

THE SCIENCE OF MASTERSHIP

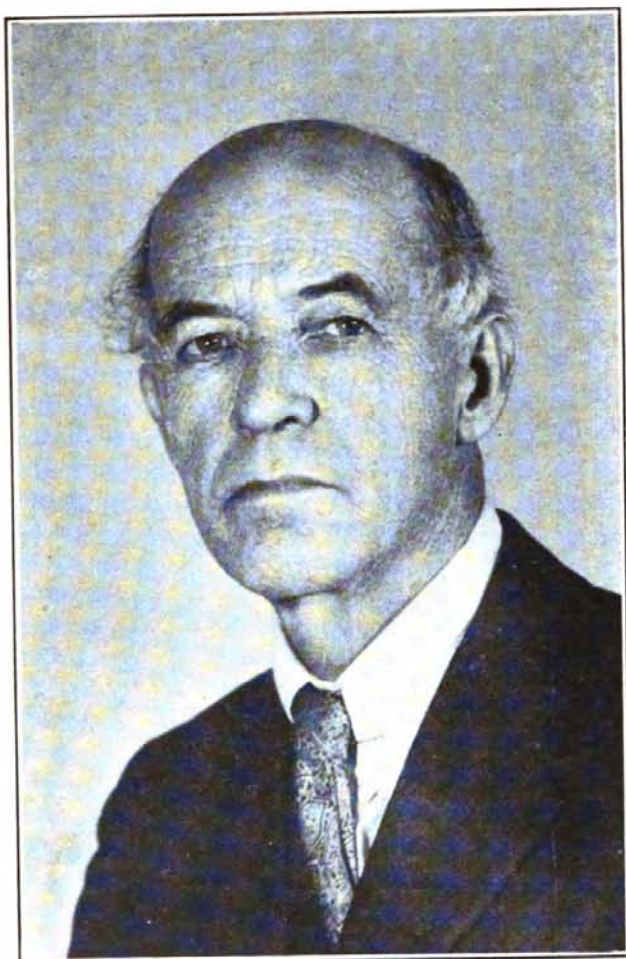
**BY
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S. R. MAXWELL

To Dr Glenn. Frank
From the author
S. R. Maxwell

March 24th 1931

this book is written on a
statement made by you
and quoted on Page 202

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FOREWORD

THE purpose of this Book is to show the reader How a man becomes that which he is. If a man knows how he has become that which he is this knowledge gives him freedom. If a man knows how he has become that which he is He can make himself over again.

We live in a law ordered Universe. If we want anything we must obey law to obtain it.

Clear brained Scientists have discovered the laws that govern the Forces of the Universe that lie outside of man and harnessed them to human use.

The aim of the Author of this Book is to explain the laws of the Forces that are within man so that he can control and direct these Forces and attain Self mastery.

It is of great importance that we understand and control the Forces of the Universe without but it is of much greater importance that we understand and control the forces that are within man. Without the knowledge and control of the Forces within man we cannot use the Forces that are without to the best advantage.

In fact we have been using these Forces to destroy instead of to save. This destructive use is due to the fact that these superior machines are in the hands of inferior men. Men who lack the power of self control and self mastery.

Foreword — Continued

We must bring human character up to a high level of intellectual and moral power so that the agencies that Science has handed over to us shall be used to make this world a better place wherein to live, work and play.

To this great end this Book is dedicated.

The Author

INTRODUCTION

THERE is a principle which is a bar against all information, which is a proof against all argument, and which cannot fail to keep a man in everlasting ignorance. That principle is CONDEMNATION BEFORE INVESTIGATION."

— *Herbert Spencer*

Bacon said, "There are some books that are to be tasted, others are to be chewed while others are to be chewed and digested." I have read this Book and I assure the reader that it belongs to the last class, it can be chewed, digested and absorbed. In other words the contents of this Book can be used by any normal person.

Every normal person is seeking wider mental freedom, greater personal efficiency, health and prosperity. This Book reveals the principles and gives a simple and comprehensive understanding of the laws underlying these valuable possessions. A wise teacher once said, "Seek ye first the Kingdom of God and his righteousness and all these things shall be added unto you." When a man is in the Kingdom of God he has unfolded the highest qualities known to man. When these qualities are developed to the highest point of power and efficiency the best things in life automatically follow.

This Book shows the reader how to develop these qualities.

Introduction—Continued

In vocational training we generally start at the wrong end. We attempt to put on the roof before we have laid the foundation. We attempt to train a man in the effective use of his tools instead of first improving the man. We aim to make a man a good accountant, carpenter, brickmason, salesman etc., instead of first increasing and developing his physical, mental and spiritual qualities. When this is done it will be much easier to train him in the technique of his trade.

The writer of this Book puts strong and emphatic emphasis upon this supremely important fact

THAT THE EFFICIENT MAN IS THE FOUNDATION OF EFFICIENT ACHIEVEMENT.

When the efficient man appears all things necessary to successful accomplishment follow. Every institution amongst man is the lengthened shadow of some strong personality.

THE MAN OF POWER and EFFICIENCY is the **CHIEF** thing, the born dwarf can never do the work of the giant. A man must **BE** before he can know and do.

So then there are two phases of **EFFICIENCY**, the personal and the vocational.

Personal ability must be developed **FIRST**. When this is done vocational efficiency follows. If a man has a good head he won't be long without a hat.

The Author of this Book places strong emphasis on the importance of **BEING** and he shows **HOW** the power to think, to know, to will and to do is based in the last analysis on **BEING**.

Introduction—Concluded

If you want to know the laws of the forces that are within you and how to increase control and direct these forces you will find complete information in this Book.

It will open to you the doors of your own mind, conduct you through your own Kingdom revealing its immense resources and invaluable treasures.

This Book is scientific and at the same time simple and practical. There is nothing mystical or mysterious in its pages. It deals only with the laws that have been demonstrated and you can demonstrate for yourself.

If you want to know **HOW YOU HAVE BECOME THAT WHICH YOU ARE** this book will give you the **KEY**. If you know how you have become that which you are this knowledge will give you freedom and put you in possession of the power to change your character and rise into the heights of a powerful personality.

In possession of this knowledge you will know how all varieties of human character are developed. Such knowledge will give you a broad tolerance and you will have no desire to criticize, judge or condemn your neighbor. You can look down upon all types of human character not in the spirit of supercilious disdain but in the spirit of a sympathetic understanding.

Caroline Brown

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**THE HUMAN BODY AN ELECTRICAL
MACHINE**

THE SCIENCE OF MASTERSHIP

Chapter One

THE HUMAN BODY AN ELECTRICAL MACHINE.

ACCORDING to recent science, electrons constitute the elemental stuff out of which the material universe is built. An electron is a unit of electricity. There are two forms of this energy, the electron which is positive and the proton which is negative.

Science declares that the material universe at large is built up of these units. If this is true, then the universe in all its movements must be explained in terms of electric law. The sun is a great electric dynamo revolving in its own magnetic field. This immense dynamo, 1,300,000 times larger than the earth, must create a vast magnetic field extending beyond the limits of the solar system. Within these limits the planets revolve in their own local magnetic fields, receiving their power to revolve from the central dynamo, the sun.

According to this theory, then, the universe lives, moves and has its being in an all-pervading atmosphere of electricity. In fact, there is nothing apart from electricity. All forms of energy, motion, light and heat are expressions of electricity. The magnetic fields surrounding the sun and the planets within which they revolve, are storehouses in space of electric energy.

The difference between dead matter, or the inorganic, and living matter, or the organic, can be understood on the basis of electrical exchange. Electrical exchange is present where there is electrical potential or pressure. To illustrate the action of electrical exchange, imagine two containers, one full of water, the other half full, connected with a pipe. When the spigot in the pipe is opened the water will flow from the full tank to the one that is half full until a level is attained. Then the movement of the water ceases. Movement ceases when balance is attained. The pressure which causes the water to flow illustrates electrical potential or pressure.

In a stone, there is no electrical potential because the positive and negative electrons are balanced. There is no flow of energy from one to the other. The stone is inert or dead.

In a living cell or a combination of living cells, there is movement because of the presence of electrical potential or pressure between the positive and negative electrons. This difference in electrical pressure causes a flow of energy from the one to the other; thus you have a release of energy. **SO THEN ELECTRICAL EXCHANGE IS THE FUNDAMENTAL BASIS FOR THE EXPRESSION OF LIFE.**

This transfer and release of energy is not life or thought but it forms the basis for the expression of life and thought.

All material things, then, are made up of electrical units of energy. Some of these units have more and

some less of this energy. In a stone, these units are at peace because all the units have the same amount. In all inorganic elements, the units are in equilibrium. In a plant or animal, however, there is a constant movement of energy from one unit to the other throughout the entire mass. So long as this movement obtains, the conditions for the expression of life are present. When the exchange is completely effected, and balance is attained, then death occurs. Why? Because the means whereby life comes into contact with its environment is gone. Life cannot express itself. LIFE IS CORRESPONDENCE WITH ENVIRONMENT and, when the means whereby life comes into correspondence with environment is not present, life cannot manifest itself.

Dead matter can become the basis of life when you upset the balance between the electrons that compose it. In other words, dead matter can become living substance by introducing the element of electrical exchange. Oxygen, according to science, is the disturber of this balance and the power that wakes up the electrons in dead matter and puts them to work. We know, also, that the conditions for the expression of life and power are impossible without oxygen.

Since the universe, in all its forms, is electricity in different states of electrical balance, then oxygen itself is a form of electricity — and, since it is a gas, the electrons that compose it are in a state of tremendous activity. When a stream of electrons in

intense activity moves into a group of electrons that are resting in perfect balance, I can easily see how completely this stream would upset their complacency and get them into action. Dead matter, then, can be made to surrender power and become the basis for the expression of life through the agency of oxygen. OXYGEN wakes up the sleeping electrons and puts them to work.

The release of power. A piece of coal is condensed solar energy, and solar energy is electrical energy in a state of tremendous activity. Ages ago this solar energy, in company with oxygen, lifted dead matter into forests of living trees. A convulsion came and buried the forest beneath tons of rock. Heat and pressure turned these trees into coal beds. A piece of coal, then, is a condensed mass of electrons that have reached a condition of balance. Lying latent in this piece of coal is immense energy. When the electrical balance is destroyed by the application of heat and the introduction of oxygen, the coal gives up this energy in heat and flame. In the steam engine, this energy is communicated to water — the movements of the electrons in the water are increased to a terrific speed — the water becomes steam. So the steam engine is harnessed solar energy or harnessed electric energy.

There is another way of obtaining electric power. When we rotate a coil of wire between the poles of a magnet, the coil cutting through the lines of force in the magnetic field creates a steady current of electricity. Such a mechanism is called a dynamo

or motor and the capacity of the motor can be increased by winding more wire on the coil. The supply of force in this case is inexhaustible — and where does this inexhaustible supply of power come from? It comes from the magnetic field and the magnetic field is a storehouse of limitless power. This limitless power must reside in the interior of atoms. Dr. Le Bon says, "Matter being easily dissociated and constituting an immense reservoir of intra-atomic energy, it is enough to admit that the lines of force seized upon and cut through by the coils causing them to flow in a current of electricity are constantly replaced at the expense of inter-atomic energy. This latter being relatively inexhaustible, a single magnet can furnish an almost infinite number of lines of force." It has been computed that one pound of common soil contains inter-atomic energy equal, in destructive power, to more than a million tons of dynamite. Considering the low intellectual and moral level of the people on this planet, let us hope that the scientists will not be able to harness this infinite power until we have intelligence enough to know how to use it for the good of humanity.

THE HUMAN BODY AN ELECTRIC MACHINE.

"Cogito ergo sum." I think, therefore I am, said Descartes; and he made this statement the basis of a great philosophy. In this philosophy, he attempted to account for all physical phenomena by

his conception of atoms moving under the laws of pressure and repulsion. He invested these atoms with intelligence and self motion. He said that man's body was a self moving and intelligent machine and that, back of that machine and pervading that machine, was the presence of Almighty God, who gave those atoms the power of intelligence and self movement. Descartes was born in 1596. At that time the science of electricity was not known.

It is true that the thinker within cannot express his thoughts without a proper instrument. He cannot function in a material universe without a fitting vehicle. An automobile is a machine so constructed that it can create and use power, but it cannot carry the man inside where he wants to go unless he sits at the wheel and directs it. The man inside possesses something that the automobile does not possess — **DIRECTIVE INTELLIGENCE**. The gasoline in the tank is condensed electric energy. The spark from the battery is released electric energy. The steel frame, the engine and all other parts of the car consist of electrons in a state of balance. The entire machine is electricity in some form, but the machine is not intelligent. It has no will of its own. It cannot direct itself. It cannot repair itself. The man at the wheel can build the automobile, he can repair it, he can direct it. The man at the wheel possesses something that the electric energy in the automobile does not possess and that **SOMETHING** is **MIND POWER**, or **INTELLIGENCE**. **HE THINKS**.

But the man at the wheel must have a fitting vehicle through which he can function. He has. The human body is an electric machine composed of trillions of exquisitely small electric cells. What is an electric cell? In order to make it plain, let us see how an electric battery is made and how an electric current is created in this battery. Take an earthenware cup containing zinc sulphate. Place within this a zinc plate. Place this in a larger cup containing copper sulphate and a copper plate. The two solutions are kept separate by the inner cup. The two metals constitute the two poles of the battery, the zinc being negative and the copper positive. Now, in the internal circuit of this battery, there is a rise in potential or electrical pressure from the zinc to the copper. This pressure rises in steps from the zinc solution to the zinc plate and from the copper solution to the copper plate. Now, if the two plates are connected with a wire, a current of electricity will flow from the copper to the zinc. The solution around the copper becomes acid, that around the zinc becomes alkaline. The next question arises — how is an animal cell constructed and what are its elements? All animal cells have a central nucleus containing an acid constituent, within which is supposed to be the germs containing all the hereditary trends of the animal. Surrounding this nucleus, is the cytoplasm containing the alkaline constituent. Each of these is surrounded with a semi-permeable membrane of low conductivity. The nucleus represents the positive pole and the cytoplasm the

negative pole. So then, the animal cell is a mechanism for the creation of electricity. It is an exceedingly small electric battery and the difference in electrical potential or pressure between the two poles of the cells creates a current of electricity which we call nerve force. NERVE FORCE OR ELECTRICITY, then, is THE ENABLING POWER OF THE PHYSICAL MAN.

According to Sir Arthur Thompson, there are 28 trillions (28,000,000,000,000) cells in the human body. If these cells were opened up and spread out they would cover nine acres. Imagine nine acres of surface made up into tiny electric batteries all connected in series. What a current of power they would produce. The human body needs this vast stream of power to do its work.

Recently, Fritz Grunewald, in a series of investigations, demonstrated that the magnetic needle can be deflected by the human hand. That the action was magnetic was proved by the fact that when the person experimented upon pushed his hand through a coil of copper wire, a current of electricity was produced which was measured by the ammeter. He spread a lot of iron filings on a glass plate and caused the individual to place his hand beneath the plate; the filings slowly arranged themselves in lines of magnetic force, with the two poles distinctly outlined. He also discovered that the deflection of the magnetic needle above the hand would increase during inspiration and decrease during expiration of the breath.

In 1909 Dr. Veraguth of Berlin, in a series of experiments, showed that the human emotions are accompanied by electrical discharges from the central nervous system down through the nerves to the muscles and the glands.

Dr. A. D. Waller, who died 1922 and who was, at the time of his death, director of the Physiological Laboratory of the University of London, has shown, by a number of experiments, that the resistance to the passage of a current of electricity decreases in the presence of pain. His experiments prove that all negative and destructive emotions decrease the resistance of the nerves to the passage of electric currents. He discovered that, in highly sensitized persons, the MERE THOUGHT of a pin prick produced a wider movement of the galvanometer than the actual injury, while a mere suggestion of being burnt with a red-hot poker sent the bead of light in the galvanometer up to the limit. Concealed or controlled emotions acted more powerfully on the galvanometer than when they were relieved by weeping.

Professor Ralph S. Lillie of the University of Chicago has presented data which show that, in cases of uplifting emotions, the cell membranes through which the emotions pass expand. This expansion allows a larger stream of electrons to pass, while, in the case of depressing emotions, the cells contract lessening the stream of electrons that pass.

Sir Jagadis Bose, a Hindu scientist of Calcutta, India, has shown, by his exquisitely sensitized

galvanometer and his marvellous magnetic crescograph, which magnifies the movement of plants from one to more than ten million times, that, if there is the slightest degree of life present in an organism, it will give an electrical response. He has also shown that the response of the cells varies according to their age.

For many centuries it has been a common belief that the human body was surrounded by an aura. Certain individuals claim to be able to see this aura. Scientists generally laughed at the claim, taking the position that no such phenomenon existed therefore no explanation was necessary. Mr. Walter J. Kilner, however, late electrician of the St. Thomas Hospital of London, has brought this supposed psychic phenomenon within the range of the objective senses. He prepared a screen and treated it with a certain coal tar dye known as dicyanin and, when other stipulated conditions were complied with, any person of normal vision can see this aura. He found that this aura has three envelopes and that the size and strength of this atmosphere varies according to age, sex, physical characteristics or health. When a person was placed on an insulated stool and electrified, the intensity of the aura increased. This aura is the magnetic field of the individual and is due to the presence of electric currents flowing in the nerves of the body.

To become a machine for the creation of electricity, the body must be a chemical laboratory. Chemical compounds furnish the conditions for electric cur-

rents and electric currents create chemical compounds. Thome in his book entitled "Structural and Physiological Botany" says, "The chemical processes within the cells of a plant, the molecular movements connected with growth and the internal changes on which the activity of the protoplasm depends, whether exhibited in the formation of new cells or in motility, are connected with the disturbance of electrical balance. The fluids of different chemical properties in the adjoining cells, their decomposition, the evolution of oxygen from cells containing chlorophyll, the function of carbon dioxide in growing organs, the process of transpiration, all these vital processes, produce electric currents." Iron and oxygen in combination with the salts of the blood, as an exciting solution, are capable of and do produce electric currents. Mineral salts play a very vital part in all life processes and the reason is plain. The presence of these salts in the solution that surround the cells is necessary to produce electric currents. In the blood stream, the haemoglobin carries iron. This iron unites with oxygen forming oxy-haemoglobin. In this combination, the iron carries this activating negatively charged gas to all the cells of the body. In the leaves of plants, chlorophyll utilizes manganese in the presence of iron to draw, with the aid of the sunlight, a continuous stream of electricity from the earth, the water and the air.

So then it is a fact sustained by numerous experiments that the lungs, the stomach, the kidneys, etc., are all special laboratories where electric

action produces chemical compounds essential to health.

The Endocrine system, with its twelve glands, is a chemical mechanism with special departments where electrical action produces chemical compounds that are necessary to physical well being. Each of these twelve Endocrine glands secretes a transparent fluid known as Endocrine. These secretions are poured into the blood stream and, in the course of their travels, they pick up through electric affinity other endocrines to form hormones. These hormones will pick up normal proportions of chemicals to furnish the necessary electric energy for perfect metabolism.

The process of breathing is an electric phenomenon. The lungs composed of millions of electric cells, in a condition of unstable electrical equilibrium, are continually furnishing electrical energy.

The food we eat is condensed solar or electric energy. In the chemical process of digestion the electrical balance of the food substances is upset, energy is released and distributed for use in the human machine.

The aim of medicine, in all its schools, through all the weary centuries of sickness and plague, has been to find out what this "vis medicatrix naturae" or life energy is and how to control and direct it. It is impossible to control or direct a force unless you know what it is and the laws that govern it. We know now what it is and we know its laws. The individual can learn how to control and direct this force. He can learn how to increase it over and above the normal

needs of the machine and he can learn how to send this surplus to any part of the machine that needs it. In our private lessons, we furnish the student of this science a mental and physical technique which enables him to accomplish this and thus heal himself.

THE BRAIN AND THE NERVOUS SYSTEM

Chapter Two

THE BRAIN AND THE NERVOUS SYSTEM.

THE human body, then, is a magnificent mobile machine built for the exercise of the mental and physical powers of the driver — **THE THINKER** inside.

The mechanists of our day say that this machine is all there is to man; there is **NO THINKER** within. These gentlemen explain all human achievements and conduct by saying that they are the result of "hitting back." The rebounds of the organism from the impacts of its environment — thus they invest chemical reactions with marvellous powers.

According to this theory, all the great religions that man has invented, Buddhism, Christianity, Judaism, Mohammedanism, are the results of chemical reactions in the brains of the founders, and I presume that the differences in these religions is the difference in the chemicals that produced the reaction. Mahomet had more iron in his makeup than Christ. Buddha may have had an excess of potassium, while Moses and Christ had an excess of some other chemical. All the magnificent achievements of the philosopher, the artist, painter, sculptor, architect, musician and statesman come from the amazing womb of chemical and electric reactions. The vibrations of light from the falling apple struck that mass of cells we call Newton and, behold, a chemical reaction was produced. The mass of cells kicked

back something, and that something was **THE PRINCIPIA**. No thought was required to write the principia or formulate the law of gravitation. Chemical and electric reactions did it all.

Raphael? There was no such entity. The thing that sat at the easel blending colors in imperishable art was simply a mechanism inspired by the joy of chemical reactions. Michelangelo did not need any mind. The thing that chiselled the marble into beautiful forms, erected great cathedrals and adorned them with superb paintings was a reacting mass of electrons. Beethoven was a bundle of musical cells that sat at the organ and struck back at his environment in magnificent symphonies. Aristotle just another combination of chemicals so arranged that their reactions produced philosophy. Demosthenes? Just a name we give a mass of chemical cells which when struck by their environment gave forth great orations. Edison? That combination of cells we call Edison was so organized that, when they were hit by environment, reacted in great inventions. It is too great a tax on my credulity to believe such a theory.

When a man denies the existence of a directing intelligence in the universe or in man, what strange and ridiculous theories he invents to account for them!

The human body is a splendid machine, but within this machine is a **THINKER** that directs and co-ordinates its movements. It is a combination of electric cells but no combination of electric cells

ever produced life or intelligence. Life has no qualities similar to matter. No chemical, magnetic or electric force can produce life. No scientist can create it in his laboratory. Life is positive in relation to matter. It seizes it, endows it with movement, and organizes it toward definite ends. Life has the power of assimilation. It is a combining power. It is co-ordinating power. It has the power of growth and reproduction. The principle of electric exchange furnishes the conditions for life to discharge its functions but electric exchange is not life.

Professor Bascom says, "Life is not force, it is combining power. A capacity to use force for definite ends."

Carpentier says, "The convertibility of electric and chemical forces and their correlation with the vital and the intricacy of the nexus between bodily and mental, which cannot be analyzed, all lead up to one and the same conclusion, the SOURCE OF ALL POWER IS MIND."

Herbert Spencer, in his discussion of the relation between the MIND AND THE BRAIN, says, "Here, indeed, we arrive at the barrier which needs to be perpetually pointed out, alike to those who seek materialistic explanations of mental phenomena and those who are alarmed lest such explanations may be found. The last class prove by their fears as the first prove by their hopes that they believe that mind may possibly be interpreted in terms of matter, WHEREAS THERE IS NOT THE REMOTEST POSSIBILITY OF SO INTERPRETING IT."

Crichton Brown says, "We must hold fast to the truth that matter and mind are **DISTINCT ESSENCES** — irreconcilable in their nature but mysteriously accordant in their operations."

Edison, the greatest of electric inventors, when he was asked by a reporter if he believed in God said, "I believe in an eternal reason that pervades all things and co-ordinates all things, beyond this, my brain cannot go."

The universe, at large, is in a state of unstable equilibrium. Electrical exchange is present everywhere. This electric exchange releases energy, is the creator of force, furnishes the conditions of life growth and reproduction. Without it, we would have a dead and motionless universe. Utilizing this principle of the difference of pressure between the positive and negative electrons, the **ETERNAL REASON** pervades, builds and directs the universe. The operation of this principle is manifest everywhere. Everything is in motion. The sun is the prime mover. It revolves with terrific velocity. The elements that compose it are all volatile, even the metals have become gas. The planets rush around their orbits with varying speeds. The waters of the ocean ebb and flow and rush past the shores of the continents in great streams. The sun picks up the water vaporizing it into clouds, the busy winds carry the clouds to the mountain peaks, the cold air of these heights condenses them into rain and the rivers carry the water back to the ocean. The winds are never still, they move in regular circuits. The seasons

revolve. The granite mountains are in the process of slow disintegration. The summer foliage disappears in the withering blasts of winter to reappear in the warm sunshine of next year. Dead matter becomes living matter which, in turn, becomes dead matter in endless round. Heat and cold follow each other in regular succession.

In human life, we see the operation of the same principle. Movement everywhere, nothing at rest, living multitudes moving along crowded streets both ways. Civilizations rise from barbarism with great cities, populations, armies, battles, conquest, extension, trade, philosophy, culture — then comes equilibrium and death. Out of the ruins, another civilization arises to pass through the same cycle. The tide of speculation rises in Wall Street, reaches the peak of tremendous activity, then recedes, leaving thousands stranded and the market dead. In business, we have periodic cycles. A few years of rising prosperity — money is easy and plenty, exchange is rapid, heavy buying, lavish spending. Then the cycle changes — hard times, scores of firms bankrupt, employment scarce, suicides, robberies and universal depression. There is nothing stable. Governments that have stood for centuries overturned in a night. China in a state of national equilibrium for centuries — now in the throes of an exciting revolution. Nothing is secure. The man who has a million today has nothing tomorrow, while the man with nothing today may have a million tomorrow. All this to my mind can be traced back to this electrical and mental flow

of energy. It seems to me that the only CHANGELESS ELEMENT amidst all these changes is the power that creates this element of change. There are two poles of power — the positive and the negative. The pressure between the two is unequal and the flow of energy continues. This principle of electric exchange is the means whereby power, in infinite measure, is produced and the material universe is kept in constant motion. But behind and within this changing universe, stands this ETERNAL REASON directing and co-ordinating its movements.

This co-ordinating power I call God. I am aware that the biologist cannot find God with his microscope. The astronomer cannot locate him with his telescope. The surgeon cannot find him at the point of his knife. The philosopher cannot apprehend him in the highest reaches of his thought. The logician cannot prove that HE IS through his syllogism. You cannot discover God with the clumsy tools of the intellect. Man through his reason and logic can come up to the edge of the ultimate but he cannot go any further. Man, however, has another power — the power of intuition — the power of direct spiritual vision. The material man cannot penetrate into the realities of the spiritual realm. Such a realm is non-existent to him, because he does not possess the spiritual faculty to perceive it. The man who has good eyesight needs no logic to prove the existence of light. Light, to him, is its own demonstration. The man who has good ears needs no logic to prove the existence of music. When the melody falls upon

his ears, music becomes its own demonstration. So to the man who has spiritual intuition, God is a self-evident fact and, as the spiritual intuition unfolds the existence of God becomes clearer and more definite. When a man denies the existence of God, this denial becomes a self revelation. The denial of the spiritual universe and its realities is the affirmation of the coarse materialism of the man who utters it. Would you empty a bag of pearls into a swine's trough? Certainly not because you know that the swine want nothing but swill and they do not appreciate the value of pearls. Knowledge of the highest truth is only possible to those who have developed the highest within them. A man must BE before he can KNOW.

Scientists tell us that the atom is a miniature solar system — the central nucleus representing the sun and the electrons revolving around it, the planets. They tell us that the atoms that compose all elements are small solar systems. So, then, nature repeats herself in all her parts. The human body, then, must be constructed on the plan of the universe. It is the universe in small compass — a mobile machine and, within this machine, a directing intelligence.

(1). MAN, then, is dual — THE THINKER and the machine.

(2). THE THINKER employs thought force as the instrument of his achievements.

(3). The machine is the medium through which THE THINKER operates.

(4). **THE THINKER** controls the machine through the agency of released electric energy.

(5). The blending of thought force with electric energy constitutes the coupling link between **THE THINKER** and the machine.

When we know the law of the forces that are in man, then, and only then, can we learn to control these forces and attain self mastery. In this book, I make a plea for the application of creative intelligence to all human problems. We have applied creative intelligence to the **WORLD OUTSIDE** of man. We have explored it, discovered the laws that govern its forces and brought them under control. The time has come when we must apply the same creative intelligence to the **WORLD INSIDE** of man, explore this realm, find out the laws that govern its forces and bring them under control. This volume is dedicated to this task.

Now let us see how this creative intelligence has tamed and harnessed the forces of the outer universe. Man is naturally lazy. He never did and never will enjoy hard work. So, in the early dawn of human history, some bright thinker, to save work, lassoed one of the wild horses of the plains, tamed him and yoked him to the plough. Then some other thinker, who hated the labor of pounding the corn, conceived the idea of harnessing the winds. So he built a windmill and had the wind do the corn grinding. Later on, some thinker, who disliked work, built a dam across the river, constructed a water wheel and made the falling water grind the corn.

As time went on, another thinker watched the steam as it lifted the lid on the kettle and he said, "Why not put the steam to work?" So he harnessed the steam up in the steam engine. Still another thinker watched the lightning crash through the big oak tree and shatter it into a thousand splinters, and he decided that it would be a fine thing to harness this power. It took quite a number of thinkers to perfect the harness. Finally, they succeeded and we have the lightnings harnessed in the motor. We also have it harnessed so that it gives light and heat. Another lazy fellow, who hated the toil of writing long manuscripts, decided that it would be a good thing to invent a machine to write for him, so he invented movable type; other thinkers, following in his steps, perfected his rude printing press and, today, we have the linotype and vast printing presses, that print, fold and bind tens of thousands of newspapers by the hour. Another thinker, who hated to walk and thought that trains were dusty and hot and automobiles too slow, imagined he would like to fly, so he built the first glider. Others followed improving on the rude original, and so today the air is full of aeroplanes and dirigibles. Another lazy thinker, lying on his back on a clear night, looking up at the stars and wondering, took a piece of curved glass and fastened it to the end of a rough tube,—found that he could see the stars better and more of them. This was the beginning of the telescope. Now we have powerful instruments and, with them, the human eye can penetrate far into the depths

of space, tabulate millions of suns, map the canals on Mars and measure the mountains on the moon. In addition to these achievements, man has through creative thinking, chiseled the marble into forms divine, made the canvas speak, constructed great railroads extending for miles over mountain and marsh, water and wilderness. He has explored the earth and conquered the poles. He has weighed the atom and isolated the electron. He has analyzed light and measured its speed. He has condensed the air into liquid. He has abolished wires and utilizes the waves of electric energy to send his voice and his photograph to any part of the world.

WHAT MAN CAN IMAGINE MAN CAN DO.

All these and other marvellous achievements, in harnessing the forces in the universe outside of man, were the result of creative thinking on the part of a few. The millions of humanity who participated in the benefits of these discoveries and inventions did not create them. The great mass of the people do not think. Had it not been for the creative thinking of the few the human race would still be a horde of barbarians.

So, then, we have discovered the laws of the forces of nature, built our machines in accordance with these laws and harnessed these forces to do the work of the world, but man himself is still untamed. The world outside of man has been explored and mastered but the world inside of man remains to be conquered.

Scientific thinking has revolutionized the conditions of human life, but human life itself is not improved. Our mechanical advance is going forward, but the human race is going backward. We have made superb machines but shoddy men.

It is the business of the physician, the theologian, the teacher and the statesman to improve the race but they have been fumbling with the problem for centuries and accomplished nothing. The reason for their failure is that these gentlemen were not capable of creative thinking.

What is creative thinking? The illustrious few who have given us the discoveries and inventions that have transformed the outer world have furnished us with the model of creative thinking. It is the free intellect in action. It refuses to recognize tradition. It will not bend in the presence of the authorities of the past or the enthroned stupidities of the present. It cuts away all red tape and flings into the rubbish heap the grave clothes of custom and superstition.

CREATIVE INTELLIGENCE.

First, starts with the facts.

Second, discovers the law or the how of the facts.

Third, in accordance with this law, it builds the machine, or formulates the method. The men who have given us everything of value in invention, astronomy, geology, biology, discovery and government have been creative thinkers.

Has this method been employed in solving the human problems? No. We have used it in conquering the forces of the outer world, but we have not used it in conquering the forces of the inner world. Who is to blame? We must place the blame where it belongs — on the shoulders of those into whose hands we have committed the task of human redemption.

We have turned over to the physician the task of keeping the human body in good health so that the thinker within can function efficiently. He has been in charge of this task for centuries. What has he been doing these many years? What is he doing now? Simply fumbling. There is no agreement amongst the medical schools as to what disease is or how to cure it. They differ as to what the life force is and how to direct it. There is no such thing as the science of medicine. It is the realm of confusion and will continue to be the realm of confusion until it is rescued by creative thinking. Our physical saviors need saving, our doctors need to cure their own disordered systems of cure before they attempt to cure the disorders of humanity.

We have turned over to the theologian the task of saving our souls. They have been at this task for centuries. What have they accomplished? They have succeeded in erecting a Heaven away out somewhere in the deep blue. They have built a purgatory and a hell away, down, deep in dark flaming caverns. They have formulated many different definitions of God. They have been successful in enlisting

millions of followers and dividing them up into hundreds of warring groups, they have built great churches, amassed billions in property values, organized great Hierarchies to perpetuate their power. They have established schools and colleges, written many useless creeds, dumped on the brain of man millions of tons of useless literature. I am aware that they have done great things for themselves but what have they done in the matter of human redemption? Has the lever of their methods lifted man nearer to God? Have they taught man the science of how to build a healthy, clean, strong, efficient personality? What has been the net result of this vast expenditure of men and millions on the moral character of the race? Almost nothing. On the contrary, the results have been destructive because the central idea, in all theology, is **NEGATIVE**. The doctrine of vicarious atonement — Jesus never taught this doctrine. His teaching was positive, dynamic, virile. His philosophy of the conduct that saves was that of **ACTION**. Paul was the gentleman who first formulated the doctrine of the vicarious atonement. It was wrought into a system by Augustine, modified by Calvin in his penal substitution theory and again modified by Arminius in his conditional theory. The doctrine broadly interpreted is this — all the work of human redemption is already accomplished for you. You do not need to do any work — just believe. The golden crown of immortal bliss is yours for the taking. This negative idea has been preached for centuries and is being preached

in tens of thousands of pulpits today. The Christian world is literally steeped in it.

Man is naturally a lazy animal. He likes to have things done for him. Marvellously shrewd are our spiritual instructors. They have given the people what they want. If you give the people what they want, they will crown you. If you give them what they need, they will crucify you. Our spiritual leaders would much rather be crowned than crucified. This doctrine of salvation by proxy has been extremely lucrative to its successful salesmen. But what is the result of this negative theology on humanity? Millions of negative people who are incapable of independent thinking or independent action, weak, soft, flabby spiritual and mental parasites — easy prey for the keen, economic exploiters who work under the cloak of spiritual instructors. Must this continue? It will continue until some great, dynamic, creative thinker like Jesus comes and sweeps away all this negative rubbish and restores the positive, creative doctrines of an untarnished Christianity.

Into the hands of the teachers and professors, we have committed the task of abolishing ignorance and extending intelligence. To accomplish this important task billions in money has been freely given by donation and surrendered by taxation. Schools, academies, colleges and universities have been built by the ten thousand. A great army of professors and teachers employed. What finer investment of men and money can be imagined than that of enriching the brains of the people with free

intelligence? Because our government is based on the consent of the people, an educated and intelligent citizenry is of basic importance. Has this tremendous investment in men and money made the masses intelligent? It has not. Millions can neither read nor write. The big majority of our adult population are children in mentality. Under these circumstances, the masses become the prey of scheming politicians and the slaves of KING MOB.

But have our teachers EDUCATED those they have taught? What is education? Education is the forming of those mental habits that enables an individual to react adequately in any real situation. Education in other words is to so draw out and strengthen the mental powers of the individual that he can do his own thinking and come to his own conclusions. Education, then, is the unfoldment of creative intelligence. Where are the evidences that the masses taught are capable of creative thinking? The evidence is all the other way. Our teachers make no distinctions in individuals. They line up all the scholars on the banks of the river of information and spray them wholesale with the waters of wisdom. They fuse them all together in the furnace of knowledge and then pour them into similar moulds. When they harden, they all look alike. That all men are born equal is not true. There is a wide variance in capacity. Professor Thorndike of Columbia University says that the human mind expresses itself in three forms of intelligence. The

mechanical, the abstract and the social — to which may be added the musical and the artistic. Here is where the difference in individuals appears. The trend of one person may be towards mechanics, that of another towards philosophy, that of another towards social service, another music and another painting.

Emerson said, "Like a boat on a river every individual runs against obstructions on every side but one, on that side all obstructions are taken away and he sweeps serenely on over a deepening channel into an infinite sea." Every individual is potentially a creative thinker in some direction. Have our teachers recognized this difference in capacity in their methods of instruction? They have not. Like our physicians, into whose hands we have delivered our bodies, and our theologians into whose hands we committed our souls, our teachers, into whose hands we have committed our brains, have failed because they lack creative intelligence.

Into the hands of our statesmen we have committed the task of formulating our laws and directing our government. These gentlemen have promised us as they raised their good right hand to Heaven that, if elected, they would put the principles and provisions of our government into full, dynamic action. They said that they would give us a government that would stand guard over the rights of the weakest as well as over the rights of the strongest. A government, responsible in all its parts to the people's will, a government that would refuse to

embark in any enterprise unless it was sustained by the enlightened will of the majority, a government that would, with sympathetic patience, listen to the complaint of the citizen and, instead of throwing him into jail, would endeavor to remove the cause, a government that would levy the taxes in accordance with the principle that the heaviest end of the burden would rest on the shoulders of those best able to bear it. A government so even handed in its justice, that it would not be afraid of criticism. A government so clean, in its conduct of public affairs, that it would welcome the light of publicity. A government whose officials would be as careful in the spending of the people's money as they would be when spending their own. A government so bathed in honesty that it would conduct all its affairs in the open, a government that would stand four square against all opponents and deny special privileges to any class. A government that could not be bought or sold, that would enact laws for the common good and would compel the rich as well as the poor to obey them. A government that would look upon all men as equal before the law where wealth could not obtain immunity nor poverty special favor. A government so wise and just that it would give every man an equal opportunity to express the best that is in him, that would, by effective penalty, prevent any man or group of men from taking that which they have not earned and, on the other hand, would give to every man or group of men that which they have earned and protect them in the ownership. A government where the rights

of the minority are as much respected as the rights of the majority, for they are parts of the same organism. A government that would so order the conduct of education that the child of wealth would have no advantage over the child of poverty. A government that would operate on the principle that the government that governs least governs best. A government that would keep the field of opportunity open to every citizen; that refuses to enter that field itself in any form of state enterprise or monopoly and, at the same time, refuses to allow any citizen or group of citizens to abridge the liberty of others by a monopoly therein. A government so true to the spirit and purpose of the founders of this republic that it would not be false to any man — whose promises would always be carried into performance. A government whose officials would scorn to stoop so low as to use their power to gratify personal revenge, enhance the fortunes of political favorites or build up a party machine. A government so broad in its political horizons that it would not submit to control by faction but would overlook the whole country and call into its councils representatives of all classes and all interests. Our servants, the statesmen, whom we elected to office promised us such a government. To this they solemnly pledged their sacred honor. Have they carried out their promises? Have they not on the other hand bestowed upon us a reversal of their promises? They have been very busy passing about sixty thousand or so laws a year. Most of them of no value. The corridors of the halls

of justice are so full of useless laws that justice has no room to express itself. They have so amended the constitution that it bears no resemblance to its original form. Driven like a pack of cowards under the lash of sincere, but narrow minded fanaticism, they have passed a sumptuary law which aims to destroy a natural appetite, a law that has converted themselves, the law makers, into hypocrites and liars. A law that has repealed the central principle of the constitution itself and rendered its provisions for freedom in the realm of personal habits null and void. A law that the majority, including the law makers themselves, disobey and nobody save the bootlegger and the sincere fanatic respects. A law that has saturated the nation with the poison of deceit, suspicion and hypocrisy and created an army of paid spies and snoopers. A law that has created disrespect for all law and created a league of crime between the underworld and public officials. A law that has created a vast army of lawbreakers, an empire of bootleggers with its army of gunmen, its own tribunals, its own methods of swift and terrible retribution. Collecting a revenue greater than that of the government itself. This law created this empire of desperadoes because, before its enactment, it did not exist. This empire of crime with its bombers, its gunmen, its methods of intimidation and its blackmailing, is the supreme menace of the age — more destructive to America than the Mafia ever was to Italy. It is stronger than the government. The government by law and the government

outside of the law cannot exist side by side. One or the other must go.

If our statesmen had been guided by creative thinking, such a law never would have been passed. A natural instinct cannot be destroyed by legislation. Natural instincts may be guided by legislation. A law that can be enforced, must be sustained by the conscience of the majority. If all the violators of this law were known, two thirds of the population would be in jail. This law to my mind is the climax of political stupidity. I have sometimes thought that it would be a good thing if our senators, congressmen and legislators would take a long vacation so as to give the nation a chance to regulate itself.

Why have our political leaders failed? They have failed because they have not been in possession of the power to think creatively, and they have refused to accept advice from the men who are in possession of creative intelligence. On the shelves of our libraries, there are hundreds of volumes on human life and its problems, written by men who possessed creative intelligence, men who used the scientific method in their investigations. This invaluable information is in the congressional libraries adjoining the halls of Congress, and in the libraries of our various state capitals. Volumes of creative thought and fact — the very things that our political leaders need in their work of government and law making. Have they drawn upon this bank of intelligence and scientific fact? Evidently they have not.

Democracy or representative government, meas-

ured by its results on human life, is an admitted failure — not because of the inherent weakness of its principles but because creative intelligence has not been employed in the administration of these principles. The men who make our laws and administer the principles of our government must change their methods. Other countries, admitting failure, have selected dictators. This is another form of autocracy and autocracy, in all its forms, is, in the last analysis, destructive.

Nothing can take the place of creative intelligence. Its marvellous results are seen in the realms of biology, chemistry, astronomy, geology and psychology. We have the results of this creative intelligence in volumes of rare value in our libraries. **THERE IS ENOUGH CREATIVE KNOWLEDGE NOW IN EXISTENCE TO RECONSTRUCT THE WORLD OF MEN AND WOMEN AND PRODUCE THE SUPER NATION, BUT IT IS NOT DISTRIBUTED.** The distribution of creative knowledge has always met the determined opposition of enthroned stupidity. The creative thinker has been whipped, jailed and executed. Because of this, progress is slow and painful. A lie can pass around the world ten times while truth is lacing her boots.

Pursuing our purpose in applying the results of creative thinking to the conquest and control of the forces within man, we are now ready to take up the matter of how the thinker in the machine functions within the machine and, through the machine, in the universe.

We have seen that the human body is an electric machine and that this machine creates a current of organic electricity. We have stated that within this machine is something that directs and controls this machine and that this something uses this electric current in directing and controlling the machine. We have called this something **THE THINKER**.

What is this thinker? Science does not profess to know. We may speculate all we please. We may say that, just as a drop of sea water is an individualized part of the ocean and contains within itself all the elements of the ocean in small compass, so this thinker is an individualized part of the universal mind containing, within himself, in a finite measure, all the elements of the universal mind.

Science, however, does not speculate. Science deals with happenings. When things happen, it is the duty of science to tell **HOW** they happen. Science can say **THIS IS THE WAY** that this thing happened. But when it comes to the nature of the power that made the thing happen, science is silent. In the realm of electricity science can tell **HOW** electricity works but science does not know what electricity **IS**.

We know that within the machine there is something that is different from and greater than the electric current, because this something uses the electric current in the machine to direct and control it. And this something working through the machine has filled the world with the results of **THOUGHT**

both bad and good, and, at the present moment, this something is causing innumerable things to happen for the good and for the injury of humanity.

This something within the machine uses science to discover HOW things happen. Science is inductive thinking. There could be no science without the power to think. This something, then, within the machine must be a THINKER. Again this something within the machine must be a THINKER because it changes the raw material of unorganized sensations into organized and intelligent perceptions. For instance — here is an apple. The nostrils catch the odor and the nerves carry this odor back to the brain, the tongue tastes the flavor and the sensation is flashed back to the brain, the eye perceives the color and this is flashed back, the fingers and hand detect the texture and shape and this is flashed back, this something in the brain co-ordinates these sensations into a perception. And this something, having located this perception in time and space, says, this is an apple. It takes a THINKER to change sensations into thought. A multitude of sensations come in through the nerves or electric wires of the machine, a medley of messengers all crowding into the brain. Plato called them "the rabble of the senses" and, left to themselves, they would remain a rabble. But there is a law giver for this mob in the brain, a directing and co-ordinating power that receives these numerous sensations and moulds them into sense.

So, then, somewhere, in the brain, is the SEAT of THE THINKER and, from this seat, THE THINKER through various operating departments, controls and directs all the movements of the machine both voluntary and involuntary. This THINKER also functions mentally; selects sensations, transforms them into perceptions, conceptions, forms of thought, methods, systems and sciences.

Dr. Schofield in his book on *The Unconscious Mind* says, "Besides the obvious divisions of the brain into greater and or lesser, or cerebrum and cerebellum, and into left and right, we may divide the brain into three regions consisting from above downward of surface brain, mid brain and lower brain, each of these containing a large proportion of the active agent of grey matter which consists of masses of cells. The lower brain connects the spinal cord below with the mid brain above and is as, Herbert Spencer says, the co-ordinating centre for most of the associated movements. It is, in fact, the organizing centre for carrying on all the processes connected with the passive or vegetative life of the body. All the processes carried on here are far below the threshold of consciousness. In this mid brain we see the organization of the functions of the animal life subject to the highest centres and conducted below the level of consciousness. Lastly we come to the surface brain, the seat of conscious mental life and the source of all voluntary action."

(1) The brain, then, is a vast collection of electric cells connected in series.

(2) It is the operating headquarters for the machine with innumerable nerves or wires running out to every part thereof and back again, completing the circuit.

(3) This operating headquarters has two divisions — the voluntary or conscious and the involuntary or subconscious.

(4) **THE THINKER** we suppose has his seat in the front portion of the pituitary body which is a small gland located at the base of the brain about the centre and directly back of a point midway between the eyes. The back portion of this body seems to be the concentration point for the electric energy of the machine. When he wants more driving power, **THE THINKER** can press this button.

(5) Through these two operating departments, one governed by the will and the other automatic, **THE THINKER** directs all the movements of the machine, receives all the messages from the outside universe in different forms of sensation. He selects, from this multitude of sensations, and, from them, creates perceptions, conceptions and systems of thought. In addition to being a receiver and manufacturer of thought **THE THINKER** is, also, a sender.

(6) Each of the departments in the brain, the conscious governed by the will and the sub-conscious which is automatic, has its own system of nerves or wires. The conscious has a big cord of wires running down through the spinal column and out to every muscle of the body. This system is called the volun-

tary system. The sub-conscious has a system which has a centre in the solar-plexus which lies close to the spinal column, back of the stomach. This system is called the involuntary or sympathetic and is connected with all the organs and glands of the body. There is a constant flow of electric current from the brain, down through the voluntary system, to the various organs and glands of the body and back again to the brain through the involuntary system.

(7) The brain, then, is positive in reference to all other groups of cells in the body. The principle of electric exchange, which operates in each single cell in the body, operates in much greater volume between the brain and the other groups of cells in the body. There is, therefore, a constant flow of current from the brain to these groups of cells and back again from them to the brain. If this flow should reach a state of equilibrium, death would result. Electrical exchange is the condition demanded before life can manifest and function on the visible plane. To keep up this exchange so as to have life continue to function, there must be more electricity in the brain than there is in any of the groups of cells in the other parts of the body. With these preliminary statements we will now see **HOW THE THINKER WORKS** and what he does through these operating departments.

THE SUB-CONSCIOUS.

First — the machinery of the sub-conscious acts automatically. The WILL of THE THINKER has nothing to do with it directly. The stomach digests the food. The various structures in the body are built and repaired. The heart pumps the blood. The blood circulates. The various glands secrete their chemical compounds and pour them into the blood stream. The lungs extract oxygen from the air and discharge carbonic acid gas. The body adjusts itself to the changing temperature. The waste matter is eliminated. In short, all the physical functions of the body are performed with intelligent precision, automatically, without any effort on the part of THE THINKER. In hours of sleep or hours of wakefulness, through the long years of life, this automatic machinery performs its numerous tasks with an amazing intelligence. What a marvellously wise provision this is. Because of this arrangement, THE THINKER is left free to act in the realm of consciousness where his time is fully occupied in obtaining and selecting food-stuff to build his body and thought-stuff to build his character.

The sub-conscious is composed of millions of electric cells connected in series — an exquisitely sensitized mass — and every organ and gland in the body has a group of those cells that preside over its functions. This automatic machinery, in the sub-conscious, has a double action, physical and mental.

In fact, every part of the machine has this double action.

THE THINKER, from his throne room in the conscious department, selects food, chews and swallows it. This act completed, the sub-conscious takes the food, digests it and builds it into the tissues and structures of the body. THE THINKER, then, ought to know enough about food to select the food that contains the elements that the body needs. THE THINKER, in the conscious department, also selects thought stuff to build character in fact, this is his supreme task. Every man is the builder of his own character and the son of his own deeds. He builds his own Heaven and his own hell all out of the thought stuff that he selects. THE THINKER sends this selected thought stuff down to the sub-conscious and the automatic machinery immediately seizes it and builds it into character.

BUT HOW? I think that it happens this way. When THE THINKER, up in the conscious department, gets a clear conception of something attractive and he says, "I want that and I am going to get it," then this decision on the part of THE THINKER sets up a vibration in the electric cells of the conscious brain corresponding to the nature of the decision. This decision immediately reaches the sub-conscious and a corresponding vibration is set up in its electric cells, giving them a trend in a certain direction. This trend tends to become permanent. So then, the WORD CAN BECOME FLESH and it is also true that if you sow a thought you reap an

act; sow an act, you reap a brain attitude; sow a brain attitude, you reap a character; sow a character, you reap a destiny. This is an inflexible, unchangeable law. We cannot change the law but we can change the thought stuff that we give it to work into character.

Second — this sub-conscious automatic machinery guards the citadel of life. All its energies are leagued against death. With seemingly unlimited power at its command, it provides for and protects THE THINKER and, through him, the family and the human race. In every normal individual, there are three powerful INSTINCTS, first, self preservation — second, the preservation of the family or the sex instinct and — third, the preservation of the group such as the tribe, church or nation, the herd instinct. The second and third are extensions of the first because, if the family and the group is preserved, the individual is preserved. These instincts are all expressed through the sub-conscious. These instincts are rooted in the universal energy of the universe. They are the fundamentals of our make-up. This business of preserving the individual, the perpetuation of the race and the protection of the group to which the individual belongs, is of paramount importance.

To provide for this protection there is a reservoir of almost unlimited power available in the deeps of the sub-conscious. In the case of a drowning man, his first efforts to save himself are conscious. After vain struggles of a few moments, he loses consciousness, then the involuntary, automatic action

of the sub-conscious is brought into action and he automatically seizes his rescuer with the death grip, a grip more powerful than steel, and drags him down to death with him. I could multiply instances showing how the sub-conscious has used this immense power in saving the individual, members of his family, or members of his group. The exhibitions of muscular power through the conscious are as nothing when compared with the exhibitions of muscular power through the sub-conscious. The marvellous feats of strength put forth in times of emergency by men and women of ordinary strength were all sub-conscious. If the thinker in the machine could control and direct this immense reserve power, as the general controls and directs the reserve forces of his army, he could conquer weakness and disease and gain perfect health without the assistance of a doctor.

Third — the biologist tells us that the body of the child, before it emerges through the gateway of birth, passes through all the stages of animal life — the fish, the reptile, the animal, the human. So, in the brain, we have the entire history of the human race recorded in its upward path from the lowest form of life to the present. If we understood the steps in the unfoldment of the brain, we would understand how **THE THINKER** expressed himself in every stage of his past progress. Without a brain **THE THINKER** could not express himself. If he desires to express himself in higher forms of life and thought, **THE THINKER** must develop a brain that is capable of

these higher forms of expression. If the brain contains the cell groups through which **THE THINKER** has expressed himself in all the stages of his past development, then each individual carries with him, in his brain, the animal, the cave-man, the savage and the barbarian. Science tells us that they are alive and active, very much so at times, and every man and woman can testify that, sometimes, these rough fellows take charge and create havoc. How to handle these rough associates and make them behave will be discussed later on in this book.

Fourth—since **THE THINKER** in the conscious department, selects and hands down to the sub-conscious food-stuff to build the body and thought-stuff to built character, we can say that the sub-conscious is governed through suggestion. What is suggestion? Suggestion includes a wide class of thought vibrations. They are conveyed to the sub-conscious and if accepted create new trends in the nerve cells or strengthen trends already established. These thought vibrations even when communicated by others must come through **THE THINKER** himself.

We must remember, however, that the sub-conscious will not respond to all kinds of suggestions. We have seen that the mechanism of the sub-conscious is organized to provide for and protect life; so then, any suggestion that would injure the life of the individual, his family, or group would be rejected. The individual who commits suicide, the mother who kills herself and her children, are not normal. They

are abnormal and, in their abnormal state, they have overcome the resistance of the sub-conscious. The suggestion that they have given themselves, that death is better than life, is more powerful than the resistance of the sub-conscious and, in the presence of the more powerful suggestion, the sub-conscious yields.

Again we have seen how habits are formed by giving the cells in the sub-conscious a certain automatic trend. Any suggestion therefore that would run counter to well established habits would be rejected on first presentation. It is possible, however, by a continual repetition of those suggestions to change this trend in the cells and create new habits. There is, in the sub-conscious, a tremendous upward urge. The urge of life for greater expansion and wider horizons. Because of this urge, suggestions of health, prosperity, power, wealth and freedom are greedily accepted. In this analysis of the functions of the sub-conscious, I am simply stating principles. Later on in this book I will show how suggestion wrecks or builds human health and character.

Fifth — the sub-conscious, as we have seen, contains the entire history of the past of the individual and of the race. It is the repository of all the past experiences of the individual. Its cell convolutions are the leaves upon which are recorded all his thoughts, acts and experiences. We have the testimony of many individuals who were saved from drowning and these individuals say that just as they were losing consciousness all the events

in their past history passed in review before them. Every individual, then, carries, within himself, his own record and it is exactly accurate. So, then, in the sub-conscious, **THE THINKER NEVER FORGETS**. Some of our past acts and experiences are so unpleasant that we wish they were blotted out forever. But no, they are still with us in the deeps of the sub-conscious. The psychoanalyst says that they are very much alive and sometimes they give us a lot of trouble. They create what he calls complexes of various kinds and these complexes become storm centres that create brain storms. A man cannot run away from his shadow and the record, in the sub-conscious, is the shadow from which no man can escape. In the private course of lessons we give the student a technique which enables him to sublimate these trouble makers and render them harmless.

Sixth — in the sub-conscious, **THE THINKER NEVER SLEEPS**. **THE THINKER** sleeps when he steps down from the conscious department of the brain into the sub-conscious. The conscious is the realm of effort and **THE THINKER** gets tired after working all day, so he leaves the upper workshop and comes down into the sub-conscious and stays there all night. The next morning he climbs back into the operating department of the conscious to commence another day of the weary grind. In restful sleep the entire body is recuperated because the energy that was used up in the activities of the conscious brain, during the hours of wakefulness, is switched to the sub-conscious during the hours of sleep.

THE CONSCIOUS.

The conscious is that department of the brain where **THE THINKER** is alert, awake and conscious, according to Maynert, there are one billion two hundred million cells in the well developed conscious brain. This portion of the brain lies in convolutions outside of the sub-conscious and around the inner surface of the skull. If the cells, composing this part of the brain, were spread out they would cover an area of thirty-six square feet. Thirty-six square feet of surface material made up into tiny electric cells would deliver a powerful current of electric energy. **THE THINKER** needs a powerful current to perform the work that he does in this department.

The surface area of the brain, in any person, is the measure of that person's mental power. Electricity is an unlimited energy but it is limited by the capacity of the motor through which it passes. We have the one horse, the ten horse, the fifty horse, the thousand horse, the ten thousand horse motor and so on up. The number of the electric cells in the brain of any individual measures his mental **CAPACITY**, because the energy created furnishes the conditions and the motive power for the exercise of his intelligence. So we have brains of different capacity, ranging from that of the average man up to the brain of a Newton or an Einstein. The enabling power of **THE THINKER** is thought energy. The enabling power in the brain is electric energy. If the electric current is weak, **THE THINKER**

cannot accomplish much. He may be an intellectual giant but his performances are limited by the electric energy at his command.

When man was an animal, he must have had a small conscious brain, but the life energy, in the subconscious, pushing upwards, created new cells and, as new additions were made, he moved upwards to the cave man and, from the cave man, to the savage, from the savage, to the barbarian and, from the barbarian, to the civilized man of today. It is an unfortunate thing for a race or for an individual when brain development is arrested. In that case, progress ceases. We have numerous instances of arrested development amongst races and individuals.

With these remarks, we will now consider **HOW THE THINKER** functions in this department of the brain.

First — the conscious brain is the department where **THE THINKER** selects food stuff to build the body and thought stuff to build character, from all throughout the universe, vibrations of light, heat, color and motion impinge on the nerve ends of his body. Thousands of objects send their messages demanding attention. **THE THINKER** cannot give all this multitude his attention at the same time. He selects a few for consideration. Out of the few, he can only examine one at a time. From these sensations he formulates his conceptions of the universe. In addition to these vibrations that come to him from the universe at large, a multitude of thoughts and suggestions come to him from people, events, newspapers, magazines and books. Out of this multitude

he must select one at a time for consideration and decide as to whether he will accept or reject it. He must decide for himself as to what is best for him. He is free to accept or reject. So then, the seat of authority for truth is in **THE THINKER** himself. The trained thinker is fully equipped to do this important work because he can reason inductively or deductively. He can separate sensations and he can combine them. By the use of these powers, he can inspect, sift and formulate all impressions from without or within. This department is the realm of creative intelligence. It is the customs house in the province of man — the Ellis Island in the human republic. The child comes into life without this brain. So the child, when, it emerges, is a bundle of unconscious movements. All its actions are automatic. The process of building this department of the brain begins, however, at once because the child must have it to function in the conscious universe. The bones of the skull are left open at two points and the sutures are soft, so as to allow for expansion as this brain grows. As this section of the brain gradually grows, the child gradually attains consciousness and his knowledge of the conscious universe widens. Tennyson, describing this development says, in his great poem *In Memoriam*,

The baby new to earth and sky
What time his tender hand has pressed
Against the circle of the breast
Has never known that this is I.

But, as he grows, he gathers much
And learns the use of I and me
And learns I am not the things I touch
And other than the things I see.

So rounds he to a separate mind
From whence clear memory doth begin,
And, through the frame that binds him in,
He, isolated, grows defined.

If this brain is only partially developed we have a low type of mentality. When we speak of an individual as being "weak in the upper story" we state a scientific fact.

Second — the WILL OF THE THINKER is expressed in this department of the brain. It is expressed in two ways — the physical and the mental. In the physical expression, it controls the movements of the body through six hundred muscles, in the mental expression, it makes decisions. Embedded in these muscles, are the nerves that carry the electric current. These nerves terminate in the conscious brain. This gives THE THINKER complete control over all the voluntary muscles. This is essential because he must be able to walk, run, sit or lie down, jump, play or fight. The marvellous performances of the athlete, the gymnast and the dancer show how completely the muscles can be dominated by the will. In this realm THE THINKER says NO or YES. I will or I won't. It is therefore the realm of responsibility. It is here where the

thought-stuff is gathered from all sources, selected and sent down to the sub-conscious to be manufactured into what THE THINKER calls my creed, my philosophy, my conclusions, my religion, my character.

Third — this department is the registering centre for all sensations. If the point of the finest cambric needle is inserted into the muscles in any part of the body, the sensation is carried by the electric current in the nerves of sensation to the conscious brain. THE THINKER sends a command down the nerves of motion moving the body away from the disturbing factor. If the conscious brain was stripped off, THE THINKER might live, but if he did he would be incapable of feeling. When the associated group of nerve cells in the conscious brain that control any set of muscles is paralyzed, those muscles lose all sense of feeling. All anesthetics seem to possess the power, through chemical affinity, of temporarily paralyzing the cells of the conscious brain, so they cannot act. In that case, THE THINKER'S power to register sensations is destroyed. There is a large amount of albumen in the make up of the cells of the conscious brain. Albumen is the chief constituent in the white of an egg. If you will take the white of an egg and put it in a glass, and then pour alcohol into the glass and stir the contents, the albumen becomes hard and cheesy. So, when THE THINKER drinks booze, the alcohol flies to his conscious brain and cheeses up the cells, THE THINKER loses control of his muscles and he rolls

into the ditch. The vile, bootleg stuff mixed with ether and chloroform that is dispensed under the auspices of "our noble experiment," the Volstead act, has paralyzed thousands of THINKERS all over the country and thousands more have died because the paralysis reached the sub-conscious centres that govern the vital machinery of the body.

Fourth — in this department of the brain, THE THINKER can only entertain one idea at a time. Because our mental movements are so quick, we imagine that we can concentrate on a number of ideas at once. But THE THINKER cannot focus his attention on two or more ideas at the same time. When he concentrates all his mental power upon an idea, he has no power left to use in any other direction. If you could succeed in keeping the thinker's attention concentrated upon an idea or object, for a time, then you could slip a suggestion into the sub-conscious department without his knowing it. This is called "the psychological moment" in salesmanship and business transactions.

From these considerations, it will be seen that THE THINKER is master in this realm. In fact the realm of consciousness is the only world THE THINKER lives in. The limits of his universe are the limits of his own consciousness and his associates are the ideas that he entertains there. He has the power to cast out of his consciousness any undesirable idea. If he welcomes into this world of his consciousness, the negative thoughts of defeat, failure poverty, or disease, the sub-conscious will weave

these ideas into his life. If, on the other hand, he welcomes the positive thoughts of success, health, and power, the sub-conscious will translate these into accomplishment. So then, the nature of the ideas that we entertain in this realm is of paramount importance.

**HOW THE POWER THAT CURES
DISEASE WORKS**

Chapter Three

HOW THE POWER THAT CURES DISEASE WORKS.

HOW to cure disease is a problem that has occupied the attention of man for long and weary centuries. The problem was so important that, long ages ago, humanity set apart a certain class of men and instructed them to devote all their time and talents to the solution of this problem. For many centuries, this class has been busy — mostly experimenting. In the earlier history, they employed magical formulas, relics, superstitions, nostrums and strange concoctions. Later on, they thought that if they could cut the body open and find out how it was put together this knowledge might hasten a solution of the problem. So they cut up thousands of bodies, counted the bones, traced the course of the nerves, veins and arteries, analyzed the blood, located the glands and examined the brain. In fact, they mapped, measured, weighed and named all the parts of the body. It seems, though, that this did not help in the solution mostly because this knowledge was mechanical. Disease and its cure still remained an unsolved puzzle.

I wonder if it has ever dawned upon the doctors that this universe is governed by law and that disease is the penalty for violated law. There are certain forces in man. These forces are obedient to some law. If the doctors knew how these forces work,

they could direct and control these forces and bring about a cure.

It is admitted now by the doctors of all the schools that the forces that cure a person are the forces that are in that person, and they all say that it is their aim to assist these forces in effecting a cure. Science ferrets out **HOW** things happen. The doctors do not know how disease happens. They do not know how health happens, because they do not know **HOW** the forces that are in man work.

Because they do not know, medicine is not a science, it is still in the experimental stage. The realm of cure is the realm of confusion, where conflict is the law and controversy is the custom. The men, whose business it is to restore harmony in the body, wage continual war amongst themselves. Members of rival schools call each other quacks. Theory wars with theory and method condemns method.

The warring sects in medicine may be classified into three groups.

First, the material groups.

Second, the mental groups.

Third, the faith prayer and relic groups. The distinguishing and ridiculous feature amongst these warring groups is that each group makes the claim that they, and they alone, are the custodians of **THE TRUTH** in the realm of cure. It is no wonder that the body remains sick and the soul sinful when the sects in medicine and the sects in religion waste their time and energy in fighting each other.

To show the extent of this war in the realm of

cure I will briefly outline the substance of the theories advanced by these various groups.

First. The allopathic group. This is the oldest and most powerful group. Because they are the oldest, they think they ought to be respected. Many centuries ago a man by the name of Esculapius originated the method of cure championed by this group. Its central principle is contained in the Latin phrase "*Contraria contrariis curantur.*" This is the doctrine of opposites. The allopath believes that, if a patient is afflicted with a disease, the quickest way to cure him is to give him a drug that will produce symptoms exactly opposite to the symptoms he exhibits. In other words the allopath creates one disorder in order to cure another. When a man is afflicted with constipation, the allopath gives him a dose of calomel. Calomel is a poison and its presence in the stomach and intestines causes them to pour out increased streams of fluid to wash out the poison. This flood of fluid washes out the poison and the accumulated waste matter in the intestines with it. This process weakens the body because it uses up its reserve power. The disease returns and the last state of the patient is worse than the first. So that, instead of scientifically directing the resident forces that are in man, the allopath whips them into action like a man whipping an overloaded horse.

Second. The next group is the homeopaths. Homeopathy is hostile to allopathy at every point. The two words allopathy and homeopathy mutually

destroy each other. Like two fighting stags when their horns become hopelessly locked, they die together. The theory of the homeopath is the doctrine of similars. "*Similia similibus curantur*" or, like cures like. When the homeopath is called in a case of sickness, he examines the symptoms and then prescribes a drug that will produce symptoms similar to the symptoms exhibited. His theory is that no two diseases can exist at the same time and the same place. Two similiar diseases like two negatives in the English language mutually destroy each other. The homeopath aims to produce similar symptoms — the allopath aims to produce opposite symptoms. These groups have been engaged in incessant war for many years and are still fighting. The homeopaths refuse to agree amongst themselves. The high potential homeopath quarrels with the low potential homeopath.

Third. We have the champions of the microbe theory. The defenders of this theory say that the visible universe is filled with countless millions of microbes. These microbes are so small that ten millions of them could find more room to disport themselves on a ten cent piece than a frog could in Lake Michigan. These microbes create all the diseases wherewith humanity is afflicted. Every disease has its own microbe. Any new disease is the work of some new microbe. To cure disease, these microbes must be destroyed. Just as the tough old Roman Senator Cato, at the end of every speech cried out, "*Delendo est Carthago.*" Carthage must

be destroyed, so the champions of this theory cry out "Delendo est microbe — the microbe must be destroyed. To do this, these microbes must be isolated and identified. Then we must find the particular poison that will kill that microbe." When a person is afflicted with a disease, these gentlemen examine his blood to find the microbe that is causing the trouble. When found they cry out "Aha, we have found the offender. Now we will execute him and all his associates." So they inject, into the patient's blood stream, a serum that will run down and kill the criminals. And where do these gentlemen obtain this serum? They get it from the blood of horses that have been inoculated with that disease and restored to health. This group has become wealthy and powerful. They have invested heavily in stables, many horses, and numerous serum factories. It is hard on the horses but it is a very profitable business, and the mantle of profit covers many sins. To cure any disease all you need is a shot or two in the arm. I wonder what happens when the wrong serum is injected into the blood stream. Does the patient die or does the microbe die? Some of these days the champions of this group will identify the germ of lying, then they will discover an anti-toxin to kill it, then they will announce that one shot of this anti-prevaricator injected under the tongue of any liar will destroy his taste for lies and make him love the truth. In view of the fact that these serums are obtained from horses, it may be that that phrase "giving them the horse laugh" arose from this practice.

Fourth. Then we have the osteopathic group. This is an unfortunate name; osteo means bone and pathos cure. Osteopathy is not bone cure. The osteopath is a decent gentleman and I like him because he has no sympathy with drug medication and no patience with the microbe theory. He says that man's body is a splendid machine. Two hundred bones constitute the framework of this machine, and act as braces and supports. This frame work is held in place by six hundred muscles, nerves and blood vessels are distributed all throughout this framework. The blood carries the material for the repair of the machine and the nerves convey the energy. When the machine is working smoothly and the blood and nerve energy flows easily, health is the result. When there is any obstruction to the flow of blood or nerve energy, disease follows. To cure the disease remove the obstruction. So the osteopath, because of his expert knowledge of the structure of the machine, finds the cause of the obstruction. By expert manipulation and using the bones as levers, he removes the obstruction allowing the freed forces of the body to effect the cure. The big word in osteopathy is adjustment. Adjustment is health and life. Mal-adjustment is disease and death. Instead of calling himself an osteopath, the osteopath ought to call himself an adjuster. This method of cure is entirely mechanical and completely material.

Fifth. The hydropathic group or water curists. Their theory is opposed to all other theories. They say that the human body is made up of various

mineral salts held in solution. When the body is burned, only a small residue in ash remains, the bulk goes up in vapor. Seventy-five per cent of the body therefore is water. Water is the element that carries to the cells the various elements that are needed. It is the element that carries out of the body all the waste matter through the skin, the kidneys and the intestines. The retention of the waste matter in the tissues is the cause of disease. The way to cure disease is to wash out of the system, this waste matter. Water is the universal solvent. When the hydropath is called upon to treat a sick person, he fills him with water. He rinses out his bowels with water, makes him lie prostrate in water, rolls him up in blankets saturated with water. The purpose of all this is to wash out all the waste matter and the disease is cured.

Sixth. Then we have the sifted sunlight group. These gentlemen are our modern sun worshippers. Their theory is this. The sun is the source of all life and energy. Take the sun away and all life on this planet would be extinct. When plants are deprived of sunlight, they turn pale and die. Disease is the result of insufficient sunlight. So these gentlemen have analyzed the sunlight and they tell us that the sun sends out a number of rays at varying rates of speed. They claim that they have identified a group of rays which they have named actinic, they say that they have demonstrated by numerous experiments that these actinic rays are man's eternal rejuvenators. So the champions of this theory sell

sifted sunlight to a sick world. They build, far up on the mountain tops and on the roof of tall buildings, wide and pleasant rooms flooded with sifted sunlight. They say that the vulgar heat rays of the sun are not good. So they construct huge reflectors to which is attached an ingenious arrangement which absorbs the heat rays and allows the actinic rays to pass through. Then they strip their patients and place them on comfortable divans and concentrate the actinic rays upon the diseased portion of their bodies. Their claim is that these rays produce changes in the tissues, rebuild the cells and the patient recovers. Other amongst this group, to supply the market for sifted sunlight, have utilized the electric current and have invented various machines for producing actinic rays. The country is flooded with advertisements accompanied by numerous testimonials proclaiming the virtues of these machines. Hundreds of thousands are sold and the business is extremely profitable. If the dollars in profits were counted, I wonder how it would compare with the cures wrought.

Seventh. Then we have the immense group of patent medicine vendors. According to the claims of the respective discoverers of these remedies, they can cure any disease from a case of cholera morbus to an itching for office.

THE MENTAL GROUPS.

The champions of the material methods of cure refuse to recognize the action of mind and, when they

are confronted with instances of the cure of disease through mental action alone, they say that the persons cured were not sick they just imagined that they were sick, and they furthermore declare that there never was a case of genuine disease cured by mental action alone. And so the conflict between the materialist and the mentalist rages with increasing violence. First at the head of the mental groups stands Christian Science. This organization is well organized, well managed and well financed. Some names are charged with dynamic power. Christian and Science are two of the most powerful names in the English language. And the founder of this system was wise when she named it Christian Science. This group is strong and the central source of its strength lies in the acknowledged infallibility of its founder. The central source of the strength and influence of the Catholic Church is the belief in the minds of the millions of its devotees in the infallibility of the Pope. If this belief was destroyed, in the minds of the millions of Catholics, that giant organization would disintegrate at once. The supreme and central source of strength in the Christian Science movement is the unquestioning belief in the minds of its adherents in the infallibility of its founder. If each member of this church was allowed to think for himself and exercise that privilege, the church would not last six months. According to the founder the book *Science and Health with Key to the Scriptures* was communicated directly to her from God himself, so that every letter, word, syllable, sentence

and paragraph are sacred parts of a complete divine revelation. Because of this, nothing can be added to it or subtracted from it. The ideas of this book in regard to God, man and the universe and the inter-blending relations of all three are the ideas of God himself therefore they are absolute truth, infallible, complete and final. And as the Mohammedan general who commanded that the vast collection of valuable books in the library at Alexandria be taken out and burned, when he was asked to give his reasons said, "If they do not agree with the Koran, they ought to be burned and if they do agree with the Koran, the Koran is sufficient without them," so all systems of thought that are not in accord with Science and Health are so much useless rubbish and, if there are any ideas in these systems of thought, that are in accord with this book the book is sufficient without them. When half a million persons believe this in every fibre of their being and carry it out into action, you must admit that the founder was marvellously wise when she organized her movement on this idea of infallibility. It was a master stroke to get the Almighty to underwrite her proposition. I have noticed, however, in my study of the history of the human mind that it is an exceedingly difficult task to imprison all minds in a thought tight compartment and keep them there. There is a type of negative mind that will gladly remain there but there is another type — the positive — that will smash down the confining walls and step forth into freedom. The founder in building her

organization had a host of trouble with these positive mentalities who refused to be cooped up. The strength of any movement is its weakness. The claim of infallibility in the Christian Science movement is the rock on which the ship will be wrecked. The psycho-analyst would say that Christian Science is a defence mechanism. The founder was an exquisitely sensitized individual. The presence of poverty, privation, misery, sin, sickness and death disturbed her so she erected a thought fortress at once beautiful and peaceful and retired behind its walls to shut out these disagreeable and disturbing facts. This thought fortress is shrewdly built, it is built in accordance with the wish that is in everybody's heart. Everybody wishes to escape the stern and disagreeable facts of real life and hide in some beautiful thought castle. The founder of Christian Science is not the only person that has erected a thought castle and retired behind its walls to shut out the woes and weariness of life. The thought mansions of philosophy, the dream worlds of poetry, the gorgeous heavens of religion and the day dreamings of most of us are all thought castles, behind whose magic walls we all wish to retire, to get away from the nasty and disagreeable things of life. If the founder of Christian Science can separate the sick man from his sickness or the miserable man from his misery by inviting him into her dream castle, I have no objection. But I do object when she claims that her system, and her system alone, is the truth.

Second — in addition to Christian Science, there are a number of smaller groups engaged in the business of curing disease by mental methods, such as Divine Science, The Master Key, Supermind Science, Auto-Science, Yogi Science, New Thought, Christian Psychology, Scientific Christianity, Spiritualism, Psychiana, Mental Therapeutics, Unity and others. Witnessing the marvellous growth and success of Christian Science, these groups have incorporated into their teaching and methods much of the doctrine and technique of that system. And like Christian Science, they clothe their theories with the mantle of divine respectability by claiming that their teaching and methods are identical with those used by Jesus. They do not attempt to prove this claim, they just affirm it and their adherents swallow the claim whole without question. Jesus, himself, is silent on the merits of the claim. When they are confronted with the records of his miracles, and asked if they ever walked on the water, turned water into wine, fed thousands on a few loaves and fishes or raised the dead, they admit that they have never been able to do these things yet, but that they hope to be able to do them and other things more wonderful when they become as powerful as he was. Since they claim that their methods are Christ's methods, they ought to be able to do what he did and, if they cannot, their claim is rendered false by their failure.

Third — we have magical formulas, holy wells, healing springs, magic waters, relics, ugly idols, the

king's touch, compositions of metal and many other strange methods too numerous to mention.

In ancient times, when medicine and magic were synonymous terms, a word scrawled on parchment would cure fevers. Two lines from Homer would cure gout. Rheumatism vanished when the sufferer repeated a verse from Lamentations. The remedies, in those days, could not fail in producing powerful emotions in the mind of the patient. What sufferer could refrain from having powerful emotional currents stream through his body when the doctor would dose him with an extraction squeezed from the brain of a murderer, or a tincture made from venomous bugs, or a pill made from the dried liver of a bat, or a powder made from the head and legs of a spider? These ancient magician doctors performed many and marvellous cures through the use of these disgusting compounds.

In Ireland, we have the famous Spa Wells. The waters in these wells have been analyzed. Analyses show that there is no medicinal elements in them. The ignorant peasants believe, however, that St. Patrick, Ireland's patron saint, blessed these wells and imparted curative value to them. Thousands of sick persons have visited these wells and gone away cured. It is the custom of the cured to hang, upon the bushes that surround these wells, mementoes of the cure wrought. These bushes are literally covered with pieces of clothing, crutches, splints and canes, each one an evidence of the cures wrought by these waters.

At Lourdes, France, there is a spring and the ignorant people believe that the Virgin Mary herself blessed it and invested it with miraculous, curative power. Hundreds of thousands of sick persons have gone there in the past and thousands go there to this day to be cured of their diseases.

The river Ganges, in India, is called the holy river. For many centuries, the ignorant masses of India have believed that the waters of this river are invested with the power to heal disease. Acting on this belief, thousands upon thousands have bathed in its waters and have been healed.

Not many centuries ago, people believed that the king was the living representative of God and, therefore, the medium for the expression of Divine Power. In those days "The King's Touch" could cure disease. The king himself believed that he possessed this power and, at certain times, he would arrange for the sick persons in his kingdom to come and be healed. All kinds of diseases vanished at the king's touch. In fact so remarkable were the results, that Surgeon Wiseman of London, one of the most distinguished surgeons and physicians of his day, said, "I myself have been an eye witness of many thousands of cures wrought by his majesty's touch alone, without any medicine or surgery, and these, many of them, had tired out the endeavors of able surgeons and," he adds, "I must needs profess that what I write will little more than show the weakness of our ability when compared with his majesty's who cureth more in one year than all the surgeons

of London have done in an age." It was indeed a sad day for the king and the ignorant sufferers when the belief in his divinity was destroyed by the advance of democracy. His touch lost its power.

About one hundred years ago in New England, an ignorant blacksmith named Elijah Perkins imagined that, if he could weld together a number of metals in certain proportions, they would possess magnetic qualities and, when attached to the human body, would, by magnetic attraction, draw disease out of the body. After long and patient work, he announced that he had succeeded and he exhibited what he called his "metallic tractors" — a pair of tongs about six inches long, one of brass and the other steel. He applied these tongs over or near the diseased parts always in a downward direction. They were tried in all kinds of diseases and demonstrated curative power so wonderful that thousands believed they were invested with divine energy. The demand for "tractors" became so great that Elijah was swamped with orders. The fame of these healing tongs spread to England and continental Europe and, it has been stated that, within a brief period more than a million cures were reported from Europe alone. Lydia Pinkham had nothing on Elijah Perkins. When the fame of Perkins and his tongs was at its height, Dr. Haygarth of London determined to find whether the cures wrought were the result of mental action in the patient, induced by his belief, or the magnetic action of the tongs. So he constructed tongs out of ordinary wood and painted them so they

would look like the original. With much pomp and ceremony he attached these wooden tongs to the body of sick persons who had been previously prepared to expect something extraordinary. The effects were astonishing. Obstinate pains in the limbs vanished, joints that had long been stiff were restored to motion, in short, except the renewal of lost parts or a change in mechanical structure, nothing, in the shape of disease, was beyond their curative power. Haygarth punctured the golden bubble of Perkins because he proved that the cures were wrought, not by the tongs, but by the forces within the patient, roused into action by the patient's belief.

Should you ask a Christian Scientist or a leader in any of the other groups who employ mental methods purely, how do the forces that you set in motion by your methods work in the cure of disease, they cannot tell you. In fact, they think that such a question is profane. They say it is outside of the range of our ability to find out how the work is done. This is God's work and we do not profess to know how he does it. So they cover the *modus operandi* with the veil of mystery. They crowd into the consciousness of the patient, certain affirmations, such as God is all — God is spirit, truth, life, love — man is God's idea — being God's idea man is perfect, sinless, diseaseless, deathless. But when you ask them to explain **HOW** these affirmations work, they look upon you with high spiritual contempt and say, it would be presumption on our part to attempt to explain how they work. Should you push your inquiry further

and say, these affirmations, crowded into the conscious brain of the patient, must give the cells of the sub-conscious, which control and direct the functions of the body, a certain trend or slant in accordance with the nature of the affirmations, the Christian Scientist would say, there is no conscious or sub-conscious brain and, if you think you have a brain of any kind, you are the victim of delusion. But you say, if I have no brain, how can I accept your ideas? He would answer, my friend you must rise above the delusions of your physical senses. There is no truth in the knowledge that your senses bring you. Our philosophy is the philosophy of the immortal mind. It is a complete reversal of the philosophy of the human mind. The brain you suppose you have says that you have a brain. Forget it, you haven't. Accept our science and you will find that it works like mathematics. But HOW? I can follow the working of a problem in mathematics from the start to the finish and I would like to follow the working of these affirmations, you ask me to repeat, from the start to the finish, and, when I ask you to tell me HOW they work, you ask me to surrender my brain. I am afraid I would have to be deprived of my brain to accept such a strange philosophy.

I doubt whether the leaders in any of these other groups of mentalists could give a satisfactory answer as to HOW these affirmations work. In fact, this question cannot be answered satisfactorily from the standpoint of pure mental action alone. On this plane of manifestation, we have life and form, THE THINKER

and his MACHINE, the mind and the body and they operate together. By a desperate mental effort, it is possible to conceive of a spiritual entity without a material body. This, however, is an abstract conception. We cannot deal with it. We cannot pull it down out of the clouds and analyze it. We are functioning in a concrete universe, of mind and body, where mental action creates physical motion in the cells of the sub-conscious giving them a certain slant or tendency, creating habits which, when repeated, tend to become permanent. The Christian Scientist himself is a demonstration of HOW this law works.

I have given this rough summary of the various groups that are engaged in the task of curing the body to show that the realm of medicine is the realm of fierce and bitter controversy. The battle field is as wide as humanity and stretches down through the centuries. The waste of energy in this struggle is enormous. What are they fighting for? They are fighting for the enthronement of their theories. Since the thing of PARAMOUNT IMPORTANCE is, HOW is disease produced and HOW can it be cured, it seems to me that these groups ought to throw down their weapons, forget their theories, unite on ground that is common to them all.

WHAT IS THIS COMMON GROUND? It is this. First, all the doctors and healers, without exception, agree that there is A POWER that cures disease. The material groups call this power "The Vis Medicatrix Naturae," the healing life of nature.

The mental groups give this power different names such as the immortal mind, the universal mind, the omnipotent energy, the infinite I am, the supreme force, the sub-conscious mind, the supermind.

Second, without exception, they all agree that it is their business to clear the way for this POWER to effect the cure. The drug and serum doctor gives a drug or serum. The POWER that works for health in the body recognizes these as enemies and proceeds to throw them out. The disease is thrown out with them. The doctors and surgeons who oppose the use of drugs and serums say they are clearing the way for this POWER when they remove obstructions, in the body, by mechanical methods and cutting out diseased portions. The hydropath says that he is clearing the way for this POWER to operate when he washes out the poisons. The Christian Scientist says that he himself has no power to heal. His business is to clear the mind of the patient of a lot of mental rubbish so that this omnipotent POWER can work. The healers in the other mental groups say the same thing. They declare that they have no power to cure disease. They say that it is their business to free the mind of the patient of every thought that would interfere with the free movement of this infinite POWER. If these groups thought more of the supreme task of relieving suffering humanity and less of their powerless theories, they would get together on this common ground, find out HOW THIS POWER WORKS, formulate their technique both mental and physical in accordance

with the way this POWER works and, thus, evolve the SCIENCE OF MEDICINE. It is my purpose in this chapter to show HOW this can be done.

In the first place, notwithstanding the fact that all these groups are in a continual fight over each other's theories and methods, nevertheless we must admit that each group have a large number of cures to their credit.

The POWER that effects a cure works in accordance with the law of its own nature. It does not operate in a thousand ways. It operates one way irrespective of the theories advanced to account for it. Beliefs and theories cannot change its method of operation. In fact, this power sometimes works much more effectively without any assistance. The methods that will assist this POWER are the methods that are in accordance with the law of its movements. When any cures are wrought under the treatments of any of these healers and doctors, they must have unknowingly aroused this POWER and brought it into action. In fact, this POWER works, and cures are wrought by it, under the strangest, crudest and craziest methods. Methods that could not have had any connection with the cause of the cure. For instance we know that there is no special curative power in the waters of The Irish Spa Wells, or in the waters at the Holy Grotto in Lourdes, or in the waters of the river Ganges. Notwithstanding that, hundreds of thousands have and are being cured at these waters. We know that there was no curative power in the king's touch. Many thousands, how-

ever, have been cured thereby. We know that there was no healing power in the magnetic tongs of Elijah Perkins, yet they were credited with millions of verified cures. Cures have been and are being wrought by seemingly sensible means and through means that are positively ridiculous.

Now, as I have said before, it is the business of SCIENCE, when things happen, to find out HOW THEY HAPPEN. That being known we can make them happen again. In answering the question, HOW DOES THIS POWER WORK, we must be careful to make a distinction between the OCCASION and the CAUSE of a thing. The occasion of a thing is never the cause. It operates, however, to bring the cause into action. To illustrate — some years ago there was, in the middle of North River near the city of New York, an immense rock, this rock prevented navigation. The authorities decided to remove it. The contractor bored deep holes in the rock and placed therein sticks of dynamite. Electric wires were connected with the dynamite and carried to the office of the engineer in charge. At a certain time, the engineer's little daughter three years old touched an electric button. There was a great explosion. Tens of thousands of tons of rock went up in shivered masses and the river was cleared. THE OCCASION of the explosion was the touch of the little girl's finger but THE CAUSE was the release of the tremendous energy in the dynamite.

In the cure of disease, the CAUSE lies in the POWER that resides in the human body, THE OC-

CASION is the means employed to arouse and bring this POWER into action. In this book, in the chapter on the brain and nervous system, I have shown —

First — that the human body is an electric machine composed of electric cells that are constantly delivering currents of organic electricity. That these currents of energy are obtained from the chemical compounds furnished in the food we eat and extracted from the air we breathe.

Second — that this energy is the power used by THE THINKER in receiving messages from the outside world and in directing the movements of the machine.

Third — that the nerves of sensation and motion, embedded in the muscles and terminating in the brain, carry messages to THE THINKER and convey his commands and decisions to every part of the machine.

Fourth — that there are two operating departments in the brain, the conscious, governed by the will, and the sub-conscious which is automatic. The sub-conscious builds the machine, repairs it and governs all its functions.

Fifth — that the sub-conscious carries into effect without question all the affirmations, commands and decisions arrived at by THE THINKER in the conscious department.

Sixth — when THE THINKER sends down into the sub-conscious certain affirmations, these affirmations create vibrations in the cells of the sub-conscious corresponding to the nature of the af-

firmation. Constantly repeated, the nerve cells are given a certain tendency to act automatically in producing the condition affirmed in the body. There are only two kinds of affirmation possible, the positive and the negative. Health is positive. Disease is negative. With this explanation, the reader can see how this POWER works with or without means and even through ridiculous means. In the last analysis, everything depends on the mental attitude of THE THINKER.

Since the sub-conscious is organized to build and repair the body, to provide for and protect THE THINKER, it is always reaching out for better things. Consequently any affirmation that promises freedom, health, wealth, prosperity or power will be greedily accepted and worked into shape.

It must be remembered at all times that this POWER that resides in the body is, of necessity, limited. It is manufactured within the limits of the human body and the energy is obtained through the chemical disintegration of the food we eat and extracted from the air we breathe.

This power, then, is human power and limited by the brain and manufacturing capacity of the cells of the body. We are not all equal in capacity. We can say, however, that this power will accomplish all things for us within the limits of our capacity and we all have an equal opportunity for increasing our capacity.

Some mental healers assert that this power within is divine and therefore capable of accomplishing all

things. Admitting that it is divine, we must remember that the amount we can use is limited by the capacity we possess. The power of steam is unlimited but the amount we can use is limited by the capacity of the steam engine. No matter what our capacity may be, there are certain things this power cannot do. It cannot keep the body in good running order if THE THINKER continues to dope himself with poisonous drugs and serums. It cannot keep the body in health if THE THINKER does not select the right kind of food. It cannot sustain the functions of the body in smooth harmony if THE THINKER fills his lungs with impure air or does not breathe correctly. It cannot restore a lost member or a destroyed organ. It can postpone death for a long time but it cannot prevent it. Like all human powers, it operates within well defined limits but, within these limits, the knowledge that enables a person to increase, control and direct it is the most valuable thing in the world.

THE SCIENCE OF FOOD

Chapter Four

THE SCIENCE OF FOOD.

THE reader who has read and understood the preceding chapters will know why the thinker must eat. Besides **THE THINKER**, there are two other things in the machine. First — the structural elements such as bone, muscle, nerve, hair, nails, brain and cell tissues. Second — the electric energy supplied by the cells.

Science tells us that the softer parts of the machine are completely renewed every eleven months and the bony structure every seven years. So we have an entirely new machine every seven years. It takes quite a lot of material to keep up the wear and tear and at the same time build a completely new machine. This material is taken in from the outside world in the shape of food. In addition to this, the machine consumes a vast amount of electric energy. It is never idle for a moment. The subconscious machinery, which builds, repairs and keeps the vital organs going, uses up an immense amount of energy. For instance consider the amount of work done by the heart. In the average human body, there is about twelve pounds of blood. All the blood in the body passes through the heart 2,880 times in twenty-four hours, so a day's work for the heart is to pump seventeen tons of blood through the body and back again. In addition to this, all the other vital organs require a certain amount of energy in the performance of their functions.

THE THINKER, in the conscious department of the brain, while he is awake, is using up large amounts of energy in moving the machine about from place to place, in doing his daily work and in his mental processes of thinking and deciding.

To supply this constant demand for energy, **THE THINKER** must take in from the outside world the food stuffs that will supply the proper chemicals to create this electric energy. We saw, in our discussion in the preceding chapter, that, in the tiny electric cells of the machine, there is an acid and an alkaline constituent. The continual exchange from one to the other pole in these cells creates a constant electric current. To supply the enormous amount of energy demanded by the machine, acids and alkalis must be furnished in abundance. **THE THINKER**, then, as he operates through the conscious department of the brain, selects the **FOOD STUFFS**. He is responsible for the kind of food that goes into the stomach. If the food he selects does not contain a sufficient amount of all the elements the machine needs, he cannot expect the machine to run smoothly.

THE THINKER OUGHT TO KNOW SOMETHING ABOUT THE CONSTITUENT ELEMENTS IN FOOD SUBSTANCES. It is my purpose, in this chapter, to furnish him, in condensed form, with some of the latest information on this important subject. The sun is the source of all the energy in our solar system. Food substances, of all kinds both vegetable and animal, consist of condensed

solar energy. The disintegration of food substances in the process of digestion is a chemical process. There is no release of energy apart from chemical action. A complete statement of the chemical changes which take place in food stuffs as they pass through the alimentary canal would require a large volume; I will present in brief form a statement of the essentials.

In all food substances there are about five digestible elements — starch, albumen or protein, fats, sugars and salts. There are five digesters — the mouth, the stomach, the small intestine, the colon and the liver. There are five digestive fluids — the saliva, the gastric juice, the bile, the pancreatic juice and the intestinal juice. The saliva digests starch, the gastric juice digests protein, the pancreatic juice digests starch, protein and fats, the intestinal juice digests all food substances. The salts are digested by the several digestive juices.

The process of disintegration commences in the mouth. There, the food stuff is ground into smaller fragments by the teeth and, at the same time, softened by the saliva. This process of grinding sets all the automatic machinery of the food laboratories to work to prepare for the food that they know is coming. When the jaws begin to move, the salivary glands pour out saliva, the gastric glands secrete gastric juice and all the other glands prepare for the work they have to do and, besides this, the movements which carry the food into the stomach, while depositing the food stuff in this chamber for future

attention, sends on beyond the stomach peristaltic waves which reach the colon. This organ gets busy with such vigor that its contents of waste matter move forwards four times as fast during the eating of a meal as in the intervals between meals.

Digestion at all its stages, is a process of chemical change. The various digestive juices, with the assistance of oxygen, are the active agents in the process. So, then, the chemical changes produced in the process of digestion release electric energy and, at the same time, furnish the acid and alkaline elements for the electric cells as well as providing the necessary elements needed to repair and build the structural parts of the machine.

A normal human body weighing one hundred and fifty pounds is composed of about

- 90 lbs. of oxygen
- 36 lbs. of carbon
- 14 lbs. of hydrogen
- 3 lbs. 8 oz. of nitrogen
- 3 lbs. 12 oz. of calcium
- 1 lbs. 14 oz. of phosphorus
- 4 oz. of chlorine
- 3½ oz. of sulphur
- 3 oz. of potassium
- 2½ oz. of sodium
- 2 oz. of fluorene
- 1½ oz. of magnesium
- ¼ oz. of silicon
- ⅛ oz. of iron

and traces of manganese, iodine, aluminum and arsenic. These elements lying inert in the physical world constitute dead or inorganic matter. The electrons in their composition are in a state of stable equilibrium. There is no electrical pressure between them, therefore no electrical exchange. Before they can be used or absorbed by the body, they must be lifted up out of the inorganic kingdom into the organic. This dead matter must be made into a living cell before it is fit to be used as food.

This important work is done by three powerful forces.

First — **THE LIFE PRINCIPLE** in the seed.

Second — **THE ELECTRIC ENERGY** of the sun's rays.

Third — **THE ACTION OF OXYGEN**. These three factors, co-operating in nature's great laboratories, transmutes the dead matter into living cells and prepares them for human food. The great fields of corn, wheat, rye and barley, the orchards of peach, apple, apricot, pear and other fruits, the vineyards purple with grape clusters, the groves of pineapple, orange and grapefruit, the groves of pecans, hazel nuts and walnuts, the fields of potatoes, beets, carrots, turnips and other root crops, the fields of beans and peas, cabbage, cauliflower, rhubarb and asparagus — these, and many others, are the results of the work of the three great chemists, **LIFE, SUNLIGHT and OXYGEN** in transforming dead matter into living food for man and beast.

Agriculture, then, is the **BASIC INDUSTRY** and I think that the time has come when creative thinking ought to be applied in this matter of food supply. We need pure food and we need pure soil to grow the pure cereals, vegetables, fruit and nuts.

The old methods of preparing the soil for the growing of plants are unscientific and ineffective. Millions of acres have been exhausted of all the chemical elements that go into the construction of trees, plants and vegetables. **SOIL IS A CONVENIENT RECEPTACLE FOR HOLDING PLANT FOOD IN SOLUTION.** Plants do not chew, they suck up the elements through their roots by magnetic attraction. When the same kind of crops are planted year after year on the same soil, the chemical elements are exhausted. The customary method of replenishing the soil with the necessary chemical elements is to dope it with artificial fertilizer and barn yard manure. Artificial fertilizer is at best a make-shift and an experiment and barn yard manure, in its fresh state, is poisonous to vegetation. Before it can be absorbed by the crops, it must pass through a chemical change. I have noticed that animal droppings kill the grass beneath it. I have also noticed that around the edges of these droppings the grass grows tall and rank but the cows and the horses never touch this tall grass. Guided by unerring instinct they must know that this tall grass has sucked up poisonous elements that makes it unfit for food.

How does nature build soil structures and how does

she supply these structures with the chemical elements essential for the growth of healthy trees, plants and vegetables. All the chemical elements essential for the growth of healthy crops are found in **THE PRIMARY ROCKS**. Intense cold froze the moisture in these rocks, expanding and splitting up the molecules, then the giant iceberg, weighing millions of tons, ground these molecules into still finer particles. The waters of a thousand streams deposited these particles in the valleys forming the soil. This work is still going on.

We have another very valuable, standing illustration of nature's methods of providing the chemical elements in soil building and soil restoration in the valley of the Nile River. For many centuries, the Egyptians have grown healthy crops without using an ounce of fertilizer or a pound of manure. The River Nile has two branches. One branch rises in the ranges of the mountains of Abyssinia. These mountains are composed of **PRIMARY ROCKS**, the frosts of the winter expand the moisture in these rocks splitting them up into fine particles, then the thaw, in the springtime, comes, the snows melt and the water laden with these precious chemical elements ground from nature's compost heaps, the primary rocks, are carried down in a great flood, the Nile overflows its banks and deposits this natural fertilizer all over the valley of Egypt.

So, instead of using artificial fertilizer and barn yard manure, the scientific farmer of the future will grind up the primary rocks and incorporate this into

the soil to furnish the mineral salts which the crops need. In addition to this, the soil needs humus. He can furnish this by growing crops of peas and plowing them in. When they are disintegrated, they will furnish the nitrogen and other essential chemical elements. Creative intelligence follows nature's methods and when this is applied to the problem of growing healthy crops the present unscientific and destructive methods will be abolished.

Healthy soil, containing all the elements that crops need, is not infested with soil scavengers such as the boll weevil, the cut worm, the bug or the borer. These scavengers are evidences of the fact that the soil is deficient in the essential elements for the growth of healthy crops. Healthy soil is alkaline and is charged with positive electricity. Unhealthy soil is acid and is negatively charged. Agriculture is sick. The farmer is sick. The basic reason for this is that the soil is sick, and the only remedy is to apply creative intelligence to the problem by adopting nature's methods.

It is the business of THE THINKER to select the FOOD STUFF, that the machine needs, in its purest form. Its purest form is in the shape of vegetables, fruit and nuts grown on healthy soil.

To be sure, THE THINKER can kill the animal and eat its flesh and obtain the elements his body needs that way but, he must remember, that food stuff in the flesh of a dead animal is SECOND HAND MATERIAL. Second-hand stuff, as a general rule, is soiled. In meat of any kind the life principle

has departed and the disintegration process has begun. Is it wise to load into the stomach portions of a decaying carcass? Besides, the animal may have been the victim of a disease before it was killed. The tissues of the meat are in that case, filled with acid poisons. When THE THINKER takes that poison into his system, he swallows disease and invites death.

Furthermore, if it was intended that THE THINKER should get his food stuff by eating meat, nature would have equipped him with digestive machinery altogether different from that which he now has. Nature would have given him the digestive machinery of a dog, a tiger or a lion. These animals eat meat and, because it rots quickly, the unused portion or waste must be gotten rid of rapidly. Therefore, nature equips these animals with short intestines. Vegetables, nuts and fruits do not rot like meat. They disintegrate slowly. Nature gave man much longer intestines than she gave flesh eating animals, showing that vegetables, fruit and nuts are man's proper food. An examination of man's body shows that he does not belong to the carnivorous animal group. This group is equipped with teeth and claws for rending and tearing. They have no sweat glands and they have short intestines. Man's teeth were made to grind. He has no claws to rend or tear and he is in possession of sweat glands.

A physical examination of man's body shows, throughout all its structure, that, physically, he is related to that group of animals known as anthropoid

apes, and we know that this group eats nothing else save nuts, fruit and vegetables. In so far as strength is concerned, the gorilla is one of the strongest animals of its size in the world.

In organizing and building the bodies of flesh eating animals, nature did not provide for sweat glands. There is a reason for this. The flesh they consume contains uric acid and when taken into the digestive tract this acid content increases. This acid is held in solution in the fluids of the body. If the fluids were allowed to escape through sweat glands, this acid would be precipitated in crystals and kill the animal.

Man is equipped with sweat glands, meat contains uric acid, and when taken into the body, this acid content increases. It is held in solution in the fluids of the body. These fluids escape in large quantities through the sweat glands, with the result in the case of the meat eating THINKER that he is troubled with gall stones, rheumatism, diabetes and Bright's disease.

The meat business in America is immense and powerful. We have sixteen hundred slaughtering houses and one hundred and twenty million of innocent animals are killed every year to meet the demand for flesh. However, the innocent victims have their revenge. They kill their killers by the ten thousand through toxic poisoning. Eating meat is a perversion of man's natural tendencies. It is a violation of physiological law and punishment sooner or later is inevitable.

Vegetables, fruit and nuts, when grown on pure soil, contain in the purest form all the elements that **THE THINKER** needs to build and repair the machine and supply the energy. These elements unite in different chemical combinations. These chemical combinations are carried by the blood stream to all parts of the machine to supply the invisible builders with material and to supply the electric cells with the chemicals to furnish the energy.

The reader can see what a marvellous adjustment there is in these arrangements for food supply. **THE PRIMARY ROCKS** contain all the mineral elements that are in the body. **THE FROST AND ICE** of the winter disintegrate these rocks and release these mineral elements. **THE THAW** in the early springtime carries these elements down to the valley where man lives and toils. **THE LIFE PRINCIPLE** in the seed, the **ELECTRIC ENERGY** of the sun, and **OXYGEN** combine to build up these mineral elements into the living cells in cereals, vegetables, fruit and nuts supplying stores of food for man and beast. These arrangements are, to my mind, ample proof of Edison's statement when he said, "I believe in the existence of **AN ETERNAL REASON** that pervades and co-ordinates all things."

To present a full statement of all the information we possess on rational food, would require a large volume. In this chapter, I am stating general principles and fundamental facts only.

All the mineral salts, in organic form, are carried in the **BLOOD STREAM** to every part of the machine.

IRON. The man who has a sufficient amount of organic iron in his blood is a strong man and there is a reason for his strength. The hemoglobin in the blood carries iron, the red corpuscles of the blood contain hemoglobin. Because of the strong affinity that iron has for oxygen, the iron in the blood attracts oxygen and carries it to all the electric cells of the body increasing their power to release energy. The plant or the tree takes the iron from the soil, and by magnetic attraction, conveys it to the leaves. There, through the action of oxygen and sunlight, it creates chlorophyll or the green coloring matter of nature. So that the green leaves of vegetables contain four times as much iron as the white leaves contain. Organic iron is found in whole wheat, whole oats, whole rye, beans, spinach, carrots, cabbage, fruits, parsnips, radishes, celery, onions, garlic and rhubarb.

SODIUM. THE THINKER must supply the machine with sodium. Chloride of sodium is the chemical name for SALT. Common table salt is inorganic and while the body can use it in this form its use is often accompanied with destructive effects. It is always best to supply the body with sodium in its organic form. Sodium, combined with chlorine, produces the salty fluid in the blood. The blood carries this chemical compound to the electric cells to supply the means to furnish the electric current. Sodium also performs an important work in holding the salts of lime and magnesia soluble in the blood. If sodium is not present in the blood in sufficient quantity, the lime and magnesia is deposited along

the inside walls of the arteries, causing hardness of the arteries, and in the cells thus obstructing the blood flow. Sodium is an important element in the saliva, the pancreatic juice and the bile. Insufficient sodium is, therefore, the cause of derangements in the digestive system. Sodium is furnished in eggs, potatoes, beans, milk, carrots, peas, parsnips, radishes, whole grain, spinach, peaches, figs, celery and nuts.

CALCIUM. **THE THINKER** must supply the machine with calcium. Calcium is another name for lime. It is claimed that fifty per cent of the structure of the human machine is made up of lime salts. The blood stream carries this element to every part of the skeleton and teeth to build them up and repair them. If **THE THINKER** does not supply the machine with enough organic lime to do this work, he will lose his teeth and the bones of the body will become fragile and rickety. Tooth powder and tooth brushes are poor substitutes for a lack of lime salts.

Dr. Royal S. Copeland said recently, "Civilized people today sin against nature by eliminating foods containing the precious vitamins, mineral salts and roughage. We damage our bodies permanently by using too many soft foods. There is danger of Americans a few generations from now having smaller jaws and quite a different physical appearance than they have today. This subject was discussed recently at the annual meeting of the dental society of New York. It was said that eighty

per cent of the population are suffering from faulty development of the teeth and jaw bones. Faulty diet is the cause. It is mighty important what you eat. There are two vital chemicals, lime and phosphorus. They are required in the proper development of the teeth, jaw bones and other bones of the body. Give your jaw bones and teeth something to do. Eat the coarser and harder foods and chew them well."

Lime enters into the composition of all vegetation. It is one of the essential elements in the construction of the stems and the leaves. Fruit trees and vines contain almost one hundred pounds of lime carbonate to the ton of wood. Carbonate of lime is the necessary chemical compound in the formation of starch and sugar in the growth of vegetables and fruits. It is essential especially in the construction of fruit cells. Fruit grown on soil rich in carbonate of lime are bigger, healthier, sweeter and much more delicious than those grown on soil treated with manure. Calcium, then, is found in spinach, beet leaves and stems, oats, whole wheat, whole rye, beans, fruits of all kinds, radishes, onions, garlic and rhubarb.

MAGNESIUM. THE THINKER must furnish the machine with magnesium. This element is present in the blood stream in the shape of phosphate of magnesium. It is an important element in the construction of the bones and the teeth. It imparts firmness to the bones and gives the necessary hardness to the teeth. The ivory tusks of the elephant contain two per cent of phosphate of magnesium.

Billiard balls made from them are almost indestructible. The teeth of carnivorous animals contain about five per cent of phosphate of magnesium. Armed with such powerful teeth, these animals can crush the bones of their prey with the greatest of ease.

To obtain the lime and magnesium, these flesh eating animals grind up the bones of their victims. **THE THINKER** may be able to crack a nut or grind a stalk of sugar cane with his teeth to obtain the organic lime and magnesium salts but he cannot crack and grind bones. This is another proof that man was not built to eat meat. Magnesium associated with lime, iron and sulphur are important elements in the albumen of the blood. It is present in large amounts in the muscular tissues and in the cells of the brain, nerves and lungs. It also acts in the process of eliminating from the system all foreign and waste matter.

Magnesium is formed in citrus fruits of all kinds, kohlrabis, leeks, onions are rich in magnesium. It is found in apples, cherries, grapes, raisins, nuts, peaches, whole grain and green vegetables.

POTASSIUM. **THE THINKER** must supply the machine with potassium. This element enters into the construction of all muscular tissues giving the muscles elasticity and pliancy. If **THE THINKER** has stiff muscles it is due to the fact that he has not supplied his body with a sufficient amount of potassium. It also plays an important part in forming all the synthetic chemical compounds of the body. Without the action of the salts of potassium, glycogen

could not be obtained from glucose, nor fats from glycogen nor proteins from peptones. The liver is the laboratory where glycogen is made. It therefore must have large supplies of potassium. This element is present in large quantities in the red corpuscles of the blood and in the cells of the brain.

Potassium is found in potatoes between the skin and the outer surface. When the cook peels the potato in preparation for cooking she throws away this precious mineral salt with the peelings. In Ireland, the great potato country, the potatoes are eaten with the skins on. The main meal there is potatoes with their skins on and sour buttermilk. Potassium as I have said gives elasticity and pliancy to the muscles, the Irish are great fighters and athletes. England is the home of the race horse. The owners of these valuable animals send to the Balkans to get oats that are grown on lands rich in potassium to feed them so as to supply the muscles with spring, power and pliancy. Potassium is found in eggs, milk, peas, carrots, radishes, spinach, parsnips, cottage cheese, beans, peas, nuts, asparagus and fresh fruits and berries.

MANGANESE. THE THINKER must supply the machine with manganese. In its physical and chemical properties, this element resembles iron. Like iron it forms a part of the red corpuscles. It seems to have a decided influence in the functions of digestion and in cell building. It acts in the various glands improving the qualities of their

secretions. This element is found in all green vegetables, fruits and nuts.

ALUMINUM. This chemical is found in the body in minute quantities as aluminum oxide, its action is similar to that of magnesium. It is found in all vegetables.

PHOSPHORUS. **THE THINKER** must supply the machine with phosphorus. It goes into the construction of the bones, the muscular tissues, the nervous system and the brain. Because of the large amount of phosphorus used in the makeup of the nervous system and the brain, phosphorus is of great importance. Without it the brain could not function. This element is supplied in eggs, milk, carrots, cheese, turnips, spinach, raw cabbage, whole grains, parsnips, beans, peas, nuts, asparagus and fruits.

SULPHUR. **THE THINKER** must furnish the machine with sulphur. Organic sulphuric acid salts act as an antiseptic and cleansing agency in the body. It is an important element in the hemoglobin of the blood, where it serves as an oxidizing agent. It also enters into the composition of all the tissues of the body increasing the resistant powers, making it positive. Sulphur is found in cabbage, onions, garlic, radishes and eggs.

CHLORINE. **THE THINKER** must supply the machine with chlorine, and he must supply it in organic form to get the best effects. This chemical salt plays an important part in the functions of the body. It assists in the formation of all the digestive juices. It supplies the electric cells of the body with

the essential chemicals to create energy. It assists in eliminating from the body the unused portions of protein. This element is furnished in all fresh vegetables, fruits, fresh cow's milk, and eggs.

FLUORENE. THE THINKER must supply the machine with fluorene. This element enters into the composition of the enamel of the teeth and it also enters into the structure of the skeleton. Without it, the delicate structure of the iris of the eye could not be built. When this element is not supplied in sufficient quantities we have premature decay of the teeth, curvature of the spine and weakening of the eyesight. This element is supplied in the yolk of eggs and in milk also in the outer coats of cereals especially rye. It is also found in fresh vegetables, onions, garlic and fruits.

SILICON. THE THINKER must supply the machine with silicon. Silicon is the chemical name for sand. Organic silicon is a protective agent against disintegration. It is the essential element in the structure of the nails and the hair. It is a splendid insulator. It is one of the main elements in the pancreatic juice. It is supplied in vegetables and fruits. There it is combined with cellulose and forms the outside coats of vegetables and skins of fruits. The mineral matter in the outside coats of rice kernels is eighty per cent silicon. In modern manufacturing and in the usual methods of preparing food in the average home this skin is removed and this gives rise to many deficiency diseases.

IODINE. THE THINKER must supply the

machine with iodine. Iodine is one of the important elements in the body. It is a non-metallic element and seems to have the effect of stimulating all the nutritive and circulatory functions of the body. It is present in the thyroid glands and is essential in the formation of an organic iodine compound called thyroxin. A lack of this element in the body is the cause of goitre which is an enlargement of the thyroid gland. This disease is common in the European Alps and the Rocky Mountains due to a lack of iodine in the soil where the crops, fruits and vegetables are grown. Sea water contains iodine and for this reason all sea plants such as Irish dulse, algae and agar-agar contain it. It is also present in minute quantities in many fruits and vegetables such as cabbage, asparagus, leeks, garlic, onions and sorrel.

THE THINKER, if he is desirous of having a smooth running machine or in other words a healthy body, must be careful in the selection of food stuffs.

WHAT IS DISEASE? DISEASE, IN REALITY, IS AN ATTEMPT ON THE PART OF THE HEALING POWER IN THE BODY TO CAST OUT OR BURN UP THE ABNORMAL QUANTITIES OF WASTE POISONS WHICH ARE TAKEN INTO THE BODY THROUGH IGNORANCE OF RATIONAL FEEDING. That marvellous energy in the body which is known as the life force is organized for health and automatically every moment works to that end, when THE THINKER continues to load the body up with poisonous food stuffs, the life force

protests and, when the poisons accumulate to such an extent that death is threatened, then the life force proceeds to burn up the poisons. Fevers of all kinds are the evidences of this burning process. Disease is a house cleaning process and the house cleaner is the life force. When the energy of the life force is exhausted in the process, death occurs. How can the life force protect the body if it is not furnished with the proper elements for building and renewing its structure and the proper chemical elements for supplying the vital electricity? Doping the body with drugs and serums, in the most of cases, makes the task for the life force heavier. What is the testimony of some of the leading doctors on the use of drugs?

Dr. Wm. Osler of Johns Hopkins Hospital says, "Most drugs have no effect on the disease for which they are administered."

Dr. Oliver Wendell Holmes says, "If all the medicine in the world was thrown into the sea, it would be bad for the fish and good for humanity."

Dr. Elmer Lee of New York says, "The present state of medicine is scientific insanity."

Dr. Weir Mitchell says, "Back of disease lies a cause and that cause no drug can reach."

Dr. L. W. Edwards of Omaha, Nebraska, says, "Poisonous drugs poison the human system and weak drugs have no effect upon it."

Dr. J. H. Hurty of the Indiana State Board of Health says, "There is not a single medicine in the world that does not carry harm in its molecules."

Bostwick's History of Medicine says, "Every dose of medicine is a blind experiment on the vitality of the patient."

Arthur Brisbane in one of his editorials says, "Some day men will learn how to feed themselves then the average length of life will be one hundred and forty years."

The doctors have named four hundred and seven diseases. These four hundred and seven are just so many outward expressions of the attempt on the part of the healing force to get rid of accumulated poisons and waste material. Drugs and serums can only make the matter worse by increasing the poisons in the system.

The economic loss due to the prevalence of disease is enormous. Dr. Irving Fisher of Yale University finds that only about one percent of the population of the United States are well and about one half of the population is sub-normal and that the country suffers a loss of one billion five hundred millions (\$1,500,000,000) each year from sickness that could be prevented. Statistics show that seventy percent of the school children have either physical or mental defects, thirty percent of the young men are deficient physically and mentally, sixty percent of all men and women over forty years of age are suffering with some disease. To take care of this vast multitude of invalids we employ 200,000 doctors and nurses and we maintain hospitals and asylums by the ten thousand. In addition to this, a large percentage of our criminals are made in this factory of disease and crime costing

as ten billions each year. A large percentage of this suffering, waste and crime could be abolished if our doctors and health officers would apply creative intelligence to this problem. We have enough creative and constructive thought in existence now which if it was distributed and applied would banish a large proportion of this deplorable condition and begin the task of creating a new race of men and women. In their mad race to accumulate dollars our food purveyors and manufacturers, in spite of The Federal Pure Food Act, are still engaged in the business of using poisonous preservatives and unhealthy coloring in the preparation of food products. They use

Alum	Formaldehyde
Benzoic acid	Formic acid
Benzoate of soda	Salicylic acid
Coal tar dyes	Salt petre
Boron compounds	Sodium chloride
Copper sulphate	Sulphurous acid.

Every one of these elements introduces acid poisons into the system and THE THINKER, in his selection of food stuffs, should reject any and all food preparations where these are used to preserve or color them. This chapter only contains general principles and fundamental facts on the subject of rational feeding. If the reader is desirous of obtaining fuller information, there are numerous books on the market written by expert dietitians containing instructions and menus covering every phase of this question.*

* See Appendix.

THE SCIENCE OF BREATH

Chapter Five

THE SCIENCE OF BREATH.

THE earth revolves and carries with it an envelope of air. Like the fish in the sea, all forms of life are bathed in this envelope and all forms of life, both vegetable and animal, must breathe to live. Every cell in the body of man must have air. The air inside of the body is balanced by the air outside. The air pressure on the outside of the body is about fifteen pounds to the square inch. Above this envelope of air, life, as we know it, would be impossible. Man can ascend into the atmosphere a few miles. If he goes up beyond a certain distance, the pressure of the air within is so great that it expands and bursts the arteries and cells of the body. Man must, therefore, in his movements, keep close to the earth.

THE THINKER in his machine may live for a short time without food or water, but he cannot live but for a few minutes without breathing. Man enters this life by taking a long breath. He departs from life by ceasing to breathe and, from the moment of birth to the moment of death, life is a series of breaths. All the physical functions of life, both internal and external as well as all the processes of thinking, are dependent on breathing.

This envelope of air carried by the earth in its revolutions is marvellously adapted to the work of

providing for and protecting life. Without this envelope of air, we would have no light, no heat or power. The production of light, heat and power is due to the presence of this air envelope. The earth is negative; the sun is positive. The rays of the sun are electric rays. When they strike this envelope of air on their way to the earth, they must force their way through. In doing this, they break forth into light, heat and power. Beyond this envelope of air, these rays pass through a region of darkness and intense cold. So, without this light, heat and power, we could have no manifestations of life or activity on this planet. It has been estimated that the amount of energy delivered by the sun to the earth is four thousand horse power to the acre.

The late Charles P. Steinmetz, one of the greatest electrical engineers of all time, said in an interview, "In reality all the energy that we use today is the energy of the sunlight. The heat of the sun's rays evaporates the water, the water vaporizes in the clouds, condenses and comes down in rain feeding the rivers which gives us the water power and thus the energy that raises the water and the power we get from the water falls is the energy of the sunlight. When we burn coal, it is again the energy of the sunlight that we use, but it is from the rays of sunlight that were condensed millions of ages ago in the primeval forests of the carboniferous period when the earth was still young. Then the trees stored away the sun's energy in their wooden structures which was turned to coal through pressure and heat.

"Some time in the future when the coal resources are exhausted and all the water power developed, when the babbling brook and the roaring cataract will be gone and sluggish pools extend from power house to power house to feed the demand of an ever-increasing population, some may wonder and say, 'What other energy supply can be opened up?' Oil and gas will long have vanished. Indeed, they will be the first to go. Winds and tides and wave power may be used as far as possible but their total is so insignificant that it does not come into consideration. There is only one other source of energy left and that is the energy of the sunlight and this is the greatest of all energies. In fact, it is the sole source of all energies. The next task for the creative engineers of the future is to harness this immense energy. The amount of energy falling on the surface of the United States from the sun is over two hundred thousand millions of horse power. When this is harnessed, there never will be any more lack of power.

"But there is another field where this energy can be harnessed — the field of biology. The power that lifts up the inorganic matter into the trunks, branches and leaves of billions of trees and into the stalks and leaves of all forms of vegetation is the energy of the sunlight. Why could not the engineers of the future develop new forms of vegetation that would collect the energy of the sunlight a hundred times more rapidly than nature does today? By this method we could create energy crops and then compel them

to surrender this energy without going through the transformation of heat. In addition to supplying power quickly and abundantly, this method would also supply food stuffs quickly in unlimited quantities. All this can be accomplished when creative thinkers obtain conscious and intelligent control of nature's forces."

So, within the realm of this amazing envelope, this airy home of man, we have a power house for light, heat and energy with possibilities that are inexhaustible.

My purpose, in making these statements, is to show **THE THINKER** some of the remarkable properties that are in the air we breathe and to show him that air is one of the basic conditions of all life and activity on this planet. So **THE THINKER** in his machine must have air and, just as he needs pure food grown on pure soil, so he needs pure air warmed and energized by the sun's rays.

We boast of our advanced civilization. To be sure it has its blessings but it also has its curses. Its curses are impure air and improper methods of breathing. In the streets of our great cities, the air is filled with poisonous gases from the exhaust of tens of thousands of automobiles and trucks. Smoke from thousands of chimney stacks of mills and factories and the unbearable stench of slaughtering houses fill the air with impurities. During working hours, this is the only kind of air available for the average city dweller. After working hours when he leaves the congested area and comes home for the

night in the suburbs, the air is purer. Breathing this impure air imposes a heavy burden upon the lungs and is the cause of that dread scourge tuberculosis, the disease of civilization. In addition to this the average man does not know HOW to breathe to get the fullest and best results. Only a small portion of the lungs is used, consequently only a small quantity of the blood is purified and energized.

In order that THE THINKER shall have a clear conception of what takes place in the act of breathing, we will consider the MECHANICS OF THE ACT. The organs of breathing consist of the lungs and the air passages leading to them. The lungs are two in number and are located in the lung chamber of the chest, one on each side of the middle line and, between them, lies the heart, the larger air tubes and blood vessels. The lungs are made up of millions of cells. If the air cells in the lungs were spread out they would cover a space of fourteen thousand square feet. The lungs are like big sponges. Their tissues are very elastic and strong. They are enclosed in a strong sack known as the pleura which is a form of mucus membrane. The air passages consist of the nasal passages, the pharynx, larynx, windpipe or trachea and the bronchial tubes. The bronchial tubes divide and sub-divide into still smaller tubes which terminate in the lung cells, so that not one cell is denied access to the air.

Air is drawn into the lungs through the action of the diaphragm, a flat, powerful muscle like a shelf that divides the chest box from the abdomen. This

muscle is geared up to the voluntary as well as to the involuntary system of nerves. By this arrangement, its action can be increased or lessened by the will. When the diaphragm expands, a vacuum is created in the lung chamber and air rushes in to fill this vacuum. When it contracts, the chamber becomes smaller and the air is forced out. The lungs are the place where the air and the blood meet and an important exchange takes place between them.

The heart is a pump of marvellous construction that operates automatically. After the stream of blood has made its circuit of the body, it goes to the right auricle of the heart. When this auricle is filled, it contracts and forces the blood into the right ventricle which contracts and sends it into the lungs where it is distributed through all the air cells. After passing through the lungs, it reaches the left auricle and when this is full it contracts and sends it to the left ventricle which in turn sends it out on its continual journey. It has been estimated that thirty-five thousand pints of blood is pumped through the lungs in the body of an average person every twenty-four hours.

The BLOOD STREAM, as we have already seen, carries all the elements that the body needs to build and repair the tissues and to supply the chemicals to furnish the electric energy. When the blood starts out on its journey through the arteries to supply the builders with the necessary elements for their work, it is bright red and full of vital electric energy. When it returns through the veins having deposited its supplies, it is blue and lifeless and charged with

a lot of waste material. It starts out positive, it returns negative. It starts out alkaline, it returns acid.

What happens to the blood in the lungs? Well we know that the blood is composed of electrons in a state of unstable equilibrium. In other words, there is electric exchange between the electrons. When the blood returns from its circuit, the electric exchange is at a low ebb. Air is filled with oxygen. Oxygen is composed of electrons in a high state of excitement. The electric exchange going on is rapid. When a breath of air is inhaled, the electric energy in the oxygen rushes through the thin walls of the lung cells and rejuvenates the electrons in the blood giving them large supplies of new energy. In all cases of electric exchange, there must be chemical action. The chemical action, in this case, is that the blood takes up oxygen and releases carbonic acid gas. Thus the twelve pounds of blood in the average person who breathes pure air and fills his lungs is purified and energized 2,880 times every twenty-four hours. Arterial blood, when every part of it has been in contact with the air, contains about twenty-five percent of pure oxygen. Not only does the oxygen energize the blood itself, it also acts upon the chemical salts supplied by the food and gives them the necessary electrical vitality to discharge their functions. Weak lungs and poor digestion always go together.

THE THINKER can see clearly that pure air is the supreme basic essential in health and, since the elements supplied by the food must be energized

by the oxygen before they are fit to be used, **THE THINKER** can see how he can live without food or water for a time but he cannot survive but for a few minutes without air. **THE BREATHING MECHANISM** is so arranged that **THE THINKER** can breathe through the mouth or the nose. It is allowable in an emergency to breathe through the mouth but mouth breathing is a dangerous habit because there is nothing in the mouth to warm the column of air or to filter from it the dust and impurities. The protective apparatus is in the nose. The nostrils are two narrow winding channels filled with hairs which act as a sieve or filter to catch the dust and other impurities that are in the air. Besides this, the column of air is warmed as it passes through these winding channels on its way to the lungs.

Nature has supplied **THE THINKER** with a splendid system of mechanical arrangements to get the fullest and best results from correct breathing. The lung cells are elastic and powerful. The lungs are protected by the bony framework of the chest. At the back, is the spinal column. In the front, is the breast bone; at the sides are the ribs.

The ribs are twenty-four in number, twelve on each side, and they are fastened to the spinal column. The upper seven are called the true ribs and are fastened in front to the breast bone. The lower five are called floating ribs because they are not so fastened. The upper two are fastened by cartilage to the other ribs, the lower three are free at the forward ends.

The intercostal muscles move the ribs in respiration. In the act of respiration they expand, the intercostal muscles lift the ribs, the chest box is enlarged and a vacuum is produced. In accordance with the law that nature abhors a vacuum, the air rushes in. The amount of lung expansion depends upon the ability of **THE THINKER** to create a vacuum by the use of the respiratory muscles.

There are only four kinds of breathing possible. **THE THINKER** can use the top of the lungs only; this is called collarbone or clavicular breathing. In this case, the only part of the lungs used is the upper part. The diaphragm is lifted and there is no expansion in the lower part of the lungs consequently a large part of the lungs is not used. The blood in that part is not energized and returns to the body full of acid, poisons and impurities.

The second method is intercostal breathing. In this case, the ribs are expanded but the diaphragm is pushed upward. This method is an improvement on the collar-bone method. More of the lungs are filled with air but there is still a large section of the lungs that do not get any air.

The third method is known as abdominal or deep breathing. In this form of breathing, the diaphragm is moved downward and the lower ribs outward opening a still larger section of the lungs for the entrance of the air. High breathing fills the upper portion of the lungs, mid breathing the middle portion and deep breathing the lower portion.

The fourth method is called complete breathing

and this form combines all three. In this method, the entire machinery of respiration is brought into action, the upper ribs, the mid ribs, the lower ribs and the diaphragm. The chest cavity is increased to its normal limits in all directions and every part of the lungs is filled with air, thus every drop of blood is energized. In normal breathing where THE THINKER employs the average amount of air, he can learn to distribute it to every part of the lungs by this method.

THE THINKER is bathed in nature. Its forces and the laws of these forces inter penetrate every part of his body. Everything then is in a state of motion. There is no place in nature where there is absolute rest. Fixed points do not exist. Everything everywhere is moving somewhere. The universal work of the universe is wrought through the agency of constant movement. Matter is being constantly lifted into motion through imparted energy producing numerous living forms. These forms begin to change the moment they are formed and so in infinite succession. The human form is only one of these and it is constantly changing.

In all these changes, however, we can detect a certain rhythm. Rhythm pervades the universe. The rhythm of music, the rhythm of poetry, the swing of the pendulum, the ebb and flow of the tides, the circuit of the winds, the movement of the waters from the ocean to the mountains and back. Breathing is a manifestation of this law of rhythm. So, by breathing rhythmically, we keep in step with the

forces of the universe. If we are out of step, we can, by the use of the will, bring our breathing back into harmony with the rhythm of the universe and gather, into our system, a measure of its power. How this can be done is taught in our private classes.

**THE LAW OF HABIT OR HOW
CHARACTER IS BUILT**

Chapter Six

THE LAW OF HABIT OR HOW CHARACTER IS BUILT.

THE mind and the body work together. We cannot construct a science of **THE THINKER'S** activities apart from the **BRAIN** and **NERVOUS SYSTEMS**. **THE THINKER** and his **MACHINE** are interblended at every point, they clasp hands in every cell. They vibrate together as one. **POSITIVE THINKING**, transmuted into action, gives vibrancy, power and health. **NEGATIVE THINKING**, carried into action, is destructive. It weakens, and opens the way for disease.

THE THINKER, as we have already seen in the chapter on the **BRAIN**, holds all the cells in the machine together as one, co-ordinates and directs its movements through two departments of the brain, the conscious and the sub-conscious; the sub-conscious being automatic in its functions. When **THE THINKER** emerges through the gateway of birth into life, he comes fully endowed with all the **NATURAL INSTINCTS** and the necessary automatic machinery in the sub-conscious through which these instincts express themselves. The various combinations of nerve cells through which they express themselves may be called **NATURAL COMPLEXES**. A complex may be defined as a group of cells in the sub-conscious that have a tendency to vibrate or work in a certain way.

A prominent Chicago physician and scientist in a book he has recently published divides these natural instincts into four groups.

- I. The life urge or the instinct of self-preservation,
- II. The sex urge or the instinct of reproduction,
- III. The worship urge or the religious instinct,
- IV. The social urge or the desire to unite in groups.

To my mind, all of these can be resolved into one — the preservation of life. The sex urge provides for the continuance and protection of life. The worship urge has the same end in view because all forms of religion are organized to protect and save life. The social urge drives individuals together in groups for the mutual protection of life. The physical action of the automatic machinery of the sub-conscious, which was in action on the other side of the gateway of birth, continues its work on this side with one end in view — **THE PRESERVATION OF LIFE.** The upbuilding of the body, the circulation of the blood, the secretion of the fluids in the glands, the digestion of the food, the creation of the electric energy in the cells, the elimination of the waste material goes on with marvellous precision providing for and protecting life.

This automatic work which is carried on through the cell groups or **NATURAL COMPLEXES** of the sub-conscious, while it cannot be suppressed by the will of **THE THINKER**, can be modified. It is possible, however, when life becomes so stale, flat and miserable that the desire for death becomes

stronger than the desire for life that **THE THINKER** can wreck the machine and die.

In addition to the cell groups or natural complexes that build, provide for, protect and move the vital organs, there are in the sub-conscious, other groups of cells through which **THE THINKER** acts in a certain way. There is a group through which he **SEES**, another through which he **HEARS**, another through which he **SMELLS**, another through which he **TASTES**, another through which he **FEELS**. Unlike the groups that keep the vital organs in action, these groups are geared up to both the conscious and sub-conscious departments of the brain. These groups are also natural complexes and, while the work of these complexes cannot be suppressed by the will of **THE THINKER**, it can be modified. In other words the eye, the ear, the smell, the taste, and the touch can be educated and trained.

At this point, I desire to convey to **THE THINKER** this fact — That psychology or the way the mind works cannot be built up out of naked mental concepts. The mind works in and with the body. In fact, they are so fused that they act as one. The physical scientist is a materialist no longer. He sees that mind and matter are two manifestations of one living energy.

A short time ago, Robert A. Millikan, physicist extraordinary and Nobel prize winner, made (in substance) the following statements.

“A century ago the house of physics was divided into six sharply separated rooms. They were

Mechanics

Molecular physics

Heat

Sound

Light

Electricity.

One by one, the walls separating these six rooms have been torn down. Over seventy-five years ago it was discovered that molecular motion and heat were identical. The next wall that came down was the wall between heat and light. Heat is light and light is heat, both are waves of motion of different lengths. Then the wall between electricity, heat and light came down because it was discovered that they were the same the only difference being in the wave length. At this point the scientists threw three rooms of the old house into one big room called ether-physics and, in this room, they housed heat, light, electricity and molecular motion as one. So they now had three rooms sharply separated called ether physics, matter physics and current electricity, but these separating walls came down one after the other. The wall between matter physics and current electricity came down when it was discovered that matter physics and current electricity were both the motion of electrons and, finally, the wall between ether physics and matter physics came down when they found that ether and matter are both electrons in motion. The result of all this is that the movements of electrons are the one and only energy in the physical universe expressing itself in a multitude

of forms." This statement made by this great scientist gives strength to the claim I make in this book that the principle of electric exchange furnishes the basic conditions for the expression of life in all its manifestations.

Without this energy in the machine, **THE THINKER** would be powerless. With it he can move the machine, he can select the proper food stuffs to keep it in running order, he can select the thought stuffs to feed his mind. He can modify and train the natural complexes through which the senses operate and he can modify the complexes through which the natural instincts function. **THE THINKER** is therefore in a position to build a strong body through rational diet, bring all the animal instincts under control, train and educate the senses and thus construct a strong, free and efficient character.

THE THINKER, within the realm of his own mind and body, is **KING**. Nature has handed him the royal sceptre of authority and clothed him with the royal purple. From his throne room in the **CONSCIOUS** brain, he is free to accept or reject any thought or idea that seeks entrance. He is free to select his associates, read any book, accept any creed, join any church, connect himself with any political party or champion any cause he pleases. He is free to eat any kind of food or drink any kind of liquid. The wide field of opportunity is open to him. He can save himself or he can destroy himself. He has the right to abdicate his throne and allow it to be occupied by others. He can become

a slave in his own realm. He can submit himself to the authority of ignorance, superstition or tradition. He can allow his animal passions to master him. He can create destructive habits and allow them to slay him.

The forces that build are the forces that wreck. ALL ENERGY AT ITS SOURCE IS PURE. In other words, it is neither good nor bad. It becomes good or bad in its manifestations. If it improves life, it is good, if it injures life, it is bad.

So, then, everything in this matter of direction, control and use depends upon the mental attitude of THE THINKER. "As a man thinketh in his heart so is he." In our study of the BRAIN and its functions, we have seen how this law works. The food stuffs selected by THE THINKER are built, by the automatic machinery, into the tissues of the body. The thought stuff is built by the same machinery into the structure of the character. This law works constantly. Ignorance of the law excuses no one. The act of taking food stuffs and thought stuffs, when repeated, creates complexes in the cell groups of the sub-conscious which in time become the physical basis of habits. A complex might be called a group of educated cells. So we have all kinds of habits, habits of eating, drinking, walking, sleeping, speaking, habits of health, disease, cheerfulness, grumbling, hoarding, political habits, religious habits, social habits. A man is a bundle of habits. Society is governed by habits. Apart from habits, a law has no power.

It is difficult and painful to change a bad habit. The law that produced the complex that became the basis of a bad habit cannot be changed. The only way the habit can be changed is to change the kind of thought that the law works on. The sub-conscious is like an automatic weaving loom. It will weave, into the web, any pattern or material that is given to it. **THE THINKER** is responsible. It is his business to select the material and the pattern.

A prominent Chicago physician and scientist says, "It is one of the fundamental laws of psychology that our sensations, feelings, ideas, movements and visceral functions of all kinds, when frequently repeated or when accompanied by any unusual emotion, become bound together. This binding together of ideas and emotions, actions and memories is known in psychology as complex formations. It is dependent upon the ability of the mind to associate ideas and memories and is one of the links in the chain which explains habit. Good complexes result in the formation of good habits. Bad complexes result in bad habits of thinking and acting, worry, obsessions and even fixed delusions. In the normal man, the majority of these complexes are healthful and useful. They involve memory both of mental processes and muscular activity and illustrations of them are found in these exceedingly intricate complexes involved in writing, piano playing and other delicate muscular movements involving intimate association of ideas and physical processes." This

statement lends confirmation to the ideas I present in this book.

We have, in the city of Chicago, at 64 East Jackson Boulevard, an institution devoted to the task of training the eyes. The founder of this institution is Miss Caroline Brown. The optometrist in charge is Dr. Roy Payment. These persons make the claim that wearing glasses is merely a habit. That, in the majority of cases, the optic nerve and the group of cells through which THE THINKER sees are healthy and in good condition. Living as we do in an atmosphere of rapid movement and nervous strain, reading on trains, busses and streetcars, the eyes begin to feel the strain. The delicate muscles lose their pliancy. The eyeball loses its ability to adjust itself. When this happens, we go to an oculist and he provides us with a pair of glasses. We wear the glasses and, after a time, a complex is formed in the group of cells that controls sight and wearing glasses becomes a habit. The founder of this OCULAR DIDACTIC SYSTEM of eye training says that the law that produced the bad habit can produce a good habit. So, in their institution, through the use of certain mechanical apparatus they train the eyes and the mind by a series of repeated exercises which in time creates a new complex and a new habit. The results they have accomplished amply justify the claim they make.

Theoretically, THE THINKER is free to use his own reason in selecting the thought stuff to build his character. Actually, however, his character in the majority of cases is moulded for him by the

thought atmospheres of his times and group. We get our characters as we get measles or smallpox — by infection. What is character? The word character comes from the Greek word *charasein* which originally signified a tool for engraving or the engraving made by it. The thoughts of **THE THINKER** carried into actions cuts grooves in the sub-conscious cell groups. When these grooves become deep the mind flows automatically in them.

Character is the combination of properties, qualities or peculiarities which distinguishes one person or thing or a group of persons or things from others — specifically, the sum total of the inherited and acquired traits which gives a person his moral individuality. The kind of character a man has, depends, in the majority of cases, upon the nature of the thought atmosphere into which he was born and in which he lives up to the age of ten or twelve.

RELIGIOUS COMPLEXES.

In the matter of religion, for instance — a child is born into a strict Mohammedan family. The very moment he emerges he is bathed in an atmosphere of Mohammedan religious thought. When he becomes conscious of himself, he is taught that there is one God Allah, that Mahomet is his prophet and that The Koran is the only divine revelation of truth. The rituals, the continual prayers, the readings from The Koran, the feast and fast days, the garments of the priests, the mosques and pilgrimages, in fact,

the entire paraphernalia of teaching and worship creates an atmosphere of religious thought so strong that it sweeps into his conscious and sub-conscious brains in mighty waves giving the cell groups therein a Mohammedan religious trend. Complexes are created in these cell groups filled with Mohammedan religious thought, sensations, and memories. After he reaches a certain age, this becomes permanent. Anything that he sees, hears, smells, tastes or feels that is not in accordance with his creed is repulsive to him. He absorbed his religion as he did his language. In fact, he could not do otherwise for there was nothing else in the atmosphere that surrounded him. His complexes become automatic, his habits permanent. He is proud of his religion, he is convinced that he and his crowd are the only people in the world that have the truth.

Again take a child born into a strict Orthodox Jewish family. As soon as he emerges, he is enclosed in an atmosphere of strict Judaism. As soon as he becomes aware of himself, he is taught that Jehovah is the only God and Moses is his prophet and that the Jewish Scriptures are the only divine revelation. He goes with prompt regularity to the synagogue, listens to the ritual, repeats the prayers and learns the precepts of Judaism. He is taught that the Jews are God's favorite people. He absorbs all the ideas in the atmosphere without question and becomes a strict unbending Orthodox Jew. The cell groups in his sub-conscious are stained with Orthodox Jewish thought. They become complexes and the man

settles down into fixed habits. How often I have noticed old Jews who have reached the stage of permanency. The garments, the beard, the features, the walk, in fact, the entire physical appearance all reveal the truth of this law. The old man has become the incarnation of his creed. Any system of ideas that are not in accordance with the complexes in that old Jew's brain are repugnant to him. The incessant war between the Jew and the Arabian can be explained on this basis.

ATHEISTIC COMPLEXES. Take a child born into the family of a strict thorough-going Atheist. The moment this child emerges, he is bathed in an atmosphere of intense atheistic ideas. As soon as he is awakened to consciousness, he is taught that there is no God. That all religions are so much rubbish. Preachers and priests are so many useless parasites preying on a gullible public. There is no future life, death is complete extinction. In this case the enveloping atmosphere of the child is cold, negative, intolerant and destructive, the child absorbs it. **ATHEISTIC COMPLEXES** are formed in the cell groups of his sub-conscious brain. After a time, they become permanent and any system of ideas that collide with these complexes arouses intense opposition. I have noticed that thorough-going Atheists are always ready for an argument.

In every instance where **THE THINKER** allows the complex to take charge of his activities, he is soon buried in his complex as the cheese mite is in the mass of cheese. The cheese mite eats cheese,

— Author
see
what he
wants
to see.

digests cheese and is composed of cheese. Its world is bound on the North, South, East and West by cheese, so when **THE THINKER** is lost in his complex, he eats it, he digests it, he is composed of it, he is bounded by it on all sides. In it he lives, moves and has his being. If there is anything else in the universe besides his ideas, he knows nothing about it and cares nothing for it because he is entirely satisfied.

I am not analyzing any form of religion. I am simply showing how a man's religious or non-religious creed can be written in indelible ink on the structure of his sub-conscious brain cells and thus become the living dominant force in his life.

If his system of beliefs are true and in accordance with the laws of the universe, such a man is to be envied. If his beliefs are false, the law works them into complexes just the same and the penalty is enforced. "Whatsoever a man soweth that shall he also reap." The writer of the Book of John said in reference to Christ, "**THE WORD BECAME FLESH AND DWELT AMONGST US AND WE BEHELD HIS GLORY.**"

The founder of any form of religion becomes the incarnation of his own system of ideas. He does not simply possess them; the ideas possess him. The automatic machinery of the sub-conscious weaves the ideas into the cell structures of his brain and they become the commanding power in his life. So powerful is this dominance that he will surrender his life rather than give them up.

The same law operates in the case of those who accept his leadership and absorb his teachings. They conceive themselves as being completely identified with him. Their vision of his person is photographed on the nerve cells of their sub-conscious brains and his words are woven into these cells. He becomes their supreme and only master and their loyalty to him and his teachings is so complete that they will suffer anything — go through the most terrible privations and accept death in its most excruciating form before they will surrender their allegiance to him or give up his teachings. Religious complexes are more powerful than any other form not excepting the sex complex. All the great religions, Christianity, Buddhism, Mohammedanism, Judaism each have their galleries of heroes, martyrs and saints.

Even Joseph Smith, the founder of Mormonism, rather than give up his religion, surrendered his life. His followers suffered the fiercest persecutions and passed through the direst privations and many gave up their lives in defence of his teachings.

It makes no difference whether the religious creed is true or false. Once it becomes a complex in the sub-conscious and is joined to the motive power of the religious instinct, it becomes dearer than life itself.

PATRIOTIC COMPLEXES. This law also operates in the formation of **NATIONAL COMPLEXES** and explains patriotism or love of country. One illustration will be sufficient to show how it works. A child is born into the bosom of a loyal French

family. An atmosphere filled with French ideas and the French spirit presses upon every part of the child's impressionable body and brain. He absorbs this atmosphere with his mother's milk. As he grows up, he gradually absorbs the language. The food that he eats and builds into his body is grown on French soil. The air he breathes is French, the water he drinks comes from French wells. He goes to school and college, there he moves in an intenser French atmosphere. The thoughts and ideas that he takes into his brain are furnished by French thinkers. When he becomes a man, he is a FRENCHMAN through and through. Down beneath the threshold of his consciousness the automatic machinery of the sub-conscious through all the years, has been weaving the French pattern into the sub-conscious brain cells. The French complex has been formed. Ever afterwards, France to him is the greatest country in the world. France is his mother and father country. Its language is the most perfect, its women are the most beautiful, its music the sweetest, its history the most heroic, in short, to him France, in all things, marches at the head of the procession of nations. The map of France and its flag are written into the cells of the French complex in his sub-conscious brain. And this complex is so powerful that it assumes control of his life. So we have all kinds of PATRIOTIC COMPLEXES. These complexes are joined up to the powerful instinct that provides for the preservation of life.

The World War was the clash of patriotic com-

plexes. The nations were obsessed, they became abnormal. Each one was afraid of losing its national identity or life. The complexes took the throne in the brains of the national leaders and the people of each nation, wild emotion rising from the deep fountains of the instinct for self-preservation, took charge and overwhelmed intelligence. The world went mad and almost destroyed itself.

Many years will elapse, I think, before the international complex will be formed in the brains of the leaders of the nations. This international complex will be formed when the leaders of the nations are capable of creative thinking. When these men, into whose hands we have committed the power to declare war, employ creative thinking and carry it into action, this new complex will be formed. Treaties and compacts for disarmament may assist by lodging the idea of peace within the realms of their consciousness. But the proper and dynamic place to write a treaty of peace is on the cell groups of their sub-conscious brains. When creative thinking succeeds in forming an international complex in the sub-conscious brain cells of our war makers, war is effectively outlawed.

Humanity is a unit. National distinctions are surface differences. Our common home is this planet. We are warmed by the same sun, our bodies are built of the same food stuff, we have the same kind and number of vital organs, we are all constructed on the same plan, we all breathe a common atmosphere, we are afflicted with the same

diseases, we digest and eliminate the same way, we all pass into life through the gateway of birth and we all depart through the gateway of death. Why should we quarrel and kill each other? Each nation is a living organ in the body of humanity. The destruction of any one nation weakens all nations because it is a destruction of a part of themselves. The oppression of one is the oppression of all. The welfare of humanity as a whole is of much greater importance than the welfare of any of its parts. It is stupid folly to destroy all nations to enrich and strengthen one. The rights of MAN are greater than the rights of nations. Things should, at all times, be made subservient to life. Nations ought to organize on a large scale to provide for and protect life instead of organizing to destroy it. The most effective way to protect the individual nation is to protect all nations. When this kind of thinking penetrates the dull consciousness of the men who make war and is transmuted into the structure of the living cell groups of their sub-conscious brains, creating an international complex, war ceases automatically.

PHILOSOPHIC COMPLEXES. It is possible that a great many of our philosophies, if not all, are the result of the operation of the same law. We are certain of one thing that, without a brain, we could have no philosophies. All our philosophies came through some brain.

What does philosophy propose to do? Philosophy differs from science. Science takes things to pieces

and examines each part to see how it works. Science does not inquire into the values or ideal possibility of things nor into their total and final meaning. It deals with the processes of things as they are. It follows nature step by step as she does her work to see how she does it. The scientist keeps himself separate from his work and aims to give an exact report of how things happen.

The philosopher has a wider range and goes further than science. Philosophy aims to see the universe as it is in all its relations, to get a clear vision of the ultimate cause and its manifestations. Philosophy brings man into the picture and endeavors to give a correct conception of man's relations to the universe and how man can best adapt himself to the universe and express in the highest form the best that is in him. Because of this, philosophy includes logic which is the study of the best method in the activities of the intellect, ethics which is the study of the highest form in conduct, aesthetics which is the study of the best form in the arts, politics which aims to present the best form in government. Back of all this, philosophy seeks to contact the power that interpenetrates and co-ordinates all the parts of the universe. It is the aim of the philosopher to photograph the universe as it is with no retouching. We know that we can have different attitudes of the same object taken from different view points, so we may have different philosophies but they are supposed to be pictures of the universe from different view points. In taking these pictures, the philosopher

must not blur the picture with his own shadow, attempt to retouch it or mix his own emotions or conclusions with it. The philosopher is a reporter interviewing nature. He must report with careful accuracy and exact precision what she is and what she says.

In reality, however, it is impossible to divorce the philosopher from his interpretation, therefore it has come to pass that, in the majority of philosophies if not all, the philosophy is a photograph of the philosopher himself. He interprets the universe and life in the terms of his own life and experience. This philosophical diagnosis of himself may be true so far as he is concerned but it is not true of some other philosopher or of humanity in general.

A MAN SEES WHAT HE IS. If a man has the jaundice everything he looks at is yellow. **A MAN IS THE SUM TOTAL OF HIS INHERITED AND ACQUIRED HABITS.** A habit as we have seen is a complex in the brain cells of the sub-conscious. A complex is a group of cells that act automatically. Because of this action, it may happen that, when the philosopher looks out upon the universe, he sees in the universe his own thoughts, qualities and propensities. "To the pure, all things are pure." If he is an optimist, all things will be bathed in light. If he is a pessimist, all things will be shrouded in gloom. So we have numerous philosophies because we have numerous philosophers. Take any philosopher. It can be shown that his brain complex or his mental habit of looking at things was created

by the mental and emotional atmosphere of the age in which he lived. The philosopher, as he advances to interpret the world and life, must start with a theory and he must get that theory from his own consciousness. We know that the philosopher is influenced by the atmosphere of his times and the theory he starts out with to explain the world and life may be the dominant note in that atmosphere or a reaction from it.

As an illustration, take Schopenhauer the philosopher of pessimism. He was born in Dantzic, 1788, and lived until 1860. He emerged into a world of storm, shock, and revolution. During the period of his life, he saw Napoleon, the incarnation of will, rise and move with the embattled hosts of France over Europe overturning empires and nations and leaving, in his wake, windrows of slaughtered men, wrecked cities and villages and seas of blood. Following these wars, came the aftermath of pillage, pestilence, famine and death. All Europe lay prostrate, the best men slain, the worst left to reproduce their kind. Farms deserted, factories dismantled, churches empty. God dead or blind. Despair and destruction everywhere. With a strain of insanity in his blood, his grandfather died insane and his father committed suicide, Schopenhauer lived in this atmosphere of enshrouding gloom, hope was dead, no light anywhere. This atmosphere invaded his sensitive brain, took possession of his thought processes and created the COMPLEX OF PESSIMISM. This habit of thought became the dominant power in his life and,

when he looked out upon the world, he could see nothing but evil. In his book "The World as Will and Idea," published in 1818, we have his philosophy. It is a terrible picture. He can see nothing good in the world or life. His name for will is desire and his complex leads him to say, "Desire is like the alms thrown to a beggar which keeps him alive today that his misery may be prolonged tomorrow." Dante he said took the material to form his hell from our actual world and, when he came to picture heaven, the world could furnish him no material. "Optimism says he is a bitter mockery of man's woes." And, in regard to death, he says, "If death bides its time it is but playing with us as a cat does with a mouse." He was analyzing his own complex when he said, "The intellect may seem at times to lead desire but only as a guide leads its master. Desire is the strong blind man that carries the lame man who can see." "We do not want a thing because we have found reasons for it, we find reasons for it because we want it."

He lived the life of a morose bachelor and hated women. In reference to women, he said, "It is only a man whose intellect is clouded by his sexual impulse that would give the name of FAIR SEX to that undersized, narrow shouldered, broad hiped, short legged race." He said that the only way to escape life's miseries was to destroy the desire to live, and when this is completely annihilated then the soul can have peace.

Dominated as he was by a blind, unreasoning complex, he was an egotist of the exaggerated type.

He said concerning his book, "It is no mere rehash of old ideas but a highly coherent structure of original thought clearly intelligible, vigorous and not without beauty. A book which will be hereafter the source and occasion of a hundred other books." Now we know that it was a restatement of the philosophy of Buddha and that there was nothing original in it. He was so sure of having solved the problem of life that he had his signet ring carved with an image of the Sphinx, throwing herself down an abyss, as she promised to do, when some one had solved her riddle. He said, "A book like this is a mirror. If an ass looks in, you cannot expect an angel to look out."

I use Schopenhauer as an illustration to show how **THE THINKER CAN ALLOW** the thought contents of the atmosphere of his times to take possession of his brain — and create a complex which became so powerful that it dominates his life and regulates every detail of his existence. Schopenhauer was a slave, in the domain of his own brain, to a complex which he himself created. There are many like him who have vacated the throne of reason to allow a usurper to occupy it. Schopenhauer lived eighty-two years and, through all these years, he was unhappy. But this atmosphere of gloom was his own creation. He had the power of choice and selection and he selected the thought material to build his own hell, when he could have built his own heaven.

THE FEAR COMPLEX. This fear complex is in all of us. It was formed in the brain away back in the history of the race. In his early history, man

was ignorant of the nature of his surroundings. The storm, the flood, the earthquake, the thunder, the lightnings were forces that threatened his life. He was afraid of them. He could not overcome them and he did not understand them, so he made them gods and, in groveling fear, worshipped them. His religion was a religion of fear. In addition to these imaginary foes, he was surrounded with actual enemies. Wild animals threatened his life and that of his family. He was compelled to defend himself against his own kind. He was never sure of where or how he was going to get his next meal. In fact, he himself might be the next meal for some wild beast or stronger man. Primitive man was, therefore, bathed morning, noon and night in an atmosphere of fear. Fear is connected with and forms a part of the instinct of self preservation. In the presence of his enemies, whether they are real or imaginary, man must protect himself in one of two ways — by FIGHT or FLIGHT, and he must have increased strength to do either. Scientists tell us that nature has equipped him with a mechanism to furnish this strength automatically. This mechanism is in the sympathetic nerve system and the adrenalin gland. When the fear complex is agitated, the sympathetic nerves convey the agitation to the adrenalin gland and it pours a small quantity of adrenalin into the blood stream. The effect is immediate the muscles become tense, the heart beats faster, the breathing becomes more rapid and the entire body is filled with increased strength.

Now if the enemies are real and the man must run or fight, this increased strength is used up, the tension is released in a natural way and he feels better. If, on the other hand, they are imaginary, the increased strength finding no channel for expression reacts upon the nervous system and, if continued, eventually wrecks it. Suppose you turn in a false alarm of fire. All the fire departments of that district rush out, and down the streets they come thinking it is a real fire. So, when the fear complex sends in an alarm of an imaginary danger, this defence mechanism goes into action to provide the strength to meet the supposed danger and, since there is nothing there from which to run or to fight, we have muscular tension, mental anxiety, throbbing heart, shortness of breath, trembling knees, inexplicable weakness, choking sensations, dizziness and nausea. All this is the back action of unused energy. The adrenal secretion is the most powerful stimulant known. And it is a dangerous thing to call it into action if there is nothing for it to do. If there is no danger there to fly from or fight, it will find somebody to wreak its vengeance on and that somebody is the person that turned in the false alarm.

Primitive man was governed, to a large extent, by this fear complex. It found channels of expression in a multitude of ways, through his weapons, his religions, his customs and manner of life. This emotion of fear was stenciled on the cells of his subconscious brain and became a permanent part thereof. This complex became the physical counterpart of

the fear thought. A large part of the history of man on this planet could be written in terms of fear. It enters into his religions, his wars, his taboos, his customs, his philosophies. It explains his navies, armies and secret diplomacies. It produced his tariffs and restrictive immigration laws, his armies of police and detectives, judges and jails. In fact, it is the creator of all the defence mechanisms of the nations against each other.

Creative intelligence is the only power that can destroy fear and all its creations. Creative intelligence, as I have said before, is the untrammelled reason of man on the throne in free action. Creative intelligence refuses to consort with superstition, rejects the conclusions of custom or tradition, will not bend in the presence of authority, ignores the opinions of ignorance. Creative intelligence goes to the source of all truth — nature herself, listens to her voice, traces her methods out patiently and on the basis of all the facts and the laws of the facts, formulates the method and outlines the program. Creative intelligence takes the fear complex down from the throne, dissects it and demands the reason for its existence. Creative intelligence sees nothing in the world or in life to be afraid of. All things work together for good to the person who thinks right and acts right. The negative complexes that govern humanity are the creations of ignorance. What humanity needs is to create positive complexes through creative thinking and invest them with directive power. The power that has given us the

small measure of victory over fear that we have has been creative intelligence and complete victory over fear will only come when it is enthroned in the seats of directive control and its methods are employed in the solution of all human problems. When this happens all the defence mechanism of the nations will disappear. They will be needed no longer because creative thinking will be its own defence. We have, as I have said before, enough creative knowledge now in existence to destroy fear and all its complexes but it is not distributed.

In the case of the individual, the fear complex reveals itself in a number of ways. Stage fright — the most of people manifest all the symptoms of fear when called upon to appear before an audience. The knees tremble, the throat is dry, the breath is labored, the heart beats faster. Others are afraid of the darkness. This is very often the result of ghost stories told in the childhood days. Such stories create fear complexes in the brain which remain to torment the child when he gets older. Some are afraid of microbes and are forever cleaning, scouring and fumigating. Others won't sit down at a table with thirteen or do anything on Friday the thirteenth. Others refuse to walk under a ladder. Others think that something awful will happen when they break a looking glass. Others will not continue their journey if a black cat crosses their path. Others are afraid of catching disease. There are all kinds of fears, fear of storms, fear of criticism, fear that something terrible is going to happen, and indefinable

dread, fear of failure, fear of death and a multitude of other worries, anxieties and dreads. In addition to this our complex civilization and intense nervous strain in connection with our stupidity are constantly creating new scares and new complexes.

In this book in the chapter on the brain, I have shown how these complexes are formed. Some are inherited; the rest are formed by the individual himself.

THE THINKER on his throne in the conscious brain has the power to select the thoughts to be woven into the brain complexes of the sub-conscious. He also possesses the power to modify and transform the inherited complexes. If he is dominated by fear, then the thought element in the complex is the fear thought. He cannot change the action of the machine. If he desires freedom, he must change the kind of thought that he is feeding into the machine. In fact, he must shift from the negative to the positive, from the destructive to the constructive.

Some scientist has coined the word **NEUROGRAM** to explain what happens in the sub-conscious brain when a thought is carried into action. **NEURON** means cell and **GRAMMA**, to write. So **THE THINKER**, in the conscious realm of the brain, dictates the words, the sub-conscious is the stenographer and it writes, deep into the neurons or cells, the substance of the words. In this way all complexes are formed.

Of one thing **THE THINKER** can be certain. The mighty urge of the sub-conscious is against everything destructive and for everything that is con-

structive. It is against fear and for courage, it is against disease, weakness, failure, poverty, ignorance and death and for health, strength, success, prosperity and life. It is, therefore, eager to co-operate with **THE THINKER** in working into the character the highest and the best.

THE MONEY COMPLEX. The supreme driving power in the sub-conscious is the desire for self preservation and self expansion, in other words protection and freedom. This desire for better protection and wider opportunity for movement explains the universal desire for **MONEY**. **MONEY IS CONDENSED ENERGY.** Money means power. Money commands all things. If I have ten cents I am lord over all men to the extent of that ten cents. I can command cooks to feed me, philosophers to teach me and kings to mount guard over me to the extent of that ten cents. Money means freedom from poverty and toil. It means a splendid home, servants, automobiles, social position, honor, friends, emoluments, travel and all life's material good. The man without money is looked upon as a slave. The man with millions is looked upon as an uncrowned king.

The great god of our civilization is gold. We all bow at his footstool and worship in his temple. We value all things in terms of money. What is your hog worth? What is your horse worth? What is the man worth? Success is measured by dollars. The grades in society are built up out of money. All things are colored yellow. Everybody is preach-

ing the gospel of gold. The pulpit, the press, the bank, the bar, the school, the university, the magazine and the advertisement. The motto of our times is, "Get the money, boy, and get it when the getting is good." "Do the other fellow and do him first or he will do you." We are all immersed in this atmosphere of money worship. America is this god's great cathedral and its aisles are crowded day and night with millions of worshippers seeking his favor. Some of the worshippers will do anything to get money; they will rob, cheat, lie or kill. If we could look into the sub-conscious brains of these dollar worshippers, we would see the deep impress of the dollar in the cells thereof. **THE MONEY COMPLEX** masters and controls all their energies. The brain cells are colored yellow, the color of gold.

THIS DESIRE FOR MONEY IS NATURAL AND GOOD WHEN IT IS SOUGHT AS A MEANS AND NOT AS AN END. This desire is commendable when **THE THINKER** seeks money as a means to secure a larger and nobler life. But, when it is sought as an end itself, it becomes a blistering curse. It is impossible for the average man to own a million. The million will own him. The million will take the seat of conscious thought, harness the man, put a bridle on him, and a gold bit in his mouth, and lash him to work day after day, and year after year in the field of toil. **THE MONEY COMPLEX** is a cruel tyrant and a conscienceless driver. Everywhere in America, we can see hundreds of thousands of tired business men who have surrendered the control of

their lives to the MONEY COMPLEX, whipped to their daily drudgery in the fields of sordid gain. Life is ruthlessly sacrificed on the altar of gain. As a result, an element of sadness pervades all our activities. Our existence is flat, joyless and stale. The homes where happiness reigned are fast disappearing and, in their place, we have the stuffy hotel, the stupid flat, the dark tenement house and the grimy slum. From these places in the morning, come millions with tired step to go to their daily grind in the shop, the office, the store and the factory. At night, they return dragged out to spend the weary night in fitful sleep. Our mills and factories are built like prisons. In fact, they are prisons for the workers are chained to the machines. The joy of life has long departed from them and nothing is left but the dreary empty shell of existence. It is true that giant forces are at work, but these forces are the forces of steam, gasoline and electricity. The activity we see is the activity of the machine. It is true that everywhere is the noise of motion but it is the noise of street cars, automobiles, trip hammers, locomotives and factories. Our age is entirely mechanical. The activity of the machine has replaced the activity of life. The noise of the machine has drowned the laughter of life. The factory has abolished the play ground. We have invented great machines and chained ourselves to them. We have built great cities filled with joyless inhabitants. What is the cause of all this? We have allowed THINGS TO USURP THE THRONE OF LIFE. We have created the MONEY COM-

PLEX and this complex has taken complete control of our lives.

We have a powerful illustration of the consequences of the mastery of the money complex furnished by Greek mythology, The Case of Midas. Midas prayed earnestly to the gods for money and the substance of his prayer was, "Oh ye gods give me money; grant that everything I touch shall turn to gold." The gods are in the sub-conscious and they always answer prayer. His prayer was answered one night and when he came down in the morning and sat down to breakfast he touched the bread and it turned to gold, he touched the wine and the fruit and they turned to gold, he kissed his little daughter and she turned to gold. He approached his wife and she turned to gold. Realizing his awful mistake, he entreated the gods to take this awful power away from him. It was too late. The gods laughed derisively and placed upon his head a pair of donkey's ears. The profound meaning of this fable is this: when a man surrenders his life to the business of amassing money as an end in itself, he loses all interest in the higher, nobler and grander things of life such as affection, love, friendship, art, music, the pleasure of reading, the joys of home. It is a tragedy when a man creates a MONEY COMPLEX and allows that complex to master and turn his brain into a machine for coining dollars. Such a man is not fit companion for his children or his wife. He is incapable of friendship. His life is cold, flat, insipid and dead. Music, art, poetry, literature or nature

find no response in his gold chilled brain. Such a man is bound in chains of his own forging and, when he drops dead, his relatives ought to inscribe on his tombstone — **SLAIN BY A MONEY COMPLEX.**

I am not opposed to making money. **THE THINKER**, if he has the ability, ought to make it and then use it as a means to secure larger freedom and a nobler life for himself and others. **THE THINKER** must at all times stand out **FREE** from all entangling alliances with material accumulations. These things are only life's scaffoldings. They do not form a part of the real man. Money is not manhood. Money is manhood's tool. **WHAT A MAN IS IS THE BIG THING, NOT WHAT HE HAS.** Being is of supreme importance, not having. If a man is, he will have. **THE THINKER** has the power to obtain control over the kingdom of his own brain and he ought to exercise this power at all times, remembering that "eternal vigilance is the price of liberty."

DOUBLE PERSONALITY. R. L. Stevenson, the noted novelist, wrote a story called the Strange Case of Dr. Jekyll and Mr. Hyde. This story is the biography of one man who lived two lives. Dr. Jekyll was a noble, upright man while Hyde was a brute and a murderer. The man shifted from one personality to the other through the use of a drug. On the basis of the formation of complexes, we can understand how this is possible. When a complex is completely formed it becomes a personality in itself and, when aroused into action, it can take complete

possession of the activities of the individual. It can disassociate itself from all other tendencies and act independently or it can engage in stormy conflict with other tendencies and make life miserable.

There are a number of instances of double personality on record where the individual has wandered off and been under the control of the secondary personality and then, after weeks, months and sometimes years, returned not knowing where they had been or what had occurred. A girl, for instance, under the control of one personality, went into the woods and gathered garter snakes and brought them home in boxes addressed to her other personality, to enjoy the terror of the other individual when the boxes were opened and the snakes wriggled out. We have hundred of illustrations on record where it has been shown that one personality may think and act, and know nothing of the existence of the other personality dwelling in the same brain. The marvellous performances of the sleep walker has demonstrated the perfect automatic action of the sub-conscious and shown that the individual can think, reason and act and have no consciousness of what he is doing. The entire plot of Stevenson's story of Dr. Jekyll and Mr. Hyde was given to him in his sleep. The dream was so startlingly clear and he saw it so vividly that he uttered exclamations of horror and moaned in anguish. It was absolutely real to him. His wife heard his groans and woke him up. The entire story stood out in his mind in all its details and he wrote it down just as it was revealed to him in his

sleep. This illustrates the marvellous power of the sub-conscious and shows how it can act independently of the conscious.

The apostle Paul, in his letter to the Church at Rome, confesses that he was conscious of two persons within himself, the carnal man and the spiritual man, the bad man and the good man. Paul did not know how complexes were formed in the sub-conscious brain. His consciousness of the existence of two persons, in constant struggle for control, proves that there was, in his brain, two complexes created by opposite systems of thought. One was formed before he became a Christian. He was born into the atmosphere of the strictest Judaism. Bathed in that atmosphere of thought and thoroughly educated in Judaism at the feet of the famous Jewish teacher Gamaliel, a strong, dominating, religious complex was formed distinctively Jewish. This complex took control of his life.

Christianity was a new religion and its teachings differed from the teachings of Judaism. Paul whose name was Saul hated the new religion, he could not control his hate. "He breathed out threatening and slaughter against the church." This was the complex in action and the climax of its hate was reached when it forced Saul to assist in the murder of Stephen.

Now we have seen in our study of the sub-conscious how the thoughts, sensations and experiences of a man are transferred to the brain cells of the sub-conscious and written thereon to remain. When

THE THINKER accepts a new system of thought and transfers it down to the sub-conscious to create a new complex, a conflict between the new and the old begins and rages violently until one or the other is subdued.

Saul of Tarsus was A **THINKER** and he began to examine the claims of Christianity and the nature and results of its teachings. Slowly, he arrived at the conclusion that it was better than Judaism. He had a vision of The Founder and an interview with him. Whether this was objective or subjective does not concern us, to Saul it was real. Following this he decided to become a defender of the new religion. The new ideas carried into action began the creation of a new complex. The conflict began between the new and the old. Paul is perfectly frank about this fight and tells us all about it in this letter to the Romans. He said that he was conscious of two forces or laws warring in his soul, the law of the flesh and the law of the spirit; two distinct personalities, the old man and the new man, Saul the Jew against Paul the Christian. The conflict was agonizing and in his misery he cried out, "Oh wretched man that I am, who shall deliver me from this body of death?" The victory was complete when the new complex was substituted for the old and the picture of Christ took the place of the picture of Moses in the brain cells of his sub-conscious. In his old age Paul said, "I live, yet not I but Christ liveth in me." Whether it was the real Christ or his mental conception of Christ that lived in him does not concern

us. We know that, to Paul, Christ's presence in him was real. The new complex was on the throne of his conscious brain and became the commanding power in his life. Every ounce of his energy and moment of his time was given over to the new master. In Paul's experience we can see how a determined THINKER can destroy an old complex and create a new one. The process involves a painful conflict. As the conflict rages, two personalities may apparently exist in the same person and fight for supremacy, and that different systems of thought can produce different types of character or personalities. What a wide difference there was between Saul of Tarsus, the intolerant Jew, the murderer, and Paul the apostle, who poured out his life in service to his fellows.

We can clearly see now how the foundations for different personalities may be built up in a man's brain. We will take another instance. A man is born in Sweden. He marries and rears a family. He has absorbed the Swedish language and is bathed in the Swedish thought atmosphere. And, down deep in his sub-conscious brain, a complex is formed, a perfect Swedish complex, a unit thinking entity endowed with all the characteristics of a personality. This man emigrates to America and, on his arrival, he is bathed in a totally different atmosphere and hears a totally different language. He slowly absorbs the ideas and the spirit of America and, at the same time, absorbs the language. He marries and raises a second family. He creates another complex — an

American complex. A unit thinking entity fitted to function in a new environment. In such a case, we have a person who can act as two personalities, the Swede and the American. He can switch from one to the other. In fact, a personality of any type consists of layer after layer of thoughts, sensations and feelings laid down year after year and then combined into a complex whole under the control and direction of THE THINKER.

In every case, however, it is of the greatest importance that THE THINKER shall obtain and maintain supreme control in his own domain. He should not allow any entity carnate or discarnate, external or internal, self-created or otherwise to usurp the throne and take possession of his consciousness. I admire old John Knox of Scotland who, when the Queen of England demanded that the covenanters submit themselves to her in matters of religion, drew a circle around himself and declared that no King, Queen or Parliament had a right to step over that line, to dictate the kind of creed he must accept or interfere with any arrangement he chose to make with his God. Within this circle, he was free and independent and he demanded this for every covenantor and won. So THE THINKER must draw a sacred circle around his own domain and refuse to allow any other person or power to step over the line and dictate to him the course to pursue. Advice or assistance is always to be received thankfully but dominance is at all times to be rejected.

In the majority of cases, when a person or entity,

whether self-created or otherwise seeks to gain control and use the powers or faculties of another it is always for purposes of exploitation. It is a dangerous thing for THE THINKER to lend his MACHINE to somebody else. It does him no good and the person to whom he lends it uses it for his own benefit and very often lands it in the ditch a wreck. The ranks of Spiritualism are full of persons who lend their bodies and brains to all kinds of entities self-created and otherwise; negative thought forms and destructive entities crowd in one after the other using the brain and body of the medium as their instrument to express all kinds of destructive emotions and sensations. I have seen the medium shiver with cold, burn up with fever, choke with asthma, cough with tuberculosis, suffer with pain, tremble with weakness. I have heard them curse and swear, get angry, call for strong drink or drugs and fall to the floor foaming at the mouth. Whether these so called entities that produce such effects are self-created or otherwise does not concern me at this time. I am simply showing that all such performances are destructive and are the prolific source of all kinds of bodily diseases, mental disturbances and insanities. The sub-conscious can produce any kind of a thought form and make it appear to the medium in the conscious brain as a genuine spirit. The medium is an exquisitely sensitized person and can catch all kinds of thoughts and sensations from the audience. These thoughts and sensations are changed by the sub-conscious into thought forms

and the medium sees them as spirits. Her own spirit guides may be thought forms which originate in the various complexes that she has created in her own sub-conscious brain. The medium is perfectly honest. She does see these forms. They do act as living thought entities. She hears them speak. The sub-conscious can play tricks on the child as it builds around him an imaginary world and it may deceive the medium by creating thought forms and then presenting them as genuine spirits.

SELF DECEPTION. THE THINKER must not allow his sub-conscious to terrorize him or tyrannize over him. He must not allow it or its complexes to master or deceive him. In the conscious realm of the brain, as we have seen, **THE THINKER** is invested with the power of supreme control. He can select or reject. He can be strong by assuming a positive attitude or weak by a negative attitude. He can throw open all the doors and invite all kinds of thought devils into his home or he can close the door and admit the best only. He can associate with the worst characters in life or history and become like them or he can associate with the best and absorb their wisdom and goodness. And, in regard to the thought entities or complexes that he has inherited or acquired, he can control, modify or change them into conformity with his purpose. He can educate them, sublimate them or destroy them. The information furnished in this book is given to assist **THE THINKER** in the great task of obtaining and maintaining control in his own kingdom.

SELF DECEPTION. To show how it is possible for the sub-conscious to deceive **THE THINKER**, we must go back and consider the psychology of the child mind. The child, as we have already seen, is born without the conscious brain. The process of building this brain begins at birth and continues slowly as the child grows older. In his earlier years, the child is under the control of the sub-conscious and continues under this control more or less up to the voting age. This brain is governed by ideas given through suggestion in a variety of ways, the thought atmosphere of the home, the pictures on the walls, suggestions direct or indirect, the actions of the parents or other members of the household, the language used, the stories told, all these furnish ideas that are greedily absorbed by the sub-conscious. This brain does not possess the power of critical analysis. It is a receiver. It accepts all given to it without question. Children accept every idea that is given them as true.

This brain possesses the power of **CREATIVE IMAGINATION** and, from the ideas it receives, it creates symbols, pictures and thought forms of all kinds. All these become **REAL** to the child. This transformation of the **UNREAL TO THE REAL** makes **SELF DECEPTION** possible. Through this imaging power, the child, with the assistance of his parents, builds an imaginary world filled with marvelous beings doing impossible things. **Kriss Kringle**, his sled filled with gifts for good children, driving reindeers, coming down the chimney; **Jack**, the

giant killer, climbing the bean stalk into the country of the giants, killing the giants and bringing home their treasures of gold; the magic carpet flying through the clouds performing many startling things; the fairies dancing in the moonlight leading the child to treasures of diamonds in the cave; wild and blood curdling ghost stories, headless men, haunted houses and hundreds of other stories help to build the world in which the child lives.

This imaginary world is real to the child. He sees it and he identifies himself with all the actors therein. He becomes a soldier, a pirate, a robber, a hero, a king, a lover, a hunter, an explorer. He owns castles and horses and servants. He loves and hates. He is brave. He is frightened. In short, all his emotions are aroused into action. He gets all the thrills of real life. These unreal thought forms driven by powerful emotions create a complex in the child's brain. This complex MAY CONTINUE TO DECEIVE HIM when he becomes a man. There is no identity between the imaginary world of the child and the cold hard actual world of men and women. Fairies, flying carpets, magic wands do not exist in the real world of brutal facts. When the child grows up and becomes a man, he must bring this power of imagination under control. He must square it with the real facts of life.

I presume that this is the reason why the poet, the artist, the musician, the philosopher never make a success in the business of making money. The most of them barely exist. The poet's thoughts, the

artist's pictures, the musician's harmony, the philosopher's system are all ideals in the realm of imagination. They do not exist in the actual world of life. Every man must have imagination to succeed but it must be chastened, modified and regulated by the facts.

Many are not strong enough to bring their imagination under conscious control. The childish complex continues to rule them. But the methods that succeed in the world of imagination will never succeed in the actual world, so they fail and fail repeatedly and develop what is known as the inferiority complex.

THE INFERIORITY COMPLEX. The inferiority complex then may be created by successive failures due to the application of childish methods in the solution of the problems of life. It may also be the result of the presence of a defective organ in the body. In either case, the individual fails as he attempts to solve life's problems and his sense of inferiority increases with each failure. The consequences differ with different individuals. Some become sour and cynical and throw the blame for their failures on others or on circumstances. Many become pessimists, anarchists or communists. They create an imaginary thing called **THE SYSTEM** and they use up their energies in cursing it. This gives them a chance to praise themselves and damn everybody else. Others stoically accept themselves as failures and become wandering tramps. Others become drunkards and dope users hoping to find in these relief from the sense of inferiority. Some give up the

hopeless fight and commit suicide. Still others, realizing their inferiority, turn their attention, consciously and unconsciously, to themselves and they use up all their energies to try to make up for the deficiency. They tell themselves a thousand lies and they use up so much energy in bolstering themselves up that there is none left to meet life's problems. Such people become the victims of all kinds of mental and nervous disturbances and generally wind up in the lunatic asylum.

Fear and cowardice are the thought elements in the inferiority complex and every defence mechanism invented to hide this inferiority is composed of the same elements. It is, therefore, wrong to fill a child's mind with false conceptions of life or to surround him with a bristling fence of don'ts and can'ts. The child ought to be furnished with the facts of real life and he ought to be inspired to think for himself and to act with decision.

A human life is a CREATIVE EFFORT, a bundle of amazing potentialities. These potentialities ought to be drawn out and exercised by a scientific education based on an accurate knowledge of the powers and functions of THE THINKER in the conscious and sub-conscious brains. Life is an adjustment of internal powers to external conditions. A successful life is one where THE THINKER has such complete control over the forces that are in him that he can adjust them to any emergency that may arise in his inner or outer life and win the victory.

The main element in the life of any successful

individual is **COURAGE**. There are three main problems that face every human being. His occupation — here is where he gets his bread and butter, his relations to others — this is co-operation, and marriage. To be successful in these three relations, requires courage and the ability to co-operate.

Courage is a calm, steady, well-balanced determination to go through with the task or overcome the difficulty. The courageous man will not allow circumstances to defeat him. He will force circumstances into line with his purpose. He will not make any excuses for his failures; he will learn to succeed through his mistakes. He will not evade responsibility; he will welcome it as an opportunity to do something worth while. He will never pity himself or make any claims for special consideration; he will be so fully occupied with his work that he has no time to spend seeking sympathy. He has no time or disposition to sit down in solitary grief with himself and cry over his own weakness and he will not perform "the baby act" in public. He will never brag. The braggart is a coward. His loud claim of courage is an attempt to make up for his cowardice.

The development of **THE COURAGE COMPLEX** therefore in the child is of supreme importance and, when this element is made a part of himself, it will give him power and success when he becomes a man.

TRANSFERRED COMPLEXES. We have seen how **THE THINKER** can send thoughts and sensations

into the sub-conscious forming complexes and we have seen how these complexes become unit thinking entities demanding recognition. These self-created entities can, when strong enough, reverse the machinery of the sub-conscious and send up into the conscious thoughts, emotions and pictures that may appear to **THE THINKER** as **REALITIES**. **THE THINKER** can, in turn, project these thoughts, emotions or pictures to the outside world and clothe any object, person or phenomena with the thought content of the complex. This business of projecting the creations of the sub-conscious is going on constantly. Our standards of morality are largely the projections of the **CONSCIOUS COMPLEXES** of other people.

The advocates of Sunday as a day of complete cessation from all work would like to have their Sunday complex written into the constitution of the United States. We have a fanatical complex in the constitution now that has given us a national sick headache. The original Constitution was the expression of creative intelligence. Every intolerant group in the country would like to have their complexes added to it in the shape of amendments. A fully formed complex is blind, unreasonable and intolerant.

A Frenchman works out a new pattern in dress and hands it down to the sub-conscious and, behold, it becomes a **FASHION COMPLEX** and he projects it into the world and it becomes the standard for women. The **DRESS COMPLEX** of the Prince of Wales

becomes the standard for men. The complex of the group leader becomes the accepted creed amongst his followers. The customs, taboos, conventions and shibboleths of society are all projected complexes.

Primitive man transferred his inward ideas and emotions to the phenomena of nature investing the sun, moon and stars, the wind, clouds and waterfalls with personality. The gods of Greece, Rome, Egypt and all the primitive races were all projected complexes. These complexes were all formed in the sub-conscious brains of their priests and broadcasted amongst the people. This same power is in constant use today.

A man has built into his sub-conscious a bad complex. It becomes powerful. He is ashamed of it. He does not want the world to know that he possesses it, so he determines to suppress it. Every time it tries to get into action he forces it back and down into the sub-conscious. He has invested it with life and it vehemently rebels and demands expression. To gratify this demand the man transfers it to some other person and then gives himself relief by cursing the man to whom he has transferred it.

For instance, here is a man who has an abnormal sex complex. He lives a licentious life and feeds this vicious instinct until it becomes powerful. He is converted, but the complex is still there demanding expression. He becomes a reformer. To gratify this demand he organizes a PURITY LEAGUE and engages in a savage campaign against obscene books, pictures and loose morals. The complex finds

abundant gratification in hunting down and working with salaciousness and the reformer finds relief in denouncing and jailing the offenders. So the man who is lewd internally is loud in his denunciation of lewdness. The man who is constitutionally dishonest is always talking about his own honesty. Everybody else is dishonest. The man who is a coward within is always boasting about his bravery. Hart says, "We may express the psychological process seen in these cases as follows, the fault constitutes a complex which is repugnant to the personality as a whole and its presence would naturally lead to that particular form of conflict known as self-reproach. The personality avoids this conflict however by projecting the offending complex on to some other person where it can be efficiently rebuked without that painful emotion which inevitably accompanies the recognition of deficiencies in ourselves. That is to say the personality reacts to the repugnant complex by exaggeratedly reproaching the same facts in other people thereby concealing the skeleton in its own cupboard. The more comfortable expedient of rebuking one's neighbor is substituted for the unpleasant experience of self-reproach." So then we attempt to deceive ourselves by transferring our own meanness to somebody else to avoid conflict and enjoy the pleasure of denouncing it.

My aim in writing this book is to assist the reader to attain the highest and best and to discover the kingdom of power and joy that is within him. Bacon said, "Seek ye first the good things in the kingdom

of the mind and the rest will be supplied or its loss will not be felt." The bee and the wasp both suck nectar from the same flower. The bee turns the nectar into honey while the wasp changes it into poison. Two lily plants are subjected to the sun's rays, one has its roots in the ground and is well watered the other has been pulled up and its roots are exposed. The same sun causes the first one to unfold into greater beauty while it withers and destroys the second. **THE MENTAL ATTITUDE OF THE THINKER IS THE CHIEF THING.** He must assume a positive attitude that means he must be optimistic, independent, creative, intelligent and sympathetic. He must remain unafraid, unattached and uncommitted. As he moves through life, he must not allow things to master him. He must not allow riches or poverty, honor or dishonor, the plaudits of the crowd or their curses to affect him. All these things are transitory. He must climb up on the serene heights at times and look down upon the human scene not in the spirit of disdain or cynicism but in the spirit of sympathetic understanding. He must fellowship with the great master thinkers of the past, drink in their words and spirit until they are part of himself. **THE THINKER** must always keep in the forefront of his mind that he is here to achieve the only freedom possible to man. The surrender to passion is human bondage, obedience to reason is human liberty. We are free only as we know. Men who are good under the guidance of reason seek what is useful to them and whatever

they desire for themselves they also desire for the rest of mankind. To be great, is not to be placed above humanity in the chair of power but to stand above all the partialities and selfish stupidities of uninformed desire and to rule in the domain of the mind. Spinoza said, "After all, the greatest good is to know that the mind is in union with all nature."

**TELEPATHY, AUTOMATIC WRITING,
MIND READING, DREAMS, SUP-
PRESSED INSTINCTS**

Chapter Seven

TELEPATHY, AUTOMATIC WRITING, MIND READING, DREAMS, SUPPRESSED INSTINCTS.

MAN can transmit his thoughts and pictures to almost any distance and he can receive them when transmitted without the use of visible means. This has been completely demonstrated by radio and television which is a form of radio. The invention of radio is the result of creative intelligence. Tradition or authority were incapable of inventing it. The only thing they are capable of doing is to reproduce a dead past. They always have opposed progress and, when they had the power, they have jailed and murdered the creative thinker in every age.

Maxwell, Faraday, Hertz, Marconi, De Forrest and Edison are magnificent examples of creative intelligence. These men broke with the dead past, examined the facts of electricity, discovered the laws of these facts and built their machines in accordance with these laws and gave us radio and television.

These saviours of humanity opened a new world. One that was utterly unknown before to scientists — the unseen world. The five senses cannot know this world. These senses have the power to bring us sensations from the material universe but they do not possess the power to respond to the rapid vibrations of the radio waves.

The eye, for instance, is built to respond to the

vibrations of light rays within a certain range. This range consists of violet, indigo, blue, green, yellow, orange and red. When light moves at a certain rate of vibration the color is violet, a little slower it is indigo, still slower it is blue and, as it slows down, it becomes green, yellow, orange and red. The eye operates within this narrow range. Above the violet, we have the X-ray and so on up in faster vibrations. Below the red, we have slower rays and on down in slower vibrations. The eye, however, is not built to respond to any rays above the violet or below the red. The rays above the violet go so fast that nothing can stop them. They pay no attention to walls or material barriers, they pass through them as though they did not exist. They pay small attention to time or space. Time and space are almost wiped out of existence in the presence of radio waves.

It has been proven that light and electricity are identical. Therefore, light, in all its vibrations, is electrons in motion. It is these vibrations that the radio scientist has harnessed in his wonderful machines. I said that through radio the door has been flung open to a new universe — the invisible. The real universe is the invisible universe. Thought is invisible, electricity is invisible. Consciousness is invisible and intangible. Growth is invisible. Gravitation is invisible. Decay is invisible. All processes take place in essence and are forever invisible and unrelated to any of our five senses. All causes are invisible. Time is invisible. Space is invisible. The universe is made up of the invisible electrons.

The cause of all motion is invisible. Everything that is in **THE THINKER** and in his **MACHINE** was abstracted from the invisible and built up into the visible machine.

In fact, it is my opinion that everything visible within and around the thinker was built up by him by converting the swift vibrations of the invisible into slower forms. Invisible steam in the room becomes visible frost on the window pane when the cold slows down its vibrations. It is, therefore, probable that the brain, the nerves and the five senses slow down the vibrations that come from the invisible universe and thus the visible universe is created. If this is a fact, then the visible universe is only a temporary scaffolding. The real universe is the invisible universe and this universe will be the theatre for the greatest achievements of creative intelligence.

The radio scientist then is operating in the real universe. In the radio machine, he converts sound waves into electrical waves and then he converts these electrical waves back into sound waves. In the television machine, he converts light waves into electrical waves and then converts the electrical waves back into light waves. In my opinion, sound and light are both manifestations of electric vibration. The only difference is in the wave length. So the radio and television machines, like the human body, are simply arrangements to slow down or speed up electrical vibrations.

How does this happen? In radio for instance we

have the sending machine or broadcasting station and the receiving machine. In the broadcasting station, there are a number of powerful electric batteries capable of delivering from 5,000 to 50,000 watts. The current from these batteries is sent through a series of coils, condensers, lights and transformers out into a series of wires strung outside between two poles. From these wires, the vibrations of the current radiate in a series of waves in all directions. The condensers and coils regulate the wave length. This wave is called THE CARRIER WAVE. The microphone is an instrument through which the sound vibrations from the speaker or the orchestra are changed into electrical waves and sent out on the carrier wave modifying it in a multitude of ways. The receiving machine consists of batteries, coils, condensers, transformers and lights. A single wire on the roof catches the vibrations from the broadcasting station. It passes through the coils, condensers and transformers to the loud speaker where the message or the music in the electrical waves is converted back into sound waves. By operating the condenser in the receiving machine, the wave length of the station desired is obtained. The television machine operates in the same way, the only difference being that, instead of converting sound waves into electric waves and back again, it converts light waves into electric waves and back again. So, then, both machines are arrangements for slowing down and speeding up vibrations.

The television machine is an extension of the power

of the eye to see, as the radio machine is an extension of the power of the ear to hear.

The principle of electrical exchange, which I discussed in the chapter on "the human body an electric machine," is present at every stage in the workings of radio and television. The sending station is positive and active, the receiving station is negative and passive. To receive the message, the music or the picture, the receiving machine must be tuned to the same wave length as the sending machine. In these machines then, we have the completed demonstration that man can and does transmit thought, music and pictures without the use of visible means. Man's ear can now hear sounds from all parts of the world and his eye can now see events in all parts of the world. It looks like a thing impossible that a short piece of wire, strung on the roof, hanging out of the window or lying on the carpet, can record and carry the speeches and music sent out by four or five hundred broadcasting stations and, out of these hundreds, the person at the receiver by moving the dial of the condenser can select the program that he desires and completely shut out all the rest.

We know that TELEPATHY or the power to transmit thoughts, emotions and pictures and the power to receive them without the assistance of radio or television is a fact there are thousands of verified cases on record in the files of the psychical societies of England and America. But, if we had only one verified case of thought transference and reception

on record, it is the business of science to explain **HOW** it happened. A gruff denial or a supercilious sneer is not science.

There is, in the human body, all the necessary elements and forces to transmit emotions, thoughts or pictures to a distance and to receive them. What are these elements and forces? To transmit a message we must have **A SENDER**. He must have the **POWER** at his command to send the message and there must be a **MEDIUM** through which the message can be sent. To receive a message, we must have the same conditions with this difference when messages are sent, **THE SENDER** must assume a **POSITIVE** attitude and **THE RECEIVER** must assume a **NEGATIVE** attitude. In this book, I have already shown that these elements are all present in the human machine. We have **THE THINKER** who has the power to formulate the message and send it. **POWER** is present in the **ELECTRIC ENERGY** which is furnished in large quantities by the electric cells in the body. **THE MEDIUM** for the conveyance of the message is the sub-conscious brain and the electric atmosphere in which all things are immersed. In receiving the message, **THE THINKER** in the receiving machine must assume a receptive attitude and both must vibrate on the same wave length.

A scientist by the name of **LAZARION** of the Moscow Technical Institute, after twenty years of experiment, has completed an apparatus to register thoughts. He claims that he has proved by this

apparatus that all excitement of the brain is due to the accumulation of electrified ions at the termination of the nerve ends. When the brain becomes excited, a chemical action occurs accompanied by electrical activity. This activity sends out thought waves into the surrounding atmosphere, that the air is full of thoughts and that mankind will soon be able to listen in on each other.

The eminent German philosopher, Kant, has given us the story of Swedenborg, the noted chemist and mystic. Swedenborg was at a dinner 220 miles away from his home in Stockholm, Sweden. He became very much disturbed and told his fellow guests that he saw a fire raging in Stockholm moving in the direction of his home. He was very much upset and could not eat. After a while he became calm and said that the fire had been subdued within a short distance of his property. Some time afterwards, the mail from Stockholm confirmed his description in detail.

The late Luther Burbank, the great plant scientist, reported his experiences in telepathy in Hearst's International Magazine June, 1923. He said, in this article, that he, his mother and sister had practised telepathy for decades. He said that, up to the time the article was written, he had refused to let the world know anything about his experiences in this direction because such incidents would have been attributed to mendacity, insanity or the supernatural. He related a number of instances proving thought transference and reception. He said, "I believe that

we have been broadcasting and receiving from the beginning of human thought and that those who can send messages to particular persons differ from the others in that they can concentrate and direct their thoughts. The greater part of humanity only broadcasts." He also says, "Thoughts are things we have long been told so but, until the coming of radio, this seemed more like a bit of rhetoric than a fragment of truth. Thoughts are unquestionably accompanied by discharges of electricity. Radio messages are sent by discharges of electrical energy. The two things are the same except that the human machine is infinitely more wonderful and capable of incomparably greater achievements."

Dr. Von David says, "The electrical disturbances, within the person's mind as generated by the decomposition of his brain cells during a thought process, have their individual effects upon every nerve cell and gland of the body. These effects tend to raise or lower the person's electrical resistance in the same manner as resistance coils shunted in or out of a circuit will affect the applied current." The foregoing statements tend to confirm the position I have outlined in this book.

The western races have spent their time and energies in subduing the forces of the outer universe and have built up a great external civilization. They never exercised their powers in exploring the mysteries of the inner universe, consequently their powers of spiritual discernment were never developed. On the other hand, the oriental races spent their time

and energy in exploring the mysteries of the inner universe and, from these people, have come great religions, mysticisms and philosophies. Amongst them, telepathy has been brought to a high state of perfection and has been practiced by the Yogis of India for centuries.

AUTOMATIC WRITING. Automatic action is constantly being performed in the human machine. We have seen how the natural or inherited complexes automatically attend to the important and vital task of building and sustaining the body. This work goes on unceasingly, irrespective of the will of **THE THINKER** leaving him free to attend to other matters. The acquired complexes automatically take care of walking, speaking, skating, piano playing and hundreds of other habits leaving **THE THINKER** free to think and act as he pleases.

We have also learned that a complex fully formed becomes a separate entity with full power to think and act independently of the will or attention of **THE THINKER**. So, then, automatic writing may be an acquired complex in action. A person can walk along a crowded side walk and not collide with anybody while, at the same time, he may be thinking out an abstruse problem. An expert piano player can continue playing a difficult piece of music and, at the same time, converse with a companion. Automatic writing can be acquired in the same way as any other habit can be acquired. We know that automatic writing requires practise.

The following is a sketch of the rules generally given in teaching automatic writing. Take a piece of paper and a pencil. Place the pencil between the thumb and forefinger with the point just touching the paper. Make yourself perfectly passive and try not to think of writing consciously. Now raise your elbow and wrist slightly so that neither touches the table top at all. Wait patiently. Do not under any circumstances consciously move the pencil. In a few minutes a sense of fatigue will be noticed in the arm and hand and muscular movements will take place. Pay no attention to these movements let them be what they will even if only scrawls or meaningless words are formed. After a while through continued practice, whole sentences will be written out. Patience is necessary. Never sit longer than twenty minutes and always start at the same time each day. If a person obeys these rules he will develop an automatic writing complex. This complex, when formed and fixed, will assume the form of a personality separate from **THE THINKER** and will answer questions, write articles, poems and treatises on almost any subject.

The information may come from the sub-conscious which is a library containing all the experiences of the person or it may come from the universal reason which pervades all things and knows all things in which the sub-conscious is immersed.

Sometimes ignorant persons will write in French or some other language utterly unknown to them. This is made possible by the fact that the sub-con-

scious retains all that has been impressed upon it. There is a case on record of an ignorant servant girl in Germany who was very ill with fever accompanied by delirium and unconsciousness. In her excited ravings, she recited long passages from classical and rabbinical authors in Hebrew, which excited the wonder and even terror on the part of those that heard her. Most of them thought she was possessed of a good or evil spirit. The passages she recited were written down and were found to correspond literally with extracts from learned books.

When inquiries were made concerning the history of her life, it was found that, several years before, she had lived in the family of an old and learned minister who was in the habit of reading aloud favorite passages from the very writers in whose works these extracts were found. The girl evidently heard the old man read these passages and they were automatically recorded in the cells of her sub-conscious brain. The excitement of the fever stimulated the cells and the passages were reproduced.

Reverend Timothy Flint in his "Recollections" says that, when he was prostrated by malarial fever, he repeated long passages from Virgil and Homer which he had never formally committed to memory and of which before and after the fever he could not repeat a word. The act of reading these passages caused them to be written into the cells of his sub-conscious brain and the fever stimulated these cells into action and they were reproduced. The sub-conscious brain cells of even an ignorant person

may contain stores of knowledge that may be drawn upon by automatic writing.

Some people believe that automatic writing is produced by a discarnate intelligence which takes possession of the person's body and writes the message. It is my opinion that, when any phenomenon can be explained by the operation of the forces that are in man, it becomes unnecessary to introduce the supernatural. The automatic writing complex as we have seen can play the role of a secondary personality and project itself into the consciousness of the medium as a real person.

MIND READING. The records of the Psychical Research Societies of England and America contain hundreds of verified cases of mind reading. However if there was only one verified case on record, it would be the duty of science to explain **HOW IT HAPPENED**. Denial of a fact is not science, ignoring a fact is not science. Any scientist who denies or ignores a fact ought to take down his sign.

Instead of one verified case, we have hundreds. It is not necessary to introduce a disembodied spirit to explain this phenomenon. A prominent scientist says in one of his books, "If telepathy or mind reading was based on natural law then any person, by mastering these laws, could practice it. When radium was discovered by Curie the description of the process of its detection was sufficient to enable any other chemist having the same materials to secure the same product. When Jenner published his

discovery of vaccination, any other physician could perform the operation. When anti-toxin was discovered, every intelligent physician was in a position to use it successfully, and when telepathy and mind reading is scientifically proved, then any and all psychologists can practise it. Natural laws are universal in their application."

There is an element of scepticism running through this statement and it ill becomes a scientist when confronted with the facts to make such a statement. The cases recited, such as the discovery of radium, vaccination and anti-toxin, are not parallel in any way with telepathy or mind reading. When other cases are introduced to prove or disprove a case these cases must be identical with the case in question in every particular. If not, they are not relevant and are valueless.

Again it must be understood that the conditions for successful mind reading cannot be complied with by everybody. Some people are naturally equipped with all the necessary qualifications for mind reading. Others must pursue patiently a regular course of exercise in order to develop it. Natural psychics in the western world, amidst the roar of machines and the noise of external movement, are few and far between.

The forces and conditions making mind reading possible are in man. To read anything, you must
FIRST, have the **RECORD** in writing,
SECOND, you must have **THE READER**,
THIRD, you must have **THE MEDIUM** through

which the reader contacts the writing. In man's body, **THE THINKER** is the **READER**. The **RECORD** is in the sub-conscious which contains a permanent record of all the experiences of the individual. The **MEDIUM** is the electric energy in which the sub-conscious part of all life is immersed. In successful mind reading, the **READER** and the person whose brain record is read must be tuned to the same wave frequency for good results.

Anything that can be taught and practiced is lifted out of the realm of mystery and becomes natural and scientific. The technique of mind reading can be learned and the art practiced by any person of average intelligence. Mind reading, however, is impossible in an atmosphere of scepticism. All things, within the limits of the capacity of the participants, are possible to the believers, while nothing can be done by those who have no faith. In view of the fact that the sub-conscious possesses the power of imagination, it will be seen how thought forms pictures and symbols can arise from the ideas in the sub-conscious. These thought forms can assume the form of persons and the mind reader can be perfectly honest in saying that he sees them.

When the mind reading complex is formed, like all other complexes, it can assume personality with full power to think and use the brain powers of the individual. Now the cell centres of sight and hearing are in the sub-conscious, therefore, the successful mind reader or medium cannot alone see the thought forms, but he can identify them with dead relatives

and hear their voices in messages. So CLAIR-VOYANCE and CLAIRAUDIENCE are both natural powers of the sub-conscious brain and it is not necessary to introduce the supernatural to explain them.

DREAMS. Dreams are impossible apart from the brain and nervous system. Dreams are not possible in hours of intense conscious activity. To DREAM, THE THINKER MUST SLEEP. The realm of conscious activity is the realm of EFFORT. In this realm THE THINKER'S instrument is THE WILL. He must WILL to move the machine or any of its parts. He must WILL to think, to select and to decide. All the work he does in this realm is the result of EFFORT. He uses up a large amount of energy in his daily work and at night he is tired and must have rest and recuperation, so he steps down into the sub-conscious; this act is a habit. The result of an inherited complex. In this realm he has nothing to do but rest. We know that the sub-conscious is an entity in itself, a separate plant which runs automatically day and night like the water and light plant of a city. This work, as we have seen, has two phases, physical and mental. Physical in building the food stuffs into the body and mental in weaving the thought stuffs into cell trends in the brain forming habits. So in sleep THE THINKER steps down into this effortless realm for rest and recuperation.

The sub-conscious, as we have seen, contains the inherited complexes. All the powerful instincts

which co-operate together to provide for and protect life function through these complexes. It also contains all the acquired complexes, that is, all the habits that THE THINKER has built up himself. In addition to this its cells contain the record of all the experiences that THE THINKER has passed through. Furthermore, it is the source of all motive power and the centre from which arise all the powerful urges or desires of THE THINKER suppressed or in expression. Again it possesses the power of imagination; by the use of this power it can create all sorts of thought forms, symbols and imaginary realms peopled with all kinds of actors. So then, we can see that the sub-conscious is a well equipped plant with an abundance of thought material, plenty of motive power and the power to create any kind of a thought world through imagination. We have seen that the sub-conscious is under the control of THE THINKER in the conscious realm and that it takes all orders from him without question. In sleep, however, THE THINKER has vacated the throne of reason and judgment in the conscious realm. He is down in the sub-conscious resting and recuperating. The RIGHTFUL DIRECTOR OF AFFAIRS is resting and does not care to be disturbed.

It is my opinion that dreaming is a continual performance and that the dreams remembered are parts of the performance that shake THE THINKER into consciousness. When THE THINKER is not present on the director's throne, the sub-conscious takes orders from other sources. These orders may

come from **WITHOUT** or from **WITHIN**. The sub-conscious acts under suggestion. It does not possess the power to investigate the nature of the suggestion, true or false, good or bad, uncouth or otherwise, if they are in harmony with the trends in the brain, it accepts them and carries them out.

With these considerations before us we can see how **DREAMS COME**. They come in a perfectly natural way through **STIMULI FROM WITHOUT OR WITHIN APPLIED TO THE COMPLEXES IN THE SUB-CONSCIOUS BRAIN**. To illustrate, it is a bitter cold night, the thermometer is hovering near zero and **THE THINKER** is asleep, as he unconsciously turns over he throws the bed clothes to one side exposing his body. The cold air coming into contact with his skin conveys the suggestion of cold to the sub-conscious brain cells through the nerves of sensation. The imagination gets busy and **THE THINKER** has a vision of the arctic region, the aurora lights, polar bears, esquimaux' huts and he sees himself sleeping on an iceberg covered with snow. He wakes up with this vision shivering.

Or **THE THINKER** eats a heavy supper; the stomach is overloaded with rich viands and gravies. He goes to sleep after giving the digestive system this heavy and painful task to perform. The digestive juices and the forces of the digestive system struggle to disintegrate this unhealthy mass of material. The pneumogastric nerves feel the pressure and it conveys the news of the struggle to the sub-conscious brain. The imagination gets busy

and THE THINKER sees the devil sitting astride of his stomach gouging him with a red hot pitchfork. He wakes up with a nightmare.

At an exhibition of spirit pictures in New York a few years ago, a railroad builder told how spirits had furnished him, in his dreams, with the plans for more than 3,000 miles of track which he had constructed. The man's name was Arthur E. Stillwell, a leading figure in railway circles in Chicago. He has been president of many railroads and was, for seven years, president of The National Surety Co. He said, "I have built more than 3,000 miles of railroad and that is more than any other man has built. Every part of every route has been determined by spirits who have come to me in my dreams and told me how to do it." When he was building The Kansas City Southern, he said he was warned by the spirits not to build the Terminal at Galveston, Texas, as was planned as that would lead to disaster, but to terminate it at Lake Sabine where he built the Terminal of Port Arthur named after himself. "Four days after it was completed," he said, "Galveston was wiped out by the hurricane." Mr. Stillwell said, "Today I am telling everything. I do not care whether I am called 'A Nut' or not. I receive communications from spirits. I do not know how many. The engineering plans I have put in effect have all come from an engineer who has been long dead."

I have no desire to deprive any person of his belief in spirits. It is my opinion that it is not necessary to introduce a disembodied spirit to explain how Mr.

Stillwell received all his railway construction plans in his dreams. Mr. Stillwell, by persistent thinking, carried into action, created an engineering complex in his sub-conscious brain cells. This constituted what I call HIS ENGINEERING SELF. This became a separate entity with full power to act and use all the marvellous powers of his sub-conscious, together with its gathered data and engineering experiences. The instructions given in regard to where the Terminal for the Kansas City Southern should be built to avoid disaster can be explained on the basis of the fact that the sub-conscious is in contact with the UNIVERSAL MIND which knows all things.

When Stillwell went to sleep at night, he carried down with him into his sub-conscious the suggestion of building the railroad. When he went to sleep, this suggestion started all the automatic machinery of the sub-conscious to work to perfect the plans. Mr. Stillwell was perfectly honest in saying that these engineering plans were given to him by the spirit of a dead engineer. His subconscious brain created this thought form. The work, however, was all done in his own sub-conscious brain and the engineering complex that did the work was created by Mr. Stillwell himself.

In reality, whether a man is asleep or awake it is the business of the sub-conscious to carry out the orders of THE THINKER and weave the thought material furnished by him into plans, systems, methods, inventions, treatises and so forth. Without the intervention of spirits this work goes on con-

stantly in every person that lives. The only function **THE THINKER** can perform in the conscious department of the brain is to gather the material and hand it down to the sub-conscious with directions as to what he wants done with it and the sub-conscious carries the orders into effect with automatic precision. If **THE THINKER** desires to write a poem, paint a picture, build a temple, invent a machine, write a novel, conceive a philosophy, float a business, build a railroad, found an institution, or build a character he must first gather the thought material for his purpose. This is done in the conscious realm of action. When gathered and approved, it is handed down to the silent worker in the sub-conscious and there the pattern is shaped and finished.

R. L. Stevenson, the great novelist, tells us that, when he commenced to write stories for publication, they were furnished to him in his dreams. He says, "My Brownies, God bless them, do one half my work for me while I am fast asleep and, in all human likelihood, do the rest for me while I am wide awake and fondly suppose I am doing it for myself. I had long been wanting to write a book on man's double being. For two days I went about, racking my brain for a plot of some sort and the second night I dreamt the scene in Dr. Jekyll and Mr. Hyde at the window and the scene afterwards split in two in which Hyde took the powder and underwent the change in the presence of his pursuer. In Ottala the Count, the mother, Ottala's chamber, the meeting on the stairs, the broken window were all given to me in bulk and

in detail in my dreams." Stevenson, by persistent thinking, carried into action created a story telling complex which used all the resources of his sub-conscious brain in completing his plots. The work done by the sub-conscious during sleep is a manifestation of how it works at all times whether THE THINKER sleeps or is awake.

Dreams may be caused by thoughts which we take down with us at night into the sub-conscious. These thoughts may be the results of experiences we passed through or scenes we witnessed during the day. We have seen that the sub-conscious possesses resources and power to use these resources. It contains all the accumulated knowledge and experiences of the past life. It is THE THINKER'S REFERENCE LIBRARY. It also contains complex after complex both inherited and acquired and any one of these complexes can, if given a chance, assume the role of a personality and this chance is given when THE THINKER is absent from the director's chair in the conscious realm.

SUPPRESSED INSTINCTS.

A dream may be the attempt to give **EXPRESSION TO A REPRESSED INSTINCT OR EMOTION**. In sleep, THE THINKER is not in the director's chair. The way, therefore, is open for any of the suppressed instincts or habits to express themselves and they certainly take advantage of it. "When the cat is away the mice will play." When the jailer

is asleep the prisoners can steal the keys and escape to freedom. These instincts and habits, when repressed, become rebellious and, when the restraint is removed, out they come and sometimes the realms of the sub-conscious is the scene of a riot. Down the streets they rush crying "Come on, boys, let us have a good time — Whoopee."

In our dreams, we become animals again and we do things that we would be ashamed of in our wakeful hours. We fight, murder, steal and swear and do many other disgraceful things without the slightest sense of shame. We also do ridiculous and impossible things as if they were perfectly natural. We get ourselves into all kinds of predicaments and perilous positions. We see all kinds of scenes and picture ourselves performing the most amazing deeds. This dream world is certainly a strange world. It is so different from the strait laced, regular, prudish, conscious world of creed, custom and convention. The dream world is a world of unbridled license where all things are natural and relief is given to all suppressed instincts and habits to enjoy themselves. **THE SEX INSTINCT, THE PUGNACIOUS INSTINCT, THE POWER INSTINCT, THE SELFISH INSTINCT, THE WORSHIP INSTINCT, THE HERD INSTINCT** and the **ACQUIRED INSTINCTS** all have their turn in dreams. Sometimes they engage in a brawl amongst themselves and the streets of the sub-conscious are like a Donnybrook Fair in Ireland.

But the question arises **CAN DREAMS BE REGULATED?** They can if **THE THINKER** cares to

exercise HIS POWER. He can exercise his power by SUPPRESSING the instinct. When THE THINKER becomes a tyrant, and uses his power to suppress the instinct he adds to its strength and makes it a stronger rebel. If it is refused freedom to express itself in a natural way, it becomes a REVOLUTIONIST and, when THE THINKER is asleep, as we have seen it will go on a rampage in his dreams or it will blow up the works and wreck the nervous system and bring about hysteria, obsession, nervous collapse and many forms of insanity and crime. If it does not express itself in any of the above forms, it will express itself in others equally as destructive to the individual and society.

As an illustration, take the instinct of PUGNACITY or the desire to fight and kill. MAN MUST GIVE EXPRESSION to this instinct in some form. He is pre-eminently a fighting animal. His entire history is one of battle and bloodshed. This instinct is aroused in the presence of enemies real or imaginary. Primitive man killed his enemies and then feasted on their bodies. In fact, he had this to do or be killed and eaten himself. Later on this desire to kill found expression in bloody gladiatorial combats in vast coliseums where the ELITE of Rome gratified this instinct without danger to themselves. Today, great crowds fill vast amphitheatres and pay fancy prices for tickets to see low-browed pugilists try to kill each other. Every person in the crowd enjoys the spectacle because it gives him a chance to give expression to the instinct of pugnacity without doing

the actual fighting himself. Gang murders and negro lynchings are all expressions of this animal instinct. A moving picture must have a fight in it somewhere to attract the crowd. Sitting comfortably in a cushioned seat, the spectator identifies himself with the hero and fights with him and, in this way, the animal instinct finds expression.

In civilized society, we are not allowed to fight or kill our enemies. We have organized our courts, police and law systems to settle disputes. If a man attempts to settle his disputes by fighting, he is arrested and fined or jailed. If he kills his enemy, he is a murderer and society, through its officers, kills him. Civilized society is ashamed of this animal instinct and attempts to dam up the energy that creates it. It breaks forth, however, in many destructive channels.

Civilized nations are ashamed of it and they attempt to prevent its expression by treaties, compacts, agreements, gentleman understandings and ambassadors of good will, while, at the same time, they increase its energy by tariffs, restriction, armies, navies and inculcations of national pride. Finally, the dam breaks as it did in The World War. PUGNACITY long suppressed, burst forth to revel in wholesale killing. Reason and religion were swept away in the red tide of blood. PUGNACITY WAS KING AND MURDER BECAME A VIRTUE. Almost everybody wanted to kill somebody else. Even Christ became a battle stained warrior thirsting for blood. There were a few cool individuals

governed by reason who opposed the killing; they were either jailed for life or promptly shot. The nations were NOT CONSCIOUS, they were under the complete control of a BLIND, UNCONSCIOUS passion. It was a bloody nightmare from which they did not awake for four long years. I have recited these instances to show that A REPRESSED INSTINCT MUST FIND A WAY TO EXPRESS ITSELF.

The SEX INSTINCT is one of the most powerful instincts in man's makeup. It is closely associated with the instinct of pugnacity. The males amongst animals fight to the death in the mating season. Nature has decreed that life must be perpetuated and she has delegated this task to the SEX INSTINCT. The instinct of self preservation is essentially selfish. The sex instinct is altruistic. It may be that the sex instinct is the source of religion. Primitive man gave expression to this instinct in his various forms of Phallic Worship. The religious rites and ceremonies connected with this worship gave the worshippers an opportunity of expressing this instinct. Civilized society is ashamed of this instinct. This shame is largely the result of centuries of false teaching. The Theologians in every age have taught that the sex instinct is an unclean thing. These men invented the so called celibacy of the priests and organized the monastery system. Presumably, no woman ever darkened the door of a monastery. They also organized the nunnery system for women and no priest was supposed to enter

a nunnery. They formulated strict marriage and divorce laws. The SHAME COMPLEX of organized society is the result of this teaching and this shame complex is responsible for all forms of regulation and suppression.

This POWERFUL INSTINCT, HOWEVER, REFUSES TO BE SUPPRESSED. It is a natural law and it will sweep to the one side all forms of unnatural regulation and find a way to express itself. It expresses itself today in the sex novel and the sex play. Moving pictures are saturated with the sex impulse. The readers of the sex novel and the spectators of the sex play or moving picture find expression for this instinct by proxy. Prostitution in all its forms is an expression of this instinct. It also declares itself in trial marriages, parades itself before packed crowds in divorce courts and behaves itself with unbecoming levity in dreams.

During the World War, all regulations were swept away and it expressed itself in all forms of unbridled license. This instinct refused to be suppressed and, like any other powerful instinct, if THE THINKER becomes a tyrant and puts it into a strait jacket of complete suppression, it becomes a revolutionist and throws an explosive bomb into the delicate machinery of the nervous system causing all kinds of destruction such as melancholy, gloom, fear, dread, worry, hysteria and certain types of insanity.

HOW CAN THE THINKER BRING THESE INSTINCTS UNDER CONTROL so that he will not be disturbed by them in his dreams or in his daily

life? **THE THINKER** must formulate **A PATTERN OR PICTURE** of the highest type of character he can conceive of and make this **HIS IDEAL**. **THIS IDEAL IS THE WORKING MODEL** which he must hand over to the sub-conscious with instructions to carry it out. Co-ordination is impossible without a central purpose. To lift the lower into the higher **THE THINKER** must have a high ideal. The lower animal instincts cannot be co-ordinated and transmuted into something higher without a lofty ideal and a persistent determination to carry it out.

THE THINKER can be assured of two things. **FIRST** the sub-conscious will accept the **MODEL** and will build into it the thought material which he supplies. **SECOND**, and this is of great importance to **THE THINKER**, **THE ENERGY THAT SURGES THROUGH THESE INSTINCTS SEEKS GREATER PROTECTION AND WIDER FREEDOM**. The law of life **IS MOVEMENT UPWARD IN THE FORM OF EXPRESSION**.

ALL ENERGY AT ITS SOURCE IS PURE. It is motion. The entire universe is in motion, going somewhere — nobody knows where. Man is a part of this moving **COSMOS**. Every cell and atom in his makeup is in motion. **THE ENERGY** that rises up through the complexes of the various instincts is a part of **THE UNIVERSAL ENERGY** that moves the **UNIVERSE**. It is **ELECTRIC** and **MENTAL**, power and directive intelligence. It is neither **GOOD** NOR **BAD**. It becomes **GOOD OR BAD** when it emerges into visible action in the conscious world.

The conscious world is the world of laws, regulations, customs, taboos, inhibitions and prohibitions, stupid and otherwise, mostly stupid. Organized society is formed in the conscious realm. These forms differ in different countries and in different ages of history. So that what is called good in one country or age, may be called bad in another. This is also true in the case of individuals. One man's meat may be another man's poison. Broadly speaking, we may say that **ENERGY CAN EXPRESS ITSELF IN TWO FORMS, CONSTRUCTIVE OR DESTRUCTIVE**; constructive, if it is beneficial to life and increases happiness and well being, destructive if it increases misery and injures life.

THE THINKER is invested with the power of direction. He cannot create this energy but he can determine the form of its expression. The surge of power that rises up through these instincts as I have said is seeking wider freedom and **THE THINKER** must guide it and provide **THE MODEL** for its expression. This energy can be educated, trained, modified or sublimated. The energy that produced the murderer can produce the saint. The power that makes the miser can make the philanthropist. The supreme **NEED** of the times in the individual and in the individuals that are in the chairs of authority as I have said before is **CREATIVE and CONSTRUCTIVE INTELLIGENCE**. Possessed of this, we can direct this energy into the wisest and best channels. Without it, we will continue our stupid stumbling as we have done for ages.

THE THINKER has the power to open, close or change the sluiceways through which this energy flows. He can repress or ignore the instinct. This is fraught with danger. He can direct it into another field of action. He can modify it or he can transmute it into higher forms of activity.

The doctor ought to be able to teach his patients how to direct this energy in the cure of disease. The teacher ought to be able to instruct his pupils how to direct and modify it in educating the mind. The preacher ought to be able to tell his hearers how to lift it into higher forms of activity in salvation and the law maker ought to know how to wisely regulate it by law.

To save ourselves and the world we must begin our redemptive processes at the source. It is stupid to lock the stable door after the horse is stolen. Our leaders in the church, state, newspaper desk, industrial establishment, business office, and university are still asleep in the chambers of tradition. They do not know that the sun is shining and a new day has dawned. Science has given us a new world. We have new problems — industrial, educational, religious and governmental. These new problems cannot be solved by the old methods. We need new forms for the expression of the new spirit. The brains of our leaders must be reconstructed. They are sleepy and soggy, saturated with the dope of dead customs. We must have new types of thinking to solve the new problems. Glenn Frank, president of The University of Wisconsin, says in substance,



"To solve the problems that confront us, we need a new type of mind in first class men. **THE FREE MIND**, a mind that knows no loyalty save loyalty to the truth which it seeks to see clearly and without bias in the cold light of facts, a mind that resists enslavement to passion or prejudice, which brings to the bar of disinterested judgment the pleas of all parties and all powers and ceaselessly searches out the motives that coin the catch words of all classes, all cliques and all clans, a mind that turns a deaf ear alike to democracy when it becomes demagogic and to plutocracy when it becomes selfish, a mind that stands free from the influence of tyrannical majorities and of trading minorities when the truth resides in neither, a mind that considers all traditions, business, political or industrial, solely in terms of service to human life, a mind that serves the crowd without bowing to its idolatries and without listening to its flatteries." It was this type of mind that brought the forces of the universe outside of man under control and it is this type of mind, and this alone, that can bring the forces that are inside of man under control. My purpose in this book is to contribute something to further this great and important task.

THE INSTINCTS IN HUMAN HISTORY

Chapter Eight

THE INSTINCTS IN HUMAN HISTORY.

THOSE who have read this book and absorbed its contents will begin to see how man advances to higher forms of expression. We cannot understand the mystery of life and its movements by examining the forces outside of man and neglecting the forces inside. To be sure both must be studied for it is unquestionably true that the mind modifies external phenomena and external phenomena stimulate and influence the mind. As a general rule, however, mind is positive and active, while external phenomena are passive and receptive. The within and the without are counterparts of each other. The world within is the key, the world without is the lock. One is the tenon, the other the mortise. When we know the world within we have the key to the world without.

“Know thyself” is an expression of the highest wisdom. This book is an examination of the world within in the light of recent scientific information. As a result of our examination, we have arrived at this conclusion, that **DESIRE IS THE VERY ESSENCE OF MAN** and the motive and inspiration of all that he is and all that he has thought and wrought during his history. This conclusion however is not original. Nearly all the leading philosophers and thinkers of the past, after exhaustive study, came to the same

conclusion. MAN, THEN, IS A BUNDLE OF WANTS. THE UNIVERSE IS A STOREHOUSE OF SUPPLIES.

LAMARCK said that all growth and evolution and all forms of life, living structures and their organs of expression, was due to DESIRE. We know that desire must have a physical medium through which its demands are expressed. The human body is such a medium. All its organs, the brain and nervous systems are means whereby the desires are gratified. The brain complexes through which the vital instincts and habits express themselves were furnished in response to DESIRE.

DESIRE has its source in the deeps of the subconscious. DESIRE is mental and the power that it uses is electric. Nature is revelation and science reads that revelation. Science tells us how nature works and explains her processes. Nature's way of doing things is TRUTH and it is by knowing the truth and obeying its laws that we become free.

Science tells us that animals and birds are governed by instinct. They do not possess the power of reflection or reason. They do not have to learn — they know and their knowledge is infallible. So, then, they are living expressions of nature in action. When we study the actions of animals or birds we are studying nature herself.

As I sat in my study looking out of the window in the springtime, I watched two birds building a nest in the fork of a tree just within the range of my vision. With marvellous skill and unerring wisdom, they

twisted pieces of slender roots, string, leaves, and twigs into circular form, layer upon layer until the rough external of the nest was completed and, while they were doing this, they anchored it firmly to the tree.

Then, with pieces of soft down, cotton and light feathers, they lined the nest within. When the nest was finished, I looked at the marvellous piece of architecture and said, "This structure composed of twigs, roots, strings and downy substances is a preparation for something higher." "It is a preparation for coming life." This is nature herself at work in a limited area but it reveals her method in the wider sweep of the universe as down through the long centuries the earth was being prepared for life. After a few days, I saw four blue eggs in the nest.

I then said, "These eggs contain the future life and again my mind swept back through the long ages to the time when the earth was cool enough to receive the germs of life from which man evolved." In a few days, the mother bird brooded over the eggs imparting to the latent life within the heat of her own body giving it strength to break the shell and emerge into a new world. As she sat there day after day in maternal anticipation, my mind went back over the long ages of time when mother nature brooded over the forms of life through which man was slowly emerging into larger life. One day I looked out and saw four tiny naked birds with wide open yellow beaks receiving their due portion of the means of

life from the parent birds. Then I thought of the provisions that mother nature has furnished as the means of life for man, enough for all, enough for each, enough forevermore and I thought of the millions of nature's children, starving amidst unlimited abundance.

Nature had given the mother bird instinct — the instinct that instructs her to take care of her young until they are strong enough to take care of themselves, protect them from the struggle for existence until they have reached the point in their unfoldment when they can successfully engage in the struggle. She does not drive them out of the nest and compel them to gather a surplus of worms to sell to other birds, neither does she hire them out to gather grubs. Her purpose is to develop a full, vigorous, self reliant, self equipped life in each of the four. Led by unerring instinct, this is the end of all her activities.

Then I thought of what man, who claims to be endowed with intellect, does with his children. He allows millions of them to emerge into life through slums and tenement houses reeking with filth, disease and crime, starves them amidst abundance and then forces these millions of starved stunted, undeveloped lives into mills and factories and compels them to work at low wages through long hours to produce dividends for soulless corporations. This is an outrage on life and perpetual murder.

I watched the four lusty youngsters grow. They seemed to have a perpetual appetite. They were

always ready to eat and the supply was always at hand. They grew more beautiful every day. The ugly body soon vanished under a beautiful coat of gleaming feathers. The ugly beak became firm and well rounded. The wobbling legs became strong. All the inherent qualities of a splendid life were brought forward on an even breasted march. Then one day they became of age. Their inward powers were unfolded to the point where the individual could meet, master and control the external conditions outside of the nest. They felt, within themselves, the power of SELF DETERMINATION and they decided to leave the nest. One by one, they poised themselves on the edge of the nest, shook their wings and, with a note of joy, rose into the atmosphere and began a life of independence and freedom. Back behind them was the broken shells, the old nest and the forks of the tree. These were merely the external accessories of the unfolding life. In themselves, they had no value whatsoever. The only value they ever did possess was to be found in the assistance they rendered life as it advanced towards perfection. Nature speaks to us in the activities of the mother bird. To be sure it is only a small part of the great circle of nature's movements. It is, however, a miniature of the whole.

What, then, are the principles of this method?

FIRST — the aim is the unfoldment of a strong, self reliant life in each individual.

SECOND — to prepare the individual for independence. It is amply provided for in the home.

THIRD — when the inward powers are strong enough to engage successfully in the struggle against outward conditions, home protection is withdrawn and the individual engages in the struggle itself.

FOURTH — in this struggle for existence, life is shaped into strength, power, independence, self reliance and efficiency.

FIFTH — in this arena of struggle equal opportunity of access to the means of life, is granted each individual. If he fails, then it is his own fault. If he wins, he wins on his own merits.

There is a philosophy of life being widely taught today which boldly declares that there is no such thing as the creative action of life or mind in the universe or in human history. Life and mind, according to advocates of this doctrine, are properties of matter. The universe was created by matter. This planet, the theatre of man's activities, is a mass of matter. It was brought into existence by the slowing down of the movements of electrons. Away back countless millions of years ago, in the centre of this system where the sun now is, there was a great cloud of nebulous matter composed of whirling electrons. Time after time companies of these moving electrons joined themselves together into a closer union, separated from the main body and established an independence of their own by revolving in an orbit of their own. It was in this way that our earth came into existence. At first, the electrons revolved with terrific rapidity in a big ball of flame. As time passed, the heat escaped into the surrounding

universe. When the cooling process reached a certain stage, certain electrons came together in new combinations producing the different forms of vegetable life. As the cooling process continued, other electrons came together in more complex combinations and produced the first forms of animal life. As the centuries rolled on, other electrons came together in more complex combinations creating higher forms of life. Finally, as the climax of the creative acts of the electrons, a number of very highly specialized electrons combined and created man. According to these pseudo scientists, there is nothing in this universe but electrons and their combinations. Life, in all its forms, is a combination of electrons in different proportions. Intellect, in all its manifestations, is an electronic process. Love is electronic attraction. Hate is electronic repulsion. Patriotism is the electronic affinity that the electrons in the body have for the soil from which they came. When THE THINKER falls in love, it is the work of the electrons. When he hates, it is the action of the electrons. When he fights for his country, it is the electrons that fight. Music is the harmonious movement of electronic vibrations. Beethoven's body and brain were composed of musical electrons. When they made up their minds, a symphony was produced. Mark Twain's body and brain were composed of humorous electrons. When they moved into action, "Tom Sawyer," "The Jumping Frog" and "Innocents Abroad" were written. Every electron in Shakespeare's brain was an actor. When

they vibrated in unison, they expressed themselves in matchless drama. Every electron in Napoleon's brain was a fighter. When they agreed that it was time to fight, all Europe was bathed in blood. Newton's and Einstein's brains were composed of mathematical electrons. When they decided to act, they produced the principia and the theory of relativity. The electrons in Raphael's brain loved the blending of colors and produced his masterpieces. The electrons in Kant's brain were philosophers and produced "The Critique of Pure Reason." These boys must have a god, so they put the electron on the throne of the universe and it becomes the creator of all things.

Electrons, in all the forms of their activity, create the conditions for the expression of life and mind. They also furnish the power in the human machine and THE THINKER uses and directs this power, but the electrons are not life, they are not desire, they are not thought.

The teachers and expounders of this dreary philosophy can furnish no proof that their theory is scientific. They cannot prove that electricity is intelligent. Yet, with bold effrontery, they attempt to show that every step that man has made in his struggle up from cannibalism to civilization was the result of the reactions of the electronic organism to its environment.

The DESIRE and INTELLECT of man lifted him from the depths to the heights. The first social structure was cannibalism. The business conducted

under this system was traffic in human flesh. The drinking cups were made of human skulls, weapons were huge clubs. Food consisted of steaks cut from well conditioned human bodies. According to this theory, the electrons in the body and brains of these human flesh eaters were all cannibals. Combined in an organism, they could not do otherwise but kill and eat men.

Cannibalism was the expression of the lowest type of brain. It was the outcome of the animal mind. The next step up was from cannibalism to slavery. This was the result of an advanced type of thinking. Some cannibal chief made the discovery that it was a more profitable plan to allow his captives to live and make them produce goods by hunting, fishing and tilling the soil than by killing and eating them. This chief **HAD MORE BRAINS** than any of his contemporaries.

The next step was from slavery to feudalism; this was the result of advancing intelligence. Some powerful chief with a **BIGGER AND STRONGER BRAIN** became a baron and took forcible possession of a great estate in land, built for himself a great castle, surrounded it with a moat, organized a band of retainers and armed them with battle axe, claymore and broad sword. Then he organized a band of men called serfs, to hunt, fish and till the soil, who gave portion of the products of their toil to him. The men who perfected this system had bigger and stronger brains than their predecessors.

The next step was from feudalism to capitalism.

Capitalism is the system that prevails today. It is a vast and powerful system with its machines, factories, corporations, railways, telegraph and telephone systems, radio, banks, cities and the vast army of wage earners. This system was the result of the invention of the steam engine, the cotton gin and other machines and the men who created this system were men of SUPERIOR BRAIN POWER. In all of these steps upward, we discover two forces—DESIRE and INTELLECT. Desire, apart from intellect, runs wild. Desire may be likened to the power of steam but intellect is needed to build the engine, to utilize it and the tracks wherein it shall run in useful service. Desire turns energy loose. Intellect harnesses it and puts it to work. Desire and intellect has given us everything of value in history. The history of man is made up by two kinds of action, the action that smashes and the action that constructs. Desire is the power that smashes, intellect is the power that constructs.

When any form, social, governmental, religious or philosophical, becomes too small for the life of man, then desire makes its demand for more room and, if it is not granted, desire smashes the form and calls upon the intellect to construct a new and wider form. After a while, this wider form becomes too narrow for the demands of life. Desire again wrecks the form and intellect constructs a still wider form.

This process goes on in every department of human activity and makes up the history of man. Human life, urged onwards by this imperious desire for more

room, smashed its way up from the stone age through structure after structure up to its present heights.

Every step upwards was produced by men who had **INCREASED CONSCIOUS BRAIN POWER**. The mass of humanity does not think. All human advance is the result of the creative and constructive intelligence of the few. Emerson said, when a thinker is turned loose on this planet, all things are in danger. Led by clear visioned thinkers, man has moved upwards towards self determination through the wrecked forms of the patriarchal, aristocratic, autocratic to democracy.

Pushed on by this motive, the geologist goes back through the long ages and, lifting up the leaves of the rocks with the clear eye of intelligence, he reads the story of how the earth was built. Following in his footsteps, urged by the same desire, the biologist, from these same rocky leaves, reads the story of life in its upward struggle to higher forms. On the wings of a sublime imagination, the astronomer, urged to action by the same demand, soars into the heavens, measures and weighs the stars and by exact methods of thought, formulates the laws that govern their movements. Animated by the same urge, the chemist, in his laboratory, penetrates the minute and, with unwearied intelligence, isolates the electron and places out, in the clear light of common knowledge, the laws of its movements. Moved to action by the same desire, the inventor studies the forces of nature, steam, electricity, water and air and, through the power of a trained intellect and in ac-

cordance with the laws of these forces, he builds his machine and harnesses them in human service. Caught by the same passion, the artist flings upon the canvas the creations of his brain, while the sculptor, under the same spell, carves the rough marble into forms divine. Inspired by the same ideal, the founders of religion attempt to define the relations of man to the Infinite and map out his location and condition in the world beyond the grave. Stirred by the same impulse, the philosopher attempts to reduce all things to unity and bring all the sciences into one comprehensive system. Suffused by the same desire, the poet reproduces the beauty of nature in his poems, while the musician catches her harmony and delights us with his symphonies.

All these achievements of man are the direct result of these two creative factors. The **DESIRE** for **FREEDOM**, and **INTELLIGENCE**. Freedom is the ideal, desire the motive and intelligence the instrument of its attainment. But the question arises: Is the present system of wealth production and distribution an expression of this desire for freedom? Unhesitatingly, I answer yes.

The present system of wealth production and distribution was built up by the human intellect in response to the **DESIRE** for freedom. The great factories, the machines that seem to be endowed with an intelligence almost human, the rapid methods of transportation on sea, land and air, the almost instantaneous means of communication, the facile methods of exchange, all these are creations of the

intellect and their object is to supply man abundantly with the means of life so he can obtain and enjoy freedom.

We could set up here in the United States a COMMONWEALTH so complete in all its equipments for each citizen that it would be a heaven upon earth. We have the DESIRE. It is always present — INSISTENT and COMMANDING. We have THE MATERIAL in rich abundance, a continent into which nature has packed her choicest treasures of material supply in unlimited quantities. We have THE CAPACITY lying latent in the BRAIN ready to respond to attractive appeals. We have the INDUSTRIAL system that represents the energy of tens of thousands of capable brains so amazing in its productive power that we could furnish the world. We have the LANGUAGE into which the greatest thinkers have poured their thoughts. A language so rich in thought that a single word contains a volume of wisdom. We have INVENTIONS representing the genius of the greatest inventors of the world. Into our lap, the scientist has poured his discoveries, the philosopher, his thoughts, the poet, his stanzas, the artist, his dream, the seer, his vision, the musician, his melody, the statesman, his principles and the hero, the freedom purchased with his blood.

How have we used these gifts? Have we used them as instruments of emancipation or instruments of enslavement? Have we made the agents of profit instead of agents of service? Have we used them to enrich the few and despoil the many? Have we used

them to build up great fortunes instead of great lives?

To answer these questions I would refer the reader to the report of "The Industrial Relations Committee." This authorized government report, gathered from the testimony of one thousand trained observers in all walks of life, proves that we have used these gifts destructively. We have used them to create a hell here for millions instead of a heaven. When we compare the actual conditions that obtain, with the ideal and promise contained in the preamble of the constitution of the United States, our leaders ought to be thoroughly ashamed of themselves.

"We, the PEOPLE of the United States, in order to form a MORE PERFECT UNION, establish JUSTICE, insure domestic tranquillity, provide for the COMMON DEFENSE, promote the GENERAL WELFARE and secure the blessings of LIBERTY to OURSELVES and POSTERITY, do ordain and establish this constitution of the United States of America." We, THE PEOPLE of the United States, ordain and establish this constitution. The constitution was the expression of THE DESIRE of the PEOPLE and this DESIRE was formulated by THE INTELLECT into a guaranteed DEMAND for all time.

Note the CONTENT of this DEMAND. FIRST — A PERFECT UNION. This union was harmony in all the relationships of life amongst the citizens based upon the establishment of the other elements contained in the demand.

SECOND — JUSTICE was to be established. This meant a square deal to each citizen.

THIRD — DOMESTIC TRANQUILLITY — this follows the establishment of **JUSTICE**. Without justice tranquillity is impossible.

FOURTH — COMMON DEFENSE — this means united effort to defend the nation against a foreign enemy, also that the right of the citizen to live, to work and to enjoy the fruit of his own toil shall be guarded.

FIFTH — GENERAL WELFARE — this means the general diffusion of **WEALTH** and means that **MONOPOLY** of any kind is intolerable.

SIXTH — LIBERTY — this means freedom of **OPPORTUNITY**, **FREEDOM** of **ACCESS TO THE MEANS OF LIFE**, freedom to think, to act, to speak, to move; the only limitation being the freedom of others. The constitution contains the **EXPRESSED PURPOSE** of the **PEOPLE** for themselves and for the **POSTERITY**. Its master aim is to secure **GENERAL WELFARE** for all the people. The report of The Industrial Relations Committee reveals the **ACTUAL** conditions of life amongst millions, a condition of **GENERAL ILLFARE** and demonstrates that we have utterly failed to carry out the purposes of the constitution.

We cannot place the blame for this dismal reversal on the constitution itself. This instrument contains all the principles that can make a nation great. It was brewed from the brains of the world's greatest statesmen. It contains, in condensed form, the best

thought of the centuries on government. It is big enough to fit the world. It is as deep as human needs, broad as human conception and high as human aspiration. There is no problem in national life beyond its scope and no problem that it cannot meet. Being the creation of the BEST BRAINS in response to a SANE DESIRE, it fits every stage of human advance.

I can put my finger directly on the cause of this dismal failure. It is due to the action of SELFISH, CUNNING, SCHEMING THINKING.

AS A MAN THINKETH IN HIS HEART, SO IS HE. AS THE LEADERS IN A NATION THINK, SO IS THE NATION. There are two kinds of THINKING — SELFISH THINKING and UN-SELFISH THINKING, thinking for profit and thinking for service, thinking for the individual good and thinking for the common good. In regard to unselfish thinking, Balzac, the great French novelist, says, "Intellectual work or labor in the upper regions of mental effort is one of the grandest achievements of man. That which deserves real glory in art, and by art we must understand every creation of the mind, is courage above all things. A sort of courage of which the vulgar can have no conception. The artist must work. Perpetual work is the LAW OF ART because it IS THE LAW OF LIFE. ART IS IDEALIZED CREATION, hence GREAT ARTISTS AND POETS WAIT NEITHER FOR COMMISSIONS NOR PURCHASERS. They are constantly CREATING, today, tomorrow, always."

Since all that man has thought and wrought has come through the brain, one can easily see that **EVERYTHING THAT WE HAVE THAT POSSESSES CONSTRUCTIVE VALUE IS THE RESULT OF UNSELFISH, CONSTRUCTIVE THINKING AND EVERYTHING THAT WE HAVE THAT IS DESTRUCTIVE COMES THROUGH SELFISH THINKING.**

The high class thinker, who is moved by the creative impulse, works on in the spirit of joy. His reward is inward gratification. He never thinks of profits or commissions. The men who created the constitution of the United States did not work for profit nor pay. The glory of their work was not tarnished by the fat, pudgy, dirty hand of graft nor was the spirit of their work poisoned by self seeking.

Everything that we have that is good, true and beautiful, everything that we have, that means uplift and benefit to all, came through the lofty thinking of a very few high class men and women who thought, not of themselves, but of their work and the joy of creation. The inventors, the scientists, the philosophers, the scholars and statesmen have furnished us with the means of material wealth and were robbed of the right to share it. In every age, the shrewd, keen, cunning, selfish thinker has stolen the inventions and utilized the creations of these unselfish thinkers for his own aggrandizement and profit. It takes brains to be a successful robber.

It is very interesting to make a study of how the so-called leading families of the world came into

being. When I speak of leading families, I am thinking of the autocrats and aristocrats of the past and present. The form may differ but the essence is the same. The autocrat in the palace and the autocrat in the industrial realm are different forms of the same spirit. This spirit is cold, cunning selfishness.

Let us see how autocracy originated and was established as an institution amongst men. It owes its existence to the destruction of life. It was fathered by robbers, cradled in human blood and unfolded itself into strength by the destruction of human liberties. The cost of its freedom is the blood of slaves. The cost of its wealth is the poverty of millions. The cost of its ease is the toil of the masses. To burnish its crown it caught up the tears of women and the purple of its royal robes was extracted from the veins of children.

It declares that its right to rule is based upon MIGHT. It does not base its right to rule on wisdom, reason, justice or consent. It sneers at wisdom, spurns reason, over-rides justice, crushes consent and compels obedience because it is in possession of superior strength. Its language is "You must obey me or I will destroy you." In its claim, then, it cancels all human rights, destroys freedom, renders self expression impossible and paralyzes all the finer sensibilities of the soul.

The first autocrat was a huge giant armed with a murderous weapon towering over cowering captives. And what was the motive of his claim? Why does

the autocrat, in his superior strength, claim the right to rule? He assumes that power in order to exploit the ruled. He awes into submission in order to rob. He frightens that he may fleece. Take the profits away from the possession of power and it would cease to be attractive. If the spoils did not go to the victors, few would wish to be victorious. Divorce indemnities and additions of territory from war, and few would demand the trial of battle. Separate graft from war contracts and patriotism is diminished. Deprive advantage of its chance to steal, and you reduce the number of those who seek it. If in times of war there were no juicy plums in sight save one dollar a year, I wonder if patriots would crowd each other in their eagerness to serve the nation.

To give supreme sanction to his claim, the autocrat in every age declared that his right to rule was patented in Heaven and certified to by Almighty God himself. Such a claim would be accepted by ignorant and superstitious slaves but, in the blazing light of this age of intelligence, it is the summit of absurdity.

But strangely even today in democratic countries, autocrats make the same claim. Baer, the anthracite coal magnate, said, in his testimony before the court, "I am a trustee of the Almighty." God had invested him with power to own the coal and distribute it to the people and, incidentally, amass millions for himself at the people's expense. The autocrat, in every age, seeks to sanctify his robbery by hiding behind the robes of deity. The God of every autocrat is an

enlarged duplicate of himself, elevated to the throne of the universe.

I have also noticed that the autocrat has created an instrument whereby he hands down his power and wealth to his offspring, thus perpetuating the family. This instrument is **THE LAW OF PRIMO-GENITURE**. What is this law? The eldest son of the eldest son becomes the channel through which this divine right flows, and remains in the family. This law is the avenue down which has come the entire brood of kings and nobilities that have lived or now live to burden weary humanity — the Guelphs, the Stuarts, the Bourbons, the Romanoffs, the Hapsburgs, the Hohenzollerns and many others too numerous to mention. And what terrible crimes in king's palaces and in the residences of the nobility have been committed because of this law. What jealousies, hatreds, treacheries and deceits have arisen on account of it. What terrible wars deluging countries in blood for years resulted from it. What poisonings, hangings, imprisonments and banishments have been perpetrated in its name. Who can record the number or the extent of the crimes against innocent life traceable to this infamous law! The floors of kings' palaces are still dark with the blood of the disinherited. The walls of dungeons are still wet with their tears and the fields of Europe are fertile with the decaying remains of innocent millions who died to establish the false claims of their masters. What supreme blasphemy it is to claim that Almighty God gave his sanction to such

a grewsome catalog. Nay, worse, that he invented it, certified it and handed it to these royal monsters.

What is the central THOUGHT that inheres in the structure of the autocrat's brain? It is this — that one man can own another man and therefore can rule and exploit him. Where did this thought originate? It arose amongst the lowest race of men — the cannibals — the men hunters and men eaters. When these cannibals met in battle the victors feasted on the bodies of the vanquished. Public opinion in those days sustained the practice, and why not? Were the vanquished not the legitimate prey of the victors? Later on, however, as we have said, it was discovered by some shrewd leader that instead of eating their captives it would be BETTER BUSINESS to spread the PROFITS over a number of years by making them work for them. Thus slavery arose. The slave was a living machine owned by his master. He could sell him, kill him or do as he pleased with him. The element that made cannibalism attractive is the same element that makes hunting attractive. The hunter receives benefit from the sport. The joy of pursuing the animals and the pleasure of eating them when captured.

Remove the benefits and you destroy the incentive. The same element makes slave owning attractive. Remove all benefits and who would want to own slaves? Autocracy in all its forms has its roots in the SAME SOIL. It is a flowering out in a politer form of the same vile element that made cannibalism and slavery attractive. The autocrat looks out

over his realm and says, "This is my realm, these are my people, this is my army, yonder is my navy. All this exists for me. I am absolute master. So long as I retain control so long am I assured of power and wealth." The principle that makes cannibalism, slave owning or autocracy, in all of its forms, attractive is that each of them puts a man in such a position of advantage over his fellows that he owns them. The advantage of the cannibal lies in his superior strength, so he lives by consuming the man. The advantage of the slave owner lies in the fact that the slave is ignorant of his rights and so his master takes what he produces. The advantage of the autocrat lies in tradition, precedent and custom, so he lives and sustains his splendid establishments through taxation. The principle that runs through these systems is the same.

In this country, we know that NO MAN CAN OWN PROPERTY IN MAN. The civil war settled this forever. Each man owns his own life and the inference that flows from this truth is that every man owns all that he produces and, when any man, whether he be cannibal, slave owner, autocrat or industrial magnate, uses his position of advantage to take the result of another man's toil, he is a robber and ought to be shot.

The spirit of autocracy, when it first appeared in human history, assumed the form of a giant savage almost naked armed with a huge blood stained club. This club was the mainstay of the autocrat. Without this club, he could not inspire his followers or

his captives with fear. The language of the club was the only language they could understand. The club guaranteed and supported his claim to absolute authority.

In the age following, the autocrat improved his insignia of authority. He now appears seated on a powerful horse clad in steel. At his side, hangs a heavy skull-cleaving battle axe, and in his right hand is a long spear. He is surrounded with a host of armed retainers on foot armed with battle axe, claymore and spear. Instead of a cave or tent, he now owns a strong castle with turrets, towers and barred windows, surrounded with a thick wall. The opening to the main entrance to the castle is closed with a huge wooden door armored with bars of iron. Around the walls, runs a deep, wide ditch filled with water and the entrance is over a drawbridge that is drawn up every night. He now owns a vast estate in land that spreads away on all sides from the castle. This estate is cultivated by serfs who are looked upon as parts of the soil and exchanged therewith when the estate is sold. The club has now become the castle, armor, battle axe, spear, sword and armed retainers. These are the efficient sustainers of the autocrats' assumptions. They are all expressions of force and the only language that the ignorant masses of that rough age could understand.

MUSCULAR POWER WAS STILL THE MARK OF SUPERIORITY and, while this stage was the result of increased brain power, the brain was still savage and selfish. The animal was still in the

ascendancy. The invention of gun powder did away with the superiority based on muscular strength. It lifted the weak man to a position of equality with the strong man. When both were armed with a gun, the chances were equal. Before the advent of the gun and the machine, **MUSCLE, MOVED BY A SELFISH BRAIN**, was king. The coming of the **MACHINE** age was preceded by an increase in **BRAIN POWER**, but this brain power still remains selfish and brutal and **MONEY**, which is another name for **POWER**, advanced to the ascendancy. The possession of **MONEY** in this age gives the position of **ADVANTAGE**. In the preceding paragraphs, I have given a rapid sketch of how the ruling families of humanity have arisen. It is very simple and natural.

FIRST — an increase in **BRAIN POWER**.

SECOND — this increase in **BRAIN POWER** enabled its possessors to **EXPLOIT LIFE** and **NATURAL RESOURCES**, to increase their power and enforce their claims. The great masses of the people, in every age and in every country, have been enslaved and exploited by the powerful and selfish few.

There is no such thing in human history as the decline and fall of empires.. We have the decline and fall of ruling families. The masses were never lifted. They have always been down. Their exploitation by the powerful few was the natural consequence of their own ignorance.

It is **BRAIN POWER** that has given man his

supremacy amongst animals and it is BRAIN POWER SHREWD, KEEN and CUNNING that has given the RULING FAMILIES their ability to enslave the masses and rob them of the results of their toil. History, as I see it, is largely the record of war between the ruling families for supremacy. The common man was never consulted. His opinion was of no value because of his ignorance. When commanded to fight, he had to obey. The change in rulers did not affect his condition. THIS IS NATURAL and is the outward expression of the law of the strongest. IF YOU MAKE YOURSELF AN ASS, EVERYBODY WILL THROW HIS SACK ON YOUR BACK.

It is not my intention to present an analysis of how the ruling families of the United States rose into power. This has been done ably by others. The history of lumber, steel, oil, rubber, railways, automobiles and real estate is the history of war. It was a battle of BRAINS — SELFISH, CUNNING BRAINS. Out of this war has arisen our leading families. We have the records to show that the CHIEFTAINS, in this fight, resorted to anything in the catalog of crime to win, but, gentle reader, you must know that WAR SANCTIFIES ALL THINGS. We honor these chieftains in America, look upon them as conspicuous examples of SUCCESS. We ask them to instruct us on how to win and rejoice with them when they succeed in marrying their sons and daughters to the scions of the decayed royalties of Europe. ALL THIS IS NATURAL AND WE

HAVE CREATED THE CONDITIONS THAT MAKE IT POSSIBLE.

James W. Gerard, who was our ambassador to Germany and who is himself one of the leading American capitalists, has given us the names of **SIXTY-FOUR** men who rule the destinies of America. He says, "These men rule by virtue of their **ABILITY**. They themselves are too busy to hold political office. **BUT THEY DETERMINE WHO SHALL HOLD SUCH OFFICE.** The actual 'power behind the throne' is wielded by men whose wealth and important industrial positions in the nation give them a **PERMANENT INFLUENCE** in American life, whereas statesmen, diplomats and politicians owe their influence to the offices which they hold and are usually shorn of their power when they retire." Should the reader wish to know who these sixty-four rulers of America are, furnished by a man from the inside, he can obtain the list from the *Literary Digest* of September sixth, 1930.

Gerard has furnished us with an illustration of a **UNIVERSAL LAW**. "TO HIM THAT HATH SHALL BE GIVEN AND HE SHALL HAVE MUCH MORE ABUNDANCE AND FROM HIM THAT HATH NOT SHALL BE TAKEN AWAY EVEN THAT WHICH HE HATH." Seemingly, it is a cruel law, nevertheless it is a **NATURAL LAW**. **POWER FLOWS NATURALLY** into the hands of those who control the **WEALTH** of the country and it is perfectly **NATURAL** for them to **EXERCISE IT FOR THEIR OWN ADVANTAGE**. The actions

of the ruling families, in every nation and in every age, reveals the operation of this law.

The ACQUISITIVE INSTINCT operating through SUPERIOR BRAINS, first obtains CONTROL OF THE NATURAL RESOURCES of the country. When this is done, the exploitation of life, the control of government and all other agencies of society follow. In India for instance, the Brahmins were the ruling class. Superior BRAIN POWER enabled them to obtain control of the WEALTH of the country. The MEANS OF LIFE being in their hands, the Brahmins were in complete control of government, law, life and property and they exercised this control to add to their wealth and power and to reduce the common people to a condition of abject poverty and slavery. To the great body of the common people, the name Sudras was given and the laws were so framed that a Sudra could never rise from his abject position. If a member of this despised class presumed to occupy the same seat as his superiors, he was exiled or put in a dungeon for a number of years. If he spoke of them in contempt, his mouth was burned with a hot iron. If he insulted them, his tongue was slit open. If he molested a Brahmin, he was put to death. If he sat on the same carpet with a Brahmin, he was maimed for life. If he listened to the reading of the sacred books, burning oil was poured into his ears. If he committed them to memory, he was killed. If he was murdered, the penalty was the same as that for killing a dog, a cat or a crow. He was not allowed to own anything

and even if his master gave him freedom he was to remain a slave.

These laws show how the ruling class used their power to their own advantage. For thousands of years, the masses in India, in the midst of abundance, have been in abject poverty and slavery. On the one hand, vast temples filled with treasures, gorgeous rituals, golden altars, retinues of fat priests, magnificent palaces, princes rolling in wealth, on the other hand millions in misery reeking in filth, rags and disease.

The masses of the people in India count for nothing. The reason is apparent — **INFERIOR BRAIN POWER** and, for thousands of years they have been deprived of the opportunity to develop brain power.

Because of this lack of brain power, they have had no voice in the management of the state, no control over the wealth their own industry created. Their only business has been to toil and their only duty to obey. Through long centuries, there has thus been generated amongst them a habit of tame and servile submission from which they could not escape. Their annals furnish no instance of their having turned upon their rulers, no war of classes, no popular insurrections. There have been many changes but all were from above, none from below. Changes from below were impossible. **THE BRAINS WERE ABSENT.**

History reveals the operation of the same law in Egypt. **SUPERIOR BRAIN POWER** enabled the ruling classes to **OBTAIN CONTROL** of the **WEALTH**

of the country and then they used this power to control everything else and enslave the masses. The ruling classes, instead of using their power to enlighten the masses and lift them to higher levels, used it to keep them in ignorance and thus perpetuate their slavery and keep themselves in affluence. In short, the history of the so-called civilizations of India, Egypt, Babylon, Rome, Mexico and Peru were all of the same type and are illustrations of the same law. **THE MANY** were sacrificed to en-throne and enrich the **FEW**. It was **THE SELF PRESERVATION INSTINCT** carried to **EXCESS** by **THE FEW** who possessed **THE BRAIN POWER** that produced these so-called civilizations.

There is, in man, however, another **INSTINCT**—**THE PRESERVATION** of the **RACE**. This instinct is the fountain from which flows the spirit of unselfishness. The spirit that inspires the mother to give her life to save her child, or the patriot to give his life to save his country. It is the spirit that inspires a person to plunge into the water to save a drowning man. It gives the captain the courage to go down with his ship or the general to die with his soldiers. It is this instinct that has united us into families, tribes and nations and it is this instinct that will eventually unite humanity into one great commonwealth.

It is this instinct that has given us the visions of the great poets and novelists, the dreams of the great philosophers, the discoveries of the great scientists, the creations of the great statesmen and the teaching

of the great seers. This instinct has given us all that we have in history that has permanent value. These poets, novelists, philosophers, scientists, statesmen and seers think on the highest planes they produce, without any thought of pay or profit; their vision is undimmed by selfishness. To them LIFE is the SUPREME THING. Everything else is subservient to it.

All these great thinkers are INTERPRETERS of NATURE. They have given us a NEW WORLD, they have shown us HOW NATURE WORKS and they have commanded us to follow her footsteps in solving the problems of this new age. The biologist tells us that each cell in the human body is an independent entity in itself and that it lives, moves and has its being in AN ATMOSPHERE OF FREEDOM. It has, as its special task, the unfoldment of its own life. These cells are associated in groups. Each group of cells moves in an atmosphere of freedom and each cell cooperates with every other cell in the group in the discharge of some function essential to the growth and development of the body. The same principles of action direct the movements of all the groups of cells and the MASTER PURPOSE that animates and directs all the infinite variety of movements of these cells and associated groups is the protection and welfare of the whole body so that it shall become an efficient instrument for the expression of the highest quality of life, namely SERVICE. Nature's model of good government lies open before us and our leaders can study it and put it into practice.

A study of this MODEL shows us FIRST — THE SELF DETERMINATION of the INDIVIDUAL. Each cell has control over its own internal processes and has free access to the supplies carried by the blood. FREEDOM and SELF DETERMINATION are the inherent rights of each cell. This is the CENTRAL PRINCIPLE of all character and good government. Any government that denies freedom of access to the MEANS OF LIFE or interferes with the internal processes of the CONSCIENCE OR INTELLECT or abridges the right of self determination, violates an all pervading law of nature and brings on all kinds of disorders.

SECOND — CO-OPERATION. These cells co-operate in groups for the purpose of discharging some special duty necessary to the well being of the entire body and each group is granted freedom of access to the blood supply essential to the full discharge of its function and the right of self determination in its own internal processes. No one group attempts to assume exclusive control of the government of the body. The groups do not clash in angry controversy. They do not engage in war and destroy millions of cells to gratify the ambition of a few cells who desire to enrich themselves at the expense of the rest. They co-operate peacefully together, all for each and each for all. When one group of cells is weakened, another group takes up part of its work. When a cell or group is injured, all the groups lend their assistance to repair the injury.

THIRD — MONOPOLY IS PENALIZED. When

any group of cells receives more than its share of blood, congestion is the result. Thus the group that is receiving more than its share, is punished and the groups that are robbed suffer. One is burnt out by the excess of heat and the others are dwarfed by an excess of cold.

WEALTH IS THE BLOOD SUPPLY of the body politic and it is the function of a true government to see that it is distributed wisely. When any cell or groups of cells get more than their supply, congestion follows and the whole body suffers. The individual or groups of individuals that get more than their share are cursed by the excess. They become plethoric, fat and diseased, spreading the poison to all the adjoining cells. The individuals and groups that are robbed are also cursed. They are poor, thin and discontented. They preach anarchy and create revolutions. When a government fails to take steps to distribute the stream of **WEALTH** equitably or fails to give each individual equal freedom of access to the means of life, such a government is a curse to society and ought to be abolished.

SALVATION FOR THE INDIVIDUAL OR THE NATION CAN ONLY COME THROUGH OBEDIENCE TO THE LAWS OF NATURE. Find out **HOW** nature does things and then do as she does. **TAKE CONSCIOUS CONTROL OF NATURE'S LAWS TO SAVE THE INDIVIDUAL AND HUMANITY. THERE IS NO OTHER WAY.**

Nature has pronounced and executed a curse on the civilizations of India, Babylon, Egypt, Rome,

Peru and Mexico. Why? Because they violated the **LAW OF LIFE**. The law of life is the preservation of the race. It is nature's purpose to give **EVERY INDIVIDUAL** an opportunity to develop a great life and she will destroy any system that prevents it.

The desire for self preservation is normal and good. When it is carried to **EXCESS**, it becomes abnormal and self destructive.

When the **POWERFUL FEW**, in their desire to preserve themselves, carry this desire to the point where they enslave and exploit the **MANY**, such a civilization contains the elements of its own destruction. A civilization of this type is built on exploitation and exploitation is parasitism. A **PARASITE** is an organism that seeks **TO ESCAPE WORK** by living on the labor of others. **NATURE** abhors an exploiting organism in any form, whether plant, animal, man or system, and she has so arranged things that the exploiting organism, instead of building up its own life, degenerates itself and is finally destroyed by its own acts. Its evasion of the law of work deprives it of the power to work. The living that it takes from others, weakens it and robs it of the power to make a living for itself. Its refusal to pay for the protection it takes from others deprives it of the power to protect itself. For every good it steals a double portion is taken from it. Thus it is finally destroyed by its own habits. So all these so-called great civilizations, built upon the slavery of the masses, destroyed themselves and there is

nothing left of their great cities, palaces and temples but masses of ruins — the abiding place of the jackal and the owl.

What is a great civilization? The same element that builds a great man builds a great civilization. A great civilization is composed of great individuals. To measure a man's greatness don't put your tape line around his biceps. This measures the greatness of the animal. Don't put your tape line around his brains because it takes powerful brains to be a successful burglar or gangster. Don't put your tape line around his estate because a man's estate is what HE HAS and not WHAT HE IS, and many estates are obtained by robbery. **PUT YOUR TAPE LINE AROUND HIS HEART.** Measure the width of his SYMPATHY. This alone is the true measure of greatness. How much is he willing to give? The truly great man is not the man that has the world to serve him. **HE IS THE MAN WHO SERVES THE WORLD. THIS SYMPATHY IS BASED ON CREATIVE AND INTELLIGENT THINKING.**

Moses is called a great man. Unquestionably he was a great man when measured by the standards of his age. But his sympathy did not extend beyond the confines of the Jewish race. The religion that he formulated — its rituals, its bloody sacrifices, its temple, its sacred books and its God were limited to the Jewish people. All other nations were excluded from its benefits. There are certain elements in this religion such as the ten commandments that are universal in the scope of their application. The

system, however, as a whole, is **NEGATIVE**. **IT IS A SYSTEM OF LEGAL PROHIBITIONS** eminently fitted for the childhood of a race but altogether out of date in this age of science and intelligence. Besides Moses recognized and endorsed **SLAVERY**.

CONFUCIUS is called a great man. He was a great man from the standpoint of **JUSTICE**. His system of morals was the **EXPRESSION** of **JUSTICE**. His superior man was a polished and exquisitely correct Chinese gentleman. His rule of conduct was "**DO NOT UNTO OTHERS WHAT YOU WOULD NOT WISH THEM TO DO UNTO YOU.**" This was the **NEGATIVE STATEMENT** of the golden rule. This rule of conduct explains why China remained non-progressive for long centuries. Contact with the western races and the introduction of the positive precepts of Christianity and democracy has brought about the revolution that is going on in China today. The system of Confucius is **COLD JUSTICE**. It is **CORRECT, PRECISE, CAREFUL, MODERATE, REGULAR** and **SYSTEMATIC**. It aims to improve by the application of external rules. In fact, it is the external expression of the character of Confucius himself. Like all other **EXTERNAL SYSTEMS OF CONDUCT**, it is beautiful but **EXTREMELY COLD**.

BUDDHA was a great man and is considered by many to be equal if not superior to Christ. He was an exquisitely sensitized man. As the result of this exquisitely sensitized nature, he was extremely unhappy as he considered the appalling misery of the

MASSES of India. To do away with this misery, he formulated a philosophy, organized and trained a company of teachers to carry his **MESSAGE** to the people. His **MESSAGE WAS AS** follows — **DESIRE IS THE CAUSE OF ALL SUFFERING. TO ABOLISH THE EFFECT THE CAUSE MUST BE ABOLISHED. TO GET RID OF DESIRE, A MAN MUST LOSE HIMSELF IN THE ABSOLUTE.** When a man is completely identified with the absolute and is conscious of this oneness, he has lost all desire for personal existence or personal immortality. The things that men strive for such as position, power, wealth, have no attraction for him whatsoever. All his animal instincts are so purified and transformed that there is no selfishness in them. He breathes a **UNIVERSAL LOVE**. All life is sacred to him. Having no desire to preserve himself, all his energies are devoted to the supreme task of serving others.

Buddhism was a **PROTEST** against the corruptions of Bramanism. For awhile it remained pure, but, like all other noble systems, it lost its spirit and its simplicity and became corrupt. Today Buddhism is **INTROVERSION** carried to the extreme. It aims to destroy the instincts instead of transforming and co-ordinating them. Its teachers sit cross-legged in caves in the mountains concentrating on their navels, seeking **NIRVANA** while **MILLIONS** cry for deliverance.

Buddha laid too much emphasis upon the **INTERNAL** and too little on **THE EXTERNAL**. He considered that the external had no value, that the

only thing of value was the INTERNAL WORLD of the SOUL. In his desire to escape suffering, he despised all external things. The aim of his philosophy was to EXPLORE THE INTERNAL WORLD OF THE SOUL and discover the laws that govern its movements. He failed to recognize the fact that THE EXTERNAL WORLD has its PLACE and its VALUE. THE HUMAN BODY has its functions to perform and its VALUE on this PLANE OF EXISTENCE. THE THINKER AND HIS BODY BOTH MUST BE PROVIDED FOR AND DEVELOPED. I must admit that the teachers of this philosophy have made marvellous discoveries in the realms of the invisible and have unfolded great spiritual power, but they have accomplished very little in bringing the forces of the external world under control or in providing for the physical sustenance and general health of the population. THE PHILOSOPHY OF BUDDHA IS A GREAT SYSTEM BUT IT LEANS TOO MUCH TO THE SPIRITUAL. IT IS NOT BALANCED.

MAHOMET has been called a great man. He claimed that he obtained the Koran by direct revelation from God. He claimed that this book contains all TRUTH and that he was divinely commissioned TO FORCE THE WORLD TO ACCEPT IT. In chapter XLVII of the Koran he says, "When you encounter the unbelievers, strike off their heads until you have made a great slaughter amongst them and bind them in bonds and either give them a free dismissal afterwards or exact a ransom until the

war shall have laid down its arms. This shall ye do. Verily, if God pleased, he could take vengeance upon them without your assistance but he has commanded you to fight his battles that he may prove the one of you by the other. Oh true believers, if you assist God by fighting for his religion, he will assist you against your enemies." In chapter four he says, "Fight for the religion of God. Part with the present life in exchange for that to come, for whosoever fighteth for the religion of God whether he be slain or victorious we will surely give him great reward."

MAHOMET'S MOTTO WAS, ACCEPT THE KORAN AND LIVE. REFUSE TO ACCEPT IT AND DIE. There are, in this strange book, some beautiful precepts. The substance of its teachings is largely taken from the Old Testament. Mahomet followed the example of David and Solomon in the practice of polygamy. In chapter four he says, "Take in marriage of such women as please you two, three, or more but if you fear that you cannot act equitably towards so many, take one only or the slaves you may acquire." So he placed no limit on the number. Mahomet declared that he was the representative of God to force the world to accept his religion. So he organized an army and, at the head of that army, he proceeded to force the world to accept it at the point of the sword.

Mahomet was controlled by a FANATICAL COMPLEX. His religion, in the main, with its harems, seraglios on earth, and licentious heaven, was, to a

large extent, the sex instinct on a rampage. Like all true fanatics, he was the essence of intolerance. There was no allowance for freedom of expression in his system. There was no remedy suggested for the emancipation of the common man or the freedom of women.

Aristotle was a great man. He wrote hundreds, some say thousands of volumes. First, we have his treatises on Logic, Categories, Topics, Prior and Posterior Analytics, Propositions, and Sophistical Refutations. These constituted his famous organon, an instrument which lays down the rules for correct thinking. Secondly, we have his Scientific works, Physics, On the Heavens, Growth and Decay, Meteorology, Natural History, On the Soul, The Movements of Animals, The Parts of Animals, The Generation of Animals. Thirdly, his Esthetic works, Rhetoric and Poetics. Fourthly, his Philosophic works, Ethics, Politics and Metaphysics. This man discussed everything under the sun and ruled the minds of the leaders of thought in Europe up to the days of Roger and Francis Bacon. He gave the world the most marvellous system of thought ever put together by a single mind. Every later age drew upon him and stood on his shoulders to see the truth. His system however is a SYSTEM OF COLD LOGIC. It is beautiful and scintillates in intellectual brilliancy, BUT IT IS AS COLD AS THE ICICLES IN WINTER TIME. The warmth of human sympathy is absent. There is no plan in any of his writings for the uplift of the common man. He aimed to

combine all knowledge into one system, but he had no vision of a united humanity. He accepts slavery as a fact and says in regard to the common man, "The great majority of men are natural dunces and sluggards and they must be ruled in politics and directed in industry with their consent, if possible, without it if necessary." "From the hour of their birth some are marked out for slavery and others for command." "For he who can foresee with his mind is by nature intended to be lord and master and he who can work only with his body is by nature a slave. The slave is to the master, what the body is to the mind and, as the body should be subject to the mind, so it is better for all inferiors that they should be under the rule of a master."

Aristotle was an aristocrat and was a profound believer in ruling families. He taught Alexander, the son of Philip of Macedon, and Alexander is called great. Alexander had a vision of world unity. A world empire based on FORCE with himself on the throne. He organized a great army and proceeded to make his vision a REALITY. In accomplishing his purpose, he wrecked cities and villages, ruthlessly slew tens of thousands, made the earth red with their blood to gratify his selfish ambition. This vision of his became a brutal, selfish complex in his brain. It ruled him to the exclusion of everything else. The only thing that was sacred to him was his blind ambition and, like all other destructive complexes, it finally destroyed him. He died a young man in a drunken debauch. If this man was great, he

was a great destroyer, but we must not forget that he was the product of his age.

Ghengis Khan, Caesar, Charlemagne and Napoleon were men of the same type. Every one of these men had a vision of **WORLD EMPIRE** based on **FORCE** with themselves on the throne. If they did any constructive work, it was done with a selfish purpose. There was no love for humanity in anything they did. They were willing to destroy humanity that they and their posterity might live. They created, in their own **BRAINS**, A **SELFISH COMPLEX** which destroyed them.

How marvellously just in their operation are the laws of nature. Nature's purpose is the **PRESERVATION** and **UNFOLDMENT** of **THE RACE**. The individual or group or individuals who start out to **PRESERVE THEMSELVES** and **THEIR POSTERITY** by **EXPLOITING THE REST OF HUMANITY** create the conditions that bring about their own destruction. History is full of illustrations of this law. When Napoleon was banished from Europe to an island of naked rocks in the Atlantic Ocean, he is reported to have expressed in substance to his servant the following, "I like Alexander and Caesar and others started out to build an empire on **FORCE**. They failed and I have failed miserably. Here I am who at one time was master of Europe, with millions of wealth at my command, with nothing left, nothing but a naked rock for my throne and not a friend in the world. But two thousand years ago Christ without an army or any of the equipment of

war started out to build an empire on LOVE. He succeeded and today he is enthroned in the hearts of millions and these millions would die for him." CHRIST appeared and began to proclaim his message at the time when the Roman Empire had about reached the zenith of its power and glory. At the time, Rome, the capital city, had a population of a million. From its centre, thirty-one well paved roads stretched out to the furthest confines of the far flung empire. The name Caesar was given to the Emperor. He was the source of all political power and the Pontifex Maximus or supreme ruler in the realm of religion. In fact, he was looked upon as the representative of God upon earth. All authority, all glory, all power was his. Under him, in the realm of government, were provincial governors and, under him in religion, were the high priests of Paganism. It was a well organized system. A system of external splendor — apparently a magnificent civilization. It was built, however, like a pyramid. At the apex were the favored few who had THE BRAINS, beneath them, the MASSES in SLAVERY. The FEW at the top made it their business to see that the MASSES should never have a chance to develop their BRAINS. Out of the million of Rome's population, nine hundred thousand were slaves with no rights whatsoever; they were tied to the plough in the fields. They were chained to the oar as galley slaves. They were sacrificed by the thousand in the Coliseum to gratify the brutal tastes of their masters. They were not allowed to own property,

and could never arise out of a condition of servitude.

SUPERIOR BRAIN POWER ANIMATED BY CUNNING SELFISHNESS on the part of the **RULING** classes built up this **FALSE CIVILIZATION**. **THE MASSES WERE SACRIFICED TO SUSTAIN THE FEW IN SPLENDID AFFLUENCE**. Such a structure may last for awhile but, as we have seen, it contains the elements of its own destruction.

In the midst of this cold and heartless civilization, a lone voice was heard proclaiming the **PRINCIPLES** of a **NEW SOCIAL ORDER**. The author of these principles sprang from the ranks of the disinherited and taught his principles in an obscure province of this great empire. All great movements fraught with uplift to humanity begin in obscurity. Jesus was the son of a carpenter and Palestine was an obscure province.

THE CENTRAL PRINCIPLE OF HIS TEACHING WAS THE OPPOSITE OF THAT ON WHICH THE CIVILIZATIONS OF THE WORLD WERE BUILT. That principle was **SACRIFICE THE MASSES THAT THE FEW MAY LIVE**. The **BASIC PRINCIPLE OF HIS SYSTEM WAS THE CAPABLE FEW MUST SURRENDER THEIR ALL IN SERVICE TO ELEVATE THE MASSES**.

There is and can be no stable social order, no security, no peace, no happiness, no righteous leadership unless **THE LEADERS IN HUMAN SOCIETY FIRST LOSE THEMSELVES IN SOMETHING GREATER THAN THEIR OWN SELFISH IN-**

TERESTS. The preservation and unfoldment of the race is the LARGER PURPOSE. ABOUNDING LIFE AND HAPPINESS IS FOUND ONLY WHEN THE INDIVIDUAL FORGETS HIMSELF AND SURRENDERS ALL HIS ENERGIES TO THE LARGER TASK OF SAVING THE RACE. "Who-soever would save his life shall lose it and whosoever will lose his life for the sake of humanity shall save it." A life devoted to selfish interests robs itself. A life surrendered and given in service to others enriches itself. A selfish life creates a hell of misery. An unselfish life creates a heaven of happiness.

HISTORY DOES NOT FURNISH US WITH A SINGLE INSTANCE OF AN EMPIRE OR NATION BUILT ON THIS PRINCIPLE. They were all built on the opposite principle. Having violated the order of nature they have created widespread misery instead of widespread happiness.

The individual becomes strong by lifting others. He becomes wise by imparting his wisdom. He becomes happy by making others happy. He is enriched by giving. He obtains abundant life by surrendering his life. In making this PRINCIPLE THE BASIS of his TEACHING, JESUS SWEEPED AWAY THE FALSE STANDARDS OF HIS AGE, REFUSED TO LISTEN TO THE VOICE OF AUTHORITY, DENIED TRADITION and SUPERSTITION and became to my mind THE GREATEST CREATIVE THINKER OF THE CENTURIES. HE WAS, IN HIMSELF, THE INCARNATION OF THIS PRINCIPLE. IT WAS IN HIM A BRAIN

**COMPLEX AND EXPLAINS EVERY THOUGHT
AND ACT OF HIS LIFE.**

Ernest Renan, the French philosopher, said in regard to Jesus, "This sublime person who each day still presides over the destiny of the world may be called **DIVINE** not in the sense that he has absorbed all the divine but in the sense that he is the person who has impelled his fellows to make the greatest step towards the divine. Humanity, in its totality, presents an assemblage of **LOW BEINGS — SELFISH — SUPERIOR TO THE ANIMAL ONLY IN THE SINGLE PARTICULAR THAT ITS SELFISHNESS IS MORE REFLECTIVE.** Still from the midst of this uniform depravity pillars rise towards the sky and testify to a nobler destiny. **JESUS IS THE HIGHEST OF THESE PILLARS** and shows to man whence he comes and whither he ought to tend." Science tells us that the preservation and development of the race is the law of nature. The central principle of Christ's teachings is an expression of this law of nature and is therefore **SCIENTIFIC. PUT INTO OPERATION, IT WILL GIVE US SUPERIOR MEN AND WOMEN and a NEW SOCIAL ORDER** where all problems would be automatically solved. When I speak of **THE TEACHING OF CHRIST** I mean that and nothing else. I am in accord with his teaching when it is given without addition, subtraction, multiplication, division or fractionalization. His character and work was the expression of his own philosophy, and science knows that a **SOCIAL ORDER** composed of

individuals animated in every thought and act by his spirit would be "a thing of beauty and a joy forever."

UNADULTERATED Christianity is POSITIVE NOT NEGATIVE. The Sermon on the Mount is a positive document all the way through. There is an OUTGOING SPIRIT OF LOVE flowing through everything that Christ taught or commanded. The Christianity of Christ is a LIFE — not a theory, a creed, a system, a definition or a formula. Christ never wrote anything. He lived a MAGNIFICENT LIFE. THEOLOGIANs INSTEAD OF GIVING EXPRESSION IN LIFE TO THE SPIRIT AND PRINCIPLES OF CHRIST HAVE USED UP THEIR ENERGY IN THEORIZING, CREEDALIZING, SYSTEMATIZING, DEFINING and FORMULATING not what he taught but what THEY THOUGHT he taught. As a result, the realm of theology is the realm of confusion and its history is the history of bitter war. It was not the purpose of Christ to put his spirit and principles into creeds and definitions. Creeds and definitions become coffins for a dead Christ.

It was his purpose to put his spirit and principles into LIVING MEN AND WOMEN clothed in the living tissue of flesh, blood and brain complex. These men and women, transformed into his likeness, would create a new social order.

The Christianity of Christ is ACTION. LIFE IS ACTION — NOT BELIEF MERELY. BELIEF, apart from action, has no value. The theologians

tell us that, in the matter of salvation, we have nothing to do but rest in the belief that everything is done for us. This is a complete reversal of the teaching of Christ. His own life was one of **CEASELESS ACTIVITY**. He said, "Wist ye not that I must be about my Father's business?" "I must work the works of him that sent me while it is day for the night cometh when no man can work." He was scientific when he made **DOING** the condition of **KNOWING**. "If any man will **DO HIS WILL HE SHALL KNOW** of the doctrine whether it be of **GOD**." He was also scientific in the parable of the **TALENTS**; the man who used his talents was rewarded and the man who refused to use his talents was deprived of the talents he had. He was scientific in his description of the Judgment. Those who preached and did not act were condemned. Those who did not preach but acted, were rewarded. It is not a man's creed nor his theology nor his belief that is the determining factor in judgment **BUT THE KIND OF LIFE HE LIVES — THE NATURE AND RESULT OF HIS ACTIONS**.

The Christianity of Christ is not a philosophy of the **FUTURE LIFE**. It is a **SCIENTIFIC PHILOSOPHY** of the **PRESENT LIFE**. His purpose, in the parable of Dives and Lazarus, was not to show that the inequalities of the present life are evened up in the next life but to show **THAT SELFISHNESS CREATED ITS OWN HELL. THE ACT OF DIVES IN REFUSING TO FEED LAZARUS was ANTI-SOCIAL** and carried within itself the **FIRES of HELL**.

from which Dives could not escape in this life or in the next.

Christ did not locate HEAVEN on the OUTSIDE or IN THE FUTURE. He said "The Kingdom of God is within you." His conception was that the FORCES THAT SAVE A MAN ARE IN HIM. The spirit and principles of Christ, when accepted and carried into action by a man, will transform and co-ordinate all his inherited instincts and inspire him to devote all his energy to the great task of improving the PRESENT LIFE. It is a religion of PRINCIPLES EMBODIED IN MEN AND WOMEN. Great cathedrals and temples, sacred places, sacred days and sacred vestments constitute no part of it. It is not an EXTERNAL SOMETHING outside of man. It is an INTERNAL ENERGY inside of man, transforming his life. In his conversation with the woman at the well, Jesus said, "Woman, believe me the hour cometh when ye shall neither in this mountain nor yet at Jerusalem worship the Father. But the hour cometh and now is when the true worshippers shall worship the Father in spirit and in truth."

"IN SPIRIT AND IN TRUTH." The temple of TRUTH IS WITHIN THE SPIRIT OF THE INDIVIDUAL. THE AUTHORITY FOR TRUTH IS WITHIN THE CONSCIOUSNESS OF THE THINKER. The GREAT LIFE is a self development, an evolution from within. The kingdom of power, of wisdom, of truth, of joy, of harmony, of peace, of health, is within, waiting to be expressed in terms of SERVICE TO HUMANITY. EXPRES-

SION OF THE HIGHEST THAT IS WITHIN A MAN IS SALVATION. REPRESSION IS DAMNATION.

It is DEMOCRATIC. Its central principle makes it democratic. The strong are to use their strength to lift the weak. The wise are to share their wisdom with the ignorant. The wealthy are to use their wealth to lift the poor. Jesus identified himself with the down trodden masses in order to elevate them. HUMAN DISTINCTIONS BASED ON ARTIFICIAL GROUNDS ARE NOT RECOGNIZED. God is the Father of all men and all are his children. In the presence of this fact, the ARISTOCRACY OF WEALTH, THE ARISTOCRACY OF BRAINS, THE ARISTOCRACY OF BIRTH are all swept away. Sex distinctions and national distinctions are all obliterated. THE PRINCIPLES OF THE NEW ORDER PUTS ALL MEN ON A COMMON LEVEL — EQUAL RIGHTS TO ALL AND SPECIAL PRIVILEGES TO NONE. Every individual has the right to develop himself to the point where he is conscious that he is a citizen of the kingdom of God. THIS CONSCIOUSNESS IS THE NEW BIRTH.

There is nothing arbitrary in the teaching of Christ. When Pilate asked him if he was a king he said, "To this end was I born and for this cause came I into the world that I might bear witness to the truth, and he that is of the truth heareth my voice." THE INDIVIDUAL WHO LIVES IN TRUTH RESPONDS TO THE VOICE OF TRUTH. This is a psychological law and Jesus places the acceptance of his teachings

on this law. If a man cannot receive the teachings of Christ, he cannot be forced to accept them. Ability to accept the truth does not come through EXTERNAL PRESSURE it comes through INTERNAL UNFOLDMENT. The Christianity of Christ, then, is FREE FROM ANY FORM OF INTOLERANCE. If a man is not ready to receive the teaching of Christ, and he is forced to accept it under penalty he becomes a hypocrite and lives a false life.

There is an IDENTITY OF PURPOSE IN THE CHRIST IDEAL AND THE AMERICAN IDEAL. Christ said, "I am come that men might HAVE LIFE IN ABUNDANCE." The Declaration of Independence begins with the statement—All men are born free and equal and have the RIGHT TO LIFE, LIBERTY and the PURSUIT OF HAPPINESS.

Is the American IDEAL a political party? NO. A political party is THE POLITICAL EXPRESSION OF THE ECONOMIC DEMANDS OF A GROUP. It is, therefore, limited, fragmentary and sectional. Is it a SYSTEM? NO. A system is a mechanism constructed by interested parties and owned by them. It has the marks of the tool on it. It is something that stands outside of the people and apart from them. It has no vital connection with them. The interested parties who framed it and own it would pour the plastic life of the people into its moulds and thus shape them into conformity with their plans and purposes. System is the coffin of the American ideal. Educational systems, military systems, industrial systems, theological systems, governmental

systems are all mechanical contrivances built by the powers that rule to **CONFINE LIFE WITHIN LIMITS PRESCRIBED BY AN ARBITRARY WILL.** The **AMERICAN IDEAL IS A LIVING GARMENT** woven out of the life of the people themselves. It fits them and grows as they grow.

Is the constitution the American ideal? **NO.** The **IDEAL PRECEDED THE CONSTITUTION** and is its **CREATOR.** The power that creates is not the thing created and the power that creates has the power to amend, improve, change or annul its creation. Is the American ideal the vast body of laws, court decisions and commentaries made by Congress, state legislators, aldermen and judges? **NO.** These ought to contain the ideal. Some of them do contain the spirit of the ideal but thousands of them are a complete reversal of it. Quite a number of them are out of date and deal with matters that are obsolete. Other thousands have reference to acts outside the domain of legislative procedure, unwarranted interference with personal liberties and freedom of contract.

Is the American ideal embodied in Congress? It was the intention of the founders of this government that the people's representatives in Congress should, in all their acts, express this ideal. It was intended that they should be **THE VOICE** of this ideal, but **ALAS** "The voice is the voice of Jacob but the hands are the hands of Esau." The hands that these gentlemen stretch out to us in glad welcome during election as they seek our votes are the hands

of Esau, the son of the people, hairy, rough and sun tanned but the voice that speaks in the acts of Congress is the smooth voice of Jacob, the SON OF PRIVILEGE. What then is THE AMERICAN IDEAL?

It is

FIRST — THE WILL of the people functioning in an ATMOSPHERE OF FREEDOM through laws that guarantee protection, defense and accommodation to each citizen,

SECOND — THE INTELLECT of the people functioning in an ATMOSPHERE OF FREEDOM, creating institutions that give equal opportunity of access TO THE MEANS OF LIFE to each citizen,

THIRD — THE CONSCIENCE of the people functioning in an ATMOSPHERE OF FREEDOM that gives complete liberty to each citizen to do his own thinking and live his own life in his own way insofar as he does not interfere with his neighbor doing the same thing,

FOURTH — THE VOICE of the people declaring itself in AN ATMOSPHERE OF FREEDOM through speech, book, essay, magazine, newspaper or assembly, unabashed in the presence of authority and unawed by the commands of a censor.

The American IDEAL, then, demands freedom for the action of the WILL, THE INTELLECT, THE CONSCIENCE AND SPEECH. This freedom is INHERENT IN THE NATURE OF LIFE. It cannot be imparted by franchise or law and any government that assails or abridges it is an enemy to mankind.

We have seen that there is only ONE ENERGY in the universe. The energy of LIFE. This energy individualizes and expresses itself through living forms. It reaches its highest form of expression in men and women. In men and women, life is ever seeking higher levels. To reach these higher levels, FREEDOM IS ESSENTIAL. A great nation can never be developed in an atmosphere of FEAR or SUPPRESSION.

Government, in all its forms, is afraid of PURPOSE that is free, fearless and progressive. The powers that rule are leagued against freedom. The theologian imposes his creed, the class, its caste; the profession imposes its tradition, the moralist, his fear, the libertine, his folly, superstition, its taboo, the politician, his shibboleth. Under the heavy burden of these impositions, independent thought, independent action, independent speech is lost. Every man's brain becomes a storehouse for ideas that are not his own. He is moved to action by a force that is foreign to himself. He assumes a purpose that is not his own. He becomes a mere echo — an automaton. THE FIRST ESSENTIAL in building a great nation is FREEDOM. A great nation is only possible when its component parts are great and the truly great man is the man who stands out in the wide open, capable of independent thought and action.

FREEDOM, then, is of primary importance — freedom to think, freedom to believe, freedom to strive, freedom to work, freedom to develop. The

employer who refuses this opportunity to those under him, denies the American ideal. The Laborer who attempts to abridge the freedom of the employer, violates the spirit of the ideal. When capital oppresses labor, the ideal is denied. When labor dominates capital, the ideal is denied. The man who enjoys freedom of thought, purpose and action is free though he may be a pauper. He is free to choose whether to build or destroy. The man who is bound by any tie that dictates his thought, belief or action is a slave. The man who lacks the power to do his own thinking, who thinks other men's thoughts, whose will is submerged in the will of another, whose intellect is chained to a dogma, a custom, a tradition or a superstition, whose conscience is shackled by fear and whose speech is muzzled by law or public opinion is a slave though he may be as rich as Croesus. A great nation cannot be built out of slaves or cowards.

Salvation by proxy is impossible. One man cannot build another man's life. The only thing he can do is to rouse the dormant forces that are within him. Apart from his own co-operation, a government cannot emancipate a man. If external appeal does not awaken internal response, nothing is accomplished. An atmosphere of FREEDOM is the supreme appeal to the forces within. This atmosphere is necessary. It gives room for the expression of the inward powers. If they are present, they will rush into action. Their absence will also be revealed. Freedom is valueless to a man who is a slave within. FREEDOM

GIVES OPPORTUNITY TO CAPACITY. Freedom is a revealer. It reveals the presence or absence of capacity. Government cannot supply **BRAINS** but it can furnish an atmosphere of freedom for the revelation, display and exercise of **BRAINS**. In the light of the American **IDEAL**, it is the supreme function of government, in all its laws, institutions and arrangements, to furnish each individual with an atmosphere of freedom to pursue his own purpose, build his own life and determine his own destiny. The protection of the individual in this freedom protects every other individual in the same freedom.

A government that guarantees more than this violates the purpose of the ideal. A government that guarantees less destroys the ideal. The supreme duty of a government, organized on the American ideal, is to give **EQUALITY OF OPPORTUNITY** to each individual to unfold or refuse to unfold a creative and constructive life.

As a proof of the splendid heights to which the **HUMAN MIND** can rise in all departments of thought and action in an atmosphere of **FREEDOM**, consider Athens between the years 490 B. C. and 338 B. C. — a period of one hundred and fifty years. Athens was a democracy. In this inspiring atmosphere of freedom and opportunity, **THIRTY GREAT MEN** appeared. In the realm of philosophy, **SOCRATES**, **PLATO** and **ARISTOTLE** — the history of thought furnishes no greater names than these. In dramatic art, **AESCHYLUS**, **SOPHOCLES** and **EURIPIDES**, all masters of classic drama, and **ARISTOPHANES**

the founder of the world's comedy. In history **THUCYDIDES** who has perhaps no rival, while **XENOPHON** has but few. In sculpture, within this period appeared **PHIDIAS** and **PRAXITELES**, while **MYRON** and **SCOPAS** occupy high places, in architecture, within this period appeared **ICTINIUS**, and **CALLICRATES** who built the **PARTHENON** while **MNESICLES** constructed the Propylaea. These great architects produced the most perfect buildings in the world and gave inspiration to all succeeding architects. In painting, **POLYGNOTUS** did work that cannot be rivalled. Within this period, in oratory, **DEMOSTHENES** thundered and roused the Athenians against Philip, while **AESCHINES**, **LYSIAS** and **ISOCRATES** almost equalled him in power of public address. Within this period, in statesmanship, **PERICLES** and **THEMISTOCLES** proclaimed eternal principles of government, while in generalship **MILTIADES** the hero of the Marathon and **NICIAS** the leader in the Spartan wars are names that cannot be forgotten. Besides these, within this period, **ALCIBIADES**, **CLEON**, **THRASYBULUS**, **LYCURGUS** and **MYRONIDES** flourished — thirty great men, each a **MASTER** in his own realm. Thirty master intellects unfolded within a period of one hundred and fifty years in an atmosphere of freedom and opportunity.

Would these choice flowers of genius have grown and unfolded into full bloom under the desolating heel of enthroned privilege? Would these intellects have expanded into strength if they had been chained

to a machine? Could these men have poured into the stream of the world's thought their volumes of wisdom had they been slaves? If the government at Athens had been one where property was enthroned by privilege and life chained to the galley oars of dividends would these intellects ever have emerged? Would these roses have bloomed in the chilling air of conventionalism or sent forth their perfume in the stuffy atmosphere of bureaucracy? All this advance of the intellect, all these distillations of exquisite wisdom, all these flowers of oratory, all this skill of the dramatist, all these beautiful creations of thought revealed in structure, marble and canvas, were wooed to perfection of expression in an atmosphere of **FREEDOM**.

Some may object to my conclusion that **FREEDOM** was the cause of this marvellous expansion of the Greek intellect in Athens and say that it was the result of **LEISURE**, that the government of Athens was a democracy of the aristocrats, gentlemen of leisure who lived in the city and owned farms in the neighborhood and these farms were operated by slaves. This gave these members of the democracy abundant leisure for the cultivation of the mind. I answer this objection by saying that **LEISURE IS ANOTHER WORD FOR FREEDOM** and if the **AMERICAN IDEAL** was in full operation in this country everybody would have ample **LEISURE** for the cultivation of the mind. If within a period of one hundred and fifty years, within the limits of a small city, **FREEDOM** can show such splendid

results in the development of the highest type of men, it could multiply these results in America by a thousand within the same length of time if it was not for the fact that we interpret **THE AMERICAN IDEAL IN TERMS OF MONEY INSTEAD OF MEN.**

One of the saddest chapters in human history is that one which records the eclipse of the Greek intellect. Imperialism came like a desolating storm and overthrew the **FREEDOM** of **ATHENS**, hurled the splendid creations of her architects into splintered ruins, shattered the dreams of her sculptors enshrined in marble, tore from their frames the priceless products of the artist's brain, stilled the music of the orator's voice, buried beneath the debris the wisdom of her philosophers, then, having **DESTROYED FREEDOM**, the condition and inspiration of advance, **REACTION** erected its throne on the grave of **FREEDOM** and the midnight of mental darkness settled down upon the earth.

In this chapter, I have shown how **THE INSTINCT OF SELF PRESERVATION** carried to **EXCESS** by individuals who possessed superior **BRAIN POWER** have produced our **RULING FAMILIES**, in every civilization and in every age. I have also shown that these **RULING FAMILIES** have obtained their **POWER** by monopolizing the **NATURAL RESOURCES** of the country and maintained it by **EXPLOITING** the **MASSSES**. I have shown that this development was **NATURAL** and was made possible by the fact that the **MASSSES** did not have

the BRAIN POWER to assert their RIGHTS. History shows that NATURE has pronounced and executed her penalty upon the so-called civilizations built on this plan. NATURE'S supreme purpose is the PRESERVATION and UNFOLDMENT OF THE RACE and the individual or groups of individuals who interfere with this purpose, create, within themselves, the conditions which destroy them. NATURE REFUSES TO HAVE HER PURPOSE REVERSED. There is profound philosophy in the statement "Give him rope enough and he will hang himself."

I have also shown that there is another INSTINCT in MAN which provides for THE PRESERVATION AND DEVELOPMENT OF THE RACE. THIS SEEMS TO BE NATURE'S SUPREME PURPOSE. THE INDIVIDUAL FINDS HIS GREATEST HAPPINESS and rises into TRUE GREATNESS when he forgets himself and co-operates with nature in this LARGER PROGRAM. This was Christ's IDEAL and he made this PRINCIPLE THE INSPIRATION and BASIS OF A NEW SOCIAL ORDER. It was also THE IDEAL OF THE FOUNDERS OF THIS REPUBLIC. THIS IDEAL ENTHRONES LIFE and makes everything ELSE SUBSERVIENT TO IT. WASHINGTON, the FATHER of this Republic, and LINCOLN, its PRESERVER, were both embodiments of this IDEAL. But we have departed from the IDEAL OF CHRIST and the FOUNDERS OF THIS REPUBLIC.

HISTORY SHOWS US THAT EVERY GREAT

MOVEMENT FRAUGHT WITH PRINCIPLES OF HUMAN UPLIFT HAS BEEN SEIZED BY GROUPS WHO POSSESSED KEEN, CUNNING, POWERFUL BRAINS and perverted it to their own SELFISH PURPOSES.

On one occasion some years ago, I was invited by a man who owned an apple ranch in the heart of the Blue Ridge Mountains to visit him. I accepted the invitation. I arrived late in the evening. Next morning I said to my host, "I would like to have a good drink of mountain water." "Well," said he, "you can have all you want. Two-thirds up the mountain there is a big spring which pours out from beneath the rocks. It comes down the mountain and pours out through a big pipe in my back yard. It is perfectly pure and cold as ice." So together we went out and looked at the water coming out of the pipe. It was yellow with MUD. I said, "My friend, do you call that mountain water? I expected cold, clear, sparkling water. What is the matter with it?" "Well," said he, "I know what is the matter. The damned hogs have gotten into the stream." "How are we going to get a drink?" said I. "We must go up and drive the hogs out," said he. So we began to climb up the mountain; finally we came to where the hogs were, four big fat hogs lying side by side grunting with delight as the cool waters flowed over their hot, steaming sides. The hogs grunted out their objections to being driven out. We had to use force.

When this Republic was founded, there sprang

from the rocks of truth a stream of **FREEDOM** as pure as snow and sparkling in its brilliancy and beauty. It came down the mountains of time to quench the thirst of the waiting millions of common folks, not alone in America, but in the world. But look at the water today as it pours out through the pipes of Congress, and state legislatures. It is yellow with **MUD**. What is the matter with the water? The hogs have gotten into the stream. Look at these hogs. Here they are wallowing in the stream—**PRIVILEGE, INTOLERANCE, GRAFT AND MONOPOLY**. To give the nations a pure satisfying drink **WE MUST DRIVE OUT THE HOGS**.

THE STREAM OF MORAL TRUTH THAT FLOWED FROM CHRIST AND THE STREAM OF POLITICAL TRUTH THAT FLOWED FROM THE FOUNDERS OF OUR REPUBLIC ARE BOTH POLLUTED BY THE HOGS. THE MISSION OF THESE TWO INSTITUTIONS CANNOT BE CARRIED OUT UNLESS THE HOGS ARE DRIVEN OUT. It is **PERFECTLY NATURAL** for the hogs to seek a cooling stream on a hot day and it is **PERFECTLY NATURAL** that they should **RESENT** being driven out. But they **MUST BE DRIVEN OUT** by **CONSCIOUS EFFORT** or they **WILL** be driven out by **REVOLUTION**, for nature refuses to have her purpose **REVERSED**. The stream of **TRUTH** and **FREEDOM** was intended for all the people of the **WORLD**. We cannot afford to have it polluted by a few hogs. The **MISSION** of America is **TWO FOLD**.

FIRST — To live the principles of pure Christianity and

SECOND — To proclaim the principles of an unpolluted freedom. But we must be the national incarnation of both before we can present them to the world. It is only in an atmosphere of freedom that pure Christianity can do its work in transforming men and women.

THE CROSS REPRESENTS THE FIRST AND THE FLAG THE SECOND. BOTH SYMBOLIZE THE SPIRIT AND PRINCIPLE OF THE NEW SOCIAL ORDER. THAT SPIRIT IS SELF SACRIFICE and THAT PRINCIPLE IS SERVICE.

Everybody admits that **CHRIST** was one of the greatest if not **THE GREATEST CHARACTER** in **HUMAN HISTORY**. The spirit and principles that made him great will make any individual great. The American **IDEAL** — **EQUAL OPPORTUNITY TO EACH INDIVIDUAL TO BE and DO HIS BEST** — is the atmosphere, where the finest type of **CHRISTIAN** can be developed. A **LIFE UNFOLDED INTO GREATNESS THROUGH SERVING HUMANITY** IS THE MOST VALUABLE THING ON EARTH. WHO CAN MEASURE ITS VALUE? In my opinion the development of men and women of this type is the **GRAND END** towards which nature has been working for centuries.

What has **SCIENCE** to say about this? Professor **ARTHUR COMPTON** of the Chicago University, the winner of the Nobel Prize, in a recent interview said, "To the **PHYSICIST** it has become clear that

the chances are INFINITESIMAL that a universe, filled with atoms having random properties, would develop into a world with the infinite variety that we find about us. This strongly suggests that the evolutionary process is not a CHANCE ONE but is DIRECTED TOWARD SOME DEFINITE END. If we suggest that evolution is directed, we imply THAT THERE IS AN INTELLIGENCE DIRECTING IT. It thus becomes reasonable to suppose that INTELLIGENT MINDS may be the END towards which such AN INTELLIGENT EVOLUTION is proceeding.

A survey of the physical universe indicates that MANKIND is very possibly NATURE'S HIGHEST ACHIEVEMENT in this direction. Though astronomers tell us that there are millions and millions of stars in the sky A PLANET IS OF VERY RARE OCCURRENCE, AND A PLANET ON WHICH LIFE CAN EXIST IS EVEN MORE RARE.

We found strong reasons for believing that, in spite of his physical insignificance, man, as an INTELLIGENT BEING, may be of EXTRAORDINARY IMPORTANCE in the cosmic scheme.

If we were to use our own best judgment what would we say is the most important thing about a NOBLE MAN? Would we not place first THE BEAUTY of HIS CHARACTER? It takes a whole lifetime to build the character of a noble man. The adventures and discipline of youth, the struggles and failures and successes, the pains and pleasures of maturity, the loneliness and tranquillity of age—

these make up the fire through which he must pass to bring out the pure gold of his soul. Having been thus far perfected, what shall nature do with him? Annihilate him? What infinite waste." This statement tends to confirm the conclusions arrived at in this book. There is, in the universe at large, a **DIRECTIVE INTELLIGENCE. EVOLUTION IS THE METHOD EMPLOYED BY THIS DIRECTIVE INTELLIGENCE TO PRODUCE INTELLIGENT MEN AND WOMEN WHO WILL UNFOLD INTO GREATNESS BY CO-OPERATING WITH NATURE IN HER GREAT PROGRAM.**

APPENDIX

I most heartily recommend to those who desire to study dietetics in a thoroughly practical manner to procure the seven remarkable books published by John Maxwell, nationally known Dietitian, Lecturer, and director of a large Vegetarian Restaurant in Chicago.

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