

Physical
and
Mental
Rejuvenation

Super Science, Inc

Price \$5.00

[**Hyde, Emily Mary**]

Physical and mental rejuvenation. [Milwaukee] Super science, inc. [°1926]

xvii p., 1 l., 72 p., 1 l., 73-136 p. front. (port.) 22^{cm}.

Foreword signed: **Emily M. Hyde**, author.

In 2 parts each having special t.-p.: Super science preparatory health and metaphysical course.

© July 17, 1926; 2c. and aff. Aug. 2; A 901522; E. M. Hyde, Milwaukee.
(26-15298)



Emily M. Hyde

Preceptress

Contents

BOOK ONE

Lesson One

	PAGE
THE SUN AND AIR	1
Man Must Obey The Basic Laws.....	1
The Therapeutic Value of Sunshine.....	2
The "Actinic" or Healing Ray of The Sun.....	3
The Sun and Air Bath.....	4
WATER	5
The Bath	5
The "Sitzbath"	6
The Importance of Drinking Water.....	7
How to Charge or Prana-ize The Water.....	8
EXERCISE	10
Adjustment of "Nature".....	11
SLEEP, THE FOUNTAIN OF YOUTH	12
Sound Sleepers Accumulate Energy.....	12
Dreams and Their Significance.....	12
Right Mental Attitude Is Necessary for Constructive Sleep	13
Learn to Acquire Knowledge during Sleep.....	13

Lesson Two

BASIC FACTS ABOUT FOODS	15
The Mineral Elements of The Body.....	15
Ignorance of The Law Is a Crime.....	16
Cooks Must Study The Scientific Food Laws.....	17

IV

CONTENTS

	PAGE
Science Must Teach Man How to Keep Well.....	18
Food Faddist Go to Extremes.....	19
Vitamines versus Calories.....	19
Devitalized Foods	20
Carbon Foods	21
A Corrective Diet Will Remove Carbon Deposits.....	22
Meat—Proteins	23
Coffee	25
Black Tea and Cocoa.....	25
Milk	26
Fermented Milk	27
The Acid Meal.....	28
Violent Chemical Reaction in The Stomach.....	29

Lesson Three

PROCESSED FOODS	31
White Flour	31
Polished Rice	32
Whole Wheat Bread versus White Bread.....	32
Too Many Women Neglect The Food Problem.....	33
Refined Sugar	33
Sweets for Children.....	34
Illness of Child Due to Ignorance of Parents.....	35
Breakfast Foods	36
THE HEART	36
Heart Failure	36
The Heart A Vital Center.....	37
ELIMINATION	38
The Colon, The Sewer of The Body.....	38
The Internal Bath.....	39

CONTENTS

V

	PAGE
THE FLAXSEED CURE.....	40
Flaxseed Method of Cleansing Colon.....	40

Lesson Four

DESTRUCTIVE HABITS	42
Shallow Breathing	42
Fountain Drinks versus Water.....	42
Overeating	43
Indolence	44
Lack of Sunshine and Air.....	44
Fear and Worry	45
Black Magic	46
Vaccination	48
If You Are Fooled it Is Your Own Fault.....	50

Lesson Five

THE SPINE	52
All Animals Stretch.....	52
The Spinal Cord.....	53
The Medulla Oblongata	53
Nerve Impingement	54
The Control of The Vital Force.....	54
The Preparatory Course Teaches The Student to Generate The Vital Force.....	55
CORRECT POSTURE	56
Learn to Stand on Your Toes.....	56
The Jar of Wooden Heels.....	56
How to Stand on The "Plumb Line".....	57

	PAGE
Test Yourself	57
The Stretching Method.....	59
Correct Sitting Posture.....	59
Learn to Sow The Seeds of Health.....	60
How to Walk for Health.....	61
How to Lie in Sleep.....	61
SPORTS	62
Benefits Derived from Play Exercise.....	62
The Danger of Overtraining.....	63

Lesson Six

CORRECTIVE EXERCISES FOR THE BODY.....	65
The Upper Spine.....	65
Methods for Vibrating the Upper Spine.....	65
To Stretch The Muscles of The Abdomen.....	66
Abdominal Method No. 2.....	66
To Stretch The Muscles of The Back.....	67
To Flex Spine and Stimulate Elimination.....	67
For The Liver and Spleen.....	67
For The Knees and The Circulation in The Lower Extremities	67
Stretching Method for Constipation.....	68
Arm Exercise No. 1.....	68
Arm Exercise No. 2.....	69
Hip and Leg Exercise.....	70
To Rotate at Waistline.....	70
Walking on All Fours.....	71
Method for General Stimulation.....	72

CONTENTS

VII

BOOK TWO

Lesson One

	PAGE
THE CEREBRO-SPINAL NERVOUS SYSTEM.....	73
Body, Mind and Soul.....	74
Mental and Spiritual Training of The Child Must be Scientific	75
THE SYMPATHETIC NERVOUS SYSTEM.....	76
Symptoms	76
The Physician with The "Sixth Sense".....	77
The "Sympathy" of The Internal Organs.....	78
The Solar Plexus and Diagnosis.....	78
THE SOLAR PLEXUS.....	79
The "Sun Center" in The Body.....	80
Destructive Vibrations	81
Instinct and Intuition.....	81

Lesson Two

THE DUCTLESS GLANDS OR ENDOCRINES.....	83
The Endocrines a Vitalizing Element.....	83
The Findings of Physical Science.....	83
The Main Ductless Glands.....	84
The Pineal Body.....	84
The Pituitary Body.....	84
The Thyroid Gland.....	85
The Adrenals	86
The Gonads or Sex Glands.....	87
The Thymus Gland.....	87

VIII

CONTENTS

	PAGE
The Spleen	88
Gland Transplantation	89
The Primitive Urge.....	89
Christ Consciousness	90
IMPORTANT GLANDS WITH DUCTS.....	90
The Salivary Glands.....	90
The Pancreas	91
The Lymphatic Glands.....	91
The Liver	92
The Kidneys.....	93

Lesson Three

The Subconscious Mind.....	95
THE SCIENCE OF BREATHING.....	96
The Exoteric Phase of Breathing.....	96
Nostril Breathing versus Mouth Breathing.....	98
Mouth Breathers	99
Method for Overcoming Mouth Breathing.....	100
The Sneeze	101

Lesson Four

THE COMPLETE BREATH.....	102
Abdominal Breathing	102
Intercostal Breathing	102
Clavicle Breathing	102
Inhalation	103
Exhalation	104
The Diaphragm	104
The Laughing Breath.....	105

CONTENTS

IX

	PAGE
The Contracting Breath.....	105
The Panting Breath.....	107
How to Extract All of The Oxygen from The Air You Breathe	107
The Lung Purifying Breath.....	108
For Sagging Internal Organs and General Tonic....	109

Lesson Five

THE SCIENCE OF BREATHING.....	110
The Esoteric Phase.....	110
The Rhythmic Breath.....	112
Breathing Thru The Skin.....	113
Method for Stimulating The Nervous System.....	114
To Relax The Nervous System.....	114
The Alternating Current.....	115
The Solar Plexus Breath.....	115
Insomnia Breath	116
To Stop Pain.....	116
To Recharge The Entire Body.....	116
The Will to Live.....	117
The Power Within.....	118

Lesson Six

WHAT IS DISEASE.....	119
Imagination	119
The Warning of Nature.....	120
The Drug Habit.....	120
The Power of Mind.....	121
The "Practice" of Medicine.....	121
The Constructive Physician.....	122

	PAGE
NATURE'S FOODS.....	122
The Basic Laws of Foods.....	122
The Chemical Classification of Foods.....	123
Alkaline Foods	123
Neutral Foods	123
Acid Foods	124
The Scientific Combination of Foods.....	124
Man Frugiverous by Nature.....	124
Fruits Are Stimulating Foods.....	125
Classification of Fruits.....	126
Acid Fruits	126
Sub-Acid Fruits	126
Sweet Fruits	126
Dehydrated Fruits	126
Sulphured Fruits	127
Nuts	127
Cereals	129
The Potato	129
Vegetables	130
Melons	130
The Diet of Health and Vitality.....	130
The Raw Food Diet.....	131
The "Grape Cure".....	132
The "Orange Cure".....	132
Some Acid Foods Are Alkaline Reacting.....	133
The "Apple Cure".....	133
The "Pear Cure".....	133
Feed The Children Nourishing Food.....	134
THE RHYTHM OF MUSIC AND COLORS.....	134
Harmonious Vibrations of Music.....	134
The Rhythm of Colors	135

Foreword

MEDICAL SCIENCE

In the field of scientific investigation much has been discovered that has been of great aid to humanity, such as the discovery of the X-Ray, Radium—the active energy of certain ores, and the Ultra-Violet Ray, the actinic ray of the sun, which is being used in various ways to heal those, whose blood is deficient in oxygen and organic salts, and who therefore were subject to many diseases and infirmities. On the other hand the serum treatments and the germ theory cannot be classed among the constructive aids for the overcoming of humanity's ills, for to inject a **virile poison like virus** into your body is a **crime**, and nothing short of that. This injected poison is taken up by the system, carried by the blood to all tissues, and if you have a weak spot anywhere, the poison attacks these cells and you have a diseased condition there which will manifest later, perhaps in six months, perhaps within a year, but manifest it will. Of course, no physician will trace this to the poison injected into your system, and so your death certificate may read diphtheria, tuberculosis, cancer, etc.

THE DOCTOR'S "MISTAKES"

When a mental healer loses a patient—and he usually gets them after they have tried everything else, for **man's extremity is God's opportunity**—a great hue and cry is set up; the authorities investigate the matter, and the poor man or woman

who has allowed an individual to slip into the grave, **whom no Doctor could save**, is hounded to death, threatened with punishment, etc. The public is no wiser, for the **many mistakes the Doctor makes are buried** and the blanket of forgetfulness laid over him, for did he not pass out the "legitimate way" and wasn't he sent out by the man who has authority over life and death; if the verdict is "to die" then death it must be.

It is strange how long it takes some people to find out the Truth. Again we must look to the **visionary** ones to pave the way and to guide us out of the maize of ignorance and darkness into which we have drifted.

THE GERM THEORY

The germ theory? Well, it's just like this: A germ does not **create** disease, but settles and colonizes where disease already exists. It merely picks out a nice, suitable place to propogate its own kind and because it **cannot thrive in healthy tissue**, it travels thru the blood stream, much like an individual would travel down the Hudson to pick out a nice, suitable place to locate, where conditions are just right. If you are sound as a dollar, your digestion and elimination perfect, your blood carrying plenty of oxygen and organic salts, your nervous system supplied with its normal amount of **VITAL FORCE**, and in consequence your body in perfect balance and rhythm, there is no place where conditions are "just right," and so the poor germs have to travel on and on until the police and soldier cells of the blood eat or exterminate the intruders.

Can't you see that, if it were not for the germ and serum theory, many physicians would be forced out of the profession?

Why? Because it is so easy to lay all the blame on a poor, defenseless germ, and then to give as an antidote the particular serum treatment, prescribed by law, **yes sir, by law**. Then thousands of healthy children are vaccinated, when it is decided by those in authority that the children must be protected against small pox, the flu and what not.

MEDICAL LAWS

Now, do you know why the laws of a free people can impose such a penalty upon them? I will tell you. Thruout the ages the laws governing thousands were made by a few who craved **POWER** and until the people awaken to this fact and until they develop their own **Reasoning Powers** and **learn to judge for themselves**, they are going to be subjected to such treatment, and little by little, freedom of speech and religion, and political liberty will be wrested from them, until they are **absolute mental slaves** (if not actual physical ones).

Anyone attempting to control my body, the house my **SOUL** lives, in, and thru which instrument it expresses on this earth, is attempting to coerce my **SPIRIT** which is of God and therefore free, and above all material authority. We must have laws, of course, but **learn to use your mind, to think and reason for yourselves** so that you can judge the good and the bad, so that you can distinguish Truth from Error, and then use your God-Given Heritage—the will and the right to choose—and **do something about it**. **Change the laws that are aimed at the very foundation of individual independence**, and make laws that are wise and just—protect the state, but allow the individual to unfold as his Creator meant him to.

A sufferer for years and never having been well until I began to make use of the BASIC LAWS of the Universe, I feel called upon to send a cry of warning across the continent, for slowly but surely the "Medical Spider" is passing "Laws of Coercion" until the human fly will flutter helplessly in the net, they are so surely weaving for him.

RELIGION AND MEDICINE DO NOT AGREE

Now, I want to add that I claim as friends many physicians **who have dropped medicine entirely** and are treating their patients with natural methods, all of whom have vision enough to see the **sign of the times** and the futility and danger of drugs, serums and the like. Likewise there are many others who were drawn into the medical profession, prompted by a desire to aid humanity, and they are the ones who look ahead, who will not leave a stone unturned to find the method that will heal humanity's sufferings. These men and women, sacrificing everything in order to aid humanity are inspirational, and let me tell you right here that only the **inspirational physician** can give constructive help because he **knows**, while the others "guess," and bury their mistakes. A law should be presented and passed, allowing only those, **who have contacted this Inner Power**, to practice.

We are often very religious and very particular whom we associate with, and yet allow a physician to treat us, who may be an infidel. How many have thot of that? My father, who was an Orthodox Lutheran minister used to say, "If God does not give the medicine power to heal, the potion will fail," and I used to wonder, as small as I was, why then wouldn't it be

better to go to God directly? Somehow I cannot help feeling that the church and the medical profession are at direct variance and never can be reconciled.

DISEASE MUST BE ATTACKED FROM A POSITIVE STANDPOINT

Right here I want to state that the question of foods is one of the utmost importance, and a topic that cannot be overestimated. Medical Science boasts that it has within the last twenty-five years, prolonged man's life by ten years. Something to be proud of, do you think? The truth of the matter is that more people are dying today while still in the prime of life and more hospitals are being built to take care of the sick than ever before because medicine cannot "cure." Instead of seeking to "cure," Science must aim to prevent disease.

Why not teach man **how to live—how to eat**; in short, teach him to obey the **BASIC LAWS OF NATURE** by building up his health upon a **Constructive Plan** so that he will live out his allotted span of years **in a normal state of health**—only going on to the next Plane of Consciousness, when his time has come and when he is ready and willing to go, not as men go today, snatched away in the prime of life by **disease**. This is as much a violent death, as a death by accident, only more pathetic, for accidents are sometimes unavoidable, but a death caused by **neglecting to provide the body with the proper nourishment is a crime**, and a blot upon the history of civilized mankind.

FOOD

The subject of food is one that has been widely discussed; yet it is strange what a diversity of opinion exists in regard to food values, and the balanced diet.

Some people live on fruit exclusively. These are called fruitarians. As long ago as 1904, the Government Agricultural Department put out a pamphlet which gives the findings of an investigation of the diet of fruitarians, who subsisted on fresh fruit and nuts. In each instance, it was stated that these people seemed healthy and happy.

Those who live on a strictly vegetarian diet are also non-meat eaters, but eat raw, and cooked vegetables, as well. Then we find those who live on a raw food diet, including fresh fruits, nuts and vegetables.

When we know how to eat so that the fourteen mineral elements will be present in the blood in their proper balance, **uric acid in the blood**, the real cause of disease, no matter what its name, will be a thing of the past. In like manner will the "filth" be eliminated from the body, when you cease to eat flesh foods, confining yourself to a diet of Nature's foods, eating at least **fifty per cent of them unfired**.

In the following pages I have endeavored to point out **constructive methods for right living**, taking into consideration all of the elements that influence **man's development**, viz: The therapeutic value of sun, air, water, sleep, exercise, and the energy producing and tissue building foods. To this I have added methods for physical exercises, the correct breathing method or **THE COMPLETE BREATH** and the **ESOTERIC**

PHASE OF BREATHING which teaches the development of the **VITAL FORCE** in the body.

Any one, no matter what his condition, who will faithfully and conscientiously practice these methods and obey the laws herein set forth, will be rewarded by increased vigor of mind and body and relief from the many discordant conditions that now control him.

It is with the earnest desire to aid those, who have been **slaves to medicine**, to a new understanding of **their own inherent powers**, and the **DIVINE POWER WITHIN**, that this **SUPER SCIENCE PREPARATORY COURSE** is dedicated.

EMILY M. HYDE, Author.

Super Science Preparatory Health and Metaphysical Course

BOOK ONE

THE THERAPEUTIC VALUE OF THE
SUN, AIR, WATER, EXERCISE, SLEEP,
AND THE ENERGY-PRODUCING AND
TISSUE-BUILDING FOODS

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LESSON ONE

The Sun and Air**MAN MUST OBEY THE BASIC LAWS**

Primitive or savage man and animals in their natural state are rarely ill; accident or combat rather than the diseases with which civilization is afflicted deplete their ranks, tho, barring these, they usually live out their span of life and die of "old age." On the other hand, it has been proven that domesticated animals, as well as the native Indians and Eskimos, who no longer live their primitive life, succumb to the same maladies that gather such a heavy toll of lives among the people of civilized nations of today, particularly in our United States. This should be food for thot! Investigations have proven that man today is ill because of his unnatural modes of living.

If boys and girls, men and women, were subjected to the same laws governing the raising, the propagating and the developing of plants, with specific attention paid, of course, to the animal organism and the application of the scientific laws thereto, we should be rearing a hardy race because of the natural health conditions, instead of the race of sickly, negative, dependent creatures we are now evolving. After all, man is a plant, planted here in the original Garden of Eden by an All-wise Creator, who has placed at the command of his creation the **Laws of the Universe**. Were this universally recognized, sickness, sin and premature death would automatically disappear.

THE THERAPEUTIC VALUE OF SUNSHINE

To begin with, there is the sun, **the source of vital and magnetic energy** in the material Universe. Were it not for the sun—should it cease to shine, the vegetation upon the surface of the globe would be first to droop and die; not much longer would the animal kingdom flourish, for the sun is the material source of the life-giving energy which pervades the Universe. Every child knows this, and yet why is it that we do not apply this wonderful principle to the development of stronger and better human beings?

Nothing is freer than sunshine and air, but unfortunately, we find only the wealthier class able to enjoy both, for working men and women, who are compelled to remain indoors while the invigorating rays of the sun beat down upon the earth's surface, are in a great measure, deprived of this God-given **Healing Principle**. I have often thought that no one can pay a miner, who works in the depths of the earth during the day, when the sun is shining above, adequately for his services. It is like placing a plant in the cellar after it has budded and is in full bloom. Everyone knows what happens if the plant is not brought forth again and subjected to the rays of the sun and fresh air; it will turn yellow; it will sicken and die, proving conclusively that the very essence of life depends upon the **UNIVERSAL LIFE FORCE** which the vegetable and animal kingdom extracts from the sun and air.

Because of the heavy and dark clothing civilized man and woman wears, thereby excluding the **actinic or healing rays of the sun**, the pores of the skin are not able to "breathe in" the oxygen and vital force or to "breathe out" the poisons in the

system, and man becomes physically and mentally depleted. Add to this improper nourishment because of the eating of processed foods, foods that have been robbed of their vitamins, and we have men and women old at thirty-five, whereas with a proper understanding of the laws governing mind, body and soul, they should feel and look young at seventy.

THE "ACTINIC" OR HEALING RAYS OF THE SUN

Physical science has long recognized that the lack of sunshine, particularly, is the cause of much of this depletion, and a quartz lamp has been invented known as the Kroh-mayer lamp, by means of which treatments are given to those who can afford them. This lamp makes use of the Ultra-Violet Ray, which is the actinic ray of the sun, to cure disease, particularly wasting diseases, like tuberculosis, anemia, cancer, and such run-down conditions where there is a deficiency of oxygen in the system and the corresponding lack of red corpuscles.

The sun and air bath cannot be recommended too strongly to those who feel ill or depleted, and are lacking in vitality. It matters not what the trouble is, the actinic rays of the sun will create a **chemical change** in the blood, and if only a small part of the body were exposed each day to the healing rays of the sun (not thru a glass, or window) out in the open, blood tests would show at the end of a surprisingly short time that the supply of oxygen and the red corpuscles had been increased to normalcy. If the blood stream, often called the "life stream," is in a normal condition, it automatically follows that the tissues will be nourished and revitalized.

THE SUN AND AIR BATH

My advice to those who really have the desire to get well, is that they take a tent and live out in the open, at least during the warm summer months; if it is impossible for you to do this, then erect a high board fence in your own back yard, or on the roof of your house, and take an air and sun bath each day, if only for a few moments at a time. This means of course, that no clothing is to be worn so that the air and the actinic rays of the sun can reach the body.

If, while out there you use the deep breathing method, and live on Nature's foods, preferably uncooked, it will be but a short time when you will begin to feel the **exhilarating** and **rejuvenating** effect of your experiment. In taking the **sun baths**, begin **gradually**, remaining in the open but a few minutes the first time, and increasing the time a few minutes each day until your skin has grown accustomed to the sun's rays. In this way you will avoid the irritation of sunburn and possible further injury, for nothing of constructive value has ever been accomplished by going to extremes. After this you will find that you can remain in the sun and air bath indefinitely, **literally breathing in the LIFE-GIVING PRINCIPLE** of the sun and air, not only thru your lungs, but also thru the millions of pores in your skin.

All skin and blood diseases yield readily to the sun treatment as well as neuritis, rheumatism and paralysis. In the foreign countries tuberculosis has been successfully treated for years with Nature's potent healing forces—**SUNSHINE AND FRESH AIR.**

Water

THE BATH

Few people realize the **therapeutic value of water**. We take a bath on Saturday, whether we need it or not, but if the therapeutic value of water were rightly understood, people would not wait to take an ablution on bath night only, but would take a tepid bath at any time when they felt nervous and tense—a cold bath when they lacked pep and vitality, or a hot bath to take fatigue, tiredness and pain out of the muscles. Too many are like the man, who having suddenly come into a vast inheritance, including a mansion, where each suite of rooms had its adjoining bath, and who, introducing his former friends to his newly acquired home, exclaimed with a feeling of awe, as he took them thru the beautiful rooms, "Ain't it a shame that you can only use these on Saturday night!"

A humorist, who as a judge came in contact with many who lacked a sense of the finer things of life, often quoted the following: "My friends, a bath is always good, for you it will not hurt. What very often seems despair, is most always dirt."

Right here I'd like to relate an incident of a physician known to me personally, who gave a woman patient a bath powder with instructions to use a tablespoonful of the powder in a daily bath of hot water and to report at his office as soon as the powder was exhausted. This she did, stating she felt "fine and dandy," and dwelling enthusiastically upon the merits of the bath powder, which the physician had impressed upon her possessed "magic powers" of stimulation. Invigorated and refreshed she paid her bill, happy in the thought that at least one physician had understood her case.

The truth of the matter was that the bath powder consisted of colored epsom salts, as all the woman needed was **water and a little soap.**

One of the chief reasons why people should take frequent sponge baths, at least, is to remove the poisonous excretions that have been eliminated thru the pores of the skin. If these **are not removed**, but allowed to remain, they clog or close the pores, causing the poisons again to enter the system, at the same time preventing the pores of the skin—which has rightly been called the **third lung** by physical science—from breathing in the **oxygen** and the VITAL FORCE which is so essential to the maintaining of life and energy.

We all know the story of the little child whose body had been covered with gold leaf in preparation for a Christmas festival, where he was to represent an angel. In a short time, the child became ill, and before the covering could be removed, he literally died of suffocation, proving conclusively that unless the millions of pores in the skin function according to Nature, man does not receive his full supply of **oxygen** and PRANA, or the VITAL FORCE.

THE "SITZBATH"

The "Sitzbath" too can accomplish wonders. The **hot sitzbath**, with water enough in the tub to reach to the waist, aids the circulation and relieves congestion in the abdomen and lower extremities. The **cold sitzbath**, taken with but a few inches of cold water in the tub (about 4 inches) increases the muscular action of the intestines and gives them "tone." This aids elimination, for too often the intestines have grown weak

and flabby because of the many cathartics used by the individual. While sitting in the bath dip your hands into the cold water and massage your body.

THE IMPORTANCE OF DRINKING WATER

Besides the external use of water, important stress should be laid upon the drinking of an adequate supply of fresh water daily. When one stops to consider that between seventy or eighty per cent of the body, or fully three-fourths is composed of water, one must realize that this supply must be kept at normalcy in order to maintain a state of health, for the water not only forms the base for the saliva, the gastric juices, the secretions of the glands, etc., but of the blood as well.

If you have an insufficient supply of blood, you can easily increase this by drinking more water. Eight to ten glasses a day, or about two and one-half quarts of water daily are necessary to supply the body with the normal amount of fluid, because of the fact that we daily eliminate more than three pints—viz: thru the poisonous vapors expelled by the lungs, thru the perspiration which comes from the pores of the skin, and thru the kidneys. If an individual is engaged in hard manual or physical labor whereby he perspires freely, he will have to drink more to replenish the fluids given off.

When I look at so many of the men and women that come to me for help, I cannot refrain from telling them what an old gentleman of eighty years, who looked less than fifty, once

told me. He said: "When people wonder at my young appearance at this advanced age, I tell them that some people remind me of dried or dehydrated apples, apples from which the water has been extracted, and that I feel like putting them to soak just as we do with dried apples in order to make them 'plump out.'"

Animals and people who live close to nature always drink a great deal of water, but civilized man has lost his **natural** thirst, and in its place we find a craving for fountain drinks. Bottled drinks, particularly, with few exceptions, are poisonous to the general system. Many fruit flavors so advertised are artificially flavored and colored, the majority of them being coal-tar products containing a deadly poison. The drinking of such concoctions is really a habit, which, if persisted in, will ruin any stomach. On the other hand, what is so refreshing, so exhilarating as a drink of sparkling spring water?

HOW TO "CHARGE" OR PRANA-IZE THE WATER

Have you ever thought why a glass of spring water, that bubbles up out of the ground, is so refreshing? The answer is simple. The water, coming direct from mother earth contains all of its vital elements, both oxygen and the VITAL FORCE, which Occultists call PRANA and which Occult students know how to extract from every glass of water they drink. Perhaps if we all had a spring in our back yard, we would be drinking our normal supply of water, civilized man, however, turns on the faucet when he wants a drink—which is seldom—for the water leaves a flat taste in the mouth and a sense of lack; something is missing. If you will take a glass of water and, holding another glass a foot or two below it, allow the water

to flow from one glass to another, reversing the positions of the glasses, and do this at least three times, you will find that the water as it sprays thru the air, has again taken on that sparkling taste. This is because the water, in its passage thru the air, has extracted the oxygen and the VITAL FORCE or PRANA out of the air, both elements being necessary to give to the water its life-giving properties.

If this method is persisted in, you will slowly, but surely again acquire a "natural thirst," which then will automatically "lead you to water," just as it does animals and savage men of today.

Remember that Nature's laws are inexorable; if you obey them you will reap the compensation of reward; if you disobey them, you suffer the consequences. The Law requires that you drink your normal amount of water each day, otherwise "Nature," or the natural forces operating in the body, in their daily manufacture of the saliva, gastric juices, blood and so on, failing to receive the required supply of water, draw upon the tissues and dry them out.

Exercise

Civilized man is daily **sinning against himself** by breaking the laws governing the body; one of these laws demanding that man, an active animal by nature, should exercise each member of his body daily. Primitive man was kept very active indeed in his search for food; in his fight against the elements; in his attempt to protect himself against the wild beasts; and in the daily tasks of his primitive existence, the burden of which was not lightened by the modern labor conditions of today. He was bound to keep fit, for every muscle, every nerve, every joint was moved back and forth, rotated, and stretched to full capacity.

That is perhaps one reason why we read in the traditions of the ancient races of a race of giants who inhabited this earth plane thousands of years ago.

This story appears and crops out persistently in the history of all nations, and we can understand that this well might have been the case, for are we not experiencing right in our own United States that many of the younger generation are even much smaller in size and stature than their forefathers were? This is simply in accord with a law of Nature, and we see its effect in both the animal and vegetable kingdom—Nature adapting the individual to his environment. In this case where muscle, strength or prowess is no longer needed in the average individual's daily routine, and where, thru seditary habits the body is not given enough exercise, the bony and muscular frame has shrunk into smaller proportions.

ADJUSTMENT OF "NATURE"

Just recently a specie of half-fish, half-lizard was discovered in Oxaulotis Lake, in the mountains near Virginia City, Montana. When the National Scientific Bureau experimented with these, it was found that after a year's sojourn on land, Nature absorbed the gills of the specimen as they were no longer needed. When the Oxaulotis was put back into the water, it would have drowned, had it been allowed to remain there, for Nature had, in the meantime, adapted it to the land, and because of the absorption of its gills, it could no longer breathe under water.

A palm that the writer saw in one of the northern cities, and which was in a hardy condition, withstanding the rigors of the northern climate, was found to have grown bark like a tree, the very texture of the leaves having changed to tougher more enduring fiber.

The sum and substance of this is that unless we take adequate **exercise**, unless we walk a great deal, use our hands and feet, rotate our shoulders, hips and knees, flex the spine back and forth, we are bound to grow stiff jointed, and stiffness above all things heralds "old age." Because of the unbalanced diet of the average individual, and mainly because he eats an excess of **carbon foods**, deposits accumulate in the tissues; by **taking** in the normal amount of air, sunshine, water, and the natural foods, the deposits or poisons are automatically cast off, if we do not lead a sedentary life, and exercise sufficiently in a natural way to eliminate these accumulations.

Sleep, the Mountain of Youth

SOUND SLEEPERS ACCUMULATE ENERGY

In discussing the various **natural laws** that enter into the gradual up-building—**nutrition** and **growth** of the human body—the “**sleep state**” must not be forgotten. Indeed **sleep**—sound, refreshing slumber—at regular periods, is in itself a **healing agency**, giving “Nature” an opportunity of rebuilding the wornout tissues.

During sleep your **Consciousness** is absent from your body; you are literally “unconscious” of the outer or objective world, neither seeing, hearing, feeling, tasting nor smelling with your physical senses. While in this state, the **SUBCONSCIOUS MIND** assumes control of the body, without interference from the **CONSCIOUS MIND**, performing, primarily, the pure animalistic functions of the body—the process of respiration—circulation—assimilation—nutrition—elimination and growth. If the individual is a sound sleeper, the process of rebuilding is not disturbed and such people usually arise in the morning refreshed and ready for the day’s work.

DREAMS AND THEIR SIGNIFICANCE

Most people who “dream,” whether they are conscious of having “dreamed” or not, feel the after effects of such an experience on the day following. Frequently they feel depressed, languid or “blue,” a general feeling of having gotten out of bed “with the wrong foot” is manifested. Psycho-Analysts have long since recognized that such a “dream experience” can pro-

duce a **shock to the nervous system** that will react upon mind and body of the "dreamer" as surely as if it had been a reality.

Indeed the after-effects are sometimes far reaching for the simple reason that in most instances the individual does not remember his "dream experience;" is not consciously aware of it. This means that this "shock" is registered in the SUB-CONSCIOUS MIND, from whence the negative or low vibrations react upon the **Physical Consciousness** the next day.

RIGHT MENTAL ATTITUDE IS NECESSARY FOR CONSTRUCTIVE SLEEP

Now instead of giving yourself over to sleep without a thought of your subconscious vagaries, you should reflect upon this upon retiring and determine to create **constructively** instead of "destructively" while asleep.

Earnest prayer will help to put you in the right frame of mind; **POSITIVE CONCENTRATION**, such as **SUPER SCIENCE** teaches its students, will create the right mental attitude and change your depressing "dream" experiences to happy ones, which in turn have an **exhilarating** effect upon mind and body.

LEARN TO ACQUIRE KNOWLEDGE DURING SLEEP

Not long ago an experiment was made at one of the Government Naval Radio Stations with certain students during the **sleep state**. These, the "slow" students in the class, were taught by radio while they slept. The next day the success of such teaching was demonstrated by their increased speed in taking messages.

The above experiment proves beyond a doubt that every individual can improve his sleeping hours when he has learned to direct his CONSCIOUSNESS into constructive channels during sleep; this automatically prevents "destructive" influences from entering his CONSCIOUSNESS during that time.

SUPER SCIENCE has such a method and many of its students are gaining knowledge both on the ASTRAL and COSMIC PLANE OF CONSCIOUSNESS in this manner.

LESSON TWO

Basic Facts About Foods**THE MINERAL ELEMENTS OF THE BODY**

Nature's foods are **energy producers** and **tissue builders** if eaten in their natural state or as Nature produces them. Fresh fruits and vegetables supply the **mineral** or **organic salts** which play such an important part in **nutrition**, supplying the cells with vitality and the power to resist the inroads or attacks of disease; **vitamines**, or the elements of life, influencing life and growth, are only active when all the body-building elements are present in the blood, their chemical composition however is not yet fully understood.

The mineral constituents of the body are potassium, sodium, magnesium, calcium, iron, phosphorus, silicon, sulphur, chlorine, fluorine, and small quantities of iodine, arsenic, aluminum and manganese.

The above mineral elements are of vital importance in order that the body will be able to perform all of the **physiological functions**, such as digestion and assimilation, secretion of the glands and elimination of the poisons from the blood-stream and the waste matter from the system. Therefore, in order to keep the body in a state of health and **immune to disease**, the blood must contain these elements in balanced proportion, for, thru the medium of the blood, they are conveyed to all parts of the body, their particular function being to **nourish** and **re-build the tissues**, besides generating **heat**, **magnetism** and **electricity**.

IGNORANCE OF THE LAW IS A CRIME

As the human machine depends chiefly upon **foods** for the renewal of the tissues in the cell walls, the knowledge of **food values and their combinations** in order that a maximum amount of **vitamines** and **mineral salts** may be assimilated is of the utmost importance. Unfortunately, civilized man no longer experiences a natural hunger, but caters to a **craving**, or **false appetite**, this appetite leading him to choose highly seasoned foods and condiments to satisfy that craving, with a total disregard of the therapeutic value of the foods eaten so that few people today, unless they have made a study of this subject, get enough nourishment out of their meals to keep a bird alive. In fact, were we to feed animals on such rations as most people enjoy (?) daily, they would never live out their allotted span of life.

The human machine, the most perfect **self-renewing machine** in existence, is built upon such sturdy lines, its functions are so wonderfully correlated, each detail having been planned and moulded after the pattern of perfection by an all-wise Creator, that it is very hard to "kill" or destroy. If individuals could realize the amount of power that we, as children of God possess, both **physically, mentally** and **spiritually**, they would soon lose that feeling of fear, which paralyzes their bodies and minds, knowing full well that the God-given "Power Within" was strong enough to counteract any so-called "attack" of disease, or otherwise discordant influence.

Man is continuously limiting himself, much of his troubles arising from that complex, this being based upon his ignorance of the **BASIC LAWS OF THE UNIVERSE**. If he wants to

overcome the fears that beset him, if he is honest in his desire to overcome his limitations, a way will be found for him to contact these laws, and the purpose of this book is to help those, who are sincerely seeking the truth about themselves, to climb out of the rut of fear and despondency in which they find themselves today and gain the Path of Light and Understanding.

When constructive knowledge, such as is contained in this book can be obtained, "Ignorance of the law" is not only not an excuse, but is a **crime**," and the man or woman who goes thru life blindfolded to the wonderful possibilities "within" must pay the penalty of such ignorance.

COOKS MUST STUDY THE SCIENTIFIC FOOD LAWS

To begin with, man's lack of knowledge of the **Basic Law of Foods** leads him to put into his stomach combinations which often react disastrously because of the **chemical reaction** which takes place in the human laboratory. Frequently the individual eats what is set before him in a restaurant, a meal that is prepared by a cook who has no knowledge of the classification of foods and of their chemical reaction in the stomach and therefore wholly incompetent to serve in that capacity.

Again we find women, who consider themselves good housekeepers, preparing a meal for their husband and family, who, like the cooks in the restaurants, have never given the **scientific preparation** of a meal a thot. Is it a wonder that the people of today, particularly those of the United States, are suffering from indigestion and general internal disorders?

When we demand that cooks, whether in public eating houses or private homes must have studied the fundamentals of **food chemistry**, of **food combinations**, and of the **chemical reaction of foods in the stomach**, including the **curative value of raw foods**, and the **scientific manner of cooking the green vegetables**, we will have taken an important step toward the **preservation of human life**.

SCIENCE MUST TEACH MAN HOW TO KEEP WELL

Medical Science, thru the various Research Laboratories, is endeavoring to discover ways and means of combating disease, taking the negative route to prolong life, when the positive or **constructive way** is to educate humanity **how to eat** and **how to so live** that the balance and the harmony of the body may be automatically maintained; or in other words, teach mankind **how to remain well**. This method of procedure, of course, would curtail the income of the physicians considerably; yet every constructive physician, one who is honest in his desire to aid humanity, must agree with me that that is the only way in which we can prolong life. By keeping well, we protect the body from the inroads of disease, the ravages of which leave their marks upon the constitution of the patient for years. Our slogan then should not be how to cure disease, but **how to prevent it**.

Those of my readers, who will make use of the fundamentals herein laid down, will find ~~that~~ this knowledge will help them to **rejuvenate their bodies**, to keep them in a condition of cleanliness and a consequent state of health; for it has been conclusively proven that the majority of the foods as they are eaten today **leave a condition of filth in the body**, which in turn

forms a prolific breeding ground for the germs of disease. By keeping body and mind pure, one is practically immune against "disease germs."

FOOD FADDISTS GO TO EXTREMES

When dieticians first began their attempts to teach people the therapeutic value of foods, they made the mistake, as is so often the case in a new movement, of swinging to the other extreme. They dieted people until the very mention of a diet filled the patient with fear, for in most instances people were starved for nourishment. No one can get well, no one can ever work along constructive lines with a "fear thot" hanging over him.

Therefore when patients were forbidden to eat this, and forbidden to eat that and told why, when they were starved and put on a milk diet, etc., the fear that hung over them, whenever they digressed, worked destructively against whatever possible help they might have received from the diet itself. To reason from the standpoint that foods alone are the key to the solution of the problem of health, is a fallacy; as foods, like **sunshine, water, air, exercise and sleep**, form but a part of our consideration of the general outline for the preservation of normal conditions in the human body.

VITAMINES VERSUS CALORIES

Within the last few years, physical science has made wonderful progress. One scientific discovery that is far-reaching in the realm of foods is the fact that the foods, particularly the

fruits and green vegetables contain the **vitamines** and **mineral salts**, or the life-giving elements, when eaten in their natural state; but that cooking them causes them to lose these valuable properties. In other words, fully three-fourths of the value of such **vitamines** and **mineral salts** are lost when the foods are cooked.

Before the **vitamines** were discovered, the food values were reckoned in calories, or heat units. At that time, it was estimated that the foods that contained the greatest number of calories supplied the body with the greatest amount of energy, tissue-building and resistance power. The writer once picked up a menu in an Eastern restaurant, and noted that the meal listed there, as having the greatest number of calories on the menu, was "pig sausages and buckwheat cakes." Today, I do not believe that any restaurant would want to print this on their menu, knowing full well that a general diet of buckwheat cakes and pig sausages would soon fill the body with carbon, with its ensuing discomforts.

DEVITALIZED FOODS

Altho the calory theory is no longer in the foreground, and physicians and dieticians are now talking **vitamines**, instead of calories because of their value as cell builders, it is surprising how many thousands upon thousands of people are to this day still ignorant of the existence of **vitamines**, and of the fundamental principles that underlie these. These people, because of this ignorance, are literally "digging their graves with their teeth," because, instead of eating foods that will repair the broken-down tissues and rebuild new cells as fast as cells

break down, they are living on a diet composed mainly of adulterated and processed foods, which have been shorn of their vital elements, and which are frequently poisonous because of the chemical processes thru which they have passed, or they eat foods in which all the **vitamines** and **mineral salts** have been destroyed because they have been cooked to death and are therefore "dead or inorganic foods" and incapable of sustaining the body as they too are "devitalized."

Besides there are still many cooks who throw away the water in which the vegetables have been prepared, thereby eliminating all chance whatever of gaining any nourishment out of the cooked vegetables. Vegetables prepared under those conditions give the body about as much nourishment as a **handful of straw**.

CARBON FOODS

Most people are ill with some sort of digestive trouble because of the fact that the **carbon foods**, the starches and sweets, comprise fully three-fourths of their daily meals, if not more. Modern physicians know, or should know, that an excess of the carbo-hydrates in one's daily rations will eventually cause obesity, or over-weight, with its resultant effect of kidney, liver and heart trouble. Now, fat cells are known as "lazy cells" to all psychologists—for fat is just the opposite of muscle—while muscular tissue tends to make the individual active. Fatty tissue, or muscular tissue, which has deteriorated into fat, adds an additional burden to the body and mind of an obese individual and an increased strain upon the heart.

If such foods are persisted in, particularly white bread and white sugar, the muscular tissue of the heart becomes flabby

and loses its elasticity; the walls of the arteries become brittle, and the individual, oftentimes unaware of this fact, is very close to the danger line, tho judging by outward appearances, he is in the "pink" of condition. It is these ruddy, healthy-looking types that we read of in the papers, something like this: "Having partaken of a hearty meal, he lay down to rest for a few moments, and was found dead by relatives, or by friends;" others, suddenly drop in the street, or in their offices, and the death certificate reads, "Apoplexy or Heart-Failure."

The average man or woman upon hearing of such a sudden demise wonders, in his ignorance, why such an individual should be so suddenly stricken in the prime of life; but those who know the law, understand that he had sinned against his body for some time; that he daily broke the **Laws of Nature**, and according to the **LAW OF COMPENSATION** had to pay the penalty.

A CORRECTIVE DIET WILL REMOVE CARBON DEPOSITS

Those who seem to have a craving for pastry and sweets frequently suffer from kidney disorders because of the fact that starches are converted into glucose or sugar, this added to the sweets places an excess burden upon the liver, the storehouse of the sugar products. When the liver can no longer take care of the excess of sugar, when it is unable to convert it for the purpose of assimilation, then the excess passes into the blood stream, and we have what is known as sugar in the blood, or diabetes.

Now it follows that those who have been in the habit of eating white flour products, of using much of the white sugar, or of consuming sweets in large quantities, can eliminate any

of the discordant conditions caused by the excess of carbon in the system by changing their diet; by eating whole wheat bread and the whole grains in general, tho never in excess of the vegetables or green foods. These, whenever possible, should be eaten raw; sweets should be avoided and meats should be gradually eliminated from the diet.

Begin by cutting out pork, beef and veal from your diet; eat lamb once a week, and chicken once a week; then add cheese, nuts, beans and peas, all of these supplying the protein which we derive from meat. The details in regard to the consumption of proteins are given below.

To those who are afflicted with a craving for pastries, candies, etc., I would suggest the daily use of a little honey, or one of the sweet fruits, mentioned above. A candy recipe for the making of a splendid health candy, particularly for the overcoming of the desire for sugar, in children, is to mix grated nuts and finely chopped sweet fruits with enough honey to make a compact mass. Any one who has the honest desire to overcome this failing, can do so in a surprisingly short time by changing his diet as mentioned above.

MEAT-PROTEINS

There has been considerable controversy as to the consumption of **proteins** and whether meat is necessary for the maintenance of life and energy in the human organism. **Food-chemistry** has made considerable progress of late years and no one need remain in doubt or ignorance of the findings of Science in this particular realm.

It has been determined that the **proteins** derived from fruits and vegetables are found in combination with a greater amount of **alkaline elements**, which, from the standpoint of health, proves the superiority of **vegetable proteins** over the **proteins** secured from **flesh foods**.

A well balanced diet of fruits, vegetables, cereals, nuts, etc., will furnish enough **protein** for the ordinary requirements of the body as **one to two ounces of protein** is all that is necessary to supply building material for new tissue to replace the broken-down, **dead cells**. As **protein**, or most of the elements of which it is composed, **resists combustion** and is not stored in the tissues. it evolves upon the **liver and kidneys** to get rid of the excess **protein** placing an unnecessary strain upon these organs.

When we consider the large consumption of **protein** by habitual meat-eaters, who frequently eat meat two and three times a day, we will cease to wonder why there is so much disease prevalent in the world today.

The purpose of this article is to allay the fears of those who think that meat consumption is necessary to keep up the vitality and energy of the body, for **Food-Chemistry** has proven, beyond a doubt, that **carbo-hydrates** and **fats** are the "steam" necessary for the day's work—the **non-nitrogenous foods**—whereas **protein** is rich in **nitrogen**.

Furthermore, **carbohydrates** are found chiefly in the vegetable kingdom as well as the **fats** which are found not only in seeds of plants, but also to a lesser extent in the fruits, skins of vegetables and leaves of leaf vegetables.

It follows therefore that a **vegetarian diet**, consisting principally of **raw foods**, will bring about an **alkaline** condition of the

blood, produce the necessary **energy** in the body with less strain upon the system, and, last but not least, will furnish the **vital mineral elements** and the **vitamines** so necessary for life, **growth**, and replenishment of the cell. Therefore, no matter what the disease, it will yield to the **corrective diet** and the application of the Law governing the **VITAL FORCE**.

COFFEE

Much has been written about the disastrous effect of coffee upon the nerves, and while the writer does not sanction the copious use of coffee, still, when indulged in moderately by those who are in good health, there is no reason to fear it. However, I wish to caution those who over-indulge, because they feel in need of a **stimulant**. This very fact indicates that the nerves have been over-stimulated by this beverage, which **over-stimulation** reacts in an entirely opposite way, causing **nerve exhaustion**. When the effects have worn off, therefore, the individual finds himself in need of another stimulating drug.

To overcome the **desire** for tea and coffee it will be necessary to overcome the habit. This can be done thru the use of the **proper mental control**, or thru the "**Crucifixion Method**" as taught in **SUPER-SCIENCE**.

BLACK TEA AND COCOA

The constant use of black tea or cocoa as contrasted with coffee creates an **acid condition** because of their greater **Oxalic acid** content, which often causes the formation of **stone** or **gravel** in the kidneys and bladder.

MILK

Now as to Milk, it is strictly a baby food, and should never be taken by grown individuals as a food—a glass of milk now and then, of course, is all right, especially if you are fond of it. but the milk diet, that is so widely heralded and advertised is a fallacy, as milk is largely composed of **lime**, calcium, and the disastrous after-effects of the introduction of so much **calcium** into the muscular and bony tissue in the grown individual is manifested in **rheumatic** and **neurotic** conditions.

The older we grow, the more **calcium** foods should be **avoided**, and in their place raw vegetables and fruits eaten, which tend to dissolve these deposits and eliminate them, for approaching "old age" is heralded by the stiffening of the joints and muscles. An individual is as old as he feels, and no older. Therefore, to feel young, one must retain the **elasticity** of **youth**, and refrain from drinking milk and eating foods that will lead one into the **brittleness of old age**.

Every once in a while we read of a medical convention considering **the milk problem**. If the milk is given in the raw state there is the danger of "germs" for it is well known that milk becomes infected the moment the air contacts it; if the milk is "pasteurized" the valuable **vitamines** and **mineral salts** are lost. This is the dilemma.

Goats milk is far superior to cows milk for children as it **resembles mother's milk** in its chemical analysis.

In using milk for adults we are interfering with a law of "Nature," for she has decreed that when the young animal or human has cut his teeth, which enables him to masticate more solid food, the mother's milk supply is automatically "cut off."

Now I know, of course, that many a physician will disagree with me; in fact, I do not expect any, but the naturopaths, chiropractors, osteopaths and those working along natural lines, to agree with anything I have to say in this book.

The advanced, honest physician, who was drawn into the profession because of an innate desire to help humanity, is forcing himself to face these facts; is recognizing the truth, and is beginning to reshape his practice along **constructive lines**. The one draw back lying with the patient himself, **who wants to be doped**.

FERMENTED MILK

BUTTER MILK is the milk that is left after the butter-fat has been removed from the cream thru the process of churning. Many, who have added butter milk to their diet have found it very healthful as it contains acid bacteria that help to cleanse the intestines and colon. Anything that will aid elimination in the natural way, is bound to prove beneficial to the entire system.

KEFIR is a "fermented" milk, used extensively in Russia. Yoghurt, a more concentrated preparation than Kefir, which looks like butter milk is the national food drink of Bulgaria. It is also a fermented milk and to its daily use is attributed the longevity of so many persons of that country. It is estimated that there are more centenarians in Bulgaria than in all of the other countries put together. These fermented milks contain an acid bazillus which literally eats up or devours the acid bacteria so prevalent in the human body. American hospitals

import this bazillus and anyone can obtain this from them, but I wish to caution the students to renew the bazillus at least once in six months as it undergoes a change and cases of poisoning have been traced to this bazillus due to its deterioration.

THE ACID MEAL

There is one more factor necessary in the changed diet, particularly in the case of those who are suffering from a general condition of acidity, uric acid or a catarrhal condition of the system, for disease germs will thrive only in an acid condition. Keep your blood in a healthy, alkaline condition, and disease germs will remain a myth to you. The vital point in this corrective diet is the **acid meal**, which must be eaten at least once a day, preferably in the morning. I have had students who stoutly insisted that they could not possibly eat acid fruits, that they suffered torture whenever they ate an orange or tasted a grape fruit; but when these were eaten under my directions they found that not only did the oranges agree with them, but they proved corrective because of their therapeutic value.

VIOLENT CHEMICAL REACTION IN THE STOMACH

What is not generally understood is the fact that **alkaline** and **acid foods** should never be combined at any meal; particularly not when the foods are eaten to correct a discordant

condition; for when **alkalines** and **acids** meet in the stomach, there is a violent chemical reaction, much the same kind of a reaction that we would experience if we were to drink vinegar, and then take a teaspoonful of soda afterwards; literally an explosion takes place, forming poisonous gases, which distend the walls of the stomach and press against the heart. Thus we have many people whose troubles are diagnosed as heart-trouble, and who die of "Heart Failure," merely because of the gases that have formed, thru this violent chemical reaction in the stomach, and the subsequent distention of the stomach, which presses against the heart, literally strangling it.

In many instances of sudden deaths, thru "heart failure," sometimes also diagnosed as "acute indigestion," it was found at the post-mortem examination that a hole had been blown thru the wall of the stomach, testifying to the deadly power of such accumulated gases. When acid fruits are eaten alone, when nothing else is eaten for at least an hour afterwards, we find that the acid has undergone a chemical change by that time, and, as in the case of the citrus fruits, has become alkaline, having an alkaline reaction upon the blood, much the same as soda would have upon the system.

Now, I want to be understood correctly when I quote soda, for I do not mean to convey that I approve of it, either as a food or a medicine, for soda is a mineral and as such inorganic; the body being organic can not utilize and assimilate inorganic substances, but strives to rid itself of all inorganic substances introduced into it thru the alimentary channel. I am however using it as a means of comparison in order that the reader may understand that alkaline foods or the vegetables, as well as the

alkaline reacting foods, like the acid fruits have a sweetening effect upon the system, combating the acid deposits that accumulate in the tissues, caused by the eating of too many starch products, including pastries and sweets.

LESSON THREE

Processed Foods**WHITE FLOUR**

For years the forerunners of the health movement have preached the value of the **whole grain**. After all that has been said and done to educate the American public, it is surprising to note how many, even those who are compelled to do hard physical or manual labor, still cling to the white bread. If we compare a pound of white flour with a pound of lettuce in regard to the cell building or vitamine and mineral properties, we find that the comparison is as five per cent to one hundred per cent, for white flour has practically been shorn of all of its nourishing qualities.

The outer husk or bran, containing the vital mineral elements, has been eliminated from the grain of wheat; the kernal of the wheat, the **germ of life**, has also been removed because cooks must have "lily-white flour." But let me tell you this: those who have recognized their mistake, those who are now using the whole wheat or other whole grains in their bread, will plant the lilies on the graves of the others; for instead of the slogan that white bread is the "staff of life," the warning cry should be "**THE WHITER YOUR BREAD, THE SOONER YOU'RE DEAD!**" Various experiments made along that line have proven the truth of the statement above, beyond a doubt.

POLISHED RICE

At the annual Pure Food Show given in Chicago this experiment is always made upon two chickens: one is fed on brown, or unpolished rice; the other on the white or polished rice; the chicken eating the polished rice, from which all the **minerals** and **vitamines** have been removed, becomes so weakened within a few days that it is unable to stand on its legs; then the experiment is reversed and the chicken who is not able to stand any more is given the whole rice, and the other one the polished rice; after a few days the healthy one is in the same condition that the other one was, and the one which was depleted is again in a normal condition.

WHOLE WHEAT BREAD VERSUS WHITE BREAD

Another experiment was made by Henry Ford, which is interesting, because Mr. Ford, as a layman, was able to test out for himself the scientific fact underlying the principles of the **vitamines** and **mineral salts** in the **whole grain**. The following was the experiment. Six mice were given whole wheat to eat, six mice were fed on white flour products, and six mice were not fed at all during the experiment. Needless to say that the mice which were living on the whole wheat grain thrived splendidly; those that were not given anything to eat during the experiment were somewhat in a depleted and starved condition, but in apparently good health; while those which were fed the white flour products had died.

The above experiment proves conclusively that white flour products not only deplete the tissues, but create a poison in the

system, which will lead to an accumulation of acid with its resultant catarrhal condition, of which flu, pneumonia, tuberculosis, cancer, kidney, liver and stomach troubles are but different aspects or effects of the same cause—viz., hyper-acidity, or uric acid in the blood.

TOO MANY WOMEN NEGLECT THE FOOD PROBLEM

Women will spend hours and days selecting a new dress, a new coat, or an Easter bonnet; they will shop from store to store until they find the combinations they are seeking, for they wouldn't think of putting on colors or combinations that would clash; and yet they will take the first thing that is offered them in the grocery stores, accepting substitutes for the real; using canned foods, instead of the fresh ones; never inquiring as to whether such foods are in their natural state, or whether they are chemically processed, or artificially colored, in spite of the fact that foods have to be put **inside of the body**, instead of worn outside, as clothes are. Unknowingly housewives are preparing meals and feeding their unsuspecting husbands and children **poisons**, that they would hesitate to administer to them if they knew what they were doing.

REFINED SUGAR

Take white sugar for instance. Sugar in its natural state is brown. Years ago sugar refineries made use of **old bones** in the refining process, something very pleasant to conjure up. Now the more modern refineries use sulphuric acid; this gives the sugar that bluish-white appearance. In **fruit canneries**, this sugar is used to preserve the fruits, and frequently we

read of the disastrous effects from eating of such purchased canned goods.

Recently I had a student in one of my classes who was engaged in the occupation of canning fruits. He stated that they had just canned a shipment of cherries, some of the fruit having been sold to local dealers; within a week's time, there were a number of emergency calls for physicians, the case being diagnosed in each instance as ptomaine poisoning. This was traced to the fruit that had been delivered from this cannery. The officials of the cannery wishing to co-operate with the health authorities had the contents of the cans of fruit analyzed, and it was found to contain **sulphuric acid** in sufficient quantities to not only poison, but kill an individual. This was finally traced to the sugar, which was found to have received an overdose of this poison in the refining process, and in this way no doubt many casualties were avoided, as the shipment of sugar had been a new one which enabled the management to trace the canned fruit prepared with this sugar and **destroy it.**

SWEETS FOR CHILDREN

Parents who allow their children candy, do not realize that the daily consumption of sweets is the primary cause of poor teeth. We have endeavored to show that sweets cause an **acid condition** in the system; this acid condition is very noticeable in the mouth. The litmus chemical test will prove to any one the presence of acid in the mouth of the average individual.

Sugar has an affinity for lime, attacking the teeth and bones. It breaks down the cells and then we have decayed teeth, stiff

joints and racking pains thruout our body because of this. Because Sugar will attack the enamel on enamelware, candy manufacturers never use anything but copper kettles in the preparation of their wares.

ILLNESS OF CHILD DUE TO IGNORANCE OF PARENTS

The appalling rate of illness among children is perhaps entirely traceable to the over-indulgence in sweets and starches, and the parents who do not acquaint themselves with these facts, are positively committing a crime against their children because it is a scientific fact that children can be reared without subjecting them to the many so-called diseases that children are supposed to have, and if children are kept in a healthy state until they reach the age of fifteen years, they have by that time acquired a **health foundation** that is invaluable—in fact upon which no price could be placed.

It has been proven that those who have reached the age of fifteen or sixteen without having had any of these fevers, flu attacks, and colds, all of which tend to undermine the system and its power of resistance, will develop normally into healthy men and women and will not suffer the many discordant conditions to which civilization is now prone or susceptible. By substituting **honey** and the **sweet fruits** of which children are very fond, one can supply them daily with a little of the sweet food, but because these are Nature's sweets, they are wholesome and have none of the disastrous after-effects that sugar, candies and sweet pastries have. You will find that **raisins**, which contain sugar in concentrated form, can be used to sweeten salads, rice, and puddings of all kinds; besides this they

are very nourishing, containing a good deal of iron, so essential for the attraction of oxygen in the blood.

If sugar must be used, use brown sugar, but acquire a taste for **honey**, which also has a decided therapeutic value. In Germany **honey** is given to children suffering with the "ricketts" and it can be highly recommended for patients in so-called deficiency diseases. It is an "energy food" and has little or no **acid reaction** under normal conditions.

BREAKFAST FOODS

Many people are eating so-called breakfast foods—rolled oats, puffed wheat, toasted corn flakes, etc., not realizing that in these foods, the grains have undergone chemical changes so that they are not only not nutritive, but very frequently impose a strain upon the body because of the chemicals they contain, and the consequent poisons they develop in the system. If you are particularly fond of breakfast foods, then use the **whole wheat**, and find a dealer that handles the old-fashioned grains, like the **cracked oats**, the **unpolished rice**, and the **pure corn meal**, from which the oil has not been extracted. Unless you do this, you might as well be eating sawdust for all the nourishment you are getting out of your food.

The Heart

"HEART FAILURE"

"Heart Failure" is increasing at an alarming rate in the United States; at least so the diagnoses of physicians show.

The writer has treated a great many such cases of "Heart Trouble," but found that in most instances the trouble lay not with the heart itself, but was due to other circumstances. When the individual will begin to realize the stress that food in particular places upon the heart, there will be fewer sudden deaths due to "Heart Failure."

In the first place, the heart is a small muscular organ, averaging about nine ounces in weight. This small organ is literally the **engine of the body**, furnishing the steam or motive power for the rest of the organs. All is well until the individual grows obese, assuming many pounds of flesh over-weight because of incorrect habits of living and diet. It is then that the heart is required to propel from twenty to seventy-five pounds more than it was intended to do, all of which naturally tends to weaken this organ.

In the case of the hearty eater, one who habitually over-eats, one who over-indulges in rich pastries and sweets, the carbon food, the muscular tissue of the heart gradually changes into fatty tissue, thereby reducing the power of expansion and contraction of the heart, causing sluggish circulation, congestion of the blood vessels, hardening of the arteries and so on. A person who is over-weight should heed the warning in time, for unless he does, he may, while still enjoying "perfect health," experience a stroke of paralysis or apoplexy after a hearty meal, or even pass out altogether because of "Heart Failure," all superinduced by carelessness and lack of self-control.

THE HEART—A VITAL CENTER

It is rarely that people drop in the street, in their offices, or in their homes because of a sudden giving out of the heart. As

a rule the heart is one of the strongest, if not the **strongest organ in the body**, and it is only due to a lack of knowledge on the part of the individual that this important organ becomes weakened and stops altogether, while he should be still in his prime.

A knowledge of the **Basic Laws of the Universe** will give the student a wonderful insight into this organ, both as to its physical and occult aspect. In the Occult Anatomy the heart is a **Vital Center**, being governed in its operation and function by the same law that governs the tides, the rise and fall of the ocean, the movements of the planets in their orbits and the general rhythm of the Universe. One who understands the control of the heart, and the control of the respiratory organs has a potent power at his command, not only for the control of his own body and mind, but for the control of the "Hidden Laws."

Elimination

THE COLON, THE SEWER OF THE BODY

When the fluids from the intestines are extracted, only a mass that is hard and packed is left in the colon, with the resultant effect of constipation, when purgatives or drugs are resorted to. See page nine!

We all know that cathartics do not remove the cause. On the contrary, because of their violent reaction and their affinity for the natural fluids of the body, their persistent use tends to dry out the tissues more and more, until elimination is so imperfect, that layer upon layer in the colon becomes hardened and

the sides of the colon encrusted with this fetid matter. This condition frequently exists in the human body for years, the poisons from such accumulation seeping back into the system, causing auto-intoxication, or **self-poisoning**.

Many of the so-called diseases of the pelvic organs, kidneys, etc., are due entirely to a **packed colon**; for, thru a process of osmosis, these poisons pass thru the cell walls, thereby causing a discordant or diseased condition of the tissues. In order to become well and strong, one must go to the bottom of things, and deal with the **cause**, instead of the effect, and the first thing that any reputable physician should do is to teach the patient how to give the colon a thoro cleansing; not with cathartics or so-called purgatives, which irritate the intestinal walls and inflame the delicate mucous lining, often producing a state of paralysis in the intestinal tract, but to teach the patient how to apply **natural methods**.

THE INTERNAL BATH

A high enema of hot water will tend to soften the deposits in the convolutions of the large intestine or colon and should be taken at least three days in succession in order to thoroughly eliminate the accumulated waste matter. This followed up by a corrective diet, consisting principally of raw fruits and vegetables, will soon keep the colon in a healthy, normal condition. If the physicians would confine their efforts to the colon,—the “sewer” in the body,—in the manner above stated, they would find that all traces of auto-intoxication would disappear, and automatically the various “diseases” with which the patient has been afflicted.

The Flaxseed Cure

If the patient has been suffering with chronic constipation, and a feeling of fullness or spasmodic twinges of pain manifest in the abdominal region, it will be well to follow up the aenema with the "Flaxseed Cure." This method is used extensively abroad and employed by some physicians of this country who are working along natural lines.

The usual instructions are to make "Flaxseed Tea" by steeping the seed; throwing away the seed and drinking the water. This is not only nauseating to most people but also ineffective. The right method for the proper use of flaxseed is given below.

FLAXSEED METHOD OF CLEANSING COLON

Take some cooked or soaked prunes (no sugar) and whip them thru a colander; make enough to last a week. To a small portion of this compot add about three tablespoonfuls of cleansed flaxseed, mixing it thoroughly. Eat this mixture after each meal and before retiring.

Flaxseed taken in this manner is tasteless and "slides down" easily, so that not even a child will object to his daily dose when administered in this manner.

Another way is to buy Vegex, a vegetable extract, and make a glass of hot Vegex, using about a quarter of a teaspoonful to the glass. To this add the cleansed or washed flaxseed, and after thoroughly stirring the seed, eat **immediately**, for if the flaxseed is allowed to remain in the hot Vegex too long it becomes "slimy" and very disagreeable to take. Eat

the flaxseed with the spoon and wash it down with occasional sips of the Vegex. When taken with Vegex, take **before** meals and at bed time.

In stubborn cases, or cases of ulcers, spasmodic contractions of the lower bowel or appendicitis, increase the flaxseed to five or six tablespoonfuls. This is necessary in order that the mass will extend the walls of the colon, the flaxseed getting behind the convolutions where the acid and putrid accumulations are, and literally "scraping" the sides or walls of the colon, removing deposits that frequently have lodged there for years.

The writer knows of many instances of ulcers, growths and "nests of vermin" that were removed in this manner. Flaxseed is not only lubricating but healing and nourishing as well, much of the oil being taken up by the tissues.

The flaxseed treatment—to be effective—requires that the individual drink a great deal of water, as the seeds absorb the fluids in the intestines, swelling and producing a slimy mass that not only cleanses the colon, but will in time restore the elasticity of the intestines with the resultant effect of a complete evacuation at least twice, more often three times a day, or as often as we eat. **Try it!** and see the change it makes in you.

LESSON FOUR

Destructive Habits**SHALLOW BREATHING**

The importance of the COMPLETE BREATH is mentioned in Book II. The average individual never takes a complete breath, and because of his shallow breathing fails to extract the normal supply of **oxygen** and PRANIC ENERGY from the air he takes in at each breath. Such diseases as tuberculosis, asthma, bronchial trouble, pneumonia and the flu result because the majority of the air cells in the lungs of the average person are never reached by the air they breathe. This is due to the fact that the chest is not expanded normally, frequently only the middle chest cavity being used, thereby causing the air cells in the upper chest cavity and the lower tips of the lungs to lie dormant. It is perfectly natural that these cells should become clogged with impurities, as the **oxygen** fails to reach and purify them. A deep breather, who takes a COMPLETE BREATH, rarely, if ever, has any respiratory trouble. The process of breathing is outlined in Book II, and this method if used daily, out in the open or before an open window, if but for a few moments daily, will work wonders.

FOUNTAIN DRINKS VERSUS WATER

I wish to reiterate here the importance of the drinking of water in sufficient amounts daily to replace the fluids that are given off by the body in its daily routine. From two to two and

one-half quarts of water should be taken daily. In the case of those who are suffering from what is called rheumatism, neuritis, hardening of the arteries, arthritis, and kidney troubles, the distilled water should be used, because here the minerals have been eliminated, particularly the lime, which has a hardening effect upon the tissues. Water should not be taken promiscuously with the meals. It is perfectly all right to drink a glass of water slowly after having eaten, but never use the water to "wash down" the food, as the food should be thoroughly masticated and mixed with the saliva before being swallowed, this being the first process of digestion.

OVER-EATING

Perhaps more cases of stomach trouble are caused by over-eating than in any other way. So many people live to eat, whereas man was meant merely to eat to live. We are supposed to eat enough nourishing food in order that we may supply the **vitamines** and **mineral salts** necessary to rebuild the tissues that break down each day **and no more**.

By catering to his "appetite" man habitually overeats, thereby placing a strain upon his entire system, particularly upon the heart, and unless this habit is corrected, he pays the penalty. The process of digesting a heavy meal consumes so much energy and time that heavy eaters have little left to draw upon for their daily tasks. That is why the average heavy eater is rarely a "Go-getter."

INDOLENCE

Man is by nature an **active animal**. He is so organized that **action and motion** is absolutely necessary to keep him fit physically and mentally; therefore the necessity of a certain amount of muscular exercise each day is strongly urged upon the reader. **Walking is fine**, especially if you adopt a "springy gait," walking on your "toes" as it were, swinging your arms back and forth, in order that the entire body may be stimulated and exhilarated.

By walking on the soles of the feet, throwing the weight of your body forward and at each step gripping the ground as it were with your toes, you will find that each step will transmit a thrill to the spine, instead of a jar. Right here I would like to add that no one, who wishes to gain any benefit from such a walk, should attempt this stimulating exercise while wearing shoes with high wooden heels. Select a good walking shoe, **with leather heels**, and you will find that a walk, taken under the conditions outlined above can be prolonged into miles, and that you will feel more exhilarated at each step.

LACK OF SUNSHINE AND AIR

On page two the therapeutic value of sunshine and air has been discussed in detail, and the writer is merely mentioning **sunshine and air** once more because of the important bearing they have on the welfare of the individual. Small children, even babies, that can be raised in the open, allowing them to run about like little savages, with as few clothes on as possible,

and always barefooted, will grow into specimens of strong manhood and womanhood, for they need the **sunshine** and **air** just as much as the plants in the garden. If you wish them to be robust, quit pampering them, and raise them under as natural conditions as is possible. Build the **sun bath** mentioned on page four, and allow them to run around there, unhampered by clothing so that the healing rays of the sun and the **oxygen** and **VITAL FORCE** of the air can reach their bodies. If parents would all adopt this method, it would save hundreds of dollars in doctor bills and many **thousands of baby lives**.

FEAR AND WORRY

Physical habits are not the only ones that are destructive, however, as mental habits such as **fear** and **worry**, have a disastrous effect upon the physical organism.

It has always seemed to the writer that those who are subjected to thots of **fear** and **worry** have little or no faith in a Supreme Being; yet we find these destructive influences in the Consciousness of so-called Christians. One would think that they would realize, because of the Christ teachings, that the Divine Father, who promises help and succor to his children, can be depended upon. Those who know, those who have gotten in tune with their **Inner Spiritual Consciousness—the real man—**understand the Occult significance of God's Laws, and **fear** and **worry** are replaced by a deep trust and sincere faith in God's promise, because of the **KNOWLEDGE** and **UNDERSTANDING** they have of the operation of these Laws.

It is the purpose of this book to point out to the reader the violation of Nature's Laws, but not to hold the **fear thot** over them, for anyone, who is desirous of gaining this higher knowl-

edge, and those who have gained a measure of experience along these lines, should know that there is nothing to fear as long as we obey the Law. We reap as we sow; therefore sow the seeds of **health** and **harmony** in the body, of **peace of mind**, of **WISDOM** and **UNDERSTANDING**, and you will reap according to your efforts and have life more abundantly.

BLACK MAGIC

In former generations **Black Magic** stood for necromancy, for evil incantations, for the works of the Devil. Today we know that **Black Magic** is being practiced by people in all walks of life, some not even being conscious of the fact that they are **Black Magicians**. Anyone, any individual or organization, which tries to instill fear or dependence into the **CONSCIOUSNESS** of an individual, group of individuals, or even a Nation is practicing **Black Magic**. If we are all of the same Spirit and all created by the same Divine Being, then we are all of the same essence, have the same individual rights and privileges.

The student of the **HIGHER KNOWLEDGE** knows that the Spiritual Man is the **real man**, tho each **SOUL** has to express thru an individual body. It therefore follows that we are all children of the same Father, and that no one has a right to force his will upon another. Today parents are practicing **Black Magic** upon their children—ministers in the pulpit are practicing **Black Magic** upon their congregation; Revivalists, upon those whom they desire to convert (?); Labor upon Capital and Capital upon Labor, and so on, ad-infinitum, but the greatest hoax practised upon humanity as a whole are **the laws inaugurated by the medical profession**.

It is time that human beings arouse themselves to the fact that the medical profession is fast encroaching upon their personal liberty. The Constitution of the United States promises the citizens **religious liberty, freedom of speech, above all the right to choose its representatives**, who in turn make the laws by which the citizens are to be governed. It therefore behooves us to take note of the signs of the times, to see the hand-writing on the wall and to act while it is yet time, for **the laws of medicine** have such a hold on the average individual, because of the **fear** instilled into his Consciousness by physicians, that he is an easy mark for those who are unscrupulous; who perform operations where many times this procedure is uncalled for; who know nothing of the diagnosis of disease; who know less of the wonderful VITAL FORCE that flows in and thru everything; and who rarely take into consideration **the influence that the mind has over the body**.

Thousands of drugs are dumped upon the market, which the people swallow with surprising credulity, believing in the spurious advertisements, as they would in the teachings of the Bible, and subjecting themselves and their families to **the inroads of disease** because the imbibing of such drugs, opiates, and "dope" can have no other effect upon the human body than to drag it down to the grave long before its time.

Not until people realize that to remain well is to keep the body free from such poisons, will they ever rise above this fear, and it is the purpose of SUPER-SCIENCE to prove to those, who are willing to hear, that **we are entirely independent of the medical profession**, that we need no outside or material help, but can govern and control ourselves **physically, mentally and spiritually** thru the control of the VITAL FORCE and the

contact with that POWER WITHIN, the God-Power which is inherent in each and everyone of us.

VACCINATION

The writer cannot refrain from mentioning **Vaccination** in this chapter, for it is imperative that parents be enlightened upon this vital subject. The more gruesome I can picture this, the deeper impression it will make upon your CONSCIOUSNESS. Just think of allowing the poison virus, of which you know nothing, except what has been told you, to be injected into a sweet, pure, healthy baby. I could quote cases upon cases, if space would permit, to back up my statement that **Vaccination** has brought on more disease, has killed more victims, has left patients with more serious **after effects** than small pox itself, or any other infectious disease.

The writer always dislikes to use the term "disease" for when rightly understood "disease" is but an attempt of the natural forces **to rid the body of accumulated poisons**, so that if we understood ourselves as we should, the symptoms of disease would call for **rest, abstinence from food**, and the consciousness that all we need to do is to give "Nature" a chance to eliminate poison from the system. When we fast for a few days the energy of the body that is ordinarily consumed in the process of digestion is given an opportunity of working to that particular end, and by knowing the process of "Nature," we would lose all fear knowing full well that the elimination of the poison will leave the body again in a normal condition.

Animals do not eat when they are ill, but **sleep and rest** until they again feel normal; man, however, with all his civilization

and material education, has not the sense of the dumb brute when it comes to taking care of his health.

If we look at so-called disease as an attempt of "Nature" to eliminate poison from the system, then it is easy to understand why small pox is but an elimination of the poisons that have accumulated in the system. It has been scientifically proven that small pox patients who use water lavishly both internally and externally, who refrain from eating, overcome the fever in a surprisingly short time, and the frequent bathing or sponging entirely eliminates the danger of pit marks on the skin. Furthermore, I have interviewed numerous cases who claimed they felt better than they ever had in their lives after their small pox experience, proving that this is just another way of Nature to eliminate poison accumulated in the system.

Statistics also show that among those who were vaccinated in a so-called "small pox scare" a greater percentage became afflicted with small pox than those who weren't vaccinated. Then too the so-called small pox epidemics are often very flimsy subterfuges to create business for certain unscrupulous medics. Several times during such an "epidemic" the writer has tried to investigate the extent of the "epidemic" but personally was never able to get in touch with a single case. It is surprising how the credulity of the masses is played upon by the medical profession, and one would think that we were still in the Middle Ages, known as the Dark Ages, where the people were so steeped in ignorance that they would swallow anything that was handed them by the leading authorities.

Washington, a virile, active type, was bled to death because of a slight fever, for "bleeding" patients was then the fashion.

Now they are working along exactly opposite lines, and "blood transfusion" has come into prominence. Of recent years, the taking out of the tonsils, extraction of the teeth, and the removal of the appendix was quite the fad. Thousands of people are running around today minus one or more of their internal organs, and if this keeps up, the United States will go down into decadence just as surely as Rome did in Nero's time, for people who will submit to such barbarous and unscientific treatment will eventually develop into a race of **imbeciles**.

Not until people awaken to the fact that medicine and surgery is still in an experimental stage, always has been, and always will be, will they resent being experimented upon; for the one thing the surgeon cannot "cut out" is the cause of disease. It is time to realize that the cause can be eliminated only thru man's Divine, **inherent power**, which when understood will contact at all times with the Universal Supply, giving him knowledge of the **Basic Laws**, thru which we can combat all weakness of **mind and body**.

IF YOU ARE FOOLED IT IS YOUR OWN FAULT

Individuals want to be fooled; they want to have their money extracted by quacks, for the complaint of those in the medical profession, who are trying to help along constructive lines is as follows: "If we diagnose a case for a patient, and tell him all that is needed is abstinence from food for a few days, perhaps the application of water, internally and externally, fresh air and sunshine, we are frequently dismissed, and another physician called, who, not quite as honest with the patient as we were, examines him with awe-inspiring instru-

ments, gives the condition a mysterious name and prescribes strange looking drugs. The patient, not understanding anything of this procedure, is **mystified and correspondingly satisfied** that his case has been given the proper attention, and is willing to pay for this "hokus-pokus."

And pay he does, for not only is his bill many times the amount it would have been, but there is no doubt at all that he is kept in bed and ill **for a far longer time** than would otherwise have been the case, because of the presence of these inorganic drugs in his system, which nature frantically tries to eliminate, thereby using up much of the energy of the body to get rid of the drug, whereas **all of the energy** should have been employed for the elimination of the "disease."

Instead of allowing **the law to work its course**, an extra and excessive burden is placed upon the cells, so that jointly with the elimination of disease, the poison drug must be removed, for a drug only **suppresses the symptoms** and thereby hinders or retards **elimination**.

The following is quoted from a reliable authority, a medical man whose books and writings serve as textbooks for other physicians. Of course, this was never meant for the laity, but murder will out, and here are the words: "**We put medicines of which we know little into bodies of which we know less, for diseases of which we know nothing.**" ENOUGH SAID!

LESSON FIVE

The Spine

Before taking up the methods in CORRECT POSTURE, the author wishes to call your attention to the SPINE, that flexible mechanism, which gives man his **erect carriage**, and enables him not only to walk erect but to twist and turn in almost every conceivable way. Located in the back, it literally forms the **back bone** or support to the body, and has been likened to the trunk of a tree, for like the tree it supports the **spinal cord**, with its **nerve branches** that reach every muscle, blood vessel, bone, organ, and gland in the human machine.

The **spine** instead of being a straight column of bony structure, contains twenty-four movable sections called vertebrae, separated from each other by elastic cushions, which in youth retain their normal thickness—hence the term “The elasticity of youth.”

As the human grows into maturity however, these elastic cushions between the vertebrae become compressed and a **gradual settling of the spine occurs**, because, unlike the other members of the animal kingdom, man allows his muscular and bony structure to **atrophy**, thru lack of **exercise**.

ALL ANIMALS STRETCH

Have you ever watched a cat or dog **stretch**? Then you have noticed how the cat **arches** its back, thereby flexing every vertebra, or how the dog reaches out with his front paws and back with his hind legs, stretching his spine to full capacity; making it give every fraction of an inch of which it is capable.

THE SPINAL CORD

Encased in this spine that bends and twists at very turn of the body, is the SPINAL CORD, which is not attached to the bones, but rests loosely in the hollow tube that runs thru the center of the **spinal column**. Because of this, any **settling of the spine** which tends to shorten it will have a corresponding effect on the SPINAL CORD, compressing it.

THE MEDULLA OBLONGATA

The Medulla Oblongata—an elongation of the **spinal cord**—which is located at the base of the brain and connected with it thru delicate nerve filaments, is protected by a fluid, that absorbs the vibrations of a blow to the head or a blow or shock to the spine, and thereby prevents them from being transmitted to this part of the brain and the **spinal cord** with full force. It is the most delicate part of the brain, and known in the **Advanced Metaphysical Course** as the VITALITY CENTER.

Now it follows that if the elastic cushions between the vertebrae are **compressed**, because of a general **settling** of the spine, that the elastic cushions which were placed there as "**shock absorbers**," can no longer prevent these shocks from reaching the brain. Add to this the persistent jars which traverse the **spinal column** daily, because of the **wooden heels** and improper carriage of the wearer, and you will understand why so many people feel depleted and worn out when they should still be in the first "elasticity of youth."

NERVE IMPINGEMENT

The compressing of the elastic cartilage however has a still more serious aspect, for with it we have, in many instances, what is known as **NERVE IMPINGEMENT**. This implies that a leading nerve, which branches out from the **spinal cord** is being pressed upon, such pressure shutting off the normal supply of **nerve force**.

Now it happens when this nerve is connected with some **vital organ**, which is dependent upon it for its energy, and this, because of an **IMPINGEMENT** of the nerve is automatically **shut off**, that the organ must suffer for want of this **energizing force** and will gradually **lose tone**, and cease to function normally.

If this **IMPINGEMENT** is caused by a slipping of a vertebra, a dislocation, or a curvature, this is known to chiropractors as **a subluxation**. In either case physical exercises can be taken which will bring about a **re-adjustment** and the **exoteric phase** of **SUPER SCIENCE** is the application of such methods, which have been tested out and which today are being used by thousands of students who testify to their practicability and general efficacy.

THE CONTROL OF THE VITAL FORCE

The **esoteric phase** of **SUPER SCIENCE** is the application of the **VITAL FORCE**, the **control** of which is taught in the **Advanced Metaphysical Course**. By means of this **control**, this energy, is directed thru the **spinal cord**, and is powerful enough, when rightly understood, to **adjust any misplaced vertebra** and

to bring back life to starved, impinged nerves and internal organs.

The author realizes that many people have never even heard of the VITAL FORCE, that thousands are still slaves to material means and the curse of medicine, therefore this Preparatory Course on **Health and Metaphysics** is given to those who are earnestly seeking a way out of the rut of **physical and mental depletion** into which they have allowed themselves to drift.

THE PREPARATORY COURSE TEACHES THE STUDENT TO GENERATE THE VITAL FORCE

In order to be able to run, one must first learn to walk, and this **Preparatory Course** is the first step. Those who digest what is given and apply the methods conscientiously, will experience both **Physical and Mental Rejuvenation**, for the average condition yields to simple measures when these comply with the Law of Truth and consistency. In other words, they must be both **scientific** in their **aspect** and **application**. The **ESOTERIC BREATHING** given with the **Preparatory Course** will send the VITAL FORCE all over the body, especially in the "**Recharging Method**."

In the following lessons the author will take up **CORRECT POSTURE** and the directions here given must be **conscientiously followed** in order that the student may realize the best results with the methods given later, for the **stretching and flexing of the spine**. The student who will faithfully take his **daily exercise** will get wonderful results with the **esoteric methods**, and these are necessary for the general distribution of the

VITAL FORCE, without which there can be no complete PHYSICAL and MENTAL REJUVENATION.

Correct Posture

LEARN TO STAND ON YOUR TOES

Under "CORRECT POSTURE" we understand an **erect carriage** at all times, which implies a **straight or normal spine**. Now, of course, the spine is not in the literal sense "straight" but this term is used in opposition to the term "curved," which implies that some of the vertebrae are **out of alignment**.

Man is the only animal that normally has this erect carriage because of the wonderful **flexibility of his spine** and a particularly strong pair of muscles in **the calves of the legs**, which literally pull him upon his toes, when he is properly poised or stands "on the plumb line."

You have been told before, that you should walk on the soles of your feet instead of on your heels, but I say learn to walk **on your toes** and experience the exhilarating effect of such walking, for instead of a jar at every step, you will feel a **thrill** transmitted to the entire nervous organism.

THE JAR OF WOODEN HEELS

Right here I should like to digress for a moment to warn, particularly the young girls of today, against the wearing of shoes with **wooden heels**, as these jar the vertebrae in the spine, causing them to settle upon the cushions of cartilage and sooner

or later bringing about an **impingement** upon some nerve with its accompanying serious and painful effects in some other part of the body.

For walking and general daily wear select a strong walking shoe with moderately high leather heels, and then have them supplied with rubber heels. This will insure an **elastic step** and will prevent the jar—which accompanies each step taken with shoes having **wooden heels**—from reaching the brain, thru the medium of the **spinal cord**, which registers such shocks as they are **transmitted from vertebra to vertebra**.

HOW TO STAND ON THE "PLUMB LINE"

a. Stand erect—chin drawn in—feet contacted, but resting on your heels.

b. Now slowly move the upper part of your body forward, from the waistline, until you feel **the pull of the muscles in the calves of the legs** and feel yourself literally **lifted upon your toes**.

c. If you can **raise yourself on your toes** and lower yourself **again and again**, without losing your balance, you are well **poised** and standing on the "plumb line."

Always stand in this manner: **feet contacted, chin drawn in, eyes straight ahead, and balanced on your toes or the ball of the feet**—when taking the methods given in the following pages.

TEST YOURSELF

You are asked to "rest upon your heels" in this lesson merely as a test and in order to prove to yourself that you are **habitu-**

ally doing this. By moving forward then, from the waistline, without moving your feet, you will find yourself **poised upon your toes**, which is the proper way to stand and walk.

To test out the position of the spine while doing this, place your hands, thumbs forward, at the small of the back. You will find that there is very little curve there when resting upon your heels but that there is a decided curve when resting upon your toes. In the first position you are literally **sitting upon your intestines** and it is no wonder if you are **constipated**.

In the **CORRECT POSTURE** you have released **the pressure upon the abdominal organs** and the practice of **standing straight, alone**, will eliminate much of your digestive troubles.

The writer cannot impress upon the student enough, the importance of complying with the rules set forth here, especially since the younger generation has adopted such a "slouch gait". If you will observe them, you will see that the upper part of the body is sagging, and the lower part is pushed out at the abdomen—stomach protruding and the small of the back straight instead of curved. Usually the head is pushed forward instead of the chin drawn in. This alone will **disorganize the spine**, for the first eight inches of the spine are the most important and a subluxation, curvature or impingement **in the upper spine** will affect the spine in its entirety.

To sum up the importance of maintaining an **erect spine** let me quote a slogan of the chiropractors—"You are as old as your spine."

If your spine is **flexible** you are **young**, if it is set and immovable, you experience the general **stiffness** that comes with old age—even tho you may yet be young in years.

THE STRETCHING METHOD

a. Stand erect. Extend arms out sideways, hand—palms downward.

b. Slowly move **shoulder blades** up and down, in **rotary motion**.

c. While rotating the shoulders, slowly begin to stretch arms and hands, reaching out as far as possible, until you feel **the pull on the vertebrae between the shoulders**.

d. Now turn palms up, and, while still tensed, slowly begin to **inhale** and “see-saw **from the waistline**, at the same time stretching **up! up!** with the hands, until **hands meet above head**. Be sure you are not only stretching the arms, but stretching **from the waist line**, as you “see-saw.”

e. Lock thumbs and pull body up on toes holding breath in four counts at least, longer if you can.

f. Now slowly **lower arms**, hands—palms down—like heavy weight, so that arms and hands will **vibrate** as you **settle down** again upon the balls of the feet, at the same time **exhaling slowly** thru puckered lips—gradually “blowing out” the air.

CORRECT SITTING POSTURE

a. Push the **base of the spine** against the back of the chair **as far as possible**; **feet contacted** and flat upon the floor.

b. Now come forward a few inches until the upper body rests upon or is **supported by the ribs**. This position will prevent the upper and middle chest from sagging and pressing upon the **DIAPHRAGM** which must be kept **free and unhamp-ered** in order that the student will be able to take in a **COMPLETE BREATH**.

c. If the student has complied with the directions given above, **forehead, chin, and upper chest** will be in a straight line.

d. Hands should rest lightly in lap, palms upward.

e. To test out this position—place hands, thumbs forward, at small of back. If the **curve** is there you are sitting correctly; if the spine is **straight** at this point, **you are sagging**, and literally sitting upon your **intestines and pelvic organs**. No one can appreciate the enormous **pressure** that is brot to bear upon these organs, until one has acquired **The Correct Sitting Posture**, when automatically **this pressure is released**.

LEARN TO SOW THE SEEDS OF HEALTH

Correct sitting, standing and walking posture will do much towards eliminating the discordant condition that comes from a “sagging stomach,” called **prolapsus** by the medical profession.

The “slouch walk,” mentioned before, allows the stomach to sag, the abdomen to protrude, and the spine to become misshapen, until **pressure is exerted** upon all of the delicate internal organs, which pressure naturally interferes with their normal functioning.

As long as we are young and still have plenty of vitality, we “get away with it.” When gradually, because of the **depletion** of the **VITAL FORCE**, the internal organs, “give out,” we pay the penalty, for, “As we sow, so shall we reap.” If we sow the seeds of health thru **constructive physical and mental habits**, we reap just that—**HEALTH**.

HOW TO WALK FOR HEALTH

a. Walk, **poised on your toes**, throwing the entire weight of your body forward at each step; head erect, chin drawn in, and swing arms back and forth to **exercise the spine**. If you are wearing sensible shoes, preferably with **rubber heels**, and you have acquired the "toe walk," every step will send a **thrill** instead of a jar to the **spinal cord and brain**.

b. While **walking briskly**, inhale thru the nostrils and exhale forcibly thru the mouth—see the **Contracting Breath**; **inhale** one count, **exhale** one count. Gradually increase the number of counts at each inhalation, **counting four**—one at each step—and then **exhaling forcibly**.

HOW TO LIE IN SLEEP

a. When lying down, do not use a pillow, or at least only a small roll that fits under the "small of the neck." The Japanese, who are noted for the strength and general **suppleness** of their bodies, sleep in this manner, frequently using a wooden support at the back of the neck. We were told that the ladies, who have such an abundance of hair and who spend much time dressing it, used these supports to protect the hair while they slept, but it no doubt has a deeper significance as anyone can prove to himself if he is willing to make the test.

One or more pillows tend to place the upper spine **out of alignment**, and anyone having **eye trouble** or **headaches** should train himself at once to sleep without a pillow. The ancient Spartans slept on boards and trained their boys at the tender

age of six and seven years to do this—thereby rearing a hardy race of fighters whose exploits have gone down in history.

b. A very restful position is to lie on the back, hands and feet outstretched. Try this when you feel tense.

c. Those who are poor sleepers and **depleted in vitality**, should try lying on the **right side** of the face with both arms out-stretched. This will throw the body forward **upon the stomach**. Then draw up the left leg and left arm just far enough to feel comfortable; this **supports the spine** and releases all pressure upon the internal organs which, because of a reversal of position, are stimulated or relaxed as the case may be; furthermore the large nerves and blood vessels in the back are not restricted by the weight of the body and function normally.

d. For Insomnia use the “**Insomina Breath Method**,” but train yourself to the position given at c, then you will **subconsciously** revert to that position after you have fallen asleep.

Sports

BENEFITS DERIVED FROM PLAY EXERCISE

The United States probably leads the world in the **variety** and **intensity** of its sporting activities, but as a general rule these sports are confined to a few—organized teams, or the idle rich, many of whom merely indulge because “it is the thing,” and because the golf links, for instance, is the meeting ground of others of their kind, making it more a social affair than an **intensive system for increased bodily and mental vigor**.

Now, of course, golf can be made strenuous, especially if one covers miles of territory during the day's game, but on the whole, playing golf is not nearly as healthful as a **brisk walk** would be. Nevertheless, the exercise gained in this manner is often the only exercise certain individuals get during their life time, and has the added advantage of being taken **out in the open** and under circumstances that make it **play** and consequently **enjoyable**.

This in turn has a **stimulating** effect upon the SOLAR PLEXUS and stimulating vibrations are transmitted to the **internal organs**, all of which reacts constructively upon mind and body.

Baseball, football, tennis, swimming, rowing, vaulting, long distance running, jumping, etc. are sports that are more strenuous and bring **more muscles into play**. It is astonishing how many hardships are endured by the participants, all in the name of **sport** for the reason quoted above that there is an **exhilaration** that goes with **play**, that we do not always experience when doing our exercises.

Therefore each and everyone of us should have some "**sport hobby**" and learn to **play at exercise** as we used to when young. Practice the methods given in this book and you will soon find your former interest in such sports returning and as soon as it does, **find an outlet for it** and learn to **laugh and grow fat** (not too fat) and be a **red-blooded human**, instead of the despondent discouraged individuals that many people are today.

THE DANGER OF OVERTRAINING

Right here the author would like to mention the danger that lies in **overtraining**, especially to boys and girls who are still in

the **period of adolescence**. During this time and at least up to the age of eighteen, the training should be gradual, allowing the body to develop normally, and paying especial attention to **CORRECT POSTURE** and **THE COMPLETE BREATH**, so that the **spine** will remain strong and flexible and the breathing muscles be well developed. This will prevent the serious after-effect of **strenuous athletics**—known generally as “Athletic Heart”—and attributed to the **over exercising** of this organ, which later in life causes a general breaking down of the heart, and many sudden deaths.

CORRECT POSTURE and **THE COMPLETE BREATH** are **vital factors** in our general welfare, and every man, woman and child should be taught these **fundamentals**, and the right way to begin is with the **child in school**, and these methods will be taught in the school as soon as the **parents awaken to their responsibility** towards the “new life,” the **physical, mental and spiritual unfoldment** of the child.

If the author has contributed towards this **awakening** it will mean much to humanity for the effect will be **far-reaching**.

LESSON SIX

Corrective Exercises for the Body**THE UPPER SPINE**

As before stated, the **upper eight inches of the spine** are most important, because the nerve centers there are very sensitive and react upon the rest of the nerve centers in the spine thru a "reflex action." Eye, ear and head troubles of various kinds originate here and thru their reflex action often cause stomach and intestinal disorders.

The following methods tend to **vibrate** this portion of the spine and incidentally **stimulate** the other nerve centers.

METHOD FOR VIBRATING THE UPPER SPINE

a. Stand erect. Lock hands in front of forehead and try to force **head forward** against the resisting hands.

Inhale deeply, then use same method as above, while holding breath in. You can feel the **vibrations** from the head down.

b. Lock hands and press against back of head. With breath held in force **head back** against the resisting hands.

c. Slowly inhaling, **turn head to the right**, until the chin reaches the **right shoulder**; hold with breath in, then swing back to front with a jerk, **blowing breath out with one puff**.

d. Repeat above method **towards the left**.

e. After inhaling and while retaining breath, **tip head forward** and **rotate** it from shoulder to shoulder; raise head

and expell breath forcibly **thru the mouth.**

f. Same method as above, but with **head tipped back** as far as possible.

g. Now rotate head **towards the right** as on a pivot, describing a complete circle and allowing the head to **fall forward and backward** as far as possible.

h. Same as above, but rotating head **towards the left.** Inhale as you throw head back; exhale thru nostril as head falls forward in both g and h.

TO STRETCH THE MUSCLES OF THE ABDOMEN

a. While flat on back **raise upper body** to sitting posture without the aid of your hands. Beginners can prop soles of feet against the wall, or foot of bed, for support. **Inhale as you lower body, exhale as you raise body; or retain breath** until in a sitting position, then expell forcibly thru mouth.

ABDOMINAL METHOD No. 2

Lie upon your back across a low chair or stool and **hook your feet under a couch or davenport** for support. Now slowly let yourself down over the chair until head, arms and chest extend down as far as possible. Do this slowly at first, as this method exercises a **terrific pull upon the abdominal muscles**, at the same time stretching the spine. Inhale as you go down, exhale as you come up.

TO STRETCH THE MUSCLES OF THE BACK

Stand about a foot from the wall and **touch it with your chest** without using your hands, inhaling as you come forward. Hold this position **with the breath in** for a short time, then return to former position, without using hands, and expell breath forcibly thru the mouth. This method is also fine for **chest expansion**. If too strenuous, stand closer to the wall until the muscles in the back have grown stronger.

TO FLEX SPINE AND STIMULATE ELIMINATION

Stand erect, feet contacted. Slowly raise arms until you can **lock thumbs above head, inhaling** as you do this. Now bend over and **touch your toes**, then the floor, exhaling at the same time.

FOR THE LIVER AND SPLEEN

Same method as above, but with feet apart, bend to the right without moving your feet or knees and touch the right limb as far down as you can reach, twisting to the right as far as possible. Bend to the left in the same manner.

FOR THE KNEES AND THE CIRCULATION IN THE LOWER EXTREMITIES

Hands on hips, feet one foot apart. Now bend or flex knees rapidly, inhaling as you come up, exhaling forcibly thru the mouth as you go down.

STRETCHING METHOD FOR CONSTIPATION

Lie flat on your back in bed or on the floor, arms at your sides. Gradually **raise the right limb** until it is at right angles with the body, then lower it slowly as if it were a heavy weight, inhaling before you raise it and holding **breath in** while you lower it. Then expell breath forcibly thru the mouth.

b. Do this several times, then raise **the left limb** in the same manner.

c. Now raise **both limbs** slowly and lower them as gradually as possible, as it is the pull on the abdominal muscles and on the muscles in the small of the back that strengthens them and gives "tone" to the intestines, thereby increasing **peristaltic action** and consequent **elimination**.

ARM EXERCISE No. 1

a. Stand erect, arms at sides and feet contacted. Swing right arm from shoulder **towards body**, describing a circle. Do this without conscious effort and as if the arm were a **heavy weight**. Swing the left arm **towards the body** in the same manner. Use the **Contracting Breath** with these exercises.

b. Swing both arms in or **towards body**, describing complete circles.

c. Same method as a, but **swing arm out** from body.

d. Same method as b, but swing arms out or **away from body**.

The above method not only develops the muscles of the arms and neck but manipulates the vertebrae of the **upper spine**.

ARM EXERCISE No. 2

The following method is a good **bracer** to take first thing in the morning or at any time you feel the need of a stimulant:

a. Stand erect, feet contacted, with **clinchd hands** resting upon chest. Now swing arms out at sides as far as possible, bringing them back to first position on chest with a quick snappy movement, striking the chest lightly with **finger tips**—opening hands as you bring them back. Inhale as you swing out and exhale forcibly thru mouth as you swing back, holding the **thot** that you are strengthening the **upper spine, chest and lungs**.

b. Same position as at a, but swing out or push out arms, with clinched hands **straight ahead**, bringing them back as before with a quick, snappy movement and tapping the chest lightly with the fingers. Inhale as you throw out arms, exhale as you snap them back into position.

c. Same position, but **snap arms upward**, straight above head.

d. Same position, but **push arms downward** in a straight line with body.

Every movement in the above method must be **snappy**, particularly the outward movement. **SNAP** the arms out and away from the chest, using the **clinchd hand** to emphasize **force**; return arms to original position more gently, with open hands, **tapping chest lightly** as you exhale.

HIP AND LEG EXERCISE

a. Stand erect, hands meeting at the back, thumbs on hips. Now swing right leg forward and backward as far as possible; same with left leg.

b. Swing right leg in towards body, describing a circle; same with left leg.

c. Swing right leg out, away from body, describing a circle; same with left leg. See **Arm Exercise No. 1.**

Beginners can take hold of back of chair to support themselves while doing this, until the spine has been strengthened.

This method stimulates the **Sciatic Nerve** and consequently the lower extremities from the hips down.

TO ROTATE AT WAISTLINE

a. Stand erect, feet contacted, arms outstretched. Without moving feet or bending knees, slowly **turn to the right** as far as possible, inhaling as you do this, holding breath with position at **extreme right.**

b. Now return, with a quick movement to first position,—as tho you were allowing the body **to spring back**, exhaling forcibly thru the mouth at the same time.

c. Take the same method towards the **extreme left.**

This method not only stretches the spine, particularly the **lumbar vertebrae**, but stimulates both the **liver** and **spleen.** It also aids in removing fatty tissue about the waist.

WALKING ON ALL FOURS

No one can estimate the beneficial results derived from **walking on all fours**. Primitive man does this daily, and the first locomotion of infants is accomplished in this manner. It is true that in the case of the infant, the spine is not strong enough to support the body in an erect carriage but it is equally true that if Nature were not interfered with by parents, the infant would creep in this manner until muscles and bones are strong enough to support the body.

As it is now, parents are literally forcing children to stand upright long before the spine and the delicate internal organs are ready to adjust themselves to that position. The truth of the matter is that the internal organs, when **on all fours** are supported by the ribs and not suspended without support. In this position all strain is removed and a child that is allowed to creep until it, of its own accord begins to pull itself erect holding fast to chairs, etc., will have matured enough so that the danger of the **sagging of these organs**, is removed. Then, too, **bow-legs** and **ricketts** will have been reduced to a minimum.

When an adult reverts to this position he likewise gives his "innards" a rest, **stimulating the circulation** at the same time.

If while walking thus on all fours, **you throw up the head** as you inhale and down as you exhale, you will do much towards **strengthening the upper spine**.

Anyone with a **sluggish circulation** should try this at least a few minutes each day and note the **beneficial results**.

METHOD FOR GENERAL STIMULATION

a. Lie face down, arms with elbows bent, hands flat down. Now raise yourself slowly **upon your hands and toes**, throwing up your head and inhaling as you do this.

b. Now gradually **lower yourself** until you just miss touching the bed or floor, keeping yourself suspended, **without bending elbows**, exhaling as you do this. Take this slowly and only a few times at first as it exerts a strong pull on the muscles and if you are **flabby**, you will ache all over.

If you persist in this method, however, you will soon overcome this reaction, as this method **stimulates the upper spine** and, thru its **reflex action**, the abdomen and intestines, thus bringing about better digestion and increased elimination which in turn will manifest itself in a **general toning up of the system**.

**Super Science Preparatory
Health and Metaphysical
Course**

BOOK TWO

**THE EXOTERIC AND ESOTERIC
BREATH**

LESSON ONE

The Cerebro-Spinal Nervous System

Those who have studied Physiology in school will perhaps remember that the Nervous System, which comprises the organic brain and the spinal cord, from which branch out the motor and sensory nerves, was called the CEREBRO-SPINAL SYSTEM.

The Cerebrum is known as the big brain of man; the Cerebellum, the little brain. The Cerebrum is the seat of thinking and reasoning, of Will, of Memory, and the Imaginative Faculty; while the Cerebellum governs the voluntary muscles, or the muscles of action or motion.

The brain then, governing the locomotion of the body is the Cerebellum—the little brain—which is the only brain that the animals possess. Thus we see that man is separated from the beast by **speech** and **reason**; both of which are expressed thru the Cerebrum, or big brain of man.

The Objective Brain of Man receives impressions from the objective or material world thru the **sensory nerves**—the nerves of sight, hearing, taste, smell and touch, which send in a report very similar to a message that would come in over the wires to the central office of a well-organized **telephone system**. When this impression is received, a command is sent out from the brain, or central office, over the motor nerves, or nerves of motion. The impulse is sent to the respective muscle, which is then contracted or moved.

In this way man keeps in touch with the outside or **Objective World** thru the five physical senses, registering each experience as it comes to him upon the brain cells, and reacting to this experience in various ways. If similar impressions are transmitted continuously, correspondingly deep impressions are made upon the brain cells, forming what is known as **habit**. The habit once formed is lodged in the **SUBCONSCIOUS MIND**, the seat of habit and desire. In this manner we form habits of vision, hearing, touch and so on. Every task we perform in our vocation or profession becomes a habit, or in other words, "subconscious," and not until it does, is it done well; for as long as we consciously strive for perfection along a certain line, we are still in the "learning stage," and have not yet arrived at that degree of proficiency which places us in the ranks of experts.

BODY, MIND AND SOUL

The purpose of this book is to show the readers that the average individual is placing altogether too much stress upon the physical, inasmuch as we gain, with all our constant striving, but ten per cent of the knowledge of the Universe thru the physical channels. If this is to be a book of **PHYSICAL and MENTAL REJUVENATION**; in other words, if it is to be a key to the royal road of physical and mental welfare, it must take into consideration the **TRIUNE PRINCIPLE** of man—Body, Mind, and Soul—therefore, it is the purpose of the writer to dwell upon each division of **man's trinity**, and to show conclusively that unless those seeking health, wealth and happiness, take these three principles into consideration, there can be no complete recovery from the many discordant conditions that now beset humanity.

We are spending millions of dollars yearly to educate our children along material lines, often times fitting them for vocations or professions for which they have no inherent talent, and against which they frequently evince a dislike. Because of this, parents start their children in life with a great handicap, trying to mould them into something into which their body, mind and soul refuses to shape itself. If enough pressure is exerted by others, the young child frequently becomes dwarfed, both physically and mentally; for instead of being reared under natural conditions, under conditions favorable to his particular individuality, he is forced to shape his life into the channels outlined for him by some one else, and the result is often appalling, such "misfits" frequently being traced to the underworld, to the park benches, to the reform schools, the penitentiaries, and to the insane asylums.

MENTAL AND SPIRITUAL TRAINING OF THE CHILD MUST BE SCIENTIFIC

When parents begin to realize that the child must be taught to understand his mental faculties in order that he may control his habits and desires; that he must be taught how to contact that GOD POWER WITHIN, in order that he may realize his higher moral and Spiritual Power, so that he will develop strength of purpose, a desire to do good to his fellow man, and the knowledge that he is living upon this earth-plane, not for self alone, but fulfilling a **Divine Purpose**; then and then only will humanity as a whole be helped, for instead of weaklings, we shall then rear a race of strong men and women—strong in mind, pure in body, and with the consciousness of their Divine Heritage. This automatically will do away with disease and

strife, with crime, with wars, leading humanity into the Millennium, thru the crucifixion of our lower impulses and the development of the higher **Spiritual Consciousness**, and this education must begin with the child.

The Sympathetic Nervous System

SYMPTOMS

It has been stated that fully fifty per cent of all diagnoses of disease has been found to be wrong. This was disclosed after the patients had died and post-mortems had been held. Now, just why is this so? In the first place, we find many in the medical profession who are not inherently qualified to be physicians, for after all the true physician must draw upon that fountain of knowledge within; he must “sense” the condition of his patient in order to diagnose correctly.

Unfortunately, it has been proven conclusively that this knowledge cannot be gained out of books, for the physician has to deal primarily with “symptoms” and the symptom may mean one thing in the long list or category of diseases, and it may mean another, for a symptom is an **effect** and not the cause. Therefore, the average physician is puzzled, and the best he can do is to make a “guess” and if he guesses wrong, the patient usually pays with his life. Those who know, shrug their shoulders and say “another mistake” and let it go at that. But why should a physician be allowed “to bury his mistakes” when everyone else is held to account for them?

There is an injustice embodied in this state of affairs, which must be sifted and eliminated, and this can only be done when the people are awakened to the fact that, tho the physicians claim to have prolonged human life within the last ten or twenty years, the death rate is increasing appallingly.

THE PHYSICIAN WITH THE "SIXTH SENSE"

Now, just what is the difference between a physician who uses only the knowledge he has gained out of books, material knowledge, as it were, and the one who, realizing that "symptoms" are often misleading, diagnoses correctly in spite of the "symptoms?"

This is the one point of difference—the latter has developed the sixth sense, known as INTUITION, and makes use of it, consciously or unconsciously. In this way, he divines or senses the condition of a patient. I have personally known many such men who are of great value to humanity, more perhaps than they themselves realize. If these men would only band together and get rid of those who dishonor their profession, there would be fewer "mistakes" and consequently fewer graves to hide them.

The time will come when the people as a whole will be so educated in the fundamentals of **Scientific Living**, which include the laws of the Universe—God's Laws—that the medical profession will be expected to pay for their mistakes just as other people have to do today.

THE "SYMPATHY" OF THE INTERNAL ORGANS

Just why are "symptoms" not reliable? For the simple reason that the internal organs, the organs that are not under the conscious direction of the will—the organs of respiration, circulation, digestion, assimilation and elimination—are so sympathetically connected thru the SYMPATHETIC NERVOUS SYSTEM, a mass of nerve ganglia with plexuses or plexi distributed thruout, that pain or any discordant condition manifesting in one is often transmitted to one or more of the other involuntary organs. This is very evident in the cases of neurotic patients, who frequently, according to their own diagnosis, have stomach trouble, liver trouble, constipation, heart trouble, poor circulation, and what not; when in fact, it is but a run-down condition of the Nervous System, a depletion of the VITAL FORCE, which automatically, because of the sensitive Sympathetic Nervous System, manifests itself as "symptoms."

By restoring the VITAL FORCE in the body, usually all of these discordant conditions disappear, showing conclusively that the manifestations of discord were but **symptoms**, and therefore unreliable as far as the organic condition of the various organs was concerned.

THE SOLAR PLEXUS AND "DIAGNOSIS"

Now, the center of the Sympathetic Nervous System is the Solar Plexus, literally the "**Sun-Center**" in the body, known to all Occultists as the storehouse of the VITAL FORCE or PRANIC ENERGY. Just how much the SOLAR PLEXUS

influences the Sympathetic Nervous System, which influence is transmitted to the Cerebro-Spinal Nervous System, and thru it exerts an influence over the entire body, the medical profession has never fathomed, and until it does, the diagnosis of disease can never be put upon a sound basis.

The law of mathematics is unerring, and is applicable at all times, and the results are the same, for they are based upon Truth—but the law of diagnosis is no law at all, being based upon guess work, or the ability of the diagnostician to “guess” the condition of the patient. Therefore, it is unreliable and those, who know, have conclusively proved beyond a doubt that more patients are buried because of the **mistakes made by physicians** than would have died had they never seen one. This is food for reflection and should awaken mankind to the dangers of “necromancy” exercised by so many physicians, who are unfitted for that profession, but which influence they are practicing upon humanity with the full consent of the law.

The Solar Plexus

The center of the Sympathetic Nervous System is a mass of nerve ganglion known as the SOLAR PLEXUS.

The SOLAR PLEXUS is located at the back of and below the stomach, and is ranged on both sides of the spine. It is composed of gray and white brain matter, just as is the organic brain in the skull. Now, we have been taught in school that the brain has thinking and reasoning power, and knowing this

physical science has named the SOLAR PLEXUS the "Abdominal Brain;" however, just what connection the SOLAR PLEXUS has with the mental functions that control the body, they have never been able to fully explain.

Occultists, those who know the "hidden laws" have thruout the ages given the SOLAR PLEXUS a different name; it being known as the "God-Center" of the body.

THE "SUN-CENTER" IN THE BODY

To begin with, the SOLAR PLEXUS is aptly named, SOLAR PLEXUS meaning literally, "Sun-Center," as it is the storehouse of the VITAL FORCE or PRANIC ENERGY in the body. Just as the sun radiates **magnetic and vital energy** from which all animal and plant life gain sustenance for growth, strength and reproduction, so does the "Sun-Center," in the body, when rightly understood, radiate energy and vitality in the human body, supplying the nervous system with VITAL FORCE, thereby keeping a normal supply in the various parts of the human organism, maintaining a perfect balance, as it were, and **perfect balance in the body means perfect health.**

The SOLAR PLEXUS can be compared to a sensitive photographic plate, upon which is registered every passing vibration, which in turn is transmitted to the Sympathetic Nervous System, and thru this medium to the internal organs; or to a mirror, upon which the passing reflections are mirrored, and so carried to or impressed upon the **Inner Consciousness.**

DESTRUCTIVE VIBRATIONS

When once the function of the SOLAR PLEXUS is understood by the individual, he is able to guard himself against the destructive vibrations that now reach his Consciousness thru the SOLAR PLEXUS. This will mean a stronger body and a stronger mind, for by shutting out such destructive influences, disease, worry, fear, etc., will lose their power over man.

INSTINCT AND INTUITION

The SOLAR PLEXUS is directly under the control of the SUBCONSCIOUS MIND, that state of Consciousness which is frequently called the "**Instinctive Mind.**" Animals are governed entirely by their **Instinctive Mind**, as well as was "primitive man." The impressions come to them thru their SOLAR PLEXUS and they act subconsciously, or involuntarily, exercising no conscious control of the Will, but acting solely in response to the inner urge of self-preservation, and the animalistic functions of the body. Therefore, it is generally conceded that most animals, particularly dogs, cats, and snakes, are psychic,—sensing instinctively vibrations around them.

Now, man also possesses the sixth sense, often times called the "hunch" but known in the Occult teachings as INTUITION, but he no longer knows how to contact this **inherent faculty**. Students of SUPER SCIENCE are given a key to unlock this **dormant power**, which comprises a part of the teachings given in the Advanced Course.

That peculiar "gone" feeling at the pit of the stomach is the vibration registered in the SOLAR PLEXUS. Sometimes we

know what it is; usually we are unable to interpret its meaning. Fear, worry, anger, hatred, resentment,—destructive vibrations coming from man's lower nature,—and again those induced from outside sources, or imposed upon the individual by another mentality, can upset the entire nervous system, causing numerous symptoms, which if not eliminated, may in time develop into serious organic trouble.

Medical Science admits that kidney and liver trouble, heart trouble and many kindred diseases are caused by fear, worry, etc. That being the case, we do not understand why they do not make an extensive study of the SOLAR PLEXUS and the SUBCONSCIOUS MIND, the source of these **Negative Vibrations.**

LESSON TWO

The Ductless Glands or Endocrines

As the DUCTLESS GLANDS or ENDOCRINES play such an important part in man's development, every student should know something about them. As yet physical science is not able to give a full explanation of their exact effect upon man's physical and mental development, but it is generally conceded that they are **potent forces**, not only in maintaining a balance in man's physical mechanism, but exert a leverage upon his **emotions** thru their mysterious connection with the **Solar Plexus** and the **Sympathetic Nervous System**.

THE ENDOCRINES A VITALIZING ELEMENT

An **Endocrine** is a vitalizing element secreted by some gland, the Ductless Glands sending their **endocrines** directly into the blood stream by means of which they are carried to all the tissues and appropriated where needed.

THE FINDINGS OF PHYSICAL SCIENCE

Science calls the glands of the body, **centers of control**, and traces the evolution of animal life from **the single cell** to man's present complex mechanism—by the evolvement of the glands, which appeared whenever a new center of control was found necessary.

Long before nerve communication was established, the Gland Method of chemical harmony existed. It is often called

The Vegetative System and the emotions are often spoken of as an **endocrine urge**.

THE MAIN DUCTLESS GLANDS

The main **Ductless Glands** are the **Pineal** and **Pituitary Body**, the **Thyroid** and **Thymus Glands**, the **Adrenals** and **Gonads** (sexglands), and the **Spleen**.

THE PINEAL BODY

The **Pineal Body**, according to Physical Science, controls light reaction and skin pigmentation, brain and sex development. It is a cone-shaped gland about the size of a grain of wheat and located in the **center of the brain**.

According to Occult Science this important gland registers the **SUPER CONSCIOUS VIBRATIONS** and exerts great influence upon man's **Spiritual Development**. It has been variously known as "The seat of the Soul," or as the remnant of an "ancestral eye."

THE PITUITARY BODY

The **PITUITARY BODY**, located at the root of the nose, near the base of the brain, is about the size of a pea. Nature has taken extra precaution to protect this gland and has encased it in a little skull all its own, known as the "Turkish Saddle."

This gland is frequently called **THE SOMATIC BRAIN**, as its influence over **subconscious action** is marked. It governs

the intake of food and the taste and smell areas; it stimulates the growth of bone and connective tissue and creates a balance in the **creative organs**. The salt content of the blood is controlled by the PITUITARY BODY as well as the periodicity of sleep.

Both the PINEAL and the PITUITARY BODY are taken up at length in the **Advanced Metaphysical, Occult and Inspirational Course** and methods are given to stimulate these important centers as the development of these two glands leads man on to the higher SPIRITUAL DEVELOPMENT, and to the knowledge of his real purpose in life.

THE THYROID GLAND

The THYROID GLAND lies just below the larynx and consists of two lobes, one lying on either side of the trachea or wind-pipe, bridging this just below the "Adam's Apple." It is very closely connected with the PITUITARY BODY, and is the **energy producing gland** in the body, as many of the other glands seem to depend upon the secretion of the THYROID for their normal functioning.

The THYROID forms the greater part of iodine, phosphorus and arsenic in the system and its development determines the growth and sustaining power in man's body; particularly does it build brain and nerve tissue and control the iodine content of the blood.

In the lower forms of life THE THYROID was a **sex gland**, now it forms the connection between the **sex glands** and the **brain** and is influenced accordingly.

THE ADRENALS

The ADRENAL GLANDS are located just above the Kidneys and their secretions carry energy to the **muscles** of the body, especially the muscles of **The Circulatory and Digestive Systems**. The energy with which the Adrenals perform their functions seems to depend upon the **Iodine Secretion** of the THYROID, in fact the ADRENALS, THYROID and SEX GLANDS are closely related and influenced by each other, as in fact are all the glands.

There seems to be such an intimate **chemical inter-communication** of the entire Glandular System, that no one gland can cease to function normally **without deranging the entire system**; likewise if certain dominating glands like the PINEAL, PITUITARY, THYROID, ADRENAL or SEX GLANDS function normally the **stimulating effect of the Endocrines** is felt thruout the body.

When the ADRENALS function normally they supply what is known as a "tensing fluid," which gives tone to the muscles and muscular action of the internal organs, **particularly to the heart**. Any stress of emotion such as anger, fear, the shock of an operation, etc., will cause the Adrenals to secrete more of this fluid, and in consequence these muscular organs and tissues are tensed or stressed **beyond their endurance** and finally give out. "Heart Failure" in many instances is due to stress of **emotion**, and as the entire **Endocrine System** is influenced by a lack of control of one's emotions, particularly the THYROID GLAND, it is of the utmost importance that the student obtain control of his lower impulses, which he can do by training the SUBCONSCIOUS MIND to **be** his slave,

which in turn can only be accomplished thru the "POWER WITHIN." How to contact this power is taught in the SUPER SCIENCE Advanced Metaphysical, Occult and Inspirational Course, but the methods given in this **Preparatory Course** will bring the student to the **realization** of this "Power Within."

THE GONADS OR SEX GLANDS

The GONADS are the glands governing the **Creative Organs**. In the lower animal organisms "Creation" takes place thru **budding or fissure**. The evolvement of sex places man under the **Positive and Negative Law of Creation**.

This center is a **VITAL CENTER** and when its Occult significance is understood and generally known, it will teach the individual the importance of the conservation of this **VITAL ENERGY** in order that it may be converted into **brain energy and intellectual power**.

In **THE SUPER SCIENCE Advanced Metalphysical, Occult and Inspirational Course** the student is taught the **control** of the **VITAL CENTERS** in the body as this is absolutely necessary for a sane and normal development of Mind, Body and Soul.

THE THYMUS GLAND

The **THYMUS GLAND** is located just below the Thyroid Gland and behind the upper chest bones. Physical Science has not as yet determined its function in its entirety but it is believed to exercise a control or check over the glands, particularly the **sex gland** of the child before the period of adolescence

and **slows down in action** after the time of **puberty**; so it is generally conceded that it is a gland, the especial purpose of which is the control of **child growth**.

THE SPLEEN

Little is known about the exact function of the SPLEEN, an umbrella-shaped gland, except that it plays an important part in removing the **toxins or poisons** from the system. Individuals who have a normal SPLEEN rarely feel "irritable" while those in whom this important gland is not functioning normally, frequently "vent their spleen" upon others.

According to **Occult Science**, the SPLEEN has charge of the **etheric body** of man. Thru the SPLEEN the **medium** permits entities to enter and control her body and mind. This is unnatural, for such an experiment always leaves the **medium** in a nervous, depleted condition.

GLAND TRANSPLANTATION

Scientists are still searching, and much research work is going on to discover, if possible, the exact function of the **Endocrines** and the possibility of man's REJUVENATION thru the proper application of stimuli to these glands.

At one time much excitement was created over **gland transplantation**, many people paying fabulous sums for such an operation, little realizing that it was but another **experimental phase** of surgery. For a while, in some instances, an exhilarating effect was experienced by those who underwent the **experi-**

ment, and the raising of monkeys and goats became a profitable occupation, both here and abroad, particularly in France.

Now however one hears little of such **transplantations** and why? Because it has been discovered that while a **local rejuvenation** was experienced in many cases, it takes more than one gland transplantation to **rejuvenate** body and mind—in other words—like so many drugs, etc., it **overstimulates** for a while, after which, in the majority of the cases, because of this **over stimulation**, the “victim” was worse off than he was before.

Learn to generate the VITAL FORCE in your body and then learn its **control**. Then you can stimulate the glands of your body and **rejuvenate** them until this REJUVENATION is felt in Body and Mind and in the expression of your higher Spiritual Self—your SOUL.

THE PRIMITIVE URGE

Until we learn **poise**, until we place our lower nature under the directorship of the SPIRITUAL POWER within us, we shall never know that “Peace that passeth all understanding,” for not until then will the **Endocrines** again work in **chemical harmony**.

Those, who have made a special study of the Gland System claim that all **urges** or **desires** have their seat in the **Endocrines**, and trace these urges, from the most primitive urge—**hunger**—to the highest expression of which man now is capable—the desire for SPIRITUAL KNOWLEDGE and POWER—thru the **Endocrines**.

CHRIST CONSCIOUSNESS

The advanced student of SUPER SCIENCE knows that to make the SUBCONSCIOUS MIND your slave, to make it **obey you** instead of giving in to the **primitive urges** still dominant in most individuals—is to bring the ENDOCRINE SYSTEM under control. This means the elimination of the **lower vibrations** from man's Consciousness, while the systematic development of the PINEAL and PITUITARY BODY in the brain, will **gradually raise** the vibrations of man's Consciousness until he no longer functions upon the materialistic plane, but **lives, moves, and has his being** in the CHRIST CONSCIOUSNESS. This should be the ultimate goal of every true Christian.

Important Glands with Ducts

The important Endocrines with ducts are the Salivary and Lymphatic Glands, the Liver, Pancreas, and Kidneys.

THE SALIVARY GLANDS

The SALIVARY GLANDS are located in the mouth and when functioning normally, maintain moisture in the mouth and throat. As the secretions of these glands is strongly **alkaline**, this combats an "acid mouth" condition so prevalent today, which has such a disastrous effect upon the **teeth**, and is chiefly due to wrong **food intake**.

But the SALIVARY GLANDS have a still more important work to perform, for it is in the mouth that the **first process of**

digestion takes place. Here the starchy foods are **chemically changed** into glucose and in this manner prepared for digestion **in the stomach**. Unless food is thoroughly masticated and mixed with the saliva before it enters the stomach, especially all starchy foods eaten, an undue strain is placed upon the stomach, which is **not chemically equipped to break up starch particles**. Hence the importance of **chewing all food thoroughly and swallowing it before drinking water or beverages of any kind**. Learn to eat your food **dry**, as it were, never using liquids "to wash it down;" this constructive habit, once formed, will alone **eliminate** much of your digestive troubles.

THE PANCREAS

The PANCREAS, situated under and behind the stomach, controls **sugar metabolism**. Thru its duct the **Pancreatic Juice** is carried to the small intestine, where its **enzymes** (digestive ferments) complete digestion.

THE LYMPHATIC GLANDS

The LYMPHATIC SYSTEM consists of chains of glands, connected by **lymph ducts** which are scattered thruout the entire system. These **lymph ducts** are vessels which convey the food lymph and the particles of broken down tissue to the liver.

The various glands in this LYMPHATIC SYSTEM contribute towards **the repair of the body** tho their functions are not definitely understood; it has been discovered however, that in cases of auto-intoxication, where the system has become clogged with impurities, these glands frequently become en-

larged and infected, much in the same manner that tonsils do, which were placed in the body to neutralize its poisons.

LIVER

The LIVER is the largest gland in the body and is both storehouse and clearing-house for the system. Here the food is prepared in the final process of digestion for its entrance into the blood, so that each cell in the body may extract its nourishment from the blood stream.

When we stop to think that the various group cells extract only what they need for their own specific development and repair and that the chemical elements are varied and numerous—we must view the intricate **chemical processes** of the LIVER with awe. Indeed, its the most wonderful **chemical laboratory** in existence.

The particles of **broken down tissue**, that are carried to the LIVER by the lymph ducts, are chemically converted so that this **dead matter** can be filtered out of the blood and removed by the **Kidneys**. The two processes mentioned above, are the **internal secretions** of the LIVER, whereas the **external secretion** is the **bile**, which is discharged into the small intestines to aid in further breaking up the food particles.

The LIVER is one of the **most important glands** in the body and as such must be kept in normal working order. One of its chief functions is to store the **excess sugar**. Since all starchy foods are converted into sugar during the process of digestion, it follows that an abnormal consumption of sweets and

pastries and white flour products will create an **excess of sugar** and when the liver is no longer able to **store** this sugar, it enters the blood stream in increased amounts and creates a condition known to the Medical Profession as **Diabetes** or **sugar in the blood**.

Add to the above diet meat in large quantities and over-eating in general, and we experience a **breaking down** of this important organ, whose chemical processes are so necessary to the **maintenance of health** in the body. A **sluggish liver**, a **clogged liver**, a **hardened liver**, are but different stages of a derangement of this gland, which can be overcome by eating the right foods and by employing the VITAL FORCE to restore the balance.

KIDNEYS

Altho some scientists engaged in research work claim that the **kidneys** also secrete an **endocrine element**, the **kidneys** are **excretory glands**, as far as is definitely known, their function being to filter the poisons out of the blood.

Diabetes or **sugar in the blood** is a condition that yields to systematic treatment along natural lines and thru the VITAL FORCE the blood can be cleansed and purified.

Bright's Disease is a general breaking down of the cells in the **kidneys**, but this condition also can be removed by a **corrective diet** and the application of the VITAL FORCE as taught in SUPER SCIENCE.

In the **Advanced Metaphysical Course** the student is taught the control of the VITAL FORCE and the POSITIVE HEAL-

ING METHOD. In this method he learns to treat the **vital centers** in the body and **to feel** that wonderful **power** surge thru him, which restores the balance in the entire **nervous organism** and automatically throws off all discordant conditions and manifestations of so-called disease.

LESSON THREE

THE SUBCONSCIOUS MIND

THE SUBCONSCIOUS MIND is that part of man's Consciousness that vibrates **below** the CONSCIOUS MIND, which functions with the aid of the five physical senses and has its seat in the organic brain.

THE SUBCONSCIOUS MIND on the other hand, controls the **Solar Plexus** and indirectly the **Sympathetic Nervous System**. It has frequently been called the SUBWAY OF MEMORY and is the seat of **habit and desire**.

Now it follows that if we wish to overcome **destructive habits**, we must begin to counteract their influence by forming **constructive habits**. As a habit is formed by doing the same thing over and over again and in the same way, it is just as easy to acquire a **constructive habit** as it is to form a destructive one.

The following methods are given to train the SUBCONSCIOUS MIND of the student and it will be necessary for the student to adopt a **receptive attitude** while practising these methods, holding the thought that these vibrations are going down into the SUBWAY OF MEMORY, where they will register as **constructive habits**.

Because of the **re-active power** of THE SUBCONSCIOUS MIND, the effect of such an acquired habit is felt in the **physical and mental** make-up of the individual. Hence the following exercises are methods to RE-EDUCATE THE SUBCONSCIOUS MIND, which re-education will **manifest constructively** in **mind and body**, bringing the student to a clearer realization of his **Spiritual Self** and THE POWER WITHIN.

The Science of Breathing

THE EXOTERIC PHASE

The "SCIENCE OF BREATHING" is so important, and plays such a great part in the students' development that I am going to devote this lesson to the EXOTERIC phase of breathing.

In school we have been taught that we extract **oxygen** from the air we breathe, and that this **oxygen** purifies the blood stream, which in turn nourishes the tissues, carrying **oxygen** to all the cells and carrying off waste matter. Most people do not realize that they are literally "**Starved for Oxygen.**" This is due in most instances to the fact that they do not take in enough air at each breath. In other words, they rarely take in a "**COMPLETE BREATH.**" When the intake of **oxygen** is sufficient, the following happens:

The **oxygen** in the air cells of the lungs, thru a process of osmosis, passes thru the walls of the minute blood vessels that circulate the blood thru the lungs—combustion then takes place and the impurities are literally "**Burned Out**" of the blood, the poison gas resulting therefrom passing out thru the lungs, known as **carbonic acid gas**. The blood, having been purified, is now sent to the heart from whence it is again propelled thru the arteries as a rich, red blood stream, carrying with it the life-giving **oxygen**. It then returns to the lungs with the waste matter it has gathered up on its trip thru the body, and when this **venous blood** once more reaches the lungs, it is of a bluish, muddy color, and if sufficient **oxygen** has been taken in because of the "**COMPLETE BREATH,**" the same process takes place

as outlined above, and the blood once more starts on its trip thru the body, carrying with it the **life-giving oxygen**.

When the **oxygen intake** is insufficient, that is, when the individual knows nothing of the "COMPLETE BREATH," and uses what is known as "shallow breathing," the **oxygen intake** is inadequate to purify the blood stream; all of the poisons are not "Burned Out" and consequently when the blood passes again to the heart, and is propelled thru the **arterial system**, it is still in a somewhat muddy, impure condition, and therefore carries with it to the tissues, poisons that should have been eliminated, which gradually tend to weaken the resistance of the cells and to break them down.

From the **above**, you will see the importance of the "COMPLETE BREATH," and I cannot urge the practice of this method upon you too strongly.

If the "COMPLETE BREATH" is practiced daily, if only for seven breaths, this daily practice will train the SUBCONSCIOUS MIND, and very soon you will find that you are subconsciously breathing deeply.

During the spring and summer months particularly I would suggest that each and every one of you devote at least ten minutes a day to deep breathing while out in the sun and the fresh air. If, at the same time you can expose a part of the body to the rays of the sun, you will find that a chemicalization has taken place in the blood, and the absorption of the sun's **magnetic energy** into the body has increased the red blood corpuscles at least twenty-five per cent. The increased blood supply and the increased amount of **red blood corpuscles** will tend to build up the tissues and before long you will experience

a feeling of exhilaration, and at the end of a year you will know that you have rebuilt every cell in your body along constructive lines.

NOSTRIL BREATHING VERSUS MOUTH BREATHING

So many people nowadays have **adenoids or growths in the nose** which obstruct the natural process of **breathing thru the nostrils** that it is of the utmost importance that the attention of individuals so afflicted be called to the fact that the **NOSTRIL BREATHING METHODS** that are given in this book, have removed obstructions in the nose, students testifying to the fact that they had not been able to breathe thru both nostrils for years; many of them were contemplating operations.

One student, after **three days** of breathing in this manner, testified that he had made arrangements with a surgeon to have the left nostril operated upon, when he decided to take the **SUPER SCIENCE METAPHYSICAL COURSE** and that he now was able to breathe thru this nostril as well as thru the right nostril, demonstrating this to the class.

Another student said one nostril had been closed **for seven years**, and opened up while practicing in class.

A student who had a severe case of **sinus trouble**, and who had spent hundreds of dollars without getting relief, had decided upon a serious operation when he heard of **SUPER SCIENCE**. Needless to say he was entirely relieved of this condition.

MOUTH-BREATHERS

What I am about to say now is of **vital importance** to everyone, and that is this: The conditions mentioned above are super-induced by **incorrect habits of breathing**. Too many, oftentimes unconsciously, are **mouth-breathers**, for many breathe thru open mouths during sleep and awaken with a dry, parched throat and a sense of fatigue in the morning.

The reason for this is obvious, for while the nostrils **filter the air** because of the fine hairs at the entrance of the nose and **warm it**, because of the long tortuous passage thru which the inhaled air must pass before reaching the lungs, the air passing in thru the mouth is neither warmed nor purified. As a result the lungs are chilled and filled with the impurities that would have been eliminated, had the air entered thru its natural channel, **the nose**.

All physicians working along **natural lines** concede that **colds, catarrh, pneumonia, the flu**, etc., are but different names for different degrees of **filth accumulations** in the air cells of the lungs, the stomach, the intestines, etc., which manifest as **mucous**. It has been proven, beyond a doubt, that only those who have such mucous in their body are **attacked by germs**, therefore, it is easy to understand why **mouth-breathers** fall an easy prey to so-called contagious diseases.

There is so much so-called **nasal catarrh** among children that the attention of the parents must be called to the necessity of seeing to it that **their children breathe thru the nostrils**. When the nostrils are habitually stopped up, it will be a little difficult at first, but by devoting a certain time each day to putting your children thru their **breathing exercises**, just as you super-

wise their piano practice, you will help them to overcome this **destructive habit** in a short time, and will be rewarded by seeing them **gain in strength and vitality**, thereby eliminating the so-called **children's diseases** from their experience.

This is another **fallacy** wished upon the parents by the medical profession. Children do not have to have measles, whooping cough and what not, but if they do contract them, nine times out of ten, **the parents are to blame**, for a child reared **the natural way** is practically **immune** to disease. SCIENTIFIC RESEARCH has proven that children who have been kept free from the ravages of disease until after the PERIOD OF ADOLESCENCE, grow up with strong bodies. As a **strong body** contributes largely to a **sound mind**, it is of **vital importance** that parents teach their children the habit of **nostril breathing** in the event that they have formed the **destructive habit of mouth-breathing**.

Animals and primitive man breathe correctly, only civilized man acquiring the mouth-breathing habit **so contrary to Nature**, for one might as well take in food thru the nose as to take in air thru the mouth, both being a reversal of **the natural order of things**.

METHOD FOR OVERCOMING MOUTH-BREATHING

For Infants—Tip the baby's head forward slightly, as it sleeps. This **closes the lips** and forces it to breathe thru the mouth. The savage mother does this **instinctively**.

For Older Children or Adults—Slip a band under the chin and over the head when retiring. This will hold the lower jaw and so prevent the mouth from opening during sleep.

Daily practice—Use the breathing methods given in this book, particularly the **Alternating Current Exercises** to free the nostrils of obstructions and to widen the nasal passages.

Note—**Dilate nostrils** when inhaling (like the horse). In this manner you take in more air, and take it in without any accompanying noise. Most people breathe as tho they were smelling a rose, drawing the nostrils together, and in this manner, literally **shutting out the air**. This is done in the “smelling process” to get the odor of the rose and is accompanied by a sibilant sound that is heard for some distance.

Stand before a mirror and test this out.

THE SNEEZE

The dust and other impurities that have been filtered out of the air are expelled at each **exhalation**. In cases where foreign particles have penetrated beyond the protecting hairs in the nostrils, a sneeze will dislodge and eject them—another wise provision of the **Creator**.

LESSON FOUR

The Complete Breath

The process of breathing can be divided into three steps as follows:

1. **Clavicle** breathing,, which employs the muscles of the upper chest cavity.
2. **Intercostal** breathing, which expands the middle thoracic (chest) cavity.
3. **Abdominal** breathing, which expands the diaphragm thereby enlarging the lower chest cavity.

ABDOMINAL BREATHING

Sit erect—see correct posture. Place hands at waistline, thumbs back and press inwardly. Now push out the hands by **expanding the diaphragm**.

Hold a moment—then press inwardly again, forcing out the air. Repeat until you have **control of the muscular diaphragm** and can **expand** and **contract** it at will.

Practice this without the conscious intake of a breath, focusing your attention upon the **contraction** and **expansion** of the **diaphragm** and **not** upon the lungs. When the **lower chest cavity** is thus expanded the **air rushes** in or is “sucked in” as with a pair of bellows.

INTERCOSTAL BREATHING

Place hands at sides, thumbs back just below armpits. Force hands out by **expanding the ribs** until you feel the pull on the spine, especially **between the shoulders**, as this is an important center.

Practice **expanding** and **contracting** the ribs in the **middle-chest cavity**, focusing your attention upon **the center between the shoulders** and the pull of the muscles upon the spine at that center.

CLAVICLE BREATHING

Place thumbs under armpits and let the fingers meet over the sternum or breast bone. Now throw the head back, raising the shoulders slightly, thus allowing the clavicle or **collar bone** to be lifted.

This will expand the **upper chest cavity** and allow the air to reach every air cell in the upper lungs where so many colds and incipient stages of tuberculosis are contracted, because of the fact that these cells are not reached by the **purifying oxygen** and become **clogged** with impurities in the average individual—who is a **shallow breather**.

When the **upper chest cavity** is enlarged, the degree of expansion can be measured by the distance between the finger tips as the hands draw back from the sternum.

INHALATION

When the student has obtained control of the muscles of the **upper, middle and lower chest cavity** as outlined above, he must

begin to **correlate these**, for after all, **THE COMPLETE BREATH** does not consist of three distinct operations as outlined above, but of these three **combined into one long and continuous inhalation** bringing into play:

First—The **DIAPHRAGM** and the muscles of the **abdomen and lower chest cavity**.

Second—The muscles of the ribs in the **middle chest cavity**.

Third—The muscles of the **upper chest cavity**.

EXHALATION

When exhaling, the **upper chest cavity** is relaxed first, by throwing the head forward until **forehead, chin** and the **upper chest** are in a **straight line**, the muscles expanding the ribs in the **middle chest cavity** are relaxed next and finally the **DIAPHRAGM**, which has remained expanded thruout the **inhalation** and **exhalation** of **THE COMPLETE BREATH**.

THE DIAPHRAGM

The **diaphragm** is a strong muscular partition between the chest and abdomen and when in a state of rest, resembles a hill pointing upward towards the chest cavity. In **THE COMPLETE BREATH**, the **diaphragm** supports the breath during the process of **inhalation** and **exhalation**. As it literally furnishes the "**Breath Foundation**," it will be necessary to acquire control of this muscle first of all.

The writer as a singer, has used **THE COMPLETE BREATH** for years as no singer can give the proper support to the voice

without it, for the **diaphragm** once expanded, is not relaxed until the complete exhalation of the air taken in.

The following method will help to "locate" the **DIA-PHRAGM** and **exercise** it preparatory to the practice of **THE COMPLETE BREATH**:

THE LAUGHING BREATH

Stand erect—chin drawn in—feet contacted and poised on toes. Place hands at waist line, thumbs towards the back. **Now laugh!** Laugh as you never laughed before! Let your **DIAPHRAGM** literally **shake** with laughter. Do this until you are really laughing. Stand before a mirror and **laugh at yourself**.

No one can overestimate the **beneficial effect** of such laughter, as it vibrates not only the **DIAPHRAGM**, the stomach and intestines, but the **SOLAR PLEXUS** as well and thru it the entire **Sympathetic Nervous System**, stimulating all the internal organs and the **endocrines** or ductless glands.

It has truly been said "**Laugh and grow fat!**"

THE CONTRACTING BREATH

Stand as before. Draw in a quick breath thru distended nostrils, **contracting the abdominal muscles** and pressing the abdomen against the spine as it were. If you are doing this correctly you will find that the expansion of the **DIAPHRAGM** at the same time will force your hands out at the sides.

Now expell the breath **forcibly thru the mouth**, inhaling at the count of one, exhaling at two, much as you would breathe

after climbing a hill or a stairway at a rapid rate. When we breathe that way we are in the habit of saying that we are "all out of breath."

This breath strengthens the DIAPHRAGM and at the same time is a good **lung cleanser**. It has a wonderfully **stimulating** effect upon the heart, and the writer has known of many cases of "heart trouble" cured abroad thru the climbing of hills and stairways.

In cases of a "weak heart" here, however, patients are sent to bed; are advised to keep quiet and refrain from any undue exertion. This holds the "**fear thot**" over them, so much so, that they are suffering a "living death."

The author has had many such sufferers as students. In one instance the lady had been confined to her bed for three months. Two weeks later she was out on "the Pike" at Long Beach, walking about, enjoying the promenade, having gained in weight and strength with no further manifestation of "heart weakness."

Another student had what is known to the medical profession as "Aneurysm." This is a weak spot in the Aorta, the main artery leading from the heart. She had been practically confined to the house for one and one-half years until she entered a class in SUPER SCIENCE.

Exactly ten days after entering the class she went to her physician for an examination, and he pronounced the "Aneurysm" removed, tho he was at a loss how to explain this sudden change in the patient's condition. He permitted her to take a trip out West that she had wanted to take for a long time, saying "she could do anything now."

These students began with the **exoteric and esoteric breathing**, following this up with the **Esoteric Teachings** as given in the **ADVANCED SUPER SCIENCE METAPHYSICAL COURSE**.

All this tends to prove that individuals, suffering with a "weak heart," should **exercise** and not go to bed for, unless the heart muscle is strengthened, it grows weaker and weaker until it gives out **altogether**.

THE PANTING BREATH

This is a little more difficult as one must have acquired considerable control of the **DIAPHRAGM** in order to **pant** rapidly, however, it can be taken slowly at first. This breath consists of short inhalations and exhalations **thru the nostrils** much like the panting of a dog.

By placing both hands over the **SOLAR PLEXUS**, at the pit of the stomach, one can feel the vibrations strongly. This breath develops **diaphragmic control**, and is especially good for singers.

HOW TO EXTRACT ALL OF THE OXYGEN FROM THE AIR YOU BREATHE

a. Sit or stand erect. Inhale slowly—**COMPLETE BREATH**—count twelve or more.

b. When lungs are filled close both nostrils with the fingers and **retain breath twelve counts or longer**, but without straining, focusing your Consciousness upon the lungs and holding the throat that the air cells are filling up with the life giving **oxygen**.

c. Now expell the poisonous **Carbonic Acid Gas** forcibly thru the mouth with "ha" in one breath.

This method is a **bracer** or **tonic** and when taken upon arising or at any time one experiences **fatigue** or **dullness** will prove stimulating to the **circulation** and the entire Nervous System.

THE LUNG PURIFYING BREATH

I

a. Sit or stand erect. Inhale slowly, a **COMPLETE BREATH**.

b. Hold breath in as long as possible—without straining—(close nostrils).

c. Then exhale slowly thru puckered lips, blowing out the air.

This method if used with the **long exhalation** is also splendid for "breath control" as it strengthens the **DIAPHRAGM**.

II

Same method as above, but when exhaling, exhale in **short puffs** instead of one long exhalation. This vibrates the **DIAPHRAGM** and all the **internal organs**.

**FOR SAGGING INTERNAL ORGANS AND
GENERAL TONIC**

This method is to be taken in connection with the **sun and air bath** while the body is unhampered by clothing. It can be taken in the room with windows open wide to insure **fresh air in motion**.

a. Stand erect, poised on toes, with arms hanging at sides. Inhale a **COMPLETE BREATH**, slowly raising arms, hands—palms up—until you can **lock thumbs above head**.

b. Now hold breath in and pull yourself upon your toes by stretching arms upward.

c. Then slowly lower arms, hands—palms down—expelling air slowly thru puckered lips as in the **lung purifying breath I**, gradually settling down upon the balls of the feet (never rest upon heels).

While holding breath in, hold the throats of strength, suppleness, and **general muscular tone**.

Note. Try walking about the room on your toes with thumbs locked above head and breath held in.

LESSON FIVE

The Science of Breathing**THE ESOTERIC PHASE**

In lesson three the author discussed the **exoteric phase** of breathing—the physical process—and the only process known to medical science.

In that lesson the student's attention is called to the importance of **THE COMPLETE BREATH** in order that the **oxygen intake** will be sufficient to purify the blood stream. **The storing of oxygen in the blood is the exoteric phase of breathing.**

In this lesson we are to take up the study of **PRANA** or the **VITAL FORCE**. **The storing of Prana in the Solar Plexus is the esoteric phase of breathing.**

In this day and age when every one seems to be in such a hurry, and there is so much unrest among the younger generation—when a feeling of "Tenseness" seems to pervade everything and everybody, the knowledge of the Control of the **VITAL FORCE** is invaluable, especially to the American individual. We are a **positive race**, and go after things in such a positive manner that we give out so much of our vitality and energy in accomplishing the things we desire to do, that before long the nervous system is depleted, and it is then that so-called "**Nerve Exhaustion**" begins to manifest.

PRANA is an old Sanskrit term signifying "**ABSOLUTE ENERGY.**" This "Absolute Energy" or **VITAL FORCE** flows

in and thru everything in the Universe; but most individuals are so tense, their SOLAR PLEXUS so contracted that they literally "shut out" this life-giving energy; daily "giving out," but failing to "take in," which gradually results in the breaking down of the nervous system, the brain cells, and the internal organs so sympathetically connected thru the **Sympathetic Nervous System**.

For centuries now humanity has been taught to expect this "breaking down," this being heralded by the medical profession as the "Advent of Old Age." Looking at it from one point of view it is true that this breaking down of the nervous system causes old age. At the same time, by keeping one's vitality **at par**, or in other words, maintaining an even balance of the VITAL FORCE within the body, there need be no "breaking-down," and consequently no old age until one has lived out his span of life.

In the Bible we read that in ages past, people lived to be hundreds of years old, and the law they maintained in living to such an advanced age at that time is still existent today, and absolutely operative in those who have contacted it. Therefore, I cannot impress upon students of SUPER-SCIENCE strongly enough the importance of regenerating or recharging the body every day, preferably at the end of a day's work when the nervous system has become depleted because of the giving-out of so much of the VITAL FORCE in the daily routine of each individual's life.

We all know that Henry Ford has for some time been trying to gain possession of Muscle Shoals, pledging himself to use the plant for the extraction of nitrogen out of the air—this to be

used as fertilizer. This is conceded by physical science to be entirely feasible. Now, if fertilizer can be extracted out of the air to give plants vitality, growing and productive power by supplying them with nutrition for growth and development, is it not entirely reasonable that man may regenerate his body by extracting the VITAL FORCE out of the air? In fact, this has been done thruout the ages by those who know, and man has consciously or unconsciously been drawing this vital element from the air he breathes, from the water he drinks, and from the food he eats, ever since his arrival upon this plane of existence.

Those who know, however, possess the key to REJUVENATION, and can consciously revitalize and re-energize themselves by **restoring the balance in the system**, and as a result create harmony in body and mind; and harmony in the **body** means HEALTH—Harmony in **mind** means PEACE—and Harmony in the **soul** of man means the manifestation of LOVE, TRUTH and LIGHT in the Consciousness of the individual.

In taking the "COMPLETE BREATH" for the **Rejuvenation of the Body**, always breathe rhythmically; inhale and exhale to the count of eight, stopping four with the breath in, and four with the breath out. When you have mastered the technique of the "COMPLETE BREATH" as outlined, then follow this up with the "RHYTHMIC BREATH" method, which is given below.

THE RHYTHMIC BREATH

a. Sit erect—see correct sitting posture—hands on knees
Inhale slowly a **Complete Breath**, counting **eight**.

b. Hold four counts with the **breath in**, focusing your Consciousness upon the SOLAR PLEXUS and holding the thot that you are storing the PRANA or VITAL FORCE in this center.

c. Exhale slowly thru the nostrils, **counting eight**.

d. Hold four counts with the **breath out**. **Repeat seven times**.

This method, if taken at night while flat on your back with your hands over the SOLAR PLEXUS, creates a feeling of restfulness and **relaxation** and tends to produce sleep.

BREATHING THRU THE SKIN

This method should be taken in connection with the **air and sun bath**—no clothing to interfere.

a. Stand erect. Inhale slowly and hold thot that you are drawing **Magnetic Energy** from the sun thru the pores of your skin. Face the East with hands outstretched towards the East.

b. Exhale slowly, holding the thot that you are expelling the toxins or poisons that have accumulated in your system thru the pores of your skin.

In this way you can overcome the disastrous effects of the "**fatigue poisons**" which the medical profession now recognizes gives you that **tired, sluggish feeling** long before any specific discordant condition manifests itself.

"The little lives of the body," as the Yogis call the cells, are intelligent and will respond if you practice this method conscientiously. The pores will be opened and you will begin to

perspire. This increased elimination will help to cleanse the entire system.

METHOD FOR STIMULATING THE NERVOUS SYSTEM

a. Sit erect—right hand on right knee. **Close left nostril** with thumb of left hand and **inhale slowly thru the right nostril**, taking in a **COMPLETE BREATH** to the **count of eight**.

b. Hold four with the breath in focusing your Consciousness upon the **SOLAR PLEXUS**.

c. Exhale to the count of eight, holding the thot that you are **stimulating the Nervous System**.

d. Hold four counts with the breath out. **Repeat seven times**.

TO RELAX THE NERVOUS SYSTEM

Use the same method as above, but close the right nostril with the thumb of the right hand, the left hand lying in the lap, palm upward and relaxed. Breathe slowly thru the left nostril to the count 8-4, 8-4, holding the thot of complete **relaxation, peace and calmness**.

As this method relaxes the Nervous System it should be used by those who are **poor sleepers** while flat on their backs in bed. After experiencing a feeling of **relaxation** hold the thot of **perfect sleep and rest**.

Students all testify to the general efficacy of this method, some of them falling asleep before the **seven breaths** had been taken.

THE ALTERNATING CURRENT

a. Sit erect, right hand on right knee. **Close the right nostril** with the forefinger of the left hand and **inhale slowly thru the left nostril.**

b. Close the left nostril with the thumb of the left hand, releasing the forefinger on the right nostril, and slowly **exhale thru the right nostril.**

c. Now **inhale thru the right nostril.**

d. Close the right nostril with the forefinger of the left hand and **exhale slowly thru the left nostril.** Do this seven times.

Hold the thot that you are creating a **balance** in the body by drawing the PRANA or VITAL FORCE from one side to the other and back again.

THE SOLAR PLEXUS BREATH

a. Sit erect or lie flat on back. Place the right hand over the pit of the stomach. **Inhale slowly thru the left nostril—**eight counts.

b. Close both nostrils and **hold eight counts with the breath in.** Focus your Consciousness upon the SOLAR PLEXUS with the thot that you are **stimulating** this important center if you are **depleted in vitality** or **relaxing** it if you are tense.

c. **Exhale forcibly thru the right nostril.**

d. **Inhale slowly thru the right nostril** to the count of eight; close both nostrils and hold **breath in** eight counts with Consciousness focused upon the SOLAR PLEXUS.

e. **Exhale forcibly thru the left nostril.** Do this seven times.

INSOMNIA BREATH

a. Lie flat on back. Contact feet, and place the left hand over the pit of the stomach and the right hand over it.

b. Inhale slowly, eight counts.

c. Hold four counts—breath in.

d. Exhale slowly—eight counts—thru hands into the SOLAR PLEXUS.

e. Hold four counts—breath out.

Hold the thot of **relaxation and sleep.** Seven times or seven times seven times.

TO STOP PAIN

Use same method as “**Insomnia Breath,**” sitting or lying down, but place the hands over that part of the body that needs treatment.

If the place cannot be reached by the hands, lay the hands over the SOLAR PLEXUS, but focus your Consciousness upon the pain with the thot that the VITAL FORCE will restore the **balance.**

TO RECHARGE THE ENTIRE BODY

a. Sit erect, hands on knees, over SOLAR PLEXUS or folded lightly and resting in your lap. Inhale slowly—eight

counts—holding the thot, “I am taking in the Prana or the **Life Breath**.”

b. Hold **breath in**—four counts—at the SOLAR PLEXUS, storing all the VITAL FORCE you have extracted from the air.

c. **Exhale slowly**—eight counts. **Affirmation:** “I am sending out the **Vital Force** and flooding my body with **vitality and energy**.”

d. Hold **four—breath out**.

Beginners should make this a forty-nine breath exercise, viz.: 7x7 breaths.

The above method can be practised while in bed, similar to the “Insomnia Breath.” In this manner invalids and those confined to their beds can restore the balance in their body if they will throw away all medicine and live on Nature’s foods, drinking freely of **pure, fresh water**, and exposing their bodies to the sun and air each day.

THE WILL TO LIVE

No disease in the world can “kill” you if you have **the will to live** and obey the BASIC LAWS of the Universe—God’s Laws.

If you really want to get well and will follow the instructions given in this book you will soon find that you have contacted the “**Power Within**” and it will be but a short time when you will find yourself on the royal road to health and consequent success and happiness.

Then and not until then can your **MENTAL POWERS** unfold, for not until you have a **sound body** can a **sound mind** manifest.

THE "POWER WITHIN"

Truly the body is "**The Temple of the Living Soul**," and as such must be cleansed and purified, for not until then does it reflect the Spirit or the **POWER WITHIN**.

In the advanced Metaphysical, Occult and Inspirational Course, the student is taken into the **Higher Knowledge** for **SUPER SCIENCE** teaches that man must develop **Body, Mind** and **Soul** in order that he may function as a normal human being.

LESSON SIX

What is Disease?**IMAGINATION**

The market is flooded with so-called "Health Books", but too many of them are merely books of **diseases**, parading before the eyes of the "Health-Seeker," every conceivable **disease** that the medical profession has ever **invented** and then endeavoring to overcome his particular **brand of disease**.

Now the **Imagination** plays an important part in the **construction or building up of disease** and this vital fact is recognized not only by Psychologists but also by all thinking men and women. Do you know that students at the Medical Colleges frequently take on the **diseases** they are supposed to "cure" and show all the symptoms of that particular disease which they have contracted because of their vivid **Imagination**? Hence is it not entirely logical that "Health-Books" that enumerate every possible disease, known to the medical profession, will bring about a **Negative Condition** in the Consciousness of the individual who reads such "stuff" rather than give constructive help?

What is **Imagination** but the process of forming a **Mental Image**, and the reading of such books will produce vibrations that will conjure up **images or pictures of disease**, when every one knows or should know that the important thing is to **rid the patient's mind** of such images.

THE WARNING OF NATURE

What is so-called disease anyhow? It is but a **warning** given the patient that Nature's Laws have been persistently broken and that it is time to call a halt. The manifestations of **symptoms**, such as pain, inflammation, fever, etc., indicate the **frantic** efforts of the **Natural Forces** within the body to rid it of the accumulated poisons and if we understood the language of Nature we would know that all the body required to get well was **elimination of these poisons**.

If we understood them we would be governed by Nature's Laws and show as much common sense as the dumb brute and give these **Natural Forces** within the body an opportunity to restore the balance in the system. A dog for instance **refuses food** when ill and **lies down and sleeps** until he has in this manner thrown off the condition. He does this instinctively.

THE DRUG HABIT

Civilized man, has **lost his instinct** and instead of allowing Nature to take its course he hastens to a physician, and swallows drugs, which, nine cases out of ten aggravate the trouble. Why? Because now the forces, that are working overtime, have not only the condition to cope with but must also **rid the body of the strong, mostly inorganic element, introduced into it by the drug, because it is something entirely foreign from the body and as such cannot be assimilated**.

Drugs are either stimulants or palliatives and opiates. If they stimulate, there is the danger of over-stimulation at a time when the bodily organs need a rest; if a palliative is admin-

istered it is for the purpose of allaying or diminishing manifestations of pain; if an opiate is given the patient, it usually puts him to sleep, and the constant use of such methods will have **disastrous after-effects** and will cause **the human organism to break down** long before its time.

THE POWER OF THE MIND

The students of SUPER SCIENCE are learning the control of the VITAL FORCE, and are able to direct this to any part of the body that manifests a discordant condition. When the SUBCONSCIOUS MIND has been re-educated it will automatically distribute this VITAL FORCE thruout the system, maintaining a balance, as it were and consequent immunity to disease.

As SUPER SCIENCE teaches that we extract this VITAL FORCE or PRANA from the air we breathe, the water we drink and the food we eat—it is vital that we hold the right **mental attitude** when eating and drinking, as well as when breathing, for any physician who does not take into consideration the **mind** as a potent healing factor, does not know the laws governing the human being and has or should have no right to practice.

THE "PRACTICE" OF MEDICINE

Have you ever thought what the word "practice" implies? As long as we are **practicing**, we are **learning** and that is exactly the stage the medical profession is in today—the **learning stage**—and those, who use medicines, swallow pills, powders

and what not, who rush for medical aid whenever they have an ache or pain, are allowing the physician to practice upon them.

THE CONSTRUCTIVE PHYSICIAN

What we need is more **constructive physicians**, men and women who take man's complex makeup into consideration, **in its entirety**, and not only the physical phase. Many physicians today are doing this and are giving constructive help to thousands, but what we need most of all, is the physician who recognizes that all he can do is to make **conditions right**, so that the inherent forces of the body, the **POWER WITHIN**, will have an opportunity to manifest and heal instead of putting drugs into the system that thwart any attempt of the **VITAL FORCE** to assert itself.

A Paris hospital bears this inscription: "We bind the wounds, **God heals them!**"—Truly this should be the slogan of every honest physician.

Nature's Foods

THE BASIC LAW OF FOODS

Obey the **BASIC LAW OF FOODS** as well as the other Laws of the Universe and you will not only be able to overcome all discordant conditions in body and mind, but will automatically **remain well**.

Now we recognize that one must eat to supply the body with the necessary **energy-producing** and **tissue-building** foods therefore it evolves upon the student to supply the body with the right kind of food, and even scientists are discovering now that the presence of the mineral elements in the blood, in balanced proportion, aids the conductivity of **electricity** and **magnetism** in the body.

THE CHEMICAL CLASSIFICATION OF FOODS

Foods are roughly classified as Alkaline—Neutral—Acid. Now it is a fact that certain foods listed as **alkaline**, like sugar and starch products, are **acid-reacting**; and that some acid fruits listed under acid foods, like the citrous fruits, are **alkaline-reacting**.

It is not the food in its natural state, but the manner in which it re-acts in the stomach that determines its digestibility and general usefulness.

ALKALINE FOODS

All grains, white flour products, bread, potatoes, vegetables, melons and the Sweet Fruits. Of these, the grains, white flour products and bread are **acid-reacting**.

The green leaf vegetables are rich in **alkaline salts**, especially **sodium**, **lime** and **iron** and especially lettuce, which is rich in potash, lime and iron.

NEUTRAL FOODS

Meat, fish, fats, butter, cheese, nuts, eggs, dry beans, dry peas, lentils. Neutral foods are all **acid-reacting** but the vegetable protein is more easily assimilated than the animal protein.

ACID FOODS

The Acid and Sub-acid Fruits.

THE SCIENTIFIC COMBINATION OF FOODS

The following pages are to serve as a guide in the right selection and **combination** of foods. In making your selections one fundamental principle must be observed and that is this: **Avoid combining alkaline and acid foods at the same meal.** It is surprising how woefully ignorant, not only people in general, but physicians are of this **fundamental law.**

In combining foods, combine neutrals with either alkaline or acid foods. Never mix the three kinds of foods.

To remove an acid condition of the blood and tissues one must use an **alkaline-reacting diet** like the corrective diet given under "The Diet of Health and Vitality."

MAN FRUGIVEROUS BY NATURE

According to the investigation of **Anthropologists**, man is **frugiverous** by nature, and **adapted to a diet of fruits and nuts** by his anatomical structure. Thinking men and women today claim that because he is disregarding this law, and eating foods **foreign to his biological makeup**, he is subject to the disease and suffering of this age; whereas, a change of diet, consisting principally of fruits and nuts, supplemented by fresh green vegetables, would soon eliminate these discordant conditions in the body. Fruits are not **only food** but **medicine** as well and build the body, whereas drugs, sweets and **devitalized foods** gradually break it down, undermining health and vitality.

FRUITS ARE STIMULATING FOODS

Fruit sugar, or the sugar in fruits, is **the natural source of heat and energy** and manifests itself in **greater endurance**, for **ripe fruits, eaten alone**, digest easily, whereas starchy foods consume a great deal of nerve energy in the process of digestion, thereby greatly weakening the digestive apparatus; besides this, the fruit sugar is combined with mineral elements that neutralize **carbonic acid** which is the result of oxidation in the system.

FRUITS contain the valuable **mineral salts** so necessary to maintain **health and vitality** in the body. They react strongly to the influence of the light and heat of the sun's rays, and the air, and literally **store within themselves magnetism and electricity**, and therefore introduce into the body a **higher rate of vibration** than man receives from other foods. Anyone living on an **exclusive fruit diet** for a short time, cannot help but feel the **stimulating and rejuvenating** effect of such a change in diet.

FRUITS preserve the **alkalinity of the blood** while concentrated foods such as cereals, legumes, cheese and meats are **acid-forming**. Fruits are also **natural laxatives** and cleansers and it is imperative that a normal amount of fruits be eaten daily, in order to insure proper functioning of the intestines. Tho the average **protein content** is low, FRUITS supply the body with potassium, calcium, iron, and phosphorus in highly organized form and therefore are far more to be desired than cereal foods.

A **fruit diet** must be supplemented with a small amount of **nuts or nut butter**, to furnish the necessary **fat and protein** for a well balanced meal.

CLASSIFICATION OF FRUITS

FRUITS are classified, according to the amount of **fruit acids** they contain, as **acid, sub-acid and sweet**, the chief fruit acids being **citric, malic, tartaric and oxalic acid**.

ACID FRUITS

Under acid fruits are listed the citrus fruits—**oranges, lemons, limes, grapefruit**,—**pineapple, strawberries, loganberries, cranberries, gooseberries**.

SUB-ACID FRUITS

Apples, grapes, peaches, pears, plums, apricots, blackberries, raspberries and cherries.

SWEET FRUITS

Dates, figs, muscat grapes, raisins, prunes, bananas and pears (often listed under sweet fruits instead of sub-acids).

DEHYDRATED FRUITS

As the water content of **FRESH FRUITS** is frequently from eighty to ninety per cent, it can readily be seen that **sun-dried or dehydrated fruits** contain the organic salts in **concentrated form**. As compared with canned fruits, they are not only more economical, but when eaten raw or soaked in water until soft, they are sweet enough without the addition of

a canning syrup, which is usually made of refined sugar, and should have no place in a **constructive diet**.

DEHYDRATED FRUITS should never be cooked, but can be heated thru, after having soaked overnight. This should be done over a small flame, while stirring constantly so that the valuable **vitamines** and **organic salts** will not be destroyed.

In **nutritive value** the dried fruits not only equal the cereals but contain the **ALKALINE ELEMENTS** the cereals lack, a fact that every mother should know, for she should give the children the **concentrated sweet fruits** rather than cereals and meat.

SULPHURED FRUITS

Highly **SULPHURED FRUITS** still contain much water, often more than twenty-five per cent, and are therefore not as concentrated as **SUN-DRIED FRUIT**. Because of the **sulphur** that is used as a **preservative**, not only are **vitamines** destroyed in the fruit, but the sulphurous acid acts as a **poison** in the system, and more directly upon the blood, and puts an undue strain **upon the kidneys**. Unfortunately such **sulphured fruit** presents a shiny, attractive appearance and the **average buyer** is influenced by this.

NUTS

NUTS, because of their high **protein** and **fat** content, should supplement a fruit diet. **They are Nature's most concentrated food** and **highly nutritious**, but because they are so concentrated, **nuts** and **nut butters** should be used sparingly. Nut

butters, made from raw nuts are more easily digested and can be thinned out with water and used as salad-dressing with the addition of a little lemon juice—**never use vinegar.**

Never eat nuts as a desert to a heavy meal, but always with fruits or vegetables—preferably **fresh fruits.** Nut butters are superior to dairy butter and flesh foods as the **nut proteins** are of high value as a **building element** in the body. **Almond butter,** with water and honey added is good for invalids and children.

From a dietetic standpoint, the **almond** is one of the best nuts, containing no starch and rich in phosphate of potash, lime, magnesia and iron, while its protein content is about twenty per cent; fat about fifty per cent. In fact, this is about the average, tho some nuts have a higher percentage of fat as for instance the English walnut and the Brazil nut.

The PEANUT contains more iron than other nuts, but correspondingly more **starch** and as it is **deficient in sodium** it is a **highly acid-forming food** and should be eaten sparingly. **Peanut Butter** made from **raw peanuts** is superior to butter made from roasted and strongly salted peanuts, which are more indigestible and **acid-reacting.** The raw **Peanut Butter** can be used with a little water and lemon juice for **salad-dressing** like the **Almond Butter.**

Imported PINE NUTS—**Pignolias**—contain as high as thirty-five per cent protein, while the **native Pine Nuts** vary between fifteen and thirty per cent in **protein content**; this they make up in fat content which is as high as fifty per cent.

THE PECAN contains less **protein** than other nuts but a **much higher percentage of fat**—as high as seventy per cent.

BEECH NUTS contain more sodium and chlorine than other nuts, which are deficient in these elements. When **roasted lightly** they are more digestible.

CHESTNUTS contain less oil or fat and protein but more **carbohydrates** and should therefore be boiled or roasted in the shell in order to break up the starch cells which are difficult to digest raw. When prepared in this manner they **take the place of cereals**, surpassing them in **nutritive value**.

Other nuts are the **HAZELNUT, BRAZIL NUT, HICKORY NUT** and **COCOANUT**. Any of these added to a diet of fruits and vegetables will prove nourishing.

CEREALS

All **CEREALS** contain a large amount of **protein, carbohydrates** and **phosphoric acid**, and if eaten to excess by man, they will cause an **acid-reaction** in the blood, for even in their natural state, the **whole grains** are deficient in lime, sodium and chlorine, and are consequently lacking in the elements that build **strong bones** and **teeth**. **CEREALS** must be supplemented by the green vegetables, which should form at least fifty per cent of the meal, and such a diet must include the "Acid Meal" of fresh acid fruit, but eaten alone and not as part of any other meal.

THE POTATO

The **POTATO** as well as other starchy tubers and roots is a **vegetable starch** and as such not **acid-reacting** like the grain

starches. The SWEET POTATO is richer in lime and **chlorine** than the white potato. Needless to add that both should be boiled or baked with their jackets on, preferably baked.

VEGETABLES

VEGETABLES, especially the green leaf vegetables, furnish the valuable **vitamines** and **mineral salts** and should be eaten **unfired** whenever possible, or **steamed in their own juices**. Among these **lettuce, cabbage, onions, spinach, celery, asparagus, radishes, carrots, turnips, tomatoes, beets and cucumbers** are all of great value in preserving the alkalinity of the blood and one or more of these should form at least fifty per cent of the meal.

MELONS

All MELONS contain **distilled water** in its purest form, and are a valuable addition to the Vegetarian Diet.

THE DIET OF HEALTH AND VITALITY

One **acid meal** a day, preferably upon arising. **Eat nothing** for at least one hour following this meal.

For luncheon eat a **large salad**. Combine but a few of the raw vegetables in season at a time. The next day change your combination, but always use **lettuce or cabbage** as a base as these are both rich in the organic salts. Supplement this with a few nuts or sweet fruits.

For dinner add a baked potato, but eat your salad **first**, as this prepares the stomach for the cooked food. Then add one or two steamed vegetables, which you can eat with your potato. Add no salt or butter to the vegetables while cooking but add these as you serve them; use **very little salt; no pepper or other condiments**. Your craving for highly seasoned foods is due to the fact that you are **deficient in the organic salts** that the raw fruits and green vegetables supply. Learn to eat **at least fifty per cent of your food unfired** and you will lose this craving, which is a dangerous one and must be overcome.

For dessert, eat one or more of the sweet fruits and a few nuts, or combine these by running the fruit thru a food chopper and add grated nuts, mixing this with a very little cream or nut butter. As both the nuts and the sweet fruits are **highly concentrated foods** a very little of these will suffice to supply the necessary **fat and protein**. Instead of the nuts and sweet fruits, cheese, peas or beans can be added to the meal, but not when your blood is in an **acid condition**, as these as well as the nuts are acid-reacting.

THE RAW FOOD DIET

In cases where it is imperative that the patient **eliminate the toxins** from the system as rapidly as possible, as for instance in cases of **acidity of the stomach, kidney and liver troubles**, a **fruit diet**, sometimes called a "fruit fast," will hasten elimination. The writer knows of instances where **extreme high blood pressure** was lowered to normalcy within six weeks by means of **the raw food diet**; in each instance, how-

ever, the patient confined himself to a limited variety of foods—**chiefly fruits.**

THE GRAPE CURE

Many Naturopaths are using the GRAPE CURE in extreme cases, and with great success. This method is also used extensively in the health resorts abroad, especially in Germany. As grapes, often called the **Queen of Fruits**, contain a large proportion of **alkaline salts**, a diet of grapes will reduce the **acidity of the blood**. Besides this, they contain both **protein** and **carbohydrates**, which are very easily assimilated, imposing no strain upon the system.

In a way grapes form a complete diet and any one can test this out by living from four to five weeks on **grapes alone**—eating the skins of course, and in some cases, the seeds as well, masticating them thoroughly.

THE ORANGE CURE

The writer had a student who subsisted for three months on a diet of oranges and distilled water to overcome a condition of **cancer** in the intestines, for which she was to have been operated upon. Three months later she was not only pronounced entirely cured but had **gained in weight**. Truly I say: If you have the will to live and **will make the necessary sacrifice** as far as your "appetite" is concerned, you can heal yourself of any so-called disease, thru the application of **Nature's Laws—"God's Laws."**

SOME ACID FOODS ARE ALKALINE-REACTING

Many so-called acid fruits or vegetables are not **acid-reacting** and are very valuable in fighting diseases caused by an **acid blood condition**, such as hyper-acidity of the stomach, rheumatism, gout, etc.

For instance the **tomato**, as well as the **Citrus Fruits**, are a valuable "medicine" in the above conditions, as they are **alkaline re-acting** and leave "alkaline ash" in the blood after combustion.

THE APPLE CURE

The **APPLE**, often called "The King of Fruits," is also of high therapeutic value and a more or less exclusive **apple diet**, like the "Grape Cure" mentioned above, is good for hyper-acidity of the blood and **liver and kidney diseases**, especially **diabetes**. The apple is rich in iron, sodium, potassium and magnesium and builds up the blood and bone tissue.

THE PEAR CURE

The **PEAR** is related to the apple, and the writer knows of a case of **diabetes** that yielded in a surprisingly short time to the "**Pear Treatment**." In this instance the patient used the **unsulphured** dried pears, which were soaked in distilled water until soft. These he ate as often as he felt hungry, drinking as much of the distilled water as he liked. In a **very** few weeks the urine showed no trace of sugar. Of course he walked a great deal and exercised in the open air and sunshine to aid **elimination**, but wasn't it worth it?

FEED THE CHILDREN NOURISHING FOOD

PARENTS, especially **mothers**, must learn how to feed **growing children** scientifically, and that means **according to Nature**. **STOP!** giving them starches, sugars and other devitalized and demineralized foods. **Begin now** and give them **most of their food unfired** for let me tell you, **children prefer them that way**. If children were left **alone** they would instinctively **revert to Nature** and grow up strong and healthy instead of being **poisoned** by the mother, who feeds them primarily, **acid-reacting foods**, which create a **deficiency of organic salts in the blood**, the result of which is a general breaking down of the cell tissues.

Add to this the common practise of giving children **medicine** and subjecting them to **the poisonous serum treatments** and what chance have they to live?

Is it a wonder that fully one-half of all children born, never reach maturity, but die as innocent victims of someone's **ignorance?**

The Rhythm of Music and Colors

HARMONIOUS VIBRATIONS OF MUSIC

This book would not be complete, were the author to omit mentioning the **healing vibrations** that can be transmitted to the body by **good music** and the **correct color combinations**. The old saying, "Music hath charms to soothe the savage beast," is literally true and progressive physicians, who have recognized this fact, are employing music to **soothe** or **stimulate** the patient, as the case may be.

A surgeon recently operated upon a woman to whom he could not administer an anaesthetic, to the accompaniment of dreamy, soothing music, and reports the experiment wonderfully successful.

The inmates of a certain Insane Asylum were allowed to meet and dance regularly to the accompaniment of **good music** and many "cures" were reported.

The "jazz age" or the peculiar "unrest" and **lack of stability** of young people of today is due chiefly to the **jazz music** one hears everywhere. It is **primitive music**, the music of **primitive people** and is it a wonder that it excites the **primitive urge**, especially in those who have not yet reached the age of maturity and still lack the **restraining hand of a Reasoning Mind?**

Parents who do not recognize this fact and allow their children to drift into such **low, animalistic vibrations**, have a grave responsibility on their hands, for if the right kind of music can **soothe**, it is equally true that "jazz" excites, and the Endocrine System loses its **balance** and with it the Consciousness of the individual loses its power to **reason constructively**. Let us all hope for a **popular revival of good music!**

THE RHYTHM OF COLORS

We all know that **red** excites the gobbler and the **bull**, but that is about all most people do know about **color vibrations**, for if they were really aware of the far-reaching influence of light vibrations, they would **cease to wear black** and such colors as very dark greens, grays and blues.

Black is the color of death and how many women, especially young girls, are carrying these vibrations about with them and then wonder why **they feel depleted** in vitality, **blue** and **depressed**.

Bright colors are **stimulating**, not only to those that wear them but to those whom the wearer associates with, while the softer shades are more soothing. Look at Nature with her "riot of color"—do you see black there? Why are we always **stimulated** and **refreshed** after a trip to the country, the woods, etc., in the summer time?

Isn't it because of Nature's varying hues? Someone has said, "Many people are not happy unless they are **unhappy**." Perhaps that is why they wear **black**!

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