

Atmos

O. N. ORLOW
E d i t o r



3440 Clay St., S. F.



✦ **THE AIMS AND OBJECTS** of the
Brotherhood of Divine Humanity

✦ **Founders of the**
SOCIETY of HUMAN ENDEAVOR

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The ORLOW INSTITUTE, 3440 Clay St.

Address all subscriptions and correspondence as to Classes
Lectures, etc., to

Business Manager, Atmos

THE AIM AND OBJECT OF THIS SOCIETY
IS: To try to understand Life, through the
rational knowledge of natural Laws.

✦ To recognize a divine principle in man and in all
creation.

✦ To apply such knowledge and recognition in all
affairs, large and small, of our daily life.

✦ To establish schools, homes, settlements, and com-
munities where these principles will be practically
applied and lived individually and collectively.

✦ Faith in God means a complete surrender to His
Law of Love in relationship with all our brothers.

✦ Faith in humanity means to live and practice His
Law of Love in every act of our daily life.

✦ Faith in ourselves means the knowledge of our
Divine Origin, and the consequent necessity, there-
fore, to live in accord with it.

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*Love man and help him make life true,
Help him his daily strength renew,
Be unto him Joy undefiled,
Believe in father, mother, child.*

The Philosophy of Ath-mos.

IN THE plateau of Iram, now called Pamir, 3149 years ago, was born Ath-mos the Philosopher. This plateau is located about 700 miles east of the Caspian Sea.

In all the old sacred books of the Aryan race, this part of Asia was called the roof or dome of the world. The majesty of its natural beauty is indescribable. Gradually rising from a succession of evergreen valleys to the altitude of 10,000 feet, the plateau is surrounded by magnificent mountains. Crowned by eternal snows, riven deep with gorges and ravines, these mountains assume a most venerable and awe-inspiring aspect. From the center of the lower valley, one

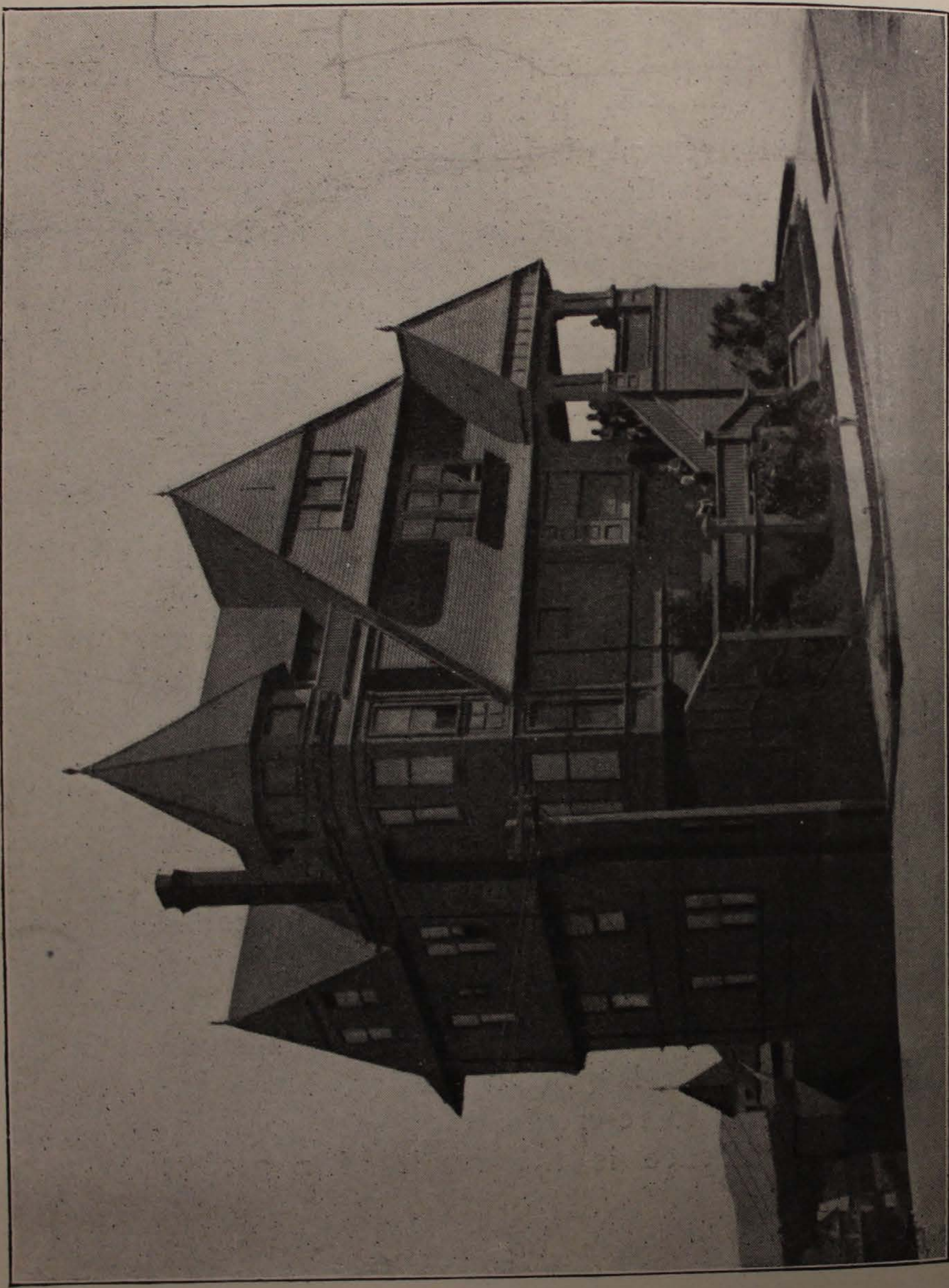
ATMOS may see numerous rock-strewn peaks close to 20,000 feet in height towering above the lowlands. From one of these peaks a view of Northern India, Cashmere and Thibet is a perfect vision of loveliness. In no other part of the world is there such a splendor of Nature lavishly bestowed upon understanding eyes. The very stars burn and blaze with a brilliancy dazzling in their intense luster. Amid these surroundings Ath-mos was born. Very little is known of his parentage; in fact it is impossible to separate the truth about his early life from the mere legendary part thereof. As a matter of common belief among his scholars, the idea exists that at the age of twenty he was a maker of earthen vessels, the artistic beauty of which attracted the attention of a patron who was learned in the religious thought of his time. To this day in the monasteries of Thibet and of Northern India, the favored are shown vessels which are made after the pattern of those made by Ath-mos and which are supposed to be used only in the service of the Altar. At the age of twenty-seven Ath-mos appeared among the people and taught them a system of philosophic thoughts upon life, which system to this day stands unrivaled in its beauty and simplicity. When thirty-three years old, he surrounded himself with a number

of devoted followers who lived as nearly as possible in conformity with his teachings. There is no authentic record of the time of his death.

Ath-mos taught that all life, including everything on this earth and all other planets, is the expression of a perfect thought of the future by a thought of the present living principle, permeating every atom: a living principle unable to be understood in its infinite scope and purpose by any human being, but capable of being understood by every human being in matters relating to himself alone.

He held that there could not be any special revelation made nor a personal intimate knowledge of that living principle given to or by any special or favored human being, because of the manifest unfairness of this to others. The idea of a supreme Ruler of the universe as a person was discarded by Ath-mos as untenable, because of his belief that the world, by the fact of its existence, became self-sustaining in its source of life. This All-Source of life Ath-mos called "natural," not "nature"; God, meaning "All good."

He held that the existence of a fundamental power or principle is proven by our own existence and power to re-create. That our existence is the result of a perfect



San Francisco, California

thought. That our own power to re-create is the result of our divine origin. **ATMOS**

That we pass through various and entirely connected stages of development, commonly called life, before we reach the full understanding of the purpose of it all. That when understood in its finality, a grander, freer and more active life, without ending, commences, either in living again on earth or in understanding the world better, while in a different activity.

He held that the essence of anything can never be destroyed; that once being born we can never die.

That all evil conditions are man-made, and consequently capable of being rectified by man.

That the temporary man-made evil is justified, its result being detrimental to happiness, and that through this experience we gain understanding.

That our spiritual, mental and physical condition depends upon our will, circumscribed more or less only by our understanding or by the lack of it. That life is an opportunity to be good, or Godlike, that is, to be natural.

That death neither sustains nor nullifies our actions in this life, but merely gathers the tangled webs of it together for a straightening out.

That there need be no fear of a Judgment after

ATMOS death, but that there is a CERTAINTY OF IT HERE, by the results of our own acts.

That a complete trust in the wisdom of good and the folly of evil is the guide to tranquillity in this life and the better understanding of the lives yet to be lived. That we are not punished FOR our sins, but BY our sins; not in the hereafter, but NOW.

That each human being is a free agent, liable to make mistakes and to commit errors, but certain to live in ultimate truth.

That the great human virtues are but mirrors of ourselves; the great human vices but leading to the truth, vice being virtue misled.

That our slightest thoughts or actions affect all the world.

That by helping others, we help ourselves; by injuring others, we injure ourselves.

That each lives for himself and Good, God, for us all; and that in living for all, Good, God, lives for us.

No vows of any kind ever bound or now bind any member of the Brotherhood to a fixed standard of living or belief.

On the contrary, the first and cardinal principle in the Brotherhood is to acknowledge the possibility of growing in the understanding of the Central Truth of Life—so they do not promise to adhere to a fixed belief.

Guided by this idea, the sorrow of to-day cannot dim the joy of the future. The joy of the moment is understood as being only temporary, and only its memory is lasting. **ATMOS**

We believe that Life is vanity to the lazy, but truth to the worker.

We each learn a profession or a logical system of using our natural talents to *augment* those of our brothers, so that all may be supported by the material exchange of that which each requires.

We believe that the delver after truth—true, unselfish devotion to humanity—becomes the scientist of his kind, the dreamer of beautiful thoughts, the star of the aching heart of humanity.

That all work or activity in doing something useful is divine and natural.

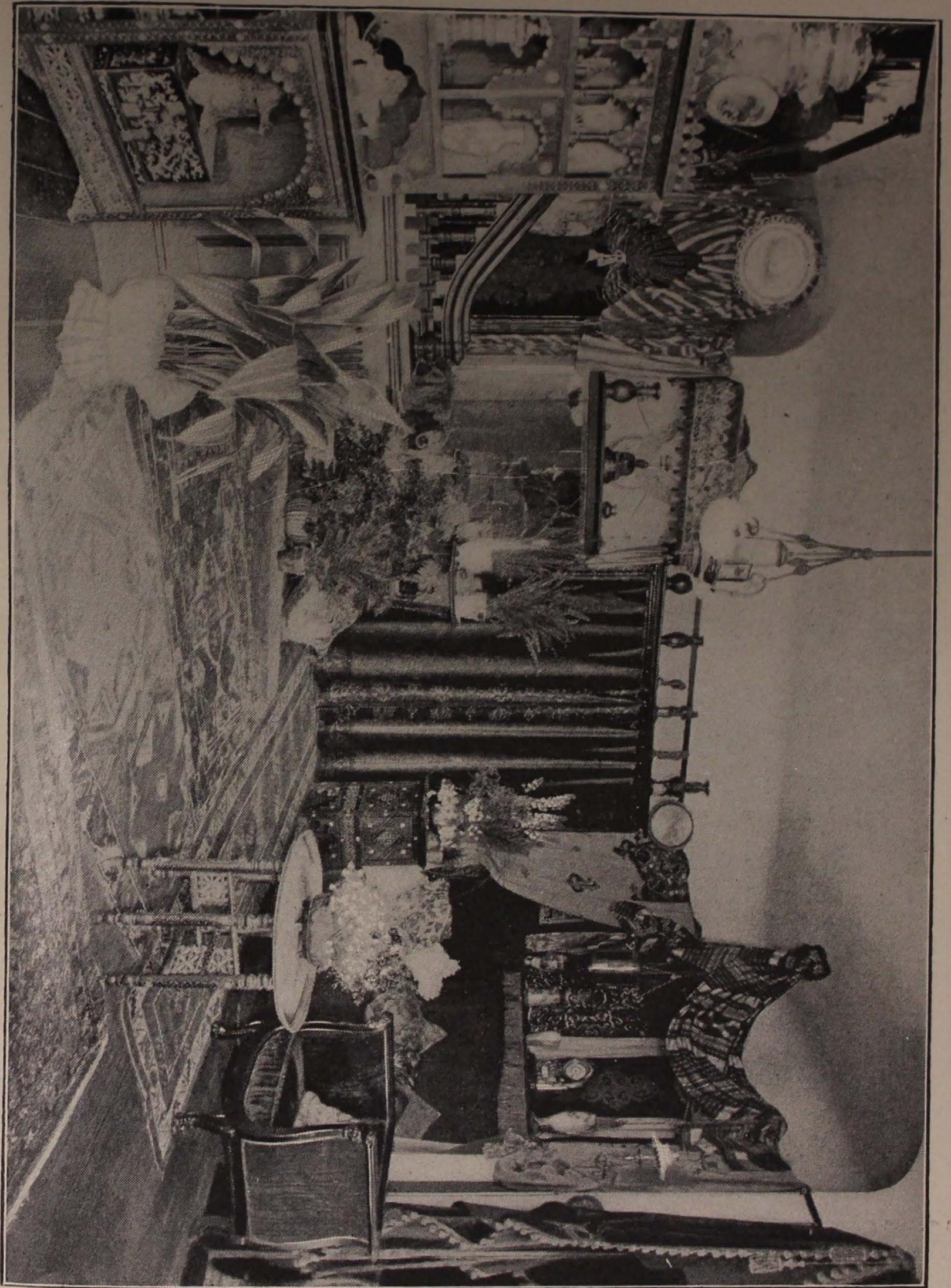
That our body is a direct creation of the forces of life.

That our mind is an entity, and is separate in, and from the body.

That the life-giving and sustaining principle is an influx from without, not from within.

That our inner life is the appreciation and the comprehension of the influx of the life-giving principle from without, by spiritualizing the body.

That all our lives must be lived simply, directly, and forcibly, to be of any value.



View of House, 1000 S. Street, San Francisco, California.

That it is better to believe in the divinity of **ATMOS** manhood than in the manhood of divinity.

That all are children of a supreme fatherhood of life, and destined to prove themselves so on the earth.

The Brotherhood, for the last 3000 years has endeavored to live up to the foregoing principles as nearly as possible. Its principal aim is to re-establish between man and man the faculty of trusting in each other.

To accomplish this end in a practical way by taking special care of the very young and the aged.

To give the young manual training; to awaken in them their natural talents; to teach them to make themselves useful, dependent upon themselves, helpful to all.

To teach them to live a natural, sane, reasonable life so that others may be attracted by their sweetness, gentleness and the truth of their way of living, and not by their preaching.

To establish homes and schools in all branches of activity; to cultivate lands upon which to live, and to be of reciprocal value.

They recognize in all creeds, churches and sects the desire of the human heart to find satisfaction in and an explanation of life.

That each is entitled to the expression most suitable to his view in matters spiritual, however

ATMOS different from others, and should be neither persecuted nor punished for it.

That we all should live in peace with one another and do the best we can.

The Brotherhood of Divine Humanity is now a recognized organization in the United States of North America. Its charter was granted under the laws of the State of Illinois, in the year 1901. O. N. Orlow is its Prior Brother and Organizer. The practical work connected with the institution is now being forwarded from the Brotherhood's Headquarters in San Francisco, California, located at 3440 Clay Street, corner of Laurel Street.

From time to time the readers of this Magazine and the numerous friends of the Brotherhood will be informed of the progress of the work. That this work is destined to become a powerful factor in the affairs of this great nation is apparent to those who have watched its beginning in Chicago and its work there and elsewhere, in the last five years. Its fundamental principle is the desire to spread the knowledge of natural laws, which in its long years of existence the Brotherhood has studied deeply, among all peoples, all races and all creeds; so that each human being may learn to lead a truer, healthier, saner

life in matters of religion and health, in success **ATMOS**
and failure, in sorrow and in joy.

This Magazine endeavors to teach certain natural principles which, if believed and given a fair trial, will make us healthier in body and mind, will restore us to sanity and the capacity to enjoy; will teach us how to get well when ill, and how to keep well; how to become successful in all walks of life; and will extend a willing hand to those who need help.

In the following numbers there will be outlined a plan for a rational betterment of existing wrong social conditions along the line of a very practical, sensible system of natural living.

The Brothers of the Brotherhood of Atmos

will bow their heads—when passing a mother, when meeting a true friend, when seeing a place of worship, or a school, however different their teachings from these, so long as a higher view of life is taught.

Life.

“**I** AM feeling very ill again, doctor. Do you think I am going to die?”
“My dear madam, compose yourself, that is the last thing in the world that is going to happen to you.”



LACE.—New York. Year 1920.

Court of Health in session at 33 Broadway.

The Honorable Judge I Am Common Sense presides.

Time.—Ten A. M.

Officer D. Y. Duty* escorts the prisoner, W. C. Withmylungs,† before the bar.

General Charge.—Disorderly conduct.

Special Charge.—Stands accused of incipient consumption.

Judge asks whether the prisoner has anything to say.

Prisoner unable to do so.

Judge (very sternly).—Are you not the same man who, three weeks ago, was up before me for a threatening cold, and who promised to hereafter change his diet, quit drinking liquids at mealtime, sleep with a window open and otherwise behave? Yes, your Honor!

Very well. I let you go then, but my duty to the public compels me to take severe measures in a case of such willful persistence in violating the law. Prisoner, I sentence you to be taken from here at once, by the duly appointed officer of the law of health, to the place called Detention Penitentiary, to be kept on a strictly regulated diet for two months, regardless of your likes or dislikes in food. To sleep in a room 20 x 28 feet wide and long, with windows open from nine P. M. until seven A. M. next morning. No coffee or tea whatsoever at any meal. To exercise in the corridor of sunlight four times a day, one hour each. To read no book about the hereafter. But as a special duty you must read daily from the Magazine *ATMOS* a special article about health.

*Officer Do Your Duty.

†Prisoner, was careless with my lungs



THEIR heads bent low, with tearful eyes
They left the gates of Paradise.
All love had flown, all joy was dead,
O'er all the earth deep wrong had
spread.

The cherub stood with fiery sword,
And as they passed, he spoke this word:
"Lift up your heads and sorrowing eyes,
Your hearts shall be your paradise!"

—ELIZABETH SIHLER.

The Question of Living

in Accord with the Philosophy of Atmos.



THE fact that we are born into this world
makes it imperative upon us to know
what to do with our lives.

It is useless and a waste of time to try
to find out why we are born. No
reasoning human being has ever been able to
answer that question satisfactorily. But what we
are born *for* is of utmost importance for us to
know.

We can and do know our environment, our cir-
cumstances, our limitations and our talents.
These things make or mar our lives. It occurs to

ATMOS me that all drawbacks or hindrances to a happy, contented and successful life are solely of human origin, due to man's ignorance of natural laws. To know these natural laws and press them into service for our welfare, and not use them to our undoing, is the reason for the existence of this magazine.

The spreading of this knowledge of natural laws, acquired by studies of an ordinary lifetime under the guidance of the principles of the Philosophy of Atmos, is therefore a Duty I owe to Humanity. The principles to be taught in this magazine are in no sense opposed to any enlightened, although different, view. I have no fault to find with any one differing from me in matters of religion, science or other views upon life. All this is man's individual business. All I know is, that whatever makes us live a true, natural and useful life is right. Whether the cause of so living is found in the teachings of Brahmanism, Buddhism, Christianity or science, matters not.

The moment, though, a man, or a set of men claim a perfection of knowledge as to the hereafter, an exclusive patentright and consequent privileges above other men, their truth becomes an obstacle to themselves and others.

The right of individual Judgment in all things, however wrong sometimes in practice, is right

in theory, and is our only safeguard in life and insures sanity in all things. When this right is disputed or set aside by force, conditions are conceived that are not conducive to the welfare of anyone. A complete liberty in matters of conscience will always result in the gradual and natural growth of enlightenment in all things. To help this natural growth from my standpoint is my desire.

To my mind the present condition of human existence upon this planet is in need of betterment.

Not that everything is evil, or is going to be so, but that everything is not good enough.

There should be nothing too good for the child of any Mother.

God bless the Mothers, and God love the Fathers, and help the children. To them is my life work dedicated. What I can do to help them, I shall do.

It will be well to save these magazines as they appear. They shall be worthy of it.

Nothing will be presented therein but what is natural, and the good doing of and to man.

Man's evil, or rather, unfortunate doings, will be ignored and not exploited.

Whoever knows or sees any one do something kind and gentle to a human being, or animal,

ATMOS or any living thing that can feel and suffer, will do a favor by sending me name and time and place of such occurrence. It will be published.

It is better to know all about the virtues of our neighbor, than about his failings. Our own failings should receive at our own hands the first and last consideration.

No moralizing is attempted in these lines, but to give voice to earnest thoughts of help of which we are all so much in need; the help of sympathy and of advice in trouble; the help of appreciation and the sharing in our joys as well as sorrows.

The series of lectures delivered in Chicago in the last three years, as well as those delivered in the Golden Gate Hall, San Francisco, California, will be published in book form. The lectures in San Francisco have already been attended by several thousand people, and classes are now being organized.

They will be held every Tuesday and Friday, 8 P. M., at the Orlow Institute Hall, 3440 Clay Street.

A complete mail course of the lessons taught is now in preparation.

Application for terms addressed to Business Manager ATMOS will receive prompt attention.

The Vision of Atmos.

ATMOS

Soft steals the evening's silence in my heart,
The angels of the day lie slumbering in their
wings,

The restful night brings peace to troubled
thoughts,

And in my soul the soul of heaven sings:

"Go, rise, and help thy brother to his bed,

He's weak and ill, he needs thee oh, so bad,
Go hasten to his side and bring him aid."

But this I answered:

"Sweet soul of heaven should I not sing the
praise

Of God, before I do thy bidding?"

Lo and behold—

A vision held my eyes transfixed, and all the
glory of the inner life revealed,

Stood face to face with me, and tears fell fast
upon my upturned eyelids.

And so the voice spake trembling:

"Dost thou think to please the mighty father of
the universe

By praising Him, who has no need of praise,
Forgetting even for a time

That need there is of haste,

To help his child?"

Ashamed and wakened from my selfishness

"O let me help him," I in answer cried;

Lo and behold the need meanwhile had died.



Dr. Orlow's Private Study.
The Orlow Institute, 3440 Clay Street, San Francisco, California.



MATTER is an expression of force or energy, an embodiment of a direct purpose and result.

The spiritual life or ideal conception of man's status, alone can give expression, and this expression is matter.

Atoms of matter are the primary and indivisible particles of things. If we could understand their nature perfectly, we could understand all things.

Nature develops her intensity of life and action by causing one extreme to balance the other. Positive and negative forces alone create and sustain life. *Without* them all life would cease to exist. These forces are brought together by etherical fluids.

Etherical fluids force the atoms to join others in an expression of life through color.

Color conditions if merged into ethers grow finer as they pass through different stages of positive colors, from the brown to the light violet or heliotrope.

The colors ascending then into still finer forms of ether, called cosmic or animo ethers, constitute the vital principle of nervous or mental action.

ATMOS Again, this nervous or mental action finds its refinement of forces in the ether called psycho-ethers.

These psycho-ethers are the embodiment, spiritually, of the thought-atoms of heat and electricity. Natural light, colored by the positive and negative forces of electric fluid, constitutes the great power of life, namely: creation and restoration.

Color assumes form, as a direct result of the blending of positive and negative force.

Form assumes color by reflection.

Color assumes form, as shown by plants, flowers, fruits.

Form assumes color, growing from the seed within, to the place of fruition.

Benevolent force, that is energy well directed, is the leading phenomenon of the universe. Without it all life would never have been created, would cease to exist on the instant, if withdrawn.

The force of human will, directed through knowledge of color and form, will accomplish wonders in the treatment of misdirected health, called disease.

At the moment of the conception of a human being a perfect prism of colors appears in the centers of nerve force, and flows like a golden stream into the new awakened atom of life.

In every issue of this magazine will be an article upon the subject of color and form.



LOCAL inflammation is caused by the presence of a foreign body in the appendix. Nature, by inflammation, forces the foreign substance to exude from the blood, then proceeds to set up a hardening process around it, thereby rendering it harmless, and the inflammation ceases.

That is nature's way of healing. Follow it.

The danger of the whole process is the spreading of the inflammation to the other parts of the body. To prevent this take cool sitz baths and continuous cold towel baths, until relieved.

The function of the appendix is to secrete the fluid with which to lubricate the cæcum. The cæcum is a valve through which this fluid must pass to prevent the clogging of the bowels.

In this world of magnificent forces, power of life manifests itself in the form of gaseous fluids called ether. Blood, air, or steam, is fluid in its nature. The sap in all forms of vegetable life is fluid. All of the greatest and best of our forces are fluidic in nature. So, that little organ, called the appendix, instead of being a useless organ, fit only to be removed, is part of the fluidic nature of all life.



Oratory of the Oratory Institute, 410 Clay Street, San Francisco, California.



HE man who does his best is the one least understood.

Smile at him once in a while just to encourage him.

That we do not know, is what ails us.

He that knows not, and knows not that he knows not, is weak: strengthen him.

He that knows not, and knows that he knows not, is simple: teach him.

He that knows, and knows not that he knows, is asleep: waken him.

He that knows, and knows that he knows, is wise.

Follow him, for ignorance is the root of misfortune. —Ex.

Natural Laws.

The natural laws of our existence can never be transgressed without creating confusion in the physical as well as in the mental life of the transgressor. Each law has many spheres of action, of which the individual is the expression. The laws

ATMOS of life, his spirit forever places the roses of his desires, the lilies of his purity; and the gentle rocking of the gladsome waves will be in unison with the eternal symphony of the boundless Truth.

But in the patient suffering of the evils caused by us before we knew their sting, the gentle offering of a loving heart to other suffering souls, the silent hand-clasp with the friend in trouble, the willing forgiveness of our enemies, we shall find in their unseen power, stronger far than that we see, the *key to life*. In the bud and blossom, the air and the sky, the earth and stars, the days, the nights, the travail of the growing thoughts, the pain of good misunderstood, let us look for proofs of our own immortality, and natural laws. No other proof is natural, no other proof can be right.

Amid the strife and clash of cults or creeds, let us discern the note of the same God-like desire to know the ideal, and although expressed in *imperfection*, the *perfection* of it all will be the reality of the eternal life, we thus seek and find.



CONTEMPLATE our greatness, trust our littleness. Realize in the small things of life the seed of the great things. Life is what time is not, for time is but a *measure* of things, and life is boundless in its *creation* of things.

Death is what time is: the measure of an incident, cause and result, the birthright of our first birth, the proof of its certainty, the promise of its unfolding into better understanding.

Time can only exist where death is final, so time and death are but expressions, not finalities of life.

The rhythmic unison
of calm, deep thoughts of life
with all the melody of earth and stars,
is but the prelude of the glorious chimes
that hang high up in Heaven.

And ever and anon an angel, passing, pauses
and strikes the tone he needs to gather strength,
and forthwith captures it; and, covered by the
radiance of his wings, he brings it to the
weary soul in waiting of his coming, so it,
too, may know the source of Heaven—*strength*.



The striking of the perfect sound upon the
chimes of time, forthwith, *creates worlds*.
Vast desert places blossom with the rose; the
purple hills hide their splendor in greatness;
the dew-blessed valleys glory in the ripened
harvest, and man stands forth on earth, the
perfect flower of a flawless stem, the soul
deep-rooted in the love of God.

Sayings of Ath-mos Translated.



Y SPEECH the petals of our rose of life
drop half their glory;
Its silent blossoming into perfect form
is speech.

Save love for those who never can
express the love they bear in words;
Their aching hearts are dumb in presence of its
glory.

If thou *could'st* express all that thou dreamest,
all that thou hopest for,

What joyous melodies would sing within thy
heart

And fill thy soul with gladness,
telling of it to thy brethren.

The purple dawn of life's eternal day,

The jewel upon the breast of hastening night,

ATMOS Sends forth its radiance to find thee in company
of God-like men,
And trifling not with sorrows of *to-morrow*,
Grasps the certainty of living *now*.

Economics.

ATMOS is published in the interest of the Brotherhood of Divine Humanity, and suggests that they are workers in all branches of professional, commercial, and artistic work. All these branches are being utilized in helping the young and aged and in providing manual training homes for them.

Among the Brothers is a linguist, ready to translate manuscripts, written in almost any language, into any other language desired.

An artist in oils will execute any orders within his ability to fill.

A gold and silversmith will make and execute original designs at a very reasonable price, furnishing all materials and jewels, or using those belonging to the person giving the order.

A curio collector, whose knowledge of antiquities has been acquired by years of travel, will furnish advice or curios to persons desiring such, and will pass judgment upon the value of old manuscripts, coins, old oriental rugs, bronzes, and so on. He will purchase them for collectors

at a reasonable price. There is a wealth of genuine oriental curios in San Francisco which the majority of visitors never see. A Brother will secure them for you at a slight cost for his services.

A wood-carver and designer of the most artistic furniture is also on hand.

Whatever work will be done for those ordering such as described above will be fully guaranteed as full value for money received. In fact, the standard of work will be the highest attainable in the United States.

To Friends of the Work in the Name of Humanity.



UBSCRIBERS to this magazine are wanted. I believe the Magazine to be a powerful agent for the dissemination of a practical living truth, the truth of spiritual, mental and physical health.

The language used in the Magazine will at all times be plain.

Its aim is to make us realize the folly of some of the views of this generation in matters of mental, physical, and social health. Its voice will be raised against any condition seeming to be wrong,

ATMOS never against the wrong-doer. Its duty is not to tear down, but to build or remodel. It will call attention to the ideal life, but will not lose sight of the real facts as they exist.

While possibly compelled to be out of harmony with some other views, it will never play its own tune to the drowning of others. Its key-note will be the *whole scale of music*, expressed in B (be) natural.

Remember you have the right to help others, by sharing with them the good things you will read in this magazine. Let it be your pleasure to do so.

Show your willingness to further a good work by helping it along.

O. N. ORLOW.

"To get good is animal,
To be good is human,
To do good is divine."

REGULAR SUNDAY MEETINGS AND LECTURES throughout the year, at 11 a. m., at 3440 Clay Street, in the Orlow Institute, San Francisco.

✦ The subject matter of these lectures is new to the Western thought. They deal with the practical affairs of life, as intimately related to the true life. They throw a flood of light upon the perplexing problems of to-day, and all time, and tend to restore harmony in the unrest of our personal experiences.

✦ Dr. Orlow lectures every Sunday throughout the year, at 8 p. m., in Golden Gate Hall, 625 Sutter Street, San Francisco.

✦ Classes for the development of the inner faculties every Tuesday and Friday, 8 p. m., at The Institute, 3440 Clay St., San Francisco. Terms on application.

✦ "ATMOS"—A monthly magazine, published in the interest of the practical work along the lines of Philosophy, as taught by the Brotherhood of Divine Humanity. Issued monthly. Subscription price, \$1.00 per year. Sample copy, 10 cents.

O. N. ORLOW, Ph. D. D.
Founder and Director
THE ORLOW INSTITUTE
3440 Clay Street / San Francisco

**I Look for the Hour
when that Supreme
Beauty which Rav-
ished the Souls of ♡
those Eastern Men
and through their Lips
Spoke Oracles to all
time shall speak in the
West also. ♡ ♡ ♡ ♡**

— Emerson —