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TEACHING

How to Live Forever

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LIFE CULTURE

HARRY GAZE - - - EDITOR

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Life Culture

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The Science of Perpetual Life

(An address delivered by Harry Gaze before the International New Thought Convention in Chicago, Ill., November 25th, 1903.)

Life, enriched by ever-increasing health, strength and beauty, may be perpetuated by co-operating with the known laws of change and growth. One might search for the elixir of life in California, in Florida, in Porto Rico, in India, but this would not bring it nearer, for the Fountain of Life is *within man*.

The study of prolonging life indefinitely is engaging the attention of many of the foremost scientists in the world. Many interesting discoveries have been made. Unfortunately, few realize that "the proper study of mankind is man," and the scientist delves in vain for an elixir of life in the domain of electricity and chemistry. While these scientists have been experimenting with lymphs from goats and alligators, a very different line of investigation has led others to discover the true principles of perpetual life. Man has now so evolved that he can perpetually renew the body.

Old age is a disease caused by a lack of co-operation with the laws of change and growth. This disease can be prevented or even cured by proper methods.

Eliminate bodily age from the consciousness, learn to die continuously and be correspondingly reborn, prevent maturity by constantly evolving to higher life, practice the principles of regenerative love and thus avoid the internal burial which causes old age and somatic death, or the death of the body as a whole. When man lives in harmony with these laws, he will live forever.

Bodily life cannot be perpetuated by preserving the body with its present component particles. Scientists once esti-

mated that continual molecular change produces an entirely new body every seven years. Modern biologists teach and demonstrate that in about eleven months the entire body is changed even to the hardest bones. The body of man is always new. It does not grow old in spite of passing years. The body that one inhabits today will have completely perished before another year. A year ago, one did not possess a single molecule of the body he has today.

The material for the constant reconstruction of the body is supplied by breathing, eating and drinking. The failure to co-operate with this process of reconstruction produces old age. While many know that the body is renewed by molecular change, they do not apply this to their own lives. The man whose legal age is fifty regards his bodily age as also fifty. In reality, his body is as new as that of a child.

It is usual to regard birth as only the beginning of life, and death as the end. In reality, life is a union of birth and death, for the body one inhabits today has been born within the last few months. Age is estimated according to the period of time that has passed since physical birth. If fifty years have passed since birth, one is fifty years of age. As birth is unceasing in the individual life, bodily age is impossible.

The first step in co-operating with the process of change is the elimination of age from the consciousness by the concept of bodily newness, and the recognition of present birth.

The New Thought teaches the influence of mind in determining bodily conditions. Science demonstrates, and the experience of thousands confirm that thought has a definite chemical effect upon the body. Hence, the thought of bodily age tends toward decrepitude, and the thought of bodily newness toward the expression of youth.

This is well illustrated in a remarkable case reported in the London "Lancet." An English lady, disappointed in love in her early years became insane, and lost all account of time. She constantly sat at a window waiting for her lost lover to return. In this state, unconscious of age, she literally grew no older. Some American travelers who saw her at seventy-four supposed her to be a young lady of twenty.

This proves that youth may be preserved by a condition which prevents the consciousness of age. Man should, there-

fore, realize the falsity of bodily age. In this case, oblivion to age was caused by an abnormal frame of mind. Age should be eliminated from the consciousness by a realization of the constant renewal of the body.

The body is subject not only to continuous rebirth, but also to continuous death. Death is commonly represented as the enemy of mankind. In reality death is a friendly scavenger whose office is to remove all that is unfitted to persist. Death is, therefore, a vital process. Life is abundantly manifested when birth and death are in equilibrium. The art of living forever does not consist of the conquest of death, but of co-operation with the process of bodily destruction and reconstruction. Do not resist death. Let it carry away all the worn-out particles of the body, and all useless thoughts and memories. There are no enemies to conquer in the attainment of perpetual life. Death is a friendly and necessary factor in the economy of nature.

Perpetual youth will be realized when man learns to die freely and intelligently, and to be correspondingly reborn. This attitude of mind brings one into harmony with life, and is, therefore, essential to success. This is the second step in co-operating with the law of change.

To perpetuate life, one must also co-operate with the process of growth. The vitality necessary for perfect bodily renewal is only attainable by growing. The object of life is unceasing evolution. The full grown flower is doomed to fade. Maturity is the sign of approaching decay. Continual advance in the quality of life is essential to the attainment of everlasting existence. While one advances to higher bodily development, his life will be renewed. Nature has use for the individual who is unfolding, but no permanent use for one whose unfoldment is completed.

The patriarchs who lived for nearly a thousand years, according to Biblical history, were regarded as children for the first few hundred years. The man who aspires to perpetual life must sustain forever the same relation to nature as the unfolding child, the budding flower, the climbing vine, the growing tree. To live forever, one must become a conscious factor in evolution. Some scientists advance the idea that man has reached the maximum of physical evolution. This theory is mistaken, for the body of man, today, is relatively very crude.

For instance, the man of the future will have greatly increased lung development, and will receive direct from the air far more nourishment than at present. There will be a corresponding decrease in the development of the digestive and excretory organs.

The most important evolutionary change will be in the creative nature. Marriage will be so consummated as to perpetuate the participants. There will be fear neither of race suicide nor of over-population to cause alarm. The perpetuation of the individuals will maintain the population of the world. The creative organs have regenerative as well as generative functions. A knowledge of the regenerative life is necessary for the perpetuation of youth.

The man of the future will evolve wings, and flying will be as natural as walking. The intense interest in flying machines proves that man desires wings. In picturing a future state, artists often portray winged human forms.

As an alternative to death, the grown caterpillar changes to a chrysalis, and finally to a butterfly. From a lowly worm, it becomes a beautiful winged creature, and flies with noble independence from flower to flower. Scientists do not deny the possibility of man's evolving wings, though many think it improbable owing to the energy that would be required to sustain them. The vitality, however, obtainable in flight, through abundant air and perfect exercise, would amply compensate for this demand. By appropriating more elements from the air, and decreasing the use of heavy foods, a light body, favorable for flight, will readily be constructed.

This metamorphosis has a direct bearing upon the attainment of perpetual life, for only the man who rejects the idea of maturity and determines to grow endlessly will survive. To avoid maturity is to escape the form of death which destroys the entire body. The man determined to evolve wings is immature and youthful while this ideal is being realized, even though it should take centuries. Before this ideal is realized he can project another, and thus forever prevent maturity and old age. The result of delaying maturity is illustrated by experiments with the wonderful but recently discovered element called radium.

"The most startling experiment performed thus far at the Pasteur Institute is one undertaken by M. Danysz, February 3, 1903, when he placed three or four dozen little worms

that live in flour, the larvæ *Ephestia kuebniella*, in a glass flask where they were exposed for a few hours to the rays of radium. He placed a like number of larvæ in a control flask, where there was no radium, and he left enough flour in each flask for the larvæ to live upon. After several weeks it was found that most of the larvæ in the radium flask had been killed, but that a few of them had escaped the destructive action of the rays by crawling away to distant corners of the flask, where they were still living. But *they were living as larvæ, not as moths*, whereas in the natural course they should have become moths long before, as was seen by the control flask, where the larvæ had all changed into moths, and these had hatched their eggs into other larvæ and these had produced other moths. All of which made it clear that the radium rays had arrested the development of these little worms.

More weeks passed and still three or four of the larvæ lived, and four full months after the original exposure I saw a larva alive and wriggling while its contemporary larvæ in the other jar had long since passed away as aged moths, leaving generations of moths' eggs and larvæ to witness this miracle, for here was a larva, venerable among his kind, a patriarch *Ephestia kuebniella*, that had actually lived through *three times the span of life accorded to his fellows* and that still showed no sign of changing into a moth. It was very much as if a young man of twenty-one should keep the appearance of twenty-one for two hundred and fifty years!"

Maturity and old age, however, can be prevented without the arrest of organic development. The man who continually evolves, instead of growing old, will live eternally in health and youth. The fact that the body is incessantly changing demonstrates that old age is not caused by the passing of years, but by a lack of proper adjustment.

When man reaches maturity, nature commences to bury him from the inside. Instead of eliminating from the body all the earthy matter taken in food, a small quantity of calcareous and other substances gradually form a crust around the inside of the arteries, and the blood no longer flows freely. The disease popularly known as "old age" and in science as "arterio-capillary-fibrosis," thus makes its appearance. The face, neck and brow become wrinkled, the hair loses its color, and the limbs their elasticity. By using beverages which possess powerful solvent properties, and food which contains

a minimum of earthy substance, this process may be deferred and life prolonged. But in spite of what he eats and drinks, nature will eventually bury the man who consciously or subconsciously accepts the idea of maturity.

The body has a selective power which enables it to accept the necessary elements for its reconstruction, and reject deleterious substances. Nature protects the arteries from ossification while man is growing, by rejecting an excess of bone-forming material; but when he reaches the accepted limits of growth she accepts from the food elements for excessive ossification or internal burial. In this way the persistence of useless forms is prevented.

The ever-changing character of the body makes perpetual unfoldment possible, and subjective forces are continually rebuilding it. Man is a sculptor in flesh and blood. The mind can form the body according to its ideal, and unfold new mental and physical powers. Some changes may take ages, but others can be realized quickly.

Man's life should be like an everlasting stream, flowing and renewing. One considers the Niagara Falls as changeless, but the waters are ever-changing.

Man should be a human Niagara, freely expressing the magnificent powers of his being. The glory of the Falls is in its mighty giving, and in the myriad changes which are its very life. Niagara never grows old or wears out. So man's life must change, for this is the essence of perpetual youth and power.

Throw aside the mask of age! Express in a resurrected body, here on earth, the triumph of the Immortal Life. Incarnate the new thought in a new life. Forsake the traditions of the past that falsely preach the inevitability of disease, old age and the grave.

Demonstrate the glory of renewed youth, power and beauty.

What Is Life Culture?

Life Culture is the cultivation of that perfect degree of mental and physical health which one may appropriately term as wholeness. Many deficiencies are tolerated because they do not cause special pain or inconvenience. The life culturist

aims to make the entire being wholesome and beautiful. Unlike some reformers whose only thought is mental culture, or others whose specialty is physical culture, one should combine and harmonize these systems of development. The uniform and symmetrical culture of the entire life is absolutely essential to perpetual health and beauty.

Christian, Divine and Mental Science are doing grand work in teaching the power of mind over the body. Their usefulness is often limited, however, by criticism of other departments of health culture. Mind exercises a wonderful influence over the body. As a factor in the attainment and preservation of health, thought power should never be overlooked. Thousands owe their health to the practice of new thought principles.

It is not true, however, that a positive mental attitude, and use of will power, may be permanently substituted for wise attention to hygiene. Neglect of any department of life culture must eventually produce suffering. It is claimed by some that it is a mistake to give undue attention to the body. This is true, but unless some wise care is given, pain and disease force the bodily functions into unwelcome prominence.

"Take no thought for what ye shall eat and drink" is often quoted by those who oppose reform diet. On the strength of this misapplied text, they eat excessively of food, spoiled by artificial preparation which has certainly occupied the strenuous thought and attention of someone. One could better follow the scriptural injunction by eating natural food, as this requires less thought to prepare. "Eat that which is set before you" is also widely quoted in favor of eating any dietetic monstrosity that happens to be on the table. One may pertinently suggest that it would be far wiser to eat such food as nature sets before us.

A sensible choice of proper food and exercise does not constitute a denial of the power of thought, but, on the other hand, wisely utilizes it. There should be no conflict between the advocate of new thought and the student of hygiene. The one is incomplete without the other.

In Life Culture, one employs every available opportunity for the increase of energy. Correct breathing, nutrition, concentration, body culture and sexual science are all departments of this all-round development.

An especially interesting branch of life culture is the more perfect renewal of life, resulting in the perpetuation of youth and beauty. Through the practice of the principles of sexual science, mental science and hygiene, eternal life and health are attainable.

With permanent health and power, what ideal is impossible of attainment? Life Culture is, therefore, not only the cultivation of life in unlimited quantity, but also in ever-increasing quality.

Protected From Fire **A Psychic Demonstration**

Immunity from accidents is one of the essentials of perpetual life. Man possesses a latent power which may be so developed as to afford absolute security. This is the power of intuition.

During a lecture trip last winter, the editor and his wife had an experience which aptly illustrates this principle. We arrived in Kansas City one very cold morning, the temperature being 18 degrees below zero, and went to see an apartment that was advertised in the morning paper. The rooms were in a large flat building, and to all external appearance seemed suitable.

Mrs. Gaze, however, felt a strong premonition of danger. In fact the feeling was so unbearable in the room that a hasty exit was made from the place. At the extreme end of the building, another apartment was found, and this was chosen.

About a week later, we were awakened just before dawn by the cry of fire, and found the room lit up by the lurid glare of the flames. The building was on fire! There was time for us to hurriedly dress and reach terra firma before the flames reached the staircase. In the particular flat, however, in which the rejected rooms were located, the occupants were not so fortunate. Several were fatally burned, and many others seriously injured. If it had not been for the intuitive promptings which led to the rejection of the rooms first visited, the editor and his wife would have been in the very apartments which proved so fatal. Few, however, would heed such impressions, believing it to be purely imaginary. To be safe from accidents, one needs to use reason and com-

mon sense, but it is sometimes necessary to supplement this with the uncommon sense of intuition. For many years, the writer has claimed that accidents, like disease, may be avoided by right thought and life.

In the Iroquois Theatre disaster in Chicago, there were a large number of people who were saved by impressions. Some of these avoided the theatre on that occasion, and others left before the accident took place.

There is nothing supernatural about these psychic impressions. They arise from an inherent power in the subconscious life of each individual. One weakens this power by attributing it to outside forces, such as spirits. These facts should lead all students of life culture to cultivate intuition and the finer forces of life.

Natural Life

Every home should be arranged so as to make sun bathing possible. Every sunny day, the sun should be allowed to shine on the entire body for a certain time. This practice improves health and increases the energy enormously.

If the windows of a house are suitably arranged, this will be possible in one's own room. Wherever possible, a special room should be constructed for this purpose. A secluded sun garden would be still better, where one might enjoy sun and air baths to perfection. A veritable Garden of Eden might be made, where life could be enjoyed in nature's own attire. A plot of ground, surrounded by a high fence would afford the conditions. This might be a simple garden, an orchard, or a park according to individual desires and circumstances.

In some cases, perhaps one could only spend a few moments each warm, sunny day. On the other hand, some may find it convenient to cultivate the enclosed garden or orchard and live on the natural products, spending as much time as possible in this natural way. One would be free from all artificial restrictions, and the nude body could be freely exposed to air and sunshine.

Strange to say, it is considered entirely moral to wear clothing that weakens, distorts or even kills, but it is thought immoral to be seen allowing the pure air and sunshine to

have free access to the body. Until the world receives more enlightenment, the sun parlor or secluded sun garden will be a necessity for the true adherent of the natural life.

Lighter and less restrictive clothing can be worn. An occasional sun bath may be enjoyed. Life may be lived, even now, in a more natural and wholesome manner, and a higher degree of mental and physical renewal result.

Dietetic Suggestions

The plan of eating only two meals a day is one to be commended. Hundreds of people gladly testify to improved health by adopting this plan. The eating of three or more meals a day is simply a habit. Two moderate meals are ample to nourish the body. An excess of food is one of the most common causes of sickness.

Do not eat when the stomach is unprepared to receive food. The appetite, not the clock, points to the true meal time. Do not fear to wait for a healthy appetite, and while you wait, work for it by wholesome exercise and deep breathing.

Moderation and mastication are two very important essentials of perfect digestion. Simple as these essentials are, they are usually disregarded by the majority of people. The person who substitutes a swallow of hot coffee, ice cold water or of any beverage for perfect mastication is rapidly paving the way for weakened digestion.

Avoid drinking with the meals. This would dilute the gastric juices. Unless one is living almost exclusively on fruitarian diet, the drinking of about half a gallon of distilled water each day is recommended.

The fruitarian diet, consisting of uncooked fruits and nuts, is best for bodily renewal. Fruit supplies pure water of nature's own distillation, and contains but a minimum of lime and earthy substance. Do not suddenly change from present diet, but eat more of fruit, and less of other food. Give the system time to adjust itself to new conditions. Gradually increase the amount of uncooked food, as this imparts more vitality than cooked food. Never eat when in a great hurry or when disturbed in mind. An optimistic and harmonious frame of mind is an indispensable feature of good digestion.

To Our Readers

"Life Culture" has taken a long vacation. During the past year, lecture tours and classes have taken so much of the editor's time, that regular publication has been impossible. Now, arrangements have been made so that in the event of lecture trips, regular publication will be continued. The editor is confident of the cordial co-operation of each reader. The large number of inquiries coming from all parts of the world indicates the demand for this magazine, and success is assured. Meanwhile, every reader can assist materially. Send in a year's subscription at once. If you do not possess a copy of the twenty lessons in book form, entitled "How to Live Forever," send for a copy now. As a special inducement, the book and magazine for one year will be sent for \$2.00. This applies to renewals as well as new subscriptions. A combination of the book and magazine is a most excellent way of studying the new science of life. The book is receiving enthusiastic praise from leading reform magazines in the United States and Great Britain. This course formerly sold for \$5.00, and at its present price should be secured by every student.

The Fourth Annual New Thought Convention

This Convention will be under the direction of The New Thought Federation, and will be held in St. Louis on October 25th-28th, 1904, during the Louisiana Purchase Exposition. October 28th is designated officially as "New Thought Day." The Convention will be international in scope and character, merging the work inaugurated by the International Metaphysical League, and continued by the Chicago New Thought Federation

The detail work at St. Louis is under the direction of John D. Perrin, Assistant Secretary of the Federation, who will be assisted by Committees now being appointed. Announcements of Convention matters will be issued from time to time as the work progresses.

EUGENE DELMAR, Secretary.

P. O. Box 20, M. S., New York City, N. Y.

"Learned Professor Freely Explains How Perpetual Life May be Enjoyed"

From "The Santa Barbara Independent."

"Professor Harry Gaze presents the theory that it is possible for one to live forever under certain conditions which he declares he can fully and satisfactorily explain to any person of intelligence and a willingness to understand. Professor Gaze is a native of England, and, although a comparatively young man, has acquired a wide reputation as an exponent of advanced thought concerning mental and physical development. He is quite serious in supporting the declaration that it is quite possible for a human being to live for an indefinite period and during his course of lectures in this city he has patiently and freely answered innumerable questions put to him by the incredulous.

Professor Gaze contends that the entire human body undergoes a process of complete renewal every eleven months and that there is no natural cause which would prevent a continuance of this renewal if proper laws are observed in the care of the body. He eschews meat of any kind, declares for abstinence as to the use of liquor and tobacco, advocates deep breathing, cleanliness of body, proper physical exercise, a clear conscience and an unflagging optimistic frame of mind. He can talk by the hour on other phases of his teachings and the fact that one never grows tired in listening to him suggests the thought that the elements of everlasting youth are being imparted "while you wait."

Professor Gaze is an author of distinction as well as a lecturer, having published several volumes on the subject of his life's work and being a contributor to many of the most prominent health magazines in this country and in Europe."

HOW TO LIVE FOREVER

THE SCIENCE AND PRACTICE.

By HARRY GAZE.

This work shows exactly how to perpetuate life in physical embodiment. By co-operation with known laws of change and growth, man may have eternal health and immortal youth. Old age is a disease that may be prevented and cured.

Harry Gaze is thoroughly scientific, and founds his theories on the latest biological discoveries. Through knowledge he gives *life more abundantly*. This is scientific optimism.

W. R. C. Latson, M. D., Editor of "Health Culture", says:—"The author of this ingenious and suggestive book advances the somewhat startling claim that somatic death—that is, the death of the body as a whole—is due to causes which may be averted; and that, by proper means, one may so control the bodily functions as to retain the body indefinitely. I do not hesitate to say that while Mr. Gaze's conception of the possibility of physical immortality is unique, there is nothing in the accepted facts of physiological science by which his position can be refuted. I can heartily recommend Mr. Gaze's book."

Edward E. Purinton, Editor "Naturopath":—"You combine instruction and inspiration in a way in which few thinkers encompass. I am familiar with most of the New Thought theories, but I believe this book surpasses them all."

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