

**THIRTY GREAT SECRETS**  
*for*  
**MAINTAINING HEALTH AND YOUTH**

*By*  
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"Healthful Eating," "Every Woman a Food Scientist," "Health Is in You," "Vitalic Breathing," "Share My Hill," "New Light from an Old Book," "Yes You Can," "Higher Mental Action," "Intelligence Course."

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## INTRODUCTION

In this little volume, Thomas Gaines has brought together in concise, easy-to-use form his most important teachings on maintaining health and youth.

You will find clearly and simply outlined in the following pages a safe and sane program of healthful living through better methods of eating, breathing, body mechanics and correct thinking. These four essentials, which Mr. Gaines has taught for years, provide a solid foundation for vibrant health, youthfulness and lasting happiness. You may eat the most healthful foods available, but emotional disturbances and wrong thinking can make you violently ill. Likewise, improper breathing and poor posture may cause you to tire easily and rob you of energy.

In addition to the essentials of healthful living, you will also find a wealth of valuable advice on specific problems of vital interest to many people. You will learn, for example, how to prevent colds — how to correct constipation — how to sleep soundly — how to overcome nervous tension, worry and fear — how to develop poise and an attractive personality — how to conquer fatigue — how to relieve headaches. In every case you are given detailed, "how-to-do-it" instructions and thus will secure the best results.

The methods presented in this book are based on 46 years' continuous study and research. They have been personally tested by Mr. Gaines and have been used with excellent results by thousands of students who have attended his classes on healthful living in over 150 cities in the United States, Canada and Hawaii.

THE PUBLISHERS

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by

Thomas Gaines

*36 years*



Appreciatively Dedicated to My Many  
Thousands of Personal Students and  
Readers of My Books



DISEASE is never a visitation. It comes only when invited. When we violate nature's laws by overeating or eating the wrong type of foods, at that moment we extend an invitation to pain and suffering to enter our life.

As we make bad posture a habit, we invite illness to abide in our body as a permanent guest. When we allow fear or worry to possess our mind, we open the door of our life to the invasion of mental and physical sickness.

Health is natural, suffering is not. When we are so wise as to cultivate the ability to cease treating our body in a manner in which nature never intended us to use it, then health becomes a constant companion. In the pages of this little book I present 30 Secrets of Health, Youth, Beauty and Happiness which have helped thousands of my students to get more health, fun and joy out of living.

## 1. HOW TO BREATHE TO PREVENT FATIGUE

In order to prevent fatigue while walking, simply blow out the breath through your mouth at each step. Be more concerned about the exhalation than the intake of the breath. If you feel you need extra oxygen, inhale a supply through the mouth. The atmospheric pressure tends to force air into the lungs when there is a need for more air and oxygen.

Always form the habit of blowing out inner toxins and wastage through mouth exhalations whenever you are walking. This good habit reduces lung and muscle fatigue fully 90 per cent. Always swing the arms from the shoulder while walking. This helps keep the spine flexible and young. Watch that your toes are pointed straight to the front. This practice conserves about 15 per cent of the energy consumed when the bad habit of toeing out is practiced while walking.



## 2. HOW TO CLIMB HILLS AND STAIRS WITH LITTLE FATIGUE

Always bend your knees slightly while climbing stairs or hills. As you take the first upward step, take in a sniff of air through the nose and retain it. On the second upward step repeat the process. On the third step forcibly exhale both retained breaths. Practice this system of breathing for all stair- and hill-climbing and the usual fatigue attending such effort will be practically at an end. The exhalations may be made through the mouth. Personally I find the nose is a better medium for exhaling the retained breath during the process of climbing.

## 3. HOW TO STOP A NOSE BLEED

When a simple nose bleed is present, tilt back your head and take 2 sharp sniff breaths through the nose. Immediately exhale these breaths through the mouth in 1 gush exhalation. Repeat a dozen or more times until bleeding has stopped. Head must always be tilted backward. If the bleeding is profuse, lie down with the head lower than the rest of the body and keep using the breathing plan until relief is achieved.

The act of cold air coming into the nostrils tends to seal the ruptured blood vessel in the nose. When the warm breath from the lungs is exhaled through the mouth, the rupture remains sealed as cold contracts and heat expands. When nose bleeding is usual with children, more calcium-bearing foods should be included in their diet. If bleeding does not cease with this breathing plan within 2 minutes, secure the services of a physician.

## 4. HOW TO INDUCE SOUND RESTFUL SLEEP

Form the habit of sleeping on your stomach or right side. You gain three advantages by so doing: You support your liver; you facilitate the complete emptying of the contents of



the stomach; also, you are not so liable to hear the pulsation of the heart. Never carry your troubles to bed with you. Seek repose with an empty mind. Endeavor during the day to speak graciously about every person. Such a course of procedure will never keep you awake at night. It is only when we treat others unkindly that the fear of their retaliation troubles us later and prevents us sleeping peacefully at night.

If you are troubled by insomnia, mentally relax yourself and breathe in 2 sniff breaths through the nose. Exhale very slowly through the nose or mouth. The exhaling period should take ten times longer than the inhalation. A dozen such breathing processes should be sufficient to put you into a quiet sleep. While exhaling, mentally direct the outgoing air to pass downward through the body.

## 5. HOW TO RELIEVE SINUS TROUBLE AND PREVENT COLDS

With your right index finger press tightly your right nostril so that no air can enter. With your left thumb and first finger lift upward the outer side of the left nostril. Now breathe in through the left nostril 4 to 10 short sharp sniff breaths. Forcibly expel in 1 gush these retained breaths. Repeat the same finger and breathing process on the right side. Eight such left and right nostril exercises will do much to rid you of sinus infections or nasal catarrh.

Always endeavor to have both nostrils breathing freely and equally. This simple breathing exercise will help you to accomplish this healthful aim. Practice the voice exercise presented in the next paragraph. This exercise will be most helpful in the prevention of sinus infection and common colds.

## 6. HOW TO DEVELOP A PLEASANT AND RESONANT SPEAKING VOICE

A pleasing speaking voice is a winning, priceless asset. In fact, it is the outstanding factor in one's personality. It is

not at all difficult to improve your speaking voice if you are faithful in the practice of the following voice-improvement procedure.

Lie comfortably on your back on a bed or couch. Imagine you are yawning. This movement helps to keep the throat relaxed and open. Concentrate on your diaphragm and aim to speak from that region. Speak clearly and bell-like from the diaphragmatic center with jaw relaxed and mouth open so the tone can issue forth uninhibited.

Now inhale fully until your stomach region protrudes outward. Imagine your body is a sounding board as you hum these vowel sounds:

a. a. a. a. a. a. a. a. a.  
aw. aw. aw. aw. aw. aw. aw. aw. aw.  
ou. ou. ou. ou. ou. ou. ou. ou. ou.  
oh. oh. oh. oh. oh. oh. oh. oh. oh.

When you feel you are running out of breath, inhale quickly through the mouth and prevent the diaphragm from flattening. A breath-extended diaphragm is always a source of support to a more powerful speaking voice.

Try this second exercise while sitting or standing. Relax lower jaw and with mouth comfortably open hum as follows: "ing, ong - ing, ong - ing, ong - ing, ong - ing, ong." The "ing" sound should be placed in the forehead; the "ong" sound should emanate from the stomach region. The recitation of the following sentence will also be found an excellent aid to the cultivation of a better speaking voice:

"Nine hundred and ninety-nine bonded, branded men determined to roam to Rome."

As you are faithful and consistent in your daily two-minute practice of each of these three exercises, soon your friends will be complimenting you on your improved speaking voice.



## 7. NEW FEET FOR OLD

When your feet hurt, your entire body is ill at ease. Your feet are made out of the food you eat. When your feet pain, swell or burn, unless from an organic disease like diabetes, generally it signifies you are in a toxic condition from the excessive intake of food or from the wrong type of food.

The first remedy for ordinary foot trouble is to change your diet. The use of the 21st century list of meals given in "HEALTHFUL EATING" should easily remove the threat of toxicity from your body and feet.

The next step is to bathe your feet in hot water in which have been dissolved 4 heaping tablespoonfuls of bicarbonate soda, half a pound of sugar and half a pound of white salt. Keep your feet in this salt, sugar and soda solution bath for at least 15 minutes. Feet should then be dried thoroughly and rubbed with butter or warm soybean oil. This should be done just before retiring. As long as the feet hurt, this bath should be taken twice a week. Once a month thereafter. The butter or oil rub might profitably include the calf of the legs up to the knees. Wear long stockings to protect the bed sheets from grease or oil stains after application.

## 8. HOW TO IMPROVE EYESIGHT

Here is how I developed perfect eyesight. I trained myself to stand loosely erect. It is practically impossible to maintain excellence of vision when the shoulders sag forward or the abdominal organs sag downward. Then I limited myself to 3 slices of bread daily. I believe the excessive use of sugar, bread and cereals are conducive to poor eyesight.

I also practiced the following procedure until I developed excellence of vision. I filled my mind with the idea that perfection of sight is a normal and natural state of being. I trained myself to enjoy perfect sight always. Daily, for a

period of 2 minutes. I placed my left hand on the back of my head, the positive electric pole of the body, and my right hand over my closed eyes at the same time.

While in this position, I reclined on my back and mentally breathed in and out through my closed eyes. I concentrated my mind on my eyes and took 2 sniff breaths, imagining my eyes were performing the function of inhalation. I then exhaled the retained breath, imagining my eyes were expelling the breath. Two minutes given to this exercise in combination with proper posture and planned eating have not only helped my own eyesight, but also have been most profitably used by hundreds of my students.

## 9. HOW TO IMPROVE SOME TYPES OF IMPAIRED HEARING

The first step is to eat more solar foods. That means to taboo for a month at least all vegetables that grow below the ground. Also to omit all dairy products save a little cream to be used in beverages. Eat abundantly of the four basic foods mentioned in my book "HEALTHFUL EATING." Posture should be improved, also flexibility of the spine should be aimed for.

The causes of deafness are legion. Most cases, however, will show marked improvement when diet is improved and posture faults corrected. There are also two exercises to be taken in overcoming deafness. Place the fat pads of the middle fingers in the passages of your ears and hum "ZUM-OHM" for a period of 2 minutes, twice a day.

Secondly, twice a day, for a period of 2 minutes place the fat pads of your middle finger tips in your ears and mentally try to breathe in and out through your finger tips directly into your ears. During both of these exercises deeply expect that you are going to regain your lost power to hear. Faith and action in the right direction are invincible forces



in healing and health restoration. Be certain that your voice while humming and your breath while breathing are directed to the region of the inner ear.

## 10. A NATURAL METHOD FOR CORRECTING CONSTIPATION

Place the palm of the right hand upon the left elbow, place the palm of the left hand upon the right elbow. Now, while arms are thus folded move them above your head, for a period never exceeding 2 minutes. Do this while seated or standing. Concentrate deeply that this lifting of the intestines will aid in the elimination of the constipation. If while in this position you breathe in sniffs from the region of the diaphragm it will act as an extra stimulus to the correction of constipation. This exercise should be taken between meals.

Some medical authorities affirm constipation is a mental trouble. In addition to the physical exercise with arms folded above the head, also try the water cure. Before the practice of folding arms above the head, slowly sip a glassful of cold water impregnating it with the idea of an accelerated peristaltic movement of the upper intestine. Thus you combine the forces of mind, breath and movements in a perfect unity to bring about the desired end.

If you have a heart or lung condition, never perform any lifting of hands above the head unless with the advice of your doctor.

Personally I am fearful of cathartics. There is often more than one reaction from their use, and frequently the reaction is more harmful than the presence of constipation. Baked potato skins, grape juice, entire whole wheat cereals and raw vegetables provide essential materials which may be the elements necessary to correct constipation. An upright posture is always conducive to perfect elimination.



## 11. HOW TO OUTWIT THE GREAT AMERICAN KILLER — HIGH BLOOD PRESSURE

From the best obtainable scientific information, we must conclude that high blood pressure is usually present in its deadly form due to two causes: clogging of the kidneys and tension of the mind. It is stated that high blood pressure ranks next to heart disease as a cause of death in the United States, the annual toll being 370,000 persons. By using the lungs as kidneys we relieve at once the cause of kidney clogging. By easing tension of the mind we tend to eliminate the mental cause of high blood pressure.

The simple act of expelling the breath through the mouth while walking is the first step of protection against this disease. This relieves the clogging of the kidneys which is often blamed for the presence of high blood pressure. For a period of 20 to 30 minutes each day while walking form the habit of exhaling the breath rather forcibly through the mouth in a soft "sh" sound. If "sh - sh - sh" is made a daily habit, the intelligence of the body will begin to direct the flow of inner gases and water toxins and wastes into the lungs for expulsion.

This procedure will save the kidneys from doing the work of the lungs in addition to its own work. As a result watch for an immediate lowering of high blood pressure. When the lungs are not used as toxin eliminators, the kidneys must perform this essential task. Presently the kidneys are over-worked and high blood pressure and other injuries are indicated.

It is also advisable to sleep with the head of the bed placed towards the west. The electric currents travel from east to west.

To relieve brain tension it is suggested by one eminent authority that the vowel "u" should be hummed for a brief space each day until relief is obtained. Simply hum "you, you, you, you, you" for a period never exceeding one minute daily.



## 12. HOW TO PREVENT BALDNESS AND PROMOTE THE GROWTH OF HAIR

Science points out if you place in a sugar solution a strip of muscle from the heart of a turtle, the muscle soon ceases to live. When such a muscle strip is placed in a salt solution, the muscle continues to manifest life. Salt seems to be an energizer for the glands and life processes of the body. Here is the plan whereby I have restored a fairly abundant crop of hair to my head after being without it for a period of 10 years.

I placed into 2 quarts of boiling water 4 heaping tablespoonfuls of ordinary white salt. This solution was allowed to boil for 10 minutes. Then I let it cool off before bottling it. Before retiring at night, I dipped my finger tips in a little of this salt water and moved the scalp gently where baldness existed. The rubbing movement of the scalp covered 15 minutes.

At the end of 6 weeks of nightly rubbings I was gratified to find a crop of tiny new hair had presented itself. While engaged in the scalp-massaging process with my right hand I held a book or magazine in my left hand and read from it. Thus I killed two birds with one stone. I grew new hair with one hand as I fed my mind by reading from a thought-provoking book held in the other. The rubbing process should occupy 15 minutes daily for 12 months.

## 13. HOW TO BANISH THAT TIRED FEELING

There are four chief reasons for continuous tiredness and ennui of body and mind. These reasons do not refer to tiredness which is the result of strenuous effort or hard work. When the body is not held loosely erect, there is a tendency to become fatigued. When more food is consumed than the body needs for normal functioning, a condition of cell poisoning is always present. This unhappy state fatigues the

brain, cells and nerves. When worry or uncertainty exists in the mind, it causes a mental poison to form, which slowly but surely injures the entire organism if not expelled by improved thought processes. When no conscious breathing is practiced, fatigue poisons gather in the system.

If you are easily tired or if your step is beginning to drag while walking, repeat the following affirmation with dash and emphasis 4 times slowly each day.

"I AM as RADIANT as the SUNLIGHT.  
I AM as VIBRANT as LIFE.  
The strength of the EARTH is MINE.  
I WANT HEALTH.  
I THINK HEALTH.  
I BREATHE HEALTH.  
I AM HEALTH.  
HEALTH IS MINE, MINE, MINE."

Quite often, perhaps 5 days out of the week the cutting down of the daily consumption of starches, fats and sugars will promptly relieve that tired feeling.

#### 14. HOW TO HELP LIFT AND TIGHTEN DROPPED ORGANS

Lie flat on your back on the floor or on a bed. Push out your toes as far as possible, and at the same moment breathe in 2 SHARP SNIFF BREATHS. Meanwhile push your arms upward, close to the floor or bed, as much as you can. Relax your body as you exhale and rest 4 seconds before continuing the exercise. The second phase of this tightening breath is performed in identically the same manner save that the toes are pulled inward.

Perform 8 movements with your toes pointing outward and a similar number with the toes pulled inward.

The result of this exercise is invaluable. Dropped organs are often tightened into a natural position. Chronic constipation is often relieved. Rupture is frequently aided or cor-



rected. Heart or stomach ailments resulting from an abnormal lowering of the diaphragm are often ended. Practice the Inner Tightening Breath daily until all the abdominal organs are in their natural position. This may happen in a week or a month, but persist in these daily 16 movements until victory is assured.

### **15. HOW TO EXERCISE ALL THE ABDOMINAL ORGANS GENTLY**

Lie flat on your back with your feet resting easily on a chair. Close tightly the left nostril with your index finger and sniff in from 4 to 16 times through the right nostril, then forcibly expel the retained breath through the right nostril. Practice the same procedure by means of the compression of the right nostril. The use of this exercise for 8 left and 8 right nostril movements each day will exercise each abdominal organ most effectively.

This is a **MUST** exercise as the liver, spleen, pancreas and kidneys are massaged during the process of this Inner Exercise. Twice daily for 10 days and once a day thereafter will be found most helpful for your abdominal organs.

In conjunction with this practice, proper posture should be rigidly observed. Aim to get the back of your neck loose and straight. This will help to pull up into proper place any organ or inner part that may have slipped or sagged because of faulty habits of bodily carriage or posture.

### **16. HOW TO RELIEVE FRONTAL HEADACHES QUICKLY**

Place the left palm on the back of the head. Place the heel of the right hand on the forehead. With the heel of the right hand firmly but gently massage the forehead region until relief is obtained. During the period of massaging keep the left palm over the back of your head as this center is

the positive electric pole of the body. The direction of the massaging should be in reverse circles and reverse straight lines. Usually within a minute or two the disappearance of the most stubborn headache, including the migraine kind, should have taken place.

### 17. A SAVORY LAXATIVE DINNER FOR FOUR PERSONS

Into a roasting pan place 2 pounds of top round of beef-steak. A thin cut is preferred. All fat should be trimmed off. Chop up 3 large onions in tiny pieces and place on top of the meat. Over the onions sprinkle half a cupful of finely minced parsley. On the parsley place sections of about 6 white or sweet potatoes sliced, enough to satisfy the probable hunger of four persons. Sprinkle salt over all. No water is to be added. Cover pan securely and roast in oven at 375° F. for one and one-half hours. This is a dinner which men enjoy. It is my favorite dinner at least once each week.

### 18. HOW TO RELAX AND OVERCOME WORRY AND NERVOUS TENSION

It is now officially stated that 60 per cent of all those who are ill in the United States are mentally ill. When thoughts are not clear, thinking becomes a mental poison. The person who fears cancer and dwells upon it is attracting cancer or other diseases at that moment. Words are poison when they suggest disease or failure. Words are thoughts in action. First we think about sickness, then we express our thoughts in words as we say "my neuritis," "my cold," "my arthritis," "my headache."

Such a course of destructive thinking sows the seeds of disease deeper and deeper into our body and mind. Presently signs of the actual diseases manifest themselves in many instances. Improper habits of eating is the first cause of all



the ailments of the human race. Wrong thinking and the improper use of the mind may be considered the second basic cause behind disease and failure.

When thoughts are depressing, distorted, worried, such a type of thinking means inner tension, mental darkness, nervous agitation, and probably a nervous breakdown in the offing. All fear thoughts represent mental arsenic. We are actually pouring dire poison into our blood and arteries as we allow ourselves to practice destructive thinking.

When thoughts are tainted with jealousy, worry, anger or envy, such mental concepts represent the pattern of future mental and physical diseases. Surely one can find better use for his time and mind than to use them in a manner spelling future destruction of health, happiness, success and love. If you must worry, try out my personal plan for outwitting that pernicious habit.

When some condition presents itself that inclines me toward fear or worry, I accept it as a passing experience. I say to myself, "Several months ago I had a condition almost similar and really I have forgotten all about it today." Thus I prevent myself from concentrating fearfully on this present condition that looms up harsh and high. Usually in a day or two the cause of this particular worry has disappeared of its own volition and is forgotten.

Here is a valuable metaphysical law I teach to my students all over the United States, Canada and the Hawaiian Islands:

"WHAT YOU MENTALLY RESIST TENDS TO ELIMINATE ITSELF" ✓

If you are constrained to fear sickness, resist such an inclination and absorb yourself in the idea of health: If you are apprehensive of failure, think and act in the consciousness of success. These are practical, positive steps you can take to further your health and prosperity. If you are fearful or worried now, use logic and postponement to outwit any unhappy state of mind. Leaders and great personalities never



reach their high places in life by habits of dark thinking. The rungs of the ladder of health and achievement represent lighted thoughts, such as courage, daring, incentive, unselfishness, ambition, and confidence to walk alone.

Emotion, when uncontrolled, is Enemy Number Two of the body. Wrong eating ranks Number One. Our hearts, stomachs and glands are constantly being swayed by our thoughts. Our nerves out of control may ruin our bodily health. All the organs and glands of the body work in close cooperation. Emotion makes you live against yourself.

An emotional, uncontrolled mind does not permit the normal processes of the body to function. As we strive to quiet our mind and control our emotions and nerves, we usually find life more enjoyable. Also we are at peace with ourselves.

Uncontrolled emotion is almost hypnotic. It prevents us from judging wisely. It may cause stammering and stuttering. It is always inimical to sane living and personal happiness. Problems diminish as thoughts are lifted and controlled.

Relaxation is an almost supernatural force. A relaxed mind and body favors freedom from tension, high blood pressure, anger and nervousness. Relaxation of mind and body also is conducive to mental alertness, quickness of action, avoidance of accidents, sound sleep and freedom from unpleasant dreams.

Here is my plan of relaxing both body and mind. Thousands of students report marvelous benefits accruing from their occasional use of the following exercises:

Relaxation Exercise No. 1.—Sit quietly, chin on breast, finger tips touching or with hands clasped. As you lift your chin slowly, whisper the word "Rest"; as you slowly lower the chin back on the breast, again whisper "Rest." With the chin resting on the breast but with a straight back, save the neck, blow out the breath slowly 4 times or more, holding the thought that you anticipate yawning. Follow the same procedure using the words "Quietness, poise and peace." Four



words in all. Always blow out the breath after lowering of the chin on breast. Sometimes you may have to blow out the breath through the mouth for 6 or 8 times before the desire to yawn is induced.

Relaxation Exercise No. 2.—Sit quietly, chin squared to front. Clasp your hands behind the head and say in a clear, monotonous tone. "I am tranquillity." Clasp your hands in front of your breast and affirm "Freedom." Let your hands drop loosely to the sides, then affirm "Poise." Drop your head forward loosely, chin on breast, as you affirm the word "Peace." Repeat 4 times or more. Eyes should be closed during exercise.

Relaxation Exercise No. 3.—While standing in a relaxed way, chin on breast, walk slowly about your room breathing in this manner. Breathe in 1 sniff breath on the first step. Breathe 2 short sniff breaths on the second step. Breathe out through the nose on the third step. As you breathe in, lift up the head and say in breath, "Breathing In"; as you lower the head while exhaling say in breath, "Peace." Practice this movement before retiring for sounder sleep.

Relaxation Exercise No. 4.—The Yawning Breath is a positive step toward absolute relaxation of body and nerves. Sit down on a chair with your chin on your breast. As you slowly move the chin upward and backward, allow the lower jaw to sag open. As you slowly lower the chin on your breast, inhale through the mouth and exhale forcibly. Do this 3 times until you reach the yawning state. Also feel that your entire physical and mental being are becoming free and relaxed. This entire process should be repeated 4 times twice each day until perfect relaxation of body and mind are assured.

## 19. HOW TO RESTORE YOUTHFUL CONTOUR TO THE NECK

The face and form may be changed for the better by improved habits of eating, thinking, breathing and posture.

Age does not cling to us — we cling to it. Unhappy thoughts age our face and neck. The neck tends to shrink as we grow older. This causes crepiness of skin and aged-appearing neck. When our neck is old in appearance, we lose personal charm, glamor and personality. Faithfully follow these instructions for 40 days and I am almost certain the results will be found thrilling, especially if your neck exhibits any signs of flabbiness or ageing.

Provide a pan of cold water — not iced. Remove upper garments and place both hands in the basin of water. Now tilt back your chin and place the back of your hands on the front part of the neck. Now pull backward the skin of the neck until the fingers of both hands meet on the back of the neck. Grasp firmly the loosened flesh with the idea that it is dissolving between finger tips of left hand. Remember, the drawing process is done with the back of the hands.

For a complete movement of this beauty exercise the time should not exceed 20 seconds. During the drawing back and the dissolving movement the chin should always be tilted backward so as to further tighten the skin of the neck. In all, 16 such movements should be taken nightly before retiring. The whole time should not exceed 3 minutes for the complete 16 movements.

Another exercise to help remove signs of age from neck is to lift your chin upward and backward to the left side, front and right side. As you perform this beauty aid hold in your mind the idea that the normal muscle tightness of youth is being established in your neck region. Perform this three-movement exercise 20 times daily for neck improvement results.

Only to man was a face given, and that face should be kept beautiful or serene by its owner whether he or she be 18 or 80.



The first actual castle ever built was a thought castle before its erection. Concentrate your thought on the idea of beauty of countenance and grace of body. As we think, so will our face and form follow suit. Use this beauty affirmation 4 times every day. "I am making my body perfect in beauty." The expression of your face is the quality of the consciousness of your mind.

## 20. HOW TO MAKE THE HANDS YOUNGER IN APPEARANCE

Situated in the base of the brain is the life gland — the PITUITARY. The intelligence pervading that miracle gland seems to control every physical and mental activity of the entire organism of a person. To use this pituitary power to improve the appearance of the hands and renew the skin, proceed as follows:

Gently clasp both hands in front of the body, at the same time holding the thought that the pituitary force is sending its renewing energy into both of your hands. Now drop both hands by your sides with fingers extended. Presently you will notice an increased blood or energy supply flowing into the tips of your fingers. Soon a tingling sensation will take place and thus you will know that you have performed the exercise correctly. Two minutes twice a day should be given to the performance of this hand-beautifying technique.

Before the great Thomas A. Edison passed away, he observed in a newspaper interview, "We do not know a millionth about anything." Let us all keep on the line of discovery.

## 21. HOW TO HAVE A CLEAR, HEALTHY COMPLEXION

Millions of high school students and young men and women throughout the United States are poor advertisements of themselves. They have blotchy or pimply faces. Newspaper

advertisements refer to pimples as being of the "adolescent" kind. Really, there is no such thing as adolescent pimples. Pimples appear on the faces of the old as well as the very young. Pimples are generally merely the sign of faulty eating. If you have any pimples, conscientiously adhere to the use of any or all of the following 16 foods for a period of 2 weeks and, unless the pimples are due to an organic disease, you will find them greatly lessened or entirely gone.

NO OTHER FOOD OR DRINK IS TO BE CONSUMED  
FOR THE TWO WEEKS' TRIAL PERIOD

Eat only raw apples, baked apples, steamed broccoli, sliced tomatoes, celery, vegetable bouillon soup (recipe in "HEALTHFUL EATING"), boiled entire whole wheat, honey for sweetening, raisins, pears (fresh or baked), skins of baked potatoes, steamed carrots, raw garden peas, raw watercress, well-cooked lean meat, steamed or raw cauliflower, figs or prunes (fresh or dried). Use salt for seasoning soup and vegetables.

It will not be difficult to live for 2 weeks this healthful eating way. During this period expose your body to the sunlight as frequently as possible. Sun tan your face also. If sun is not shining, expose your body to the air. Air bathing is akin to sun bathing.

Do not think of food limitation during this cleansing period. Anticipate gleefully the excellent results that are in store for you. Be glad you have found such an easy plan of ridding your face of disfiguring pimples or other skin troubles. Self-discipline is a sign of greatness of personality. All good things are hard and what we get without training or self-discipline will never prove of much value in times of stress.

The mental way to improve the appearance of the face is to establish inner serenity. The face may be changed for the better by adopting the inner consciousness of perfect harmony. As we become more unselfish, less critical, more gracious in



our manner, such mental improvements will presently reflect a beautiful radiance in our countenance. When the face is lighted and serene, it becomes ageless. The slightest mental improvement causes a pleasing change to take place in the lines of our face.

Watch your thoughts, aim for a serene, poised, gracious inner life. Beauty culture is intended for men as well as women. Nagging habits and negative thoughts can produce ugliness of features. Mind and muscle are more closely related than we imagine. Every true action, every right thought, leaves an impress on our face and person, and that impress is related only to beauty.

## 22. HOW TO STAY YOUNG

In the full flush of youth we are inclined to dissipate our energies through debilitating practices. Later will begin the reaction to this youth-dissipating form of living. Our sins of immaturity catch up with us and our bodies begin to reflect signs of age. As we are reckless and spendthrift in our ways of living in youth, nature will make us pay dearly later on for our recklessness or ignorance.

Loss of health, loss of hair, loss of teeth, loss of eyesight, are all symbols of faulty habits of living. It is squarely up to us whether we will alter our habits to prevent further ageing and formulate a set of habits ensuring a longer span of years filled with youthful promise of dynamic health, strength, happiness and vigor.

### *Here Are the 16 Principles of Everlasting Youth*

Adopt an erect carriage, never toe out while walking — Refrain from old ways or living in the past — Refuse mentally to be old in body or mind — Wear youthful clothes irrespective of age — Read modern, up-to-date books — Practice moderation in eating and drinking — Practice vitalic

breathing while walking or climbing — Keep out of ruts — Be ready at all times to change or adventure — Honor your body by keeping your weight normal — Learn to enjoy lectures on up-to-date subjects — Have at least one active hobby — Ever express and live in the consciousness of youth — Do not save old letters or old newspaper clippings.

## 23. HOW TO IMPROVE YOUR POSTURE SPEEDILY

Stand with your back pressed against a wall. Aim to have the tip of your nose, the extension of your chest and the tip of your toes in one straight line. Pull in the stomach region if it protrudes. Force out the chest if it is flat or receding. This causes a strain on your muscles and ligaments if your body has not been accustomed to a gallant posture. Persevere, however, and soon a more dynamic posture will be developed.

As you daily train your body into this correct pattern of posture, walk about for a minute or two with arms held to the sides. While holding this rigid posture pattern, visualize that soon an erect, youthful posture will be habitually established. Gradually train yourself in posture improvement until your body expresses ease, flexibility and relaxation at all times. Practice in the right direction always insures ultimate perfection.

## 24. HOW TO HELP AVOID AN UNPLEASANT BREATH

The tongue is really an outlet for toxic poisons. When the tongue is allowed to retain its coating, an unpleasant breath may result. It is important to wash the teeth with powder twice a day. It is equally desirable to brush the surface of the tongue twice daily. In brushing the teeth a hard bristle brush is best unless your gums are very sensitive. A softer bristle brush should be used for tongue cleansing. The tongue should be swept gently and outwardly in the cleansing



process. I use a small amount of tooth powder in the cleansing of my tongue twice a day.

Always be alert to preserve your teeth. Ever is prevention superior to cure. At the first sign of tooth decay or pain seek the services of your dentist. Good teeth are pearls of great price. The longer you postpone necessary dental care, the more costly will be the ultimate price you will have to pay.

Expose the interior of the mouth each day to air or sunlight. A healthy mouth, a pleasant breath and nice teeth are all marks of personal care and appreciation of beauty.

## **25. A FAMOUS SECRET OF THE MAURI PEOPLE FOR PREVENTING DISEASE AND MAINTAINING HEALTH**

When the Mauri children are about six years of age, they are brought before the Noble or Leader of their tribes and informed that disease has its origin in improper habits of eating. They are also instructed to prevent disease by the use of cabbage water. At the first sign of pain they are told to cut a head of cabbage in several pieces and boil it in water for about 30 minutes, and then to drink the water which is rich in minerals extracted from the water in the boiling process.

These wise Mauri people who live in New Zealand are remarkably free from disease because of the knowledge that wrong food causes disease. They are not subject to constipation, varicose veins or rheumatism — troubles which are so prevalent among the people of the United States. Possibly the use of more cabbage and cabbage water is all we need to build a healthier nation.

## **26. HOW TO STRENGTHEN THE SPINE**

Stand loosely erect, arms extended at sides, back of the hands outward with thumbs facing forward. Smartly jerk the hands around until the palms face outward with little fingers



pointing to the front. Breathe 2 sniff breaths in and 1 sniff breath out through the nose while performing this exercise. Eight movements daily are sufficient. The 2 inhalations of breath should take place while the hands are being jerked to position of palms facing outward. The exhalations should be carried out as hands are restored to original position, with back of hands facing outward.

## **27. HOW TO DEVELOP POISE AND GRACEFUL CARRIAGE WHILE WALKING**

Always endeavor to carry your body proudly erect. In walking do not lift the feet, simply push your foot lithely forward. Come down on your heel and step off from your toe. Swing your arms from the shoulder region. Never from the elbows. Strive to keep your neck as straight as a barber's pole. Push back your neck until you can feel it touching your coat collar. Keep the chin square to the front.

Avoid toeing out. Toes should always be pointed toward the front. Breast should be gently lifted, but all breathing should emanate from the diaphragmatic region. Walk rather rapidly at all times. In wet weather or when the sidewalks are slippery, take short steps to avoid falling and possible serious injury. In walking over sandy or rough ground, take short steps and bend your knees slightly.

Study vitalic and cosmic breathing and use these natural forms of breathing whenever you walk, run or exercise. Knees should not be bent while walking. Knees should be bent while climbing hills or stairs and when running. Learn to walk gracefully as a preventive of old age.

## **28. HOW TO VITALIZE DRINKING WATER**

Different colors throw off varying vibrations of energy. This is a proved scientific fact. Green throws off the odic ray which is two reverse circles and two reverse straight lines.



That is the reason I advise my students to use green drinking glasses so as to impregnate the water or liquids therein with the mysterious odic ray which issues from leaves, grass and the color green.

From the eyes, finger tips and nostrils issue a stream of vital forces supposed to be thrown off by the pituitary gland. The actuality of these emanations is admitted by accredited scientists. If you desire to impregnate water with these vital forces proceed as follows.

Place the bunched fingers of both hands about one inch above the water in glass or cup and hold fingers in that position from 2 to 4 minutes. It is essential that the arms are extended downward full length during the charging process. The energies from the pituitary gland seek the shortest path to the earth and will leave through the elbows if the hands are not held downward.

After the water is successfully charged with the pituitary energy, it is no longer plain water; it is far more, it is water plus the dynamic energy injected into it during the charging process from the finger tips.

I am sure you will greatly benefit in health from the daily drinking of a glassful of this energized water. It costs nothing to prepare save the time involved. It is especially beneficial for children. Milk or any other beverage may be profitably energized in this finger manner. Always be watchful the fingers never contact the liquid in glass or cup.

## **29. HOW TO RECOGNIZE SIGNS OF REACTION TO OVEREATING OR TOXICITY OF THE BODY**

Nearly all bodily discord is caused by eating more food than your body requires. The usual signs of overeating are slow-healing sores, frequent yawning, desire for sleep during the day, desire to walk slowly, backache, colds, diseased ton-



sils, heavily coated tongue, phlegm in the throat, a husky voice, dandruff, a lessening of the power of vision or hearing.

Plan that all your daily activities are connected with the principles of health. Many school children are made ill by school luncheons and hasty consumption of food during the too brief luncheon period. Schools never teach true healthful living. That is the reason 80 per cent of the American people live to suffer.

### 30. THE SPIRITUAL WAY TO BANISH PAIN AND SICKNESS

When sickness is present, it is a reflection on the intelligence of the person who is ill. Sickness is never natural, it is something produced by violating the principle of health. When you are well you should not take health for granted. The preservation of health depends on the perfection of our daily habits. Health habits alone ensure health always. Never rely entirely on anything else for the maintenance of good health. If you rely on any force outside of excellent habits to keep you well you are destined to attract sickness.

We have conquered no diseases, we have simply changed their names. After middle age our chances of reaching an extended span of life are no greater than they were seventy-five years ago. It is only in childhood that we have advanced the span of years. Unless we train our children to "train for health" 80 per cent of our people will continue to express life in a low grade of health.

Disease is the most unnecessary thing in life. It is not created by nature but by man. As we locate and correct our disease-making habits, we become aligned to the principle of health. There are but four faulty habits to correct: improper eating; incorrect habits of using the lungs and diaphragm; uncontrolled, slouchy posture; low mental action. As we reform these four fundamental habits of life expression, we move



into the beam of health and youth always. Before disease presents itself it is always preceded by wilful or ignorant use of the mind or body by dishonoring habits. Disease is rarely present in any other way. If you decide you want to enjoy a long and fruitful life, it cannot be won by hoping but is ensured by the daily practice of worthy habits.

If you are ill DESIRE health with all the intensity of your being. Desire will not restore your health but it will gradually lead you to the invisible BEAM of health. As you get on this cosmic health beam, you will finally be shown how to gain and maintain health the fourfold way: through proper eating, breathing, motion and thinking.

Life is neutral. It ever stands ready to give you what you have the faith and vision to demand and deserve. The channel to the source of healing is never closed entirely. It is never too late to open it wide to the inflow of healing power that is ever present to serve us and heal us by day or by night. When we know and practice the four principles of reality of existence, disease of mind or body is shut out. These fundamental principles are Healthful Eating, Scientific Breathing, Body Mechanics, Higher Mental Action.

Health of body and mind can only be maintained by discipline in the principles of health. There is no easy path to health. It is not like running easily down a hill. Health is always an ascension, a daily disciplined climb. Almost all those who do what they want are destined to be ill. Those who seek to learn to do what is right are alone privileged to enjoy the blessing of health always.

Here is my principle for the ending of pain and the healing of disease. However, with it I advance this note of warning. Life is subject to all the laws of the universe. My spiritual plan of healing is subject to health laws. All types of spiritual or mental healing have little assurance of permanency. Perma-



ment, constant health of body must be earned by daily habits that ensure such a glorious type of healthful living. Therefore, depend on wise habits of living to maintain good health. Only in time of emergency use the spiritual plan for overcoming disease. If you are seriously ill, turn to God for relief. By all means secure the services and advice of a wise doctor also.

Here is the healing word I have formulated and used with marvelous success.

**"GOD IS MY HEALTH — THE HEALTH OF GOD IS MINE."**

As you affirm **"GOD IS MY HEALTH,"** lift your head upward and backward. When you complete this affirmation, your chin should be lifted high and your head should be well back. As you lower your chin onto your breast, speak the second half of your affirmation, **"THE HEALTH OF GOD IS MINE."**

Practice these head movements and affirmations from 4 to 16 times. During the progress of this healing exercise imbue your thought and word with the spirit of deep faith and positive expectancy that **"SO SHALL IT BE."**

We breathe in air to keep us alive. When we speak the healing word, **"GOD IS MY HEALTH — THE HEALTH OF GOD IS MINE,"** we should speak that word in the spirit of deep and trustful conviction that the **POWER** behind that word is able to heal us to the uttermost. As we learn to use air scientifically, we get many additional benefits from the function of breath. As we speak the word in the healing spirit of trust, anticipation and faith, we draw to us beneficent power. Unless we put **LIFE** into our word by the spirit of conviction and absolute belief, our word is the word of hoping but not the word of **BELIEVING**.

The principle factor in healing is to plan to **STAY WELL** after you receive your healing. The maintenance of health is



purely a personal matter. You cannot get something for nothing, therefore you must value perfect health and pay the full price in knowledge, effort and discipline, which entitles you to possess and enjoy health always.

Whenever you affirm for health, healing, security or protection, never dwell mentally upon results. Concentrate solely upon your words. Then give thanks as your heart really feels "So shall it be." Remember in speaking the healing word speak not with your voice but with the voice of SPIRIT. Healing takes place more speedily as you relax and become quiet. In speaking the word you increase its power to heal as you increase your faith in God's healing power.

Physical health potentiality is always in us. When we are ill, it means that the potentiality for expressing health is covered by excess food, negative thought, inner toxins or strain from improper posture. As we change our habits, these encumbrances are removed and health rises again into expression. When the word of SPIRITUAL HEALTH is spoken it helps to clear away most speedily all these encumbrances to physical health. Without any change of habits the healing word has power to heal. However, this healing is rarely the permanent kind as the full law of healing has not been observed.

Before disease there is health. Wholeness or HOLINESS is God's intention for all. Due to the ignorance and wilfulness of man, disease has been created. When you speak the healing word let it be with confidence in the power of THE INFINITE. As the one who is ill moves from the consciousness of doubt into the attitude of full expectancy, the healing is assured.