer try to find ways and means whereby he can regenerate his body, regain his health, preserve his youth and live again hundreds of years.

According to paragraph 26, Professor Newton Vail has done us a great harm by blaming the active chemism of the sun for man's degeneration and shortening of his life-span from almost 1000 years to 40 or 50. I will try to prove in this and in the coming lessons that the chemism of the sun beam is very far from being the cause of man's degeneration and the shortening of his life-span.

Furthermore I will try to prove that man's ignorance and violation of the Laws of Life was the cause of his degeneration and that thru a knowledge of an compliance with those Laws he can again regenerate his body and restore his Lost Paradise.

Let us now present the following facts:

1. If the "Active Chemism of the Sun-beam" were the cause of man's physical degeneration and shortening of his life span, it stands to reason that the people living in the northern regions of the earth (where the sun-beam loses its intensity as we approach the poles) should enjoy a higher degree of health, and live a much longer life than the people who live in the tropical zone near the Equator.

2. The above does not seem to be the case. For we know that the Eskimo race is one of the most degenerated races. The Eskimo inhabits the Arctic Coasts of North America. He is short of stature, lives an average life of only 30 years or less and is fastly dying out. The Eskimo race will be extinct in the near future.

3. If the active chemism of the Sun-beam were the cause of degeneration the Eskimo should have a strong body and enjoy a healthy, long life, in view of the fact that the active chemism of the sun-beam is very weak in those Northern regions wherein the sun shines only a few months during the year.

4. On the other hand the natives of the tropics who live under the most active chemism of the sun-beam should live a very short life. Yet, that is not the case. I have spent several years in various countries of tropical Central America and I have met many natives there who are from 90 to 115 years of age and most of them are still working and earning their living.

Furthermore, we know today that the direct sun-beam upon the nude body has a beneficial influence upon health and life and is a cure for many diseases, like rickets. We finally know that people who work indoors and deprive themselves of sunshine become anemic and do not live long.

Do not the above facts prove that the chemism of the sun-beam is not the cause of man's physical degeneration? Prof. Vail

bases his contention on the fact that after the Flood the life-span of man immediately decreased from almost 1000 years to 120. In his marvelous little book, "THE MISREAD RECORD" or "The Deluge and its Causes," page 79, Prof. Vail says:

"We are told that man, whose longevity was nearly a thousand years, during the time of a concealed sun, began to die at an earlier age immediately after the Flood, and in a few centuries after the sun came into power man put off this mortal coil at the age of three score and ten years. The change coming as it did in the path of a mighty world-change impelled by the implacable advance of the sun's energy, seems to force the conclusion that great human longevity was an essential feature of an old human environment, while the length of human life reduced to an amazingly low limit, was made a necessary feature of the new order, and this brings in the active chemism of the sun beam as responsible for the low mortality of the race.

"It is stated that Noah lived two hundred years after the Flood, and this indicates that it took a long time for the sun beam to implant its fatal work in the vitals of the race."

In reply to that let me say that the chemism of the sun-beam did not plant any fatal work in the vitals of Noah. Prof. Vail's book says that Noah lived 200 years after the Flood. That is not correct; Noah lived 350 years after the Flood as you can verify by reading Genesis, chapter 9, verse 28. Now, if we add the 350 years to the 600 years which Noah lived before the Flood it gives him a span of life of 950 years. Therefore, the Active Chemism of the sun-beam which shone upon man after the watery vapor canopy fell, had not any injurious influence upon the body of Noah, since he was one of the longest-lived men of Ante-diluvian times, being surpassed only by Methuselah and one or two others.

But it was not so with Noah's sons and their descendants, for Shem lived only 600 years. And in eight generations we come to Nahor who begot his son Terah at the age of 29 years and died at the early age of 148 years.

Now let us ask this important question: If it was not the *active chemism of the sun-beam* which decreased the life-span from 950 years to 148 in eight generations after the Flood, what was then the cause of man's physical degeneration?

As you shall see in future lessons there were many causes. I am going to mention here only two: *animal food and sexual*

abuse. The latter was stimulated by the former. Before the Flood man was a fruitarian. After the Flood he became carnivorous and began to eat the flesh of decomposing carcasses and rebuilding his body with partially or totally dead cells. Do you want a better cause?

LESSON VII

MAN'S LONGEVITY IN MODERN TIMES

Now, after having given you Scriptural proofs to convince you that man was born to live hundreds of years, let us pass on to modern times, and thru a study of statistics, find out to what age certain other persons of the human race lived. Inasmuch as it is not possible to introduce here the thousands of cases of centenarians, I will give only an account of the most salient cases of longevity in modern times in order to give further proof of man's ability to live over 100 years, even at present, if he learns and lives according to the requirements of the Laws of Life.

Astounding Accounts of Man's Longevity

As shown by the records of the church of Saint Leonhart of London, Thomas Carn lived 207 years. Kentigern, the founder of the cathedral of Glasgow, died at the age of 185. A Russian soldier, in 1825 died at the age of 202. Don Juan Saveira, of Lima, Peru, died in 1730 at the age of 198. The Arabs, who live in tents and subsist on milk and dates, are noted for their longevity. A few years ago many were found who lived over 150 and even over 200 years. Drakemberg, of Norway, died at the age of 146 years. He was a sailor for 91 years and did not marry until he was 90 years young. When his wife died he was 130 years old. At that age he proposed to a girl of 18 but she refused to marry him. In 1937 there was in Gvada, Russia, Yekup Shoua, living at the age of 157 years. The account said that he still walked three kilometers every day along the roads of his native town.

In the press of September 6, 1937 there was an account of Mrs. Om Mohammed El Cheikha who lived near Zagazig, Egypt, and claimed to be 142 years old. In the same press there was an account of Abraham Wishkovsky, 121 years of age. He lived in the Daughters of Jacob home in New York. He still could read and write, and hoped to visit his son, in Poland, before he died.

According to the Associated Press, 1939, there were three Turks older than 150 years, living in Turkey, as per figures of a recent census. All are teetotallers. Their main meal is yoghurt (curdled milk). There are 2985 women and 1256 men centenarians in Turkey. The report adds that a Turk named Sava has celebrated his 106th birthday by marrying a 42-year-old widow, his seventh wife. His six other wives died.

Official statistics published in Bulgaria gives us a larger number of centenarians. It shows that in that little country there are 158 persons living between 100 and 113 years of age. Investigation shows that they owe their longevity to a diet confined almost exclusively to vegetables, fruit, cheese, whole wheat bread, and goat's milk. It was found that though four-fifths of the 158 centenarians drank spirituous liquors in moderation, very few of them used tobacco. The greatest number of those centenarians consists of shepherds who live almost entirely in the open, eat the simplest kind of natural food and retire and rise with the sun. Those who live in moderate altitudes are found to live longer than those in the higher ranges.

According to the 1910 census in Spain, there were in that country 410 centenarians. And the greatest number of them were found in the agricultural regions where they live a natural life in the open air and where their main articles of diet are whole wheat bread, garbanzos, wine, vegetables, fruits, milk and cheese. On my visit to my home town in Old Castile when the Spanish revolution started in July, 1936, I was surprised to find still living some persons who were already old men when I left Spain 27 years before. More significant is the fact that some of them were still working in the wheat fields and vineyards to earn their living.

Thomas Parr, of England, worked hard until he was 130 years of age. Then King Charles I heard of Parr and ordered him to come to his palace in order to learn the secret of his longevity. But, alas! King Charles could not discover the secret of Parr's long life, for, not even old man Parr himself knew the secret. Nevertheless, King Charles gave a banquet in Parr's honor. Old Parr, not accustomed to overeating of rich foods, was soon attacked with a serious case of acute indigestion and died. Parr was honored by being buried in Westminster Abbey, the burial place of kings and noblemen. But if Old Man Parr had known that the banquets of the King would send him to a premature grave, he would rather have remained in his country home living his simple life. Then he would have lived much longer, because the physician of the King, the famous William Harvey, who discovered the circulation of the blood, dissected Parr's body and was unable to find a trace of organic disease. Harvey found all the cartilages and ribs in Parr's body free from calcification, which is the sign of old age. Parr's body was in a similar condition to the body of

a young man, and had Parr lived his simple country life, he would probably have lived many years longer.



LI CHING WAN

Now we come to the Chinese modern Methuselah, Li Ching Wan, who died in 1933 at the ripe age of 256 years. He used to subsist mostly on the herbs of the field, led a natural life in the country, was able to teach in a university several miles from his home almost to the time of his death, and when he died he was living with several nephews, every one of whom was over 90 years.

Zora Agha, the old Turkish gentleman who was in this country (U.S.A.) a few years ago, died on June 29, 1934, at the age of 160. When he came to this country he was still well preserved, for I have seen him in the movies, dancing with a young girl and his movement did not betray his age. According to reports, this man had never been sick. He had married seven times. His last wife is 65 years old. He stated that at the age of 120 he grew new hair and new teeth. One of his proudest possessions, the newspapers say, was a birth certificate which he kept with him to the moment of his death, in order to show incredulous people that he was 160 years old. He possibly shortened his life-span

years when he abandoned his simple life and came to the United States for exhibition and began to live the unnatural life of our artificial civilization. Like Parr and many others he did not long survive after he tasted of the BANQUETS OF DEATH.

Luigi Cornaro, an Italian nobleman of a few centuries ago, at the age of 40 had exhausted his vital energy thru a life of dissipation and was told by his physicians that he was doomed to die in a short time. But being still too young to die, and having much to live for, Cornaro gave up his degenerating habits and adopted a life of moderation in every way. By doing so he succeeded in restoring himself to health. He lived to the age of 103 years.

Longevity in Tropical and Semi-Tropical America

In California, according to Dr. Thrasher, there were more than 400 centenarians in 1915. He attributes longevity in California to its warm climate, to its pure air and to an abundance of fruits and vegetables in the diet. Among the centenarians of California Dr. Thrasher mentions: Old Gabriel, who died at the age of 150 years. Dora Di Santos, who died at the age of 106. Old Dona Ulalia, who died at the age of 150. And Sra De La Rosa who was still living in 1933 at the age of 128 years. She had given birth to thirteen children, and for none of them was a physician present. She says that life is a great thing when one enjoys good health and has no worries—that the longer she lives, the greater is her desire to remain in this beautiful world of ours. She was born in Mexico in 1805.

According to Dr. Thrasher, Captain G. E. Diamond of San Francisco, California, was still living in 1915 at the age of 119 years. He attributes his longevity to a vegetarian diet and to the use of olive oil. He did not touch meat since he was 80 years of age. At that time he was in a state of semi-paralysis, being unable to dress himself or feed himself. Yet, by means of the vegetarian diet, the use of olive oil, both internally and externally, and physical exercises he succeeded in recovering his health and the use of his limbs to the extent that he taught physical culture to others. Dr. Thrasher adds that at the age of 100, Captain Diamond did gymnastic work which few young men could equal. He attended social gatherings at the age of 110 and once danced most of the night with an athletic young lady of 16.

According to data obtained by the national census of the

Republic of Colombia, South America, the following centenarians were still living on April 12, 1939: In Candelaria (Valle) in the Department of Bochitolito, lives Feliciano Navas, of 155 years of age. In Guacari (Valle), in the Department of Magdalena, lives Victoriano Varela, of 150 years of age. In Santa Isabel (Tolima), vereda de San Rafael, lives Sixto Jimenez, of 145 years of age. And in the Department of Jamundi (Valle), live the following centenarians: Jose Isidoro Zuniga, 140 years. Mercedes Velazco, 122 years. Manuel Sancion Mosquera, 110 years. Petronila Mina, 100 years. Pastor Balanta, 125 years. Simon Marriquin, 110 years.

In 1912, while I was building railroad thru the virgin jungle of Cuba, I met a most interesting colored man of amazing longevity. This colored man had been living all his life 30 miles inside the jungle, away from every contact with civilized man. He was 170 years old, but though his hair was snow white, his body was strong and his skin was without wrinkles. At that age he was able to climb the smooth and tall cocoanut trees with the agility of a monkey. His food was unfired fruits and cocoanuts, which grew abundantly and spontaneously around his hut. It was said that his parents lived to be over 200 years of age and that they were buried under the ground on which his humble hut stood.

In 1932 there died, in Cuba, Martina Gomez at the age of 153. The report says that the only external sign of her remarkable age was the shriveled appearance of her skin. Otherwise, she enjoyed robust health to the last. An oculist remarked on the excellent condition of her eyesight, which enabled her to dispense with the use of eyeglasses to the last day of her life.

On my way to Spain, during my expedition to Central America I met my good friend, Alberto Alba who told me that his grandmother, Dona Estefania Arosemena de Carranza, of Panama, was 107 years of age. He added that her mental faculties still were as keen as those of any person at the age of 40. She could still sew and embroider and read without glasses. She presided at the social gatherings of her large family, did all her home duties and did not retire until all her numerous grandsons and great grandsons had gone to sleep.

Longevity In Mexico

According to the Mexican Census taken in May, 1930, Mexico has a great number of centenarians. Herewith I wish to give you

the exact number of men and women centenarians in that country, as given on page 47 of a copy of the census which the Mexican Government has kindly furnished me.

Population Classified By Groups of Age and Sex,
According to the Census Completed on May 15, 1930

Groups	Men	Women	Total
From 80 to 84 years.....	28,265	32,313	60,578
From 85 to 89 years.....	8,963	9,607	18,570
From 90 to 94 years.....	4,983	6,191	11,174
From 95 to 99 years.....	2,268	2,833	5,101
Over 100 years.....	1,255	1,580	2,835

In 1930 Mexico had a population of 16,000,000 inhabitants. Therefore, Mexico had at that time one centenarian to every 5,642 persons. If the United States of America with her 130,000,000 inhabitants had the same percentage of centenarians as Mexico has, there would be in the United States an army of 23,041 centenarians.

Women live longer than men, according to the above figures. No doubt they owe their longer span of life to the fact that they do not acquire so many health-destroying habits as man. The healthful climate of Mexico, the care-free life of her people, their simple and nutritious diet of fruits, vegetables, corn and beans, as well as a more natural life in the open air are contributing factors to their longevity.

*Proving That When the Required Conditions Are Supplied, the
Body Regenerates Itself*

Under the title: "Humans Were Made to Live Forever," the editor of the "Golden Age," says: "Now and then we see physical evidence that man was made to live forever on earth. We hear of men and women who after a certain age go thru a rejuvenating experience, which would restore them completely to the days of their youth, were it not that lack of vital vigor and the proper environment prevents complete regeneration. Mrs. Mariana Elliott, of Beaverton, Ontario, Canada, 75 years of age, is one of the recent cases of rejuvenation which attracts our attention. Her gray hair is turning black, she is cutting a third set of teeth, and her eyesight is improving to the point of perfection. When we think of this case it is well to remember that "Millions now living

shall never die," and that according to the promise of Jesus Christ, "The righteous shall have eternal life"—Mathew 25:46."

Many cases of spontaneous regeneration and rejuvenation like the one above are on record. Before me I have the pictures and accounts of a few of them. They are as follows:

Mr. Thomas Gordon of Cedar Rapids, Michigan, had his hair turn black at the age of 103. Mrs. Harriet Breedlove of Knoxville, Tennessee, was cutting a new set of teeth at the age of 102 in 1934. These two cases with their respective photos appeared in the "Believe it or Not" section of the San Francisco, Examiner.

In the newspaper "The Mercury Herald," of San Jose, California, of August 23, 1940, there was this interesting news: "MAN 84, GETTING NEW TEETH." Lewes, Del., August 20, 1940.—Jacob Morris, 84, was advised by his dentist today to throw away his false teeth and "get a teething ring." Morris complained of soreness along his gums. Dr. G. M. Wiltbank said a second set of teeth were about to break thru."

In the press of March 26, 1938 there is the following statement: "Newport, Me.—*Though he is cutting his third set of teeth,* George W. Emerson, 93, isn't ready to retire. He wants to go into the chicken business. Emerson went into the woods for 42 years, to cut blocks for shovel factories. He has never been sick except once with measles, and has never worn glasses."

In the press of Kansas City (Kan.) Dec. 12, 1938, appeared the following statement: "*At 89 he is cutting his third set of teeth, and Oswald Lux is proud of that fact.* He exhibits four front teeth pushing thru his gums. He lost his second set to a dentist more than 20 years ago."

Peter Magffins, in his history of India, says that Nurmida Cogua died at the age of 370, and that his teeth, beard and hair were renewed four times.

That such marvelous phenomena takes place as above related, will be very hard for most of you to believe. That is right: do not believe anything that your reason tells you looks impossible. However, before you deny the possibility of these important things, please investigate for yourself, or else, suspend your judgment until this science has proved to you, that what seems today to be impossible, was common occurrence back in the hoary past. But thousands of years of unnatural living has caused the abnormal to become the rule and the normal to become the exception.

The Body Has Power of Self-Rejuvenation Under the Operation of the Law of Cyclicity

That the hair and teeth are renewed at certain periods after the second cycle of life can be explained by a study and understanding of the Law of Periodicity. According to this Law the life of man consists of a series of cycles of about 48 years. These cycles of human life can be compared to the cycles (seasons) in the vegetable kingdom. However, there is this difference: The cycles in the vegetable kingdom consist of four periods of three months each (the four seasons) known as Gestation, or Winter; Bloom, or Spring; Fruition, or Summer; and Defoliation, or Fall. Every 12 months (one complete cycle) the vegetable kingdom goes through a period of gestation, bloom, fruition and defoliation and apparent death, only to start over again a new cycle of life when the new year comes. On the other hand, the human cycles last 48 years, instead of only 12 months, as in the vegetable kingdom. One first period of six years and six periods of seven years each completes a cycle in the life of man. The human cycle also has four seasons, but of 12 years each: The first 12 years belong to infancy and childhood, and correspond to the period of gestation in the vegetable kingdom. The second 12 years up to the age of 24 belong to the period of adolescence, corresponding to the period of bloom. The third 12 years up to the age of 36 belong to the period of procreative adulthood, corresponding to the period of fruition in plants. The fourth 12 years up to the age of 48 belong to the period of decline, corresponding to the period of defoliation and temporary death in the vegetable world.

Thus, in accordance with the Law of Cyclicity, after man comes to the end of the first or second or third cycle of his life span, there is a tendency of the body to regenerate and rejuvenate itself spontaneously.

This explains why Cornaro and others felt a revitalization and rejuvenation of their bodies at the end of the first cycle—a rejuvenation which enabled them to live more than 100 years, by simply giving up their body-destroying habits and revitalizing their organisms with the natural food of man. This also explains the reason why Theo, in the 47th year of his life, passed thru a crisis of regeneration which elevated his health and strength to a level never known to him before, as explained in the book "Psycho-Physical Regeneration, Rejuvenation and Longevity."

However, these crises of spontaneous regeneration and re-

juvenation can appear only under at least one of the following two conditions: (1) When the individual has an unusually strong constitution and (2) when he has abandoned his health-destroying habits and has adopted a natural way of living, by means of which he has purified his organism. When these two conditions are absent, there is no possibility of regeneration; the average individual grows old and dies at the end of the first cycle (about the 48th year) or a few years thereafter.

It is only thru the law of Cyclicity that we can explain the various cases of physical regeneration and rejuvenation which takes place at the beginning of the third cycle of individual life (approximately the 100th year), in which rare cases the hair grows thicker and turns to its natural color, a new set of teeth appears in the mouth, and the body is partially revitalized with the strength and spirit of youth—a new Spring of Life comes and they begin to live over again.

But, unfortunately, usually, these few cases of spontaneous rejuvenation owe their regenerating influence to a strong constitution which they inherited from their parents, rather than to having learned to live in harmony with the Law of Perpetual Youth. Hence, their rejuvenation is ephemeral; after a few years they lose their new teeth, their renewed hair turns gray again, their muscles lose elasticity, their vitality declines and they sink into death.

However, these rare cases of spontaneous regeneration are indications that the body has the power of self-regeneration and self-rejuvenation, and that the degree to which we can regenerate the body and prolong the span of life depends upon the extent to which we can supply and do supply the body with the requirements for perfect health, perpetual youth and enduring life. Were we able to fully supply the organism with the requirements without ever succumbing to the infirmities and decrepitude of for perfect health, and perpetual youth, the body would continue its self-regeneration and rejuvenation, cycle after cycle, what is called "old age."

To discover and teach how we may supply the body with the requirements for perfect health and perpetual youth, is the aim and goal of this science.

LESSON VIII

THE LAW OF HEALTH, YOUTH AND LIFE

In previous lessons we have presented convincing evidence to confirm our belief that the masterpiece of creation, man, was created to live for hundreds of years in a state of perpetual health and youthful vigor, free from the tortures of disease. That it was possible for ancient man and it still will be possible for future man to again live hundreds of years can be understood by an explanation of

The Law of Change

The *Law of Change* is the *Law of Perpetual Youth*. "Nothing is permanent in the Universe but change," says the philosopher. Everything is in a continuous state of being and becoming. Under the *Law of Change* the living body is being worn out constantly at the same time that it is being built up. The *Law of Change* has two opposite phases: The law of Degeneration and The Law of Regeneration. Under the Law of Degeneration the body is being disintegrated constantly and the worn out cells are returning to the dust of the earth from which they were taken by the plant and incorporated into the organic form. Under the destructive aspect of the Law of Change the body would wear out like a machine and return to dust in a short time if it were not counteracted by the constructive aspect of this Law.

Under the operation of its constructive aspect or *Law of Regeneration* the worn out cells are being reintegrated constantly from the elements present in our environment. Therefore, if our environment contained the requisite material for the reintegration of new cells, in the form of pure air, natural food, and pure water, etc., and if we gave them to the body in the right amount and only when required, the body would be constantly regenerated and maintained in a continuous state of perpetual youth.

A study of the operation of the LAW of CHANGE shows the wisdom of the Apostle Paul when he said: "I DIE EVERY DAY." Truly, truly, the body of man is in a continuous state of being and becoming, of *death* and *rebirth*. It is the operation of this law that imparts to the human body the POTENTIALITY of perfect health, perpetual youth and perduring life.

Period During Which the Body Renews Itself

Judging by the rate at which blood cells, muscle cells, nerve cells and bone cells die and are replaced by new cells, biologists have come to the conclusion that the various body tissues renew themselves approximately in the following periods:

Blood cells, entire quantity made new about every 24 to 36 hours.

Cells of soft tissue structures, completely changed on an average of about 12 weeks.

Bone solids, undergo a complete removal once every 12 months.

Other biologists have calculated that it takes from six months to seven years for the complete renewal of all the body tissues. But in any case, science shows that even the oldest-looking body, full with wrinkles and ready to fall into the grave is no more than ONE to SEVEN years old. For in that short period of time every cell, every molecule, every atom of its structure has been changed, renewed, replaced by entirely new cells, molecules and atoms taken from the environment in which man lives.

Then you ask: "If the body is never more than two to seven years old, what is it that makes the skin wrinkle, the muscles and joints to grow stiff, teeth to decay, hair to turn grey or fall, and the cold of approaching death to take the place of the animal heat and vigor of youth?"

The Law of Like Begets Like

It is because the body has been given the wrong kind of material from which to build new cells. What is more, not only have we been giving the body the wrong kind of material, *but have been supplying this kind of material in a dead instead of living state*. Consequently, under the Law of Like Begets Like, the body of man, having been rebuilt with dead, decaying material, has grown tissues which easily decays. *In this way the tissues of the body have become degenerated and have assumed the properties and qualities of the decaying material from which they have been built.*

Thus we have seen that old age is disease and disease is decay and degeneration of the tissues of the body; we have seen also that the body is being rebuilt constantly from the material found in our environment; *we must, therefore, search in our environmental factors for the cause of degeneration, senility and pre-*

mature death. . . . Therefore, let us know what environment is and what it consists of.

Environment is that which surrounds us, that in which we live, move and have our being. Our environment consists of the following factors: Air, water, sunshine, heat, light, soil and vegetation. *Upon the right use of these environmental factors depends whether man shall preserve his health and youth for hundreds of years or whether he shall begin to decay and grow old at the age of thirty years and die when he should be in the prime of life.* It is upon the right use of these factors that the Science of Psycho-Physical Regeneration is based.

With these facts in mind let us see the possible reason of *why* and *how* the favorable environment which enabled Ancient Man to live almost 1000 years was changed into a hostile environment which gradually degenerated the body of man to such an extent that in a few generations his life-span was decreased from 950 years (the age of Noah) to 148 (the age of Nahor) and has continued decreasing until today that the average span of life is about 48 years. Also let us know why man has not applied and does not apply to his body the right environment which should enable him to live in a state of health and vigor as many years as Ancient Man did live before.

How and Why Man Lost His Paradise

Ages and ages ago, back in the dim past, due to tremendous catastrophies and cataclysms the paradise-like groves of fruit trees in the tropical regions of the earth, where it was the cradle of man, were destroyed by great floods.

For instance, according to Wells (the English Historian) what is today known as the Mediterranean Sea was at one time an immense valley below sea level, wherein Mother Nature produced voluntarily and abundantly the various kinds of tropical fruits which nourished a numerous and powerful part of the human race. Eventually, due to one of those tremendous cataclysms, the neck of the land which separated the Atlantic Ocean from the fertile Mediterranean Valley was broken thru and the beautiful groves of fruit tree were destroyed together with a great number of its inhabitants, by the inrushing waves from the Atlantic Ocean. Those who escaped from this calamitous and fateful inundation, together with the other living creatures who could run away from the inrushing waters, climbed the mountains and

there, in caves, sought shelter from the inclemency of Nature. There, near the snowcapped Alpine Mountains where the climate was exceedingly cold, compared with the warm Mediterranean Valley, the human race (of that part of the world) began for the first time to shiver with cold and feel the pangs of hunger. There not being any natural food (such as he and his ancestors had eaten since their appearance in the tropical region of the Mediterranean Valley) man was compelled either to let himself be starved to death or devour his fellow creatures who, so far, had lived together and been continuous companions of man, unafraid of him, for so far nothing had man done to fowl or beast to be afraid of him.

But now a different condition was presented which made primitive man to choose between allowing himself to starve to death or kill and eat the flesh of his fellow creatures. Primitive man must have hesitated to take his animal friend's life. Much more must he have loathed and abhorred the thought of eating his flesh and sucking his warm blood. But, however repugnant this thought might have been to primitive man, still the urge to live overcame all scruples, and the Law of Self-Preservation, which is the first Law of Life, impelled primitive man to commit the repugnant act. Probably, in some way like this the whole human race was forced by necessity to adopt a carnivorous diet.

As necessity is the mother of invention, accidentally primitive man must have discovered that by rubbing two pieces of wood together (or it might have been that a fire was started by lightning, etc.) the case is that man came to discover and use fire to warm his shivering body and to cook his no longer natural food—meat and grains.

Though the eating of meat and the use of fire saved the human race from utter extinction at that early period of man's history, yet, those two factors: meat-eating and the use of fire to cook his food, were the beginning of his physical degeneration which began to shorten his life-span, as it will be thoroughly explained in future lessons.

Man could have gone back to his paradise diet of fruits and nuts after the waters subsided and the trees began to bear fruit again, but by that time man had become adapted to the new diet and did not wish to return to his natural food. The new flesh diet to which he had added alcoholic beverages, produced in his body a false and temporary state of stimulation, a sensation of exhilaration, increased sexual desire, hastened growth and earlier

maturity which he—like man of today—*mistook for good signs, not knowing that stimulation is followed by a corresponding depression, and that the quicker the growth and the quicker maturity is reached, the sooner one gets old, decays, and dies.*

Thus misled by appearance of what he thought to be a superior and more desirable diet man continued in his acquired habit of flesh-eating to which he added many cultivated grass seeds, and all was eaten partly destroyed by fire or cooking process. To this diet man has adhered for thousands of years, always believing that he has been living on the proper food and eating it in the proper way. But his physical degeneration, his diseases and misery, the decline of his life-span from nearly 1,000 years to his present 45 years span of life, prove that he is wrong.

Thus we see that his ignorance of the fact that his unnatural food was poisoning him, degenerating him, bringing him disease and suffering which resulted in premature old age and early death, together with the fact that he had become a slave to perverted desire, prevented him from returning to his natural way of living in which way he could supply his body with the proper environment for the regeneration of his organism.

Yet, man has in his power the ability to control his environment and by this means start immediately the process of regenerating his body, recover his lost health, obtain and retain youth to a great extent and prolong his living existence far beyond one hundred years.

Unfortunately, lifelong bad habits of living have cultivated in man an abnormal desire, an impelling appetite for those pleasures of the flesh which have weakened his will power to such an extent that his body is sailing the Sea of Life without a directing, controlling brain. He is like a ship without a rudder and abandoned to the will of the Winds and the lashing of the Waves. But a return to the natural way of living will strengthen his mind as well as his body and he will gradually gain his will power and self-control and again become the Master of his own Ship and be able to sail the Sea of Life safely and smoothly.

Dr. Carrell's Formula for Perpetual Youth and Eternal Life

Is it possible to regenerate and rejuvenate the body? Many have asked themselves this important question and desired that it could be answered in the affirmative, for in every normal person there is an innate desire to live a youthful, long life. Life is

so beautiful, so endearing to those who enjoy good health, that they would like to live forever. THIS INNATE DESIRE FOR PERPETUAL LIFE SEEMS TO INDICATE THAT BIOLOGICALLY MAN IS POTENTIALLY IMMORTAL, MEANING THAT MAN CAN DIE ONLY BY ACCIDENT OR THRU VIOLATION OF THE LAW OF LIFE.

Nature endows every creature with the instinct of self-preservation. From the moment of our birth to the moment of our death instinct is constantly endeavoring to preserve the body in as healthy a condition as it is possible under the present hostile environment in which we live. This instinct is the silent voice of Nature constantly whispering to us: "LIVE ON, LIVE ON; I NEVER WANT TO DIE."

But to live forever in the hostile environment in which we live is impossible. Nevertheless, I am glad to say that health can be regained and maintained, youthful vigor restored to a great extent, and the life-span prolonged up to or beyond 100 years, by supplying the body with the proper environment, as will be explained in future lessons. I know these things to be true because these very things have been taking place in my own body as well as in the bodies of others who have applied the same methods in accordance with natural law.

When the required conditions are supplied, Nature can and does work wonders in our bodies. As long as we have not waited until some vital organ has degenerated beyond repair, Nature, with the proper environment, can cure every disease. I have repeatedly seen people who were nothing but skin and bones—human wrecks, who were supposed to die in a few weeks or months—recover their health and live a happy life for many years, as we shall see further on in this lesson.

In 1912 a biochemist of the Rockefeller Institute, Dr. Carrell, took a piece of the living heart of a chicken and proceeded to experiment to see if it was possible to maintain its life apart from the chicken's body. Behold! The piece of chicken's heart is given a daily washing to remove the waste products, then it is supplied with the required elements of nutrition and something marvelous happens: it grows, it grows, it grows so rapidly that it is necessary to subdivide it, for otherwise the piece of living heart would soon become too large to continue the experiment. This piece of chicken's heart was kept alive for over 26 years and it continued to grow without giving signs of old age or loss of vitality, while many generations of chickens came into existence, lived their

allotted time and returned to the dust whence they came.

Moved by the marvelous discovery that: (1) if we supply the proper environment in the form of a daily washing out of the toxic waste products accumulating in the cells, and (2) then supply the proper nutrient media it is possible to keep alive indefinitely a piece of chicken heart, Dr. Carrell was inspired to formulate the **LAW OF PERPETUAL YOUTH AND IMMORTAL LIFE** in the following words:

"The cell is immortal. It is merely the fluid in which it floats that degenerates. Renew this fluid at intervals, give the cells the required food to eat 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 wornout fluids, develop a similar technique for renewing them and so win immortality?"

Friends, to a great extent, this technique to purge the body of its waste material for the regeneration of the cells and tissues is what is being discovered and the Science of Psycho-Physical Regeneration teaches it.

This science can be explained in the following seven words: Elimination, purification, regeneration, health, youth, happiness and longevity.

Let me explain: *Elimination* thru fasting and natural hygiene, purges and cleanses the body of pathogenic matter (disease-producing waste). This results in *purification* of the body, prepares the organism for the proper and efficient digestion and assimilation of food, and is followed by the *regeneration* of the blood and tissues. *Regeneration* of the blood and tissues builds *health*. *Health* results in *happiness*. *Health* and *happiness* create and retain *youth*, and all these result in *longevity*. Thus we see that perpetual youth depends upon two factors: (1) *perfect elimination of waste matter*, and (2) *natural food*.

Marvelous Cases of Regeneration and Longevity

Though man may be potentially immortal, we cannot expect immortality; far from it. However, it is glorious to know that we have in our hands the power to start in our bodies the process of regeneration and rejuvenation which will enable us to live a longer and happier life. Many men have done so in the past and many are doing so at present; but here I shall mention only two cases already alluded to in a previous lesson.

One is that of the Italian nobleman by the name of Cornaro. During his youth, Cornaro had been dissipating not only his fortune but his vitality as well to satisfy the pleasures of the flesh. The result was that at the age of 40 he was a human wreck and was given up to die in a short time. His medical doctors had told him that his profligate life had exhausted his vitality and that there was no hope for him. But Cornaro did not resign himself to die. Therefore, he began to meditate upon his past life in order to find the cause of his degeneration and premature old age. He concluded that if the cause of his degeneration was due to his profligate, sensual life which dissipated his vitality, by following now the opposite course (that of living a life of moderation in accordance with Nature's laws) his vitality would increase gradually, and in due time he would recuperate his health and prolong his life-span.

With this thought in mind, he gave up all his bad habits and restricted himself to a diet consisting of 12 ounces of solid food and 8 ounces of wine per day. The result was that on this regimen of moderation, Cornaro began to recuperate his dissipated nerve energy, and in due time he recovered excellent health. So much so that he lived 103 years, being active and in good health up to the time of his death. He was able to mount a horse and ride when he was 100 years old. And at the age of one hundred and one he wrote an important and interesting book titled "HOW TO LIVE 100 YEARS." Cornaro's recovery on one-fourth of the amount of food he used to eat before proves once more that we are digging our graves through overeating. However, as I shall prove elsewhere, we overeat because we are not eating man's natural food in its natural state and because our diet is unbalanced. When these things are corrected we also can live on one-fourth the amount of food we are now eating and be thoroughly satisfied. I have proved the possibility of these things in myself and others.



CAPTAIN G. DIAMOND

The other case of regeneration is that of Captain Goddard Diamond of San Francisco, Calif. At the age of 79 Captain Diamond was suffering with a severe case of hardening of the arteries, joints and tissues. The process of sclerosis had made his body so stiff that he was unable to move his joints, arise from his chair or even to hold a spoon or fork in his hand to feed himself. Yet, unbelievable as it may seem to my friends the vegetarians, Captain Diamond had been a vegetarian for 30 years. Friends, a vegetarian life in the way the average vegetarian has been living it, is also a harmful one which results in hardening of the arteries, premature old age and untimely death. I refer to the vegetarian diet consisting almost exclusively of cooked legumes and cereals, milk and eggs, as their main articles of diet. As I shall explain in another lesson, the above-mentioned foods, though not as harmful as meat, are not natural foods for man, and these foods lead to degeneration and premature old age. I was a vegetarian of that kind for many years and could never regain my health until I adopted the biological diet of natural foods.

Returning to Captain Diamond, he, like Cornaro, began to think, and in his search to remedy his degenerated condition, he

found a way to dissolve and eliminate the calcareous deposits that were petrifying his body. This discovery he practiced diligently with the result that ten years later, at the age of 90, he had recovered his health and was instructing a class in physical culture. Even at the age of 108 he could ride a bicycle, and he lived over 114 years.

THE AUTHOR



Then, 1917

Now, 1947

Although we cannot yet introduce the above two pictures of the author as a case of longevity, they will show to the student what the author has accomplished since he adopted this natural way of living and healing over 30 years ago. Picture 1 was taken in 1917. At that time his weight was 110 pounds, having increased 12 pounds already since he began the natural method in 1916. Picture 2 was taken in 1947. They tell the whole story of what the author has accomplished and what others can also accomplish if they put these natural ways of living in practice.

What these men have done we can do also, provided that we are not of those unfortunates who have waited until some vital organ has degenerated beyond the power of recuperation, for though Nature can cure every disease, she cannot cure every patient. If every patient could be cured, by teaching people how to regenerate the body, we could make people immortal, which

thing cannot be done under present conditions. But we can regain our health, retain our youthful vigor and prolong our life-span 25, 50 or more years.

Though everybody desires to live a youthful, long life, very few know how this may be accomplished. People as a rule do not care for their health until they are at the brink of the grave and are told by their doctor that medical science has nothing else to do for them than to sign their death certificate. But even at this late hour many of them have regenerated their bodies to such an extent that they prolonged their life 35 to 63 years as in the cases of Cornaro and Diamond.

If by partial application of the Law of Regeneration these persons who were almost dead, could regenerate their bodies to such an extent that they were able to live over 100 years, how much longer could those who still have a strong constitution live, if they adopted a natural way of living before their bodies become degenerated? How much longer could children born of healthy fruitarian parents live, provided that they continued living in accordance with the Law of Life? Nobody can tell exactly how long they could live, but it would be hundreds of years, provided that they were living in a favorable environment.

LESSON IX

THE FIRST STEP TO REGENERATION AND LONGEVITY

The Transition Diet

In our ascension of the High Mountain of Life we necessarily have to start at the bottom. It is not possible to begin at its summit, nor even halfway up. For though it were physically possible to take a gigantic step and ascend suddenly to the summit, the prodigious height to which we would suddenly be transported would cause serious disturbance in our physiological functions, and become dangerous to our lives.

Just so, in our initiation into physical regeneration by means of a diet of the natural food of man, we as a rule cannot make a successful, sudden, change from the unnatural diet of degeneration and premature old age to the natural diet of regeneration and longevity. For, to make such a sudden change from the cooked, demineralized, devitalized diet of unnatural foods to the uncooked diet of vital, natural foods, without first preparing the body for its digestion, might, in many cases, cause much discomfort, thus discouraging the student and inducing him to doubt the regenerative power of vital foods. *This doubt might cause him to give up the natural way of living* which would eventually result in the gradual regeneration of the body, the preservation of vigor and the prolongation of life. It is to save my students the discouragement that might come to those who try to climb the High Mountain of Life, without first taking the first fundamental steps, that I introduce this lesson.

There is no longer any doubt in the minds of advanced students of natural dietetics that *uncooked food is the ideal diet of the human being*—the only diet that will supply the body with living cells necessary for the regeneration and rejuvenation of the body tissues. But as a general rule, *before civilized man can thrive on the exclusive uncooked food diet he has to go thru a process of adaptation, during which the body becomes adapted to the digestion of natural live food.*

Therefore, you should not go to the opposite extreme and try suddenly to force your body to digest 100 per cent uncooked food, *because there may be certain changes that have to take place in the digestive organs before the body becomes capable of properly digesting, assimilating and thriving on uncooked food. One of these changes is the contraction of the stomach and the colon to*

something near their normal size. They must be returned to their normal positions if they are prolapsed.

As long as the stomach and other sections of the digestive tube are dilated to two or more times beyond their normal size, usually it is difficult to succeed with the exclusive raw food diet for the following two reasons: (1) If you eat only the amount of uncooked food which will be sufficient to nourish you (about one-fourth of the amount you are now eating of cooked food) you will feel as if you were starving, and your constipation may temporarily increase because the colon does not usually evacuate its contents until it is filled to the rectum. (2) And if you eat of uncooked food until your stomach and digestive tract is filled and you feel satisfied, you will have eaten two or three times more uncooked food than you need and can digest, resulting in digestive disturbances.

Therefore, until in future lessons you are taught how it is possible, thru more radical measures, to bring about the contraction of the dilated digestive organs, *thus adapting them in a short time to the digestion of man's natural food, it is better that the uninitiated student does not make radical changes in his diet.* But instead, he should go thru a transition period, during which he gradually changes to the natural diet of uncooked food as fast as his body becomes purified and his organs strengthened and regenerated. Hence, I introduce here some cooked food menus and recipes. These cooked meals are delicious and nourishing. And if they are preceded by a raw salad of tender vegetables to supply the vitamins and organic mineral salts, these cooked menus can be eaten with beneficial results during the transition period.

Recipes for the Transition Diet

As we will see in a future lesson, sodium chloride (common salt) is very injurious to the organism. Hence, you should eliminate salt as much as possible from your diet. This is easily done when we adopt the natural diet of uncooked fruits, tender vegetable salads and oleaginous seeds, such as walnuts, almonds, pecans, etc., since these natural foods have a delicious flavor in their natural state and do not need the addition of salt to make them enticing. But during the transition diet, when some cooked food has to be eaten, at times, it will be necessary to add a little salt to cooked food because, without salt, cooked food is insipid and unappetizing. And inasmuch as unappetizing food does not

excite the digestive glands to secrete their digestive juices, it is of great importance to learn how to impart a good flavor to cooked food without having to add a large amount of the injurious sodium chloride.

To this end you should select a larger proportion of those vegetables that taste good even without the addition of salt, such foods being those that have a sweetish taste, like sweet potatoes, yams, carrots, beets and also celery. When none of these are available, you can impart that sweetish taste by adding a few dry figs or dates. Furthermore, you can and should use celery salt to impart a better flavor to cooked food. If celery salt is unobtainable, you may use some common salt during the transition period. For, remember: *Food that cannot be enjoyed does not excite the digestive glands and cannot be properly digested.*

Second, cooked food will have a better flavor if you use just enough water to leave a few spoonfuls of broth when it is done. Hence, the two best ways to cook vegetables are as follows: (1) Steaming them in their own juices in a waterless cooker, and (2) baking them in the oven in a covered roasting pan. Cooking utensils should be enameled. Never use aluminum utensils; they are injurious to health, as we will see in another lesson.

Cooking in a pressure cooker is also desirable, as in this way cooked food has a better flavor and its nutrients are preserved to a greater extent.

Vegetable Stew

The following amounts will be enough for one person for one meal. If more than one person, increase proportions accordingly. Wash thoroughly, and without peeling or paring, except for the removal of damaged parts of the peel or skin, cut in pieces the following proportions of these ingredients:

Carrots	2 oz.	Squash	4 oz.
Turnips	2 oz.	Green peppers	3 oz.
Sweet potatoes	5 oz.	Parsley	1 oz.
White potato	2 oz.	Garlic (cloves)	1-2
Celery	4 oz.		

If some of the above vegetables are not obtainable, you may substitute others in season and increase the given proportions according to the number of persons to be served. But always use sweet potatoes, yams or winter squash to impart the sweetish

flavor, so that you will not need to use so much salt. Use a little dehydrated sweet fruits when sweet potatoes are not obtainable.

Put the prepared ingredients given above in the waterless cooker, a pressure cooker, or in an enameled roasting pan, add some vegetable oil, paprika and celery salt. Add six to twelve ounces of water, shake it well to mix it and set it on the fire. When cooked in the oven it is necessary to add a little larger amount of water, as the evaporation in the oven is quicker. Regulate the fire and the amount of water used so that when the vegetables are done there will be just a little water left. Now add to the remaining broth one tablespoonful of finely ground nuts and stir to mix it. The addition of the nuts imparts a rich nutty flavor and makes the meal more delicious and nourishing. Always precede cooked meals with a vegetable salad.

Recipe for a Delicious Raisin-Rice Meal

Brown rice	1 cup	Bell pepper	2 oz.
Water	6 cups	Garlic (cloves)	2
Seedless raisins	3 oz.	Aniseed	½ tsp.
Potatoes	4 oz.	Buen Gusto or	
Sweet potatoes	4 oz.	paprika	½ tsp.

(1) Season the water with celery salt and let it come to the boiling point. (2) Add the aniseed, the garlic and the vegetables and let them boil for about five minutes. (3) Now add the rice, the raisins and the buen gusto or paprika and let it boil until done, about 15 to 20 minutes. When soft take it from the fire and add some vegetable oil. Cover it and let it stay for about 20 minutes before eating. This is another delicious and nourishing meal. Precede it by a salad. The above amount is enough to serve three persons.

Delicious Vegetable Spanish Tortilla

Carrots	4 oz.	Green pepper	4 oz.
Sweet potato	4 oz.	Eggs	2
Potato	4 oz.	Garlic (cloves)	2

Oil, celery salt, buen gusto or paprika

Cut up the vegetables in small pieces. Then, when the oil in the frying pan is hot enough put in the vegetables, season with

the necessary amount of salt and cover the pan with the lid. Stir the vegetables occasionally to prevent them from sticking to the pan. In the meantime, beat the two eggs and add to them a little celery salt. When the vegetables are done add some buen gusto or paprika, mix it well with the vegetables and add the eggs. Cover the pan and let fry until done. Eggs are much easier to digest if they are not done too much. As soon as the albumen of the eggs is well coagulated all over, the eggs are done. You will like this delicious omelet. Precede it with a salad.

Vegetarian Roast — A Meat Substitute

Carrots	6 oz.	Milk (fresh or	
Sweet potato	8 oz.	canned)	8 oz.
Potatoes	4 oz.	Parsley	1 oz.
Graham crackers		Onion	4 oz.
or toasted		Garlic (cloves)	2
whole wheat		Buen gusto or	
bread	12 oz.	paprika	2 tsp.
Finely ground		Salt to taste	
nuts	3 oz.	(celery salt	
Eggs	2	preferred)	

(1) Prepare the vegetables by thoroughly cleaning and cutting them in large pieces. (2) Run the well-toasted bread or graham crackers thru a food chopper, using the peanut butter disc. (3) Grind the vegetables finely and put them in a separate pan. (4) Beat the two eggs and add them to the milk. Dissolve the salt in the milk and eggs and add the mixture to the vegetables. (5) Now thoroughly mix the buen gusto or paprika with the ground nuts, bread or crackers and add it to the other ingredients. (6) Mix it thoroughly until it becomes a firm dough. You may have to add a little more milk or a little whole wheat flour, depending upon whether the dough turns out too soft or too dry. It should be soft enough, provided that it does not run when shaping it in the pan. (7) Now put oil or vegetable fat, such as Crisco, in a roasting pan and put the resulting dough in the center of the pan, shaping it in the form of a loaf. (8) Put it, uncovered, in the hot oven and let it bake until done. It will take from 20 to 30 minutes, depending upon the intensity of the heat of the oven. It is not necessary to bake it much, as it will have a delicious flavor as soon as it is thoroughly heated thru. If properly done you will

have a delicious and nourishing meal. Precede it by a raw vegetable salad. This vegetable roast can be made in a great variety of ways. Instead of eggs, 4 ounces of ground nuts can be used, or both, if you like. Instead of toasted bread and crackers, cooked garbanza or beans can be run thru the grinder and mixed with the ground vegetables. You can increase the palatability of this vegetable roast by covering it with the following sauce:

Sauce for the Vegetable Roast

Fry in oil a little parsley, onion and garlic. Add salt and paprika. When done, add two tablespoonfuls of whole wheat flour. Now continually stir for a few moments to prevent burning. Now gradually add boiling water and continue stirring to mix it with the contents of the pan. Continue adding water until it becomes of the consistency of a thick sauce. Let boil for one or two minutes longer and it is ready for use. Spread some of this sauce on the vegetable roast just at the time of eating it.

Observation — Remember that I am not advocating these cooked menus as ideal meals for physical regeneration. I am advocating them as good substitutes for the conventional menus made with meat, and denatured, demineralized foods. These substitute meals should be eaten only once a day, in the evening, during the transition period. They should be gradually discarded from the diet of regeneration as soon as possible. When the desire for one or two cooked meals has been satisfied the student should return to the uncooked food diet and adhere to it as long as possible. But whenever there is a strong desire for cooked food, especially during cold weather, it should be satisfied by eating one of these cooked meals. It will be of benefit to do so.

Carminative Soup to Relieve Flatulency

"Carminative" means: *reliever of flatulence*. It has the property of expelling gas from the stomach and of relieving flatulent colic. This soup has that property at the same time that it is a wholesome stimulant. It should be taken often, especially by weak patients during cold weather when the body craves something warm. It is prepared as follows:

Grate or finely grind with a food chopper:

Carrots	4 oz.	Sweet potato	4 oz.
Beets	2 oz.	Parsley	1 oz.
Potato	2 oz.	Garlic (cloves)	1 or 2

Buen Gusto or paprika, $\frac{1}{2}$ teaspoonful; salt to taste; aniseed and fennel seed, both finely ground, 1 teaspoonful.

Put all the above ingredients in about 3 points of water, set on the fire and let it boil for about 15 or 20 minutes. Strain and drink it while quite hot.

Carminative Nourishing Soup

This is made with the same ingredients as above but with this difference: Before you put the soup ingredients to cook, boil in the same water 2 or 3 tablespoonfuls of dry yellow split peas, until they are nearly done. Then add the other ingredients as above and let it boil until well done. Do not strain, but add a little olive oil or soya oil, and serve. It can be made richer and more nourishing by adding, when done, one tablespoonful of finely ground nuts.

This makes a thick soup which is very delicious and strengthening. It should be taken during the transition period when there is a great desire for something hot that will impart heat and strength.

Recipe to Cook Garbanza or Garvanza

This delicious and nutritious food is the real staff of life of the Spaniards. In Old Castile they eat garbanza at least once every day. Garbanza are highly alkaline, owing to the large amount of magnesium they contain. The Spaniards make a most delicious dish when they cook garbanza by adding some ham, sausage, or bacon, and sweet paprika. But inasmuch as that is not the way vegetarians should prepare their food, I searched for ways and means to make garbanza taste deliciously without having to add any animal foods. The following is my recipe to cook garbanza:

Garbanza	8 oz.	Paprika or Buen	
Sweet potatoes	6 oz.	Gusto	$\frac{1}{2}$ tsp.
Dried figs	3 oz.	Garlic, chopped finely	
Celery	4 oz.	(cloves)	2
		Olive or other oil	1 tblsp.

Put the garbanza to soak overnight in enough water to thoroughly cover them. Next morning add more water if necessary, add some salt to taste, and put them on the stove to cook. When they begin to boil, a good deal of foam or scum will rise to the surface. Remove it with a wooden spoon. When no more scum

rises, add the chopped garlic, cover and let it cook for at least 30 minutes. Then add the celery, sweet potatoes, figs, paprika or Buen Guesto, cover again and let it boil until the garbanza are thoroughly cooked. It may take from one to two hours. If necessary to add more water, be careful to add boiling water, never cold water, as that would prevent the softening of the garbanza. When they are done, add the oil. If properly cooked, the resulting dish will be delicious and highly nourishing. By adding one tablespoonful of finely flaked nuts you will further increase the flavor and nourishment. If properly cooked in the above way, garbanza will be so delicious that you will likely overeat of them. Therefore, as garbanza are so nourishing, it will be advisable to precede the garbanza meal by a good-sized raw vegetable salad.

This recipe to cook garbanza will also be suitable to cook soya beans and other kinds of beans as well as peas and lentils. By using a pressure cooker, garbanza and other legumes can be cooked in 20 or 30 minutes.

After much thought as to whether or not I should give my students the knowledge of my two secret formulas for the manufacture of Buen Gusto and Carmino, I have come to the conclusion that I should not keep from them any knowledge which I believe will improve their health and make their lives more worth living.

Therefore, I am including in this lesson my secret formulas for the composition of Buen Gusto and Carmino. Those of you who have already tried these two valuable vegetable compounds know how efficient Carmino is for the relief of distress caused by flatulence, as well as for the relief of stomach pains, nausea and other digestive disturbances. They also know that Buen Gusto imparts a delicious flavor to food, at the same time that it stimulates appetite and improves digestion. After you experience the great benefit derived from these two herb products you will not like to be without them at any time. Hence, it will be to your advantage to prepare one or more pounds of each of these two products so that you may have a supply at hand all the time. Carmino will relieve much distress and Buen Gusto will improve digestion and make eating a greater pleasure.

Formula for Buen Gusto

Thyme (finely ground)	2 oz.	Peppermint (finely ground)	3 oz.
Marjoram (finely ground)	2 oz.	Ginger (powdered)	8 oz.
Cumin (finely ground)	8 oz.	Cinnamon (powdrd)	3 o.z
Cloves (powdered)	1 oz.	Nutmeg (powdered)	5 oz.
Aniseed (finely ground)	6 oz.	Sweet Paprika (powdered)	6 oz.
		Celery and onion salt	4 oz.

Mix the above ingredients well. Then pass it thru a wire colander of medium mesh, to remove the coarse particles of the compound. Put it in a tin can with tight-fitting cover. In this way it will keep indefinitely. Use it in all your cooked food to impart a good flavor. One quarter of one teaspoonful will be sufficient to season the amount of food that will serve one person. Start with a smaller quantity and increase it gradually. It can also be sprinkled over your salads in small amount.

Formula for Carmino Herb Tea

Aniseed (finely ground)	6 oz.	ground)	4 oz.
Camomile (finely ground)	3 oz.	Fennel seed (finely ground)	3 oz.
Peppermint (finely ground)		Cinnamon (powdrd)	3 oz.
		Ginger (powdered)	2 oz.

Mix all the ingredients well, after they are ground, and put in a tin can. You may buy the ingredients already ground and powdered at herb stores. Or you may buy the powdered ingredients in that form and the other ingredients you may buy in herb form and grind them at home. You will get better results if you buy the herbs and seeds in their natural condition and grind them yourself at home. The resulting product will have a higher aroma and a richer and better flavor. To use it, add a small teaspoonful of the mixture to each cup of water. Put the called-for amount of Carmino in the cold water and let it come to the boiling point and boil for one or two minutes. Then take it from the fire, cover the pan and let it stay for five minutes. Then strain thru a fine colander, sweeten with honey and drink it hot. I have found this tea to be of great value in flatulence, stomach ache and nausea. In the case of women, it is especially beneficial during the menstrual period, to relieve pain. This is especially so if at the same time they apply an abdominal pack and keep it warm with one or more hot water bags.

Balanced Menus for the Diet of Regeneration and Longevity

The following menus of unfired natural foods contain the necessary elements for the formation of new living cells which are indispensable for the regeneration of the tissues of the body. Hence, during the transition period, at least one meal of the daily menu should consist of one of these uncooked menus. These menus are properly balanced according to the PROTEIN EQUILIBRIUM TABLE which will be given in BOOK THREE. Two of these meals will supply the necessary amount of adequate protein for one day. The amount given in each menu is sufficient for one meal, perhaps it may be too much for those who are weak and live a sedentary life. Those who are very active and do hard work may increase the proportions of the ingredients if they find it necessary. Those whose digestive powers are weak, who are not active and have poor appetite, should reduce the amount given in the menus until they find their digestive capacity.

The two meal a day plan is the best of all. After you experience the benefits derived from it you will not like to go back to the three or four meal plan. One well balanced meal at noon and another in the evening at about 6 p. m. supplies sufficient nourishment for any one. However, for the time being, if you find it necessary you may eat fruit for breakfast and take fruit juices or eat fresh fruit between meals during the day.

With your unfired food menus you may take one cup of hot carmino tea at the end of the meal. This tea will add heat to the body (very necessary during cold weather), will prevent excessive fermentation, will supply the necessary liquid, and will aid in the digestion of the meal.

The raw food should be thoroughly masticated until it is swallowed without voluntary effort. Those who have poor teeth cannot very well thrive on the raw vegetable diet. They must first reduce their raw foods to a pulp by the aid of some apparatus, such as the liquefier, or extract the vegetable juices. Those who are subject to fermentation of food in the stomach should begin with MENU No. 1, and add little or no honey and oil to the other menus. But when their digestion has improved they should add these two articles of food to their menus, for they increase the energy and heat value of the diet.

During the transition period, especially when the body is saturated with acids and waste products, fresh, raw vegetable salads are better than fruits. Therefore, at least one meal every day

should consist of one of the following unfired food menus. Fruits are best when eaten for breakfast in the morning or between meals. These are only sample menus. If it is not possible to get the vegetables given in the menus, you may substitute others that are available. The important thing to keep in mind is that the amount of flaked nuts should not be decreased. Neither should be decreased the amount of dehydrated fruits, such as figs, dates and raisins; but you can substitute one dried fruit for another without thereby altering the nutritive value of the menu.

Menu No. 1

Almonds (finely flaked)	2 oz.	Carrots (finely grated)	3 oz.
Dates (chopped)	2 oz.	Apple (chopped)	4 oz.
Lettuce	4 oz.	Lemon juice, $\frac{1}{4}$ of a lemon	

Menu No. 2

Walnuts (finely flaked)	3 oz.	Lettuce	3 oz.
Raisins	4 oz.	Honey (1 tablespoonful)	1 oz.
Beets (grated)	4 oz.	Olive or soya oil	1 oz.
Carrot (grated)	2 oz.	Lemon juice, $\frac{1}{2}$ lemon	

This menu produces a laxative effect. It is very effective in cases of constipation. The addition of one tablespoonful of finely ground whole wheat flour increases its laxative effect and nourishing properties.

Menu No. 3

Brazil nuts (finely flaked)	3 oz.	Carrot (grated)	2 oz.
Figs (dried)	3 oz.	Lettuce	4 oz.
Apple, chopped	4 oz.	Oil	1 tblsp.
Lemon Juice, $\frac{1}{2}$ lemon		Honey	1 tblsp.

Menu No. 4

Ripe bananas	14 oz.	Fresh milk	16 oz.
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The above makes a complete and delicious meal. Be sure to get ripe bananas; mash them up with a fork. Warm the milk and add it to the bananas.

Menu No. 5

Raw eggs	2	Apple (chopped)	4 oz.
Celery (chopped)	2 oz.	Lemon Juice, $\frac{1}{2}$ lemon	
Carrots (grated)	3 oz.	Honey, 1 tablespoonful	
Dates or figs	4 oz.		

The above menu can be used for a change or when nuts are not available.

It is important that the student adheres to the unfired food diet as much as possible, as long as it does not cause trouble or inconvenience. But for the time being he should not go to any extreme. It will be better for him to wait until he has acquired the more important knowledge about biological dietetics, which will be thoroughly explained in BOOKS THREE and FOUR.

In BOOK FOUR there will not only be a department giving numerous balanced menus and diets adapted to various conditions, but therein will be explained how the student can learn to prepare and calculate his own menus and diets according to the only natural system of biological dietetics. This is a system of calculating and balancing the natural diet, based on the elementary composition of the first and most natural food of man—HUMAN MILK. The menus and diets given in BOOK FOUR contain the approximate proportions of protein, fat, carbohydrates, minerals and vitamins as found in HUMAN MILK. The following formula to prepare a delicious and nutritious confection of natural foods is one of them. It is as follows:

Fruit and Nut Confection Formula 18

Foods	Oz.	Protein Grams	Fat Grams	Carbohydrates Grams	Calories
Almonds	7	41.7	109	34	1285
Brazil nuts.....	18	86.6	341	36	3556
Dates	13	7.8	10	289	1279
Figs, dried.....	16	19.5	1	337	1437
Raisins	21	15.5	20	453	2051
Total.....	75	171.1	481	1149	9608

The above amount divided into 2400 calorie portions would give sufficient food for four days, without adding any other thing to the diet. Divided into four portions gives the following proportions of nutrients in one 2400 calorie ration, which is about the average amount needed by the average person:

In one 2400 calorie portion of the above food there are: 18 ounces of food, 43 grams of protein, 120 grams of fat, 287 grams of carbohydrates, and 2402 calories. These are approximately the proportions present in the same number of calories of human

milk. This new system of calculating the diet is thoroughly explained in BOOK FOUR. I have experienced that when the diet is balanced in this manner marvelous results are attained.

One third of the daily amount, 6 ounces, is sufficient for one complete meal. I always have ready various kinds of these confection formulas and make a complete meal at noon time by eating four to six ounces of the nut-and-fruit confection chewed together with some vegetable salad. In this way it makes a delicious and highly nutritious meal. One can take a glass of fruit juice at the end of this meal or one to three hours after the meal. One can make a large quantity of this confection at one time, as it keeps indefinitely when put in a glass jar and pressed down with a spoon to exclude the air.

LESSON X

THE VAMPIRE THAT POISONS US AND SAPS OUR VITALITY

It is my experience that unless we first study the philosophical aspect of a science we are apt to miss that urging, propelling power known as "inspiration," without which cold, plain facts lose their real significance. Therefore, with this important thought in mind the first and the second part of this STUDY COURSE will deal with the philosophical aspect of Psycho-Physiopathy in order to present to you the logical principles necessary to convince the student of the following facts:

- (1) That there is a higher, nobler and happier life awaiting us.
- (2) That it is possible of attainment.
- (3) That these lessons on this science teach how it can be attained.

However, taking into consideration the important fact that many of you are suffering and need immediate aid before you proceed to delve into the practical side of this science, I have thought that it will be of tremendous benefit to my students to introduce in PART ONE some practical lessons, which will enable them to remove many causes of their immediate suffering, thus bringing into their lives a higher degree of physical well-being, mental tranquility and spiritual peace. It is my belief, based upon my long experience, that if you put into practice the instructions given in these lessons, you will soon notice great relief, no matter what the condition of your suffering may be. These special instructions will serve as the stepping-stones that will enable you to gain the necessary strength, encouragement and hope which every student needs to continue his ascent toward the High Mountain of Life—ever reaching higher and higher peaks of physical regeneration, health and happiness, as you proceed with this study and put in practice the teachings of this science.

Constipation and Hemorrhoids

When, through many contributing causes, the nerve force of the living organism is greatly reduced, the eliminating organs fail in their functions and toxic waste products are retained in the organism. This condition is known as CONSTIPATION. Constipation is the immediate cause of practically every chronic

disease, since *not until the eliminating organs fail to perform their normal functions can waste products be retained and chronic disease result.* Hence, when a person begins to suffer physical pain, mental anguish, or feels that he is unusually tired and nervous, that person has been constipated for a long time already. The fact that he may still have a daily bowel movement does not mean that he is not constipated; but it means that Nature is still able to force a bowel movement through an extraordinary pressure exerted by the daily intake of food upon the retained waste products in the colon. But before this forced bowel movement takes place *a certain amount of foul gases and liquids have been absorbed into the blood stream causing autointoxication and loss of nerve force*, thus leaving the constipated person in a state of general weakness. That this statement is true seems to be proved by the fact that *if the constipated person relieves Nature of this extraordinary expenditure of nerve force, either by a partial and temporary abstinence from food, or by a removal of the putrefying fecal matter in the colon by means of one or more well-administered enemas, that person will experience an almost immediate relief of his suffering and a great increase of energy.*

Causes of Constipation

If we want to succeed in the permanent cure of constipation it is necessary that we begin by a discovery and removal of its causes. These are many, but all can be reduced to the following three primary causes:

1. IMPROPER FOOD

By improper food I mean any food that cannot be eaten and enjoyed in its natural state, that is, uncooked and undenatured. Of all the improper foods, the most constipating and, therefore, the most injurious to health are those foods that produce an acid reaction and easily undergo fermentation and putrefaction. In the order of their harmfulness these foods are the following: Meat, fish, fowl, refined sugar, and denatured, demineralized cereals and legumes. A diet consisting largely of these foods is a great cause of fermentation, putrefaction, acidosis and constipation. These foods, too rich in nitrogen, are a prolific cause of uric acid—an almost insoluble substance which, when mixed with the sticky, gluey substance derived from mucus-forming foods (denatured cereals), form a kind of cement-like substance that

settles in the tissues, hardening them and causing arterio-sclerosis and rheumatic and gouty affections, which also result in hardening of the muscles, premature old age and untimely death.

2. COOKED FOOD

The cooking of food contributes to the cause of constipation in the following ways:

(1) *The excessive heat applied during the process of cooking destroys the life element of food (vitamins) and disorganizes the organic mineral salts.*

(2) As a result of this, a great proportion of the *cells of cooked food are dead* and in a state of decay and decomposition. Hence, in order to supply the organism with a sufficient number of live cells to replace the cells that are constantly being worn out during the performance of the vital activities of the organism, it is necessary to eat two or three times as much food as would be *necessary if we ate one hundred per cent vital food.*

(3) In consequence of this extraordinary amount of "cooked-to-death" food, which civilized man is forced to eat in order to satiate his abnormal appetite, *his digestive organs are forced to dilate and enlarge in great measure in order to be able to receive and dispose of the increased amount of cooked food.*

(4) Hence, we see that as the walls of a rubber balloon become thinner and weaker as it is being inflated, until it finally bursts, just so the walls of the intestinal tract have become thinner and weaker as they have been forced to dilate and expand by the excessive amount of cooked-to-death food and by the gases which this food has generated. These gases are formed by fermentation and putrefaction of the undigested food remaining in the intestinal tract, especially in the large intestine. When this state of dilation and weakness of the intestinal wall has been reached, as is the case in the majority of civilized men today, constipation has reached a state of chronicity, resulting in the retention of toxic waste products, which cause one thousand and one different symptoms of disease.

3. ENERVATION

So we see that (1) an excessive amount of unnatural, acid-producing food and (2) the destruction of the life element in food during the process of cooking, results in (a) an excessive amount of waste products, and (b) the expenditure of a great amount of nerve force to eliminate those waste products. The result is a state of exhaustion of nervous energy, expressing itself

as fatigue. This state of weakness is known as **ENERVATION**.

Under these conditions the living machine is running under tremendous friction and only at half speed. On the one hand, the living machine is being fed with food which has at least 75 per cent of its cells dead. Hence, the generation of sound vital cells is greatly below par. Consequently, the cells of the body are dying faster than they can be replaced with new vital cells, thus bringing about premature old age and untimely death. On the other hand, the *little energy* which the body can derive from unnatural devitalized food is mostly expended in the effort to dissolve, neutralize and eliminate the toxic waste products, which are retained in the organism, clogging the channels of life and making us feel exhausted and tired.

Effects of Constipation Summarized

AUTOINTOXICATION:—Caused by the absorption and retention of toxic waste products from the colon.

FLATULENCY:—Caused by gases generated in the intestinal tract during the processes of fermentation of undigested starches and putrefaction of proteins. These gases, if not expelled, cause great distress. On the right side of the abdomen, the inflated intestines and stomach press upon the liver and lungs, resulting in difficult breathing (asthma), and disturbances of the liver. On the left side, these inflated organs press upon the heart, interfering with the important function of this organ, making us believe, sometimes, that we have some affection of the heart.

HEMORRHOIDS:—Due to dilation of the walls of the colon by pressure from the retention of fecal matter and by accumulation of gases, the excrement gradually becomes larger than the orifice of the anus. The result is that hardened fecal matter can be expelled from the colon only after tremendous pressure from within. This pressure eventually ruptures the blood vessels of the rectum, causing small tumors known as hemorrhoids or piles, resulting in much pain and distress.

HEADACHES:—Caused by the absorption of foul gases and liquids from the colon. This is proven by the fact that headaches usually disappear in a short time after the cleansing of the colon by the proper administration of one or two full enemas.

HEARTBURN AND HYPERACIDITY:—This distressful affection, which can be only temporarily relieved by drugs, and

supposed to be incurable, can be easily removed by the use of the unfired-food diet and the use of the enema until the colon is cleansed and all symptoms disappear. The author was suffering with hyperacidity and heartburn from his childhood to the age of 28, when he adopted the natural unfired food diet. This diet removed in a few days an affection which medical men had failed to cure during a period of 20 years. All they could do was to bring temporary relief by the use of sodium bicarbonate, magnesia and other mineral alkalies. If you are troubled with heartburn follow the raw food diet and you will soon be free from that distressful condition.

The Natural Remedies

In the cure of constipation, as well as in the cure of any other disease, the first requirement is to discover the cause, the second requirement is to remove the cause. When these two factors have been taken into account the organism will repair its degenerated tissues and cure itself, provided that there is sufficient vitality left in the patient's body. It is because of the importance of discovering and removing the causes of constipation that I have enumerated and explained its three primary causes: (1) Improper Food, (2) Cooked Food, and (3) Enervation. Let us now see how, by removing these three causes and correcting their effects we can enable Nature to prevent and cure constipation.

1. PROPER SELECTION OF FOOD:—In view of the fact that the first cause of constipation is due to improper food, as well as to improper combinations of foods, the first remedy lies in the proper selection and combination of food. To this end let me give a list of the proper foods which will supply the body with vital cells which will regenerate the deteriorated tissues and tend to overcome constipation. In the order of their importance for their laxative properties, they are as follows:

Fruits—Raisins, dates, figs, grapes, bananas, peaches, apricots. Also all other fruits and melons.

Vegetables—Spinach, beets, lettuce, carrots, celery, parsley, cabbage, potatoes and sweet potatoes.

Cereals—Whole wheat bread, unpolished rice and other whole cereals. Also garvanza or chick peas, as they are called in America.

Kelp, Dulse, and Flaxseed. The addition of these three items to the diet is of great value, especially in cases of constipation

and hemorrhoids. Flaxseed lubricates the intestinal tract; kelp and dulse keep the fecal matter moist and soft, due to the property these plants have of absorbing and retaining water. At the same time, kelp and dulse are rich in iodine and other useful mineral salts. Flaxseed should be soaked in water for several hours; then swallowed together with the water; one table spoonful of flaxseed at a time before meals. Kelp and dulse are more easily taken in the form of an electuary, that is, the powder of these two plants is mixed with honey or syrup and swallowed in that way. Mix about $\frac{1}{4}$ of a teaspoonful of powdered kelp and dulse with one tablespoonful of honey or syrup and swallow it; then drink one or more glasses of water. This can be taken two or three times a day. Or else, one can get ground flaxseed and mix it with the powdered kelp and dulse; then blend with the honey or syrup the necessary amount and take it together in that way.

A diet consisting of the above three classes of food will supply the body with all the required elements of nutrition and at the same time gradually overcome constipation.

The sweet fruits are the remedy "par-excellence" to overcome constipation. Sweet fruits, as well as subacid fruits, supply the ideal intestinal flora against the bacteria of putrefaction. It is the safest food to use, since even partly decayed fruit is non-poisonous. We can safely eat a partly spoiled apple or pear, etc., by cutting off the decayed part. This cannot be done with animal products. When animal products decay they generate most virulent poisons. When man lives mostly on his natural food his constipation soon disappears. But in view of the fact that the sweet fruits have a tendency to ferment and cause gas and distress in those whose organisms are saturated with waste products, it is important to eat the sweet fruits, such as dehydrated dates, figs and raisins, in combination with fresh vegetable salads. If you do this, you will be pleasantly surprised to see that you can tolerate considerable amounts of sweet fruits without distress and with great benefit. An abundance of the best food of man (sweet fruits) will not only prevent constipation but it will also supply the body with a great source of energy. By adding two to four ounces of finely ground nuts to the sweet fruit and raw vegetable salads you will have a delicious, nutritious and complete meal.

2. THE DRY DIET IN CONSTIPATION:—Contrary to the popular belief, a dry diet can overcome constipation, even after the liquid diet has failed. In fact, the drinking of excessive quantities of water or other liquids when there is no desire to take them, is harmful to the organism and ends by aggravating constipation instead of relieving it. It will not do any good to flush the intestines with water or other liquids to overcome constipation, since the excess of liquid does not reach the large intestine but is absorbed from the small intestines and passed out of the body via the kidneys. I discovered this fact many years ago after I had deplorably failed to overcome constipation with the liquid food diet; and after forcing myself to drink several quarts of water per day as advised by certain health teachers. You also will make the same discovery, if you adopt a rather dry diet of natural food which requires thorough mastication and insalivation before it can be swallowed.

Therefore, unless you feel thirsty at meal time do not drink anything with your natural food menus. Eat small quantities of natural food harmoniously combined as explained in my new book: "THE DIETIC LAWS OF NATURE," and properly balanced, as it will be taught in Book Three. Masticate natural food thoroughly, until it is swallowed without any voluntary effort and you will soon notice that your constipation, as well as other troubles begin to disappear.

Of course, if it is summer-time and the weather is hot you will need to take some liquid with your meals or soon after your meals. In this case, you can supply the needed liquid with orange juice, or with one or two cups of some good coffee substitute, or Carmino Herb Tea, which recipe is given in Lesson IX. If you follow the natural unfired diet for some time you will find that you need to drink very little water. In fact, unless one is doing heavy physical labor under the hot sun, one can live entirely without drinking water at all. Yes, indeed, when living on unfired food one soon develops a dislike for water, and when liquid is needed there is a desire for fruit juices, instead of for water. Even while I was living in the scorching sun of Central America, I did not drink water, but supplied the needed liquid in the refreshing juices of oranges and pineapples.

To secure the best results from the natural uncooked food diet, you should eat the dehydrated fruits together with your fresh vegetable salads *to which the proper amount of nut protein*

has been added in order to make these menus more nutritious and satisfying. Otherwise you will have to eat several times during the day to satisfy your natural hunger, which cannot be done by those who have to attend to their daily tasks away from home. The fresh, juicy fruits and melons can and should be eaten between meals or as a complete meal, whenever there is little or no natural hunger.

3. PROPER PREPARATION AND COMBINATION OF FOOD:—In view of the fact that the diet of purification, regeneration and longevity must by necessity be an uncooked diet, those foods that cannot be eaten and enjoyed in their natural state, are eliminated from the natural diet. In this category fall the cereals and legumes and all those foods which cannot be eaten and enjoyed in the natural state (uncooked).

However, *knowing that very few of those who read these primary lessons have advanced to the point where they can live on 100 per cent uncooked food, I have introduced in Lesson IX a few cooked foods which have laxative properties when added to the natural, uncooked food diet. These foods are: whole wheat products, unpolished rice and garvanza. Whole wheat bread can be eaten with the above mentioned salads if desired. In this way it will increase the laxative properties of the natural food menus, but it may cause some trouble in certain cases where the patient is subject to fermentation and gas. In this case, bread and cereals should be eliminated entirely from the natural diet. When bread or any other cereal is added, no lemon juice should be used in the salad.*

Potatoes, sweet potatoes, carrots, beets, squash, string beans and asparagus can also be used in a cooked meal during the transition period, when there is a desire for cooked food. Unpolished rice, soy beans, lentils, peas and garvanza can also be eaten occasionally. Garvanza, is the staple food of the Spaniards. It is a very nutritious and laxative food with a highly alkaline reaction, owing to its high content of magnesium. In those parts of Spain where garvanza is eaten daily, people hardly ever suffer from constipation.

Whenever a cooked meal is eaten, it is of great importance to eat an uncooked vegetable salad at the beginning of the meal. This raw salad will prevent overeating of cooked food, will supply the body with the indispensable vitamins and organic mineral salts and will prevent fermentation to a great extent.

Leafy vegetables, onions, cabbage and cauliflower should be entirely avoided by those who suffer from fermentation and gas.

4. ECONOMIZE YOUR ENERGY IN CASES OF ENERVATION:—In view of the fact that a general state of weakness also results in constipation, it is of great importance to economize as much energy as possible. This can be accomplished: (1) By temporarily reducing the amount of food you have been eating. (2) By making your meals consist of such foods as will give you a good deal of nourishment with little expenditure of nerve force. (3) By resting and sleeping as much as possible, since it is only during rest and sleep that we can purify the body and regenerate the tissues with new vital cells, thus enabling the organism to receive and use a greater volume of Vital Force.

Hence, besides securing at least 8 hours of sleep, it is of great importance that, especially after your heavier meals, you should rest for some time. Physical and mental rest after your meals will enable Nature to concentrate in the digestive organs an extra amount of blood and nerve energy, which will result in a greater abundance of digestive juices and better digestion.

If besides these precautions, you apply a hot water bag on the stomach and lie on bed or on a couch for 30 to 60 minutes after your meals, you will be supplying the proper conditions for the easy digestion and assimilation of food. The result will be a great improvement in your health in a short time.

However, both before eating and after digestion has been performed (3 to 4 hours after meals), physical exercise will be of great aid in overcoming constipation. Those exercises that bring into action the muscles of the abdominal region are of great benefit, as they will develop the muscles which, if weak, are responsible for prolapsus of the stomach. In Book Four of this present course I will introduce an illustrated system of physical and physiological exercises for the development of the body.

The instructions given in this lesson, if put in practice, will be of great benefit and will eventually cure constipation in the great majority of cases. *But when constipation is chronic, the stomach and other organs are prolapsed and the muscular walls of the intestines have been greatly dilated and weakened, then it is necessary to resort to more radical remedies which will bring about the contraction of the intestinal wall and the return of the*

digestive organs to their natural size and position. Without this, constipation and other allied abnormalities cannot be properly corrected, no matter how well balanced and combined the diet may be. In future lessons we will deal with these radical remedies which usually cure disease when all other means have been tried with little or no success.

LESSON XI

THE UNIVERSAL HELPER DURING THE PURIFICATION PROCESS

How seriously poisoned we become thru absorption of toxic waste products from the large intestine can be proved by the fact that *if we administer a full enema in the proper way we will be surprised to see the enormous mass of ill-smelling fecal matter which is evacuated with the water of the enema.* The fact that this takes place, even after we have had a so-called natural bowel movement, should convince us of the danger to health when those foul gases and liquids are absorbed into the blood stream. *But our surprise will be greater* if we notice that the last residue of fecal matter coming out with the last water of the *enema is the one that has the strongest and most offensive odor.* What does this mean? It means that *due to the continuous absorption of the foul gases and liquids from the colon,* the fermenting, putrefying mass of fecal matter is gradually losing its stench as it advances toward the rectum. If you take a full enema you will become aware of this startling fact. Then you will no longer wonder why people have offensive breath, headache, piles, ugly skin eruptions, feel tired and are nervous wrecks. If we get the proper idea of the foul cesspool in the colon, the wonder will be: *how constipated persons can manage to live at all.* They do so only because the human body is the most ingenious machine. It has many ways and means to eliminate in other ways the absorbed foul gases and liquids. But, oh! at what a price! Hence, when constipation is present *because of a weakened condition of the body and because of abnormal dilation of the colon,* it is vitally important to remove that putrefying mass of fecal matter by means of the enema.

I became aware of the importance of the enema back in 1916 when, due to stubborn constipation, my bowels refused to move. It is my firm belief that I owe my life to the use of the enema. Were I told that of all the health apparatuses I could select only one, I will select the apparatus for the enema. I believe *it is the one that goes more directly to the seat of trouble and removes it in the shortest time.* From 1916, when I was given up to die with T.B. down to 1923, when I finally regained my complete health, I made use of the enema almost every day. Then, after my health returned, I discontinued it and my bowels began to move naturally, after the second day.

Enlargement of the Colon and Weakening of Its Walls, Its True Causes and Remedies

Some persons believe that enemas are harmful; that they cause enlargement of the colon; and that they are unnatural. For, they say, Nature did not provide man with a fountain syringe.

Very true, I reply. But neither did Nature provide man with crutches. Yet, crutches are necessary until a broken leg heals. Neither did Nature provide man with fire nor clothing. Yet, all these and many other things are indispensable for man's existence and comfort as long as he lives an artificial life in a hostile environment.

My long experience with the enema during a period of 30 years has convinced me of the following facts: (1) That *properly administered enemas are beneficial*, instead of harmful. (2) That *by removing the cause of the pressure upon the colon walls* enemas gradually bring about the contraction of the colon, instead of its enlargement, as some persons believe.

Let me explain: The colon walls, like the elastic walls of a rubber tube, have two properties: *elasticity* and *contractility*. We know that the power of contractility in an elastic rubber tube is lost when its walls are submitted to excessive and constant pressure from within. Hence, just as in the case of the elastic rubber tube, the elastic colon walls enlarge and *lose their power of contractility* when they are submitted to *excessive and constant pressure from the fecal matter and gas* which is retained in the colon when constipation is present. Therefore, *if we want to bring about the permanent contraction of the colon to its normal size and thus overcome constipation, it is indispensable that we remove the pressure within the colon.* Experience has convinced me that *the proper use of the FULL ENEMA is the quickest and the least harmful way of washing out the retained fecal matter and gas* thus removing the pressure. It can be accomplished in the short period of 15 to 30 minutes. After the FULL ENEMA *the colon remains empty for many hours, during which time its walls have the opportunity to contract and gradually return to normal size, if the enema is taken daily until it is no longer needed.*

The extra *momentary dilation* of the colon during the inflow of the water of the enema *is only a first temporary action that lasts only 5 to 10 minutes and can produce, at most, a little temporary discomfort. But the second action, induced by the vacuum left in the colon as a result of the evacuation of the fecal matter*

and gas, is a lasting, beneficial action which enables the colon to contract gradually and return to its normal size. Hence, the FULL ENEMA produces two beneficial effects at the same time: (1) *Prevents auto-intoxication* by removing the putrefying mass of fecal matter. (2) *Supplies the conditions necessary for the contraction of the colon* and for the permanent overcoming of constipation, provided that at the same time the body is supplied with a properly balanced diet of natural food. Hence, logic and practical experience have convinced me of the following facts:

1. That *chronic constipation* and some of its evils, such as auto-intoxication and hemorrhoids, *is associated with a weakened and enlarged colon; and that not until the colon has contracted to its normal size can chronic constipation be entirely and permanently removed.*

2. That *enlargement of the colon* results from the continuous pressure which the retained fecal matter and gas exert upon its elastic walls, especially when the fecal matter is retained until it loses its moisture and forms into a large, solid mass too difficult to expel; and in expelling it lacerates the rectal and anal tissue, resulting in painful hemorrhoids.

3. That *as long as the pressure from the fecal matter and gas is present the colon cannot contract nor constipation be permanently overcome.*

4. That there are *two ways* by means of which the pressure from gas and fecal matter can be removed and the colon allowed to contract gradually to its normal size, thus removing constipation and its evils. The *first way* consists in temporary abstinence from food (fasting), *during which time the colon remains practically empty and has the opportunity to contract to its normal size.* The *second way* consists in the removal of the fecal matter and gas by means of the FULL ENEMA taken daily or as often as needed.

5. That, in my experience, *the easiest and best way* to administer the FULL ENEMA is by means of an appliance that works on the weight-and-pressure method. With this method the weight of the person sitting on the enema bag exerts a pressure of 50 to 150 pounds (depending upon the size of the person) which pressure causes the water of the enema to flow easily into the colon and to fill it to full capacity, especially when the person taking

the enema voluntarily contracts the rectal muscles, as explained under "INSTRUCTIONS FOR THE ENEMA."

When used according to instructions this enema device enables one to prevent and relieve much suffering. It is of special benefit when suffering with constipation, piles and acute disease. It produces wonderful results during fasting and eliminating diets. Disease is made less severe and recovery is hastened by its use. By means of the enema and the hot purification bath, plus the eliminating regimen (applied once a week) the writer has for many years succeeded in preventing disease entirely and in maintaining a high degree of health, despite the fact that he has been living in a hostile environment. Those who have never used the enema when conditions demand it, cannot form an idea of the amount of suffering that can be prevented and relieved by its proper use.

One of the first eliminating organs to weaken and fail in its function is the colon. And as the colon is the great sewer of the body you may understand what happens when the sewer works at half its normal speed or is entirely clogged and the foul gases and liquids are reabsorbed into the blood stream and carried to every cell of the body. This auto-intoxication or self-poisoning which takes place when constipation is present is a source of much suffering and shortens the span of life. The accompanying illustration of the intestinal tract will give you an idea of the numerous folds and counterfolds of the large intestine or colon. When constipation is present the fermenting and putrefying mass of fecal matter lodges in these folds and adheres to the intestinal wall, remaining there day after day, gradually solidifying and forming a sticky coat which adheres to the mucous membranes, interfering with the function of this organ and becoming a breeding place for bacteria, worms and maggots as is the case when chronic constipation is present and the constipated person has been living almost entirely on cooked animal foods and denatured cereal products. This condition reaches its climax when the continuous pressure by the retained gases, liquids and solids distends the walls of the colon and enlarges it to enormous proportions, resulting in stasis, tumors and painful hemorrhoids.

When these abnormal conditions are present we see the great importance of removing this mass of decaying and putrefying fecal matter by the use of the full enema, taken daily if necessary until the time when this abnormal condition has been corrected

by a well-balanced and properly-combined diet of natural foods, at which time fermentation and putrefaction shall have been prevented and the bowels can again move freely without the aid of the enema. Until that time, the proper use of the enema will relieve and prevent much suffering and hasten recovery in great measure.

An Invention of Great Importance

Seeing the great benefits derived from the use of the enema I was for many years trying to find an enema device that would enable one *to administer a full enema in an easy, simple way*, without having to resort to the awkward posture which one has to assume when using the common fountain syringe. I found one enema device which was satisfactory, but the high cost of it made it practically prohibitive to poor people.

Therefore, for many years I thought of inventing a device which would enable patients to take full enemas properly and easily, while at the same time, the cost of the device would be low enough to enable everybody to obtain one. Finally, after much experimentation I have invented such a device. It possesses the following good features:

1. It works on the weight and pressure method, as well as on the elevation and gravity method. Hence it can be used by strong persons as well as by bed-ridden patients who have to take the enema while lying down.

2. It enables one to easily take a *full enema* while sitting comfortably on a chair or on the closed toilet seat.

3. The water of the enema is easily forced into the colon by the weight and pressure of the person, as he or she sits on the water bag.

4. The inflow of water into the colon can be easily regulated by pressing the soft rubber tube with the thumb and forefinger of one hand, as well as by the clamp attached to the soft rubber tube.

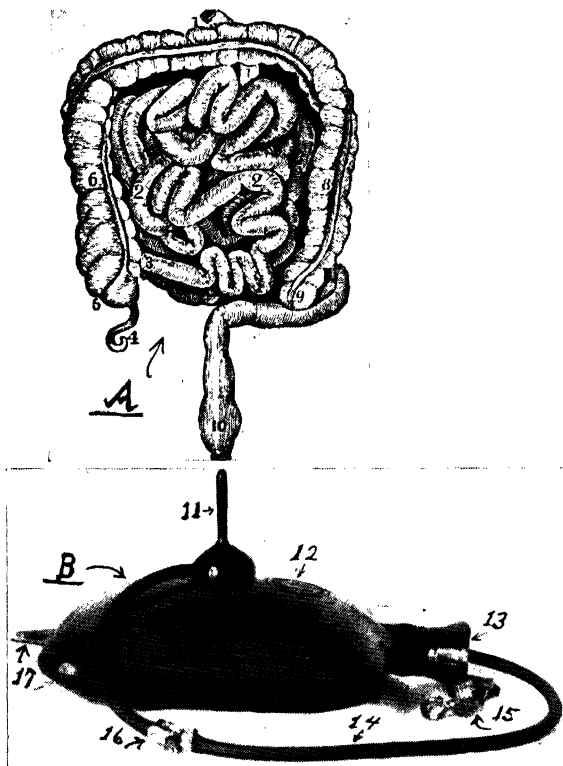
5. This device can be immediately attached to and used with any hot water rubber bag.

6. It will last indefinitely, in view of the fact that if one water bag wears out, the enema device can be screwed into another bag.

7. It is so compact that it can easily be carried when traveling.

8. As this enema device is not an inseparable part of the rubber bag, the latter can be used as a hot water bottle without any difficulty whatever.

Illustration of "Pluvius" Internal Bath Appliance
Invented by T. de la Torre



Explanation of the Cut

The picture marked A in the cut represents the position of the colon and small intestines when the patient is sitting on the enema device represented by picture B. The rectal tube, number 11, is lubricated and inserted into the rectum and then the patient sits on the rubber bag, 12. The weight of the body exerts the pressure necessary to force out the water in the bag thru its opening, 13, passes thru the flexible rubber tube, 14, enters into the rectal tube, 11, and flows into the rectum, 10. Then it continues up the sigmoid flexure, 9, and descending colon, 8, crosses to the left thru the transverse colon, 7, and, if necessary, the water of the enema can be forced even into the ascending colon, 6. Numbers 1, 1,

and 2, 2, indicate the small intestine; 3 its termination in the large intestine; 4 the appendix vermiformis; 5, the cecum. Number 15 indicates the metal stopper which is used when the rubber bag is used as a hot-water bottle. Number 16, the shut-off clamp which is used to shut off the flow of water into the rectum until the patient is ready to use it. The inflow of water is more easily regulated by pinching the flexible rubber tube, 14, between the thumb and forefinger of one hand. However, one can also use the shut-off clamp. By hanging the rubber bag from a support, by the left-hand end, 17, this enema appliance can also be used as the common fountain syringe is used in cases where the patient is too weak to leave his bed, in which case the enema must be administered while lying down.

Instructions for the Proper Use of the Full Enema

If you are going to use a set of "PLUVIUS INTERNAL BATH APPLIANCE," assemble the various parts as seen in the accompanying illustration. Then move the shut-off clamp along the soft rubber tube until it is at a distance of about 10 inches from the rectal tube. When not in use, this clamp should be left open to prevent the walls of the tube from sticking together. Be careful not to let vaseline or oil in any form come in contact with the rubber bag, as oil and vaseline soon destroys rubber goods. Now follow these instructions:

1. In order to induce the muscles of the colon to act against the water of the enema, the temperature of the water must be either a few degrees below or above the temperature of the blood. Therefore, follow these rules: (1) If the weather is warm and the patient possesses good vitality, heat the water of the enema to about 85 or 90 degrees. (2) If the weather is cold and the vitality of the patient is low, it is better to heat the water for the enema up to about 112 degrees Fahrenheit. Remember that the water for the enema will cool off several degrees while it is being poured into the bag. A bath thermometer should be used to test the temperature of the water.

2. If the patient has been eating heavily of animal food and denatured cereal foods (in which case there may be a thick coat of mucus and waste products adhering to the walls of the colon) it is well to prepare the water for the first enema in the following way: Boil one or two tablespoonful of flaxseed in one quart of water for 10 minutes. Strain and add more water in order to have

enough to fill the bag to the top. This will make a mucilaginous liquid which will lubricate the mucous membrane of the colon, help to lessen the mucus and fecal matter, and greatly facilitate the evacuation of the contents of the large intestine. After this first medicated enema, it is better to use plain water, or else, *to add to the water for the enema the strained juice of 1/2 lemon. This is especially beneficial when the patient suffers from intestinal putrefaction caused by a high protein diet. This acidulated enema will act as a powerful germicide and disinfectant. The acidulated enema can be taken every time the enema is used. It will produce a better effect than the plain water enema.*

3. When the water is ready and at the suitable temperature, pour it into the rubber bag until it is filled to the top. Move the clamp along the soft rubber tube until it is at about a distance of 10 inches from the rectal tube. Shut off the clamp in order to hold the water until you are ready. Now screw the enema appliance into the opening of the rubber bag and it is ready for use. Go to the toilet room if possible, close the toilet seat, place a folded newspaper or towel on the seat and on it place the water bag. For greater convenience, *let the opening of the water bag point to the left of your body*, as it will be easier to handle. Now lubricate the entrance to the rectum and the tip of the hard rubber rectal tube with a little vaseline, to facilitate its entrance. *Just before inserting the rectal tube, open the clamp and let a little water to come out of the bag.* This is important, in order to release the air in the rubber tubing. If this precaution is not taken, *that air will pass into the colon and cause some discomfort.* (If it is not possible for the patient to go to the toilet room, the enema outfit can be placed on a chair and taken in one's sleeping room).

4. Now that everything is ready, turn your back to the enema device and, while in a stooping position, carefully insert the rectal tube into the rectum. Next, seat yourself as comfortably as possible on the water bag and release the clamp. You can now regulate the inflow of water into the colon in two ways: (1) By opening and closing the clamp; (2) by pinching the rubber tubing between the thumb and forefinger of one hand. You will notice that *you can regulate the flow of water much better in the latter way.*

5. By regulating the inflow of water with the thumb and

forefinger of one hand, the full enema can be easily administered in 5 to 15 minutes, as a rule. However, there are instances in which the retained fecal matter and gas in the colon obstruct the inflow of water and this results in some pain. When this is the case, stop the inflow of water at once and wait until the water has worked its way around the hardened fecal matter, thus overcoming the obstruction and removing the pain. Then release the pressure on the rubber tube and let the water flow again as fast as possible, provided that it does not cause pain. You can facilitate the inflow of water by *vibrating the abdominal region just above the place where the water stops and the pain is felt*. This vibration will also help in dislodging mucus from the intestinal folds and in breaking up hardened fecal matter.

6. *In order to derive full benefit from the enema it is of great importance that you introduce into the colon two or three quarts of water, depending upon your size. Unless you have been successful in introducing this amount of water you have not taken the full enema. Accordingly, the benefit will be only partial.* When no more than one and one-half quarts of water have been introduced there is a tendency on the part of the body to retain part of that water without effecting the complete evacuation of the retained fecal matter. When this is the case, the retained water dissolves some of the fecal matter, thus facilitating absorption of toxic waste products, resulting in some discomfort. *Hence, the reason why you should endeavor to introduce at one time two to three quarts of water in order to produce a thorough cleansing of the colon.*

7. After you master this technique you will have no difficulty in taking the *full enema* at one time, that is, you will be able to fill with water the descending and transverse colon in above five to ten minutes. *If the water of the enema is either hotter or colder than the blood, you will easily feel it flowing in the colon and will be able to tell how far it has advanced.* If you are a medium-sized person and have been able to introduce nearly all the water in the bag (3 to 3½ quarts) you have filled the descending and the transverse colon to full capacity. In that case, you will feel a very strong desire to evacuate and may have to remove the enema appliance in a hurry. Do so, and let Nature expel from the colon the enema water, together with the fecal matter and gas. You will now be surprised to see what an enormous quantity of ill-smelling fecal matter and gas is evacuated when the full

enema has been successfully administered. But your surprise will be still greater if you notice, as we said before, that the *last residue of fecal matter to come out is the one that has the most offensive odor, indicating that fecal matter nearer the outlet of the colon has lost most of its stench by reabsorption into the circulation as it advances toward the rectum.*

8. The ideal way to take the enema is by continuing the introduction of water until the descending and transverse colon is filled and nature sets a limit by forcing a strong, spontaneous evacuation. In this case you will have to withdraw the rectal tube at once and remove in a hurry the water bag from the toilet seat, because Nature's demand is too strong to be disobeyed. *This is the ideal result, because Nature will now be able to bring about two to four abundant bowel evacuations without any need of straining on your part.* After the full enema, just remain seated on the toilet seat until Nature has succeeded in effecting complete evacuation of the fecal matter, gas and water of the enema, which will take 5 to 15 minutes. The only way in which you can help Nature now is by the application of massage in the abdominal region, in a circular manner, *from right to left.* After the enema, rest for a while.

9. If you are badly constipated and there is much dried up fecal matter in the colon, it may be necessary that you take the full enema in two installments. To this end, you should first try to introduce the full amount of water at one time. But if when you have succeeded in introducing only one pint to one quart Nature forces you to evacuate, despite your resistance, you should obey her demand. *After you have evacuated the injected water, together with a good deal of the solid fecal matter that may have been obstructing the inflow of water, you will be able to administer the full enema in an easier way.* To this end, again fill the enema bag and proceed to administer the full enema. You will now be able to introduce 2 to 3 quarts of water without difficulty. However, *it is better to introduce the full amount of water at the first time if possible. To accomplish this, it is important to contract as much as possible the muscles of the anus and rectum when the water is flowing in. If you relax those muscles there is a tendency for Nature to increase the peristaltic movements and drive the water out.*

10. When you have not been able to take the full enema at

one time, or whenever there is not a strong desire to evacuate when the enema is discontinued, you should immediately lie in bed or on a couch on your left side, with the knees drawn up toward the chest, and apply massage *from right to left side*. This will very soon bring about a strong desire to defecate. When it comes, go to the toilet room and evacuate as nature demands, but without straining. Nature will produce a series of evacuations in a period of fifteen minutes. If you are to cooperate with Nature it is by means of massage and by nothing else. *Between evacuations you should lie down on the left side, which posture facilitates complete evacuation.* After evacuation is complete, rest for a while.

When the Enema Should Be Used

I have found out that it is more difficult to explain how to take enemas with this device than to go ahead and do it. When you have mastered the technique you will be able to take enemas with this device with little discomfort. When properly taken, the enema will produce its beneficial effect in one or two hours. The patient will feel very much relieved of the discomfort that was due to constipation, the appetite will be keener and digestion more easily performed. I have observed that, when properly taken, enemas bring quick relief in the following conditions: (1) In headaches caused by auto-intoxication, due to reabsorption of gas and fecal matter from the colon. (2) In all cases in which the fecal matter is dry, evacuation difficult and less than once every 24 hours. In this case the full enema should be taken daily, either in the morning or in the evening one or two hours before retiring. (3) In acute disease, such as fevers, catarrh and in eruptions of the skin. (4) In acute indigestion, caused by overeating or by having eaten the wrong kind or combination of foods, especially in food poisoning. (5) In cases of pain and gas in the intestinal tract. (6) Before and at the beginning of the eliminating diet. (7) At the beginning and during the process of fasting. (8) In cases of hemorrhoids. In this instance I know of nothing that will bring quicker relief and that will prevent so much suffering as the daily use of the *full enema*.

The proper use of the enema will give relief from distress in general, as it will remove the immediate cause of auto-intoxication. However, we should try to learn the operation of the Laws of Life and live in accordance with their requirements (thus removing all causes of disease) rather than depend on the enema

for relief. The enema should be used to help Nature while she heals the body, just as a crutch is used until a broken leg is healed. When the causes have been removed and strength has been regained, the enema should be discontinued and Nature should be allowed to move the bowels in the natural way.

In case the enema has to be administered to a bed-ridden patient who cannot get up to sit on the water bag, all that is necessary to do is to hang the rubber bag on a nearby support, or else to have some one hold the water bag two or three feet above the patient's body while the enema is being administered. In this way, this enema appliance can be as easily used as the common fountain syringe.

How to Use the Common Fountain Syringe

Those who for some reason cannot avail themselves of the advantages of using a set of "PLUVIUS INTERNAL BATH APPLIANCE" can take the enema with the common fountain syringe. The best positions to take the enema with the fountain syringe are as follows: (1) Lying on the knees and chest. (2) Lying on the right side, elevating the hips with a pillow. (3) Lying on the back, with a pillow under the hips to elevate them as high as possible. (4) When only a short enema is desired to cleanse the descending colon, the patient should lie on the left side.

When the necessary amount of water has been injected, remove the pillow from under the hips, draw up the knees and apply massage from the right side of the abdomen to the left. Then lie on the left side until there is a desire to evacuate.

LESSON XII

MISCELLANEOUS INFORMATION OF GREAT IMPORTANCE

Colds and Catarrh, Their Nature and Natural Treatment

A cold, like any other symptom of ill-health, indicates that the blood and the body tissues have been saturated beyond the toleration point with pathogenic substances (foreign matter). The four eliminating organs: lungs, kidneys, bowels and pores of the skin are no longer capable of handling all the waste products coming to them for elimination. Hence, Nature resorts to vicarious elimination of the excess of waste products thru the mucuous membrane lining the respiratory organs. The mucus and phlegm which is eliminated in this way is only so much extra waste which should have left the body thru the four natural channels, under normal conditions.

Allopathic medicine is still looking for the cause and cure of colds. Their search for the cause is in the direction of germs; and their search for the cure is in the direction of germicides. This is the reason why they have not found either the cause or the cure. Being too long-sighted, allopathic physicians have failed to see the cause of colds because it was too close to their eyes. Had they taken into consideration the fact that the body is governed by an intelligent Vital Force (the Physician within), and had they paid attention to the important fact that *during a cold, Nature is eliminating a surplus of waste products in the form of mucus and phlegm, they would have discovered that the cause of colds is inside and not outside the body*; that they are caused by an excess of waste products and not by germs; germs merely being necessary scavengers that come onto the scene to disintegrate and decompose these waste products, thus making them easier to eliminate, and in this way aiding rather than obstructing Nature's process of purification.

Colds are more prevalent during the cold winter months than during summer. This is because cold weather contracts the pores of the skin, thus closing one of the natural channels of elimination. The result is that the waste products that should have been eliminated thru the pores are carried by the blood to the other eliminating organs. When these other organs fail to eliminate them entirely, Nature forces them out of the body thru the mucuous membranes.

THE NATURAL REMEDY:—Once we have discovered the cause, the remedy readily becomes apparent. In the first place, we find that the body is saturated with an excess of waste products. This excess is due to excessive eating, specially of mucus-forming foods, such as starches and proteins. It can result from defective elimination, due to weakness of the body brought about by over-work, loss of sleep, use of stimulants, and sexual abuse. The remedy consists (1) in reducing to a minimum the intake of starch and protein; (2) in increasing to a maximum those foods which act as solvents and eliminators of mucus, such as fresh fruits and vegetable salads or their juices; and (3) in strengthening the body by abstaining from those habits that waste nervous energy.

The Purification Bath

If together with the above measures the patient takes the purification hot bath and drinks one or two cups of the Carminative Herb Tea, thus inducing perspiration, the cold will disappear in a very short time. It may even prevent the cold from developing if the baths are taken in time, as I have seen it so often happen.

This hot bath produces a state of artificial fever, which the body needs in order to more easily dislodge, dissolve and eliminate waste products. This bath induces great relaxation of the pores, resulting in the elimination of a large amount of foreign matter thru this natural channel. The thick rim of dirt adhering to the walls of the bath tub when the hot bath has been properly taken shows how abundantly elimination has taken place. By the proper use of this bath taken two to three times per week plus adherence to the vegetarian diet, the author and his family have succeeded in avoiding colds, despite the fact that they are living in the cold and humid climate of San Francisco, where colds are so prevalent. *If at any time they feel that a cold is forming they reduce the intake of food, take one or more purification baths and the cold fails to develop, for its cause—excess of waste products—has been eliminated thru the pores, as well as thru the lungs and kidneys which are greatly activated during the bath.*

Contrary to popular opinion, the hot bath does not and cannot cause colds, *provided that the water is hot enough and the bath is prolonged long enough to raise the temperature of the body to 101 to 102 degrees Fahrenheit.* However, a short hot bath in

which there has been no rise in the temperature of the body may cause harm and precipitate a cold, due to the closing of the pores after a short hot bath. This cannot happen when the hot bath has been prolonged until the temperature of the body has been raised 2-3 degrees. In this case the additional heat will maintain the pores open for a long time.

If you have the facility to get plenty of hot water, do not neglect taking the hot bath. It will relieve, as well as prevent much suffering. Owing to the fact that the instructions for taking this bath have been given in Chapter XXVI of "Psycho-Physical Regeneration and Longevity," I will not repeat the details here, knowing that all those who read these lessons have that other book in their possession. However, in the lesson on Hydrotherapy I will return to the purification bath and will present a detailed account of these instructions together with those for the application of the second and most important part of this bath.

The Revitalizer of the Skin

It is my purpose to make these lessons as practical as possible so that these teachings may be used by all people in all walks of life and under all climates and conditions. Therefore, knowing that many of those who read these lessons have no facilities to take the purification hot-bath, or that they live in hot climates where the hot bath should be taken seldom, if at all, I wish to introduce here another bath which every one can take and obtain similar good results. This other bath is known as The Cold Friction Bath.

This bath is a powerful stimulator and invigorator of the function of the skin. Though it seems to be the antithesis of the hot bath it produces similar good effects, provided that it is applied in conformity with the requirements of the Law of Dual Effect. Properly taken every day, this bath will revitalize the important function of the skin, resulting in the elimination of a large amount of waste products thru the pores, thus removing a great load which falls upon the other eliminating organs when the activity of the skin is low. This bath should be applied according to the following rules:

1. Supply yourself with a large bath towel and a face towel. Now dissolve two table spoonsfuls of Epsom salts in one quart of water. Wet the face towel in this solution and wring it out as much as possible.

2. Begin the friction bath at the right foot by quickly and firmly rubbing with the wet towel from the foot to the knee. As soon as that area has been rubbed, wipe it dry with the bath towel. Now proceed in the same way from the knee to the hip. Apply the same treatment, to the left leg, briskly rubbing it with the wet towel and wiping it with the dry bath towel. Now begin at the right hand and rub the arm up to the shoulder; wipe it dry. Do the same with the left arm. Next rub the back with the wet towel and dry it with the bath towel. Now do the same with the chest and end with the abdominal region.

3. You should be your own judge as to the time employed in taking the cold friction bath. The following rule should be your guide: *The weaker the patient is, the shorter should the cold application be and the longer the time he should spend in rubbing with the dry bath towel.*

This friction bath, simple as it may look to you, is a powerful enlivener of the function of the skin. It will bring the blood surging to the surface of the body, open the pores and facilitate the elimination of much foreign matter. This good effect will be increased by the cleansing power of the Epsom salts, which have been dissolved in water for the friction bath. It should be taken every day, preferably when arising in the morning. This bath should be used instead of the hot bath in very hot weather. It is an excellent combination of air and friction bath, involving physical exercise at the same time. It should be taken in 5 to 10 minutes.

Stomach-Strengthening and Digestion-Improving Measures

This is a combination of massage and exercise which, if practiced daily, will facilitate the expulsion of gas from the stomach, aid digestion and permanently strengthen the stomach by developing the abdominal muscles. Do not neglect these measures. They are of superlative value.

1. **MASSAGE OF THE STOMACH:**—Lie on your back, either in bed or on the floor. Draw up the legs so that the feet come close to the body and rest flat on their soles. Now, while in this relaxed position of the abdomen, apply massage in a circular manner to the region of the stomach. Using sometimes the finger tips and sometimes the lower muscular part of the palm of the hand, begin the massage in the middle line, close to the lower

end of the breast bone and the lower ribs of the left side. Let the massage follow a circular line a little to the left and downward as far as the navel and end at the right side of the abdomen, close to the ribs.

The massage should be firm and deep and should be continued for 2 to 5 minutes. It should be applied two or three times a day. The best time to apply it is two to three hours after meals. When applied at that time it serves to expel gas from the stomach and to hasten the digestion of food, as the massage will increase the circulation of the blood to the stomach and stimulate the secretion of digestive juices. If practiced daily for a certain length of time it will strengthen the abdominal muscles which, when well developed, hold the stomach in its normal position and prevent prolapsus of this important organ.

2. EXERCISE TO STRENGTHEN THE A B D O M I N A L MUSCLES:—Lie on your back, legs outstretched, arms stretched by the sides of the body, the palms resting on the floor. While in this position and without bending the knees, bring both legs up toward the head and as far forward as possible. Inhale while the legs are being raised. Time the movement so that your lungs are filled to full capacity when the legs have reached their farthest limit toward the head. Now pucker your lips as if you were going to whistle and gradually force the air out of your lungs, as you slowly lower the legs until they rest on the floor again. Inhale thru the nose. Exhale thru the mouth. Repeat this movement three times the first day. Then increase it one time every day until you are practicing it without difficulty 21 times. It should be practiced when arising in the morning and when retiring at night.

This exercise, if practiced daily for several months will tend to gradually develop and strengthen the long abdominal muscles which hold the abdominal organs in their normal position. When these muscles are weak, the stomach and colon sag down beyond their normal position, resulting in indigestion and constipation. The development of the abdominal muscles by massage and by this and other exercises which will be given in Book Four will develop the weakened abdominal muscles and enable them to hold the abdominal organs in their normal position. Without this indispensable correction, constipation and digestive disturbances cannot in many cases, be completely eradicated.

The Purification Day

The regimen for the purification day consists of the full enema and the purification bath, followed by one or more days of elimination diet. The process is as follows:

1. Select one day every week during which you do not have to attend to your work or business; Saturday or Sunday may be the best day. In the evening of the day previous to the one you select for the purification day take a full enema, as per instructions in Lesson XI.

2. In the morning of the purification day (7 to 8 A.M.) take the purification bath as explained on pages 279 to 283 of "Psycho-Physical Regeneration, Rejuvenation and Longevity." Just before going into the bath tub drink one cup of hot Carmino Tea. During the bath you may drink one or more cups if you perspire thoroughly and need more liquid. If you do not get thirsty one cup will be enough. If carmino tea is not available you can dilute orange juice or other fruit juices with equal quantity of water and drink it during the bath.

3. If you have no facilities at home to take the purification bath, then take one enema in the evening of the previous day and another enema in the early morning of the purification day. In this way you will start with a cleansed colon.

4. After you have followed the instructions given under rule 1 and 2 above, or the rules under 3, you should pass the day taking only fruit juices, one glass at a time, repeated as often as desired. When there is no hunger and you are suffering with acute pain, take one or more cups of carmino tea if pain is in digestive organs, or only the diluted juices of lemons, grapefruits, orange and pineapples should be taken until pain has disappeared and hunger returns.

5. Under no condition should you eat solid and heavy foods during the purification day. If you have taken the purification bath in the proper way you may have eliminated thru the pores 1 to 3 pints of liquid. Hence, it is now necessary that you replenish the lost liquid with *living physiological water*; that is, the living water as found in fruits and vegetable juices, rich in alkaline organic mineral salts and vitamins. It is to this *living water* (which is to replace the dead liquid, saturated with waste products, eliminated during the purification bath) that we owe the beneficial effects derived from the purification day.

6. If you are comparatively strong and must attend to your

work the following day you may take only the juices during the day and eat a raw or cooked meal in the evening of the purification day, provided that you are hungry. The next day you may resume your regular diet until the next purification day. But if you are weak and your appetite is poor or entirely absent and you do not have to go to work next day, then it is important that you continue on the eliminating diet two or more days until hunger returns. In this case you should take, alternately, fruit and vegetable juices and eat a raw salad in the evening, seasoned with lemon juice and olive or soya oil, but without the addition of ground nuts; *nuts should be added to your raw menus only when hunger is present.*

7. While on the juice diet do not force yourself to take large quantities of juices, thinking that you will increase your strength thereby. On the contrary, you will overcome the good work of the eliminating diet if you take more juices than your system can tolerate. Therefore, do not force yourself to take large quantities of juices, but rather wait until your system calls for them. The idea is to take just enough juices to purify the organism, neutralize the acids and awaken natural hunger. When hunger has returned, it is better to discontinue the juices and eat natural food in its natural state again.

8. The best juices for the purification day are those from grapefruit, lemons, oranges and pineapples; also melons. Unfermented grapejuice, diluted with an equal amount of water is very good also. When the eliminating diet is continued for more than one day, ripe peaches, apricots, pears and apples can be eaten also. The mixed juice of carrots, celery and beets is also very beneficial and should be taken occasionally. When taking vegetable juices, add the juice of half a lemon to each glass of juice. Lemon juice added to vegetable juices will take away their bad, nauseating taste and aid in their digestion.

9. The purification day may be repeated every week or at least every two weeks. But *it should be immediately started whenever a crisis appears and hunger is absent.* The purification day enables us to prevent and relieve much suffering. It is the first step to initiate you on the road to purification and regeneration until, in future lessons, the students are taught *how to put in practice the radical process of purification* which enables one to attain in a few weeks the degree of purification and regeneration which otherwise would take months or even years to reach.

10. IMPORTANT:—When the weather is cold and the pa-

tient has low vitality, and *specially when no extra heat has been added to the body by means of the purification bath*, it is of great importance that the patient takes his juices hot, instead of cold. In this way he will increase the body heat and quicken the functions of the organism. Under the above condition the patient should alternate the juices with one or more cups of carminative soup, whenever there is a desire for something warm and stimulating.

Twelve Rules of Great Importance

1. Initiate the process of regeneration with the weekly purification day and remain on the elimination diet until hunger returns, provided that your work or business permits.

2. Find out your digestive capacity by reducing your amount of food, for each meal, to no more than 6 to 8 ounces. Then **gradually** keep on increasing the amount of food until you feel that you are eating sufficient to nourish you and maintain you in normal weight. Remember that it is not what you eat that nourishes you but what you can digest and assimilate. To eat beyond your digestive capacity, even of natural food, is to poison your body instead of feeding it. If you break this rule, you can never expect to enjoy good health and live a long life.

3. If you are constipated to the extent that your bowels fail to move freely at least once a day, or if the fecal matter is hard and emits an offensive odor, or if you are suffering with piles, take a daily full enema until you have improved your health. The daily enema in such occasions is of inestimable value.

4. As soon as possible adopt the no-breakfast plan, eating only two meals a day, one between 11 and 12 noon and the other between 6 and 7 P.M. At the beginning of the two meal plan you may eat fruit for breakfast. You may also eat fresh fruit between meals when you desire, or drink fruit juices.

5. Adopt the semi-raw-food diet, eating the raw meal at noon and the cooked meal in the evening.

6. Every morning take the wet-friction bath known as "The Vitalizer of the Skin."

7. Take a daily sun bath whenever possible, beginning with a 10 minute exposure (in the nude) and increasing it 5 minutes every day until you are taking sun baths of 1 or 2 hours duration.

8. Have your rooms well ventilated and take as much exercise as possible in the sun and open air.

9. Discontinue the use of drugs, serums and vaccins.

10. Abandon the highly injurious habits of smoking and drinking alcoholic beverages.

11. Practice the stomach-strengthening and digestion-improving exercise every day, in the morning and in the evening.

12. As nearly as possible *live the continent life*, at least until you have regained sufficient health and strength. This rule is of superlative importance during the processes of purification and regeneration, because, if you abuse the sexual function and thereby waste the most vital fluid of the body, it will not be possible for you to retain that vigor which enables one to preserve his health and youthfulness and live a long and happy life.

Economy of the Natural Food Diet

Some of my students have written me, saying that although they want to live on the natural food diet of fruits, vegetables and nuts, the high cost of these foods makes it hard on their income.

They are very wrong if by that statement they mean that it is less expensive to use meat, fish, fowl, and eggs as their source of protein and heat and energy factors. On the other hand, their statement is right if they depend on cereals and legumes for their source of protein and heat and energy factors. For your guide as to which are the most economical foods at present prices in San Francisco, California, October 5, 1947, I have prepared the following table for comparison.

*Table I, Showing the Cost Per 1000 Calories
Of Each of the Following Foods, at present Prices*

Food products	Cost per pound	Cost per 1000 calories	Food products	Cost per pound	Cost per 1000 calories
Milk, fresh ...	\$0.09	\$0.28	Whole wheat ..	\$0.10	\$0.06
Almonds	0.90	0.30	Brown rice	0.14	0.08
Beef, loin	0.70	0.85	Split peas	0.15	0.09
Eggs, doz. .90c	0.67	1.12	Beans, dried ..	0.24	0.15
Cheese,			Carrots	0.06	0.38
full cream ...	0.60	0.31	Potatoes	0.06	0.20
Raisins	0.20	0.12	Sweet potatoes	0.10	0.32
Figs, dried	0.40	0.27	Lettuce	0.08	0.90
Grapes	0.10	0.30	Celery	0.06	0.87
Oranges	0.08	0.47	Beets	0.08	0.38
Apples	0.08	0.37			
Cantaloupes ...	0.06	0.67			

In order to arrive at a scientific conclusion as to the real nutritive value of a certain food it is necessary to take into consideration all the required elements of nutrition: proteins, fats, carbohydrates, mineral salts and vitamins. Furthermore, *these five classes of nutrients must be found in normal proportions*. When this is the case, a certain food is said to be well-balanced. The nutritive value of well-balanced foods can be quite accurately measured in calories or heat and energy units. By using the calorie method of calculation in the above table we are able to find out which foods are more economical to use, *basing our calculation, not merely on the amount of food our money buys but on the amount of calories that amount contains*.

Hence, by the aid of the above table we can see at a glance which foods are more economical to use in our diet. Column 1 of the table gives the cost per pound at present prices. Column 2 gives the amount of money which is needed to buy 1000 calories portion of a certain food at the price per pound shown in column 1. By the figures in column 2 we see that the most expensive foods at present prices are eggs and beef which cost \$1.12 and \$0.85 respectively per each 1000 calories. On the other hand, the most economical foods to use are cereals and legumes which cost an average of only 6 to 8 cents per 1000 calories. In the case of split peas and dried beans the cost per 1000 calories is 9 to 15 cents. The sweet, dried fruits are also very economical, even at present high prices, costing only 12 cents per 1000 calories of raisins and 27 cents per 1000 calories of dried figs. The fresh fruits are also more economical than meat, eggs and other animal foods. The same is true of most of the vegetables. The only vegetables that are high in cost when measured in caloric value are celery, lettuce and other watery vegetables. But even if low in calories and high in price, these watery vegetables are most valuable for the alkaline minerals and vitamins they contain and should be included in the daily diet in abundance. In the case of almonds (the same is true of the other nuts) we see that even at the high cost of 90 cents per pound, shelled, it is an economical food to use, as it only costs 30 cents per 1000 calories.

In view of the above facts, those who are forced to economize in their diet can do so by living on whole cereals, legumes, nuts, fruits and vegetables. Those who still are on the cooked food diet can live very economically and be fairly well nourished on less than 50 cents worth of food per day if they use whole cereal grains for breakfast and legumes for the evening meal, *provided*

that their whole cereals are accompanied by a generous amount of sweet, dehydrated fruits and some milk, if desired; and provided that their evening meal of legumes is preceded by a large raw vegetable salad, seasoned with a generous amount of a vegetable oil and lemon juice.

But those who are willing and ready to live on the natural food diet will thrive better by preparing their menus with a variety of dehydrated fruits, such as figs, dates and raisins, fortified with four to five ounces of nuts per day and supplemented by raw vegetables, eating fresh fruits or drinking their juices between meals. This is also a low cost diet; not because the foods used are comparatively low in price according to their high caloric value, *but also because, while on this diet, one is well nourished on one half the amount of food which is necessary to eat when cooked.* This is due to the fact that the vital element in cooked food has been partially destroyed during the application of excessive heat.

Precious Foods We Overlook or Throw Away

Before I finish LESSON XII, I wish to introduce a highly important subject which will enable the students to save money by adding to their natural diet certain foods which will serve as a great source of energy and vitality.

Thus far, these precious foods have been overlooked or thrown away. They are a rich source of adequate proteins and of easily digested and assimilated emulsified fats. These precious foods consist of the oleaginous seeds of certain fruits and plants. Among them we have the seeds of all the different kinds of melons, squashes, and sunflower plant.

Many nourishing and delicious beverages can be prepared from these precious seeds which people are accustomed to throw away. They are the most nourishing part of these fruits, inasmuch as they contain valuable substances for the building and regeneration of cellular tissues. They also contain precious phosphorized fats for the nourishment of nerve tissue.

The same is true of the precious sunflower seeds. As we all know, the sunflower plant gets its name from the fact that the flat circular head on which the seeds grow follows the course of the sun from sunrise to sunset. In the Spanish language this plant is called "mirasol" or "tornasol," meaning, sun-looker or sun-seeker because of the constant turning in the direction of the sun.

In Spain the seeds of the sunplant as well as the seeds of the melon and squash family are washed and dried in the sun. Then they shell them with their teeth and eat them. Of course, this is a slow process of eating this valuable food; it would take hours to fill up on those seeds. More or less adequate machinery has been invented to shell these seeds. But, possibly for lack of sufficient demand, shelling of these seeds has not been done on an appreciable quantity. Hence, it is most difficult to find these shelled seeds.

How to Make Delicious Beverages With These Oleaginous Seeds

Knowing the great dietetic value of these seeds I searched for ways and means to extract their precious nutrients from their shells. First, I used to grind the whole seeds in a corn mill. Then I stirred the ground seeds in hot water and strained the liquified part thru a fine wire strainer. This process was abandoned for a better one when I secured an electric mixer or liquifier. By the aid of this most useful invention one can easily break up the shell and emulsify the edible part of the seeds. It is done as follows:

Put in the glass container of the electric mixer 8 to 10 ounces of water. Start the motor. Now add three or four tablespoonsfuls of the seeds of sunflower or melons or squash or any similar seeds. Turn the switch to high speed and let it run for 3 to 5 minutes or until the shells of the seeds have been broken up and the edible portion emulsified. Now stop the motor, remove the container and strain the contents thru a fine wire strainer. Shake the border of the strainer with a spoon or stir the contents if necessary to strain the liquid part, ending by pressing with a spoon on the broken up shells to press out all the liquid you can. Adding a little more water to what is left in the strainer and stirring up will enable you to remove practically all the emulsified liquid from the shells. Finally, pour the strained liquid back in the container, place it on the liquifier again and start the motor. Now add honey or brown sugar to taste, let it run until it is dissolved and stop the motor. You have now a delicious, highly nutritious and easily digested beverage. This, as well as other similar beverages made from almonds and certain other nuts, are of great benefit to children and babies, as well as to adults. It can and should take the place of animal milk. Formulas for the preparation of humanized milk, prepared from certain nuts and seeds will be given in the lessons on **HOW TO FEED BABIES THE NATURAL WAY**. Some

seeds, like those of water melons and winter squash may be too hard on the electric liquifier. If so, they should first be cut in small pieces by running the whole seeds thru a food grinder. When this is done, the emulsification of the edible part of the seeds is greatly facilitated.

Sunflower seeds can be bought in many seed stores. They can be easily planted by those who live on farms. They are reasonable in price. But those who cannot get them where they live or who want to get them ready for use, can obtain sunflower seeds in the form of butter and meal from Mr. C. F. Waegner, who makes various preparations of sunflower seeds.

IMPORTANT:—When removing the seeds from honey dew melon, casaba, cantaloupe or other melons, do not try to remove them from the soft edible portion adhering to them; for it is very valuable. Instead, put the seeds with the adhering meat, in the container of the liquifier, add the necessary amount of water and start the motor. When liquified, you have a delicious and nourishing beverage. Sweeten with honey or brown sugar. The addition of milk will improve the flavor, though it is not necessary. This beverage can be improved and made still more wholesome by mixing it, when done, with fruits and their juices; also with carrot and other vegetable juices. Do not fail to put in practice this process of emulsification of oleaginous seeds; also of almonds. The resulting beverages are highly nutritious and of exquisit flavor when sweetened; they are of great value for weak patients with weak digestive organs, especially those who are under normal weight. At the same time, the cost of these seeds is insignificant; for you can make use of the seeds of the melons and squashes you buy. As to the sunflower seeds they can be bought at one-half the prices charged for nuts.

OBSERVATION:—Not all the fruits have edible seeds. Some fruits have seeds that have an unpleasant taste and are harmful. These are those seeds that have a bitter and pungent taste. Among the unedible seeds are those of oranges, lemons, grapefruits, peaches, apricots, prunes, avocados, mangos, zapotes, and many others. Seeds that are unpleasant to the taste should not be used in the natural diet. We must be guided by our instinct as it will be explained in the lesson on **THE UNIVERSAL LAW OF DIET.**

Sunflower Seeds—A Rich Source of Antiseptic, Protective Minerals

The sunflower plant gathers from the soil an unusually large quantity of minerals. So much so, that cereals or other seeds planted in the same soil the following year, grow very poorly because the soil has been demineralized. The following comparative analysis of the composition of the mineral matter in 1000 parts of water free substance of wheat and sunflower seeds will give you an idea of the high dietetic value of sunflower seeds. Possibly, the same is true of seeds of the melon family, of which I have no analysis at present.

TABLE II—SHOWING THE COMPARATIVE MINERAL COMPOSITION OF
SUNFLOWER SEEDS AND WHEAT

FOODS	Potas- sium	Sod- ium	Cal- cium	Mag- nesium	Iron	Phos- pho	Sulfur	Sili-	Chlorine
Sunflower seeds	6.12	2.80	2.87	4.65			5.54	0.87	
Whole wheat	7.20	0.50	0.75	2.80			0.09	0.09	
White flour	1.82	0.08	0.43	0.44					

The above analysis tells us a story of vital importance. It shows, on the one hand, the great abundance of sodium, calcium, magnesium, iron, and especially silicon, in the sunflower seeds, when compared to civilized man's staple food—wheat. And the comparison grows still more disproportionate when we compare the mineral composition of sunflower seeds to refined white flour. As we can see by the above analysis, sunflower seeds are several times richer than whole wheat (and extremely higher than white flour) in the elements sodium, calcium, magnesium and iron. *But the element that makes sunflower seed still more valuable is silicon* which is present in unusually large quantity. For, silicon has antiseptic properties and acts as a protective agent against putrefaction, being a safeguard against epidemic diseases. Silicon enters into the composition of hair, nails, nerves, albumin of the blood, pancreas, etc. In combination with fluorine, silicon enters into the composition of the enamel of the teeth. Deficiency of silicon results in predisposition to infection, loss of hair, and early decay of the teeth.

In view of the above facts, we see the great importance of adding a generous supply of the precious sunflower seeds to your natural diet. For, besides the above and many other beneficial properties, the sunflower seeds are supposed to possess hemo-static properties, namely, power to stop hemorrhage. This being so, the use of sunflower seeds will be highly beneficial to prevent

and cure hemorrhages, decrease excessive loss of blood during menstruation, heal ulcers, stop bleeding of the nose and gums, strengthen the teeth and prevent their early decay.

I have been using sunflower seeds, as well as the other seeds, for some time and I have found them to be highly beneficial to health. I recommend them to you. Do not waste these precious seeds nor neglect them.

Besides the above seeds there are other seeds that are of great nutritive and medicinal value. Among them are aniseeds, caraway seeds, fennel seeds, and many others. They will be dealt with in the section on HERBOLOGY.

How to Measure the Vital Capacity of Your Lungs

Dear Student: Although a properly balanced diet of the natural foods of man forms the basis for the regeneration of the body, there are, as you will see in future lessons, other indispensable factors, without which the purification and regeneration of the body proceeds too slowly or becomes impossible. One of these other factors is known as Dynamotherapy, by means of which it is possible to increase the vital capacity of the lungs, thus increasing the body's power of oxidation and endurance, and hastening the the process of purification.

This system of Dinamotherapy (physical and physiological exercises) will be given in BOOK FOUR. But even before you come to put in practice that system of exercises, the natural mode of living which you begin to follow from now on should result in some increase of the vital capacity of your lungs. This will be especially true if you practice fast and long walking or running, especially up hill. Therefore, in order to know how much you improve, it will be necessary that you know the present vital capacity of your lungs. By the aid of a simple home-made device and the VITAL LUNG CAPACITY TABLE which I have computed for your benefit you will be able to measure the approximate vital capacity of your lungs, whenever you desire, thus being able to keep a record of your improvement.

The following are the only two things necessary to measure the vital capacity of your lungs: (1) a large, round rubber balloon and (2) a tape line. These two simple items which may not cost over 20 cents constitute all the necessary paraphernalia to enable you to measure the vital capacity of your lungs.

How to Use the Vital Lung Capacity Table

1. Find the number of pounds of your normal weight. Your normal weight may not be what you actually weigh but what an average person of your size, age and build would weigh.

2. Multiply the number of pounds of your normal weight by one and one half (1.5) cubic inches, which is the average lung capacity per pound of normal weight. The result will be your *normal* vital lung capacity.

3. Find out your *present* vital lung capacity by inflating the balloon as much as you can at one exhalation in the following way: (1) exhale as much air as you can; (2) now begin to inhale slowly until you have filled your lungs to full capacity; (3) finally exhale by blowing into the balloon as much air as you possibly can without repeating the respiration.

4. When you cannot exhale any more air, prevent the air from escaping, either by pinching the neck of the balloon between your thumb and forefinger or by tying a string around the neck of the balloon.

5. Now find out the number of inches of the circumference of the balloon by putting a measuring tape around the circumference. When you have done this, the following table will show the approximate number of cubic inches of the vital lung capacity of your lungs.

TABLE III, SHOWING THE VITAL LUNG CAPACITY

A circumference of 26 inches contains 296 cubic inches

"	25	"	264	"
"	24	"	228	"
"	23	"	205	"
"	22	"	179	"
"	21	"	156	"
"	20	"	135	"
"	19	"	116	"
"	18	"	98	"
"	17	"	82	"
"	15	"	57	"
"	12	"	29	"

EXAMPLE:—Let us suppose that your normal weight is 130 pounds. 130 pounds multiplied by 1.5 cubic inches per pound of normal weight gives a total of 195 cubic inches. That is your normal vital lung capacity. Now let us suppose that your inflated balloon measures 21 inches in circumference. Then a look at the above table shows that 21 inches in circumference contains 156 cubic inches. That would be your present lung capacity, 39 inches below normal. In that case, your power of oxidation of carbon dioxide would be deficient, resulting in deficient oxygenization of the blood and in retention of carbonic acid gas, manifesting in anemia, shortness of breath and low power of endurance and resistance to disease. By means of natural living and the system of exercises in **BOOK FOUR** the author increased his vital lung capacity from a very low level to over 50 cubic inches above what is considered to be normal or average. His vigor and endurance increased in proportion to the increased vital capacity of his lungs. Do not forget to measure your present lung capacity and endeavor to increase it every day.

Conclusion to Part One

These 12 lessons which complete **PART ONE** of **PSYCHOPHYSIOPATHY** can be considered as only an introduction to these teachings on the science of regeneration and longevity. Nevertheless, I believe that if the information given in **PART ONE**, especially the teachings in the last four lessons, are put in practice they will enable the student to prevent and relieve much suffering and to purify his body to the extent that he will begin to free himself from his present physical and mental suffering. The teachings in **PART ONE** should bring to the student that **ENCOURAGEMENT**, **FAITH** and **HOPE** which will serve as the three fundamental steps necessary to continue his ascension of the **MOUNTAIN** of **HEALTH** and **LIFE**, ever increasing his degree of health and vigor as he rises ever higher toward the summit of **RADIANT HEALTH**, **LASTING YOUTH**, and **LONG LIFE**.

Logic teaches that before we can prevent an effect it is necessary that we discover the cause and remove it. Hence, before we can purify and regenerate the body and mind we must discover the causes of their degeneration and remove those causes. There-

fore, the next series of lessons in **BOOK TWO** will deal with this important subject. Under the title: "PARADISE LOST," we will deal with the causes of man's psycho-physical degeneration. These causes will be treated under the subtitle of "THE THIRTEEN ENEMIES OF HUMAN LIFE."

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