

Life's • Elixir Discovered

SCIENTIFICALLY PROVEN REGIME FOR
RADIANT HEALTH—BEAUTY—YOUTH
AND PERSONAL CHARM

The Only Easy Way

BY

Edwin J. Dingle, F.R.G.S.

Founder of the Science of Mentalphysics

INVALUABLE SECRET BEAUTY FORMULAS

1. Lure and Law of Individuality—Full Daily Regime for Men; Full Daily Regime for Women.
2. The Breath of Your Life—Secret Methods Disclosed.
3. Mystery of Charm—Food and Beauty; What To Eat and Why.
4. Attainment of Beauty—Formulas and Recipes.

Mentalphysics

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address**

Los Angeles, Calif.
May 26, 1933

University of California
Library

Mr. J. C. Rowell:

I am very sorry to have kept you
waiting for this book, but Mr. Dingle
is out of town and has not yet returned.

I am sure that if he is ever in
Berkeley, he will stop in your library
and gladly give you his autograph at
that time.

Sincerely,

K. Sheppard
Miss K. Sheppard
Secy to
Mr. Edwin J. Dingle
(F.R.G.S., R.A.S.)

Author's Preface



This is not merely a book of words . . . it is a book designed to lead the reader into immediate and positive conquest of the good things of life that he or she desires.

We have all read books; we have all taken classes; we have all listened to teachers and lecturers . . . now we will LEARN THE WAY.

The cry of the age—among men as well as women—is for beauty and charm and personality and individuality—all vital foundation stones in the structure of life's success and happiness. Beauty is beyond all price. Charm is a thing divine, much to be sought after. Through personality and individuality are portrayed the spirit, the verve, the feeling and the highest aims and aspirations of a human being.

This volume will teach you how to attain to all these priceless treasures of that which is worth calling life. It will prove to you that, with a few minutes devoted daily to your own best interests, you will become master of a body of beauty and charm, pulsating with vigor and health and youth.

These blessings cannot be measured.

In these pages are uncovered for you the secrets, principles, laws and practices which all may learn. You are shown and taught what to do and how to do it. Certain Yoga breathing exercises, so mystical in their beauty, are described in a manner enabling you to practise immediately to work them out in your own life. No need for you to languish while others revel in a charm appar-

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ently beyond your reach. No need to sit endlessly aloof—all beauty is yours for the asking.

Do as you are asked and shown and YOU MUST SUCCEED. Beauty is yours. Charm is yours. Health is yours. Success is yours. All that nature has locked up within her bosom are yours. Here and now all you have to learn is the way to cooperate with nature, and this book has no claim other than to teach you the way.

I desire gratefully to acknowledge the assistance extended to me by Monsieur La de Longé, the famous French cosmetologist resident in Hollywood, California, and to experts in his laboratories, for reading the proofs of this volume and assisting me in experimentation. Moreover, Monsieur La de Longé has assured me of his co-operation with the Mentalphysics Institute of Beauty and Youth in the future, thus enabling readers of this volume and aspiring students of the later courses of instruction the good fortune of the personal advice and direction of a gentleman so prominent in his profession.

Yours for Beauty and Youth,

EDWIN J. DINGLE.

*The Science of Mentalphysics,
Los Angeles, California,
Nineteen Thirty-two.*

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The Author of This Volume



Edwin John Dingle, Fellow of the Royal Geographical Society of England, and other kindred societies, was born in England; trained as printer, writer and geographer; an orphan at nine.

Leaving England, became managing editor of "Straits Times," Singapore; traveled in East Indies, studying philosophy and religion; went to China, walked across the country, met with many accidents and illnesses; probably only white man who lived for nine months in Tibetan Monastery and emerged again to mingle actively in professional life; lived, traveled, practised his profession for 21 years in Asia—India, China and Tibet; authority on Oriental economics and philosophy.

He penetrated mysteries of the Inscrutable East, and in temple life acquired valuable knowledge regarding verities of life, which partly form basis of his scientific teaching in class work and home study courses.

Author of: Across China On Foot, China's Revolution, Breathing Your Way to Youth, Your Mind and Its Mysteries, How to Meditate and much other literary work upon the Higher Philosophy and Science of Living. *Editor of:* New Atlas and Commercial Gazetteer of China, Bi-Lingual Map of China, China and Far East Finance and Commerce, F. & C. Year Book, Far Eastern Products Manual and other economic publications.

Founder (in 1927) of Science of Mentalphysics—philosophical, inspirational, practical, spiritual; teaches the science of food, of breath, etc.; schools in New York, Los Angeles, San Francisco and other places; growing interest among people who wish to defy old age and acquire perfect technique of the Art of Living; discloses laws and secrets, principles and practices which insure perfect physical youth and beauty, success and natural rejuvenation of body and mind; taught in many American cities; very rapidly growing movement.

First Section

The Lure and Law of Individuality

(Blessings of the Cosmetic Art.)



THE EPISODE



Scene: A Person . . . any person, a man, a woman, YOU
or anyone else . . . gazing wraptly into a mirror.

Place: Any place. **Time:** Any time.

THE PERSON (aghast at the disappointing picture): So
this is what life must come to. So different from
what it used to be. My life is grey and dull. Old
age approaches me—the specter is about me now.
(Examines face—turns head, listening) . . . Look, my
skin is wrinkled and sallow, my face is dull and with-
out expression, lines are hardening my face and neck,
youth has already left me . . . and I used to be so
beautiful. (Listens again; then buries face in hands)
. . . Oh, what's the use—my youth, my youth is al-
ready gone—

*(Senses something within, and looks uneasily about the
room, listening—to what The Person hardly knows; re-
sumes attitude; then speaks on, with face buried in hands.)*

My lips have lost their color . . . the light from my
eyes is gone . . . I am no longer beautiful. No won-
der that I have lost my hold—on love, on my friends,
on business, on Life. (Suddenly moves, frightened.)
Well, such is life . . . I shall soon be relegated by
Time to the limbo of things forgotten. (Starts again.)
But WHO ARE YOU, you whom I know are there,
but whom I cannot see. . . . SPEAK!

THE PERSON

A VOICE: I, . . . I am the truth of your life. You are still a thing of beauty. What you contend with is that which you have made yourself. You have still to find the secrets of human beauty and charm. You can find them, but . . . perhaps—

THE PERSON: Perhaps what?

THE VOICE: Perhaps you do not wish to know these secrets that I speak of.

THE PERSON: I swear it. Naught in this world do I desire more than to know these secrets and to express myself in personal beauty and charm and grace and love.

THE VOICE (with infinite emphasis, gradually dying away): Then herein read, mark, learn the truth of beauty and of youth. Truly thou art fair—all humans are beautiful if they will use the secrets of Nature. Lo, the spirit speaks—Take heed! Take heed! From this moment henceforward will ye mount the heights to the blessings of life which beauty and youth interpret. Peace! . . . Rejoice! . . . **WHO AM I?** . . . I am the Voice of the Truth of Thine Own Spirit.

(The Person moves—the eyes bright with hope, and countenance lit up with determination.)



AS I sit happily and dynamically prepared to start this chapter on "The Lure and Law of Individuality," I pray that you may be ready to absorb this vital message.

I imagine you to be just as I was for many years of my life . . . life grey, old age in the offing, youth departing, your looks withered, your skin sallow, the old light and luster of the eyes gone, the magnetic feeling of personal conquest gone, realizing that you, too, like The Person above, will "soon be relegated by Time to the limbo of things forgotten."

This is the story of hundreds of thousands of men and women in this wonderful country today—and in every other country.

I.—BEAUTY IS A LAW

And yet as you look within yourself—these are the thoughts you are thinking as you read—you **KNOW** that this is all wrong.

"I **KNOW** that I am still handsome," you say, the more vigorously as you gradually lose yourself in the thought. "In my mind's eye I can see a being full of power and vigor and beauty, the eyes bright, the face unlined and radiantly happy, the skin glowingly pink-and-white with Nature's beauty, the hair lustrous and abundant . . . I see my Real, Handsome, Wondrous Self a radiant personality, a leader in my own circle, living a life brimful of purpose and beauty and youth and hope and action. . . . This is life, *life as it should be.*"

Then you turn to yourself, looking at your face in the mirror. You tell yourself that you are dreaming—it cannot be true, you say.

And just at this point I want my message to come powerfully into your mind, as The Voice came into The Episode above. Let my message waft into your mind on the wings of truth.

II.—THE DREAMER AND HIS DREAM

I assert, with knowledge born of experience:

"Yes, you dream, but you do not dream in vain. In the picture that you have drawn in your own mind, all that you are doing is to tell yourself the truth of your own being . . . the truth of your own

beauty, your own grace, your own charm, your own ability and personality . . . the truth of your own beauty of health and strength and joy abounding . . . the truth of your own beauty of knowledge that comes when we know that others look upon us and admire that radiating magnetism of which we are ourselves the author."

Categorically, I say **IT CAN BE DONE . . .** and **YOU** can do it; and if you **TRULY** desire to do it—to make of your beautiful body and your mind whatever you desire, you may learn the way through the simple methods and secrets to which this book is the sure introduction.

III.—YOU MAY LEARN THE LAW

You may learn the way, and I will teach you—that is all I can do—teach you.

You will not, however—you cannot—get it for nothing. We, no more than anyone else can give something for nothing—for that is not the Law of Life. You are very highly privileged to learn the priceless secrets that will be disclosed to you, showing you actually *what to do*—and the unutterably rich recompense and reward will be rapidly seen in a beauty of body and mind that at the present moment can hardly be imagined.

I write here the truth—it is, I say, almost unimaginable.

This small book contains laws and secrets, principles and practices which, if you will faithfully follow them, will work miracles on the physical plane of your life. When you come, however,

into the courses of true instruction, either through the mail or in the special classes which I conduct wherever I happen to be, the teaching will be of a secret and totally different nature.

IV.—INSPIRE YOURSELF INTO ACTION

This morning you look into the mirror and see a person so very different from what you would like to see.

"My feet are soiled and bleeding," you seem to cry. . . . "I desire beauty and youth and health and happiness." Yea, but the message comes from me to you. . . . "All this is true, but though thy feet are soiled and bleeding with the toil and struggle for what thou seekest, thy brow is crowned with the eternal stars."

Heed this message, then! Declare with all your might that you *will* succeed, no matter how often you have failed.

What is made available to you in the Science of Mentalphysics are age-old secrets that in the Orient have always been taught in secret by master to disciple—and usually by word of mouth—secrets of breathing and food . . . secrets that banish disease, sluggishness, doubt, indifference . . . secrets that bring out through the face, the eyes, the neck, the voice, the skin, the hands that majesty of charm and grace and personality and beauty that we all crave!—whether we be man or woman. But particularly will YOU be interested in those secrets which assure you of the rapid pathway to personality and physical beauty.

V.—THE ALLURING PATHWAY TO BEAUTY

And it is an alluring pathway.

After but a day or two changes are seen—the skin will become purified and glowingly clear—the eyes so bright that your friends will remark upon the change—your voice softer and more alluringly musical—the skin of the hands and arms and bust velvety and smooth—the step elastic and full of pep—the senses keen and refreshed—the lips red and full—the hair soft and with a glorious sheen . . . the whole body throwing off radiations of beauty and power and personality that a multi-millionaire might envy.

This, indeed, is your very birthright—YOUR BIRTHRIGHT: *claim it!*

It is not my intention to endeavor in this single chapter to explain how this can be done. These secrets simply cannot be taught this way, and even if I could teach this way I would not . . . *for the reason that only those who can sense the exquisite value in these secrets will make an effort to get them—otherwise it would be the old, old story of casting pearls where they should not be cast. These secrets and practices and exercises simply are beyond all monetary value.*

VI.—YOUTH YOUR HELPMATE

THINK!

What would any woman—or any man, for that matter—give for a simple daily regime . . . of proper eating—as much as you wish to eat when you desire to eat; of proper breathing—the pleasure of which

cannot be expressed; of proper beauty and cosmetological practices, which are in themselves a veritable joy . . . what, I ask you, would any man or woman give for all this if he or she were absolutely sure that it would keep age away, that disease could not possibly again make any attacks, that a quarter of a century more of life would be assured. Obviously, the answer is that there is nothing of a material value that could possibly afford any semblance of recompense.

YET IT IS PRECISELY THIS THAT WE ASK YOU TO CONSIDER.

It will take courage even to contemplate its possibility. But if you have the courage to think such thoughts, it will be self-evident to you that you have the power and will to learn the way. But, even putting things down to a point every woman in the country can understand, even to learn the correct way to use and enjoy the blessings of the cosmetologist's art is of immense value . . . so, reader, realize *if you can that you have met something in this book which may prove to be of inestimable good for you.*

I shall be happy to send to any reader details as to how enrollment for the Mentalphysics Institute of Beauty and Youth may be effected, and to answer any questions relating to the subject.



What follows here in the regime for women and men respectively shows you WHAT TO DO—carry out the regime, and you will benefit immediately.

The Short Road to Strength, Beauty and Success

Daily Regime for Women

Ever so many so-called "scientific" toilet preparations, some of even national reputation through expensive advertising campaigns, are absolutely worthless and harmful. They are compounded from very cheap ingredients, though, due to modern machinery methods, they "look well." Special emulsions and creams, advertised as specific skin feeders and rejuvenators, are valueless. For example: I happen to know of a certain "turtle-oil" cream. My analysis showed soap, stearic acid and vaseline, a cheap grade of paraffin and oil with a trace of kerosene, no registration whatever of the much-advertised turtle oil. This "junk" was covered with a cheap perfume, and the five-dollar jar—so beautiful in external appearance and so highly advertised for its "rejuvenative powers"—was not only not a decent cream but distinctly harmful to those unfortunate enough to use it. Organic chemistry requires many years of experience and research, and yet preparations are now on the market whose makers have no knowledge of skin reactions. (I can only add that I shall be happy to recommend to anyone the names of manufacturers whose products I can whole-heartedly endorse. Anyone who has had bitter experience through the use of these worthless toiletries is invited to communicate with me.)

- (a) *Drink* a glass of fairly warm water, with juice of half a lemon.
- (b) *Wash nostrils.*

- (c) *Wash eyes.* (A good eye wash such as that produced by the Prescription Cosmetic Laboratories, Inc., of Los Angeles, California, is essential to all women who constantly use their eyes. Use a saturated wad of cotton placed close to lids of eyes—then wash and blink.)
- (d) *Bowel Action:* Be SURE that your bowels move, and if there is any constipation follow out rigidly the instructions given in Food Section. (Read "Causes of Constipation," p. 41.)
- (e) *Edwin J. Dingle's Scientific Breathings:* (Refer to section in this volume, "The Breath of Life," and follow out exercises given therein—pp. 29-35.)
- (f) *The Bath:* Take warm shower, followed with quick cold shower. A vigorous rub-down, first with coarse towel, then with the palms of the hands, holding breath while rubbing.
- (g) *Semi-facial:* During the night secretions are thrown off through the pores and there are also surface accumulations of dust; these must be carefully removed in the following manner: (1) For oily skin—apply Tissue Emulsion, followed with wiping of Orange Flower Freshener—pat face and neck with Special Astringent—allow face to dry before make-up. (2) For dry skin—apply COLLOYDATONE ROYAL, a Martha Helene preparation—follow with Orange Flower Freshener—pat well with Astringent Toner—allow face to dry—then make-up.
- (b) *The Hair:* (1) Brushing the hair: Do not be afraid to brush the hair; brush by strands, lifting hair from scalp and brushing upwards (this type of brushing does not destroy the wave—it makes your hair more wavy, pliable and glossy). (2) Massage: This is essential. The following exercises will be found of great value for stimulating growth of hair, when hair is thin, scalp dry or when hair is gray and lifeless: (a) Run comb through hair, brush evenly (use brush with soft, long bristles, for hard bristles irritate scalp)—place four fingers of each hand on either side of head and move scalp crosswise about a dozen times, followed by up and down movement. (b) Comb the hair backward. (Important note: In Dingle's Ten Commandments Course instruction there are disclosed many secrets and laws of health, success and youth, compiled for women only.) (3) Dress: If hair requires dressing, use brilliantine that is

not of paraffin base, as this clogs the follicles of the hair; also no preparation of high alcoholic content, as this dries scalp and is a forerunner of dandruff—brush hair night and morning. (4) *Combing*: Do not use a sharp comb or one made of galalith, as this tends to make the hair unruly.

- (i) *Morning Make-Up*: The most important make-up of the day. Choose your colors according to your dress—for example, if dressed for golf, apply heavier make-up, such as generous application of foundation cream to prevent sunburn and wind, and also heavy application of patting powder. (1) *General routine*: With face prepared for make-up, apply foundation cream—then cream rouge—then pat lightly with good powder free from any trace of lead, zinc or chalk. (2) *If skin is oily*, use dry rouge, applied in same manner (and before powder). If skin is dry, use cream rouge. There is not one woman in a thousand who has much idea of the correct application of rouge as to position according to her individual characteristic. This is in itself a veritable art and many women make themselves literally unsightly because of ignorance in this direction (you are urged to learn once and for all your own needs in this respect of natural make-up, and instructions are available to you through the Ten Commandments Course for women only). (3) *Eye Shadow*: (a) Here again be sure of your correct shade, as to depth, and lightness according to face and placement of your eyes. It is so easy to err in this direction, and many a woman minimizes her personal magnetism through her ignorance or indolence of application of eye shadow. (This writer has seen many cases of acne, blackheads, loss of eyelashes and other serious ailments through the constant use of cheap and inferior make-up. No woman should “skimp” on what is obviously THE vital necessities of her life, for her personal beauty can be soon and irrevocably ruined by cheap preparations.) Use only the best powders, rouges, lipsticks and creams. Blindness is commonly the result of cheap mascaras. BEWARE, therefore, of cheap and nasty “beauty” preparations. (4) *The Lips*: The lips are the life of a woman’s expression. Choose color of lipstick according to time of day and at the same time keep in color harmony with your own complexion. Efficient lip treatment will readily bring a thin and expressionless pair of lips to an even, full and shapely contour. On the other hand, a heavy overhanging or underhanging lip can be made to look normally beautiful. (Beware of

"permanent" lipsticks containing permanent dyes, as when constantly used, lips become dry and wrinkled, losing their natural color, becoming bluish and lifeless. I advocate lipsticks—for there are not many of them on the market—which are made from pure vegetable oils and vegetable colors, which can also be of permanent color. It is impossible to indicate here in detail correct lipstick use and shading; this has to be taught and in the Ten Commandments Course the subject is fully dealt with. Write for information.

- (j) *Breakfast:* Omit carbonaceous foods. Take freely of fresh fruits and fruit juices. (See detailed information in section of this volume dealing with foods.)
- (k) *During Morning:* If possible, give yourself a semi-facial; if at home and special attention to the skin is necessary, apply Feeding Cream, and finally make-up before lunch.
- (l) *Dress:* Never allow yourself to become slovenly or in-harmonious in your dress any more than you would in your make-up.
- (m) *Luncheon:* Eat lightly if evening meal is to be a heavy one. Take largely of salads—above-the-ground vegetables—little bread (in fact, omit starches as much as possible).

(See Food Section for detailed information regarding Correct Combinations of Foods.)

Men and women in business who are engaged in brain work or filling responsible positions where decisions have to be made quickly and conferences are frequent should on no account indulge in heavy mid-day meals, as vital forces of the body are diminished by excessive digestive activity.

- (n) *Afternoon:* 1. Rest and relax (if only for a few minutes). (2) Change make-up as occasion or time demands.
- (o) *Before Dinner and Evening Make-Up:* (1) Spend a few minutes in deep breathing. Indulge in some form of outdoor exercise if only for a few minutes—such as walking, swimming, tennis, golf, gardening, etc. (2) Make up with great care; feel happy and look happy; laugh much; enjoy your food; take pride in your personal appearance and charm.

- (p) *Dinner:* (1) Avoid wrong combinations of foods (this is vital). More than half the battle is won if the reader understands what foods properly combine chemically with other foods and what foods do not combine. (See pp. 46-48, Food Section.) (2) Drink little liquid at meals. (3) Do not use hot and ice-cold solid or liquid foods together; this is the sure forerunner of various stomachic and intestinal troubles. (4) No desserts (this is the hardest thing, usually, for a person to break from, but it is essential if you are to regain Youth, Strength and Vigor). No candies. If you must eat something sweet, then do so between meals. (5) If hot drink is desired, take very weak tea with lemon. If you ~~must~~ have coffee, be sure that it is freshly made and in a glass percolator.
- (q) *Before Retiring:* (1) Hold hair back with band—cleanse face and neck with good cleansing cream. (2) Remove with cleansing tissue, being sure to wipe both face and neck with upward and outward movement, as the impurities in the pores can only be removed in this way. Wipe lightly with Astringent Toner—pat face well for a few minutes with good tissue cream or any pure emolient. (3) If suffering from any skin disorder, such as acne or undernourished skin, wrinkles, hard lines, tired or saggy muscles, use corrector suitable to your particular condition—for example, if acne condition exists, after cleansing face as above use good Acne Cream or Lotion, alternating with good tissue cream.
- (r) *Care of the Hair:* Comb and brush hair according to instructions; do not confine hair during rest. (See Section on Formulas.)
- (s) *Care of the Hands:* Massage hands, beginning with fingertips, working backwards, using same movement as when applying gloves. A good hand lotion is essential. (See Section on Formulas.)
-

Memorize and repeat at frequent intervals:

"I AM YOUTH—radiant, glorious Youth!"

"I AM BEAUTY—wondrous, vibrant Beauty!"

Daily Regime for Men

The following is suggested as the Daily Regime which all men—in all walks of life—may carry out with great benefit to themselves, physically and mentally, insuring a feeling of confidence and belief in their own success.

UPON RISING: Train yourself to wake with the feeling of gratitude and joy—with the very first breath feel that you are happy and that you have much to be grateful for.

- (a) *Drink* a glass of fairly warm water, with juice of half a lemon.
- (b) *Wash nostrils.*
- (c) *Wash eyes.* (A good eye wash such as that produced by the Prescription Cosmetic Laboratories, Inc., of Los Angeles, California, is essential to all men who constantly use their eyes. Use a saturated wad of cotton placed close to the lids of eyes—then bathe and blink.)
- (d) *Bowel Action:* Be SURE that your bowels move, and if there is any constipation follow out rigidly the instructions given in Food Section. Read "Causes of Constipation," p. 41.)
- (e) *Edwin J. Dingle's Scientific Breathings:* (Refer to section in this volume, "The Breath of Life" and follow out exercises given therein—pp. 29-35.)
- (f) *The Bath:* Take warm shower, followed with quick cold shower. A vigorous rub-down, first with coarse towel, then with the palms of the hands, holding breath while rubbing.
- (g) *Shaving:* 1. Use finest quality of Shaving Cream, because many soaps contain caustic and other ingredients used for the purpose of softening the beard, which are harmful to the skin. Poor shaving creams shrivel the fine tissue and absorb the natural oils from the sebaceous glands. The skin becomes dry and undernourished.
2. Always shave in the same direction (if shaved by a barber, insist on similarity of razor action as you employ in shaving yourself).

3. Dash cold water over face and neck, dry with upward and outward motion.

4. Apply FYRMATONE (the finest after-shaving lotion known to this writer); apply liberally to face—stand facing mirror, take breath and retain same—pat face and neck not too vigorously—gently massage glands behind ears—firmly massage forehead upward and downward without lifting fingers.

5. Allow face to dry.

6. Apply after-shaving cream (must be good). This is specially recommended on account of its proven purity, and because, though leaving no visible trace, is an efficacious protector against dirt and grit from the atmosphere and assures a natural elasticity of the skin throughout the day.

7. Finally, apply good face powder. Be sure it is not a plain talc. Because talc will be absorbed by the sweat glands, causing clogging of the pores, coarse blackheads and acne condition.

(b) *Dress:* Take pride in your appearance. Study color—not too many bright colors; in business be conservative rather than flashy in your dress.

(i) *Breakfast:* Omit carbonaceous foods. Take freely of fresh fruits and fruit juices. (See detailed information in section dealing with foods.)

(j) *During Morning:* 1. Drink freely of distilled water.

2. If skin is oily, make application of FYRMATONE. Also in case of flabby muscles, pat FYRMATONE well into the skin; you may make as many applications as you desire during the day.

(k) *Luncheon:* Eat lightly if evening meal is to be a heavy one. Take largely of salads—above-the-ground vegetables—little bread (in fact, omit starches as much as possible).

(See food section for detailed information regarding Correct Combinations of Foods.)

Men in business who are engaged in brain work or filling responsible positions where decisions have to be made quickly and conferences are frequent, should on no account indulge in heavy mid-day meals, as vital forces of the body are diminished by excessive digestive activity.

(1) *After Office Hours:* 1. Spend a few minutes in deep breathing.

2. Indulge in some form of out-door exercise, if only for a few minutes—such as walking, swimming, tennis, golf, gardening, etc.

(m) *Dinner:* 1. Avoid wrong combinations of foods (this is vital). More than half the battle is won if the reader understands what foods properly combine chemically with other foods and what foods do not combine.

2. Drink little liquid at meals.

3. Do not use hot and ice-cold solid or liquid foods together; this is the sure forerunner of various stomachic and intestinal troubles.

4. No desserts (this is the hardest thing, usually, for a man to break from, but it is essential if he is to regain Youth, Strength and Vigor). No candies. If you must eat something sweet, then do so between meals.

5. If hot drink is desired, take very weak tea with lemon. If you *must* have coffee, be sure that it is freshly made and in a glass percolator.

(n) *Before Retiring:* 1. A warm bath (if that is the habit).

2. Wash face with good toilet soap; take wad of cotton saturated with FYRMATONE and give yourself a systematic face massage in the following manner: (a) Start from chin—wipe face upwards, changing cotton if you see any trace of dirt—wipe nose upwards—wipe forehead upwards. This upward motion is necessary to remove all dirt and dust accumulated during the day which clog the pores. (Dermatologists claim that it requires two hours to scientifically cleanse the skin, so that you can see how important it is that you spend a few minutes every night and morning in cleansing your own face.) A few days of this treatment will give eminently satisfactory results in a clearer skin, a more youthful contour to the face and neck, which is the first place where men begin to show their age.

3. Rub FYRMATONE into neck at back and quickly and lightly massage with finger tips behind ears and back of neck.

(o) *Care of Hair:* The following exercises will be found of great value for stimulating growth of hair, especially for men whose hair is thin, whose scalp is dry or whose hair is gray and lifeless:

1. Run comb through hair, brush evenly (use brush with soft, long bristles, for hard bristles irritate scalp), place the four fingers of each hand on either side of head and move scalp crosswise about a dozen times, followed by up and down movement.

2. Comb hair backward. (Important note: In the Ten Commandments Course—a course of instruction which discloses many secrets and laws of health, success and youth, compiled for men only, much more detailed information and guidance are given for the care of the hair.) Nothing shows the age of a man more than the condition of his hair. There is no reason why premature baldness should make many young men look old long before their time, and if you are troubled in this manner . . . or indeed, in any way affecting your hair . . . you are urged to at once enroll for this men's Ten Commandments Course.

The same remarks apply to other matters such as care of feet, hands, ears, etc. The Ten Commandments Course is the original scientific course for men who desire to regain youth of body, virility of mind and full glandular power—indeed, all those things which thinking professional and business men desire regarding their own physical and mental condition, but which they so unthinkingly neglect. Write for information at once to Edwin J. Dingle, F.R.G.S., Founder of the Science of Mentalphysics, Trinity Building, 9th and Grand, Los Angeles, California.

Memorize and repeat at frequent intervals:

"I AM STRENGTH—wonderful, glorious Strength!

"I AM YOUTH—dynamic, vibrant Youth!"

Second Section

The Mystery of Your Breath



BREATH is Life! We have all heard this before, but the sentence has lost its true meaning for us. All life is expressed in forms, in embodiments . . . men and women, trees, flowers, the earth, the heavenly bodies, in all things in the mineral, vegetable and animal kingdoms. You are a human being. You are a live human being, of grace and beauty or homely and dejected, because of your Breath, which **IS YOUR LIFE.**

What is true of you is true of *Every Living Thing.* Its Breath is its Life.

Throughout all time the philosopher has declared . . . "As a man thinketh, so IS he." This, too, is true. It ever has been true. You feel it to be true even as you read these words. You feel that you know you are, or that you become, what you think . . . in other words, that your life—your body beautiful and full of strength and health and vigor, or entirely the reverse—is actually the result of your own thought. While this is beyond dispute, it has only to be pointed out to be realized that *as a man breathes, so he thinks.* Which is another way of saying that as a man *breathes*, so he *lives*, for Breath is life!

I.—THE UNIVERSAL SUBSTANCE

Life, then, is the one universal substance . . . and all things, from the atom to the sun, from the amoeba to man, are made of this substance and are sustained in all beauty and power in this substance. When we breathe we are taking in this substance from a universal supply; . . . when we take food into our bodies we are taking in this universal substance, though in multifarious chemical forms. Indeed, this may appear to be a far-fetched statement, but it is none the less true: *"There is no substance found anywhere in the material universe, the basis of which does not exist in your body and in mine."* Whatever form the substance is, *its basis is Breath.*

Did Man understand this, there would be no disease today—no disharmony—no poverty . . . nothing but the reflection of that immutable balance and beauty which form the unchanging scepter of Nature.

II.—BREATH IS THE GREAT REGULATOR

In this small volume, I can only briefly refer to this transcending truth. Breath is life—and beauty, and charm, and poise, and grace, and loveliness; as we *breathe* we *think*; as we *think* we *are*. Through right breathing we place ourselves in harmony with the very force that propels the Universe. The chemical substances of food are important; but though we may eat never more carefully and correctly and the combinations of what we eat be never more perfect, *breathing will finally be found to be the center of life from which everything springs, and by which*

everything in the Universe . . . everything in your life . . . is regulated. Because you exclaim, "Oh, but I don't believe it" or "I had never thought about it in this way!" does not change the truth.

The purpose of this volume being in your hands at the present moment is that *you* may have disclosed to you, so far as it is possible, the beauty and power of the secret of age-old breathings that are taught in the Science of Mentalphysics—to learn to live by breath, to develop and preserve personal beauty and charm and poise and grace . . . success!

If you are disappointed with your physical appearance, your state of mind . . . if you feel that you are growing old and faded . . . if your skin is wrinkled and your complexion sallow, . . . if, indeed, Beauty is leaving you cold and forlorn, seek to attain to that teaching which is given in this glorious science of life. Beauty is yours if you will allow us to teach you to seek it intelligently.

Learn the exercises found in this Section of this book, practice them faithfully for a couple of weeks, do the other things that you are urged to do to improve your own physical and mental well-being . . . and you will bless the day that "Life's Elixir Discovered" ever came your way.

III.—BEAUTY WILL COME BACK

Let us pass on to

- (a) What and why you breathe;
- (b) The influence of correct breathing on the health of your body and mind.

We all know that the organs of respiration comprise the lungs and air passages leading to them. Any doctor will tell you that unless fresh air in sufficient quantities reaches the lungs the foul stream of venous blood cannot be purified, and, not only is your body robbed by the waste that should have been eliminated but which is returned to the circulation and poisons the whole system, but death appears on the horizon.

This can be remedied.

Let me say that if there is any disbalance of whatsoever nature in your physical body, or in your mind, any unhappiness or failure in any channel of life's activities, you may now commence the infallible means by which you may be relieved of your burdens, and regain beauty and charm.

Proper breathing gives good circulation; good circulation gives you a mental concept of abounding health and vigor and beauty, a clear complexion and a manly and womanly attitude towards all demands of every-day life.

With proper breathing your physical appearance changes. Lines leave the face and beauty comes back. The body takes on a new buoyancy. Men and women who are good breathers give off the dominating notes of health and physical beauty. Rejuvenation takes place. Beauty shines through. But 99 people out of 100 need to assist nature—and the assistance is embraced in a scientific knowledge of the art of cosmetology.

The result is a serene happiness, a consciousness of physical and mental well-being.

IV.—EXERCISING THE INTERNAL ORGANS

Good breathers are always strong and beautiful in face and form. Correct breathing, which is given such importance in physical culture in the Western world, is the channel through which physical perfection and beauty come to us. Occultists, moreover, have always regarded correct breathing as vitally important, as it is the only method by which the internal organs can be exercised. In these initial Breathings, which are (as the reader may surmise) quite early Yoga Breathings, you are taught the basis of a system which is inestimably valuable. In our later courses of instruction, if you are a woman, you may learn breathings for keeping the hair lovely, the lips red, the cheeks smooth and firm and free from lines, the eyes lustrously bright, the whole of the glands of the body functioning perfectly—indeed, a condition of health, magnetic youth, a beauty which is every woman's birthright. And, if you are a man, a similar condition may be attained.*

As a student, you will rapidly find this out as soon as you begin the method taught herein for the attainment of health and beauty.

Occultists in all ages and in all lands have always taught their disciples (usually in secret and by word of mouth) that there was to be found in the air a substance from which all life is derived. It is called Prana—the Absolute Energy, the Vital Force, the

*"Breathing Your Way to Youth" (Edwin J. Dingle) is a work which will present a definite system for you. It is fully illustrated, heavily bound—five dollars in price—published by The Science of Mentalphysics, 9th and Grand, Los Angeles, California.

Essence, that from which all life is derived. We find in Christian philosophy, also, and in the teachings of the scriptures, that "God made man and breathed into him an immortal soul"—"breathed into his nostrils the Breath of Life."

V.—MORE ADVANCED BREATHINGS

You are constantly inhaling the air charged with Life Force, constantly extracting the latter from it. It is for thinking men and women, people who want to be and do something in life, to learn how they may, through their breathing, consciously store it up and control it.

Prana—this invisible substance from which all life is derived—is found in its freest state in the atmospheric air. In ordinary breathing, the human being absorbs a normal supply, and this Prana is stored away in the brain and nerve centers to be used when necessary. But *when we know the way* we can and do store up much greater quantities of Prana just as a storage battery stores up its power. The many and strange powers accredited to Tibetans and Hindu Yogis and to those in other countries advanced in occult philosophy are largely due to this knowledge and the intelligent use of this stored-up Life Force. This absolutely insures physical beauty in every way.

You, too, may confidently look forward to the time when you may be able to do the same thing, if you will *learn the way, making of your life whatsoever you will*—Your body young and beautiful, your mind happy, your life successful.

Copyrighted Breathings**

As Taught by Edwin J. Dingle in the Science of Mentalphysics



THESE BREATHINGS WILL NOT TAKE MORE THAN A FEW MINUTES EVERY MORNING. THE SECRET OF THEIR SUCCESS IS REGULARITY. THEY ARE NOT DIFFICULT TO DO, THEY ARE INFINITELY VALUABLE, BUT MUST BE PRACTISED FAITHFULLY AT THE START.



THOUGH what follows may be considered by the uninitiated as quite elementary teaching, there is something hidden in these Breathings of so powerful a nature that you must practice them to discover this truth. You wish to be beautiful—breathe your way to Beauty, for in the final analysis your breath is the secret door through which you may march onward to the inner chamber of Beauty and Youth. There is something mystical here . . . mystical because it is hidden, and *your practice alone* will enable you to uncover the secret for yourself. When you have tried these Breathings for a day or

**A very elaborate and handsome photographically-illustrated Chart of Edwin J. Dingle's Scientific Breathings is published by the Science of Mentalphysics, Trinity Bldg., Ninth and Grand, Los Angeles, California, and is available to all students who enter for the Home Study Courses in that Science. Thousands of his private and Home Study Course students testify to the efficacy of these Breathings. If you are in any way afflicted, you should write for information.—The Publisher.

two, make application by letter at the Science of Mentalphysics, Trinity Bldg., Ninth and Grand, Los Angeles, for a little more advanced work—for eyes and ears and lips and chest and various phases of physical and mental development. This tuition is usually given in secret. To you it will be sent in a manner which you may thoroughly understand. You will be charged a fee for tuition, which is right—for you nor I can never get anything for nothing, and should not try. But the tuition fees are so small that, compared with the benefits that will immediately accrue to you, they will fade into insignificance. Do not delay—make up your mind to be a human being of grace—and charm—and loveliness—and strength—and power and unchanging Youth.

(a) AT NIGHT

Prepare yourself for bed carefully. *Important:*—See that your nose is clean and free from mucus.

Relaxation Exercise:—Lying on your back, place your right hand over your heart and your left hand over your abdomen. No pillow. Close the eyes. Fancy that you are watching your breath coming in and out—it is even and quiet and rhythmic—it seems to get longer and longer as you watch it. When you feel relaxed and “heavy,” say audibly the word “Peace—Peace—Peace.” Keep repeating this, letting the sound go on with your breath.

You will slowly sense that the body scarcely exists—the vibration will be that of perfect balance. When you are in this state, declare with considerable vigor of mind:

**"I AM HEALTH—BEAUTY—HEALTH—PERFECT
HEALTH OF BODY AND MIND.**

**I AM WHOLE—I AM PERFECT—I AM STRONG—I
AM POWERFUL—I AM LOVING—I AM HAR-
MONIOUS—I AM RICH—I AM HAPPY.**

**I AM HEALTH—I AM FREE, FREE, FREE FROM
THE RAVAGES OF DISEASE.**

**I AM NOW PREPARING MYSELF FOR PERFECT
REST."**

(b) IN THE MORNING ON RISING

(These Breathings should always be entered into with a feeling of joy and verve. Their importance cannot possibly be appreciated until after a day or two of faithful practice. Never breathe on a full stomach. Never strain. *Breathe every morning regularly.*)

Breath Number One: THE HARMONIC BREATH.

(a) Stand or sit erect, see that spine is straight. (b) Close right nostril with the right thumb; breathe steadily (not too slow) *through the left or negative nostril*, counting FOUR during the inhalation. (c) Hold the breath without any strain anywhere, and while doing so count SIXTEEN. (d) Exhale steadily through the RIGHT nostril, while you count EIGHT. (e) Close left nostril with the left thumb; breathe steadily (not too slow) *through the right or positive nostril*, with the same count as above.

Note.—No strain at all; snap the lips; allow no breath to escape. Do this exercise FOUR times—twice through the left nostril and twice through the right, and go into the exercise four times a day—immediately upon rising, at noon, at dusk, and when you retire at night; as you progress increase the counts by 50 per cent., namely, six for inhalation, 24 for holding, 16 for exhalation. In this Breath, as in all the Breaths, imagine that you are gaining Youth every time you breathe in the Life Force. Try mentally to imagine the current going all over your body—cleansing, revivifying, strengthening, reju-

venating. This practice purifies the body through the impetus it gives to the expulsion of all wastes. It greatly increases the flow of the true Life Forces, which bring us harmony and strength and clear the nervous system of all negative vibrations.

Breath Number Two: THE VIBRATORY BREATH.—(Practice preferably before an open window.) (a) Sit in straight-backed chair, with spine perfectly erect. Take time to see that every part of the spine is straight. (b) Place hands opposite chest, with fingers pointing outward, fingers of the left hand nearly touching fingers of right hand, elbows at about 45 degrees from sides of the body and hands about four inches from the body (or hands on knees, palms downward). (c) Feet together, with the toes at an angle of 45 degrees. (d) Now take a deep breath steadily without any strain, and as you do so pull the abdomen upwards, the chest outwards as it fills with air, raising the hands, and allowing the head to go backwards (but not bending the back) until every lung space is filled with air. (e) Then exhale, allowing the head to move back to original position and the hands to move downwards rhythmically, when you again inhale, follow out the movement, and continue to breathe in this manner for forty-nine times.

Note.—The best way to do this Vibratory Breath is to count "seven" mentally, doing seven breaths; then pause a minute, without moving the position; then do another seven, and another, and so on until you have done the "Seven-sevens." Breathe as if you really mean business. Inhale *through the nostrils*, not too quickly, but steadily and with vigor, filling the body with as much air as possible. Exhale *through the mouth*, and see that each breath expels every bit of air before you again inhale. Be sure that the nose is perfectly clear. Do not try to breathe if air passages are in any way clogged.

Breath Number Three: THE REVITALIZING BREATH.—(Commence with two breaths, increase gradually to seven.) Stand or sit erect, spine straight. (a) First breathe through nostrils, inhaling steadily but not too slowly. Commence breath-

ing down deep in abdomen (as in singing), filling lower part of lungs, then middle part, then upper part. You will find that if you inhale properly the abdomen will be drawn in slightly. (b) Retain breath for about thirty seconds. (c) *Now, exhale vigorously.* Chest must not be changed—hold it firm. As breath escapes, draw in abdomen tight and lift it upwards, lips being placed as if you were going to whistle. Let out every bit of air, pressing the abdomen in. (d) Then inhale and relax chest and whole body, breathing in and out as rhythmically as possible until ready for next exercise.

(In Tibet this is called "The Complete Breath," and forms the basis for the intricate system of breathing which has for centuries been such a complicated science among the Yogis.)

Breath Number Four: THE INSPIRATIONAL BREATH.—(Commence with two breaths; increase gradually to seven.) Stand or sit erect, and see that spine is straight. (a) Inhale a Complete Breath; be rigid; buttocks tight; feet firm on ground. (b) Raise arms (rigid) slowly until hands touch above head, palms outwards, with thumbs crossed and forefinger tips touching. See that you are rigid, and that you are reaching as high as possible, but without disturbance to your feet, not "tip-toeing"; backs of hands touching. (c) Retain breath a *few* seconds—two or three. (d) Now lower hands to 45 degrees from shoulders, exhaling a little air vigorously through your puckered lips. Then lower arms level with shoulders, and vigorously exhale a little more. Then lower again a little, and let out more breath, but with chest as firm as a rock all the time. Then lower to sides and thoroughly empty lungs, pressing in hard with abdomen. (e) Inhale and relax.

Breath Number Five: PHYSICAL PERFECTION BREATH.—(Commence with two breaths; increase gradually to seven.) Stand erect, with the heels to-

gether and the toes apart. See that your spine is straight; buttocks tight; feet firm on ground. (a) Extend arms straight in front, with palms of hands together (or with fists clenched), and arms comfortably firm but not too rigid; see that you are standing firmly on your feet, with a sense that you are gripping floor; have body perfectly straight and firm. (b) Inhale a Complete Breath; retain your breath. (c) Standing very firmly, buttocks tight, swing arms back as far as they will go, not bending them, so that you "stretch" chest, arms gradually getting more and more rigid as you swing them back. Bring them to the front again, seeing that you allow no breath to escape. Do this three times. Then bring arms quickly to your sides, exhale vigorously.

Breath Number Six: **VIBRO-MAGNETIC BREATH.**—(Commence with two breaths; increase gradually to seven.) Stand erect as before, with arms at sides. See that spine is straight; buttocks tight; feet firm on ground. (a) Inhale a Complete Breath—a full big breath; retain breath. (b) With body gently rigid from soles of feet to top of head, swing arms and hands in a complete circle three times, retaining the breath. (c) At third swing drop arms to sides, exhaling vigorously through mouth, but not relaxing chest. Then inhale and relax.

Breath Number Seven: **THE CLEANSING BREATH.**—(Commence with two breaths; increase gradually to seven.) Stand erect as before. This is a "difficult" exercise, and care must be taken to do it properly to gain full benefit; buttocks tight; feet firm on ground. (a) With body perfectly straight, place arms (stiff) behind back as far as possible, with thumbs crossed; inhale a Complete Breath (you will have the feeling that the expanding chest is "pulling" arms apart); hold buttocks and legs firm. (b) Now, slowly bring arms (stiff) to sides, palms downward; raise arms and hands

firmly in front, with a sense of pulling from shoulders; take them straight up over head and around again to original position—do this three times, not allowing any breath to escape, and having body rigid. (c) Then bring arms to sides, standing firm, and exhale vigorously through mouth. Inhale and relax.

Breath Number Eight: GRAND REJUVENATION BREATH.—(Commence with two breaths; increase gradually to seven.) Stand erect as before. See that spine is perfectly straight; buttocks tight; feet firm on ground. (a) Place hands on hips, gripping tightly; inhale a Complete Breath; elbows forward. (b) See that legs and buttocks are stiff; then bend body as far forward as you can without relaxing in any way. There will be a pulling feeling from the neck and bottom of spine. Then come back to your original position. Do this three times. (c) Then stand erect and exhale vigorously through the mouth (as in all these exercises), thoroughly emptying the chest of air. **DO NOT INHALE**, but bend forward, then backward as far as possible, forward again and backwards, forward again and backwards. Then, quite rigid and still, inhale and relax.

Third Section

The Secret Source of a Woman's Charm

(A Chapter on the Science of Foods)



EVERY man—and, infinitely more so, every woman—has a right to express to the full that charm and beauty and grace which make the deeper character of a human soul. But you and I, and none other, build our bodies. Your body is yours, to do with what you will. Beautify it . . . and glorify it in the truest sense, *and you may, through it as the instrument of your own creative power, reform your world.*

I.—THE ELIXIR OF LIFE

Every person desires to be happy . . . healthy . . . beautiful. This desire inheres in each of us. And each of us possesses the power to build a body of beauty and youth, personality and charm.

There is no mystery about this . . . it is the result of the Laws of Nature, and it has ever been so since the dawn of time.

And YOU can do it—if YOU wish to do so.

But knowledge does not apply itself. You as an individual must make the application, and the application consists of fertilizing the thought into the

living purpose. . . . "I have the power within my own being to build a body beautiful—I will learn what this power is . . . and then I will apply it!" With this thought firmly established in the mind, the battle is half won.

The time and thought which most women waste in aimless effort to gain magnetic beauty would accomplish wonders if properly directed towards the specified objective.

I wish here to point you to the way.

We are spiritual as well as physical beings. The Spirit is within, the manifestation is without; . . . the within determines the without. Spirit, moreover, is one and indivisible . . . a part cannot be where the whole is not.

Spirit is *all life*, strength and power.

You and I, then, are spirit, and I am constantly creating my body—my beautiful skin, my sparkling eyes, my happy and unlined face, my beautiful teeth—my environment . . . everything that makes the "ME" . . . *by what I think*, for the thought of me is the Spirit of me. Indeed, it is the real ELIXIR of Life, the philosopher's stone, the fountain of life, the transforming force which brings out into manifestation in my body that creative power which we all have . . . but which only the rare few use.

II.—THE SCIENCE OF FOOD

In a very real sense, therefore, the body of me is the spirit of me, and my body is obviously what my food (and my thought) make it. . . . The science of food is just beginning to claim attention of many

thinking people, and in this Section of this small book I hope to portray certain elementary rules which will solve the diet problems of most people. The science of food as taught in Mentalphysics is from the Chemicalanalysis point of view—the only scientific way of determining the general dietary needs of the individual.

But that can only be for later work, as it is utterly impossible to cover the subject in a single small volume—it requires scientific teaching as given in my Home Study Courses . . . and that, if the reader is really in earnest regarding this subject of youth and beauty, will come later if he wishes it.

III.—“STOP CONSTIPATION!”

Thus writes Sir Arbuthnot Lane, physician to King George of England and President of the New Health Society.

In this Section, then, are shown:

1. Way to Stop Constipation.
2. A Three-Weeks' Regime.
3. The Rational Way to Eat.

It is a hard thing to say that practically the whole American nation is constipated, but it is none-

In the Science of Mentalphysics I advocate entirely NATURAL FOODS, which contain all the life-giving forces which the Creator has given to man wherewith to build into his body beauty and strength. This means foods in their natural state. One has only to fuel the body with natural foods in proper combination for a very short time to find lines leaving the face, a suppleness and roundness of form returning, and a happy, smiling disposition that no money in the world can buy. A companion publication to this volume is the Mentalphysics Guide to Correct Diet—it costs a dollar. Write for it!

theless true. Constipation seems to be something that has come with our civilization, and despite all the "progress" being made by medical science in uncovering disease and all the varied effects of "disease" of the human body, *practically no thought* (except in the case of forward-looking medical men, and we must admit that they are in the minority) *is given to the CAUSE of Dis-ease*, loss of youth and early old age—CONSTIPATION. It would be literally laughable if it were not so tragic. Here we have a condition of affairs in the most scientific country the world has ever known, where the people, while having come practically to the conquest of the material world, *know practically nothing about the world of their own bodies*.

Yet, we are highly "educated," everyone goes to universities—learns all *about* the sciences of the body, biology, anatomy, biochemistry, physiology, and so forth—talks glibly *about* the body and what it is and how important it is; but somehow the average human being **DOES NOT KNOW**, or if he knows, **IGNORES** *the needs of the body*.

Women, who desire beauty above all riches, suffer from constipation more than men, and constipation is the cause of their fading glory. A truly healthy woman is hard to find. Constipation is easily correctible—it only requires patient, persistent, reverent effort in properly eating and exercising the body, interiorly and exteriorly. But the inactivity of women, through wrong eating of various constipating combinations, such as meats and rich and fatty foods—their abhorrence of properly using their bodies,

their ignorance of the need of real breathing, and silly methods of walking, sitting, lying and in other ways throwing their spines out of alignment—all these contribute to establish and maintain **CONSTIPATION**—*the one cause of Disease and the loss of vibrant beauty and youth.*

Most men are nearly as bad as women. You find nine-tenths of office workers, for example, who never have a natural action of the bowels, being eternally at the mercy of some unnatural and harmful laxative.

IV.—CAUSES OF CONSTIPATION

In point of importance, causes of constipation may be enumerated as follows:

- (a) **IMPROPER DIET**—Lack of proper combinations and mixture of foods.
- (b) **IRREGULAR HABITS**—Instead of going to stool at regular times of the day—such as immediately on waking and the last thing before going to bed—some people only realize that an action of the bowels is imminent when they suffer stomachic discomfort—and then wonder why they lose their beauty!
- (c) **INSUFFICIENT EXERCISE**—The great majority of people never exercise their bodies. They may stretch in bed in the morning on waking, but this is principally a subconscious affair. It is easy to exercise the body, but if you will use the *Breathings* which are described and outlined in the second section, following instructions to the letter, I challenge you that *it will not be possible* for you to be constipated after two or three weeks of practice. The *Breath* is the only method which enables us to exercise the body inte-

riorly—and this inward activity means outward beauty.

- (d) **LONG USE OF MEDICINES**—So long as you take laxatives regularly, you are inviting constipation to remain with you, ultimately to bring about your own destruction. Give up the physics, start with the enema and exercise.
- (e) **USE OF STRICTLY CONSTIPATING FOODS**—Such as cheese, milk, starches, candies; cut them out, substitute green vegetables.
- (f) **LACK OF GREEN VEGETABLES IN THE DIET.** Eat raw green vegetables every day.
- (g) **"BOLTING" YOUR FOOD**—Watch people in restaurants. See how little they masticate. Great chunks of potatoes and white bread and meat go down unchewed—and instead of engaging in even decent mastication they wash down their throats the unchewed food with gulps of water.

My Own Experience: The man who is writing suffered for many years from constipation. This is what I did—hundreds and thousands of students have done it, and are now permanently free from constipation.

FIRST WEEK—1. *On rising*—(a) One glass of fairly hot water, with the juice of a lemon; gulp it down, drinking as quickly as possible;

- (b) Do your Breathings for Beauty and Youth;
- (c) Drink one or two glasses of cold water;
- (d) Go to stool and "nurse" the action;
- (e) Take enema of olive oil once a day.

2. *Breakfast*—Twelve ounces (at least) of grapefruit juice.

3. *Lunch*—More grapefruit juice.
4. *Dinner*—More grapefruit juice (with copious draughts of water between meals).
5. *Going to bed*—Take my "Number Nine" (as directed on the package), the unequalled neutral vegetable eliminator.

SPECIAL PHYSICAL EXERCISES

- (a) Lie on your back and "knead" the abdomen.
- (b) Lie on your back; place hands, with fingers locked, over abdomen; knees drawn up, with right foot over left, and knees as near to floor as possible; now force the spine flat on the floor—hold it a moment, then relax; do it seven times, holding spine straight on floor, for slightly longer periods each time. Do this morning and night.
- (c) On going to bed and immediately before going to sleep, in a relaxed state, audibly declare: "I am now preparing my body to be cleansed—I AM CLEAN—CLEAN—CLEAN IN MIND AND BODY." (This mental exercise may seem to be of no importance, yet its importance cannot be over-emphasized. It is vital that the student should so train his mind, for by making this declaration before going to sleep the subconscious mind is impressed and the work is then carried on subconsciously in your sleep.)

SECOND WEEK

- (1) *Breakfast*—Raw apples; skins and all; as many as you wish to eat.

(2) *Lunch*—Small salad of lettuce leaves, a small ripe tomato, olive oil dressing.

(3) *Dinner*—Fruits (watery fruits, such as apples, ripe figs, pears, persimmons, peaches, apricots, plums, etc.).

(4) *Before Retiring*—Eight ounces of grapefruit juice.

General Instructions:

WATER:—Drink ten glasses of good water (distilled preferably) each day, *but not with meals*.

IRRIGATION:—Use olive oil enema for first two weeks—best at night before going to bed, but discontinue as soon as natural movements begin; trust more to breathing and abdominal exercises.

EXERCISE:—Walk much; make yourself walk regularly and so bring *order* into your life.

Avoid fountain drinks. Take a spoonful of good olive oil after each meal.

**THIRD WEEK—AND ALL THE WEEKS
THEREAFTER**

I used common sense. After constipation has disappeared, learn about the best diet that is necessary for your chemical type. Use "Number Nine" once a week.

AND REMEMBER—NEVER FORGET IT!!

"STOP CONSTIPATION and you STOP DISEASE!"

Never again entertain a single thought that constipation will return, and live and fuel the body in the knowledge that your body is clean—a fit Temple of the Living God.

IV.—THE RATIONAL WAY TO EAT

- (1) If you must eat three meals a day, make
Once a day—**FRUIT MEAL** (or twice a day)—
fruits for Beauty all the time!
Once a day—**STARCH MEAL** (best to omit entirely).
Once a day—**VEGETABLE MEAL** (better twice a day).

(2) If you have fruit juice and starch meal for breakfast, be sure to allow at least one hour between the fruit and the starch; otherwise your face will soon begin to tell the tale.

(3) If you have starch for lunch or dinner, combine it with a raw vegetable salad without an acid dressing.

(Two ounces of nut meats may be substituted for meat should one desire to discontinue eating meat. Nuts should be unsalted.)

V.—GROUPS OF FOODS

The main groups of human foods are below; and if one is experiencing trouble in digestion, is suffering from blotchy skin or sallow complexion, it will probably be found that combinations of the foods taken are wrong:

(i) CARBOHYDRATES:

Starches and Sugars, Breads and all products made from grains, Cereals, all Breakfast Foods, Cakes, Cane Sugar, Syrup, Condensed Milk, Malted Milk, Macaroni, Spaghetti, Noodles, All Pastry, Sweet Po-

tatoes, White Potatoes, Rice, Rye Crisp, Whole Wheat Products.

(ii) **PROTEINS:**

All Animal Foods, All Sea Foods, Bacon, Cheese (factory), Clams, Eggs (except Yolk), Gelatine, Jello, Nuts (except Almonds), Lobsters, Oysters.

(iii) **ACIDS:**

Tomatoes, Grapefruit, Pineapple, Oranges, Rhubarb, Apricots, and all fruits. (Tomatoes are Fruit).

IMPORTANT!

Group No. 1 should not be combined with Groups No. 2 or 3. Excess of Group No. 1 causes Catarrh, Acidity of the Stomach, Dropsy, Pneumonia, Tuberculosis, Diabetes, Anemia. Excess of Group No. 2 causes Acidosis, Biliousness, Cancers, Tumors, Intestinal Putrefaction, Reabsorption, Rheumatism, Bright's Disease, Anemia, Teeth Decay. Group No. 3 can be combined with No. 2. Vegetables can be combined with Group 1 and 2. It is not good to mix both Fruit and Vegetables in the same salad.

VI.—FOOD COMBINATIONS

FOODS THAT WILL NOT COMBINE WITH OTHER FOODS.—The following foods marked "A" WILL NOT COMBINE, and, therefore, must not be used with those marked "B" at the same meal:

| "A" | "B" |
|------------|------------|
| Apples | Artichokes |
| Apricots | Asparagus |
| Bananas | Beets |

Blackberries
Cranberries
Cherries
Currants
Dates
Gooseberries
Grapefruit
Grapes
Lemons*
Limes
Loganberries
Oranges
Peaches
Pears
Persimmons
Pineapples
Plums
Prunes
Raisins
Raspberries
Strawberries
Tangerines

Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celery
Cucumbers
Green Peppers
Kohl-Rabi
Leeks
Onions
Parsnips
Potatoes
Radishes
Rutabagas
Spinach
String Beans
Sweet Potatoes
Turnips

(In some conditions, Milk,
Lentils, Dried Beans and
Peas)

**FOODS THAT WILL COMBINE WELL WITH
EITHER SIDE** — Eggs, Cheese, Cottage Cheese,
Cream Nuts, Olives, Tomatoes, Melons of all kinds,
Pumpkin, Squash, Eggplant, Green Peas, Green Corn
and Green Shelled Beans.

All starches as Bread, Crackers, Macaroni, Break-
fast Foods, etc., may be used but should not be sat-

(*) The small amount of lemon juice used on salads is not
objectionable, as it is diluted and neutralized.

urated with acid fruits, either in the dish or in the mouth, as the acid has a tendency to render inactive the "ptyalin," the alkaline saliva juice, which digests starch.

VII.—ACID AND ALKALINE FOODS

Your blood should be 80 per cent alkaline and 20 per cent acid. See to it that you take an abundance of the alkaline foods listed. The principal salts that hold the balance of the blood stream are calcium, magnesium, potassium and sodium. Alkalinize your blood stream, and you change that pale, flabby face into one of beauty and radiance!

In this small book I cannot go deeply into the harmony of foods, but I strongly advise the reader to enroll for the Science of Mentalphysics Home Study Course on Foods; and, having found your chemical type, live upon the true chemical needs of your own body.

ACID FOODS

| | |
|----------------------|--------------|
| Barley (pearled) | Custard |
| Blackberries | Egg (white) |
| Bread (all kinds) | Egg (yolk) |
| Brown Sugar | Flour |
| Buckwheat | Gooseberries |
| Butter | Honey |
| Cheese | Jello |
| Chocolate | Lentils |
| Cocoa | Maple Sugar |
| Corn (Green) | Maple Syrup |
| Cornmeal | Mayonnaise |
| Crackers and Cookies | Oatmeal |

**Olive Oil
Peanuts
Pecans
Pine Nuts
Rice
Rhubarb**

**Shredded Wheat
Strawberries
Tomatoes
Walnuts
Wheat**

(All meats and fish are acid.)

ALKALINE FOODS

**Almonds
Apples, Raw
Apricots, Raw
Artichokes
Asparagus
Bananas
Beans, Dried
Beans, Lima (Dried)
Beans, Lima (Fresh)
Beans, String (Canned)
Beans, String (Fresh)
Beans, Soya
Beets
Buttermilk
Bran
Cabbage
Carrots
Cauliflower
Celery
Celery Root
Chard
Chestnuts
Cocoanuts**

**Cantaloupe
Cream
Cucumbers
Currants
Dates
Figs (Dried)
Grapes
Grape Juice
Grapefruit
Lemons
Lemon Juice
Lettuce
Milk, Condensed
Milk
Molasses
Melons
Okra
Olives
Onions
Oranges
Orange Juice
Parsley
Parsnips**

| | |
|-----------------|-----------------|
| Peaches, Canned | Potatoes, Sweet |
| Peaches, Raw | Prunes |
| Pears, Canned | Pumpkin |
| Pears, Raw | Radishes |
| Peas, Canned | Raisins |
| Peas, Dried | Raspberries |
| Peas, Raw | Spinach |
| Pineapple | Squash |
| Plums | Turnips |
| Potatoes | Watercress |

(Care must be taken in determining right combinations: the correct way is to take the chemical food necessary for your particular chemical type. Write me for information. In this way you begin the sure road to beauty.)

VIII.—NOTES ON GROUPS OF FOODS

CEREALS:—Eat cereals in their dry form, if possible, and *masticate* thoroughly. *Never eat cereals with acid food* (if you do, you'll get indigestion and lose the luster of your eye; there will be fermentation, and you lose the value of the food, and then beauty will rapidly desert you.)

MILK:—Sip milk—or, better, *chew it!* This applies to both sweet milk and buttermilk. The value of milk as a food is gained only through slow digestion. Assist in digestion before it leaves your mouth. (Milk is not a good food, though generally believed to be.)

OTHER DAIRY PRODUCTS:—Cheese and eggs should be taken with salads. Never eat the white of the egg (it is merely the afterbirth), raw yolks of eggs are better taken with orange juice, honey or

olive oil. A delicious drink and an ideal food is 2 yolks of eggs, a small pitcher of olive oil, a teaspoonful of honey—that is *real food*, and a beauty builder.

FRUITS:—Sip fruit juices—the mixture of the saliva with the juices aids digestion. Fruits may be combined with nuts—strength and beauty combined.

LEGUMES:—Some people find it difficult to digest legumes, but if properly prepared, slowly eaten and properly masticated, they are a good food. Eat them with leafy vegetables.

NUTS:—Some food scientists declare nuts to be harmful as foods, but this is because they themselves are “knuts.” Kernels and seeds form one of the finest foods that God has supplied for man. You should eat nuts with breakfast and with the evening meal. They aid digestion and supply important fats and oils—beauticians know what these mean to true magnetism and a beautiful skin.

SUGARS AND CANDY:—Don’t eat them. If you do, see that you have not had a meal for several hours.

VEGETABLES:—Let us give thanks for vegetables. Live on vegetables and you live happily and long. Eat vegetables *raw*, in their natural state. Every vegetable known contains practically all the elements necessary for the building of the human body. Boiling (and even steaming) vegetables is a foolish habit; the life of the vegetable is broken down by heat, and boiled vegetables, because they have lost much of the value which God put into them, require much longer time to digest. Many of

the more delicate vegetables lose practically all of their food value when boiled, and are not food at all but merely substances which cause fermentation and auto-intoxication, gastritis and other trouble. **EAT VEGETABLES RAW** for beauty of skin, for brightness of eye, for charm and grace.

IX.—VITAMINS IN FOODS

While it is not necessary for the student to follow what is called The Vitamin Theory, it is advisable to know what science has so far uncovered in this direction. So far there are five principal Vitamins discovered, and some foods contain more Vitamins than others. The student of correct diet who finds his own chemical type, however, and fuels his body according to its chemical needs, will automatically take foods containing all the Vitamins in the balance that his body needs.

If you are really interested in your own best physical and mental development, seek information regarding the true Vitamin Creams advocated by Mentalphysics—feed vitamins into the body, by food within and food without.

The following is a list of the Vitamins so far known:

VITAMIN "A" (Fat-soluble: antiophthalmic):—Increases growth of the body by vitalizing the Ductless Glands; promotes growth of bone and muscle.

Found in:—Alfalfa, beans (soya), butter, cabbage, carrot tops, carrots (raw), cauliflower, chard, clover, cocoanut meal, cod liver oil, corn (yellow), cotton seed, cream, egg yolk, lettuce, milk, oat ker-

nel, orange juice, peas (green and yellow), potatoes, rice (brown), spinach, squash, tomatoes, turnips, wheat, wheat bran.

Physical Troubles Due to Lack of VITAMIN "A."
Slow and stunted growth of the body; dwarfs, anemia; low vitality.

VITAMIN "B" (water-soluble, antineuritic):
Stimulates metabolism: rejuvenates the nervous system; prevents tuberculosis and wasting disease.

Found in: Alfalfa, apples, artichokes, barley, beans (kidney, navy), beets, cabbage, carrots, cauliflower, celery, chestnuts, clover, chard, corn, cucumbers, dandelions, egg plant, egg yolk, lettuce, lentils, milk, nuts, oats, okra, onions, orange juice, parsley, peanuts, peas, potatoes, prunes, rice (brown), rutabaga, rye, spinach, tomatoes, turnips, wheat. Vitamin "B" is not found in appreciable quantities in fats or oils of either animal or vegetable origin. It is abundant in tomatoes, carrots, turnips and all fresh leafy vegetables.

Physical Troubles Due to Lack of Vitamin "B."
Paralysis of the nerves and general nerve ailments; colitis and intestinal trouble; anemia, acidosis; loss of appetite; malnutrition; constipation.

VITAMIN "C" (water-soluble; antiscorbutic):
Recreates new blood cells, prevents mental disorders, etc.

Found in: Apples, bananas, cabbage, carrots, cauliflower, dandelions, endive, grapefruit, lemons, lettuce, limes, milk, onions, orange juice, potatoes, raspberries, rhubarb, string beans, tomatoes, turnips (Swede), watercress.

Physical Troubles Due to Lack of Vitamin "C."
Scurvy, acidosis, pyorrhea and teeth troubles; extreme inertia; sallow skin; rheumatism; infantile diseases, mental disorders.

VITAMIN "D" (fat-soluble; antirachitic): Brings physical fitness generally, prevents rickets, and similar disorders; its effect is similar to that of sunshine. Works indirectly with calcium and phosphorus.

Eighty per cent of the children in the United States suffer from rickets—lack of Vitamin "D." If the bone structure is not healthy, the whole body suffers. Many so-called "foods" put up commercially do not contain this important Vitamin.

Found in: Almonds, butter, cabbage, carrots, chard, cocoanut oil, cod liver oil, egg yolk, lettuce, tomatoes, turnips.

Physical Troubles Due to Lack of Vitamin "D."
Bone malformation; rickets, and general debility.

VITAMIN "E" (also known as "X") (fat-soluble; antisterility): Aids reproduction and promotes fertility in all animals. Men and women who sense the approach of "old age" through the lessening of the sex desire should take plenty of this Vitamin. There is no need for men to become impotent. With proper exercises—through our copyrighted breathings—and with the proper fueling of the body, sex power will return, and as sex energy is all energy it follows that when a man loses his sex energy he has come to that state where Death is in the offing. It is the same with women. Female troubles are due, very largely, to a deficiency in the food of Vitamin "E."

Found in: Alfalfa (dried), asparagus, butter,

cabbage, chard, corn, cream, lettuce, leaves of most plants, milk, rolled oats, whole wheat.

Physical Trouble Due to Lack of Vitamin "E."
Infertility; degeneration of sex glands in both men and women—with all the resulting ailments.

X.—THE HIGHEST OF ALL FORCE

Everything that the body can possibly need and possibly use is available to us in the air we breathe and the foods that we take into the body. The science of food is largely a matter of balanced chemistry, which I teach in classes and by home instruction. This is not to say that a person can build a perfect body by taking into that body perfect combinations and weights of food. That is vital. But there is something beyond that. If that alone were the secret, then the chemist would be able to take all the chemical constituents found in, say, an orange and make the orange. But this he cannot do. Nor can you, the human being, merely by taking the right chemicals into your body, make a perfect body. There is a higher force—and that is YOUR THOUGHT.

By gaining knowledge regarding our wondrously beautiful bodies we go far on the way. By *applying* that knowledge we go farther. But the human ideal—"A perfect Mind in a perfect Body"—can only be attained when we have mastered the laws of Nature on all planes of life.

This is what is taught in Mentalphysics, and I trust that every thinking person who reads this small book will bestir himself or herself by going

farther and enrolling for the higher knowledge awaiting you in the courses of instruction on health, beauty, youth and success which are rapidly gaining adherents to this new science of living. *Do it now!* You owe it to yourself, now that you have begun, to stride forward in confidence to conquest.

I would like the reader to believe that what is brought to his attention here is not "just another" system. It is but natural that the person who has been for long seeking health and happiness—and who has consistently failed in the search—should hesitate and be inclined to regard what this book contains as only some more sales talk. This, however, is not so. The Science of Mentalphysics is what every human being is looking for, though it is true that he may not know it. We have literally thousands of letters on file from people all over the world who have transformed their own lives through what they have learned in Mentalphysics. As a teacher, I have been told hundreds of times by students, "Mr. Dingle, you *do* what the others *talk about!*"

No matter what branch of the teaching, it teaches the student how to demonstrate what he is learning—that is all. What is the use of learning anything whatever if you cannot demonstrate it in your own life.

You have never met and you will never again meet anything more entirely satisfying than Mentalphysics—perfect health and physical beauty, success in all walks of life, rejuvenation of the body and the mind, and then . . . The Art of Living. Happy are you if you awake to your opportunity.

Fourth Section

Formulas for Beauty



This section purports only to supply a very few simple formulas. It is obvious that the preparation of more complex formulas would entail the necessity of a considerable laboratory equipment, in addition to waxes, essential oils, and important compounds.

Care of Hair

A woman's hair is still her greatest pride. Even the best hair requires constant attention and a good tonic from time to time. Though many simple hair preparations could be made at home, it is always advisable to seek a scientifically prepared product, and I advise, above all, that you use only the very finest brilliantines and hair lotions as dressing.

The same remark applies to a shampoo—use only the best. Be sure it is of vegetable base.

I shall be happy to answer questions regarding the care of the hair—baldness, dandruff, eczema, falling and greying hair, etc. In many cases, unhealthy hair has its origin in dysfunction of the ductless glands.

PARSLEY RINSE

If used consistently after every shampoo this Parsley Rinse will tend to restore natural color, will bring a healthy, brilliant sheen to the hair, and generally improve it by intensifying its natural hues.

After shampooing hair (taking care to use a non-acid shampoo), rinse off soap with soft water; lastly, use parsley rinse, allowing to remain on hair and dry naturally.

EGG SHAMPOO

(This is a wonderful shampoo for all types of hair)

Take yolks of two eggs—mix slightly, massage well into scalp (*use no soap*). Follow with Parsley Rinse.

Care of Face

A GOOD ASTRINGENT

Take 8 ounces witch hazel—8 ounces distilled water—quarter ounce powdered alum. Shake well before using. Pat well with absorbent cotton.

(A really good astringent, however, must be properly aged, and requires a different compound; but the above is a simple home astringent which any one can make.)

GOOD FACIAL PACK

One tablespoonful of Fuller's earth—half tablespoonful of glycerine—the white of one egg, un-

beaten—mix ingredients with enough soft water to make a paste.

After cleansing face thoroughly with good cleansing cream, apply pack all over face and neck, lying in relaxed position until pack begins to dry. Then remove with cloth dipped in tepid water—the water boiled with few drops of lemon juice.

For tender skin do not leave on too long or until too dry.

SIMPLE HONEY PACK

Apply good honey (preferably sage honey) all over the face—pat into skin—remove after three or four minutes with water and witch hazel. Then apply white of egg—leave until reaction occurs—then wash off with soft luke warm water.

ALMOND MEAL WASH

5 parts Almond Meal.

1 part imported castile soap, shredded.

3 parts ground oatmeal.

1 part benzoin.

Mix dry ingredients, adding benzoin last, gradually mixing constantly so as to prevent caking.

Use once a week. Remove make-up with cleansing cream—then mix meal with enough warm water to make paste—massage well over face and neck until skin is stimulated—then rinse with cold water and pat lightly with astringent toner. This is an excellent face tonic.

Care of Hands

No woman—or man for that matter—needs to have pointed out to him the importance of clean and well-kept hands. Many a woman's beauty is spoiled by "kitchen hands." Manicure often—use good bleacher and softener often—take pride in the hands.

GOOD HAND SOFTENER

Take half-spoonful of Hydrous Lanoline—massage well into hands, commencing with fingertips and working upwards. Over the Lanoline apply a few drops of Lemon Juice, massage into hands for five or ten minutes—then remove by taking small cloth saturated with Witch Hazel—thoroughly wipe off, and shake hands vigorously for half a minute, after which relax hands.

The reason for putting Lemon Juice with Lanoline is because Lemon Juice is powerful in hydrogen qualities, penetrating pores and allowing absorption of the Lanoline. It also prevents stimulation of hair, whereas Lanoline used alone is a hair stimulant.

BRITTLE NAILS—A LITTLE SECRET

Once or twice a week, dip finger nails into pure vinegar—rinse in soft water—then rub olive oil around cuticle.

The ascetic acid in vinegar replaces the natural acid of the finger nails, which, when lacking, causes brittleness; the olive oil naturally softens and preserves cuticle.

HAND BLEACHER

Moisten hands with soft water—rub hands with Zinc Oxide and massage well—take half a lemon and rub well into the skin—wash hands in soft water and dry—again rub in Lemon Juice.

This is not only a good bleacher, but it sterilizes the hands. Use it often.

CUCUMBER HAND AND ARM PACK

Take cucumber, skin and all—grate fine. Take one part of the grated vegetable—add one part of glycerine—add enough Almond meal to make paste. Massage well into hands; leave on until dry; rinse hands and dry.

Care of Feet

EPSOM SALTS BATH

This is excellent for tired feet, for bunions, swollen joints.

One cupful to basin of water—soak feet fifteen minutes—allow feet to dry without rinsing or using a towel—massage feet with lemon juice—follow with massage of olive oil rubbing until oil is absorbed.

FOR SWEATY FEET—OR CRACKED SKIN BETWEEN TOES

Massage feet until good circulation is apparent—dampen feet with kerosene oil—again massage, starting at tips of toes and working upwards until feet

begin to tingle—wait few minutes, then soak feet in lukewarm Epsom salts bath (two tablespoonfuls to two quarts of luke warm water)—wipe feet thoroughly—dry with soft towel, especially between the toes.

If feet perspire extremely, dust lightly with corn starch; this will absorb all moisture and at the same time has healing effect.

Other Publications by Edwin J. Dingle



| | |
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