

The
Cycle of Life
or
The Mystic Seven



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Preceptress

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Contents

THE FIRST CYCLE

	Page
BABYHOOD	1
Preparation For The Child	1
Prenatal Influence Of The Mother Upon The Child	2
The Scientific Propagation And Feeding Of Animals	4
Scientific Not Medical Instruction For Prospective Parents	6
The Fallacy Of Vaccines And Serums	7
Compulsory Vaccination	8
Is Milk A Perfect Food?	11
Physical Growth And "Children's Dis- eases"	11
The Mental Development Of The Child	13
Hints In Child Training	14
The "Broken Will"	15
Parents Must Teach Children "The Laws of Life"	18
Children Must Be Tenderly Reared	19
Too Many 'Don'ts' Spoil The Child	20
Children Of The First Cycle Are Psychic	21
Rhythm Develops "The Divine Spark"	22
Summary Of Scientific Facts	24

THE SECOND CYCLE

THE PERIOD OF ADOLESCENCE	26
Home Training	26
Centers Of Control	28
Physical Exercise	29
The Importance Of An "Alkaline-React- ing Diet"	30
The Girl's Problem	31
The Modern Eve	32
Scientific Child-Training Averts Tragedies	34

IV

CONTENTS

	Page
“Knowledge Is Power”	36
Summary of Scientific Facts	38
What To Tell Your Children In Prepara- tion For The Adolescent Age	39
The Black Serpent	44
THE THIRD CYCLE	
MANHOOD AND WOMANHOOD	49
Materialism	49
The Pendulum	50
Mind Power	51
Self Control	52
The Beginning Of Increased Mental Activity	54
Sex Attraction	55
‘Pals’	55
Jazz	57
The Volstead Act	58
A Story Of Two Boys	60
Summary Of Scientific Facts	63
THE FOURTH CYCLE	
MARRIAGE	65
Mental Attraction	65
Woman, The Complement Of Man	66
The Fifty-Fifty Marriage	67
Woman’s Duties In The Matrimonial Firm	69
The Marriage Relationship	71
Wrong Use Of The Sex Force Creates Disease	72
Woman’s Sex Life	74
Childbirth	75
Scientific Research Should Be Devoted To The Propagation Of Perfect Hu- man Beings	77
The Working Mother	78

CONTENTS

V

	Page
The Man	80
Summary Of Scientific Facts	82
THE FIFTH CYCLE	
THE FAMILY	84
Household Worries	84
Mothers Must Analyze Their Children	85
Fear Of Parents Develops Fear Complex	86
Love Creates A Stronger Bond Than Fear	89
The Other Woman	90
Laws Governing Divorces Must Protect Children	91
Fat and Forty	94
The Woman Without Children	94
Psycho-Analysis	95
The Idle Woman	96
Our School System	97
Orthodox Churches	97
Summary Of Scientific Facts	100
THE SIXTH CYCLE	
“THE DANGEROUS AGE”	102
Chemicalization	102
Menopause Not Due Until Seventh Cycle	105
Keep Your Mental Outlook ‘Young’	107
Uncover Your Dormant Talents	108
Summary Of Scientific Facts	110
THE SEVENTH CYCLE	
THE WISDOM CYCLE	112
The Mystic Seven	112
Woman’s Responsibility	113
The Divine Creative Will	114
“Hot Flashes”	115
The Uncoiling Of The Serpent	116
Summary Of Scientific Facts	118

Foreword

Woman has an **intuitive creative** brain regardless of what men would have us believe. For years man has gloated over woman and insisted upon his mental superiority, pointing with pride to certain so-called scientific truths to substantiate his assertions that man should be master and woman the slave.

This is an age of progress, however, and the props that sustained man in his insolent and overbearing manner where mere woman was concerned are being gradually but surely "knocked from under him" and the time is not far off when man must stand upon his merits and not upon a tradition that is outworn and threadbare.

Time was when man ruled the household, exercising the power of life and death over its members. Then woman was worse off than a slave and man not far removed from his primitive state.

Then came a time when men began to look upon woman as something more than chattel and began to woo her for her gentleness of manner, feeling intuitively that she brot into the home certain qualities that men lacked. Thruout the ages, however, the erroneous impression has persisted that woman was made to obey, and in most of our orthodox churches of today, the marriage service still contains the words—"love and obey"—an **antiquated ritual** doomed to disintegration as is the church itself, founded upon such outworn and "outlawed" customs.

From time to time changes have been made in laws both political and religious, and those who saw the "Hand-

writing on the wall" were always the pioneers in the movement, which carried the world forward another step. In recent times with each succeeding decade, woman has advanced in public recognition.

Suffragism did not come to woman because of the suffragets who fought for **equal rights**, but because it was the inevitable unfoldment of Man's Consciousness in the **evolution** of the races of the world.

That many women have mistaken liberty for "license" and have aped the male, hoping thereby to establish their equality, is only too true. It is to be deplored that this type has in many instances cast a reflection upon womanhood as a whole, but any sane thinking person, if he will, can find a dozen women of other types figuring in responsible positions today, in contrast to the above who, instead of earning man's respect in the battle of life by showing their courage and fighting spirit, try to force it upon him.

If woman is to prove her equality and perhaps her superiority to man mentally, she must develop her own **hidden resources** with which the all-wise Creator has so generously endowed her.

As the "Mother of the Race" she should have every opportunity to develop her mental attributes which, with the right kind of development and use, will then form a potent factor in the general uplift and improvement of the race.

Men, for years, have fought woman's encroachment upon the field of business; yet men, **successful men**, have

always given some woman, either mother, wife, sister, or sweetheart, credit for much of their achievement. **Woman is intuitive**, and many a man would be spared much anxiety if he would allow his wife to help him make a decision.

Science no longer claims that man is woman's mental superior because of his heavier and larger brain, for it has been definitely proven that the size of the brain is of no consequence unless the brain-cells are active. Science also claims that the Pineal Body is **larger** in a woman's brain than in a man's, stating at the same time that this important gland strongly influences man's intellectual and Spiritual Development.

Practically every new movement in the educational and religious field is sponsored and supported by women, for the average man has for ages been confronted with the problem of supporting the family and has had his nose to the grindstone, having little or no time for the finer, nobler and more uplifting pursuits.

In our High Schools and Colleges we find the male element very much in the minority. While the young woman is still in school, the young man has found a job and is making 'wages.' The fact that there are so many after the same 'job' is the cause of so much unemployment today. If parents only understood what a handicap it is to any young man to start out in life with no definite aim or purpose save that of 'making money,' they would see to it that he would remain in training at some institution until the unfoldment of his Consciousness and the development of his **dormant talents**. Then

only can he hope to survive as one of the "fittest", for he is then living **his life** as he was meant to live it and men will respect his inherent qualities and the conscious power emanating from him, who knows his worth.

Woman are more prone to follow up some artistic talent and to chose a vocation along the line of natural adaptation than man is, who often from sheer necessity is forced out into the world to make a living before he knows what it is all about.

Altho woman, the writer believes, is not only mentally man's equal but often his superior, she is equally sure that woman has been **physically handicapped** in realizing her hopes and ambitions. Unlike man, she is compelled to pass thru various **psychic changes** during her Life Cycle, two of which are especially marked because of their influence upon the Sympathetic Nervous System. As a result of these two changes in particular, woman is often left to grapple with the after effects of physical and mental discord.

The above, however, could be avoided if parents would instruct their children in the Laws of Life which, after all, are the most important laws governing man's well-being. When this is done, and parents begin to realize that the preparation of youth for the Adolescent Period is one of their solemn duties, then they will be gratified to note results, which cannot help but manifest in stronger bodies and minds. Then and then only, will woman realize her possibilities, for "Knowledge is Power". With the right kind of training, the monthly periods and the change later in life, will be made naturally

and without the discordant physical and mental conditions that so frequently manifest at that time.

We have so often heard it quoted that "An ounce of prevention is worth a pound of cure" and the writer believes that this rule should be applied to the laws governing Body, Mind and Soul. Teach the children the physical, mental and Spiritual Laws governing man, thus preparing them to live in accordance with The Law, and you will have eliminated much of the discord that enters into the life of an individual because of disobedience to God's Laws. Teach your children these Laws and keep them free from physical and mental troubles rather than spend your time and money trying to effect a 'cure' later on, for the latter process is often bound up with such hopelessness and despair on the side of the patient, and with heartaches and tears on the part of the parents, that oftentimes a lifetime is consumed in trying to live down what a few moments of 'prevention' might have averted.

In conclusion, I wish to say that I firmly believe that this is "Woman's Age" and that those who would realize their hopes and ambitions must know and obey The Law. Thru the development of the Higher Consciousness, woman can soar to any height, and it matters not what her age. In fact her mind does not seem to mature until she is fifty when she is ready for **public service**; for while some are mothers of a family, others are destined to become Cosmic Mothers and Teachers of the Race.

All walks of life are open to her, where Intuition and Inspiration are of value, and men will only be too glad to

avail themselves of the advice, help, and inspiration that such mature minds can give.

Therefore, let us up and be doing! Develop your resources and with them your independence. Even if you do not make use of your talents publicly, you will make your husband an infinitely better wife and companion because of your richer experience and the more harmonious development of your **Innate Faculties**.

To those, who wish to realize their hopes and ambitions and who have the **desire to succeed**, this little book is dedicated. May it bear fruit, is the wish of its author.

EMILY M. HYDE.

The First Cycle

(1—7)

BABYHOOD**Preparation For The Child**

The babyhood of the child conceived in **love** is vastly different from that of the little one, whose coming is looked upon with indifference or even hatred as is frequently the case where perfect harmony does not exist between the parents. In fact, the child that makes its advent upon this earthplane of ours because it is wanted and looked for with all the fervor and love of a mother's heart, is equipped with something that the other one lacks, whose coming is not desired. Science seems to disagree on the **pre-natal influence** of the mother upon the child but concedes that a systematic **preparation** for the child by the prospective father and mother **before its conception**, brings into this world a human being that has developed according to the Divine Plan. Such a child will prove both a comfort and a blessing to its parents; first of all, because of the naturally healthy condition of its physical body, and secondly, because of the general tendency of its mind towards the loftier planes of expression, for the nobler and finer qualities of each parent will be incorporated in its character; in short, a being that has been conceived in **love** instead of passion and therefore is not tainted with the lusts so common to the 'animal nature.'

If parents only realized that they owed their offspring **at least** as much attention as we now give to the **scientific**

breeding of animals, greater care would be exercised in the choice of a mate. To be married does not necessarily imply that **two are mated**. On the contrary, many a husband and wife, good people both of them, are so widely different in their views on life, their temperament, and their inherent faculties, that there is practically no common ground on which they can meet; hence so much misunderstanding and consequent unhappiness in the world.

Prenatal Influence Of The Mother Upon The Child

Opinions vary as to the nature and extent of the influence of the mother upon the human embryo, but it is certain that the expectant mother has a wonderful and God-given opportunity of moulding the body and mind of her offspring and giving to it that part of herself which she is desirous of perpetuating in her child.

For instance, we will say a woman is of an artistic nature. Perhaps she is an artist, poet or musician. She may have a keen sense of rhythm and color, etc. If, during the time that the human embryo is developing, she will cultivate the best that is in her with the fervent desire that the coming baby will reflect these same characteristics or talents, there is no doubt in the writer's mind that her strong desire for these qualities in her child will find expression in the development of his Innate Faculties.

Let us take another illustration: Supposing the prospective mother, tho naturally of an artistic nature, was never in a position to gratify her desires and ambitions in

this direction. If she understands how, she can, nevertheless, impress these artistic traits upon her child's consciousness and so see her dream realized in him.

If the above is true, then it is equally true that a mother, who weeps over the coming of the little one or otherwise gives vent to destructive emotions during this time, like fear, worry, anger, etc., is strongly influencing the growing embryo with her negative thots and need not be surprised if her destructive mental attitude manifests itself in the child's physical and mental make-up. How many young people start out in life handicapped by the negative vibrations stored in their Subconsciousness due to **prenatal influence** we cannot realize, but Psychology teaches us that the human being is a slave to his Subconscious Processes and that he harbors in this so-called "Subway of Memory" the past experiences of his parents and even of the entire race.

Religion teaches that man enters this world with what is generally called, "The inherited Sin," dating back to Adam and Eve when they disobeyed The Law and were cast out of the Garden of Eden. This should give us food for thot, for if that is true, then more than ever it is the parent's duty to help eliminate these negative vibrations in man's Consciousness and plant in their stead **positive** and **constructive** thots and desires.

Before leaving this topic, I wish to call to your attention the commonly accepted belief that a child can be "marked" by its mother in case of shock to her during pregnancy, usually superinduced by **fear**. Children have

been known to have been born as idiots or marked by **birth marks** as well as physical deformities after such an experience by the expectant mother. Here too, however, had the Law been understood, the negative vibrations could have been counteracted by **positive** ones and the destructive effect or result avoided.

The Scientific Propagation and Feeding of Animals

Much has been done lately by the medical profession along the line of taking care of mother and child **after birth**. The study of obstetrics has taken on vast proportions, but as yet the care of the mother and child **before birth** has been given little thot.

It is no wonder that this is so, inasmuch as the medical profession invariably deals with **effects** rather than **causes**, and therefore fails to see the importance of the "ounce of prevention." Yet we are told that the white race is **deteriorating**. The heighth and stature of man is falling off. In England it is said the requirements, as far as the physical requisites of soldiers is concerned, have been reduced at least three or four times within the last fifty years, because men could no longer measure up to these requirements, and England needed soldiers. Certain it is that man is being dwarfed both in mind and body. Some authorities even go so far as to say that if this deterioration keeps up, we will soon be raising a nation of imbeciles and physical and **mental inefficient**s.

Why is it that we as a nation, including certain departments of our government, are vitally interested in the propagation of perfect specimens of plants and animals?

Isn't it strange that we should spend so much time and money on dumb brutes, breeding them so as to develop fine herds of cattle, horses, etc.? Isn't it because we know that horses that are 'well bred' have greater possibilities? Can you imagine a race horse, for instance, not getting the very best care and attention both before and after foaling? Thorobred cows too, come in for a great share of scientific attention in order that they may be excellent producers of butterfat. I could go on indefinitely mentioning instances to prove my assertion that infinite care is bestowed upon the raising of animals in order to perfect them and rear them as **thorobreds**, even pigs coming in for their share of attention.

Not so long ago, the writer attended the state fair of Minneapolis, Minnesota, and saw a display of hogs in four separate pens, the hogs in each pen having been fed in a different way and each pair registering many pounds heavier than the other pair. Finally the largest pair, tho of the same litter as the rest, was exhibited with pride and it was pointed out that these were fed **scientifically**, yet even at a lower cost than the others.

The above experiment had been conducted by the University of Minnesota, and when I asked the young professor, who was in charge of the exhibit, "When will the University of Minnesota conduct an experiment with children and human beings in general in order to give us scientific data on how to improve our race?" he stared at me as tho I had just escaped from somewhere and could bear watching, but he said **narry a word**.

Scientific Not Medical Instruction For Prospective Parents

In my estimation, there is nothing of greater importance, concerning the future of our race, than the instruction and care of the expectant mother and the enlightenment of the prospective father as well. Of course the question of Eugenics is receiving considerable attention today among progressive women, but really nothing of constructive value has been done insofar as the **practical** carrying out of certain ideas is concerned. Then, too, unless such instruction is given in accordance with Nature's Laws, all efforts are wasted. Tho the writer advocates a systematic preparation for marriage, this does not mean, as some are advocating, a **compulsory supervision** by the medical profession, which would be an **outrage**, but an institution where men and women would be instructed in the "Laws of Life" by **Scientists** not physicians.

We prepare the young people of today for all sorts of trades, business positions, and professions, in our many institutions but the most important business of life, that of **marriage** and the preparation for the child, is almost entirely neglected.

If one tenth of the time and money now spent upon remedying conditions after they exist would be expended with the purpose of **eliminating the cause** instead of the effect, we would develop into a healthier, happier race, with infinitely greater possibilities of future achievement. If this small contribution to the cause of **woman** will make

women **think** along these lines, I shall feel amply repaid for my time and effort spent; for women, who will begin to reason and who will band together for a common purpose, can achieve anything they desire, in the line of making or changing laws for the betterment of aforementioned conditions.

This then, is the ultimatum! The women must rally to the support of **Woman** and give her the consideration and opportunity she needs as the Mother of the Race. Be true to yourself and the Divine Spark within you, and develop into the fine specimen of womanhood that your Creator meant you to be.

This is "The Woman's Age!"

The Fallacy Of Vaccines And Serums

To come back to the child, there are many parents today, who are modern enough to wish to understand **Child Nature** and who are earnestly seeking to contact the laws governing **body, mind, and Soul** of this little one. These are the ones, who are blazing the trail and preparing the way for finer specimens of manhood and womanhood of the next generation, thru the study of Nature's Laws and their application. The young mother, on the other hand, who is unprepared for motherhood, who has not been taught the laws above mentioned, naturally turns to the physician for **advice**, for is he not, as far as she is concerned, the criterion in all that affects human life? She does not yet know that the average physician studies **medicine, serums, and germs** instead of **the laws of the body and the Basic Laws of Foods**, and that therefore,

instead of instructing the young mother in the correct diet for children and the laws governing their physical body, he begins to talk **disease** and its **cure**.

One of the first things a physician will advise a mother to have done immediately, is to **vaccinate** the child against any possible danger (?) of disease thru contagion. In other words, the average Doctor of Medicine fills the young mother's heart with such fear that she ignorantly allows the physician to inject a **poison virus** into the veins of her healthy child, for a disease **which does not exist**. Was there ever anything more idiotic and criminal perpetrated upon humanity than that? If the little one lives in spite of the vaccination, it is starting life with a **tremendous handicap**, for it has been **scientifically proven** that **vaccine multiplies the pus cells in the body** and that **cutaneous diseases** are common as a result. Furthermore, within a few weeks, months or years, dreadful conditions may develop in such an 'immunized' (?) body, such as cancer, syphilis, tuberculosis and growths of all kinds, which can be traced directly to the introduction of this poison into their system.

Compulsory Vaccination

A few words in regard to **Compulsory Vaccination** might not come amiss at this point. Most of the states in the Union have a Compulsory School Law, thereby forcing parents to send their children to school until they have passed thru the first eight grades, at least. This is a good law, because parents who might otherwise send their children to work, as would be the case in many in-

stances among the foreign element, are compelled to keep them in school until they have acquired a rudimentary school education, without which it would be impossible for them to get along or "make a living."

Besides the law above quoted, another law is in force in many states—that of **Compulsory Vaccination**, and this is enforced in a peculiar manner.

As an illustration, the writer will cite a case, of which she knows personally and will vouch for the truth of the following statement.

A young Chiropractic Physician of New York City refused to have his healthy children inoculated with Diptheria Serum because he had reared them according to Nature's Laws and they had consequently never contracted "disease" as others do. As the School Board had sanctioned the wholesale **Innoculation** of children against a "disease" which did not exist he was told that the children would have to be sent home as their presence in school endangered the lives of the other children there (?) Accordingly he kept the children at home. Then he was visited by the Truant Officer, who informed him of the Compulsory School Law and stated that he would have to send the children to school or **submit to arrest**.

There was no alternative then but go to jail for the Medical Profession had so cunningly turned the Compulsory School Law in their favor that, had the children returned to school, they would have had to **submit to vaccination**. Therefore, rather than endanger the lives of his children, the father elected to go to jail. To show the

venom with which this man was prosecuted by the henchmen of the "Medical Trust," he was even handcuffed like a criminal when he was led from the court room. He was sentenced to **ten days** in jail and had just begun to serve his sentence when the writer began her Lecture Series in New York City.

The case was brot to her attention and she expressed herself openly and in no uncertain terms on the subject of vaccination. She added at the time that she would visit the gentleman in jail the next day and get at the bottom of this outrage. To her surprise, she was informed the next day that he had been released and no doubt because the case could not stand the publicity she was giving it. If you knew what the writer has discovered in her research work you would understand why the Medical Profession cannot and never will be able to face the Searchlight of Truth.

The Chiropractic Physician later called on the writer and gave her all the facts as stated above, while thousands of indignant citizens held a mass meeting to protest against this encroachment by the Medical Profession upon their personal liberty. New laws are continually being passed by the "Medical Trust," encroaching upon man's personal liberty and so violating the Constitution of the United States. Therefore it is the solemn duty of the women, especially the mothers, to assist in the movement, organized for the purpose of abolishing the above mentioned Vaccination Laws.

Then, if, after all the advantages a mother has today of acquainting herself with Nature's Laws, she elects

to have her children vaccinated that is, in the vernacular of slang, because it expresses what the writer wishes to convey, "her funeral." There must be absolute **freedom of choice**. Then if you have made the **wrong choice**, the blame for the consequences rests upon you.

Is Milk A Perfect Food?

Another fallacy is the **milk** diet and here the mother is to blame first of all, for, if she did not refuse to nurse the child, the mortality of the infant would not be as high as it is now. Whether the reader is aware of it the writer does not know, but thousands of children die in their infancy because cow's milk is substituted instead of **mother's milk**. The infant's stomach is quite different from that of the calf's, which is equipped by nature to digest the heavy curds, which form almost immediately after the milk enters the stomach. This is now recognized by all progressive physicians, who prescribe orange and other fruit juices for the child in order to promote the digestibility of the milk. However, nothing should take the place of mother's milk and the mother should nurse the child—**this is the Law**—unless for some reason she is not able to do so. In such a case **goat's milk** can be substituted, which is of almost the same consistency—that is, the same chemical analysis as mother's milk.

Physical Growth And "Children's Diseases"

As the child grows, more of the raw or unfired fruits and fruit juices should be given—without the addition of sugar, in fact sugar, especially the white or refined sugar,

should be avoided as one would avoid poison, because of the poisonous chemicals that are used in the refining process. The sweet fruits—dates, figs, raisins, ripe bananas, pears, etc., and honey are Nature's sweets for which there are no substitutes. No meat should be given the child but cream and cottage cheese, nuts and the whole grain products added to its diet. Never under any consideration should white bread or other white flour products be given, and ice cream, sodas, candies and pastries must be absolutely eliminated from the child's experience.

You will find that the child, and later on the adult, develops a craving for sweets, ice cream, pastries, etc., because the mother has so **trained its appetite** thru ignorance of the **Law**. As a result of such training, contrary to the Laws of Nature, the child reaps the harvest of disease from the seeds of ignorance sown by the parent. A child allowed to grow up under natural conditions will **always prefer the raw fruits and vegetables** to cooked foods and this natural tendency should be fostered instead of being interfered with as it is now by those, who do not know the Basic Laws of Foods.

It is surprising how many parents still believe that the child must necessarily pass thru the various phases of children's diseases and how many mothers breathe a sigh of relief after the children have gone thru a siege of measles, chicken pox, scarlet fever, or the mumps, thinking, "Well, that's over with!" Have not the physicians taught them that the children must go thru this experience? Then the sooner the better? Is this not so?

What SUPER SCIENCE is attempting to teach the mothers, the prospective mothers, and those contemplating marriage is: That children, who are given the proper care from the beginning, who are raised scientifically, **as scientifically as we now raise hogs, cattle, chickens, etc.**, never need have these so-called children's diseases. That, if their bodies have been kept clean and pure, they not only escape the ravages of these conditions but, because of their **immunity to "disease,"** develop strong minds and bodies, which enable them to resist "disease" from then on. It is a scientific fact that children, who have kept well until the Adolescent Stage has been reached, are practically **immune to "disease,"** providing they have been taught the Scientific Laws of Foods and the **laws governing their bodies and minds,** and live accordingly. SUPER SCIENCE hopes to demonstrate this to the parents before long, by training children in an institution, along the lines above mentioned.

The Mental Development Of The Child

When the mother has observed the rules of **scientific body building** and the child is growing into a normal healthy being, it is time for her to begin the **mental training** of the 'little animal,' for such he or she really is, with all the primitive instincts of primeval man. When the baby begins to reach out for objects that have attracted his attention, his experience with the outer, objective world begins and right here is where the guiding and directing hand of the mother is so necessary.

Up to this time the claims of hunger and pain, in short, the physical well being was all that mattered, but, with the gradual awakening of the intellect, the child senses his surroundings and evinces an **instinctive desire** to get acquainted with them. If the young mother only knew what an important step the child was about to take into this, to him, vast realm of the **unknown** and how his first impressions are the most lasting, she would prepare herself for the important business of **child training** as surely as she would prepare herself for any chosen business or profession.

Too often mothers are too busy with their housework or outside affairs to devote the necessary time to the supervision of their children's activities. Yet if they understood the **plasticity** and **receptivity** of the child's consciousness at this time, and realized the warped impressions that can come to a growing child thru the wrong kind of **perception** at this state of his mental development, they would find time to devote at least one hour daily to the **systematic training** of the child's Intellectual Faculties. This is of paramount importance, for the writer is firmly convinced that the development of the child, during the **first seven years of its life** will vastly influence his **later unfoldment**.

Hints In Child Training

As soon as the child begins to take notice of things outside of itself, this training should begin and this can be easily accomplished by surrounding it with the right sort of playthings, something like the objects used in the

Kindergartens. Here we find the spheres, cubes, cylinders, etc., used, which give the child the experience of the dimensions—length, breadth, and thickness; whether the object is round, square or oblong; whether it is hard or soft, etc.

Colors and music are used extensively to bring out the **artistic nature** of the child, and to develop him rhythmically; he is encouraged to reproduce on paper what his **IMAGINATION** conceives; further, he is taught how to model in clay, build with blocks, cut flowers and animals out of paper, fashion chains of colored paper, weave mats, etc., all of which tends to develop his power of **Perception** and bring his **Imagination** into play. Children so developed are never dull, for they have developed their Mental Faculties of **discrimination** and **reasoning** which enable them to **choose for themselves**. Such children are not weak-willed, for they have learned to **depend upon themselves** for this choice instead of asking someone else, "What would you do?" The habit of leaning too strongly upon parents, sisters or brothers, when young, frequently determines our stand later in life; whether we are independent **thinkers** or whether we think with the minds of others.

The "Broken Will"

Often we hear a parent say, "I am having a terrible time with Willie; he is so strong-willed and I fear it will take some time to break his will." Imagine any one desiring to break a child's will! Is it possible that parents do not realize that no one can be successful in this life

without a **strong will**? How can you possibly expect him to be a success in life after you have broken his courage 'To do and dare,' for that is what it amounts to. Instead of 'breaking his will' rather attempt to turn it into **constructive channels**. Find out the one thing he is primarily fitted for by Nature and give him **physical and mental employment** that will tend to hold his interest and bring out **the best there is in him**.

Many a child has been started on the **downward** road by the 'stubbornness' of the parent, who attempted to 'break his will' in such a brutal manner, that the child's determination was turned into **destructive channels** because of the resentment aroused by such harsh treatment. Some children, who are naturally **sensitive** are 'broken' while others, who are differently constituted, become **resentful** so that each attempt of the parent to 'break his will' only tends to develop his determination more strongly to **have his own way**. Frequently children so misunderstood, develop into brutal, destructive characters, with a mental complex, which manifests itself in a tendency to oppose anything of a constructive nature, because of the spirit of opposition engendered by the parents, who constantly opposed anything and everything Willie desired to do, in order to 'break his will.'

On the other hand, the more sensitive child, whose will **has been broken**, is from then on a useless, dependent, and drifting individual, who can never reach a decision without consulting someone else, and this alone spells **failure**.

When will parents cease to make **slaves** of their children and force them to think with their minds? Not until they realize that children were given them as a **temporary charge**, to be reared and developed according to Natural Laws, will we develop a healthier and nobler race. To rob a human being of his Divine Birthright of supremacy over all things in this Universe, of the feeling that he is **free-born** and has the right to exercise his Divine right of choice, is to commit the greatest crime against the Human Consciousness, for it is decreed that every human being should be "The Captain of his Soul."

Children should be allowed to unfold naturally, according to The Law, in the same manner that any other living thing, plant or animal develops. We never expect a rose to grow where we planted an onion, nor a thistle to develop from a grain of wheat, and why not? Because we know The law as far as plants are concerned and know exactly what will develop from a grain of corn or the seed of a sun-flower, yet parents are continuously making the mistake of expecting their children to bring forth fruit **contrary to the Law of Nature**, which stipulates that all things bear fruit according to their kind.

St. Paul says that **divers gifts** are given to each man. These gifts are according to the individuality of the child and cannot possibly be the same in each of us. The many "misfits" today testify to the often well-meant but misguided attempts of parents to make something of the children for which they are not adapted by Nature. "Misfits" are usually **floaters**, never sticking to any one job or profession for any length of time. Again such men and

women have drifted into a rut and are working year in and year out for a mere pittance, eking out a mere existence, many of whom could have risen to a high place of efficiency and usefulness in the world had they been allowed to develop their **natural talents**.

Parents Must Teach Children "The Laws of Life"

Children are usually **psychic** until the age of seven and therefore very receptive and impressionistic. This then is the time when the mother should guide and direct the physical and mental activities of the child into **constructive channels**, seeing to it that he is occupied with something that interests him and devoting at least an hour a day to story-telling and the answering of questions, which the child naturally wishes to ask. Right here the writer wishes to add that the parents, who answer the children's questions **truthfully**, are going to keep their confidence. To the small child, father and mother are wonderful people, veritable mines of information, and to them he goes with his problems until he is met with a rebuff something like this: "Oh, go away and don't bother me!" "I don't know," or "Don't ask such silly questions!" As if that settled that.

However, this is where the child gets its first setback. "Either," he reasons, "mother and father do not know," in which case you fall considerably in his estimation of you, or, "they will not take time to tell me," in which instance he decides to ask someone else at the earliest opportunity. In this way the child usually receives its knowledge on some of the most **vital questions**,

concerning the mysteries of life and usually develops an entirely erroneous aspect of life and its functions, placing an interpretation upon sex that is vulgar and degrading. This may, in time, even lead to **sexual excesses, self abuse** and what not, all because parents neglect this all-important duty of keeping in close touch with their children and giving them the proper explanation of the Laws of Life when the time has come. This is especially true when the child is approaching the Adolescent Period.

The girl is usually of a finer, more sensitive nature than the boy and more mature than the boy of the same age. While the girl of seven will often assume all kinds of responsibility, conducting herself like a child of maturer years, the boy of seven is a little rascal, who still expresses much of the animalistic in his nature and it is at this time that the gentle influence of the mother should make itself felt. Mothers should understand and encourage the questioning of the boys, for boys, who have such a mother, adore her and come to her with their problems. Children, who are encouraged to come to their parents with their troubles, are willing, in most instances, to take the advice given by a loving parent, and in this way avoid the many pitfalls that beset the path of our youth today.

Children Must Be Tenderly Reared

The little girl has the natural **mother instinct** and therefore begins early by 'mothering' the smaller children or even Dad, often becoming his "Pal." Because of this tendency we have frequently referred to her as 'The Little Mother,' while the sobriquet of the boy at this age has

more frequently been 'The Little Savage!' Now, if mother can train 'The Little Savage' to come to her for advice even as 'The Little Mother' seeks the advice of her Dad, all will be well, for that is the natural order of things.

Usually, however, Dad, when he returns from his day's work, is met by the mother with complaints against the boy, 'how he wouldn't mind, what he did and said, etc.,' and Dad, who has no grudge against the youngster, has to punish him for disrespect to his mother, which frequently is the result of a **mistaken attitude** of the mother towards the child. In such a case it is literally true when father says, "It hurts me more than it does you!" for men are usually more **just** than the average woman, who resents the slightest affront and often punishes a child, not because of a certain offense committed, but because of her wounded feelings, and the child senses the injustice of this.

Children were never meant to be slaves but should be reared as tenderly and carefully as one would foster a beautiful rose bush, or train a young race horse. They must be developed into something that will be efficient, independent, capable, and **full of the joy of living**. When parents as a whole realize this, we shall have cleaner politics, saner laws, and better health because of the race of **independent thinkers** we are producing.

Too Many 'Don'ts' Spoil The Child

But not all mothers are harsh with their children. On the contrary, perhaps the majority of them are 'weak' where the children are concerned and allow them alto-

gether too **much freedom** until they abuse this privilege, often flagrantly disobeying both father and mother. This is most frequently due to the fact that the children have lost respect for the parents' wishes because of their vascillating natures, one moment allowing them to disobey without punishing them and the next moment administering severe punishment for a simple offense.

Then, too, too many mothers **threaten** to do a certain thing if Willie or Mary does so and so and then allow the offense to go **unpunished** when it is committed. This engenders a feeling of recklessness and lawlessness in many children as they never know what to expect. There is no **law** in such a house as the children are reared by altogether too many 'don'ts.'

Children Of The First Cycle Are Psychic

Children are naturally 'psychic' and accept readily the statement 'that angels guard their bed at night,' for many have visioned these Heavenly Messengers. Indeed, their faith in this Divine Protection is beautiful, because they **intuitively** sense the **nearness** of a Spiritual Influence. In children the Pineal Body is highly developed and is larger than in adults. This is the center thru which man contacts the Divine and hence the statement in the Bible—"Suffer the little children to come unto me for theirs is the Kingdom of Heaven," or "Unless ye become as little children," etc.

Many children are so sensitive to vibrations in the ether, that they often feel a 'Spiritual Presence' near them and mention it to others. One small boy of three years,

whom the writer knew personally, would go anywhere in the dark, fearing nothing because, as he explained, another boy was at his side and so he never felt alone. Others have experiences that are not so beautiful and frequently have horrible nightmares. Often the latter are very nervous, excitable, and irritable, but these conditions, as well as physical habits and ailments, can be overcome by the proper **preparation** for sleep, and **constructive suggestion** on the part of the parent while the child is asleep.

The writer knew a young girl, who would awaken in the night and scream in terror, because she had seen all kinds of shapes on the walls, which she could not explain. The physicians treated her for "worms," but the fact that even now, tho a matured woman, she frequently has these psychic experiences, proves conclusively that the child was **clairvoyant** and saw what others could not see with their physical eyes. As stated before, most children are psychic until the age of seven and no doubt would continue to be so but for the **material** training given them, which makes a "god" of physical man, the grossest part of man's composite nature, to the exclusion of his higher possibilities, which can only be realized thru the development and use of his finer forces.

Rhythm Develops "The Divine Spark"

Before the writer leaves this cycle, she would like to call your attention to the fact that **music** of the right **kind** will add so much to the child's general education at this time, harmonizing his nature and assisting in the development of the finer impulses.. Needless to say, I am

not referring to jazz when I say 'music,' but to the inspired works of the Masters. In fact, this musical training should begin when the child is still young, the mother playing simple melodies in different time and rhythm in order to develop **rhythm** in the child. Rhythm means balance, or poise, one of the first requisites for a successful career. It will be easy to discover whether the child is naturally musical by devoting a few minutes each day to the development of rhythm, for rhythm forms the basis of all successful musicians.

To sum up the First Cycle, we wish to say that it is the beginning of man's experience on the physical plane, which is gained thru his contact with the outer or objective world. Unless his Spiritual Nature is understood, however, his real self is starved and suppressed; therefore it is the duty of the parents to foster and develop the Divine Inner Spark and aid its unfoldment, whenever and wherever possible, instead of suppressing it as is so frequently done, in which case the body becomes the **tomb** of the Living Soul instead of the Temple or the purified vehicle for its expression. Because of the confinement of man's Soul in a physical body at birth, the Orientals call birth—**death**, and death—**life**, or the liberation of the Spirit.

When the parents have succeeded in keeping that Divine Spark awake in the child's consciousness his evolution into the next cycle will have been accomplished, according to the **Law**, and his growth will be in accord with God's Divine Plan.

Summary of Scientific Facts

As man evolves from one cycle into another, his development depends upon the **understanding of laws governing each cycle.**

An adult's **health and Mental Outlook** depend largely upon the training he receives in childhood.

The Pre-Natal Influence of the mother upon her child is no longer to be doubted.

Prospective mothers are sadly in need of **scientific** not medical instruction.

Never allow vaccines or serums to be injected into the veins of your children, for they will poison the blood stream and bring on all kinds of skin disorders and dreadful internal diseases.

Thousands of children die in babyhood because of **wrong diet.**

Milk is acid-reacting and few baby stomachs can digest the heavy curds of cow's milk.

When a mother cannot nurse her baby, goat's milk, properly diluted, should be substituted.

Fruit juices, especially orange and grape juice (natural, not commercial) should be added to the daily menu of the **baby.**

Children are **impressionistic** and take in **suggestions** that often influence them as adults.

They are naturally trustful and fearless. Do not **suggest fear** to them.

Rear them as tenderly as plants and with love.

Analyze their characteristics and allow them to **unfold naturally.**

Answer their questions **truthfully** and be their confident.

Supervise the **early training** of your child.

Prepare the child for entrance into the **Second Cycle** by teaching him the Laws governing the period of Adolescence.

Teach your children the Laws of Life and so prepare them for each successive Cycle.

Do not 'break their will.'

The Second Cycle

(7—14)

THE PERIOD OF ADOLESCENCE

Home Training

Perhaps no stage in the child's growth is more generally misunderstood than the ADOLESCENT PERIOD or the **age of puberty**. Therefore the writer feels that this is a period in the development of the human being that should be called to the special attention of the parents, for, after all, **the foundation for the future health and happiness of the child must be laid at home**. If the child's physical and mental welfare are paramount in the parents' mind, then both father and mother will prepare the child for the change that comes into his life between the age of twelve and fourteen years, (some children mature more quickly than others) and educate him along constructive lines so that he will know how to gain control of that peculiar **unrest**, which takes possession of body and mind at this time.

As stated in the last chapter, this education should begin when the child is young. Mothers and fathers should answer his innocent questions **truthfully** but need only tell enough to prepare him for the next cycle. When a child enters the Second Cycle he should be educated and prepared for this important change and **nothing left to chance**.

In the days of Ancient Greece we find that the Spartans took their boys, at the age of seven, into their military

camps. Here they lived the life of Spartan severity, doing their bit in the day time and sleeping on 'boards' at night. That was no place for weaklings, but those that survived this strenuous training were famed the world over for their tall stature, their strong bodies and their bravery. Tradition and history have extolled the feats of strength, endurance, and valor of the Spartans and their extraordinary physical development was, no doubt, due to the fact that the boys began their training to become a man and learn to do a man's work at the tender age of seven years. They were reared among men only, imbued with the ideals of their elders, who demanded temperance in all things and total abstinence in many instances.

And so we must teach our boys and girls as soon as they are old enough to understand, the necessity of temperance in food, drink, exercise, etc.; abstinence from those things or activities that are injurious to the physical, mental, and Spiritual Development of growing youth. This would necessarily entail a sacrifice on the part of the youth of today but would in turn develop will-power and Self-Control, a virtue almost obsolete among the **jazz-crazed derelicts**, who have lost their bearings and with it their anchor of self-respect. These need help badly and they need it **now**. Those, however, who have been prepared physically and mentally by their parents to meet the change that comes at the **age of puberty**, will understand and guide their activities into constructive channels, converting the increased **VITAL FORCE** into **brain power, vitality, and strength**. Then High School Teach-

ers will no longer complain of the inferior mental calibre of the present day student.

Centers Of Control

Physical Science claims that life on this plane has evolved from the **single cell** to the complex human mechanism of today, which we call man, and that this evolution of life was accomplished by means of the **glandular or Endocrine System**, a new gland or **center of control** appearing, whenever the necessity arose in the development of the creature. One thing is certain that the human embryo begins its existence in the mother's womb as all things began according to Physical Science, the male and female spermatozoon uniting to form but a **single cell**. From then on the embryo passes thru the various stages of animal life, from the lowest to the highest, evolving upon this earth plane, at the end of nine months, as a perfectly formed human being.

However, **even after birth**, this 'evolution,' transmutation, or change takes place and we find that the Thymus Gland, which is active during childhood and which tends to **inhibit the sexual impulses**, gives way to the Thyroid Gland at the time of Adolescence, becoming less active and finally ceasing to exercise this control. The Thyroid Gland, on the other hand, becomes very active as it is a **secondary sex gland** and now forms the connecting link between the Gonads or Sex-Glands, and the Brain. It is of vital importance that this is understood, for the proper understanding of this subtle change will give the solution to the problem of 'wayward youth.'

At the **age of puberty** the young girl and boy is filled with a vague feeling of unrest, the emotions are 'unstrung' and the entire Endocrine System is out of balance. There is a subtle **chemical** inter-communication between the Endocrines, and at this time the Pituitary Body, the Thyroid Gland, the Adrenals and the Gonads or Sex Glands are stimulated and in most instances **over-active**. See Physical and Mental Rejuvenation, page 83.

Physical Exercise

For instance, any prolonged physical exertion or mental strain, and undue excitement or irritation will unbalance the Endocrine System and that is why the young boy or girl should know how to so conduct himself or herself during this change that the Sympathetic Nervous System, which is directly influenced by the glands, will not be unduly taxed. A certain amount of exercise is necessary, but everything within reason, and no Adolescent Youth should be permitted to take part in athletics until he is of a maturer age, in fact, not until he is physically and mentally fit and emotionally balanced, and this means that he must have developed, first of all, absolute control of the Muscles of Respiration.

If parents and instructors at our higher institutions of learning would discriminate between those physically and mentally fit and those, in whom strenuous training given in football, rowing or Marathon running, might work harm, there would be fewer cases of 'Athletic Heart,' which proves fatal to most of our prize athletes at a time when these should be at the height of their development

and achievement. The writer wants to be correctly understood, however, for while she advocates wholesome exercise out in the open, such as walking, swimming and rowing for pleasure, tennis, baseball, etc. for recreation, these activities should never be indulged in to the point of fatigue during this period, as this may produce a condition of exhaustion in some, while for a time it may overstimulate others only to re-act detrimentally in the end.

The Importance Of An "Alkaline-Reacting Diet"

That the peculiar state of 'unrest' manifested at this time creates a craving for excitement or stimulants should be understood by all parents, teachers, and those who have to deal with girls and boys of the ADOLESCENT AGE. Mothers should know that the food they give their children frequently is 'Acid-Reacting' thereby causing an irritation to the nerves. In the first chapter the writer has taken this up at length but wishes once more to call the reader's attention to the fact that it is important that the child should be reared on Nature's foods, and most of these raw or unfired; that at least **fifty per cent** of the Adolescent's meal should be composed of vegetables, with plenty of ripe acid fruits added **between meals**. Better still, is a strictly **non-meat diet**. See "The Corrective Diet," Physical and Mental Rejuvenation, Page 130 and Super Science Food Chart.

Because of the increased flow of the VITAL FORCE at this time, which manifests itself in an increased activity of the Endocrines, particularly the Thyroid and Gonads or Sex Glands, it is of vital importance that the Adolescent

Youth should be kept on an **Alkaline-Reacting Diet**, which will prevent the formation of acid in the system. An acid condition of the blood tends to aggravate and excite the nerves, as a result of which many a young boy or girl is led into excesses, because of a generally **unbalanced condition of the Nervous System**, with a correspondingly weakened **mental balance**.

A prominent educator, whom the writer knows personally, who is a Psychologist and advanced thinker, made the statement to his corps of teachers that the peculiarly unbalanced mental condition, manifesting in the ADOLESCENT YOUTH, was in many instances akin to a **mild form of insanity**; that it was the duty of both parents and teacher to help the girl or boy gain his or her **equilibrium**; that this could only be accomplished with **understanding** and **sympathy** and not by force.

The Girl's Problem

Right here the writer wishes to call the attention of the mothers to the fact that the problem, which the girl has to meet, is just as serious as the one that confronts the boy, tho this is not generally understood. Our double standard demands **virtue** on the part of the girl, but closes an eye where the boy is concerned, yet if parents only realized it, here is the seat of the trouble. If more attention were given to the daughter during this period of **transmutation into womanhood**, her increased balance and poise would help to **stabilize the young man**, for the girl, who can 'take care of herself' because of her **superior self-control**, will never tempt a boy but will rather prove a sort

of **balance wheel** for him and show him the way to manhood by the road of **self-respect**.

A young woman confessed to her aunt, who was lecturing for the government on Social Hygiene, "I can recall the mental anguish I suffered because of my ignorance, with no one to turn to for advice. It was a constant struggle to keep my balance and I used to think it would be a splendid thing if girls could be buried at the age of fourteen and not dug up again until they were eighteen." Four years! Think of it, mothers, and realize the seriousness of the situation. Instead of wasting her physical and mental energy in such a 'struggle,' you should be equipped to show her how to **transmute** this Sex Force into Intellectual Power. In turn you will be rewarded by the strong body and keen mind of your daughter and her consequent Intellectual Achievement.

The Modern Eve

We read in the Bible that Eve tempted Adam and that he ate of the fruit she gave him. This is allegorical of the **temptation** that besets the path of young men of all ages, for Eve, as a whole, has not changed much since the time Eve caused Adam's downfall. However, the young girls, who have been trained by their mothers in the **mysteries of life**, who have been prepared and forewarned, are no longer ignorant of the consequences of their acts and therefore "think twice" when in the presence of young men. On the other hand, the young man whose parents, particularly his Dad, have instructed him in the Laws of Life, is cognizant of the inevitable results that follow in

the wake of his acts and can therefore not lay the blame on Eve.

Eve is the Mother of the Race and that is why particular attention should be paid her, for, whether she be the daughter of a millionaire or the child of a poor laborer, the dormant instinct of mother love is there, and this **mothering love** will also **mother** the youth. It is entirely due to the efforts, the sustaining love, the encouragement, and the **mothering influence** of good women, whether it be mother, sister, or sweetheart, that men have been piloted thru the shoals and depths of the turbulent waters of life into the harbor of **clean manhood**.

That the young men of today are beset by temptations on all sides is not to be doubted and that the parents, particularly the mother, is responsible for a great deal of 'waywardness' among boys and girls is equally true, for many of the girls of today are dressing and conducting themselves in a manner quite unbecoming. In any public place—street, restaurant, theater, etc.—one can see young girls flaunting their charms to attract the male, not realizing that any man attracted by such means merely comes in answer to a challenge, vulgarly flaunted before his vision, as one animal would accept the challenge of another.

Many a man's passion is aroused by the sight of a trim ankle or a well shaped leg, and then, when he takes note of the flirtatious attempts of the girl to attract his attention, he frequently places a wrong interpretation upon her **advances** and the results are disastrous. I do not wish

to imply that the average girl is bad, on the contrary, **she is only ignorant**, and the parents are to blame for her ignorance, for a girl who has received the right kind of training at home will know that men, so attracted, rarely love and respect them nor think of marriage. Her manner of dress, her conduct merely arouse the **sexual desire of the animal nature** and an expression of this animalistic nature can only mean one thing.

The girl, who has been taught to respect herself and hold herself above these temptations, resents the advances of such a man and considers them an insult, for she **intuitively** feels that this is not love but animal passion. On the other hand, the flirtatious one, who exposes herself in various ways to attract his attention, is flattered and thinks she has made a conquest. When, as is so often the case, she brags about 'her friend' and the wonderful presents he buys her, she does not seem to realize that **thinking people** know that he is merely **paying for privileges received**.

Scientific Child-Training Averts Tragedies

There is another phase of the situation that must not be forgotten. It is the case of the boy and girl who are attracted to the opposite sex during the cycle of fourteen to twenty-one. When these spend much of their time in each other's company and indulge in familiarities, such as petting, kissing, etc., an undue excitement of the Gonads or the Sex Glands is the inevitable result and much harm can come to both of them if this is not understood.

Let us take for example the case of a young girl and boy at this age who 'go with each other' or are Sweethearts. We'll say they have a 'bad case' and see each other often, perhaps every evening. Of course, they kiss and pet each other but exercise sufficient self-control to keep within the bounds of decency (?). The young man, when he returns to his home, picks up a magazine and reads or pursues his studies at this time, if he is a High School or University Student, and, as a result, the enzymes (vitalizing fluid) of the Gonads or Sex Glands are transformed into brain power and there are no disastrous after-effects.

On the other hand, the young girl lies awake and dreams of her lover, mentally living over each word, kiss, or caress of the evening, thereby intensifying the irritation in the sexual organs. After a fitful night, the girl awakens exhausted and depleted or tense and over-stimulated, as the case may be. In either case this over-stimulation of the Sex Glands, **without a mental outlet**, is dangerous, for in the wake of physical exhaustion comes **Mental Depletion** or, in the case of over-stimulation, **Sexual Excesses** follow. Under the latter are classed masturbation, or self-abuse and co-habitation.

The young man, who studies and has other mental pursuits, transmutes his Sexual Energy into brain power and as far as he is concerned, the girl is safe. Then again another 'friend' or Sweetheart comes along, who lacks this control because he, like the girl, does not engage in any kind of **Mental Gymnastics**, and consequently also suffers from this over-stimulation. Then it may happen

that in an **unguarded moment** the thing is done that can **never be undone**.

The writer cannot help feel that the foreign method of chaperoning the girls is a wise one as long as girls are allowed to grow up **ignorant of the Laws of Life** and of the dire consequences that follow in the wake of disobedience to The Law. Still the better way is to educate our girls and give them the Truth so that they can guide and **direct themselves**, for "Knowledge is Power." However, the medical profession merely takes into consideration man's physical make-up. Material medicine or 'Materia Medica,' as they term it, and the material side of the Sex Force will never give us the solution to this vital problem.

"Knowledge Is Power"

In the SUPER SCIENCE ADVANCED COURSES the writer teaches the student how to **transmute** this Sex Force into INTELLECTUAL and SPIRITUAL POWER and it is of vital importance that parents acquaint themselves with these facts in order that they may be able to give their children the right kind of instruction and so equip them with the **Knowledge that is Power**. This will enable them not only to resist temptation but to so develop themselves physically, mentally, and Spiritually that they will **unfold normally** and bring out the best that is in them, which implies the unfoldment and development of their **dormant talents**.

At the base of the spine is a triangle wherein is stored or 'coiled up' a latent energy, which, when liberated and sent up thru the spinal cord into the brain will stimulate

the Pineal and Pituitary Bodies, the two glands, the development of which will open up man's **sixth and seventh sense**—the sense of INTUITION and COSMIC CONSCIOUSNESS. In the SUPER SCIENCE ADVANCED COURSES a technical method of Concentration is taught, which develops the HIGHER CONSCIOUSNESS by 'uncoiling the Kundalini,' as this occult center is called, and causing it to rise in the **Spinal Cord**. As the Kundalini Center controls the Sex Force, a transmutation is brot about in this manner and Sexual Energy is changed into INTELLECTUAL and SPIRITUAL POWER, which automatically changes **sexual desire** into a desire for KNOWLEDGE and UNDERSTANDING.

And so the parents' aim, during the Second Cycle, should be to develop a healthy **body and mind**, by supervising the physical development and mental training of the child, in order that he may meet the change that confronts him at the end of the Second Cycle fully equipped to cope with its dangers.

Summary of Scientific Facts

Parents must instruct the boy and girl in regard to the change that takes place at the age of puberty, before this time arrives.

A **physical and mental outlet** must be provided to bring the overwrought emotions back to normalcy.

Out-door 'play exercise' and an 'Alkaline-Reacting Diet' play an important part in the development of the child at this time.

The girl's problem must be met with understanding and sympathy.

Kindness and gentleness on the part of the parents are potent factors in helping the Adolescent Boys and Girls to regain their balance.

If ever a boy and girl needed a friend it is at this time. Be a 'pal' to your child.

Teach your children The Law governing the **ADOLESCENT PERIOD** and so save them from the deplorable after-effects of ignorance and superstition.

If you neglect this important duty toward your children, you cannot blame them for the consequences, but must assume the responsibility **yourself**. That is The Law!

What To Tell Your Children In Preparation For The Adolescent Age

It is winter and the trees are bare. The leaves dropped off in the autumn, after the first frost, and the stark branches reach up into the sky as if in a mute appeal for mercy. To be so suddenly stricken and bereft of one's beautiful covering is a dreadful thing and spells death, for no living thing is so without signs of life as is the tree with bare branches.

So mused a young Maple Tree as he ruefully surveyed himself and his surroundings. Here were others, like himself, bare and devoid of life in this forest of trees like the gray mountain yonder, whose granite inert mass had always seemed to him like a vast silent tomb. "Strange," thought he, "that I should feel so dead in all my limbs, when but a short time ago I felt life surging thru me." Because he was a young tree and did not yet understand The Law, he resigned himself to his fate, and, thinking he felt death numbing his trunk and limbs, gradually fell into a deep sleep.

One day he awoke because of a peculiar feeling surging thru him. After his deep sleep, during the winter months, he again felt the flow of the Life Force and he thrilled with the glow of returning life. Things had changed considerably within the last few days. The air was balmy, the snow was melting, and here and there inquisitive violets and crocuses were pushing up their little heads. The little creatures that had always romped so playfully among the trees, were coming out of their bur-

rows, where some of them had slept for days and months, **hibernating** until the warm rays of the March sun called them forth. Even the mountain that loomed up against the horizon had a different look, and oh, how one could feel the vitalizing power that came from the sun's rays, which charged the air with **Magnetic Energy**. Our little tree stretched out his arms to drink in this wonderful Life Energy thru his fingertips and soon felt the increased flow of the LIFE FLUID in his veins.

Then a strange thing happened. He heard children's voices and saw the farmer drive into the woods and unload pail after pail and a long shallow pan. His curiosity was aroused and he watched every move they made. He saw the farmer take an axe and approach a large tree, which the little Maple had especially admired, and sink the axe deep into the trunk. Did he imagine it or did the tree moan under the impact of the blow? At any rate he shuddered to think that he might be next, but they passed him by. He noticed that they systematically selected the larger trees and soon had quite an array of pails suspended from hooks, hanging under a metal spout, which had been forced into the wound made by the axe.

All during that night the little Maple heard the constant drip, drip of the sap as it fell from the spout into the pail and he shuddered, for it reminded him of so many drops of blood flowing from the **life-stream** of the maples. Late the next afternoon, the farmer, his wife and children came again into the woods and then our little Maple tree saw the farmer build a fire under the long shallow pan,

while the others gathered the sap that had collected in the many pails. This was poured into the pan, after which the wife and children stirred the sap constantly and later tested it out upon the snow to see if it had thickened sufficiently. When the farmer's wife considered it right it was allowed to cool and then was put into jars for sale as Maple Syrup. This continued for days or as long as the sap continued to run. Then the spouts and pails were removed and the wounds in the trees allowed to heal as best they could.

Each year this was repeated at about the same time, that is, when Nature awoke from her deep sleep and began to manifest this Universal Life Energy in all its phases; when the snow melted and the grass and early spring flowers began to push up their shoots, coaxed out of their winter's sleep by the **magnetic rays** of the stimulating March sun. Each year the flow of the sap grew less and less and finally the farmer declared that he would have to tap other trees. The trees that had been tapped were not as robust as they had been, the leaves not as green nor as large, manifesting in a general way a condition of exhaustion and decay.

The little Maple was thankful he had escaped so far. Altho still young, he felt stronger and manifested life to a greater degree than those, who had been forced to spend their very Life Essence to satisfy the appetite of man, yet it is a well known fact that trees under normal conditions grow in strength and endurance year by year, gaining power to withstand the ravages of storms, cold,

and exposure with each ring that is added to their trunks. In California, on the Pacific coast of the United States, we find enormous trees, over a thousand years old, with trunks so large that automobiles can drive thru as thru a tunnel, which was demonstrated by a cut out of the trunk of one of the big Sequoias.

The maple trees, however, that had been tapped year after year, and had been forced to spend their Life Force, were failing. One day the farmer noticed it and when spring came again, he decided not to cook sap that year. The next year, however, conditions seemed worse, and now the farmer, who in his ignorance had broken one of Nature's Laws, began to study books about trees and how to conserve them. He learned how to treat and bind up the wounds in the trees. Those trees, which were sturdier than others, responded to the treatment and the increased flow of sap thru their trunk and limbs, restored them, in a measure, to their former vigor. Some, however, had grown so exhausted and depleted that they were unable to regain their former vitality and strength and remained stunted in growth. It was not long, therefore, before our little Maple, who had conserved his Vital Force or Life Fluid, had surpassed them in beauty and strength.

When the farmer had discovered his mistake he decided not to tap the trees again. Other farmers learned this same lesson and that is why Maple Syrup and Maple Sugar are scarce today, for the writer can remember when Maple Sugar could be bought almost as cheaply as other sugar, whereas now it is a luxury.

If the Maple Tree began to fail because the sap or **VITAL FLUID** was spent just at a time when it was most needed, it follows that the human being who spends his **VITAL FORCE** instead of conserving it, will likewise suffer the penalty of disregarding so important a Law. He, too, will be depleted in **vitality** and **strength** and be physically and mentally **below par**.

In fact, Science has long ago recognized this menace to civilization, for the excesses of youth, particularly today, are responsible for the existence of so many **subnormal** young men and women. Unless this condition is checked by means of **constructive education**, the following generations will predominate in **low mental types**, known as **Morons**, who seem to be entirely undeveloped as far as their consciousness of right and wrong is concerned, living only for the gratification of their lower impulses and the satisfaction of their animalistic desires.

Like the sap in the Maple Tree, the Vital Fluid that is wasted in the young boy or girl is withdrawn from the brain. This, instead of ascending the spine and stimulating the **brain cells**, descends into the Gonads or Sex Glands. Because of this increased flow **downward** at the period of Adolescence, **sexual desire** is awakened. This period is for many a trying one. The weak sister or brother does not resist the **temptation of the Serpent** and falls, just as Adam and Eve fell in the well known narrative in the Bible.

Youth, that **spends** itself, wastes the **VITAL FLUID** and the result is **physical and mental exhaustion**; Youth,

that **suppresses the emotions** and particularly **sexual desire**, frequently suffers from **suppression**, which is just as disastrous in its effect upon body and mind. How then can these conditions be overcome and the child be prepared to meet the period of **Adolescence** and the years that follow, equipped to fight and conquer the **BLACK SERPENT**, that assails him at this time?

THE BLACK SERPENT

The story of the **BLACK SERPENT** should be told the child before he reaches the **Adolescent Age**, and, as this age varies in different individuals, it will be necessary to begin as early as the twelfth year or earlier, as the case demands. In the boy the voice changes at this time, which is very noticeable. In the girl there are no such outward physical signs, tho in most instances girls become languid and listless, due to a disturbance in the circulation of **THE VITAL FORCE**. On page 28 the writer mentioned that at this time the Thyroid Gland became active and that the Thymus Gland, which inhibited the Sex Force during childhood, began to recede.

According to Physical Science, the Thymus Gland inhibits the functioning of the **GONADS** or **SEX GLANDS** during childhood, but almost ceases to function when the Thyroid Gland becomes active at the time of Puberty, the Thyroid being a secondary sex gland. Up to this time, the child, as far as sex is concerned, taken both from a physical and mental standpoint, was neither male nor female. Now, however, the differentiating takes place, because at this time the Gonads or Sex Glands are stimu-

lated into action and this stimulation causes a disturbance in the circulation of the VITAL FORCE, due to which we find an **unbalanced condition of body and mind** manifested in the child.

Parents should realize that this is a **critical period** in the child's life, and that he needs the closest supervision of father and mother at this time, for, as before stated, this over-stimulation of the Sex Glands creates an **unbalanced condition** and often leads to so-called **youthful excesses**, which could have been avoided had the child been prepared for this change.

The adolescent boys and girls should know how to **stabilize themselves**, for, unless they know how to direct the VITAL FORCE **upward** to the brain, mental confusion is bound to result. In ancient symbolism the VITAL FORCE or THE KUNDALINI, ascending thru the spinal cord into the brain, is represented by the staff with the ascending WHITE SERPENT, the staff of WHITE MAGIC or Spiritual Power, also referred to in the Bible as the Staff of Moses. The VITAL FORCE, directed to the brain, removes the pressure from the GONADS or Sex Glands and stimulates the dormant cells of the brain into activity.

When the Thyroid Gland begins to function, the tendency of the VITAL FORCE is **down**, flowing from the brain, **down the spine**, to the GONADS or Sex Glands. An increased excitement of the Sex Glands is noticeable in both girls and boys when this downward flow begins, and tho, in many instances, the girl suffers from the **sup-**

pression of sexual desire as much as the boy, very little attention has been paid to her, and altogether too much attention and leniency accorded the boy, from which has arisen the false Double Standard, allowing the boy to gratify his desires, while the girl must suppress hers.

Here is where **constructive help** is needed, and if it is given at this time there is no reason why **Adolescent Youth** should not grow up into healthy, robust manhood and womanhood. A knowledge of the **control of the VITAL FORCE** will absolutely free the boy and girl from the **negative influence** of so-called 'disease' and will enable them to retain their vitality and strength thruout life, whereas now the average man or woman finds himself or herself in depleted vitality and sometimes wholly exhausted at the age of thirty-five or forty years.

The advice given the young man by other youths of his acquaintance and frequently by the family physician and sometimes by the father himself, is to the effect that he should seek the acquaintance of some woman and spend himself. Besides the destructive moral effect this has on the young mind, the physical reaction causes the **VITAL FORCE** to be withdrawn from the brain, thereby depleting the brain cells. Thus the youth, who breaks the first Law of Life, which is the **conservation of the Life Force**, must pay the penalty. The result of his act will be clearly noticeable in the depletion of his Mind Power, his lowered physical vitality, and an increased **inability** to plan and execute what he desires to do. High School teachers today deplore the fact that so many students seem to be of a **lower mental calibre** than they were years

ago, making it impossible for them to prepare the amount of work that the students of ten years ago accomplished.

Isaac Newton, perhaps one of the greatest of **mental giants** in the field of science and discovery, stated that he attributed his Mental Power to the fact that "he never spent himself." Instead, the VITAL FORCE was directed to the brain, where it developed the Pituitary and Pineal Bodies, thereby stimulating the Higher Consciousness, the mind of INSPIRATION and REVELATION, into activity. In this instance a steady stream of the LIFE FORCE is constantly **ascending**, whereas, in the case of the one who spends himself, particularly during the Adolescent Period, a constant flow of the Life Force **downward** is effected, which can mean only one thing, **the continuous depletion of the VITAL FORCE in the brain.**

As the brain, with its positive centres, forms the **directing power** of the body, the depletion and general exhaustion of **the other vital centres in the body** must follow. This constant stream downward of the VITAL FORCE is the symbol of death, represented in ancient lore, particularly in Greek Mythology, by the staff with descending BLACK SERPENT, known to the Greeks as the Staff of Hermes, now often referred to as the staff of BLACK MAGIC.

If the ascending VITAL FORCE signifies life and the descending VITAL FORCE symbolizes death, then it is of the most vital importance that the parents instruct their children how to direct the flow upward. In order

to be able to do this the parents themselves should acquire this knowledge, which belongs to the **secret traditions** of the ancient Oriental Masters. Surely they owe that much to themselves and their children, for the average child either does not reach maturity or is everlastingly handicapped during his lifetime because of his ignorance of The Law. **Nature's Laws are inexorable.** They exact the penalty that follows in the wake of disobedience to a Law, but when The Law is obeyed and operated by those who know, it works **constructively** for them and creates a **strong body** and a **keen mind**, both necessary requisites in order to make a success of the business of life.

The Third Cycle

(14-21)

MANHOOD AND WOMANHOOD

Materialism

In this Intellectual Age, we are so steeped in MATERIALISM, because of the teachings of 'MATERIA MEDICA,' that we think of man only as a physical being and seem to be totally unaware of the fact that this physical body of ours is merely the house in which the **Real Self** lives, or shall I say, a garment of coarse fabric, clothing the Spirit, to which St. Paul refers as "The Inner Man." We go to church on Sunday, hear some Biblical Text expounded and then return to our daily tasks the following day, forgetful entirely of the fact that there is this other side to man and that it is only the development of this INNER MAN that will enable us to form a contact with the Spiritual Being, we call GOD.

In the schools the student receives instruction in Physiology—the human anatomy and the physical functions of the human being. He learns to recite the names of the various bones, nerves and muscles, dealing only with the most material phase of man's body. Here the CEREBRO-SPINAL NERVOUS SYSTEM is studied from the standpoint of the five physical senses. The student is given the technical explanation of knowledge gained of the material or objective world thru the sense of hearing, sight, taste, smell and touch, to which may be added the sense of weight and bodily heat. The **Occult**

Side of man's body with its SYMPATHETIC NERVOUS SYSTEM is entirely neglected.

The Pendulum

The world moves in cycles and the figure **seven** plays an important part in man's evolution. In the individual life of man, the seven is of equal importance, for at the end of each Cycle of Seven an important **Psychic Change** takes place. This change, during the Third Cycle, is more marked in a woman than in a man. The First Cycle, from one to seven years, occurs on the **upward swing** of the pendulum and children that are raised normally, according to NATURE'S LAWS, should never be ill during this cycle.

The Second Cycle, from seven to fourteen years, swings in the opposite direction because of the downward tendency of the VITAL FORCE and the resultant terrific upheaval in the child. An OCCULT CHEMICALIZATION takes place, which threatens to unbalance the SYMPATHETIC NERVOUS SYSTEM. As is always the case, however, a full knowledge of The Law enables one to avoid the pitfalls, and so parents, who will avail themselves of this knowledge, can not only prepare the child for this trying period but can teach it how to direct the flow of the VITAL FORCE upward again.

If this has been accomplished, the Third Cycle, from fourteen to twenty-one years, can be a very fruitful one in the life of the individual, for it is then that all the brain cells are being developed and the Pineal and Pituitary

Bodies stimulated. The natural reaction to this stimulation is increased **Mental Alertness, Intellectual Power** and **INSPIRATIONAL DEVELOPMENT**. As the positive centers in the brain govern the more or less negative centers in the spine, it follows that this increased **MIND POWER** vibrates the physical cells of the body until it resists disease, because of a **normal cell vibration**, which creates a **harmonious condition**, conducive to health.

Mind Power

Under **MIND POWER** we understand intellectual activity, viz: The power to think for oneself; to reason out one's problems independently; to be able to make comparisons and draw one's **own conclusions**; in short—to be an **independent thinker**, not dominated by custom, man-made laws, or the minds of others. Such minds exercise their **will** in asserting themselves, not, as some so-called Psychologists teach, to gain control of **other minds**, which is nothing but "Black Magic," but to **master** themselves and circumstances. The greatest virtue of physical man is **self-control**. To be able to control one's appetites, one's temper, one's desire for earthly (often immoral) pleasures, is to stand on the summit of a mountain, looking down upon the mass of humanity struggling upwards, **with a feeling of having conquered**.

This should be the normal development of the young girl and boy just budding into womanhood and manhood, but, unfortunately, when the child has not been prepared for the **ADOLESCENT PERIOD**, the minds of both the boy and girl become so unbalanced that frequently, partic-

ularly in the boy, a mental condition results that threatens to disrupt **mind** and **body**. It is then that parents begin to worry about their children the moment they are out of their sight, whereas a little parental advice **before hand** might have spared them much mental anguish.

Self-Control

Only **Self-Control** in all things will lead to success. Young boys or girls, who have not gained control of their lower impulses, who have not developed their **Will** sufficiently strong to enable them to resist temptation, who have not learned to reason for themselves so as to get at the **truth** of things, are as a reed blown by the wind, hither and thither, or as a boat **drifting** with the current. These poor derelicts need help **not censure**, for in the majority of instances, their lack of Will Power, their Vacillating Mind is directly traceable to the lack of proper **moral training at home**, which presupposes, among other things, a knowledge of the **truth about themselves**.

If, on the other hand, growing boys and girls have been taught the **secret** of the VITAL FORCE; that this 'Life Fluid' must not be spent, particularly at this time, then the pendulum **swings up** in the Third Cycle with ever increasing force, and the boys at twenty-one should be **men**, ready to face any situation that may confront them. It is a well-known fact that boys do not legally reach the age of maturity until they are **twenty-one years** of age; not until then are they considered citizens of the United States and given the vote. Women, on the other hand, reach the age of maturity at eighteen, when the parents

no longer are their guardians, and, according to law, they have the right to choose for themselves. There is a very obvious reason for this, for girls attain their **equilibrium**, after having passed thru the ADOLESCENT PERIOD, far more quickly than boys do, which is primarily due to the fact that girls, as a rule, exercise more **self-control** than boys do.

The writer refers to the Double Standard and the belief that is circulated among young men at this time. This practice is not only deplorable from a moral standpoint but spells the downfall of the individual and the nation, for, instead of **conserving** the 'Life Fluid' by directing it to the brain, this **very essence of life** is, frequently, spent so lavishly that a general depletion of the brain cells results and with it the **exhaustion** of the entire physical body. It is then that many a youth of twenty-one arrives at the age of maturity only to find himself **old** in spite of his years, for old age is nothing more than the **depletion** of the VITAL FORCE, and **years have nothing to do with it.**

Perhaps the writer has repeated herself unnecessarily, but the situation is so grave that a timely warning must be sounded, for, strange as it may seem, many parents are still ignorant of these facts, hence the repetition, which is merely meant to impress upon their consciousness the vital importance of learning the secrets of **body, mind and Soul** and using these TRUTHS to give their children the **proper start in life.**

The Beginning Of Increased Mental Activity

When the **Truth** is understood, and the young boy or girl has been taught to **conserve** the VITAL FORCE and send it to the brain, the Third Cycle, as stated before, has a steady **upward swing**. Both the young man and the young woman, because of **brain stimulation**, will devote much of their time to **mental pursuits** and, with the proper outdoor exercise added, should develop a **sound body** and a **sound mind** before entering the Fourth Cycle. The Third Cycle should be used for a systematic development of body and mind. This would include plenty of outdoor exercise and a sufficient amount of sleep, particularly the **sleep before midnight**.

Contrary to the opinion of many, the writer does not believe that the individual, who expects to make something of himself, who hopes to create constructively, should marry before he reaches the Fourth Cycle, for the Third Cycle is so important for the preparation of a fruitful life that the VITAL FORCE should be allowed to flow upward without interruption. Then, when the Fourth Cycle is reached, both man and woman will be **well balanced**, physically, and **evenly poised**, mentally, and will avoid the tragedies that wreck so many youthful lives because of a **hasty marriage**.

Children born of young parents may be equipped with strong physiques, but it is now generally conceded that children born after the parents have matured **mentally**, are endowed with **stronger minds** and therefore have the better chance in life for after all "Mind rules matter."

Sex Attraction

Young people, who are not taught the **Laws and mysteries of life**, are prone to misunderstand passion for love and fall a victim to mere **sex attraction**. When the awakening comes, either the boy or the girl will discover that the **physical attraction** has worn itself out, and, as there has been no **Mental or Spiritual Mating**, nothing is left but the ashes of a dream. Many a life, especially that of a **sensitive nature**, is wrecked and goes down into oblivion, because of a lack of this knowledge of the **LAWS of GOD**, governing his **body, mind and Soul**. Upon the **parents** falls the blame, in the end, for **they** are the custodians of the children and **responsible** for their welfare.

'Pals'

Parents so frequently make the mistake of expecting **blind obedience** from their children. This is unjust, especially when the child has reached that age where his mind begins to reach out for **the reason for things**. Sometimes we find, in comparatively small children, a **Reasoning Mind** and a **sense of justice** so developed that to do a thing or refrain from doing it just because mother or father has demanded it, seems a **rank injustice**; likewise the punishment that follows in such cases where parents have been disobeyed.

If parents only realized how easy it is to be 'pals' with the children; how impressionistic children are and on what **fruitful ground** words of admonishment, advice, and even censure will fall, when administered by one

who understands that children are **little men and women** in the making and have all the good qualities of both father and mother, lying dormant within them. The parent that **reasons** with the child makes a greater **success** of his son and daughter than the one who expects **blind obedience**.

Parental **love**, particularly a **mother's love**, is the 'magic key' which will unlock the door to the heart of the most stubborn youngster and will pave the way to perfect **understanding** between father and daughter, mother and son later on, **ironing out** all misunderstandings in a **humane** and constructive manner.

The mother, who will not try to understand her children and therefore makes a failure of raising them, is responsible for much of the misery in this world. We have instituted "Mother's Day" as a reminder to those, who have left home and seem to have entirely forgotten **her** who brot them into this world; who often slaved for them; denied herself pleasures in order to give the children advantages; who was their **best friend** at all times. Thank God! there are many such mothers and these are building and **refining** the race today and should be remembered with every fibre of a boy's and girl's heart, no matter how old they have grown, for to such a mother they are still her boys and girls.

On the other hand many mothers are lonely today, forgotten by those, whom they failed to understand. Too late they see their mistake, and tho many would like to make amends, the opportunity is lacking because the chil-

dren have gone their own way and often, **too often**, have drifted into the **downward path** because of the lack of a sympathetic mother's understanding and advice.

"Jazz"

Why is it that jazz has gained such a hold on our nation and threatens to disrupt other civilized nations as well? Is it because youth craves a thrill? Perhaps, but more often it is the direct result of a dissatisfied, disappointed nature, which seeks **oblivion** in the **misplaced rhythm**, and, doesn't jazz just seem to numb their senses much as a dose of opium would? In fact, jazz has a **hypnotic** effect upon such unstabilized minds and unpoised individuals and so they imagine themselves happy until the **awakening** comes, with as terrifying results as come the after-effects of an opium dream.

Parents, if you only knew how every nerve of your boy and girl quivers at your harsh words and often **unjust** reprimands. Many a time a fist is clinched and a voice says, under its breath, "Just wait until I am old enough to make my own way." How many times isn't this threat carried out at the earliest opportunity? Why are there so many suicides of girls and boys in their teens? And why, Oh why are such conditions so frequently found in so-called Christian families?

Mothers, do you really think you can make good men and women out of children of this age by observing the old-time saying, "Spare the rod and spoil the child?" Do you still believe in the code of savages, "An eye for an eye,

a tooth for a tooth?" Then, if you still adhere to the rules governing the conduct of ancient races, you must likewise sanction polygamy and be willing to be but **one** of the wives of your husband. You see, times have changed, and man-made laws, beliefs, and customs must change to meet the exigencies of a new generation.

If ever any one needed a **friend**, it is the boy and girl of this jazz age just entering the Third Cycle. Mother must realize that she is the rock upon which they can anchor their storm-tossed existence, and at the same time the haven wherein their jazzed nerves can find rest and peace.

It isn't an easy task for Mother, but oh, what a privilege to be able to have the opportunity to help build **character**, to watch the seed take root and bring forth fruit.

If the writer has expanded at length upon this topic, it is because she feels that the majority of human beings are ill, discouraged, and unsuccessful today because of a lack of **sympathy** and **understanding** at home. Children cannot be molded after one and the same pattern, but must be studied, analyzed, and understood that they may **unfold normally** in order to bring out their best qualities. A girl or boy that matures under such conditions will "do what is right, and fear no one!"

The Volstead Act

As we all know, we have a Prohibition Law as a nation, but is it enforced? We know it is **sometimes**. Then again we find people who can get all the liquor they want.

In fact, the drinking of liquor has spread like a contagion until the young boys and girls of today think it the height of smartness to drink and smoke. Why is this? Simply because the Prohibition Law has not been enforced! Like the vacillating parent our government officials close an eye now and then. The law says "don't", but when you **do**, many officials turn their backs and see nothing. If a law is to be enforced the people must be taught to respect that law, and that can only be done if the dry officials do their duty, regardless of where the blow falls. The law is no respecter of persons and every violator should reap the consequences of his acts.

Perhaps the root of the trouble lies in the family itself, for it is nothing unusual to find wine and liquor served in 'our best families.' What can we expect of the children when father and mother openly disrespect this law? And what are the consequences? A spirit of recklessness and **lawlessness** among the youth of today that resents any interference in their conduct by the parents. In many families the young boy or girl does exactly as he or she pleases, even going so far as to get married without the parents' knowledge and then bringing home a wife or husband as an addition to the family, which the father must support.

The writer has had quite an insight into these delicate situations because of her contact with thousands of mothers and knows what many are up against. Tho the writer believes that many young people are influenced by the lack of respect for the Volstead Law, this does not mean that all wayward children come from homes where

wine or liquor is secretly drunk. On the contrary, so many temptations beset the path of the youth of today, that many a fine boy and girl reared by excellent parents, is tempted and falls, because of the almost total disregard for convention and a high standard of morality, among the young people as a whole.

A Story of Two Boys

An incident comes to the writer's mind at this time, illustrating the task that confronts the mother of today. A mother came to see her, heartbroken because her oldest boy, just twenty-one, came to her one Easter Sunday with the joyful news (?) that he had just been married. The mother had planned a college education for him and hoped that he would take up some profession and make a career for himself. This boy had no means of supporting his wife and for a time it looked as tho she would have to bear the burden of the wife's support.

What worried her perhaps even more than this escape of her oldest boy was the fact that her other son, just fourteen years of age, was dreadfully excited about John's **hasty marriage** and informed her that he, too, had a girl, who was a 'peach.' He made the statement, however, that if she drank or smoked he would have nothing to do with her. He had lost all interest in his studies and spent much of his spare time with his 'peach.' This was a problem that had to be met, and met quickly.

After questioning the mother, the writer found that the boy was intensely interested in mechanics and had a

short time previously asked her to allow him to send for a correspondence course in engineering, which had taken his fancy. This she had refused because the course was expensive and she figured that he was too young to attempt it. After matters were explained to her by the writer, she began to realize that this desire on the part of the boy could prove his **salvation**. Using certain methods she was taught in SUPER SCIENCE, she succeeded in again arousing his interest in the course mentioned and he sent for a trial lesson on his own initiative, not realizing that he was doing exactly what she wished him to do.

Two weeks later the mother came to the writer with the glad tidings that the oldest son, realizing now the enormity of the step he had taken, had asked her to allow him to take over a large farm they had been renting out on shares, saying that he wished 'to make good.' He asked to take the young boy with him and agreed to care for him. "And so," she concluded, "a miracle has been wrought, for Harry is on the farm with John, studying his engineering course evenings and has forgotten all about his 'peach'."

As a final word to parents, the writer wants to impress upon them the necessity of a physical and mental outlet for the growing youth, in order that their increased physical and Mental Energy may find expression in constructive physical exercise and Mental Gymnastics that will claim their attention and hold their feet on the path of **advancement**. If this outlet is not provided and the young girl or boy are allowed to drift idly, many of them will

travel the path of indolence, which leads to despair, for
"An idle brain is the devil's workshop."

Summary of Scientific Facts

If Adolescent Youth has been taught how to direct the VITAL FORCE upward, the Third Cycle will be one of **increased Mental Activity**.

His Power of Mind will grow; his Will will become strong; his Reasoning Power and his Power of Discrimination will develop **independent thinking**.

This is the period of study and preparation for **civic usefulness**.

A sane, material education is an asset.

The Third Cycle should be devoted to understanding oneself as well as one's fellowman.

The important thing to recognize in order to be a success later on is that, tho one must develop as an individual, one is nevertheless but a unit in a **composite whole**. In other words, men must not isolate themselves, but must obey the Law of Co-operation.

This is the cycle to develop Self-Control, for it is the cycle of hasty marriages.

Boys must be instructed for their own protection, for thousands of girls are walking the streets today, openly accosting men. In Berlin, London and Paris, the conditions bar all description, as they are tolerated by the governments. It makes one think of **decadent** cities of ancient times, and one wonders if these, too, are not moving on to destruction.

Girls must be instructed so that they will understand **themselves** and know how to discriminate between right

and wrong. They must be taught to **analyze men**, for, thruout the ages, woman has been the prey of unscrupulous males.

Jazz 'jazzes' the nerves and helps to create an **unbalanced** mental condition.

The fact that many parents disregard the Volstead Act and break the Prohibition Law, has contributed to the delinquency of hundreds of our young people of today. Think it over!

Do not forget the **Companionship** you owe your children, and the **Example** you must set them of **good conduct**.

The Fourth Cycle

(21-28)

MARRIAGE**Mental Attraction**

When man and woman enter upon the Fourth Cycle normally developed, both **physically** and **mentally**, they are eager to test their strength, rejoicing in knotty problems, instead of running away from them as the weaker brother does. This will keep the pendulum from swinging downward, leading them on to still higher development. This is the cycle in which **Character** is stabilized; in which the individual begins to learn constructive **lessons** out of each new experience; when he begins to reason out the **consequence** of an act instead of rushing **blindly** into things. By this time, both man and woman, if they have been at all observing, have learned much about **human nature** and begin to realize that there is something else to be considered in selecting one's friends than the mere **physical** side. It is now that **Mental Attraction** draws to them, men and women of like ideals, whose thots and ideas blend with their own.

When a man has reached this state of development, he will choose his mate not because of physical or sex attraction but rather because of her **Mental** and **Spiritual Development**, which harmonizes with his own, and vice versa, the woman will select a husband for his **sterling qualities**, his strength of character, and his **clean thinking**. These **harmonious vibrations**, which originate

in man's Mental and Spiritual Consciousness, are something far more subtle and more potent in holding man and wife together than the coarser physical vibrations. A marriage contracted under these conditions will prove successful, for adversity, instead of separating the two parties, only serves to bring them closer together, because of their mutual **Sympathy and Understanding**.

Men and women, who have prepared themselves for the marriage state by keeping body and mind **pure**, can enter upon the business of marriage, as life partners, with the assurance that they have developed within themselves the power to meet all existing conditions. There can only be a fifty-fifty marriage when both husband and wife **respect** the rights of the other, and this **respect** for one another's views can only come thru a thoro understanding of the laws of body, mind and Soul, which presupposes the development of man's **HIGHER CONSCIOUSNESS**.

Woman, The Complement Of Man

Every young man and most young women of today are preparing themselves for a certain profession or vocation, with which to gain their livelihood while on this earth plane. They know that certain credentials will be demanded of them when they apply for a position in their particular line of endeavor, and prepare themselves accordingly for this contingency. Now it happens that the man is by nature equipped to be the wage-earner and bread-winner. In ancient times, he was considered even more than that for he was not only the husband and fa-

ther, but the master of the household as well, and his word was **law**. The woman, tho she was the wife and mother, had no voice in the affairs of her husband, and little or none in the home, and in many ways was nothing but a slave, subject to her master's wishes. Many races, who ruled in this manner have subsequently been wiped from the face of the earth, leaving few if any records behind them. According to our Bible, woman was created to **complement** man, for, as the Bible states, "It was not good for man to be alone." Men have frequently referred to their wives in a joking manner as their 'better half,' and there is more truth than fiction in that remark.

In Greek Mythology we find this version of the creation of man and woman: Jupiter, the Greek God of Gods, fashioned the body of a man out of clay. Into this body of clay he placed a tiny spark of heavenly fire, which transmuted the clay and brot man into existence. Then, when he saw that it was not good for man to be alone, because he had grown arrogant and defied the gods, he decided to fashion a companion for him. For this purpose he took a very little clay and a **great deal of heavenly fire** and created woman. Because of this, woman is the much finer creation.

The Fifty-Fifty Marriage

Woman is very **intuitive** and it is her mission in most instances to find her mate and be his **INSPIRATION**, for a woman can **make or mar a man**. Women are too prone to look upon men, however, as strong, husky individuals, who can bear innumerable burdens, and do not

seem to realize how much they depend each day upon their mothers, wives, or sweethearts for encouragement. After all, it is an eternal grind and struggle to plod day after day in a certain line of work or profession, in order that one may properly support his wife and family. Frequently, the pay envelope is exhausted month after month by the ones that are dear to him, and **his own personal desires** remain ungratified. If women want a fifty-fifty marriage, **they must learn to give as well as take.**

Women today no longer are slaves, on the contrary, many of them rule the household and the man, to the extent that **he** is the 'under dog.' Yet it is not to be disputed that there are still men living today who cannot read the '**Handwriting on the wall,**' and still dominate their wives if not physically yet **mentally.**

If it is true that many women of today are still held as 'chattel' by their husbands as women were ages ago, when they were still in a state of slavery, it is also true that the average woman of today looks upon her husband with a peculiar sense of **proprietorship.** She thinks that he belongs to her, body and Soul, because **he married her,** and so we find in many instances that the tables are turned and the husband is '**henpecked.**' Now in either case, both have gone to extremes. The domineering attitude of the husband brings a **destructive vibration** into the household, yet the wife, who has not yet learned to give as well as to take, can also undermine the marriage relationship until, like a firm that goes into bankruptcy, the foundations of Marital Happiness totter and fall.

The woman, with a keen mind and creative intellect, desires above all things to **think for herself** and will suffer torture of mind and body if this is denied her. If she is ever to be man's **helpmate**, **this she must** do, for not until she thinks **with her own mind**, instead of being influenced by the mind of her husband, will she ever be a fitting mate for him or be able to inspire him to do the things and to make the effort, which will place him above the ranks of mere human machines.

So far **married women** have disappointed the writer in the exercise of their vote for there is no doubt that the average woman votes as her husband does instead of using her Divine Right of Choice. When will women awaken to the fact that even in marriage they must demand and exercise Mental Freedom?

Woman's Duties In The Matrimonial Firm

No woman should enter the marriage state without having properly educated herself for this important business, and no woman can expect a fifty-fifty contract in marriage, who is not prepared to do her share in the Matrimonial Firm. To begin with, she should know how to prepare the **proper food** so that the health of her husband may be maintained, which will keep up his efficiency in his work, business, or profession and prevent so-called 'disease' from entering the home. The saying that 'the way to a man's heart is thru his stomach' may be true, but the woman that thinks that this means a meal, heavy with pastries and sweets and concoctions that tickle his palate, may find herself mistaken when the **reaction** comes and he exhibits signs of indigestion.

It is the way the meal **reacts** in the stomach that determines the disposition of a man, and if you keep on feeding him processed and devitalized foods, foods that are shorn of their mineral salts and vitamins, you are depleting his vitality and should not be surprised if he exhibits signs of nerves about the home. It is of vital importance that the wife understands the **preparation** of the vegetables and the **combinations** of foods so that there will be no violent reaction in the stomach after eating, nor loss of vitality due to the lack of vitamins and mineral elements in the foods served. See the writer's book, "Physical and Mental Rejuvenation," with food chart, which gives you the **chemical classification** and **combination** of **foods**.

Men are beginning to realize that women are no longer the home-bodies that they used to be and that the good old-fashioned cook is now a **myth**, for the majority of the housewives, particularly those of the younger generation, merely fry a chop or two, warm up tinned vegetables, boil a few potatoes and call it a meal. Or, they go to the delicatessen store, get some potato salad, a few 'hot dogs' or hamburgers, perhaps some sandwiches, and let it go at that.

Because men are 'getting wise' to the **tricks** of the modern young housewife, who is compelled to get her meals herself, they are growing wary and the result is that we have more confirmed bachelors than we ever have had before. Some people are even advocating laws to im-

pose a special tax upon bachelordom because we have so many of them.

A gentleman was asked recently why he did not marry, and he replied, "No thanks, I can open my own tins."

The above may sound **funny**, but many a family tragedy is the outcome of poor cooking and poor household management, in general.

The Marriage Relationship

To contract a marriage without some definite knowledge concerning the **Marriage Relationship**, is to play with **fire**. A woman, who has developed her knowledge of the laws governing man, will know that there is something more to marriage than a mere physical attraction or physical relationship. Here it is of vast importance that **both parties** to the marriage relationship should know The Law governing the VITAL FORCE as it was taught the Adolescent Child, namely, to conserve the VITAL FORCE and **direct it to the brain**.

Sometimes a man contracts a marriage in order to have a **home**, in return for which he pays **with money**, often supporting the woman generously tho without the feeling of love for her. Such women, if they were really sincere in their affection when they married the man, will feel that their life is void, lacking the stimulus that **true love** gives to a woman. That is why we frequently hear such women who, thru the generosity of their husband can avail themselves of the luxuries of life, exclaim to those, who often envy them, that they would give all this gladly in exchange for the love which has been denied them.

On the other hand we find another type of woman who will marry a man for the comforts that he can provide for her. Vulgarly speaking, she has married a 'meal ticket.' These women go into the marriage relationship with the idea of getting all they can out of it **without giving**. The man, who has been so deceived and disillusioned, soon finds himself craving for the kind of **companionship** that only **real love** can bring to one. Love, true love, **gives**, first of all, realizing that "**It is more blessed to give than to receive.**" Those, who learn to obey this Law can build a glorious future for themselves and a solid foundation on which can rest the Matrimonial Ark. A fifty-fifty marriage is possible only, when each one of the contracting parties will **give** as well as take.

Wrong Use Of The Sex Force Creates Disease

The **double standard** is having a demoralizing effect upon modern marriages, for men frequently do not enter the marriage state until they have tasted the cup of life to its very dregs. In fact, many a time the parents of such a young man marry him off to some good girl, with the hope of saving him from utter ruin. It is then that tragedy enters the girl's life for **she** has been trained to obey the moral code, while **he**, because of the wrong kind of training and advice, has absolutely disregarded it. It does not take a girl, who has high ideals and standards, long to discover what kind of man she has married, for **personal contact** brings out one's vices as well as the good points in one's character. The statement, 'that you must live with a person in order to know him,' has been proven true.

Why a man of apparently good family can throw all moral standards to the winds, spend himself in riotous living and still consider himself any better than the woman on the streets, is beyond the writer. The fallen woman, as modern civilization designates her, is an **outcast** but the roué of wealthy families is often sought after as a possible husband for the daughter, who has been raised in strict accordance with the Law of Morality. It has been proven that marriages of this kind often end disastrously and that children born to such a union have not only been **diseased** but **weak-minded** or **mentally inefficient**. Not infrequently such men are **syphilitic** and transmit the dreadful disease to the wife, the innocent children being born with this taint in their young bodies.

Syphilis is perhaps the most dreadful of all conditions, for it has caused the downfall of **nations** in the past. The writer has been told that thousands upon thousands of our young men, who enlisted during the war, were turned away because of the prevalence of this taint in their blood. Unless the Adolescent Youth is taught how to conserve the **VITAL FORCE** and not spend himself, this condition will wipe out the nation just as surely as it was the downfall of ancient Rome. In the marriage relationship it is of great importance that both husband and wife understand The Law that governs the **SEX FORCE**, for it is the very **life essence**, develops vitality and energy in the body and stimulates the brain centers. Constructive physicians and scientists of today are realizing the vital importance of spreading the knowledge of the disastrous effects of **syphilis** among the masses, but too frequently

these men deal with the CREATIVE FORCE entirely from a physical standpoint.

This misunderstanding of The Law may cause a good deal of harm, for the SEX FORCE was meant to be **transmuted** or **changed** by allowing it to flow up the spine to the brain and create INTELLECTUAL, INSPIRATIONAL and SPIRITUAL POWER. In other words, it takes a man's mind out of the lower region and into the HIGHER PLANES OF CONSCIOUSNESS. This and this alone can change his ideas, thots and ideals.

Woman's Sex Life

When both husband and wife understand this Law they should both grow stronger, more perfect and more complete in the marriage relationship, for each complements the other; without her he is but half a sphere and without him she may never develop her entire individuality. Therefore, when both of the contracting parties recognize this fact, they can build a "Magnetic Relationship," whereby the MAGNETISM of the man strengthens and vitalizes the woman, and the MAGNETISM of the woman inspires and uplifts the man, for then, thru knowledge of The Law, they do not spend the VITAL FORCE but allow it to flow to the brain to build greater MIND POWER. The Gonads or Sex Glands are usually referred to as Creative Organs in the Occult Language because of this CREATIVE FORCE, and the traditions in the Ancient Oriental Teachings as well as in our Bible, point to the fact that this VITAL FORCE should only be used for **creative purposes**, viz: to create a human be-

ing on the **Physical Plane** or thots and ideas on the **Mental Plane**.

The Sexual Organs of the woman are the glands in the breast, the ovaries, and the uterus. If we look upon the **SEX FORCE** as a **Creative Force**, without which the mind cannot be stimulated into full activity, we can readily understand why women should never submit to operations whereby these organs are removed, and yet today women are advised by many physicians or surgeons to have the uterus or ovaries taken out, when all that is necessary is an understanding of The Law to overcome the condition.

It is a **crime** to remove any of the organs of the human body as we cannot buy "spare parts;" but to remove the Sexual Organs is more than a crime. **It is a heinous offense** against the women, who undergo such an operation, and the perpetrator of such an offense has no right to call himself a physician, as there are other ways of overcoming this condition, tho unknown to the medical profession because of their ignorance of the Occult Laws governing body, mind and Soul.

Childbirth

Childbirth is just as natural as fruit production, for the **fruit** that grows on the tree and the **child** that grows in the mother's womb both obey a Natural Law and just as the ripe apple can be shaken from the tree so will the fruit in the mother's womb come into the world when it has matured. Among the Indians and primitive races childbirth is not fraught with the dangers of our 'super-

civilization.' Unfortunately the prospective mother of today remains indoors so much and does not take exercise sufficiently to keep her muscles **pliable**. Instead she rests much and eats more. The papers usually announce the birth of an **eight** or **ten** pound baby as tho that were something to rejoice over. As a matter of fact, the child should weigh **half that much** when it is born.

When the prospective mother has learned how to so regulate her diet that it will consist mainly of raw fruits, vegetables and nuts, eliminating starches, meat, sweets, and pastries, the child, when born, will weigh perhaps less than five pounds, which in itself eliminates much of the agony that the mother has to pass thru when giving birth to the baby. When such a diet is adhered to, the mother will feel **stronger** and the child will come into this world equipped with a **healthier body**.

The writer knows of a number of such instances where the baby only weighed between four and five pounds when it was born. Because of this, the mother passed thru the ordeal of childbirth with very little discomfort or pain. The child, however, because of the mother's **careful diet during pregnancy** and her obedience to the Laws of Nature, was equipped with a strong body and within a few weeks was as normal in weight and as healthy as any child could be, having gained in weight with astonishing rapidity.

There is no doubt in the author's mind that the **pre-natal influence** of the mother on the child is marked, at least as far as its physical development is concerned. The

mother, who adheres strictly to the Scientific Laws governing the building of **strong cells in her body**, will find that she has transmitted to the growing embryo, the physical characteristics that she herself has acquired. A child so nourished, according to the Scientific Laws of Nature, will develop a strong body and strong nerves, in other words, a **strong constitution**, without which no human being can hope to make a success in life. The parents, who do not realize this fundamental principle and recognize the duty they owe the child, are sinning against an innocent being.

Scientific Research Should Be Devoted To The Propagation Of Perfect Human Beings

As before mentioned, practically all of our Scientific Research in the perfection of the species is devoted to animal culture so that we are practically certain how cattle, hogs, poultry, etc., must be fed and bred in order to produce **perfect specimens**. Much time is spent in studying these perfect specimens, as far as food and general treatment is concerned in order that they may produce the **maximum results**, as for instance the care the cow should receive in order to increase the butter fat in the milk; or the poultry, in order to increase the production of eggs, etc.

As far as the human being is concerned, however, scientific men have only now begun to apply the Laws of Science to the **human body**, its nourishment and perfection. Until now the medical profession has absolutely dominated this field of endeavor, tho medicine is not a

science and never will be. On the contrary, physicians have practiced upon the human being and **experimented** not only upon him but upon thousands upon thousands of **helpless animals**, in an endeavor to discover something that might prove of constructive value for the overcoming of 'disease.' Not until we insist upon having **scientists**, scientific men, who will only apply **SCIENTIFIC LAWS** to the development and care of the human being, upon our Boards of Health, shall we be able to do the **constructive things** for the human being that are now being done for the **propagation of better plants and animals**.

It is the wrong kind of training and advice that we have received from the medical profession that is causing so much suffering today. Particularly is this true of the advice generally given to the **youth**, who turns to the medical physician for help. Usually he is told to go out and **spend** himself, his inheritance, like the "Prodigal Son," wasting his physical and mental energy until this depletion often manifests itself in complete nerve exhaustion—a sacrifice to the ignorance and superstition of a people ruled by laws of *Materia Medica*.

The Working Mother

Right here the writer should like to call your attention to the working mother who goes out to work daily, oftentimes contributing as much to the support of the family as does the father. We know that this is frequently the case among the working classes, where there are often many mouths to feed, and the father's wages wholly inadequate to meet the needs of the family. Yet when the

woman returns from her daily tasks she cannot rest and relax, as does the man, but is compelled to cook the meals, wash the dishes, and tidy up the house, besides doing the family washing at intervals. The saying "Man's work is from sun to sun but woman's work is never done," is literally true in a home of this kind.

Now, as it often happens in such cases where the father's pay envelope is insufficient for the needs of the family, we find women who are pregnant, forced to continue this nerve-wracking grind thruout the period of pregnancy, often going back to work within a few weeks after the birth of the baby. The writer has such a woman in mind. She has a goitre and is very anaemic. The baby looks just as pale and anaemic as the mother. He is four months old now and the mother is forced to take him with her when she goes out to work. While the mother works, the baby usually sleeps in a basket in the basement.

I wonder if some of you mothers, who have the means to **hire help**, have ever given a thot to the fact that something should be done to lighten the burden of the **working mother**, at least during the period of pregnancy and for a safe period after the birth of her child. It is queer how **lukewarm** many people can be as long as the calamity does not strike home. But when it does, then we find these very ones expressing themselves **very positively** upon the subject. Remember that you are as responsible for the woman in other walks of life as tho she were your sister, and, if you would realize the meaning of "The Brotherhood of Man" you must extend to her a helping hand.

The Man

Altho this book is written for women and has "Woman" as its subject, the writer cannot refrain from adding a few words about **woman's complement—man.**

The double standard that has prevailed thruout the ages must not be condoned and woman must demand **virtue** of her prospective husband as it is demanded of her. She must choose her mate with the utmost care, satisfying herself that he is clean of body and sound of mind, with a high regard for woman, as a whole. Then it should be understood between them that they both begin to **purify** themselves for the marriage ritual, by obeying God's Laws and eliminating all undesirable habits and desires from their consciousness.

No inveterate smoker, for instance, should perpetuate the craving for the 'filthy weed' in his offspring. He should consider it his solemn duty to bring into this world a being as free from bad habits and desires as it is possible to do so. The responsibility rests with the parents, for Science claims that at the moment of conception the male spermatozoon unites with the female ovule to form a single new cell, containing within itself the **potential characteristics of both.** Thus, at that precise moment, both father and mother are bequeathing to their child either their strong characteristics or their weaknesses.

Therefore, if you desire to raise children that will be a comfort to you; that will make a name for themselves; prepare yourselves for the important business of marriage and select for your mate a man having the quali-

ties you desire to see perpetuated in your children. Truly marriage is an **important** step and one that requires due consideration and preparation on the part of both parties concerned.

Summary Of Scientific Facts

A successful marriage is based upon **Mental and Spiritual Understanding**, instead of mere physical or sex attraction.

No man or woman should marry until he or she has reached the age of **mature thinking and reasoning**.

Married people are frequently **not mated**.

Woman is the **complement** of man, or his **other half**, and should therefore have the same right of **individual expression** that he claims for himself.

Both man and woman, more especially the woman, should **prepare for marriage** as they would for any other kind of business venture.

The Double Standard must not be condoned.

Marriage is a game of **give and take**.

When men and women understand the Laws of Life they will prepare for their offspring by **purifying** body and mind, realizing that at the moment of conception the strong and weak characteristics of both father and mother are transmitted to the embryo.

If women, who are pregnant, will use a **rational diet** and will develop themselves, physically and mentally, according to the Basic Laws of Nature, **childbirth** will be natural and unaccompanied by such suffering and danger as 'super-civilized' woman now has to endure.

Progressive scientists are now turning the light of scientific research to the development of more perfect human beings.

The wrong use of the Sex Force creates so-called 'disease' and causes endless suffering to thousands of women.

The Vital Fluid was meant to be conserved and not wasted, and it is of the utmost importance that the man as well as the woman understands this.

Select your mate with meticulous care. Study him both from a physical, mental and Spiritual standpoint, and marry only him in whom you see characteristics that you would not be ashamed to have transmitted to your children.

The writer believes that woman has the power to choose her mate when once she understands The Law of Spiritual Attraction and then she cannot make a mistake.

The Fifth Cycle

(28-35)

THE FAMILY

Household Worries

During the Fifth Cycle there is an upward swing of the Pendulum and in the woman, who has matured normally, a creative urge, a feeling of activity and general usefulness makes itself felt and keeps her in harmony with her surroundings. If there are children, this is apt to be a trying period for the one, who does not understand that this upward swing of the cycle is in her favor. The woman, who allows herself to grow tired, exhausted, and irritated because of the children, who are still small and sometimes unruly, will expend her power and often develops a nagging disposition. It is then that women frequently grow careless, as far as their own **personal appearance** is concerned, because of these worries and the household duties that often prove irksome to those, who have to do most or all of their work, including the washing and ironing.

Women, so situated, are prone to look back to the time when they were young and unhampered and could do as they pleased, allowing an impression to take root in their consciousness that they have made a fatal mistake by marrying. Many a woman broods over the limitations that bind her because of her various duties, forgetting entirely the blessings that have come to her in the marital relationship, and that the children can prove an ever-increasing source of joy and amusement if she will only

adjust herself to conditions and **systematize** her work, so that she can rest now and then in order to regain her **equilibrium**.

When a woman allows herself to feel that she has become but a **drudge** in the household, she is apt to grow **slovenly** in her appearance, **careless** in the home and **neglectful** of her husband, who often comes home tired because of the day's work and needs a word of cheer and encouragement to stimulate him to new endeavor. Instead of recognizing this fact, the wife too often complains about the drudgery of household duties, the children, etc. Frequently the husband is called upon to punish them for some rudeness toward the mother, of which they were guilty during the day, and the father, in order to keep peace in the household, administers punishment to the boy with the shopworn phrase, "This hurts me worse than it does you," tho he might have added, "Not in the same place." Yet in many instances the father literally feels worse than the child, for it is mental agony to punish a child, who has always been obedient to him, tho disobedient to the mother. In the end the woman, who eternally refers her controversies with the children to the husband without settling them herself, loses her husband's respect, for only a **weakened mentality** will thrust its responsibilities upon another.

Mothers Must Analyze Their Children

The mother's main duty at this time is to govern the children with a **firm but gentle hand** and to create within their consciousness a love for law and order, which pre-

supposes truthfulness and the desire to do for others. If she will look upon the child as a being that must be **cultivated** and reared as carefully as she would rear and tend a plant, she will see the necessity of studying the peculiarities of the little ones and will endeavor to understand them, each from his own individual standpoint, for it is as impossible to raise children successfully by attempting to fashion them after one and the same pattern as it would be to train a fox terrier to herd sheep as a shepherd dog would.

It is important that the mother study the individuality of the child from the standpoint of CHARACTER ANALYSIS and learn to what species of the animal it belongs. If she will only avail herself of the opportunity that she has today of gaining this knowledge, her analysis of the children will give her a basis upon which to work and a knowledge of the characteristics of each child will make it easier to understand its **idiosyncrasies**.

Fear Of Parents Develops Fear Complex

Children are very **impressionistic** when young and the mother should be very careful of the **suggestions** she plants in their consciousness. Too often children are reared in fear of their parents. Fear of punishment, fear of the dark, fear of the stern hand of father or mother has made a derelict of many a promising youth. Under such conditions the child grows up with the thought that as soon as it is old enough to make a living it will leave the parental roof with all the horrors that it holds, for the fear is very real as far as the child's attitude towards a

stern parent is concerned. Fear will either break Willie, which means that he grows up a **spineless creature** without a will of his own, or it will make him harbor the thot of 'getting even' some day. This attitude of mind can only develop a cruel disposition, which later exacts from the world its "pound of flesh."

In the first instance, the young boy or girl starting out in life has a feeling of **timidity** and **inferiority** bred into his or her consciousness, superinduced by **fear of their parents** and no one can succeed in the world with such a **complex**, for these limitations will prove to be a veritable doormat upon which all those, whom they come in contact with, will wipe their feet. In other words, because of this **Fear Consciousness** they are cowed, grovel in the dust and back down before the slightest opposition, never able to make their point because they have been taught by the parents to give in **under pressure**.

The one in whom the feeling of **resentfulness** has developed because of what, to him, has seemed **unjust punishment**, too frequently leaves home in anger, thereby causing the parents a great deal of anguish. Sometimes these young people, starting out with enough courage to conquer the world, find only too soon and to their sorrow, that the world is a stranger to them. At home they were taught **utter dependence upon their parents**, but now, that they are thrown upon their own resources, a feeling of 'standing alone' begins to manifest. Then it is that they are prone to accept the offer of advice and friendship of strangers because they have not been taught to be **self-reliant**. If the helping hand is a constructive

one, those so starting out begin on the path of experience and learn the constructive lesson that to **eat you must work**. On the other hand, too often such proffered help comes from rather 'shady' sources and proves **destructive**, the youth choosing the seemingly easier path of making a living without hard application.

This is the first downward step for the boy or girl away from home and friends and, above all, parental love and advice. Starting out with the best of intentions to make good, he or she finds himself in the clutches of unscrupulous persons, and, in an atmosphere of immorality, the girl becomes an outcast according to the civilized **code of morality**. The boy may land in the reform school or penitentiary for some offense that he never would have committed had he been reared in love and given the **companionship and advice** that was his due.

Too many parents take the bringing up of children as a matter of fact without realizing **their duty towards them**. They do not hesitate to define the duties of the children towards their parents very clearly, but forget entirely that it is a "poor rule that does not work both ways." So at this time in the mother's life it is her trying duty, tho duty nevertheless, to **understand the children**, to **reason** with them and to **guide** them with loving kindness instead of using force to command obedience. Any grown person, who will use a stick or a strap or administer blows with the hand upon the soft **yielding flesh of a child** is a **person of inferior mental calibre** or he possesses a very cruel disposition.

Love Creates A Stronger Bond Than Fear

On the other hand, a mother who rules the children with love, proves to be a veritable **queen** in her household. Her word is **law** and the little ones look up to her with respect and admiration. When mother happens to go away for a short visit, everyone is lost without her and the joy is great when she announces her homecoming. Such a mother will also prove an **INSPIRATION** to her husband, for the love of her children for her will only intensify his love. "Perfect love casteth out fear," and the bond created by **LOVE** is the strongest known.

In loving and petting the children she doesn't forget her husband who is nothing more to her than a **boy grown up**, in fact, she looks upon him as her oldest child. Too often a woman loses sight of this fact. She wonders perhaps why her husband is no longer as attentive as he used to be and marvels at the change that has come over him since he was her sweetheart. Perhaps, if she would take time to think the matter over clearly and reason out the situation, she would discover that she, too, had changed and more amazingly than even her husband. Robert Burns said, "Oh, would that God the gift would gie us, to see ourselves as ithers see us," and it is only too true that we frequently see faults in others that are outstandingly depicted in our own character. Even the Bible tells us to take care of the **beam** in our own eye and cease worrying about the splinter in our brother's eye.

At this time the mother should be prepared to help the children with their lessons by reading and studying in

her spare moments to keep abreast of the times. Remember that your husband will appreciate you more as a **companion** than as a household drudge or a 'kitchen mechanic' and, no matter how good your biscuits are, if he cannot discuss the topics of the day with you he may seek other companionship. It was mentioned before that one of the duties of the wife was to inspire the husband, and this she can only do by developing herself **mentally** and keeping her mind **alert and active**. This means that she can discuss those things with her husband that are of prime importance to him. The natural result will be that he will come to her with every bit of news, every experience, even asking her advice about certain matters, because she has inspired him with **faith in her judgment**. It is appalling how many flappers or so-called "chickens" are running about today looking for "nice daddies" and how many otherwise substantial men become a prey to the wiles of these unscrupulous "vamps", for, while they profess to love and respect the gentleman, they are merely exploiting him, with the idea of extracting from him his **money** as 'painlessly' as possible.

The Other Woman

If such a tragedy has entered a woman's life, she should take the matter philosophically and reason this way, "The time must come when his eyes shall be opened to the fact that his **gifts** are all the other woman desires. That, if he has any character at all, any sense of justice, any idea of comparison, he will begin to realize that the other woman desires him for what **she can get out of him**;

a casual observer would think. In many of the foreign countries, it is **condoned**, while in Russia this has been openly practiced since the new Soviet regime.

Until recently, the woman was usually left to assume entire responsibility of the children, when the man tired of her and formed a union with another woman. Now, however, they have succeeded in passing a law making the man responsible for the children's support. In this way, the woman has the redress of appearing in court and demanding **alimony**. Those who know conditions as they are in Russia today, however, are doubtful whether the decree is ever carried out in the woman's favor.

The writer has met responsible people, while abroad, who were able to study Russian conditions first hand, one, a writer for a prominent newspaper under which **protection** she travelled. The book she wrote, however, was never printed for fear that it might cause another war, so dreadful were the conditions depicted there.

The women of all nations should know of these existing facts, for the women must band together to stamp out the evils of immorality by introducing **constructive** laws to govern family life. When we manage to pass a law as was passed recently in Russia, that the father must openly recognize and take care of his **illegitimate** children, then we will have taken an important step towards eliminating the cancer that threatens the very heart of family life.

“Fat and Forty”

Fat and Forty is the saying that we have come to regard as truth, for so many women, who have reached the age of forty are either quite obese or are beginning to show signs of becoming so. It is imperative that you watch your diet at this time, eating Nature's foods in the natural or unfired state as far as possible. Fully fifty per cent of your food should be eaten raw, while fats, starches and sugars should be eliminated from your diet and meat should be eaten only sparingly.

The writer, of course, believes in a Vegetarian Diet, using the vegetable and nut proteids, which will ultimately eliminate so-called 'disease' from the body. Meat **putrifies in the intestines**, decays, in other words, and is responsible for much of the filth in the human body, because of the acid and mucous that accumulates when you eat too many of the foods that have an "Acid-Reaction." See the writer's book, "Physical and Mental Rejuvenation" and Food Chart. Exercise, plenty of it, out in the fresh air, is essential, for, as the woman passes out of the Fifth Cycle into the next, she should recognize that it is a cycle with a **downward swing** and that much depends on how she eats, exercises, sleeps and thinks, for, to live and **think constructively** during this time, will counteract the downward trend and swing the Pendulum back and upward.

The Woman Without Children

Perhaps some of the readers will think that the writer has dwelt too much at length on the **Child's Problem**, and

particularly the woman **without children** might voice this criticism. Yet is not the young girl, for instance, a little woman in the making? Are not most of the adult's troubles and disappointments directly traceable to the wrong kind of training received while the **Child's Consciousness** was plastic and easily impressed by suggestions of **fear, disease, limitation, ridicule, etc.?**

Because the writer believes so firmly in "the ounce of prevention," she begins with the Re-Education of the **Child's Consciousness** in order that the next generation of women may be free from the many physical and mental discords that hinder her complete development today.

Psycho-Analysis

Even the woman who is childless may profit by reading over carefully what has been written about Child Life, for she is bound to bring back into her consciousness the memory of experiences, long since forgotten, that had strongly impressed themselves upon her mind at the time. If the reading of these lines will help her to recall some such incident, which engendered fear in her consciousness as a child she can be reasonably sure that she has harbored those destructive vibrations in her "Subway of Memory," as the Sub-conscious Mind is sometimes termed, ever since the experience entered her life.

Then, if she knows anything about Psychology or the Power of Mind, she will know that to uncover a destructive vibration is the first step towards its elimination. The next step is to **uproot** this enemy, thereby creating peace and harmony once more. This done, the **Physical** and

Mental Discord, directly due to this enemy 'that lurked in the dark,' disappears. The process outlined above is called Psycho-Analysis and Psycho-Theraphy by those who search in Man's Subconscious Mind for "The root of all evil."

The Idle Woman

Where there are no children, we often find husband and wife drawn very closely together, a spirit of friendship and companionship existing between the two. Often, however, time hangs heavily upon the wife's hands whose attention and time is not claimed by the care of the children. Many women, who consult the writer, have been found to be physically ill and mentally despondent, because of **nothing to do**, no particular interests claiming their time and attention, until their life had grown **monotonous**. Aimlessly they drifted along, a condition that is fraught with danger from all sides.

Such a woman **must** find some constructive work to do. If she is artistic she should devote at least part of her time to the development of some talent hitherto suppressed. If she has business or executive ability she should go out in her spare time and work where she is brot in contact with **people**. Such contact is stimulating and will rouse her out of her lethargy until she finally finds her niche in this world of men and women. Then everything will look brighter, the future more promising and something to look forward to with joyful anticipation instead of, as formerly, with dread.

Whatever you do, **do not** sit at home and give way to the blues! This is the most destructive mental attitude one can have and one that will prevent you from realizing the very thing you desire to accomplish. If you cannot think of anything definite to do, go out and help someone less fortunately situated than you are, and realize the blessings that come to him who obeys the Law, "It is more blessed to give, than to receive."

Our School System

Unfortunately our System of Education is wholly inadequate as far as the training of our Innate Faculties are concerned. The Intellectual Mind is crammed with much useless trash that is of little help later on in the Battle of Life, but the training of man's Subconsciousness, the Mind that registers and holds strong impressions received thruout the life of the individual, is neglected. In fact, **very few teachers** know how to reach this mind and plant therein constructive knowledge.

Not until we demand teachers who understand and operate the Laws governing Body, Mind and Soul, will we get results in that direction. In fact, many teachers, so-called, do not even understand Child Nature, let alone anything about Inductive Reasoning. Too many are merely "Rote Teachers," teaching by the Rote and Memory Process, a system which can never develop the child's Inner Consciousness, wherein are stored his dormant talents.

Orthodox Churches

Usually, as soon as the child is old enough to attend school, it is considered time to send him to Sunday

School. Here, however, for some unexplained reason, he gains the impression that God will punish him for this and that if he does not obey. Perhaps it is because Orthodoxy, instead of stressing the fact that "God Is Love," is still like the ancient Jews, preaching a "God of Wrath and Punishment." Certain it is that many children are confronted with "God will punish you for this!" and often for some childish offense that should have been corrected by the parent in a spirit of Love.

In such instances, the child does not want to go to Heaven, for it pictures that place as a very gloomy one indeed, if ruled by a God, who would rob a child of every joy on earth. Then, too, many Orthodox Ministers and particularly the average Revivalists, preach Hell and Damnation, while the Devil comes in for his share in the wholesale destruction of the poor sinners.

Is it a wonder that so many of our young people have wandered from the church when Pastors preach Hell and Destruction instead of Love and Constructive Living? The Bible says, "By their fruits shall ye know them," and until the Orthodox Churches of today will again heal the sick, the halt and the blind, and preach the Gospel to the poor as the Christian Church did at the time of the Apostles, we must not be surprised if its members fall off. A **Dead Religion** cannot bear good fruit, but on the other hand can do a great deal of harm. The writer is reminded of a young woman who had a very serious "Fear Complex." After analyzing her condition it was discovered that her parents were somewhat fanatical on the subject of Religion and that "Hell-fire and Brimstone" came to

be a very vivid reality to her. Thruout her life this fear of Eternal Damnation followed her until thru the teachings of SUPER SCIENCE, she was enabled to grasp the meaning of "God Is Love." This, of course, changed her entire outlook on life and made her over into a 'new woman.' Remember always—"Perfect Love casteth out Fear."

Summary Of Scientific Facts

Children can prove a **blessing** or a constant source of 'worry,' according to the manner in which they are trained.

Mothers must **analyze** their children and try to understand their 'idiosyncrasies.'

Parents must remember their duty towards their children, even as these are reminded of the respect they owe their parents.

Do not forget that Love creates a stronger bond than fear.

The "Domestic Triangle" is threatening to disrupt Family Life. Any woman confronted by such a situation **must** keep herself in a **positive vibration** and think **constructively** if she would right the condition.

Women must help towards the betterment of laws, covering **divorces**.

Men who transgress must be forced to recognize their **illegitimate** offspring and contribute to their support. As it is now, the entire burden falls upon the woman and the **nameless child** suffers a lifetime for the transgression of the other two.

In Russia, conditions exist which bar all description, as woman there is nothing more than something to be bartered for and **she** has no voice in the matter.

Visions of "Fat and Forty" need not haunt her, who obeys the Laws of Life. Study the SUPER SCIENCE Food Chart and keep yourself trim and slim.

Women, who are childless, should develop some talent or enter some sphere of usefulness. This will keep them physically active and **mentally alert**, thereby avoiding the "blues" from which so many women suffer whose minds are idle.

Psycho-analyze yourself to find out what destructive thots you are harboring in your "Subway of Memory." Bring these to the surface and **uproot** them if you would regain your peace of mind.

Supplement your child's Material Education with the right kind of Subconscious Training if you would see him successful later in life.

Do not teach him to fear God but to love him. See that he comes to realize that "God is an ever-present help in time of trouble." This will save you many heartaches later on.

Remember "It is more blessed to give than to receive," and aim to help your less fortunate sister.

The Sixth Cycle

(35-42)

“THE DANGEROUS AGE”

Chemicalization

In the preceding chapter, the writer mentioned that the Sixth Cycle had a **downward** swing, but this should hold no terrors for the woman who knows The Law and has prepared herself for this emergency, for thru obedience to The Law, we gain in **Power**, The Law working **for us** instead of against us. The lecture, “For Women Only,” and the book given here to the public, was conceived in the mind of the writer because in her work, as Preceptress of SUPER SCIENCE, she has come in contact with hundreds of women, who were suffering from some serious malady or derangement of the **sexual organs**. This condition was usually accompanied by a peculiar Mental Complex that would baffle any Psycho-Analyst, who had not made a special study of the Psychic Laws governing Body and Mind. A physician would know even less about the **cause** of this **mental upheaval** and therein lies a tragedy, for in such instances he too frequently advises an **operation**. Not knowing the Occult Significance of the SEX FORCE, he ignorantly commits a crime against womanhood, but a **crime nevertheless**.

Most of these women had undergone one or more serious operations and many of them had had their **Creative Organs** removed, which, in the writer's estimation, is a crime, perpetrated upon a civilized nation by unscrupulous physicians and surgeons. Anyone who studies the

human body at all, should know that the Gonads or Sex Glands or the Sexual Organs, in general, create a VITAL FLUID which, **when transmuted**, develops the brain cells and builds MIND POWER. Many constructive physicians have declared that unless this **malpractice** ceases, the nation will develop into a race of imbeciles, a race of **mentally inefficient** people, and that can mean only one thing—its **destruction and downfall**.

During this cycle it is of the greatest importance that you know how to charge your body daily with VITAL FORCE and stimulate the Thyroid Gland, which is a secondary Sex Gland. This gland is an **energy gland** and, as mentioned before, upon it depends the **heart action**, which in turn stimulates the circulation and helps to keep the body vital and active. During this cycle most women experience a peculiar **change** in the body, much the same as that, which took place when she entered the period of ADOLESCENCE, during the Second Cycle. A feeling of **unrest** manifests itself, often producing periods of nervous disorders. It is at this time, because of her **sensitive nervous organism**, that she is particularly susceptible to influences of all kinds.

In both the Second and Sixth Cycle the tendency of the VITAL FORCE is to flow from the brain **downward**, thereby exciting the Gonads or Sex Glands. The chemicalization that takes place in the body because of this and the resultant increased **upward flow** that follows because of Nature's attempt **to restore the balance**, causes woman to think that she is going thru the **Menopause** or

the change, that the medical profession has taught her is due at this time.

Physically and mentally she is experiencing much the same reaction that she experienced during the ADOLESCENT PERIOD and in many instances her actions indicate a **deranged mental state** bordering on mild insanity. As in the case of the Adolescent Child, she should be treated with kindness and gentleness and above all she should be taught that it is in her power to direct the VITAL FORCE upward and away from the Gonads or Sex Glands and so help Nature to restore the harmonious vibration of the cells. In this way the downward swing of the Pendulum could be avoided and the brain cells again stimulated so that the Mind will once more function normally and the nervous system again become balanced and poised.

Karin Michaelis wrote a book entitled "The Dangerous Age." Altho the writer has never read it, she understands that it refers to the woman at this time, that is, to the cycle **before the Menopause**. She attributes the many strange acts of a woman during this period, to an **unbalanced** mental condition, literally a mental disease that takes hold of her so that she cannot think rationally or reason out her acts to a logical conclusion. According to her, women at this time have been known to leave husband and children, seeking happiness with other men who had just previously entered their lives. Up to the time that this mental condition began to manifest itself, they had been, to all appearances, loving wives and mothers, and the book attempts to explain to the public that a

woman, who is laboring under the stress of this peculiar change, is **not responsible** for the things she does.

There is no doubt in the writer's mind that such is the case in a good many instances, but here again we find that knowledge of The Law is **the key to the situation**. By sending the VITAL FORCE up to the brain, the mind is again stimulated and an outlet for the **pent-up emotions** and the peculiar unrest that manifests itself during the Sixth Cycle can be provided by some **Mental Activity**, in the development of some art or talent that has been lying dormant or has been hitherto suppressed.

Menopause Not Due Until Seventh Cycle

If the VITAL FORCE has been kept circulating thru the body during the various cycles, according to The Law, there is no reason why the woman should at this time pass thru the change. The writer's experience with her students has proven conclusively that the Menopause can be postponed **indefinitely**. Besides, there have been many instances, during her experience as a teacher, where **Menstruation** has been brot back to normalcy altho years had elapsed since the supposed change had been made. In one particular instance the woman at the same time overcame a serious condition in the breasts, a hardening of the glands, known as Mastoitis, which had no doubt been brot about by a **premature change**. Another student was treated by the writer for severe pressure in the head. One treatment brot back Menstruation and, with the re-adjustment, the pressure automatically disappeared.

Here again we find that the doctor's verdict about the **Menopause** is given too much credance, for, when the laws of the body are correctly understood, we know that the Menopause need not come at this time, but, as before stated, can be postponed indefinitely if the woman knows how to prepare her body and make the various Cyclic Changes **according to The Law**. This, of course, presupposes a knowledge of the BASIC LAWS governing Body, Mind, and Soul, and the therapeutic value of the natural foods, sun, air, exercise and sleep, which are taken up in Book 1 of "Physical and Mental Rejuvenation."

In Book II of "Physical and Mental Rejuvenation" the writer has given "The Complete Breath," which includes the **scientific development** of the breathing muscles, without which no human being can take in enough **Oxygen** to keep the blood and system in a normal condition. Most people are literally **starved for Oxygen**, which alone is the cause of much of their indisposition. Next, the ESO-**TERIC** Phase of Breathing is taken up, which includes the Rhythmic Breath and the development of the ELEC-**TRO-MAGNETIC CURRENTS** in the body, ending with a method for **recharging the entire body**. This stimulates every cell and vibrates the entire SYMPATHETIC NERVOUS SYSTEM, which in turn reacts upon the CEREBRO-SPINAL NERVOUS SYSTEM and automatically raises the vibrations of the entire body.

The above knowledge should be taught every growing child and, if The Laws incorporated within this book are obeyed, the lives of humans will shape themselves into constructive channels, causing them to vibrate **above**

negative influences, whereas now so many are drawn into the whirlpool of disease and premature death. because of inharmonious vibrations in the **controlling centers**.

Keep Your Mental Outlook 'Young'

It is a woman's duty to keep herself youthful, not by applying cosmetics that are often injurious, but by developing her inner, natural resources. The word 'Grandmother' need have no terrors for her. Today, even grandmothers of advanced age have their face lifted, bob and curl their hair, wear short skirts and affect the mannerisms of the flapper. This, no doubt, is the expression of a desire to **feel young** and frequently succeeds in a measure, for youthfulness of dress tends to change one's Mental Outlook. An understanding of The Law, however, will effect a **permanent** change where material means, or mere **suggestions** fail in the end. It is far better for elderly people to mingle with the youth of their acquaintance with an attempt to keep pace with them, as this reacts in a stimulating manner, than to sit in the proverbial rocking chair by the fire and **live in the past**; for reliving past deeds and exploits, depriving one's self of contact with pulsating life, proves devitalizing and leads to premature death.

A story comes to the writer's mind at this time of a little girl, who went out walking with grandmother and who became lost in the crowded streets. When an officer found her, she, between hysterical sobs, told him that she had become separated from her grandmother. The officer, who was a kindly man, picked her up and said to

her, "Why don't you take hold of your grandmother's skirts, little girl, when you are out on the streets, so you won't lose her?" To this the poor little thing sobbingly replied, "I used to, but I can't reach them now." The very fact that even grandmothers of advanced age have in many instances adopted the youthful dress, indicates the trend of the times. This should be an assurance to the women of today that there is something more to look forward to than indolent old age. However, if you allow yourself to think you are growing old, remain at home and shut yourself off from all sorts of mental and physical stimuli, you not only become physically unfit but **mentally rusty**, and younger people, tho they may not be younger in years but younger in physical activity and **Mental Outlook**, will avoid you. The surest sign that old age is creeping upon you, is the fact that younger people avoid you, for those who have kept themselves **mentally young** are always in demand and people like to have them around, **no matter what their age.**

Uncover Your Dormant Talents

To sum up this cycle, do not allow yourself to think you are growing old, nor that you must submit to the change at this time, but on the contrary, send the VITAL FORCE up to the brain and find a **mental outlet** for your increased Mental Power. Keep yourself **physically fit**; do not sit at home and brood but seek the companionship of other people, **who will stimulate you** physically and mentally and give you a trend of that that will prove **constructive and creative.** If ever a woman needs music, art,

poetry, writing, etc., as a means of Self-Expression, it is at this time, and if you have any talent that has been **suppressed** or which you could not afford to develop when you were young, turn your attention to the development of this talent **now** and you will be surprised at the result. The development of a hitherto unexpressed or suppressed talent will lead you to express that something **within** that perhaps has been crying for expression all these years and has caused all your periods of despondency and general depletion.

The purpose of this book is to show the woman that the entrance to the Seventh Cycle should not be considered, as is usually the case, the end of her youthfulness, but rather as the **doorway** to a period of **new** and **remarkable** activity, for, when The Law is correctly understood, the Mental Activity of the woman increases so remarkably at this time, because of a Natural Law, that she must find an **outlet** for this increased MIND POWER.

Thru the methods taught in SUPER SCIENCE the student is enabled, not only to overcome the destructive influence of the **downward flow** of the VITAL FORCE, but, what is of greater importance, he gains control of this power and uses it for the development of the INSPIRATIONAL MIND. Students entering the Sixth and Seventh Cycles, have demonstrated repeatedly that the discovery and use of a **Dormant Talent** has **automatically** healed them of physical and mental disorders.

Summary Of Scientific Facts

This is woman's "Dangerous Cycle." Only a knowledge of The Law governing the Sex Force can save her from the discordant physical and mental conditions that manifest at this time.

A knowledge of The Law will deliver woman from the surgeon's knife. Under no circumstances must the **Creative Organs** be removed.

During the Sixth Cycle women are frequently physically and mentally unbalanced.

To counteract the downflow of the VITAL FORCE a knowledge of The Law is necessary.

When The Law is understood, a **Mental Outlet** must be provided.

The **Menopause** is really not due until the Seventh Cycle.

Menstruation can be brought back to normalcy in cases where the Menopause came prematurely.

A knowledge of The Law governing the VITAL FORCE will enable women to create **peace** and **harmony** in their lives.

At this time it is of vast importance that the Basic Laws of Foods be understood.

Instead of allowing yourself to feel old, cultivate the friendship and companionship of young people; at least those whose Mental Outlook is that of youth—**buoyant** and **hopeful**.

Take lessons in music, painting, writing, singing, designing, etc., according to the desire expressed within you and **suppressed** perhaps for many years. Learn to give expression to your INNER SELF.

The Seventh Cycle

(42-49)

THE WISDOM CYCLE**The Mystic Seven**

According to The Law, the Pendulum has an upward swing in the Seventh Cycle, which is a period of **Creative Power** due to the development of WISDOM and UNDERSTANDING. According to the ancient tradition it is also a period of physical rest tho of **increased mental activity**. The world was created in cycles and, as the Bible states, on the seventh day or cycle the Lord rested. We find the **Mystic Seven** mentioned many times in our Christian Bible. In the narrative, which tells of Pharaoh's dream of the "Seven lean cows and the seven fat cows, the seven lean years and the seven fat years," we find exemplified the upward and downward swing of the Pendulum, for, according to Joseph's interpretation of the dream, the seven fat or fruitful years were followed by the seven lean or starvation years. Only a knowledge of The Law as Joseph possessed it, saved millions of people from starvation.

So it is in this instance. A knowledge of The Law will save the woman from despondency and despair and will point to her the way to a **constructive** life, a life full of activity and responsibility, long after **man-made laws** would have her think that her usefulness is past. In other words, she can so prepare herself for the **Psychic Changes** in her life that, when she enters the Seventh Cycle, she is ready for a larger field of endeavor, as her mental out-

look embraces a greater horizon. She will then include, within her scope of activity, other individuals, who seek her presence and advice because of her **alertness** and **keenness** of mind and her marvelous understanding of the needs of human beings; in other words, she becomes a **Universal Being** with the **UNIVERSAL CONSCIOUSNESS**. She no longer is laid upon the shelf, for the world has need of her.

Woman's Responsibility

Perhaps never before in the history of the United States were there so many women doing public work at this age. The breadwinner of the family, in many instances, is the woman who, thrown upon her own resources, has to supplement the weekly budget by what she can earn. Again, as is so frequently the case now, the husband and father is incapacitated and the woman has to make the entire living. We find that men, who have reached the later part of the forties are often discharged from firms who have employed them for years, because they are no longer able to do the work because of a **physical depletion**. Then again, because of the modern business methods, many are no longer efficient enough **mentally** to cope with those, who have kept themselves up to date. Thousands of men who have reached the age of fifty, are looking for jobs, willing to take almost anything in order to make a meagre living for those who are dependent upon them.

It is in such instances that the right kind of woman, realizing the situation, makes use of her increased Mental

Activity and her talents to develop some new enterprise or idea, and so we find that most of the business women of today, who are independent and who are proprietors of their own establishments, are within or have passed thru the Seventh Cycle. Husbands today are leaning upon the woman, who has reached this cycle, and so it behooves her to prepare for a rainy day and make herself strong physically and mentally, so that she may be ready at any time to take up the battle of life **without flinching.**

In the animal kingdom, the female protects and fights for her young and that she is a good fighter has been only too frequently demonstrated. This has given rise to the saying, "The female is more deadly than the male." If women only knew their strength they would cease being clinging vines and whining creatures. The saying that "God helps those that help themselves" is very true, for only the one who strives for perfection with all his physical, mental and Spiritual Powers can hope for a measure of success. The Highest Law demands that you do your work **yourself.**

The Divine Creative Will

Too often a spirit of **resignation** leads us to the grave and many wrecked lives and premature deaths can be traced to the **misinterpretation** of the texts in the Bible. For instance, "Thy will be done," which is incorporated in the Lord's prayer, has been interpreted to mean that the Lord sends us poverty, disease, unhappiness, and that we must meekly bow our heads and accept it because it is "The Lord's Will." But "Thy will be done on earth as

it is in Heaven," can mean only one thing. Heaven has come to mean a place of complete happiness and bliss, surpassing all earthly conception of these much sought-after conditions, where the Infinite Being that rules this Universe is glorified by those thru whom His Will functions. Because of their obedience to the DIVINE WILL, this wonderful state of happiness exists, therefore we should learn what the Divine Will is and, by allowing it to function thru us, let it **create** for us, upon this earth, a Heaven that from a physical standpoint, is no less beautiful than the Heaven of our belief.

To pray in this manner is to ask for the functioning of God's Will thru us on earth. This would bring **peace** and **harmony** into the lives of the world's inhabitants. The Oriental saying "As above so below," signifies the same thing. Therefore, the woman at this time should develop her Creative Powers and cultivate the HIGHER WISDOM and UNDERSTANDING by allowing the DIVINE WILL to create thru her, which will give her the Universal Outlook upon life and so broaden her vision that she will prove of great value to those who seek her services.

"Hot Flashes"

When the **Menopause** really makes its appearance, women are apt to complain of hot flashes, and a sudden rush of blood to the head. When this occurs, because of the interrupted or disturbed circulation of the VITAL FORCE, this energy should be sent downward again until the general circulation has been restored and the

“hot flashes” no longer are felt. This advice is given to the woman who has not previously learned how to keep a balance in her body, but the woman who has control of the VITAL FORCE can keep it circulating normally, can postpone the Menopause indefinitely, and need never go thru the change with the many distressing symptoms, so often experienced by women of an **advanced civilization**, due to their ignorance of the simplest laws governing Body, Mind and Soul.

The Uncoiling of The Serpent

At the base of the spine is an Occult Centre, generally known by the Sanskrit term “Kundalini,” which signifies the **coiled-up energy** lying dormant there. The symbol of the coiled-up energy is the coiled serpent. Now the coiled serpent is dangerous, for when it is coiled it is ready to strike. Therefore, it is imperative that every human being know how to develop this centre, by ‘uncoiling the serpent,’ in order that this pent-up energy may not overstimulate certain centres to the detriment of both body and mind of the individual.

Man was created with a body that was not only the “Temple of the Living Soul,” but a place of peace and harmony as well, a veritable Garden of Eden, in which we find expressed the Tree of Life with its forbidden fruit, as well as the serpent or the **tempter**. As long as the serpent remains coiled he tempts man, but when the serpent uncoils and passes up the spine, the Real Self begins to obtain control of body and mind. Man learns to crucify

his lower impulses and desires and begins to reach out for the HIGHER UNDERSTANDING.

As the Seventh Cycle is recognized as the WISDOM CYCLE, it is then that every woman can claim her God-given heritage if she has lived according to The Law, because obedience to The Law gives one the power to **master** not only one's self but the forces of Nature as well. So we find that a Miracle is wrought during the Seventh Cycle of a woman's life, which, when understood, will lead her on to the **highest possible attainment**.

Summary Of Scientific Facts

The Mystic Seven plays an important part in the affairs of men.

The Seventh Cycle is the Wisdom Cycle.

Between the ages of forty-two and forty-nine, and from then on, women are frequently man's superior **mentally**.

It is her solemn duty to prepare herself, physically and mentally, for the Seventh Cycle.

She must learn to overcome adversity thru the development of her **INNER POWER**.

Let your **INSPIRATIONAL MIND** show you the way you must go.

Make yourself receptive to the **DIVINE CREATIVE WILL**.

"Hot Flashes," which so frequently accompany the change, are banished thru a knowledge of The Law.

Learn the Mystic Secret of the Serpent in the Garden of Eden, and use The Law to create health, happiness and success.

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