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LET'S LIVE
TO BE
100!

By JOHN X. LOUGHRAN, Ph.D.

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FOREWORD

By H. WHITNEY HAYS

It has been my pleasure to know John X. Loughran intimately for a great many years. During these years I have watched his work in the field of nutrition and geriatrics with great interest. Frequently I have had the opportunity of viewing at first hand some of the results of his studies and experiments in these two closely related fields.

Loughran's own health history has been a remarkable one. When I first made his acquaintance shortly after World War I, he was a semi-invalid, suffering from a multitude of disorders. Then in his mid-twenties, he looked, felt, and acted like an old man. Yet today, well past the half century milestone, he has the mental and physical vitality and alertness of a thirty-year-old. His eyes are bright, his step brisk, his enthusiasm unlimited and he can accomplish an

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unbelievable amount of work each day. Moreover, his five children all display the unmistakable appearance of glowing, robust health.

Loughran's health "come-back" was based almost entirely upon his own efforts. Twenty-five years ago, little present day knowledge of nutrition and other age-postponement measures was available. So he was obliged to work out his own health salvation largely by trial and error methods.

Because of the immense fund of practical, workable health knowledge which this personal experience has given him, coupled with the fact that he consistently has kept abreast of current developments in this field, I know no one who is better qualified to write such a book as "Let's Live to Be 100". I unhesitatingly recommend it to every man and woman past 40 who is sincerely interested in greater physical and mental well-being and in a longer, happier, and more abundant life.

H. W. H.

CHAPTER 1

Why Grow Old?

*"If any man violate the Temple of God,
him shall God destroy."—1st Cor. 3:17*

SINCE the dawn of history man has sought the elusive secret of perpetual youth.

The alchemist of medieval ages sought a philosopher's stone that might transmute man and matter into new forms.

In the early days of America, Ponce de Leon and Jean Ribaut explored what is now Florida in search of a fabled "Fountain of Youth".

Faust, in the story of that title, sold his soul to Satan that he might have not only long life, but invincible youthfulness. More recently, learned scientists have promoted the belief that a century is the proper length of life for human beings. About a century ago Buffon, a French scientist, startled the world with the idea that the normal life span of any creature is 7 *times* the number of years required to reach maturity. This belief is now accepted by many authorities.

The Buffon theory holds that an animal which matures in two years should normally live to the age of 14.

An animal taking five years to mature should have a life span of 35 years.

ON THIS BASIS, A HUMAN BEING MATURING AT 20 SHOULD LIVE NOT LESS THAN 140 YEARS! If this theory is basically true, then why do the majority of modern men and women die at around the age of 60?

Before seeking the answer to this question, it is significant to remember that history abounds with many authentic instances of men and women who have retained their good health, their youthfulness, and their ability to enjoy life for a very long time up to and beyond the hundred year mark.

As we study the lives of these people, searching for the secret of their longevity, one intensely important fact emerges: **TIME ALONE IS NOT THE CAUSE OF GROWING OLD.**

Let us consider a few instances of these long-life people in order to convince ourselves that Time, in itself, is a very unreliable yardstick with which to measure a normal life span.

Among women, let us consider the celebrated case of the lovely and romantic French Ninon de l'Enclos. Historians tell us that even when this enchanting woman reached the age of 90, she was so like a beautiful woman of 30 that a young man barely 20 years old (and who knew her true age) fell hopelessly in love with her! We know from accounts of the life of this remarkable woman that she had very definite ideas

about how to improve her blood circulation, about the need for re-newing the cells of her body with simple, vital substances. She also knew the high importance of serenely calm nerves.

Among men, there is the attested account of the Englishman, Thomas Parr, who reached the age of 157 years. We know also about Count Luigi Cornaro, the Venetian nobleman, who lived past the age of 100. Cornaro, you will recall, changed his life of debauchery at the age of 40 (after he had been given up to die by his physician) to a life of extremely abstemious eating, prodigiously hard work, and a curiously calm outlook on the affairs of life.

In our own modern times there is the verified record of the Chinese peasant, Li Chung Yen, whose recent death at the hard-to-believe age of 256 years has been studied by scientific investigators.

Another celebrated long-life champion who broke all the usual records of long living is Zora Agha, an unpretentious Constantinople porter. He died recently, shortly after his 150th birthday.

Some years ago I had the pleasure of meeting and interviewing Zora Agha. I learned many curious things about this man. As a porter, his daily work was long and laborious, but when I saw this man at an age approaching 150 he conveyed the impression of great tranquillity, cheerfulness and energized relaxation. He found a workable plan for achieving great length of life.

YOU CAN'T MEASURE OLD AGE BY THE CALENDAR

The foregoing examples of extended life spans would serve to banish the false idea which many people hold — the idea that Time itself, or the number of years we have lived, is the chief reason why we grow old. Nothing could be further from the truth. The amazing fact is that many people are actually old in body and spirit while they are still very young in years.

Take the instance of the boy who *died of old age when he was only 7 years old*.

A hundred years ago all of England was intensely interested in the strange case of Charlesworth of Staffordshire. Born of normal parents in March 1829, he died 7 years later of *old age*. The fact seems to be thoroughly established by medical text books that at time of death his face was wizened, his hair white, his skin wrinkled, his hands knotted with conspicuous veins and tendons, his voice a piping treble, his gait and standing posture those of an old, old man.

What is it that makes the difference? Why are some people old while they are still young in years? Why are others youthful when they are old in years?

In the pages which follow I shall set forth reasons which I feel confident will answer these perplexing questions. I shall answer them with the best proof of all—*the proof of results*.

Theories are interesting. They have their place in the scheme of things. But facts rise above theories. Theories often can be upset, but facts stand unchallenged.

CHAPTER 2

The 6 Basic Precepts and How I Came to Determine Them

PERHAPS a few words about myself and the reasons why my interest was first aroused in the subject of longer, healthier life may be helpful to those who sincerely wish to extricate themselves from the grip of needless illness and early decline.

When I returned to civilian living following World War I, I found myself on the brink of chronic invalidism.

At the outbreak of the war I had entered the Naval Service. A few months later I was hospitalized with a recurrence of gastric ulcers and other digestive impairments which had plagued me since childhood. The treatment and drugs which were administered served only to relieve my pain temporarily.

It would serve no purpose for me to recount the further miseries, the false hopes and discouragements which dogged my footsteps for several joyless years following the Armistice. Then when I was almost at my wits' end, a small event occurred which, as seem-

ingly trivial things sometimes do, changed the entire course of my life—an incident which prompted me to take the job of my physical rehabilitation into my own hands.

Just how well I have succeeded may best be gauged by my present state of health. Although I am past the half-century mark, all the serious ailments of my childhood are forgotten. My vision is normal 20/20. My blood pressure is 120/80, the normal reading for a healthy man half my age. My digestion and appetite are now as keen as those of a growing boy. My weight is normal, while my energy both mental and physical seems to be endless.

The incident to which I have just referred was this: During the early 1920's I attended the classes of the celebrated Dr. Tilney, Professor of Neuro-Anatomy, College of Physicians and Surgeons, Columbia University. One day this great preceptor casually stated that the total of red blood cells in the human blood stream undergoes a complete change every 28 days. The human blood cells re-new themselves, that is, through a series of "births" and "deaths" about 12 times a year—an endless process, from the cradle to the grave.

These matter-of-fact statements from this celebrated authority struck me in my moment of need with the force of a revelation. Here was a physiological fact that seemed to offer a promise of health. I asked myself why, if such a re-newal goes on, could not the

quality of the 28 day blood change be controlled or guided? I knew these red blood cells are manufactured chiefly from the food substances which we put into the body. I knew that the manner in which these food materials were assimilated was, in turn, influenced by our living habits. With these things being true, I reasoned, by selecting the right foods and by correcting my wrong living practices I should be able to bring about a substantial change in the chemistry of my entire body in just one month's time!

Perhaps the great Tilney's statements found such a ready acceptance in my mind because they ratified and clarified the thought so often repeated in many parts of the Bible, but especially summed up in the Book of Leviticus 17:11—"for the life of the flesh is in the blood".

These two simple yet profound conceptions, one of modern physiology, the other of ancient inspiration, agreed so closely that they opened up for me a new conception of health and the mastery of normal vitality, two blessings which had been denied to me in the preceding years of my life.

Further studies proved to my complete satisfaction that the human body can and does re-build and renew itself at periodic intervals. And the further I studied the more firmly I became convinced that if this process is assisted by certain natural precepts of living and if adequate attention is given to feeding

the correct chemical elements to the body and its cells, then the *quality* of those cells and therefore of the body itself can be improved during these re-building periods.

As a matter of fact, I came to the firm belief, which I still hold, that the chief causes of early old age spring principally from our failure to assist the body to accomplish these re-newals.

Every reasonable human being will grant that life depends largely upon the food we eat. Thus, how *well* we eat might determine how *well* we live. Eating is a universal law that embraces the entire scale of life. From complex human beings on through the kingdoms of animals, of trees, of plants, down to the tiniest single celled, jelly-like protoplasmic organism called the ameba, every living thing *must* eat. And, here is the important fact: *THE CHEMISTRY OF WHAT THEY EAT BECOMES THEIR OWN CHEMISTRY.*

Yet men and women who pride themselves on their advanced thinking beget children who pass through childhood, rickety, pigeon-chested, puny, deformed, sickly and weak. Why? Because civilized men and women demonstrate less intelligence in feeding themselves and their children than they do in feeding the soil of their gardens, their herds of stock, or even their prize-winning dogs!

Never forget this fact: Your body can not be better than the material you use each day to re-build it.

Good blood can not be bought. You have to make it yourself. You can not create good blood, or create health, from another person. Nor can you get it from pills, powders, or medicine bottles alone. The blessings of good health are your reward for following Nature's laws. By Nature's laws, I mean the eternal, Divine laws of the human body and its care.

All these facts are tremendously important to you. Especially are they important if you are past the half-century crossroads of life. Because of these facts, middle aged men and women (unless they are hopelessly incurable) may apply the six precepts described in later chapters with my assurance that they will achieve greater benefits toward staving off premature old age than they may ever have hoped for or expected.

How you, personally, can put to use these vital forces is a task to which you will have to set yourself with intelligence and determination.

MIDDLE AGE AND ACCOMPLISHMENT

No one needs happiness more than the man or woman of 50 or beyond. And, because happiness to a great degree is founded upon vitality, no one can appreciate good health as fully as those who have crossed the half-century milestone.

After 50, most men and women are capable of a deeper and more intense enjoyment of life than in their earlier years. Unfortunately, however, most people find

this period a very troublesome time because their natural joy of living is too often diluted by chronic ailments which might have been avoided—and which can be avoided if the correct effort is expended.

As you begin to apply the six precepts which follow, you will find that the betterment of your health, the slow but certain improvement in your glands and blood vessels, and, above all, in your cells, will inevitably make you feel and look younger, more capable, and more active. And it is with such people that Time deals most lightly. It is your job to see that you join this aristocracy of “health millionaires”.

Postponing old age the scientific way carries a reward that is not limited to health and youthfulness alone. In many instances among my patients and students I have seen their re-newed youthfulness carry over its benefits into daily work and accomplishment. In the cases of a celebrated few, it has brought them national acclaim. If you previously have been bored with the burden of existing each day, you will find that the world and your surroundings can take on a more vivid coloration. Perhaps your friends, even more quickly than you do, will notice that you are more vital, more vivacious than heretofore. Personality often undergoes a surprising metamorphosis as self-confidence and re-newed energy replace indecision and pessimism. In the wake of improved health, you will find that new opportunities seem to beckon. You may begin to see a dozen courses of action—pathways to new

ideas, new endeavors where perhaps previously you had seen none. If you have been a victim of the delusion that opportunity is elsewhere, you may have the personal experience of discovering that opportunity is exactly where you are at any given moment—providing you have the alertness and energy to take advantage of it.

A thousand names could be chronicled in the roster of those who have successfully forestalled premature old age and early death.

George Bernard Shaw, the brilliant Irish playwright, is as eloquent and witty as ever although he is well past 90. Erdman, the celebrated surgeon, still operates as skillfully as ever at the age of 82.

Benjamin Franklin, after he had gained world-wide fame and fortune in statesmanship, actively began the study of science at the age of 80.

Chevreur, the famous scientist, was busy in the laboratory after he had passed the century mark.

Voltaire wrote his greatest tragedy at the age of 83. Lord Tennyson put the finishing touches to his "Crossing the Bar" at the same age. At 98, Titian evoked his greatest genius to complete one of his most masterful paintings.

Gladstone, John Quincy Adams, Henry Clay, Clemenceau, Victor Hugo, Michelangelo and Galileo are but a few of the legions of human beings who achieved their greatest success after the age of 75

With these lives as evidence, I rest the case that the number of productive years of any human life can never be charted by the calendar. Time, in itself, is an utterly meaningless yardstick.

And so, to you in the middle aged brackets who accepted the "Life Begins at Forty" slogan, only to find that there were no directions nor explanations enclosed, I submit the results of 25 years of serious investigation and study of this vital subject.

I FIRMLY BELIEVE THAT ANY MAN OR WOMAN, NOT INCURABLY ILL, CAN GREATLY INCREASE VITALITY AND CAN RETARD THE MARCH OF OLD AGE BY CONSCIENTIOUSLY APPLYING SIX BASIC PRECEPTS WHICH I AM CONVINCED DO GOVERN AND CONTROL THE ORDERLY PROCESS OF CELL REPLACEMENT, BLOOD PURIFICATION AND GLAND VITALITY.

Sickness and old age are NOT natural attributes of the human body. Even at its worst disability, the human personality can create new values and learn useful lessons. With this as a starting point, learn the six precepts that follow. Learn them thoroughly. For the results which they may make possible may astonish you.

The 6 Basic Precepts

- 1. Look to Your Mouth as the Barometer of Your Health**
- 2. Learn How to "Unpoison" Body Tissues**
- 3: Learn How to Guard against Blood Vessel "Bankruptcy"**
- 4. Learn How to "Reverse" the Law of Gravity**
- 5. Learn How to Charge Nerves and Brain with Renewed Vitality**
- 6. Learn How to Supply the Vital Element all Your Body Cells Must Have**

CHAPTER 3
(PRECEPT No. 1)

Look to Your Mouth as the Barometer of Your Health

"The first wealth is health."—Emerson

WITH an eye to our safety and well-being, the Creator has been prodigal in furnishing signs to tell us how our bodies fare. To the trained scrutiny of the scientist, the eyes, the skin and the posture each tell their story of health or illness. But nowhere is this tale of weal or woe told more plainly than in the tissues of the mouth. The mouth and its five main areas—the tongue, lips, gums, teeth and jaw-bones—reflect the actual state of your vitality more clearly than any other area of the entire body.

Among those who read this chapter there will be some who still retain all, or nearly all, of their natural teeth, as well as others who have lost all their teeth and must depend entirely upon artificial dentures. Despite these variations in dental health, the following suggestions apply to everyone. To those who may ask why any dental advice is needed by those who

have lost their teeth, the answer is that even after all the teeth have been destroyed by decay or gum disease, the deadly destruction of bone still continues until, finally, the shrinking jawbones may become too weak to even support false plates. On the other hand, middle aged people who still retain all their natural teeth may be imperceptibly undergoing recession of the jawbones even, in some instances, where the gums seem perfectly healthy.

Receding gums and loss of natural teeth are therefore not the only infirmities that must be watched in mouth efficiency. You must be on your guard against many other mouth illnesses. The bony structure of the teeth, and even more important, the bony structure of the upper or lower jawbones, must be guarded against collapse. It goes without saying that the time to acquire this knowledge is now and not at some distant time when an emergency strikes. The musician cannot wait to acquire his skill until he finds himself on the concert stage before a multitude of people. No time is ever more propitious for acquiring skill and knowledge than the present.

If you have a flair for being scientific, or if you make better progress under professional encouragement and supervision, it will be advantageous for you to have your mouth, teeth and gums examined by a competent dentist before you adopt the suggestions which follow. Then, after a careful check-up test has been made, make an appointment to return to the dentist about

60 days later, let us say, meanwhile putting into effect and practice, regularly and intelligently, the suggestions that follow. Please bear in mind that not only will the tissues of your mouth be benefited, but also that such benefits will extend to other vital areas of your body.

Doctors, dentists and nutritionists agree that in the main, below-par conditions of the teeth and mouth are due to glaring shortages in the average diet of three vital food elements. Technically, they are known as *ascorbic acid*, *niacin*, and *calcium phosphorus* salts. The more common terms for these three elements are, Vitamin C, Vitamin B Complex factor, and just plain calcium or lime.

Nothing is gained by mincing words, so I will declare right now that if you will restore to your daily diet for the rest of your life, full normal quotas of these 3 food elements (as Nature intended you should) you may add 15 or more years to your life span. For that matter, Sherman, the celebrated food scientist, declared that adequate intake of calcium by itself can add ten or more years to the average human life span.

As later precepts in the book require a full discussion of these three food elements on such subjects as the heart, blood vessels, brain and nerves, it will suffice to state here that orange juice is rich in the first element mentioned, brewers yeast in the second one, and yoghurt or cultured milk in the third.

Here is what you have to do. For the next 60 days, see to it that you fit into your diet each day the following: (a) two glasses of orange juice (b) two or three tablespoons of brewers yeast powder (c) a pint of yoghurt, or a pint to one quart of buttermilk.

HOW TO MAKE USE OF THESE HEALTH BUILDING SUBSTANCES

If you cannot get fresh orange juice or grapefruit juice, the canned variety will do almost as well. If neither canned nor fresh citrus fruit juice is obtainable, canned tomato juice may be used as a substitute, although it will be necessary to use twice the amount of tomato juice (one quart) as it contains only approximately half as much ascorbic acid as do citrus juices. The best plan is to have a glass of the juice before or at breakfast, the other glass between meals any time during the day.

Now for the second item on the program, the brewers yeast powder. There are several ways in which you can assure your recommended intake of this valuable substance for strengthening and vitalizing your mouth, gums and the other tissues. You can take a well rounded tablespoon of brewers yeast powder in water, fruit juice, milk or any table beverage at the end of each of your three daily meals. Or, if you prefer, you can mix up the total recommended three rounded tablespoons in a half pint or full pint of any liquid and drink this

all at one time, in mid afternoon, let us say. No matter how you take it, however, whether in divided rations or all at one time, the main point is to take the full amount every day for the sixty day test period.

Now for the last item, namely, the yoghurt, buttermilk or other form of cultured milk. A good size dish of yoghurt (a half pint) may be eaten at breakfast, the other portion at the noon or evening meal. If you cannot get yoghurt, you will have to double up the amount of buttermilk, sour milk or clabbered milk. For that matter, any kind of milk, canned, evaporated, fresh, raw, or pasteurized will do in a pinch; but as this part of the program is to step up calcium intake, it is well to know that any kind of sour or acidified milk helps your blood tremendously to take up the calcium elements.

There is your program in a nutshell. It is a very potent and beneficial program. The ascorbic acid in the fruit juice will work at the job of toning all the blood vessels concerned in mouth health (even your teeth have tiny blood vessels). The niacin in the brewers yeast powder will help clear up inflammations and ulcerated areas. The calcium in the yoghurt or milk will help counteract the acidity of the mouth tissues (they should be alkaline) and also furnish material for new bone cells to be laid down and new bone to start to build itself.

You will agree that this potent program of mouth nutrition is inexpensive and not unpleasant. But more

important than those considerations is the fact that it will help to perform a magical rehabilitation of your mouth, gum and tooth tissues. You will begin to notice it, and more to the scientific point, your dentist will notice and remark on the change. The program generally need not be continued for more than the sixty day period because whatever good it will accomplish in any given instance, will be effected in approximately that amount of time.

A remarkable aspect of this plan is that in a great many cases even serious mouth infections such as "trench mouth" will be cleared up. Some folks have reported that after several months of this regime, along with the other measures described elsewhere in this book, they noticed that their false dentures had become more firmly anchored in their mouths along with other beneficial changes.

RESULTS WORTH MANY TIMES THE EFFORT

Perhaps you may be thinking that this business of recapturing youthfulness is somewhat intricate and that it calls for a more or less tedious rearrangement of daily living habits, and even, perhaps, the outlay of a few food dollars you had not figured on. If so, let me call your attention to the quotation at the opening of this chapter: "*The first wealth is health.*" No amount

would rather have money in the bank than good health of money on earth can equal good health. Those who within themselves are not likely candidates for successfully achieving victory in this task of defeating old age and early death.

Up to now, if you are an average person, you have been spending a considerable portion of your food budget for foods which cheated and robbed your cells of health. From now on, devote more care to purchasing foods which contain cell building materials such as those from which your body is composed.

By so doing, you not only will find that your state of health can be astonishingly improved, but that your capacity for intellectual growth and enjoyment of life can be increased in equal measure.

CHAPTER 4
(PRECEPT No. 2)

Learn How to "Unpoison" Body Tissues

"Biology has proved that time has no effect upon the body. People get sick and senile because their cells are gradually destroyed by toxins generated within the body."—Sir C. W. Salesby, British Scientist

IN a practical way, the healthy renewal of your red blood cells every 28 days hinges to a great extent on how well your liver performs a satisfactory job of unpoisoning your bloodstream of its toxins, poisons and waste products.

Nature has endowed all of our organs with vast reserve power. If you lose an arm through an accident, the other arm grows stronger until it almost equals the strength of two arms. An infected kidney may be removed surgically, but soon the reserve power of the remaining kidney becomes so great that for a while it does double duty.

When it comes to the liver, we have a repair feature that differs in a curious way from the law that applies

to most other organs. The liver is the largest gland in the body and when we are in the 'teen ages, there are billions of reserve liver cells ready to be called forth for the emergency of poison control and poison neutralization.

The supply of these reserve cells, great though it may be, is not endless. With the liver fighting overloads of body poisons day after day, the older a person gets, the lower becomes the reserve power of his liver cells.

The fighting power of an army suggests a comparison. Regardless of how big an army may be, its reserve strength finally becomes *zero*, if great numbers of combat reserves are called upon *too frequently* to replace the soldiers killed in battle. So with the liver.

The liver, ordinarily, "dies" little by little, until at last, if a person continues living ignorantly and unscientifically, there are no more spare liver cells to take up the work of those slain in the battle of wrong cell feeding.

Among other things, the liver needs plenty of liquid for its filtration work. Pure soft water, fruit juices of all kinds, the liquid present in all dairy beverages, sweet milk, clabbered milk, cultured milks and buttermilk, provide the best type of liquids for this purpose. A legion of middle aged men and women die untimely deaths because their cells are no longer able to hold a correct "water balance" and consequently become dried up and dehydrated.

FOOD SOLVENTS KEEP YOU YOUTHFUL

In the early steps of cleaning up your interior, strengthening your liver cells, and unpoisoning your tissues, you should lean heavily on the assistance to be given by food iodine, the daily supersaturation of the bloodstream with fruit juice, plus increased liquid intake of fruit juices and pure dairy beverages. These food cell elements combine with the toxins floating in your blood and thus escort such poisons safely out of the body by way of the digestive tract, kidneys, lungs and skin.

The aforementioned cell foods play a majestic role in fortifying glands. They also strengthen the hormones, those internal gland weapons which are waiting within your glands for mobilization against the dangerous forces—forces, which if unchecked, can hasten early death, perhaps preceded by needless and painful degenerative diseases.

Men and women who are physically weak at the ages of 40, 50 and 60 are usually gland "bankrupts". Intellectually vibrant people at these ages, those who are vivacious, physically fresh and youthful appearing, are really members of a glandular aristocracy. These latter folks are those who have learned that vital foods are the real medicines of the human glands. These are the people who have proved the practical truth of the Book of Leviticus decree that "the life of the flesh is in the blood". They are the ones who have

proved, better than any text book, that the blood really changes every 28 days and that the efficiency of this endless process can be changed for the better.

From the age of 40 onward, strains of living, unavoidable sorrows, and economic worries take a more noticeable toll than during earlier years. When to these strains are added the slowly mounting ill effects of many years of wrong eating practices—then—and not until then do we see exposed the causes of serious middle age diseases and early death.

The foregoing may seem like an over-simplified explanation of premature old age; but it is nonetheless the true answer to the vexing question of senility and premature physical and mental breakdown.

In the final thought, your glands are the policemen of your body. It is the job of these glands, through blood and nerve strength, to protect your body against the evil phalanx of degenerative disease. For this protection, your glands must feed *freely* upon the solvent, dissolving cell foods constantly alluded to in these pages. This desperate, life saving job by your glands extends even to their fight against tumors and growths, as accumulating scientific reports attest.

The human glands, displaying an intelligence far beyond the ken of human chemists, use the solvent cell foods to seize upon the accumulations of fatty deposits, cholesterol and other substances which result in such growths, stiffening arteries, cataractous deposits

in the lens of the eye, stones in the gall and urinary bladders, and to disperse them. If these solvents are absent, as is too often the tragic case, disaster takes over. These problems, which face civilized men and women everywhere, are thus seen to be problems that are strictly chemical and basically nutritional.

You can keep this whole matter of unpoisoning your cells more clearly in mind if you will remember that the amount of *waste* that should leave your body must equal the amount of *intake*. That is what balanced metabolism actually means.

When the lag in elimination is very pronounced or very chronic, early old age, overweight and senile infirmities, as well as other preventable degenerative disorders, follow as a matter of course.

Let us now take up some measures aimed at speeding up waste disposal, which will, along with build-up cell foods, help to balance your body metabolism.

While you will mainly depend upon vital cell foods to "bind" the tissue poisons of every day living so that they can be removed from the body, you can expedite the whole process by adopting certain scientific expedients.

The first two need not be resorted to habitually. They are useful in the beginning but after they accomplish their immediate purposes, may be left out of the regular program and returned to only occasionally.

THE PSYSHOLOGIC SALINE SOLUTION

Water which contains a certain predetermined amount of common table salt is known as a physiologic saline solution. Its peculiarity is that it has the same specific gravity as the blood. When such a solution is used in any of the body cavities (which are all lined with mucous membrane tissue) this saline salt solution does not penetrate nor is it absorbed by the membranes because of its exact similarity in weight to the blood. Because of this, the solution is not only very friendly and non-irritating to the tissues but can be effectively used to irrigate them.

DIRECTIONS FOR USE

Prepare a quart of fairly warm water this way: To an exactly measured quart of the water, add two level teaspoons of common table salt. The salt should be exactly measured. As teaspoons vary a bit in size, I suggest the purchase of a standard measuring spoon. You may obtain one in almost any department store.

Drink this saline solution on an empty stomach the first thing in the morning. It is best to consume the entire quart, a glass at a time, in a few minutes time. Then lie down on the right side for a quarter hour or so to facilitate the passage of the solution from the stomach into the intestines. From this point on, the entire quart will pass very rapidly through the entire

intestinal tract, washing out waste matter and helping to soak into any long retained body wastes that have become encrusted along the walls of the colon.

The important thing is to prepare a full quart of warm water and to get the salt proportion exactly right. Delay breakfast for at least a half hour after drinking the solution to be sure it has left the stomach.

After the solution has passed into the intestines, however, you may start breakfast, for this often sets in motion the needed peristaltic action and so hastens its movement through the lower part of the digestive tract.

Remember that this is *not* a laxative in the usual sense of the term. The salt solution does not whip nor irritate the intestinal tract into any artificial or exhausting activity. It is merely a mechanical saline irrigation ordinarily effective for most people.

In about one hour, usually, the entire quart of salt water, together with considerable intestinal waste, will have been eliminated. If the water does not pass through, as it may not with some people, it means that the salt solution is not working properly and that it is being absorbed by the body. While this is not harmful, neither is it beneficial. If this proves the case after a few trials, it is useless to persist any longer.

If it does work satisfactorily, you may find, as many others have, that taking the solution one or two mornings every two weeks will help you to get your colon

cleared up of chronic waste deposits and started on the road to permanently efficient functioning.

THE COLON SOAK

Another simple measure that will help rid the intestinal tract of retained poisons and waste matter, as well as relieve the liver and help improve its job of poison control, is to make use of the enema in such a way as to reach morbid material which has accumulated in areas not easily reached by the ordinary enema.

Particular attention is called to that point in the lower right quadrant of your abdomen where the appendix is located. The colon starts upward at that point and turns to the left under the liver. A chronically wrong diet of refined soft foods furnishes nothing to prevent fecal waste matter from adhering to the walls of the colon and gradually filling it, so that what was intended by Nature to be a large opening will be reduced in time to a space about as large or as thick as your finger. Only the regular use of vital, natural foods will prevent this.

An excess of unnatural, non-protective white sugar and white flour foods should be avoided. Such foods furnish no residue, no minerals, and little if any cell building material and often cause the colon to become packed with putrid waste. The result may be an inflamed appendix, and may give rise to toxic material

and toxic gases that will be absorbed into the bloodstream for their pollution to be distributed throughout the body. Control of toxemia, intestinal poisons and the like, must start with the evacuation, as promptly as possible, of these lethal, life shortening substances.

Physics, laxatives and drug cathartics can accomplish nothing in this long range, upbuilding plan of freshening and renovating the colon or large bowel.

I might mention that nothing written here is to be construed as advocating the permanent or habitual use of enemas or irrigations. I advocate them only for the short period of time necessary to achieve a specific purpose and that purpose will be of advantage if the enema is used according to the following suggestions.

DIRECTIONS

Draw about a quart of warm water into the enema bag and thoroughly lubricate the hard rubber attachment. Allow the water to enter the colon very slowly. If allowed to enter too fast or if the enema bag is placed too high so that undue pressure of water is caused, cramping may result which will make it difficult to retain the water for the desired time.

The position in which the enema is taken is very important. If possible, assume the knee-chest position which means kneeling on the floor bending forward so that the head is lower than the hips. If for some reason

this position is difficult or too uncomfortable, allow the water to flow in slowly while lying on the right side.

After the water has passed into the colon, remove the tube and lie down on your back for five or ten minutes to permit a thorough soaking of the intestinal contents. After this, allow the water to leave the rectum very slowly because a forced evacuation of water may irritate the mucus membrane attached to the area of the small anal ring muscles situated right at the exit.

It must be understood that nothing of great importance will be gained by taking one or two enemas of the method described. It is impossible to be exact or specific in this regard, but the enema should be taken once or twice daily, continuously, for the number of days necessary to remove this impacted and encrusted morbid material attached to the colon walls or that has collected in the pouch-like folds of the colon.

An ideal time to take this enema is shortly after there has been a *normal* evacuation, for at this time the water has the opportunity to more freely soak into and soften the morbid material. Several days after you adopt this regime, and when you may feel that your colon has been well "washed out", you probably will evacuate an unusually large amount of very putrid waste. When this happens, and it usually will if you are persistent, you will know that you have gained the results desired, and you may discontinue the enemas.

THE NORMAL PHYSIOLOGIC LAXATIVES

The two suggestions just given may be termed mere expedients, having only temporary value. Any discussion of permanent colon hygiene and health must start and finish with one tremendous truth: ***CORRECT FOODS ARE THE TRUE PHYSIOLOGIC LAXATIVES.***

The daily diet must be radically altered from the conventional white bread, meat, mashed potato, pie and coffee diet to the protective diet that will give soft bulk stimulation to the colon, promote the growth of "friendly germs" and furnish the tiny food constituents and minerals that will normally and harmlessly stimulate the muscular walls of the intestines.

The following foods, incorporated into the daily diet in the many ingenious ways that suggest themselves, will prove not only that vital foods are the sole way in which constipation and food delay may be rectified, but that they constitute the *only permanent way*. Nature, among her wide profusion of vital foods, gives us the following super-laxative foods.

Figs, apricots, prunes and raisins are naturally laxative because their fine sugars feed the colonies of friendly germs, and their fibrous bulk naturally stimulates the small nerve endings of the intestinal muscles. Dried fruits are *only* naturally laxative when they have been allowed to soak overnight so as to restore their water content.

Yoghurt, buttermilk and all cultured milks are laxative because their content of lactic acid helps to restore the ascendancy of the colonies of good germs over the bad ones.

Cooked whole grains and whole grain breads contain bulky cellulose not present in white bread or refined flours. A change over from white flour foods to whole grain foods may alone overcome certain forms of constipation.

Raw pears, peaches, apricots and apples, if the latter are fully ripened, are laxative because of their good germ, flora-feeding sugars and soft cellulose bulk. Natural bulk of fruit and vegetable cellulose "massages" the walls of the intestines and beneficially incites the waves of contractions that propel the colon contents normally onward.

Brewers yeast stimulates normal intestinal action because of its rich supply of food for the nerves. Yeast powder, or brewers yeast compressed tablets, may be taken after meals in fruit juice, water or with any other beverage.

Molasses and honey are natural laxative foods. Molasses is especially rich in blood regenerating factors. Several tablespoons of molasses with an equal amount of honey, the latter used plain or added to milk or any other beverage, often help to combat constipation by the dynamic action of their valuable food elements.

BINDING TOXINS WITH FOOD ELEMENTS

Ordinarily toxins do not leave the body under their own power. Because the "auxin elements" of fresh uncooked vegetables help to "bind" these toxins so that they can leave the body before they accumulate in sufficient amounts to do harm, the practice of having fresh vegetable or fruit juice cocktails every day is a rapid, intensive, inexpensive, although slightly troublesome way of getting on an invisible but sure road to marked health improvement.

An efficient juice extractor (hand operated or electric) is the only piece of equipment needed to unlock the fresh colloid plant hormones imprisoned in the fibres and cells of fresh fruits and vegetables.

As previously stated, the best of all liquids for the human body are juices of fruits and vegetables and the soft water in dairy beverages. The fractured leaves and fractured cellulose tissue of fruits and vegetables allow the escape of a sparkling cascade of youth-promoting food values.

For juicing purposes, obtain fruits and vegetables as fresh from the plant as possible. Health values in plant foods decline rapidly with age, a decline that can be measured in minutes and hours. A moral here is to shop more at the vegetable stand, less at the bakeshop and better still, spare no effort to cultivate a garden of your own if this is at all possible.

Following a thorough washing, cut the vegetables into sizes convenient for easy feeding into the chopper of your juicing machine. Start the juice-cocktail road to health in small amounts. A half glassful daily in the beginning, increasing to a full glass or two daily later on. Juices may be taken at any time, at or between meals.

The few recipes that follow are intended merely to illustrate the general idea. You will find a wide field for your own originality and taste preferences. Call on your own ingenuity to contrive appetizing and tasty beverages, that in running the gamut of Nature's healing, reds, greens, orange and yellows, will help your body to detoxicate and unpollute itself of life shortening poisons:

Here are some appetizing combinations:

Celery juice, carrot juice and orange juice in equal proportions. Lettuce juice, spinach juice, grapefruit juice in equal amounts, adding a dash of watercress juice. Beet and beet top juice, an equal amount of pineapple juice plus a dash of lemon juice for flavor. Tomato juice, celery stalk and leaf juice and beet top juice in equal amounts.

If you are unconvinced or dubious about the healing claims made for natural foods, it may interest you to know that among the food miracles of this age is the startling discovery that fresh fruits and vegetables and their juices help wounds to heal more rapidly and decisively help to conquer infection.

Among the modern magic, discovered to be present in fresh foods, is the green coloring matter called chlorophyll, a substance that surgeons are now using with amazing effect in the treatment of refractory wounds, deadly abscess formations, injuries and burns.

Primitive tribes among our own American Indians, since time immemorial, have applied the crushed leaves of certain plants directly to open wounds, thus receiving the benefits of chlorophyll in undiluted form.

3-DAY CELL CLEANSER

It is most important to remember that elimination of waste products is not a function solely confined to the intestinal tract. True, that is the first place one ordinarily thinks of, and it is indeed essential that the lower bowel be completely freed of stagnant morbid matter, which, when allowed to remain, contaminates other parts of the body.

The three methods of unpoisoning just described—the Saline Solution, the Colon Soak, and the use of natural food laxatives and juices—apply more or less directly to the colon. However, it should not require any further explanation to understand that the cleansing influence extends to *all* of the body because of the disposal and evacuation of so much waste matter.

Now let us consider a final highly specialized three-day plan that is streamlined to assist the individual cells throughout the body to disgorge their morbid cell

waste. This three-day plan differs slightly from the collagen supersaturation day (to be explained later) in that it highlights both fruits and leafy vegetables and is directed at the cells more than at the arteries.

Here is the way you should start. Eliminate all ordinary foods from your diet for a period of three days, and for the duration of the 72-hour period use nothing but fruit and fruit juices, leafy vegetables and vegetable juices—the latter if you have or can procure the juice extractor referred to elsewhere.

Any kind of fruit or fruit juices can be used although I have made it clear that few fruits quite equal the citrus fruits, especially oranges and grapefruit. About the vegetables, I wish to emphasize the word *leafy* vegetables because we do not want starchy root vegetables. They contain too much carbohydrate material which is not adapted to this 3-day cell cleansing program. Among fruits we should also rule out bananas, figs, dates, prunes and raisins for the same reason.

As to the amounts, eat all you wish or can eat with comfort. At least two quarts of liquids should be used daily on each of the three days and if your totals of fruit juice do not equal this, you must make up the amount by drinking water. Cell cleansing requires the assistance of the kidneys, and this 3-day period will prove both a boon and a holiday for these generally overworked and much abused organs.

A word about when to take these fruits and vegetables is timely because you are going to find it difficult to follow the plan if you try to crowd these eliminative foods into the 3 meal a day pattern. Instead of this, take the foods very often during the day, actually making sure to eat plenty of the allowed foods.

Fresh fruits and fresh vegetables, of course, are best, but if you cannot get them, canned or frozen foods can be used. Unless the canned fruits are waterpacked, pour off the juices because of the added sugar. If canned vegetables are used, the juices may, however, be used. If you go on this three day program, and have been suffering from constipation, go in more heavily for the whole vegetables and the whole fruits rather than the juices, which contain so little bulk residue that they do not stimulate the bowel as much as do the whole fruits and whole vegetables.

On the fourth day resume the regular permitted diet of vital foods. Every so often, and at least once a month would be desirable, return to this three day cell cleanser and you will speed your progress toward better health and more youthfulness. Your red blood cells, in their endless transformation (which is completed in totality every 28 days) will be stimulated, energized and vitalized.

This 3 day program just described will prove in the very finest way that such complaints as low energy, vague rheumatic and arthritic pains, fatigue, undue

tiredness, mild skin ailments, indigestion and a host of other conditions, really can be cleansed out of the body by simple natural means. A few such 3 day periods will cause the most enthusiastic advocate of drugs, medicines and symptom-chasers to lose their, perhaps sincere, but misguided, faith.

An explanatory word to those of you who may have inflammatory conditions such as gastritis or colitis. If such a condition exists, it would be best to skip the 3 day cell cleanser just described and resort to a simple diet of tested raw certified milk and fruit juice. The simplicity of this diet disguises its tremendous power. There are very few of such extreme conditions that will not yield to a week or two of the milk and fruit juice diet. The diet is followed in this manner:

You take a glass of raw certified milk *and* a glass of orange or grapefruit juice every hour and a half or every two hours throughout the waking hours of the day. Nothing else but that except, if you are an habitual user of coffee, you may use one or two cups of plain, black, unsweetened coffee each day. No tea, no water, or any other food or beverage.

A week or two of this simple, precise plan of healing by correct food cell elements will generally suffice to show dramatic results. In any event, it can accomplish nothing but good. The day of looking for cures of the multiform digestive inflammations via drugs and medications has waned. More and more, specialists in these diseases are turning to the *reconstructive diets*.

Doctors were greatly edified several years ago by a case history report that appeared in the noted Review of Gastroenterology, reported by an eminent specialist in digestive disease.

By nothing but a change in diet, ruling out all refined and lifeless foods, as well as all forms of starch and sugar, confining the diet solely to liberal intake of fruits, vegetables, milk, eggs and flesh proteins, this specialist reported amazing cures in ulcerative colitis among patients who were bedridden, septic, emaciated and with such complications as anal abscesses, arthritis and necrotic skin lesions.

With the hope that my readers have given careful thought to the facts related in this chapter and with the additional hope that the last vestiges of false thinking on the subject of health—or the belief that drugs, “fountains of youth” or youth serums can ever bring youthfulness and health—have been divested from their minds, I rest the case for simple natural means toward health.

You can make correct foods and right living the most potent force in your life if you are open-minded enough to observe the results that the conscientious application of these precepts will also bring, in their own time and in their own way.

CHAPTER 5
(PRECEPT No. 3)

Learn How to Guard Against Blood Vessel Bankruptcy

"The doctor of the future will give no medicine—but will interest his patients in the care of the human brain, in diet and in the cause and prevention of disease."—Thomas A. Edison

WHSOEVER coined the very truthful statement that "a man is as old as his arteries" must have first learned the fundamental scientific truth that all the life in the body springs from the blood.

It is not likely that you would be reading this book if you had any serious notion that drugs or medicines can cure weak blood vessels. The famous Osler said "anything that Nature doesn't cure, remains uncured". This means that all of the curative or repair forces that you will ever find exist entirely within your own body. Until you utilize these forces by giving back the raw materials your body needs and which have been expended in the process of living, you can never be well or youthful. Nature plays no favorites. She treats all of us alike.

Actually, the whole answer lies in the blood and in the tone of the blood vessels. If your blood is polluted by the toxins of wrong food and if your arteries are too brittle, then you are *old* regardless of your years. If your blood is clean, pure and vital and your arteries springy and elastic, you are *youthful* regardless of your years.

I told you earlier that while all body cells die, they are constantly reborn. This exchange of births and deaths transpires most rapidly in the blood. Every day of your life 3 per cent of your total blood cells die. At the same time, newly born red blood cells are manufactured in your bone marrow and rushed into your bloodstream to keep the total number of cells at normal level.

If you can fix the mechanics of this endless magical process firmly in your mind, you automatically have the answers to practically all questions that may be asked about health. Because if your blood cells can't cure you or make you youthful, nothing can.

THE SECRET OF FLEXIBLE ARTERIES

Because the tone of the vessels that carry the blood to every part of your body is of first rank importance, your task is to do the things that will improve (and stop doing the things that interfere with) good blood vessel tone. Everything that we do during the day to some extent alters this tone one way or the other.

For instance, tobacco may soothe the nerves. But it cuts off circulation by tightening the blood vessels. Alcohol soothes also by dilating the blood vessels. For this reason, alcohol in very small amounts in cases of old and infirm men and women may have some slight benefit; but for a middle age person who really wants to turn back the stream of time, it is a very poor substitute for the "toning" effects that I will set forth and which are based upon many years of investigation and successful application in the cases of hundreds of men and women.

A substance that is of enormous benefit to the blood vessels has been given the name "collagen". This substance is found only in fresh fruits and vegetables. Collagen has a truly magical effect on the tone of the blood vessels, and fresh fruits, especially the citrus fruits, are rich in food chemicals that help manufacture collagen.

This is a worthwhile hint as to the desirability of including fresh fruits and fresh vegetables more abundantly in your diet from now on. As a matter of fact, I shall presently describe a method by which you can actually achieve a supersaturation of collagen in your body in a very short time.

This blood vessel wall cell food that is found in fresh fruits and fresh vegetables has also been called the "blood vessel protective factor" as well as the healing factor. It is a miracle worker when administered to wounded persons and those suffering shock.

In earlier days, there was a disease called "farmers' rheumatism". It usually followed a long winter diet containing few fresh fruits and vegetables. It is now known that this painful malady was due solely to this lack of fresh food which, in turn, caused a shortage of collagen. Here are two suggestions for every day practice:

First, never let a day pass that you don't have at least two fresh fruits and two fresh vegetables, the more of each the better.

Secondly, here is the way you go about getting a quick saturation of this blood vessel cell food, or healing factor. Omit solid food for one day, using nothing but an intensive intake of fruit juice. Preferably use orange juice or grapefruit juice. The best method is to take a glass of the juice about every two hours throughout the day. This means about eight glasses of juice during the waking hours, or a total of two quarts.

If you wish to, you can indulge in this saturation program one day every two weeks.

The effects of such a large intake of fresh fruit juice should result in an improvement of appetite, glandular improvement, cell tissue breathing, resistance to infection, more rapid healing of wounds and shock recovery, and protection against *over-fragility* of all the blood vessels. It enables your body to manufacture "collagen"—literally the flexible "cement" which builds the walls of the blood vessels.

An additional benefit is this: When a liberal diet is consumed *following* a brief abstinence from solid food, such as on this health day, the assimilation of food substance is very strikingly speeded up.

Orange juice and grapefruit juice are both three times higher in collagen material than tomato juice and four times or more higher than canned pineapple juice, so the reason for selecting citrus fruits for the "collagen" day is clear. Use other juices only if citrus fruits are not obtainable. The results will not be as striking or as effective. If your stomach at first will not tolerate a full day of this schedule try to take at least six glasses of juice during the morning and afternoon and have your regular evening meal. You will emerge from these "collagen" super-saturation days with improved resistance, better blood, better gums, better blood vessels.

CHANGING THE HEART BEAT AND DEATH RATE

If you know that the heart tissue is practically the same tissue as that of the blood vessels, you don't have to be a professional anatomist to know that whatever you do that helps to improve the tone of the blood vessels will have a similarly salubrious effect upon the heart.

At the present time, heart disease is the ranking cause of death exceeding that of cancer. The speed

of your heart beat is tied in very closely with how long you live. Dying of heart disease, while a very common thing, is no more natural than dying by accident. This is just another way of saying that the way the heart cells are fed is the principal determinant of how well the heart will function.

No reminder is more timely to middle aged folks than a caution that a weakened heart cannot be expected to successfully contend against the forces of blood flow, strain and gravity that viciously attack infirm hearts. All of these forces, unless checked by the proper measures, tend to bend the body, decrease the height, enfeeble the step, shrivel and dry up the tissues of the body—all joining to produce the typical picture of infirm and weakened old age.

Death in itself is not an evil thing and we are all under that final sentence. It is rather that senility and infirmity are the ugly and avoidable things.

A word about the vital mechanics of the heart is in order before we take up certain vitalic precepts calculated to improve this organ which is far less delicate than it is commonly supposed to be.

There is no pump on earth as perfectly constructed as the human heart, an organ that modern physiologists declare is not only the strongest organ of the body but one that should last 150 years.

The finest watch made by man cannot compare with it in timing or delicacy; for the accuracy of a watch is

a matter of minutes and seconds, whereas the timing of the heart is a matter of split seconds. The heart can perform for a long and vigorous life time without being 1/10th of a second out of time.

Some very serious heart diseases can originate from deficiencies of two special food chemicals that the heart needs. These two chemicals are lime and the nerve cell factor discussed earlier.

Fortunately, our minds can have little effect upon the heart; for Nature in her wisdom has placed the function of this organ out from under the control of our will and thoughts.

Anger, worry and fear, of course, do have some functional effect upon heart action because emotional states tend to excite a contraction or dilation of both blood vessels and heart. But it is altogether unlikely that the most violent emotions can ever seriously injure the heart until it has first been weakened by lack of lime and nerve cell foods or weakened by chronic poisoning brought on by bowel poisons, too much tobacco, or chronic germ infections. Your heart—and you—can withstand almost any emotional stress if you keep it mechanically healthy.

HEART CELL FOOD HYGIENE

You can cultivate greatly improved digestive and cardiac hygiene by having at least two thirds of your

daily diet in the form of fruits, fruit juices, raw, cooked and canned vegetables, freshly pressed vegetable juices, sweet milk, cultured milk, buttermilk, yoghurt and cheeses of various kinds. These furnish ample stores of lime and other essential cell nutrients. The other third of the diet should be selected from meat, poultry, fish and eggs and very moderate amounts of whole grain bread stuffs and crude sugars, such as molasses, brown sugar and honey.

Add the daily rations of brewers yeast and wheat germ recommended in another precept and you furnish the nerve foods needed to supplement the lime needed by the heart.

In line with the suggestions for improving heart strength, the suggestions previously made to give up the use of devitalized and highly refined white sugars and white starches in favor of the vital foods related in the previous paragraph, will help you bypass the fate of so many Americans. These vital food factors, so necessary for the heart, are the very two which scientists declare to be most glaringly absent from the average American diet.

Just as a reminder and for ready reference, the lime rich foods are all forms of sweet, sour and cultured milks and green leafy vegetables. Those who, for one reason or another, are unable to obtain these foods readily may step up lime intake by using powdered bone meal in tablet form obtainable in any drugstore.

They are marketed under the general name of dicalcium phosphate tablets. They are well balanced as to lime and its proper companion chemical, phosphorus.

These two food chemicals combine to form what scientists call the calcium-phosphorus balance. In milk of any type or form, the same union is present. It may be advisable to add here that the many middle aged folks whose digestive systems do not tolerate sweet milk will find this difficulty overcome entirely by seeing to it that every time a glass of milk is drunk, some fruit or fruit juice is taken at the same time. The acid of the fruit coagulates the milk, in this way speeding digestion.

Also, for ready reference, remember that the nerve cell foods so valuable to the heart are found abundantly in calves' liver, glandular meats, brewers yeast and wheat germ, also as being moderately present in most fruits, vegetables as well as milk and its by-products.

HABITS THAT LENGTHEN LIFE

An occasional fruit juice fast for one day (such as the collagen super-saturation day described earlier) is a veritable holiday for the heart. You can easily multiply the effects of this health day by *remaining in bed*.

Frequent five minute rests are fine for the heart because, while lying down, the blood flows at a right angle to gravity. This removes the strain from the heart

while at the same time strengthening it. A good rule of thumb summary of short rests is this: You cannot lie down *too often* but you can lie down *too long*. This is another way of saying that too much rest may be injurious to the heart.

BLOOD PRESSURE IS WHAT YOU MAKE IT

The pressure of the stream of blood in our arteries is the very core of our vitality and affects us every day of our lives in some way.

It is a good thing that "hope springs eternal in the human breast" for we all feel that we are capable of better things than we are doing. Even weak and infirm people feel that their true abilities are greater than their usual output of work and achievement.

In these days of world upset and unrest, many people of high-grade mentality stand helpless before the attacks of preventable illness and early signs of weakness and old age, largely because the rank and file of civilized men and women have learned little or nothing about their bodies and the effects of right cell feeding upon blood, heart and blood vessels.

These men and women, 40 or 50 to 60 years of age, find that tragedy stalks in hidden baffling symptoms—tiredness, weakness, discouragement. They have occasional days of "feeling better" than usual; but most

of their days are more likely to be periods when the body nags at the brain, while clear thinking, happiness and well-being desert them.

Scientists of metabolism have found that low vitality, premature old age and middle age weakness are, to an enormous degree, aspects of blood pressure troubles. These in turn are brought on by unwitting violation of body cell laws and by depriving the cells of vital food factors needed only in almost infinitesimal amounts.

Let us take a moment to discuss high blood pressure. Elderly people whose blood pressure is high, often have bad hearts, bad digestion, creaking joints and wrinkled skin, mainly because all of these unwanted, abnormal conditions are part of the general process of degeneration.

One unfortunate fact about high blood pressure is that it is not a *painful* malady in its early stages. If early high blood pressure were painful, more people would seek curative measures before the more advanced stages were reached.

When the arteries harden, an excess of fatty substances called cholesterol is found in the encrusted material with which they are lined. This fatty substance is closely tied in with an excess of fatty foods, rich desserts, gravies, pastries—and with overweight. It goes without saying that the wise man or woman from the age of 40 onward will be making a definite and specific step toward prolonging life and health if he

will sharply decrease the amount of fat and fatty foods in his daily fare. In this way, a tendency to overweight can be easily conquered and reversed, and the body is freer from these excess fatty substances that tend to become part of the death-dealing material found in the lining of hardened arteries.

The same material, by the way, is found in the substance which composes the hardened optic lens in cataracts of the eye. It is also present in cases of gall stones, kidney stones and in the chalky, stone-like deposits found in arthritic joints.

If you are determined to start out on the road that leads to longer life and healthier living, and if you already have high blood pressure, you should know that *gas* in the stomach and bowels often raises the blood pressure considerably. To partially remedy this, avoid the known gas forming foods such as dried beans, onions and cabbage. Until the blood pressure is considerably reduced, total intake of all foods should be lighter than heretofore. *A light food intake of vital foods (low in starchy and sugary foods) decreases the load on the heart and arteries.*

High "gas" pressure can cause functional high blood pressure not only from gas-forming foods but also from tobacco, alcohol or even from worry, chills or cold water on the back.

In cases of high blood pressure, baths should not be prolonged affairs and only warm (not hot) water used.

Cold water should never be allowed to strike the back. As the mechanism and nerves that control the diameter or caliber of the main arteries are in the back along the spinal column, cold air draughts and cold water, especially when the back is warm, can produce serious consequences when high blood pressure is in evidence. It may take hours for the effects of a chill or a cold bath to vanish and for the circulation to return to normal.

Mention has been made of the need for lime (calcium) to help strengthen and control the beating of the heart. For another reason, of advantage to those desiring to help the arteries assume their normal tone, foods such as milk, buttermilk, yoghurt and cultured milks also improve the germ condition of the large bowel by decreasing the colonies of unfriendly disease producing germs. Your colon is always full of germs. The thing to do is to help the growth of the *friendly* germs and discourage the growth of the *unfriendly*. Dairy products help to do this and in an indirect way lower the blood pressure by lowering the degree of intestinal putrefaction.

Restriction of table salt to moderate amounts is also indicated in high blood pressure because salt causes the tissues to hold water in excessive amounts and thus hinders blood circulations as well as adding to weight. Salt should not be taboo altogether for small amounts are necessary to furnish the chlorine that enables the

stomach glands to manufacture their normal amounts of the vital hydrochloric acid.

Functional high blood pressure has often been helped by the use of garlic. Extracts of garlic, combined with powdered dehydrated parsley, are marketed in tablet form by several concerns and can be obtained at any drugstore. These preparations are convenient and are preferred by many people to the use of plain garlic in food form. These palatable tablets almost entirely lack the objectionable after effects of ordinary garlic.

Historians relate that the Egyptian Pharaohs commanded their subjects to eat garlic to build resistance to the plague. Modern research attests the wisdom of that edict. Bacteria so deadly that boiling in water for hours failed to destroy them were made harmless after an hour's exposure to the fumes of garlic. Even the germs which predispose to leprosy and tuberculosis have been rendered inactive by exposure to the fumes of garlic.

To get or stay youthful, you must keep active. Normal physical activity (avoiding strain) determines for most of us the *rate* of circulation of the blood through the blood vessels, just as vital cell feeding by correct food chemicals determines for us the *quality* of the life force in the blood.

I conclude these essential discussion points of the heart and the arteries and the factors that lead to strengthening them, with the reminder that it is a

matter of good fortune for you to learn that most blood pressure troubles are not incurable and many are not especially serious. Honest effort along the lines that I have set forth here can return high dividends to you in renewed health, more normal blood pressure, stronger heart, purer blood and longer life.

CHAPTER 6
(PRECEPT No. 4)

Learn How to "Reverse" the Law of Gravity

"Who satisfieth thy mouth with good things so that thy youth is renewed like the eagle's."—Ps. 103:5

THE pitfalls of "exercise", daily dozens, and over-exertion for middle aged people are too numerous to record, yet, in obedience to a basic law of human physiology that teaches us that a tissue or cell not used will atrophy and weaken, you must, in a certain way, use every one of your more than 600 muscles.

First of all, the best way to discover just where your 600 muscles are located is by using them. Stretching, twisting and turning your body by methodically moving every joint must be an integrated part of a "getting young again" program. You need no more than two ten minute sessions of such functional exercise, one in the morning and one at night. You can best do most of the needed joint rotating and muscle tensing movements *while you are lying down*.

Starting with the muscles of the neck, simply con-

tract and relax, contract and relax, until you feel slightly tired, increasing the number of times on succeeding days. Then do the same thing with the muscles of the arms, back, abdomen, and legs, twisting, turning, and alternately contracting and relaxing.

The big secret about the lying down movements is that your alternate tension and extension of each muscle group propels the blood into each cell more efficiently, because in this position the bloodstream does not have to overcome the force of gravity. While you are erect, during all your waking hours, you must, whether you are aware of it or not, always contend against this compressing force.

A valuable secret of middle age exercise is this. During the brief instant when you contract each muscle, the blood is locked and imprisoned in that muscle under great *tensing* pressure. Then you relax for an equal time. This allows the muscle to *extend* and the blood spurts out of the muscle with pressure behind it. In effect, this means that the fast flowing blood surging out of the relaxed muscle helps to carry away the acids of fatigue, and probably other waste products. Immediately following the outward surge of that impure blood, fresh, clean, oxygenated blood enters the muscle for the next tensing or twisting motion. This impressive procedure, if understood and applied, is a great help in bringing the body back to a more youthful, vigorous state.

Better than any golf, violent session of tennis, or other unscientific, unsupervised so-called exercise, two daily ten minute sessions of "twist, turn, tense and relax", will achieve desirable results.

I wish to emphasize most strongly the need and desirability for you to "think" progressively into each part of the body as it is being exercised, for there is a great deal of truth in the psychological adage that the blood-stream tends to follow the attention of the mind.

Rapidly flowing blood is the very essence of youthfulness and good health. Some alteration of blood supply accompanies every disease process and every symptom of old age. Whether the blood congests too much, or moves too sluggishly, or moves so slowly that the tissue is anemic, it all boils down to improper blood circulation.

Active, free flowing blood is the secret of health. Consequently, twice-a-day sessions of alternate tension and extension of every muscle, moving or rotating every joint, large and small, provide the finest method for gradually building up a rapid flowing, *unimpeded* blood supply to every single cell of the body.

A WORD TO WORRIERS

If you are a chronic worrier, excessively timid, or vaguely fearful, or if you have allowed yourself to become apprehensive through a feeling of insecurity, you

should know this about exercise. Correct functional exercise of the lying down variety just alluded to, can be made to provide a very important *emotional* outlet. Pent up, unexpressed, or unspent emotions are very harmful. Chronic fears, job dissatisfaction, frustration, chronic disappointment, all tend to overwork the glands and to *load the bloodstream* with very powerful gland hormones which are called forth by these negative emotional states.

Here is your remedy: You must learn either to stop or control these energy sapping emotions in order to provide a safe outlet for the gland products that have spurted into the blood. You can do so by compelling muscular movements to burn up and use these excess gland by-products. This is a little known but intensely important aspect of muscle action. Even dangerous nerve tension, so extreme as to produce violent muscle spasms, can be efficiently *exercised* away. No "daily dozens" or any other highly publicized set of unscientific motions can ever equal the two 10-minute horizontal sessions discussed in previous paragraphs.

MIDDLE AGE POSTURE

Elderly people generally bend, slump, or totter—their various actions being usually characterized by uncertainty and feebleness. The motions of most below par middle aged folk give the impression of low vitality. They walk with short steps, usually taking several tot-

tering shifts of the feet to turn around, rather than the decisive, snappy turn noticed in vigorous people or young people. Getting up out of a chair is, in elderly folks, generally a process of swaying forward using the back for arising to a standing position, rather than the strength of the thigh muscles and lower limbs. An elderly person usually bends his whole body to pick something up from the floor. Vigorous, vitalic people lower and raise themselves by leg power, not back power.

If you find that "the shoe fits you" in these various posture descriptions, start to improve your posture. Hold yourself properly, walk with long steps. The length of your stride, when you are in vigorous health, should be one-half your height.

Ingraining new muscle habits is not quite the long drawn out, onerous job that it sounds. After a period of consciously remembering to perform your muscle movements, if you are conscientious about the program for enough weeks or months, proper muscle movements begin to get into your nervous system and become ingrained there. Then you perform better automatically . . . without any need for deliberate remembering.

When you first learned to play the piano, use a typewriter, swim, dance, you were perhaps clumsy. If you kept at it, you attained skill, and top skill in any of these things, including riding a bicycle, driving a car or piloting an airplane is possible for most middle aged folks as well as for 'teen agers. But this skill and co-

ordination of your muscles is apparent only when you cease to "remember" a specific muscular action and start to perform it automatically.

If you understand this simple, scientific dissertation, and begin to organize your anatomy so that you develop a commanding posture, a dignified but relaxed sitting stance, a purposeful, youthful stride, decisive rather than tottering muscular actions, you will have discovered for yourself a wellspring of power-understanding. Moreover make certain that all during the process you are energizing the cells of your body with correct food components.

KEY TO MUSCLE-NERVE POWER

To sum up, "gym" work, running, weight lifting, tennis, golf and many other so-called skills are not guarantees of increased vitality or health. Standing *correctly*, sitting *correctly*, walking *correctly* ARE definite guarantees, for these three actions, properly performed, mean about 16 hours of splendid exercise each day—WITHOUT STRAIN.

CORRECT STANDING—Feet should be parallel, toes straight ahead. Weight on broadest part of feet—never let heels bear full weight. Buttocks *must be* "tucked in" to be as flat as possible. If done properly, this alone straightens "swayback" and **BRINGS THE PELVIC BASIN BACK TO NORMAL LEVEL**. Improper posture of any kind *tilts* the pelvis wrongly.

TEST—Stand with heels, head and shoulders against wall. Press “small of the back” against wall also. Properly done, a hand cannot be passed between your back and the wall. Check your progress frequently with this wall test.

CORRECT SITTING—Sit erect, do not slump, sit tall, well back in the chair. Weight *must* rest on thighs, not on *end of spine*. **YOUR OWN SPINE AND MUSCLES MUST HOLD YOU UP.** Do not cross legs or feet.

CORRECT WALKING—To stay young, never take short steps. Length of stride should be, as said, about half your height. Toes should point straight ahead. Arms should swing freely, but not loosely. Do not walk too slowly or blood circulation is not improved.

In the beginning, but not later, it will be necessary to put your *mind* into the muscles concerning the three foregoing actions. *Remember* that walking, sitting, standing **CORRECTLY** mean **CONSTANT** exercise but **NO strain**.

YOUR BRAIN FEEDS ON OXYGEN

Human beings, on the whole, do not function quite as well as animals in the matter of breathing for reasons that will presently be clear. Books have been written on the subject of so-called deep breathing, featuring dozens of different systems. Actually, very little need be

said if correct muscle movements and correct cell feeding programs are instituted, for these lead automatically to the same type of correct breathing that we all use unconsciously *while we are asleep*. It is during sleep that your body forgets wrong mental attitudes and incorrect posture and initiates correct breathing almost the instant you fall asleep.

This technique can readily be seen if you will watch a baby breathe while it is lying on its back asleep. The infant's abdomen *rises* when it inhales air and *sinks* again when the breath goes out. Remember that. Your abdomen should go *out* when you breathe in; when you breathe out, the abdomen should go *in* simultaneously as the diaphragm rises upward.

You can test this out by lying down, relaxing and starting to breathe naturally. If you place a book on your abdomen while you are lying down, you will see that the book rises as you breathe in and lowers as you breathe out. The acquisition of this automatic, slow, natural deep breathing helps you speed up your youth gaining program.

Here is a simple measure for you to try. It is what might be called "larger" breathing, or what I have termed double range breathing.

The trick is to force all possible air from the lungs by breathing out slowly to the limit of expiration. This moves out the stagnant *tidal* air and even some of the deep *residual* air down deep in the lungs. After empty-

ing the lungs as completely as possible, inhale quite slowly a complete range of air which will be nearly double the usual lung content of oxygenated air.

Moderation is the best rule in all specialized, out-of-the ordinary breathing routines. Practice a half a dozen of these double range breaths once or twice daily and as time goes on you will gain the habit automatically. Too much fast breathing results in a weakening condition called overbreathing or hyperventilation.

A word on stage fright. It may not interest most people, but the connection between stage fright, or undue nervousness in public, and poor circulation proves the connection between blood flow and mental states. These types of nervousness generally are caused by shallow breathing which allows the blood to pool in the abdomen. The trick in overcoming this is to quicken the blood flow and to stimulate the breathing center in that part of the brain called the medulla oblongata.

Here is the way this is done: While holding the breath, alternately draw the abdomen in and out as lightly and quickly as possible for about ten seconds. This stimulates the diaphragm and speeds the flow of blood out of the abdominal organs.

MAKE YOUR SKIN YOUTHFUL

The story of the need for active blood circulation is incomplete without some scientific attention to the

skin which in elderly people is generally far below par. The skin is more than merely a covering for the body, so that germs and polluted substances cannot enter. When an individual is strong and healthy, the skin also should hold a great amount of blood, especially during the period when active digestion of foodstuffs is not going on.

Because your skin needs air, nothing surpasses the toning effect of an air bath. There is no good reason to prevent any one from adopting the practice of *nude* air bathing for 15 or 20 minutes, morning or night, in your bedroom while keeping it well ventilated. This is a wonderful "toner up" for your skin, which all too often has been pampered with too many hot baths, too heavy bed clothing, and even clothes that are too heavy.

While taking the nude air bath you can keep active by walking around, tensing and flexing your muscles, or you can take the air bath while lying down and going through your session of horizontal twisting, turning, tensing and relaxing your muscles.

Short sun sessions, scantily clad in a bathing suit or other brief garment, feed the skin with sun rays which are immediately converted into a bone, muscle and blood building food, once the sunlight combines with the substance immediately under the outer skin layer and known as melanin.

Air baths, short sun baths, warm water baths (never hot) together with gentle friction by towel or hand, form an easily done program of skin toning. This skin toning directly helps blood circulation and is very vitalizing.

Remember that poorly toned skin can never hold enough blood to keep your circulation balanced. And circulation must be balanced to draw sluggishly moving blood away from the internal organs, in order to lessen internal congestion and stagnation.

Here are two somewhat out of the ordinary drills that also help enliven the skin and direct virile blood to the surface.

THE FRICTION RUB

For a good friction rub, use a fairly stiff dry brush lightly for a period of five minutes or more daily over the entire body, being careful not to make the skin raw. You will find that this will wear away lifeless skin and allow new vital skin to appear.

THE SALT GLOW

The salt glow has a pleasant revivifying effect and also a valuable circulatory benefit. I have received many reports from among the hundreds of people whom I have launched on the youthifying plan about the results of the salt glow. It is a simple thing. After

wetting the body, take handfuls of common table salt and massage the salt thoroughly over your entire body. After a few minutes of this, rinse in luke warm or slightly cool water. You will not only feel glowingly alive, but you will find that your skin is smooth and satin like to the touch. Although no salt is actually absorbed, the salt seems to stimulate millions of nerve endings in the skin.

SLANTING HEALTH ANGLE

During the late war, thousands of First Aiders in the standard Red Cross First Aid Course learned the value of keeping the patient's head lower than his feet in cases of fainting or shock. The effectiveness of this procedure is, of course, due to the fact that normal circulation of blood to the brain is more quickly reestablished in a horizontal position whereby the force of gravity is largely overcome.

Some of the competent Bible scholars among my readers may have wondered just what was meant by the admonition in Deuteronomy, "renew thy youth like the eagle". As the eagle is perhaps the only bird that habitually flies with its head lower than the heart, plus the fact that the eagle is among the longest lived of birds, we have further substantiation of the helpfulness of the tilted position.

Here is a way you can not only neutralize but actually reverse the pull of gravity which, among other

things, tends to sag the muscles of the face, shorten your height and pull your organs downward out of place.

Get a board (a table leaf may do) and rest one end on a chair or bed, anchoring it firmly so that it will not slip off. This angle will be an angle of about 25 degrees, which is the best angle for sessions which should last at least 10 or 15 minutes, but may later on be extended to as much as a half hour a day.

In this position, the blood is *flowing to the brain centers* instead of being propelled upward against gravity from the left ventricle chamber of the heart. This nourishes the brain and face, drains the lower limbs of venous blood, leads automatically to larger breathing, and carries along with it dozens of other benefits.

If you cannot obtain a suitable board immediately, as a temporary substitute take three pillows, put them near the foot of the bed and lie down, your hips on three pillows and your feet up against the wall or on the footboard of your bed. If your bed lacks a footboard or high headboard, pull a chair next to the bed and put your feet up on the high back of the chair.

The watchword in the affair of correct, functional exercise is "take it easy". Rome wasn't built in a day and you cannot bring your muscles to high efficiency in a few days or weeks.

Your blood vessels have to be reconditioned, your

muscles gradually loosened up. Go at your two 10-minute sessions of tension and extension easily at first. Slowly add more pep and energy to the twisting motions.

Take the slanting, anti-gravity tilting-board sessions easy in the beginning. Your brain arteries are not used to the position and have to be re-educated to take the reversed flow and profit from it. This will be especially the case if you already have high blood pressure. If your systolic blood pressure is over 150 and your diastolic pressure habitually over 90, it would be a good idea to explain your ambition of defeating premature old age to your doctor and enlist his cooperation and supervision.

With the idea of taking the exercise part of the plan on the easy side in the beginning, but getting launched on the vital food plan without any delay, you can consider yourself well on the highway to reactivation of your body to a higher level of efficiency.

Folks in the middle age brackets can stage a wonderful comeback if they will try, and if they are not impeded by chronic illnesses of a more or less incurable nature. This applies, fortunately, only to a very few people, leaving the vast majority of oldsters in the categories favorable to a fine degree of improvement.

CHAPTER 7
(PRECEPT No. 5)

Learn How to Charge Nerves and Brain with Renewed Vitality

"A healthy body is the guest chamber of the soul; a sick body its prison."—Francis Bacon

MANY sicknesses of the past have been vainly treated without the suspicion that a missing nerve food factor was the vicious hidden cause.

Although you may find it hard to believe if you now have below par health, I can assure you that vast powers lie dormant in your brain and nerves. Hundreds of instances easily recall themselves to my mind where people with weak nerves have had the pleasant experience of feeling vitality and new strength course through their entire nervous system when their nerve cells have been rebuilt with correct nutrition.

The day of scanty feeding for elderly people, the tea and toast era, must be discarded. Middle aged folks need powerful, vital nerves as much as young people do.

In your brain right now there are about 9,000,000,000 pathways that connect with about 2,000,000 routes into and out of your spinal cord. All these nerve fibres must have correct food chemicals every day in order for you to be fully energized mentally and physically.

If the general idea of gland and nerve improvement through foods is plain to you, it may be easier now for you to appreciate why starved body cells (which all senile, infirm men and women have) can be especially sensitive to the effects of mental shocks, while on the other hand, a well fed set of nerve cells and glands can be more or less immune to these shocks.

For this same reason, you can easily see why periods of financial depression, with resultant worry and feeling of insecurity, drive so many elderly people into hospitals and sanitariums. Bankruptcy of the cells, which is just another term for starved nerve and gland cells, can light the candle to the beginnings of one or more of a whole category of diseases.

I wish to emphasize one most important fact. Unpleasant happenings, bad news, or mental shocks, produce no serious after-effects if you have learned how to take care of the daily intake of certain food chemicals. These are needed only in trivial amounts. Yet they are vitally important in your job of being youthful and lengthening your span of life.

You may have heard it said that we rarely use more than ten percent of our potential mind power. This is

true enough. However, it is not, as most people think, a character defect so much as it is a product of weak, unbalanced nerves . . . a condition induced by too much food of the wrong sort, and by a deadly series of unseen shortages of *correct* nerve cell food chemicals.

In a word, full command of our true nerve and mind power can never come about until we energize our nerves, glands and brain cells with the strengthening foods that they must have every single day. Nerve foods especially must be provided every day in the week because our bodies have no facilities for storing reserve supplies of such foods against future needs. Some cell foods can be used in large quantities for a period of time, then stopped for an equal period of time because of *storage* facilities. This is not true of nerve and brain foods. For that matter, most gland cell foods, with the exception of the chemical iodine, have to be RE-NEWED daily.

Have you noticed that there are days when your brain seems to be exceptionally keen—when you are able to cope with and solve your problems better than at other times? Likewise, perhaps, you may recall times when your mental powers seem unable to rise to the task of making even simple decisions or of causing you to take direct action when such action is required.

If you had made a careful check of your food intake for several days preceding such periods, it is very likely

that you would have found this to be true: Prior to the period of high mental alertness, your diet would have been rich in nerve foods and low in acid-producing, vitality-lowering white sugar and soft starch foods. And prior to the periods of mental sluggishness and vacillation, it is probable that the reverse would be true—your percentage of acid-forming foods would be high while the intake of nerve foods would be low.

Starchy and sugary foods not only are high acid substances unsuitable for all ages, but they are especially dangerous to middle aged people. Unless eaten in their crude forms of whole unrefined grains, crude brown sugars and molasses, they furnish nothing but heat, whilst they actually rob your body of the beneficial effects of the nerve substances already present in your blood and body cells.

Most people may not realize it, but war time rationing of white sugar was not the hardship it was generally supposed to be. Instead, it was really an undisguised blessing in every way. Americans average 115 pounds of white sugar consumption per person per year. Such a monstrous intake of nerve depleting substance is a direct and painful short cut to old age. What Nature put into the crude grains and sugars, she intended for rebuilding purposes. Civilized commercial practice has removed most of these vital cell chemicals to the dire peril of human beings of all ages. For these highly refined substances are chemical curiosities never found in Nature.

You will have to taboo soft starches and white sugars in your program of reactivation if you expect to get any worthwhile results. For that matter, you should reduce the total amount of even the crude grains and sugars at middle age.

INTENSIVE NERVE CELL FEEDING

Here are a few vital suggestions that are an important part of your program. Cut out white sugar and white flour foods. This means to abstain from white flour bread, cereals, white rice, noodles, spaghetti, cakes, pies and pastries made with white flour and white sugar. Begin to favor whole grain breads and foods prepared with molasses and brown sugar and honey. Go slowly on all sugar and starch foods, even the good ones, and favor desserts of cooked or raw fruit, or custards and gelatin.

Let us also take advantage of a shortcut in nerve feeding by adding *concentrated* sources of nerve foods to the daily diet. Such foods as brewers yeast and wheat germ, and particularly beef liver, contain nerve cell foods that have been given such names as the "morale factor", the "nerve protecting substance".

Several teaspoons of dried brewers yeast or a dozen or more compressed tablets of brewers yeast each day will bring valuable nerve factors into your body that will increase the strength and efficiency of your brain and nerves.

A tablespoon or two of a high-grade wheat germ can be of great help each day in strengthening your nerves. You can use wheat germ as a cereal with milk or, if you prefer, in a glass of milk or fruit juice. To prove that foods have virtually everything to do with the efficiency and vitality of our glands, I would remind you, if you don't already know it, that wheat germ possesses a chemical factor that restores fertility to barren women and sterile men when no other organic factors have to be corrected. Wheat germ, in effect, promotes the strength of the reproductive sex glands where no other impediment exists.

You will see very soon what the effects of a few weeks of nerve cell feeding will do. They will be both pleasurable and beneficial to you. You will feel better, think better and look better. To top it all, your nerves will be stronger. Very obviously, with stronger and better fed nerves, your muscles will act better and your brain-nerve coordination will rapidly improve.

A concluding word on relaxation, for this is something that is definitely tied in with nerves and brain.

Many middle aged people rest poorly, although not necessarily because of insufficient sleep or rest. The fact is, the nerves cannot recover from fatigue, even by rest and sleep, if the trouble is a shortage of nerve foods. Diligently applied, the nerve facts just discussed will be the shortest way to prove to yourself that your sleep will be more normal when your nerve cells are given their normal essential foods.

CHAPTER 8

(PRECEPT No. 6)

Learn How to Supply the Vital Element All Your Body Cells Must Have

"To preserve health is a moral and religious duty, for health is the basis of all social virtues." Dr. Samuel Johnson, Father of Dictionaries

IN addition to the common type foods that most Americans get enough of, there are certain other vital chemicals that, in very tiny quantities, are necessary to life and well being. These certain food chemicals are generally absent from the daily diets of most people. This absence lays a veritable powder train for illnesses to erupt and early old age to set in.

Way out in front of these frequently missing chemicals is iodine, the very substance that is so useful as an antiseptic in sterilizing wounds and killing germs.

During the nine months you lived in your mother's womb before birth, your body-to-be absorbed this element from the little ocean in the sac in which you lived. Nature made sure that your mother's body furnished this element even if her own body and thyroid gland were robbed in the process.

After you were born, this certain and sure supply stopped abruptly and, in a manner of speaking, you were on your own from that point. If your food didn't supply it or if you lived in a district where the soil lacked it, you may not have known it, but the chemistry of your body cells was profoundly changed by that apparently trivial set of circumstances.

No program of reactivating your body so that it can regain the characteristics of youthfulness can accomplish its purpose if the means to restore the food chemical, iodine, to your daily diet is neglected. Iodine holds top priority as a promoter of youthfulness and vitality.

It is not, as commonly thought, only your thyroid gland that needs iodine. Your blood, too, your glands, your liver, all in turn need their distinctive amounts. Technically, when your bloodstream undergoes a fall in iodine below 2300 parts per billion, your red blood cells begin to decrease.

It is impossible for me to exaggerate the importance of iodine to your health. British scientists who are giving this matter deep study, flatly call this chemical the "anti-old age element". They declare it has much to do with your total health and well being from the cradle to the grave.

It has been said "the age of a man depends upon the quality of his thyroid gland". This really means that thyroxin, the secretion of your thyroid gland that is

manufactured from iodine, is the most powerful force known in body metabolism.

Some of the symptoms tabulated by investigators as arising from a daily shortage of this chemical are sexual sterility, subnormal basal metabolism, lowered activity, extreme coarseness of the hair and certain types of overweight.

I recommend that you keep in mind the following simple facts about iodine: *Land foods* are notoriously poor in this element—*sea foods* and sea vegetation, very rich in it. When you solve the problem of making sure of enough of this food chemical every day, you are at once solving one of the dangerous and vexing questions that confronts every civilized human being. For the foods we eat, both animal and vegetable, have their source in weakened soils made so by erosion, crop growing, unscientific and parsimonious fertilization by farmers and producers whose actions are so often governed by ignorance, cupidity and commercialization.

There are several effective means of insuring an ample supply of this vital chemical. I will tabulate these and it becomes your own responsibility to use one or more of these methods. Fresh ocean fish, as well as such canned deep sea fish as salmon, tuna and the like, contain plenty of iodine. If such foods are used habitually at least twice a week, the needed intake of this rare chemical should be satisfactorily taken care of.

Ocean vegetation is even richer in this substance

than fish, so those who find it difficult or inconvenient to depend on deep sea fish for a supply can obtain it by adding foods like Iceland Moss, Irish Moss, dulse and sea lettuce to their diets. Pacific kelp is a very rich iodine bearing sea plant. In many cities of the United States, health food stores and department stores carry dehydrated granular kelp. One-half teaspoon of any kind of kelp powder or several tablets daily of the same substance safely insures the needed intake of this vital element.

Iodized salt should be used in place of the ordinary salt, but cannot by itself be considered an adequate source.

One or the other of the above suggestions can easily be adopted. And the effect on your body cells of this chemical essential—in such apparently trivial amounts—will prove to be the most important health investment that you have ever made.

IN SUMMARY AND CONCLUSION

Now that you have read through to this point, there are two things I want to emphasize:

First, that the Six Precepts described in the foregoing pages possess two important qualities. They are scientifically sound and will be approved by your own common sense. They are so practical and workable that they can easily be applied by the great majority of

people and are not restricted just to a favored few.

Second, that just *reading* about these precepts is not enough. To benefit from them, they must be studied and put into actual, every day practice. Furthermore, you must use them *yourself*. No one else can do it for you.

Keeping youthful and vigorous is not accomplished by accident. It is definitely a result of adopting right living habits—of living according to a sensible, health-preserving plan.

In these Six Precepts, such a plan is offered—a plan which you can employ without any hardship or extra effort right in your own home. It is a plan which can and does produce beneficial results—sometimes in an astonishingly short space of time. I have experienced these benefits myself. I have seen many, many others achieve them. Whether you will be as successful as they have been is a matter which is in your hands. All that I can do now is to urge that you give these measures a thorough trial.