

The Road To HARMONIOUS LIVING

by

A Student of Life

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*Jerry Watt
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DEDICATED
TO THE SERVICE OF
MANKIND

*HOW TO BE
HEALTHY
AND
HAPPY*

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*ADDRESSED TO THE
CONSIDERATION OF
TEACHERS
WHO GUIDE HUMAN PROGRESS
AND
HUMAN BETTERMENT
AND
TO THE PROGRESSIVE SEEKERS OF
TRUTH*

PREFACE

IT HAS BEEN THE privilege of the author to rediscover, demonstrate and verify a chain of facts of priceless value to human life.

It is a great privilege and no less a profound duty to make these experiences available to mankind, as a discharge of personal responsibility.

For over half a century, the writer has daily enjoyed the benefits derived from the discovery and verification of a *Plan and Method* as to *how* dis-ease may be removed from the physical body and how *Health, Harmony and Happiness* may be established and maintained by an exact, scientific plan and procedure, which, when once understood, is within the reach of every human being who may be desirous of demonstrating its value for himself. And this is true regardless of his or her financial status.

It is the desire to share these experiences that has inspired the writer in this humble effort to record them for what value they may have, to all who may become inspired *to try them out* by a personal application and verify their truth or inaccuracy.

In addition to the investigations, experiences and studies of the author, he has been granted the privilege to freely draw upon and quote from the vast storehouse of the demonstrated facts of Natural Science that has accumulated throughout the ages and has been organized, systematized and classified and made available to the general public by The School of Natural Science, in the form of text books obtainable in the major libraries of our Nation. The titles of the text books and supplementary publications that the author has freely drawn upon and quoted from will be found listed in a later chapter.

The term Natural Science will be used herein when referring to all the various branches of science as a unit: physical, spiritual, mental, moral and psychological.

The contents of this book are presented strictly upon their merits. The Truth is intrinsic within itself. Their truth must be self-evident and of primary importance. The question of who discovers facts and truth should be secondary.

To *re-discover* them for ourselves is of major importance and value, and if and when the *true value* is discovered, verified and found of service, that it shall become universally available.

It is because of their simplicity and the universality of their nature that they are usually *overlooked*, just as we are rarely conscious of the air we breathe and without which we could not long survive.

With these elucidations, the author hopes and trusts that the reader will permit the writer's personality remaining unobtrusively in the background, so as to avoid unnecessary public attention and conserve time and energy for possible future need. There is no desire in any way to evade nor avoid responsibility for any statement made or to be made in the future.

The writer neither seeks nor desires benefits nor favors, in any form or manner, insofar as he personally is concerned. Abundant compensation has daily been received from Nature during the course of a long and active life of experimentation and demonstration, as proof and verification of the *accuracy in practice* of the laws and principles that govern human health and happiness.

Anyone desiring to communicate with the writer, relative to the subject matter presented, may address his communication to Student of Life, Box No. 515, Sun Valley, Calif., and the writer will gladly supplement or elucidate, as the need may require and the limitations of the author will permit.

Personal contact may be had, if and when the need develops.

Sincerely,
STUDENT OF LIFE.

MYSTERY
IS THE ABSENCE OF
KNOWLEDGE *and* UNDERSTANDING.

AS KNOWLEDGE IS ACQUIRED
MYSTERY FADES.

AS SCIENCE PENETRATES MYSTERY
IT DISCOVERS

LAW *and* ORDER

PLAN *and* PURPOSE,
JUSTICE *and* WISDOM.

NATURAL LAWS *and* PRINCIPLES
GOVERN LIFE *and* ACTION.

MAN KNOW THYSELF
HAS BEEN THE ECHO OF THE AGES.



THE TRUTH SHALL SET YOU FREE.

SEARCH AND YE SHALL FIND.

LIGHT DISPELS DARKNESS.

*THIS IS A STUDY and SEARCH
FOR KNOWLEDGE OF HEALTH
AND
THE CAUSES OF
DISEASE.*

*There is a MORAL LAW in Nature,
That GOVERNS HUMAN LIFE.*



*NATURE'S MORAL LAW IS
THE ESTABLISHED HARMONIC
RELATION WHICH MAN AS AN
INDIVIDUAL-INTELLIGENCE
SUSTAINS TO THE
CONSTRUCTIVE PRINCIPLE
IN INDIVIDUAL LIFE.*



*THERE IS A
CONSTRUCTIVE PRINCIPLE
IN
INDIVIDUAL LIFE
AND
A
DESTRUCTIVE PRINCIPLE
IN
INDIVIDUAL LIFE.*

THE CONSTRUCTIVE PRINCIPLE IN INDIVIDUAL LIFE.

That GREAT FUNDAMENTAL LAW OR PRINCIPLE of Nature back of the processes which integrates inorganic matter, organizes vegetable and animal matter into living organic bodies, renews and sustains Individual Life, and constitutes the essential foundation of all development and growth, physical, spiritual, mental, moral, and psychological.



THE DESTRUCTIVE PRINCIPLE IN INDIVIDUAL LIFE.

That which DISINTEGRATES, TEARS DOWN, OR DESTROYS any of Nature's CONSTRUCTIVE INDIVIDUALITIES, whether they be physical, spiritual, mental, moral or psychical, has been designated as the DESTRUCTIVE PRINCIPLE IN INDIVIDUAL LIFE.



THESE ARE NATURE'S STANDARDS
FOR
EVOLUTION OR DEVOLUTION

*MAN'S THOUGHTS and ACTIONS
THAT ARE IN HARMONY
WITH THE MORAL LAW
OR
THE CONSTRUCTIVE PRINCIPLE
IN INDIVIDUAL LIFE
GENERATE HEALTH.*



*MAN'S THOUGHTS and ACTIONS
THAT DISREGARD OR VIOLATE
THE CONSTRUCTIVE PRINCIPLE
IN INDIVIDUAL LIFE
PRODUCE DISEASE.*



*MAN
IS A MORAL BEING
WHICH MEANS
NATURE'S MORAL LAW
GOVERNS
MAN'S THOUGHTS AND ACTIONS.
THEREFORE
MAN IS MORALLY RESPONSIBLE
AND PERSONALLY ACCOUNTABLE
FOR HIS THOUGHTS AND ACTIONS.*

WHY
MAN IS MORALLY RESPONSIBLE AND
PERSONALLY ACCOUNTABLE
FOR HIS THOUGHTS AND ACTIONS.



EVOLUTION HAS ENDOWED MAN WITH CERTAIN FACULTIES, CAPACITIES, and POWERS. They are as follows:

SELF-CONSCIOUSNESS.

THE POWER TO REASON.

THE POWER TO THINK.

A FREE, INDEPENDENT, RATIONAL CHOICE.

AN INDEPENDENT, SELF-CONSCIOUS, RATIONAL FREEDOM OF WILL.



The possession of these FACULTIES, capacities and POWERS enables Man TO LEARN and TO KNOW RIGHT from WRONG.

To make an Intelligent Choice, with the Power to Execute that Choice, through INDEPENDENT RATIONAL VOLITION.



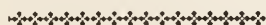
MAN possesses these Faculties, Capacities and Powers; Nature, therefore holds him MORALLY RESPONSIBLE and PERSONALLY ACCOUNTABLE FOR HIS THOUGHTS and ACTIONS, To the degree of his Knowledge at any given time.

EVOLUTION

EVOLUTION represents,
NATURE'S PLAN and *PROCESS*
OF INDIVIDUALIZING
INTELLIGENCE.



EVOLUTION involves the refinement of matter,
The increase of vibratory activity,
The generation of life,
The Individualization of Intelligence,
The development of Love,
And the attainment of HAPPINESS.



All rounds of physical organisms, are but Nature's DEVICES for the developing and individualizing of Intelligence, that is, all rounds of animal organisms, from the lowest to the highest, are but Nature's Mechanical Devices, for the evolutionary unfoldment of Individual Intelligence.

NATURAL LAW
FURNISHES MAN WITH THE SOLUTION
TO
HEALTH and DISEASE.



NATURAL SCIENCE and HUMAN
EXPERIENCE
FURNISHES THE ANSWER.

It is
MORALITY and IMMORALITY
CONSTRUCTION and DESTRUCTION
RIGHT and WRONG.



That which is CONSTRUCTIVE in Human Life
is MORAL.

THAT which is DESTRUCTIVE in Human Life
is IMMORAL.

THAT which is MORAL in Human Life is
RIGHT.

THAT which is IMMORAL in Human Life is
WRONG.

*HEALTH
IS THE NATURAL, NORMAL and
HARMONIOUS
STATE OR RELATION
OF
BODY AND MIND,
IN WHICH ALL FUNCTIONS PROCEED
WITHOUT ANY DISTURBANCE, AND
RESULT IN BODILY EASE AND MENTAL
SERENITY.*



*HEALTH
IS CONTINUOUS HARMONIOUS CHANGE.
HEALTH
IS SATISFIED POLARITY.
THE BALANCING OF THE POSITIVE and
RECEPTIVE ELEMENTS.
HARMONIOUS VIBRATION.*

HARMONY and DISCORD

*SCIENTIFICALLY SPEAKING, HARMONY
IS MATHEMATICAL PROPORTION.*

*GENERALLY SPEAKING, HARMONY IS A
THING IN ITS TIME AND PLACE.*

*DISCORD IS A THING OUT OF TIME OR
OUT OF PLACE OR BOTH.*



HARMONY GENERATES HEALTH.

DISCORD DEVELOPS DISEASE.

*DISEASE can be TRANSMUTED INTO
HEALTH, JUST AS MOST OF US DEMON-
STRATE HEALTH CAN BE TRANSMUTED
INTO DISEASE.*

CONSCIOUSNESS

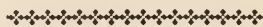
CONSCIOUSNESS is the FACULTY or CAPACITY of the Individual Intelligence, by and through which it becomes aware of the existence of a world outside itself, as well as a world of demands within.

SELF-CONSCIOUSNESS IS THAT CHARACTER, DEGREE OR QUALITY OF Consciousness which enables us to know and understand ourselves. It is that which enables us to perform acts knowingly and intentionally.

*It involves the consciousness of the relations which exist between this self and other selves.
It is that Consciousness which is able to recognize the Self as a Responsible Individual Intelligence.*



MEMORY is the RECORDED HISTORY of the COLLECTIVE EXPERIENCE of the Individual Intelligence.



RECOLLECTION is the ability of the Intelligence to bring a sub-conscious record into immediate consciousness.

INTELLIGENCE

INTELLIGENCE is the CREATIVE and GOVERNING PRINCIPLE AND POWER OF LIFE. PRINCIPLE, as herein used, meaning PLAN of ACTION.

POWER, the method or means of EXECUTING PLAN.

LAW, the Harmonious function according to plan. INTELLIGENCE expresses itself as UNIVERSAL and INDIVIDUAL.

UNIVERSAL Intelligence creates, governs and is back of UNIVERSAL NATURE.

INDIVIDUAL Intelligence expresses itself through and is back of its Individual forms of bodies.

INTELLIGENCE is POSITIVE, that is, ACTIVE.

MATTER is NEGATIVE, that which is acted upon.



An Intelligent Individual is the FIRST OBJECT in Nature and has a life, a plan, a purpose and a destiny distinctly his own.

These are accounted as individual to himself as are his face and his form, his habits and tastes, his physical and spiritual bodies, his intellectual ambitions and moral aspirations.

MAN COMES TO BE WHAT HE IS, BY THE STRUGGLES IN WHICH HIS OWN INTELLIGENCE IS FOREVER ENGAGED.

WILL POWER

WILL is the MOTIVE POWER which sets in motion all the voluntary processes of Individual Being, in all its various departments.



WILL IS THE SUM OF ALL INDIVIDUAL ENERGIES, and the power by which man is enabled to focalize his energies upon a given point. IT IS THE POLARIZATION OF THE ENTIRE BEING.



WILL POWER proceeds outwards from the Individual Intelligence as a center, and is a process of GIVING, the opposite of RECEIVING.

CONSCIOUSNESS is the receiving CAPACITY of the Intelligence.



An Independent, Self-Conscious and Rational Act is NEVER performed without an impulse of the Will to SET IN MOTION the process, by and through which the act is to be accomplished.

This Impulse of the WILL is called VOLITION.

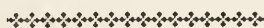
VIBRATION

All Natural Phenomena express themselves through movement.

Every action has its equal and opposite reaction. This movement is named vibration.

The degree of speed of vibration is infinite in variation.

The states or condition of matter, whether it is called solid, liquid or gaseous is determined by the degree of vibration.



CONSCIOUSNESS receives, measures and records vibrations, and conveys the fact to the Individual Intelligence for its guidance.



ALL PHENOMENA known to HUMAN INTELLIGENCE speak through vibration.



THE SENSE ORGANS MEASURE AND WEIGH DIFFERING DEGREES OF VIBRATION AND CONVEY THE INFORMATION TO CONSCIOUSNESS.

THE TRULY GREAT PHYSICIAN
TEACHES HUMANITY PREVENTION.



A CURE DEPENDS UPON and is DETERMINED BY the INDIVIDUAL who is ILL.



The PERSON who is ILL, has CAUSED that ILLNESS by THE DISREGARD OF or THE VIOLATION OF the particular Natural Law or Laws, that produced that particular illness.



Before a permanent CURE can take place, The Individual involved MUST FIRST REMOVE ITS CAUSE.

*ELEMENTS
OF
HEALTH—HARMONY—HAPPINESS*



*A CONSTRUCTIVE MENTAL ATTITUDE.
SELF-CONTROL.*

KINDNESS.

GENEROSITY.

CHEERFULNESS.

UN-SELFISHNESS.

SYMPATHY.

TOLERANCE.

OPTIMISM.

MODERATION IN ALL THINGS.

HONESTY.

LOYALTY.

GRATITUDE.

FAITH.

HOPE.

CHARITY.

LOVE

THE DESIRE TO EXEMPLIFY EQUITY,
JUSTICE and RIGHT.

*HEALTH is the state or condition resulting from
Living A MORAL LIFE.*

*A Study & Analysis of
Health
Individually & Collectively*

JUST WHAT DOES the *concept* of HEALTH signify?
How may it be acquired and maintained?

To understand the meaning of what constitutes *health* in the Human Being, it is necessary to make a careful study of Man, himself, whose *thoughts* and *actions* DETERMINE and are responsible for the existence of HEALTH or ITS ABSENCE.

Man is an Intelligent Being.

As an Individualized UNIT of Intelligence, he possesses, occupies and uses a material instrument he names his Physical Body.

It is through the *use* of his physical body, that he acquires a knowledge and experience of physical phenomena upon this physical plane of life.

It is the Intelligence of Man, through personal experience acquired through his physical body and the *exercise of reason and intuition*, that he discovers the existence of Nature's Laws and Man's *relations* to those Laws. It is the Intelligence of Man, through personal experience, that discovers the necessity to *obey* those Laws, if Man desires to establish and maintain health and acquire Happiness in his life.

His physical body is merely one of Nature's *mechanical*

HARMONIOUS LIVING

means, by and through which Nature *grows and develops* his Intelligence and enables Man, himself, to *continue his own Intellectual Development*, under Natural guidance.

It is the Intelligence of Man that is the Knower, the Thinker, the Planner, the Actor, the Doer.

Intelligence as herein used, meaning the CREATIVE AND GOVERNING PRINCIPLE AND POWER.

It expresses itself through *Natural Law*.

PRINCIPLE as herein used, meaning PLAN and PURPOSE.

POWER being the method or means of executing that Plan.

LAW being the Harmonious function according to Plan.

INTELLIGENCE expresses itself as UNIVERSAL and INDIVIDUAL.

UNIVERSAL INTELLIGENCE as the CREATIVE & GOVERNING PRINCIPLE & POWER, BACK OF ALL CREATION.

INDIVIDUAL INTELLIGENCE expresses itself through and is back of its Individualized forms or bodies.

Man as an Individualized Intelligence has been *endowed* by Universal Intelligence with the Capacities and Powers of SELF-GOVERNMENT and SELF-DETERMINATION.

The capacities and Powers that enable Man to *govern himself* and determine his own DESTINY, are as follows:

- (1) SELF-CONSCIOUSNESS.
- (2) THE POWER TO REASON and THINK.
- (3) The Ability to make an INDEPENDENT and RATIONAL CHOICE.
- (4) The Possession of a FREE, INDEPENDENT, SELF-CONSCIOUS and RATIONAL POWER of WILL.

A STUDY & ANALYSIS OF HEALTH

NATURAL SCIENCE describes and defines those Capacities and Powers in the following terms:

(1) **CONSCIOUSNESS** is the Faculty or Capacity of the Individual Intelligence by and through which it becomes aware of the existence of a World outside itself, as well as a World of demands within.

Through this Faculty or Capacity the appetites, passions, emotions, impulses, desires, affections, instincts and intuitions make their impressions upon the Individual Intelligence, and command recognition.

Through this Faculty or Capacity alone are the five physical senses able to convey their messages to the Individual Intelligence and have them recorded. This constitutes Simple Consciousness.

SELF-CONSCIOUSNESS is that character, degree or quality of Consciousness which enables us to know and understand ourselves.

It is that which enables us to perform our acts knowingly and intentionally.

It involves the Consciousness of the relations which exists between this Self and those other Selves.

It is that Consciousness which is able to recognize the Self as a Responsible Individual Intelligence.

It is indeed one of the principal, fundamental and essential elements of Human Character, upon which Individual Responsibility is based and upon which it depends.

(2) **REASON.** Man reasons analytically, synthetically, inductively, and deductively, on all the affairs of his own life, as well as the lives of his fellow man. He reasons upon his physical body, his appetites, passions, impulses, desires and functions.

He reasons upon this Life and the Life to come. He reasons upon the spirit and likewise upon the Soul. He reasons upon what he is and what he yet may become. He reasons upon

HARMONIOUS LIVING

himself, as an Individual Intelligence, and as a part of the great aggregate of UNIVERSAL INTELLIGENCE. He reasons upon things finite and things which appear to him to be Infinite. He reasons upon God and Nature, Finite Intelligence and Infinite Intelligence. He reasons upon reason itself.

It is upon this power of reason that he depends, to guard himself from the errors, mistakes and accidents of Life. It is this power that enables him to anticipate the Natural and Logical results of his own actions. Reason is one of the essential and fundamental elements of Human Character at the basis of Individual Responsibility.

THINKING is that process of the Individual Intelligence, which sets in motion and controls the activities of all the faculties, capacities and powers.

THINKING involves the voluntary exercise of all the Faculties, Capacities and Powers of the Individual Intelligence doing the thinking, which requires the attention upon the subject of thought, to the exclusion of everything else.

One who is actively thinking, is using his own Intelligent Faculties, Capacities and Powers so intently as to close his Consciousness to impressions from other sources.

(3) FREEDOM OF CHOICE.

Man has the *ability* to make an independent and rational choice or selection. However much we may endeavor to excuse ourselves from the Natural penalties of our mistakes or transgressions, upon the theory that we are but creatures of circumstances, we know that our fellowman, almost unanimously, deals with us upon the assumption that we do possess the power of Independent Choice, nor do we even protest against such an assumption, on the contrary, we encourage it.

Our Pride of Intelligence would be most deeply offended, if our friends and fellows should presume to doubt or question our perfect Independence.

(4) INDEPENDENT, SELF-CONSCIOUS and RATIONAL VOLITION.

An independent, self-conscious, and rational act is NEVER PERFORMED WITHOUT an impulse of the Will to set in motion the process, by and through which the act is to be accomplished.

This impulse of the Will we call VOLITION.

Man in his *normal* physical and mental state of being, possesses the power to act independently, this means that he is able to act, *unaided* and uninfluenced by his fellow-men.

He also possesses the power to act Self-consciously, this means that he is able to act *knowingly and intentionally*. This means that he is able to *anticipate* the Natural and Logical results of his own acts, within the scope of his acquired knowledge.

Thus it is found and universally admitted that the primary, fundamental and essential elements of Individual Responsibility are:

(1) SELF-CONSCIOUSNESS.

(2) REASON.

(3) INDEPENDENT CHOICE.

(4) INDEPENDENT, SELF-CONSCIOUS, and RATIONAL VOLITION.

Upon the basis of these elements of Human Character and by the standards which they establish, we judge our fellow-men, whether we admit it or not, and upon the same basis and by the same standards, we are judged by them, whether we will it or not.

Man is a Moral Being, that is, Man is governed by Nature's Law of Morality.

Man's thoughts and actions are subject to the operation of the Moral Law.

NATURAL SCIENCE defines Morality as follows:

HARMONIOUS LIVING

Man's established Harmonic relation to the CONSTRUCTIVE PRINCIPLE OF HIS BEING.

The CONSTRUCTIVE PRINCIPLE in INDIVIDUAL LIFE, is that great fundamental LAW or PRINCIPLE in Nature, back of the processes which integrates inorganic matter, organizes vegetable and animal matter, into living organic bodies, renews and sustains individual life, and constitutes the essential foundation for all development and growth, Physical, Spiritual, Mental, Moral, and Psychological.

The Natural Law of Morality holds Man Morally Responsible and Personally Accountable for his thoughts and actions.

HEALTH, therefore, represents Man's *Harmonious adjustment* to the CONSTRUCTIVE PRINCIPLE of his BEING.

Human thought and action that are in Harmony with the Constructive-Principle in Individual Life are MORALLY RIGHT.

Human thought and action that disregard or violate the Constructive-Principle in Individual Life, knowingly and intentionally, thereby subject the Individual to the operation of the DESTRUCTIVE PRINCIPLE in Individual Life.

The DESTRUCTIVE PRINCIPLE in Individual Life is defined by Natural Science as that which disintegrates, tears down, or destroys any of Nature's CONSTRUCTIVE INDIVIDUALITIES, WHETHER THEY BE Physical, Spiritual, Mental, Moral or Psychical.

Human thought and action that correspond to the Destructive Principle in Individual Life are MORALLY WRONG.

THEREFORE,

That which is CONSTRUCTIVE in Human Life is MORALLY RIGHT.

A STUDY & ANALYSIS OF HEALTH

That which is DESTRUCTIVE in Human Life is MORALLY WRONG.

MORALITY OR IMMORALITY, CONSTRUCTION OR DESTRUCTION, constitute Nature's gravi-meter or standard of measurement for Human EVOLUTION or DEVOLUTION, Human GROWTH or DEGENERACY, Human Health or Dis-ease, Human Mortality or Immortality.

ETHICALLY considered there are but *two* fundamental principles in Nature, in their relation to Individual Life. The one is CONSTRUCTIVE or Normal and the other DESTRUCTIVE or Abnormal.

Every fact of Nature, whether Scientific, Philosophic, Religious or otherwise aligns itself as a direct result of these two fundamental principles in operation.

The great problem in Individual Life is that of identifying these two Principles in their relation to the objective facts of Nature, so that we may be able to conform to the one and avoid the other.

The application of this great Law to the ethics of Human Life, constitutes the basis of all religious and philosophical systems of the past as well as of the present.

The limitations of Human Intelligence, in its efforts to grasp and comprehend this Law in its entirety and apply it as a rule and guide of conduct in the daily lives of Men, are responsible for all the sectarianism of both Religion and Philosophy as well as all the variations in governmental systems throughout all the Nations of Earth.

In its Constructive aspect, we recognize it as the Law of Compensation or Compensatory Justice, in accordance with the Harmonics of Evolution.

In its Destructive aspect, we recognize it as the Law of Retribution or Retributive Justice, in accordance with the Discords of Devolution.

To the Constructive side of this great Law of Justice, is referable all that there is in Individual growth, develop-

HARMONIOUS LIVING

ment, progress, strength, health, energy, life, love and happiness, both here and hereafter.

This is the domain of Nature's Compensatory Rewards to Individual Intelligence for obedience to Nature's Evolutionary Principle.

The Ultimate goal of Individual Achievement under and in accordance with the operation of Nature's Constructive Principle is so far as Science knows Individual Immortality and perfect Happiness, in the fulfilling of the Law. **THIS IS THE WAY OF LIFE.**

To the **DESTRUCTIVE** side of this great Law of Justice is referable, all that there is in Individual **ATROPHY, WEAKNESS, ENERVATION, SICKNESS, SUFFERING, SORROW, HATE, FEAR, DISEASE, DISSOLUTION, DISINTEGRATION, DECAY AND DEATH.**

This indeed, is the domain of Nature's Retributive Punishments to Individual Intelligence for disobedience of Nature's evolutionary principle.

The Law itself is a Unit in Essence. It manifests itself to Human Intelligence in its two-fold aspect, as one of the most stupendous and comprehensive dualities of all Nature, the duality of:

CONSTRUCTION & DESTRUCTION

MORALITY would seem to be the **KEY** to the great Universal search of all Human Kind for **HEALTH, HARMONY and HAPPINESS.**

It therefore becomes Man's supreme task to acquire knowledge and understanding of the full meaning, significance and possibilities of the Moral Law in Nature. The Moral Law in Nature, as it applies to Human Life, represents Man's Harmonious Relation to the **CONSTRUCTIVE PRINCIPLE** governing his life. In other words, Man must learn how to think and act **CONSTRUCTIVELY**, if he desires to build and maintain Health, Harmony and Happiness.

A STUDY & ANALYSIS OF HEALTH

It is the Constructive Principle in Individual Life that builds, grows and develops. It is the Destructive Principle in Individual Life that disintegrates, tears down and destroys.

If we wish to build Health, Harmony and Happiness, we must conform to the BUILDING PROCESS and avoid the DESTRUCTIVE PROCESS.

So long as Man maintains a Harmonious Relation to the Constructive Principle in Individual Life, it is impossible for the Destructive Principle TO AFFECT HIM.

In so far as Man maintains that Harmonic Relation, every other problem of his life will take care of itself, without any special attention whatsoever upon his part.

By taking care of the central problem, The Harmonic Relation, all the details of his life and relationships care for themselves, as a perfectly Natural and inevitable result.

When Man devotes himself faithfully to maintaining the Harmony of his relation to the Constructive Principle of Nature, he may make some mistakes or some possible errors, but he will never commit a sin.

Dis-ease represents Man's disregard of or the violation of the Constructive Principle that governs his life, which subjects him to the operation of the Destructive Principle in Individual Life.

Nature's LAW of COMPENSATION IS THE EXPRESSION OF THE MORAL LAW in operation.

The Natural LAW of RETRIBUTION is a measure of Man's disregard or violation of the MORAL LAW.

MORALITY or IMMORALITY, CONSTRUCTION or DESTRUCTION are the forces that determine.

HEALTH or DISEASE

HEALTH is one of Nature's *greatest blessings*.

HEALTH is as Natural as breathing, under normal conditions.

HARMONIOUS LIVING

That which is Constructive in Human Life is normal.

That which is Destructive in Human Life is abnormal.

WHY is HEALTH NOT UNIVERSAL in the Human Family?

The answer now should become quite self-evident.

Man is a free-willed, self-conscious, rational, Intelligent Being.

A Free-Willed, Self-Conscious, Rational Intelligence means that the Intelligence possesses the ability to learn and to know, that which is Morally Right and that which is Morally Wrong.

The ability to make a free, independent and rational CHOICE.

The power to execute that choice through the exercise of the INDIVIDUAL POWER of WILL.

It is because Man possesses these Faculties, Capacities and Powers that he is SUBJECT TO the operation of the Moral Law, which means that Nature holds Man Morally Responsible and Personally Accountable for his thoughts and actions, to the degree of his knowledge, at any given time.

Man may choose to Harmonize with Nature's Constructive Laws that govern his Being, and THEREBY MAINTAIN HIS HEALTH OR he may elect to disregard or violate Natural Guidance (Her Constructive Laws) and thereby produce DISCORD in his life, which if continued, persisted in and maintained long enough, produces an accumulation of impurities within the physical body that we name DIS-EASE.

HEALTH, simply expressed, means Man's conformity to Nature's CONSTRUCTIVE PRINCIPLE in INDIVIDUAL LIFE.

These facts should make it quite clear that if we desire to establish and maintain Health and Harmony in our lives, the very first step in that direction should be the acquisition

A STUDY & ANALYSIS OF HEALTH

of the knowledge of the Laws and Principles that govern and determine HEALTH and HARMONY.

So that we may learn how we must live to fulfill the demands of the Laws and Principles of Harmonious Living.

This is just as true in any Constructive endeavor that a Human Being may undertake. To obtain exact and scientific results, one must know the Laws governing the function of that particular endeavor and conform himself to them.

As an Individual Intelligence, the business of Life and Living becomes the acquisition of knowledge through personal experience that will enable him to fulfill the apparent purpose of Life, the acquisition and maintenance of Health and the attainment of Happiness.

Presuming that the Moral Laws of Nature govern Man's thoughts and actions and that his thoughts and actions that are in Harmony with the Moral Law are Constructive in their effects, and that those thoughts and actions that disregard or violate the Moral Law are destructive in their results, then JUST HOW must we live or just precisely how must Man conduct himself, so that he will fulfill the requirements or the demands of the Moral Law?

What standard of measurement does Man possess or is he capable of developing that can function as a yardstick, compass or guide, by which he may govern his thoughts and actions?

Let us see if we can find such a guide within Man himself or within Natural Law or both.

Back of every fact in Nature, there is a Principle to which that fact is related, and to which it must be referred for its proper interpretation and meaning.

There is in Nature a BASIC and FUNDAMENTAL PRINCIPLE, LAW and FUNCTION THAT *underlies* every thought, every act, every movement, every process and every function; it may be described as the activity of

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RECEIVING and GIVING.

(The Principle of vibration is an expression of receiving and giving.)

All Human thought and action express themselves through this Universal Process of Receiving and Giving.

If it were stated as a scientific fact that the whole of life's activities consist basically and fundamentally of this process of RECEIVING and GIVING, this statement could withstand all scientific tests.

ESTABLISHING and MAINTAINING a balance between this great and all-inclusive process, CONSTITUTES THE SOLUTION to the GREAT UNIVERSAL SEARCH FOR

HEALTH, HARMONY, and HAPPINESS.

The process of receiving and giving is a Universal Process that applies to every plane of human activity, physical, spiritual, mental, moral and physical.

Let us take a deep breath and behold this great sublime fact. RECEIVING and GIVING. Could anything be simpler? more comprehensive? all inclusive? or more self-evident? after our attention has been centered upon the sublime fact.

It is the very heart and soul of ETHICS, of RELIGION, of PHILOSOPHY, of ORGANIZED SOCIETY, of FRIENDSHIP, of LOVE, and of CO-OPERATION.

Marriage would lose all its meaning, without this vital and fundamental activity.

Marriage cannot be very successful without a balancing or equalizing of the attitude of love (giving and receiving) towards each other.

It covers all of Nature's activities and functions; every Law, every Principle is based upon the same function, Receiving and Giving.

It is doubtful if there is any function or process in Human

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Relations that cannot be measured and Harmoniously maintained by an equitable and just balancing of giving and receiving.

At first glance, it does not seem possible that all the infinite activities of life could be reduced to so simple and narrow a function; that all the endless problems, difficulties, complexities, anxieties, worries, fears, hopes, aspirations and inspirations could possibly flow from so elemental and simple a process; and yet, the science of mathematics is based upon the duplication of the UNIT numerical symbol 1, and the language, history, and record of Human Experience is expressed, recorded and reproduced by the unit symbols of our alphabet.

Through the Intelligent use of the numerical symbols, Man is enabled to discover Nature's Laws and Principles.

By the aid of the alphabetical symbols, Man records and reproduces those facts for the benefit of all mankind.

When we begin to study life's activities from this point of view, living will lose its complexities, practically all its difficulties, surely all its confusion, a large portion of its mystery, and when we have learned to balance the scale with life, we will have emerged from DARKNESS into the BRIGHT SUNLIGHT.

To form a rational and scientific picture in our minds of the significance of this fact and the justice involved, let us digress for a few moments and investigate some untrodden territory.

Let us project our imagination into the past and then extend it into the possible future. From the moment we are born into this physical body until Nature's Laws says it's time to depart, *we take from life* a large variety of services of various kinds and degrees.

It is quite evident that in order to be just, we should, *during some part of our maturity, return to life a just equivalent*, for whatever services we have taken or received.

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It is also quite self-evident that the more we take, the more we are obligated to return.

Under the Law of Equity, Justice and Right, we have a Moral Right to take as much from life, as we stand ready and willing to render an equivalent for.

We might further remember that our NEEDS are few. Our wants may be many, and honesty says we are *entitled* to whatever we are WILLING TO PAY FOR.

CHEATING generates disease, as surely as the Sun rises in the morning and sets in the evening, to our vision. We violate many Laws that we do not immediately feel the results of, but there is no escape from Nature's Court of Justice.

Let us return to our customary path and to the bright sunlight, and when we enter into its territory INTELLECTUALLY, the functions of DARKNESS will have become impossible. Disease will have melted away, just as a cake of ice melts in the sun and gives us good H₂O.

War will have become outmoded, just as cave dwelling has ceased to be the custom. There will be no need or desire for it.

FEAR, by the LIGHT of KNOWLEDGE, will have been superseded by FAITH (Fear comes from lack of knowledge).

ABUNDANCE will have been accomplished by the absorption of added Universal Knowledge (not previously available) and the development of EFFICIENCY and the REMOVAL of WASTE.

Co-operation, Friendship and LOVE will then become the normal WAY of LIFE.

Does this sound like a pipe dream from the day dreams of a VISIONARY?

THINK IT OVER!

Is there anything DIFFICULT regarding the idea?

Does it require a great lawyer to comprehend the process?

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Does it require anything, that any normal human being on earth is incapable of doing (except an infant)?

What is to prevent any normal human being, at any time or place, from LIVING a JUST, EQUITABLE, and RIGHTEOUS life?

What stands in the way of any normal human being or collection of human beings building a Heaven on Earth for himself or themselves?

Does it require anything that any human being DOES NOT POSSESS?

Is there any human being that can NOT GIVE, which entitles him to RECEIVE?

Could anything be SIMPLER? Could anything be EASIER?

Could anyone invent or discover any function or process in life, that every human is capable of carrying out, that would produce such marvelous and unbelievable RESULTS, as the SIMPLE PROCESS of giving an equivalent for everything we receive?

That is what spells EQUITY, JUSTICE & RIGHT.

And that is what it takes to bring to each and every human being, WHO PRACTICES IT,

HEALTH HARMONY HAPPINESS PEACE
AND PROSPERITY.

IT IS SIMPLE AND EASY FOR ANYONE, ANY TIME, ANY PLACE, to try it out and prove it for himself.

Whether this is an idle dream, AN IMPRACTICAL VISION, OR A DEMONSTRABLE PRACTICALITY WITHIN THE REACH OF EVERY HUMAN BEING.

It does not require a laboratory, text books or laboratory equipment.

ALL THAT IS NEEDED, is THE WILL TO DO.

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Nature does not FAIL, SHE PAYS IN FULL, to every
Human Being, For Every CONSTRUCTIVE EFFORT.
TRY IT AND SEE FOR YOURSELF.

*Human Character
And Its Relation To
Receiving & Giving*

HOW MAN ADJUSTS himself to this Universal Function of Life, CONSTITUTES HIS CHARACTER AT ANY GIVEN TIME, and denotes his growth and development, upon the steps of Evolution.

The growth and development of Human Character, naturally evolves through three major classifications or stages, and they are :

(1) SELFISHNESS.

(2) EQUITY, JUSTICE and RIGHT.

(3) GENEROSITY OR ALTRUISM.

(1) The first, or elementary, stage is represented by a lack of knowledge, experience and understanding, as a result of which, Man is influenced by a motive of Self-Preservation. Without a knowledge of the Law of Compensation in Nature and with the need to survive, Man puts forth all his efforts for Self-Preservation, regardless of the rights, interests or welfare of others.

This Mental Attitude we name SELFISHNESS.

This state of mind influences the Intelligence to receive all it can and give as little as it must.

(2) Equity, Justice and Right .

When, through the processes of time and Evolution, the second stage of growth and development of the understand-

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ing is attained, the Intelligence has acquired a sufficient degree of experience, knowledge and understanding of the dual Law of Compensation and Retribution, so that HE WILLINGLY AND GLADLY has adopted the desire and motive to render a full and equivalent service, for each and every service received.

This growth and development of Character and Intelligence is defined as the normal sense of Equity, Justice and Right.

(3) Generosity or Altruism.

The third classification of Character or Growth of the Understanding is represented by the Attitude of the Intelligence to render to life, the *highest degree of service that it is capable of*, without thought or desire for selfish benefit or personal gain.

This degree or quality of Human Character and growth of the Intelligence, science names Generosity or Altruism.

Concretely defined, Selfishness is the attitude of the Intelligence that desires to receive more freely than he is willing to give: Justice is the desire to render an equivalent for every service received; Generosity or Altruism is the attitude or desire to render CONSTRUCTIVE SERVICE TO HIS FELLOWMEN, without the motive or desire for selfish gain or benefit.

All mankind throughout human history has been searching for and trying to discover or invent a solution to the riddle of HOW TO LIVE A HARMONIOUS LIFE.

A REALIZATION OF THE ABOVE FACTS SHOULD POINT THE WAY TO EVERY HUMAN BEING.

Care of the Physical Body

HOW DOES THE Process of Receiving and Giving apply to our physical body?

To sustain the life of the physical body, requires the use of certain physical substances we name food, water and air or solids, liquids and gases, which it takes in and this is therefore a receiving process.

The body also gives off substances we classify as solids, semi-solids, liquids and gases.

Nature's Law of Mechanics, the Law of Compensation, demands that we maintain a balance between the intake and out-go, if we are to sustain the mechanical health of the body, or *suffer the consequences of our errors*.

How shall we know what kind of food the body needs? When it needs it? And when it has had enough?

Each and every normal Individual Intelligence possesses *internal guides* that inform the Individual what it needs, when it needs it, and when it has had enough. (This does not refer to artificially acquired - abnormal HABITS).

All that is required of each normal Individual is to learn to listen to this INTERNAL GUIDE and he will not err.

This inner guide produces a sensation we experience as HUNGER.

That sensation informs us as to when the body needs food, our sense of taste and smell help to guide us, as to the kind

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or quality of that food (under normal conditions), and when we have had enough, the sensation changes to satiety or satisfaction.

By careful observation, we will discover that when we have had sufficiency of food, its taste is altered, it no longer possesses the same appeal.

When the body is in need of liquids, we experience the sensation of THIRST.

When that need has been supplied, the same condition of satisfaction is experienced. We are informed of sufficiency, just as we are informed of the need.

When the body has accumulated substance it no longer needs, the internal guides inform the governing Intelligence to remove same.

We feel COLD or HOT.

When those conditions have been adjusted or corrected, we feel comfortable.

Upon another occasion, we feel SUSPICIOUS, DOUBTFUL or PESSIMISTIC.

When the justification for that feeling has been removed, we feel cheerful, hopeful and confident again.

Under other circumstances we may feel HURT or ANGRY.

When the cause or causes have been removed, we feel happy.

Sometimes we feel discouraged, friendless, or lonely.

Suddenly we experience a new *sensation*, we become inspired by a feeling of friendliness, optimism, hope and faith.

In addition to our general sense of feeling, we possess in our own Individual Right,

A SPECIAL SENSE OF GUIDANCE
WHICH WE MAY DESCRIBE AS
A SUPREME COURT

CARE OF THE HUMAN BODY

to refer to, if at any time we are in DOUBT as to the right course to pursue.

This SUPREME COURT is generally known as CONSCIENCE.

The supreme court is composed of two supreme judges. These JUDGES are REASON and INTUITION.

This supreme court constitutes the highest authority for the Governing Intelligence.

This supreme court constitutes the Moral and Intellectual Guide for human conduct.

RIGHT HUMAN CONDUCT establishes and maintains HEALTH.

Natural Science defines CONSCIENCE as that knowledge of normal adult Human Intelligence which enables one to differentiate correctly between RIGHT and WRONG, in their relation to the Individual himself.

Also, Conscience is the Soul's Recognition of Personal Responsibility. Without Conscience therefore, Man would be no more responsible than the animal or the insane for he would then be without the ability to recognize his Responsibility.

Again, Conscience is the VOICE of the Intelligent Soul.

When our inner guides inform us, when the physical body is in need of food, we give it prompt, earnest and faithful attention.

We need to give the same prompt consideration and faithful attention when our faithful guides inform us that we *have had enough*.

Our inner guides WARN US in many ways, when we have had enough. We are not left in doubt when the normal need is supplied.

We have little difficulty in hearing the voice of HUNGER or any of the other NEEDS of the body, and we must be JUST AS ALERT to the VOICE OF SUFFICIENCY.

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It is safer to under-eat, than to eat in excess of the bodily need and comfort.

Our inner guides function upon every plane of our being, physical, spiritual, mental, moral and psychological.

We are *never* without *Natural Guidance*, if we will only *learn to listen*.

CONSCIENCE tells us when a thing is RIGHT or WRONG, morally, ethically and socially in all our relations with our fellowmen, up to the degree of our understanding. No normal human being is DEVOID of this Universal Guide to the *natural path*, that leads to Equity, Justice and Right; which brings Man to his Goal of HEALTH and HAPPINESS.

If we experience any *pain, suffering* or *any other physical ailments* it is because we have either ignored or violated our INTERNAL GUIDANCE.

Dis-ease is NOT an *accident*. A specific Law was violated, that produced that particular dis-ease or condition that exists.

Dis-ease is NOT *contagious*, only in the sense that when two or more human beings VIOLATE the same LAWS, they produce the SAME CONDITIONS of Dis-ease within their bodies. Under the Law of Like produces Like, the ACTIVE state of a Dis-ease in one person may awaken the POTENTIAL state of the same Dis-ease in other persons into the ACTIVE state. But the POTENTIAL condition MUST BE THERE before an active state can develop. Just as a broadcasting station projecting a specific vibration in the atmosphere, will awaken the same vibrations, within any number of receiving sets, that are attuned to the same vibrations (and no others) and are in range of the broadcasting field of action.

Dis-ease germs do NOT live upon HEALTHY TISSUE, neither does HEALTHY TISSUE attract and assimilate Dis-ease substance.

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If and when Dis-ease germs enter our physical body, they will either be eliminated or die of starvation, IF THEY DO NOT FIND THE KIND OF IMPURITIES WITHIN OUR BODY THAT THEY CAN LIVE AND PROSPER UPON.

A HEALTHY BODY is IMMUNE to DISEASE CONTAGION.

A healthy body manufactures its own *anti-bodies* against any and every destructive germ, and does not need nor require inoculation of so-called anti-toxins. The anti-toxins only increase the *burdens of maintaining health*.

Every Dis-ease known to human experience CAN BE CURED OR REMOVED, if the Individual involved will REMOVE THE CAUSE OR CAUSES and will co-operate with Nature's efforts in the removal of the accumulated impurities of the past errors.

Nature does not punish us, WE PUNISH OURSELVES by the disregard of or the violation of Natural Laws.

There is no permanent CURE for any dis-ease, UNLESS the Individual involved shall FIRST REMOVE THE CAUSE OR CAUSES.

EVERY THOUGHT AND EVERY ACT PRODUCES SPECIFIC AND DEFINITE RESULTS. THESE RESULTS ARE EITHER CONSTRUCTIVE OR DESTRUCTIVE and we must LEARN to know in ADVANCE what those results will be, if we desire to obtain beneficial results and avoid injurious ones.

This is the PRICE we must PAY, if we expect or hope to enjoy Health, Harmony and Happiness.

This also is the way to *prevent dis-ease* and eliminate the necessity of experiencing the *hard way* of suffering dis-ease and undergoing the steep uphill climb to obtain a cure.

NOTHING CAN HELP THE REMOVAL OF DISEASE,

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PERMANENTLY, WITHOUT FIRST REMOVING THE CAUSE.

If the CAUSE is continued, and if by any method whatsoever the effects ARE REMOVED, it would be only temporary, as the continuation of the same CAUSE would reproduce the SAME EFFECT.

There can be no permanent cure, without first removing that which generates the condition, its cause.

Health is the result of living a RATIONAL LIFE.

A Rational Life means that we must learn to *anticipate the results* of our thoughts and actions.

To anticipate the results of our thoughts and actions, it is necessary to acquire a KNOWLEDGE OF THE LAW OF CAUSE AND EFFECT.

We acquire a knowledge of the Law of Cause and Effect by Personal Experience and by observing life around us, as it demonstrates to us, the functioning of the relations of cause and effect.

Examples of HOW the Law of Cause and Effect operates in the production of dis-eased conditions within the body will be studied in several later chapters.

By concentration of our observation we will soon discover the operations and functions of Nature's processes of CONSTRUCTION and DESTRUCTION, which soon enables us to think and act in such manner, as to establish and maintain Health and Harmony in our Individual lives, and prevent dis-ease and suffering.

IT IS THEN THAT WE BECOME ABLE TO BE OF SERVICE TO OUR FELLOWMEN.

It is then that we can begin to REPAY Nature and our fellowmen for all the vast benefits we have received, while in the process of our Self-development and the growth of our Rational Intelligence.

How We Acquire Knowledge

MAN, TO BE ABLE to obey Nature's Laws, must possess knowledge of them.

To assist man in acquiring some of this knowledge there are available to him the text works of the various branches of Scientific Research, physical, spiritual, mental, moral and psychological.

These various branches of Natural Science have accumulated a vast quantity of *demonstrated and verified facts* of Nature, each in their own field of endeavor.

This data has been organized, systematized, and classified and expressed in *simple scientific terminology* and is made available to the public, in the form of text books that can be secured in the major libraries of our Nation.

In the search for a knowledge of the Principles and Laws that govern and determine HEALTH in the life of man, the author has been granted the privilege to draw upon and quote from this vast storehouse of accumulated knowledge of these various branches of Science as freely as the need requires.

The titles of the particular text books of Natural Science that have been drawn upon and quoted from freely are as follows:

Harmonics of Evolution—by Florence Huntley—Volume 1
The Great Psychological Crime—by TK, J. E. Richardson
—Volume 2

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The Great Work—by TK, J. E. Richardson—Volume 3
The Great Known—by TK, J. E. Richardson—Volume 4
The Great Message—by TK, J. E. Richardson—Volume 5
Life and Action Magazine
The Great Work in America Magazine
To You Magazine
Self-Unfoldment—by TK, J. E. Richardson
The Question Box and Answers—by TK, J. E. Richardson
The Reality of Matter—by TK, J. E. Richardson.

The term Natural Science will be used herein, when referring to all the various branches of science as a unit (physical, spiritual, mental, moral and psychological).

Through man's use of his Physical Body, he becomes aware of some of the processes, activities and functions of matter upon the physical plane of life.

The five physical sense organs, seeing, hearing, smelling, tasting and feeling constitute the major physical organs, that contact, measure and transmit to our Consciousness, physical brain and the Mind, the vibrations of physical matter, *that are in tune* with our Individual physical bodies. They are simultaneously recorded upon Consciousness, the physical brain, spiritual brain and the Mind (acting through the principle of a transformer), for the USE of the GOVERNING INTELLIGENCE.

The physical brain is a physical branch library of the recorded physical experience of the Individual Intelligence; as they occur, they are then recorded in the main or general library, the Mind, which contains ALL THE EXPERIENCES OF THE INDIVIDUAL INTELLIGENCE, physical, spiritual, mental, moral, and psychological, organized, systematized, and classified, covering the ESSENCE of its past Self-Conscious experience.

Nature has also supplied man with an efficient clerk, whose duty or function it is to record and reproduce the records of the Mind and branch libraries, as they are needed by the Individual Intelligence, and we name this clerk RECOLLECTION.

HOW WE ACQUIRE KNOWLEDGE

The physical brain record constitutes man's Personal experience and knowledge of physical phenomena, which enables him to adjust himself Intelligently to his physical environment.

There are also finer forces, activities, processes and functions in Nature, beyond the power and ability of the physical body to contact or register. The Microscope, the Telescope and the Photographic Lens are physical instruments, demonstrating the physical limitations of Man's physical sense organs. The Radio is another physical instrument demonstrating the existence of finer vibrations than the physical body is able to detect.

In Nature there are still finer or higher vibrations, than any known physical instrument has been able to detect, and are beyond the capacity of the physical body to contact and reproduce.

Nature has furnished man with an appropriate instrument that is adapted to that purpose, so as to enable him to obtain a knowledge of those finer forces and activities.

Natural Science names this finer instrument *The Spiritual Body*, so as to distinguish it from the Physical Body.

The physical and spiritual bodies are exact duplicates of each other in form, structure and function, their chief difference being in the degree of vibration each receives, registers and reproduces of the phenomena in nature (which represents the degree of fineness of the atoms they contain, their atomic weights). Both bodies function under the same Principles and Laws of vibration, as the Radio built by man, broadcasting and receiving the vibrations of matter.

The physical body contacts and reproduces the longer, slower moving vibrations that are within its own limitations upon the physical plane, while the spiritual body similarly contacts and reproduces some of the shorter and faster moving vibrations (within its own limitations upon the

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spiritual plane), which are named *spiritual vibrations*, to differentiate them from the physical ones.

The five spiritual sense organs, seeing, hearing, smelling, tasting and feeling, function similarly as the physical sense organs.

Each organ contacting and recording the vibrations of spiritual matter within their own limitations, they are then recognized by Consciousness and registered upon the Spiritual brain and the Mind, simultaneously, for the USE of the GOVERNING INTELLIGENCE.

The physical body and the spiritual body occupy the same volume, but not the same space. The spiritual body occupies the interspaces between the coarser physical particles, the two bodies functioning Harmoniously together, just as Radio waves function together with their first, second, third and fourth Harmonics, the coarser or longer waves, enclosing the finer (shorter) ones, the finer waves occupying the same volume but not the same space as the coarser waves.

The Individual Intelligence possesses, occupies and governs both of these bodies, and through them it becomes aware of the activities and functions of nature upon the physical and spiritual plane of matter, *that are in tune with them*.

Man possesses a still finer means of communication, the MIND.

Individual Intelligence is capable of communicating with other human beings, by purely *mental processes*, which we name Mental Telepathy.

Through the process of thought we are able to broadcast our ideas through space, which enables those who are in tune with the same vibrations, to receive the thoughts. We are likewise able to receive the thoughts of those others with whom we are in Harmony. We are able to do this, without the use of either the physical or spiritual bodies, by purely mental processes, under the same mechanical laws

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that govern radio broadcasting and receiving processes, through the Law that *like produces like*.

Man is capable of *tuning in* with the mental vibrations in space, that are (in tune) in Harmony with his own vibrations or character of thought.

The process of acquiring knowledge through experience is a continuous activity of the Intelligence, through all its various receiving channels, and upon all the spheres and conditions of his changing environment.

It is man's privilege, as well as his normal occupation in life, to acquire a knowledge of the Laws, Principles and Functions, governing the various planes of his activities, thereby enabling him to direct his life, so as to harmonize with nature's Constructive laws, that guide him.

There are physical laws that govern the physical body. There are spiritual laws that govern the spiritual body and moral laws that govern the thoughts and activities of the Individual Intelligence.

When man concentrates his attention upon the physical plane of matter through the use of his physical body, he acquires a knowledge of physical phenomena and physical conditions.

When man's physical body goes to sleep, it means that Consciousness has closed the physical sense channels of the physical body upon the physical plane of matter, and it has simultaneously opened the spiritual sense organs and centered them upon the spiritual plane of action, through its spiritual body, where and when it obtains spiritual information and experience, just as it obtained physical experience upon the physical plane, through the physical body.

What is generally called INTUITION is in reality SPIRITUAL PERCEPTION, obtained through the spiritual body's experience, just as physical sensation constitutes physical experience.

Physically embodied human beings in general are not aware

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of the fact that they possess a spiritual body, although they function with and through it, more or less regularly, either Consciously or Semi-Consciously. The information is transmitted to Consciousness but the average Intelligence has not learned how to identify and separate the source or channel through which the information is received, and to differentiate the vibrations that reach Consciousness through the physical channels from those coming through the spiritual sense organs.

Every human being receives more or less consciously, sensations and experiences that we describe or name, Instinct, Intuition, Premonitions, Hunches, Visions, Inspirations, Thought Transferences and many other varieties of Consciousness or awareness of our Being *tuned in with* the finer forces, activities and processes in Nature.

These experiences are and ever have been, throughout human history, the common experiences of practically all of the human race.

They have been too numerous and too Universal an experience to be ignored or to be disregarded.

They must be scientifically investigated, identified and verified and acknowledged, just as physical phenomena have been carefully investigated, verified and acknowledged, if we are to learn and understand more about this complex Being we call Man, and HOW we may acquire that precious state of being we name HEALTH, as well as *how to maintain* it when acquired.

By mentally organizing, classifying, systematizing and recording these experiences, and with the exercise and use of recollection, man is enabled to become aware of some of nature's functions, laws and principles which enable him to understand and comprehend, that which is beneficial to Life, Health, and Happiness, and *to be able to avoid* that which, in any manner, is detrimental or in opposition to the harmony of his existence. In other words, to know

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HOW to build and maintain Health, Harmony and Happiness, and to understand WHY, when Health and Harmony are absent, as well as what is necessary to re-establish them.

As Free Willed Moral Beings, we possess the power and ability (to the degree of our Intelligence) to build our lives, as we would wish them to be, just as easily and surely as we are able to plan and build a house, an automobile, a radio, an airplane, or any other mechanism.

It is in this sense, that it can be truthfully said, that Life is what we make it.

With the application and use of our Intelligence and power of Will, who may Wisely put a limit upon the Constructive possibilities of human thought and activity?

Law of Compensation

THERE IS A LAW in physical nature which is known as the Law of Compensation. It is a Law of Mechanics. It operates with mathematical exactness and precision. The results are susceptible of definite calculation and verification.

It is recognized everywhere in the world by physical science. It is immutable, so far as science knows. Under this mechanical Law, Nature exacts something in return for everything she grants. She does not give without receiving something in return. She does not always demand of us that we pay in kind. She does, however, demand a full *equivalent*.

If Man, as an Individual Intelligence, were nothing more than a mechanical device and as such, responded automatically to the Laws of Mechanics, the problem of Life would be as simple as the multiplication table, or the simplest problem in mathematics.

In that event, all our actions and reactions, would be as automatic and mechanical as are those of the chemical atoms of the physical Universe.

As automatons, we would have no choice of action. We would satisfy the Law, but it would be automatic or mechanical satisfaction and not a voluntary or Intelligent one, from the standpoint of an Individual.

Chemical atoms act and are acted upon *automatically*.

LAW OF COMPENSATION

Machines that are invented and constructed by men, act mechanically. In neither case is there power of individual choice in the actor. In both cases the Law of Compensation is satisfied. The giving and receiving exactly balance each other.

Because the processes involved are automatic and mechanical, the results may be determined in advance and with mathematical precision. This is the realm of mathematics or Mechanical Science.

Man is NOT an AUTOMATON nor a MECHANICAL DEVICE. As an Individual Intelligence, he rises to a plane above the plane of simple mechanics. His actions and reactions, being largely VOLUNTARY, do not lend themselves to the rules of simple mathematics.

For this reason they cannot be determined in advance, by the application of mathematical rules or mechanical Principles, with absolute certainty and precision.

If this were not so, man would become an automaton.

In that event, it would be possible to reduce him to a mathematical calculation and determine at his birth, every act, thought, impulse and inspiration of his life, from that instant to the time of his death, however long his life.

There is that in man, which lifts him above the level of mere automatonism and simple mechanics. As an Individual Intelligence, he possesses certain attributes which make him a Law unto himself within certain limitations.

The powers of Will and Choice do not operate automatically, nor in accordance with the Law of Mechanics. They are powers of a Self-Acting Intelligent Soul.

From the standpoint of science, man occupies a most interesting position. For all scientific and philosophic purposes, each Individual Intelligence is from his own point of view, the center of the Universe.

In this unique position he stands as a target for all the

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forces and influences of Nature. He constitutes the natural vortex, wherein the Constructive and Destructive forces and processes of Nature are forever contending for supremacy.

By the majesty of his Individual Will alone, can their issue be determined. While he is a creature of the Great Law, yet he alone must determine if he will respect that Law.

By the power of Individual Choice and the exercise of his Will alone, he may co-operate with either the Constructive or Destructive forces of Nature. He alone may determine his own *destiny*.

He can at no time EVADE or AVOID the Law of Compensation. He can at no time, place himself outside the limits of its jurisdiction. IN SO FAR AS HE CONFORMS HIS LIFE TO THE CONSTRUCTIVE PRINCIPLE, HE NOT ONLY EARNS NATURE'S REWARD THEREFORE, BUT HE MUST RECEIVE IT.

In so far as he patronizes the DESTRUCTIVE PRINCIPLE, in just that far he EARNS NATURE'S PENALTY THEREFORE and he MUST RECEIVE it.

In the realm of Morality THE LAW OF COMPENSATION IS INEXORABLE.

It is the great leveler. It is ever seeking to establish equilibrium, by rounding off the rough corners of Human Character and filling in the low places, to bring the whole to a common level.

It is no respecter of persons, it binds all and favors none. The Law of Compensation is one of the great and profound facts of Nature.

It is desired to emphasize the fact also, that it is as much and as truly a factor in the Moral order of the Universe, as it is in the realm of Physical Nature. It is not a thing of man's creation or invention. Its penalties are fixed and immutable and they apply to all men.

Equity—Justice—Right

EQUITY IS THE process of meting out the principle of right as between two or more individuals.

JUSTICE is the process of meting out the principle of right with reference to one Individual.

RIGHT is the great underlying Universal Principle upon which both Equity and Justice are meted out or determined. The same Laws and Principles that govern the health of Individual human beings apply to the family relations, organized groups of human beings, governments, nations and humanity as a whole.

Governments are organized for the purpose of guiding Individual human relations, and the maintaining of EQUITY, JUSTICE, and RIGHTEOUSNESS.

Basically, there are three major forms of government. They are:

- (1) *Monarchy*
- (2) *Republic*
- (3) *Democracy*

Monarchy. The *ideal* of a moral Monarchy is based upon the principle of the father-mother relationship to children.

The meaning and purpose of Monarchial Government is to direct the activities of the early development of human beings, who have not yet attained to an understanding of moral self-government.

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(2) A Republic is a form of Social Government, wherein the citizens of that government select from amongst themselves, by a majority or plurality vote, the individuals to whom they delegate the power and the right to formulate the Laws (based upon Equity, Justice and Right) that are to govern the people as a whole, as well as the power to enforce those laws.

(3) Democracy represents a state of Social Organization and Government wherein the citizenship (by vote of the majority or plurality) elect the individuals, to whom they empower the authority to formulate the laws that *are desired* by the membership that elect them, also the power to enforce the laws.

The chosen representatives of a Democracy act merely as *servants* to carry out the Will of those who empowered or elected them.

Under a Democracy, any form of government may be established that the majority may desire. Even a Monarchical Government, if the majority believe that a single Individual possesses the character of Intelligence, honesty and WISDOM that is SUPERIOR to that of the COLLECTIVE MAJORITY itself.

The majority always retain the right and power to withdraw that authority at any time, if they so choose.

ANY FORM OF GOVERNMENT can function SUCCESSFULLY, when conducted upon the Principle of EQUITY, JUSTICE and RIGHT.

ANY CONCEIVABLE FORM OF GOVERNMENT must eventually FAIL, regardless of how perfect the form, if it is administered selfishly or unjustly.

In Social Life, as well as in Individual Life, to maintain Health and Harmony, they *must be governed* by the Moral Law in Nature. Even a so-called Anarchistic Society, composed of people who object to man made laws, are still subject to Absolute Law, whether they know it or not or

whether they desire it or not; they are never-the-less governed by the irrevocable Laws of Nature, *which govern every thought and every act.*

So far as is humanly known, there does not seem to be anything in existence that is outside of the jurisdiction of Nature's Laws.

Obedying those Laws results in the only *freedom* possible to human beings. Any other so-called freedom constitutes a *license* and *must be paid for* according to the character of the violation of Nature's Laws.

Perfect Freedom can exist only when there is but a single Individual involved. When two or more Individuals are associated together, *Equality of Freedom* is the only Moral Freedom.

Equality of Freedom is what Natural Law demands of every human being who desires or expects to enjoy Peace, Harmony, Health and Happiness.

When human desires, motives and conduct are in *harmony* with the Constructive Principle in Individual Life, then man enjoys the greatest degree of freedom possible for his attainment, for he thereby adds the *unlimited* powers of nature to his own plan of action.

Of all the complex problems that life presents to man for his solution under the law of balance (or Equity, Justice & Right), the intricate problem of establishing an equitable standard of function as a medium of exchange for human effort is perhaps the most difficult.

Throughout the past, the medium of exchange has been a *variable*, subject to human manipulation. Scientific methods use natural *constants* as units of measurement for material substance and its relations. As for example, an inch as a unit of space or extension; a pint as a unit of volume; an ounce as a unit of gravitational pull and a second as a unit of time.

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To establish a just medium of exchange for human effort is very difficult. No two human beings are alike, their output varies, even in the same individual the output varies at different times.

The nearest approach to a just medium of exchange would seem to be a constant, so as to approach as near as possible, the natural, normal standard of Equity, Justice and Right and thereby maintain the Health of the Nation.

TIME could perform that function.

Every human being's day is divided into twenty-four hours per day. The hour of service could represent a unit constant, as an exchange medium, from the view point of time. From the view point of product produced, it would still represent a variable, but under modern mechanical means of production, where products are produced collectively, an average would seem to be required, and calculation would need to be based upon that Principle in industry.

It does not seem to be possible to measure human effort and its product, except upon the basis of the collective average.

There are three major efforts, in their attempts to solve this age old problem to establish and maintain equitable human relations. They are:

Competitive Industry

Socialism

Communism.

(1) Competitive Industry represents the Principle of the survival of the fittest, wherein the field is wide open to the expression of Individual initiative and acquirement, wherein the weak must become strong enough to survive or fail.

Competitive Industry is based upon the profit motive and Individual ownership over all the Individual can acquire under the profit system and the directive power over all that has been acquired.

EQUITY—JUSTICE—RIGHT

Under Competitive Industry the strong can use their combined strength, to overcome the strength of the weaker groups, until such a time as Nations combine under a Unit Government to maintain, Equity, Justice and Right. A Unit Government of the Nations of the Earth is the simplest, easiest and surest way to prevent WARS, WASTE and many other forms of destruction.

The destructive waste in life, that could be avoided, would supply the needs and comforts for the human family, if wisely conserved.

A World Government is based upon CO-OPERATION.

WAR springs from COMPETITION.

A World Government's duties and obligations are to serve and protect the welfare of each and every human being, and the duty and obligation of each and every human being is to devote their efforts and energies for the welfare of the Government.

This is the true meaning of *Organization*. The whole is to serve each and every part, while every part serves the whole. This means efficiency, economy and growth; that is the moral way and the way to success, the way of prevention of dis-ease, the perpetuation of Individual Life as well as the collective body. This is the way of the Constructive Principle of Evolution.

The Individual, the family, the social circle, the nation and the race, evolve or de-volve under the operation of this principle of evolution or devolution, functioning like the waves of the ocean, forward and backward, progressing forward continuously after *each cycle*, by developing a knowledge of *construction and destruction*, while undergoing this process of evolution.

Competition means to excel, regardless of its effects upon the competitor.

Co-operation tends to Individual Development, without the motive or desire to *out-do* the other person.

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Competition can express itself *constructively*, as well as *destructively* but it is very difficult to maintain Constructive Competition.

Constructive Competition demands that each Individual Respect and Honor the Successful Competitor with a genuine feeling of *friendship*.

Under Constructive Competition each Individual must conduct life's activities by the standards of Equity, Justice and Right, regardless of the activities of others. Any Individual can and may live a just life and prosper, even in a community of more or less injustice. This may seem untrue, at a brief glance, but this must be tried out and tested, before it can be justly questioned.

Nature has many ways to maintain the Law of Compensation. Man may unbalance things for awhile, but nature sees to it that the scale is balanced for each and every Individual.

While it is true that nature has given man the power of a Free Will, it is also true that if man misuses or abuses that Free Will, he thereby weakens that power and if he *persists* in mis-using it, he soon reaches a point of exhaustion of that power of Will and becomes an *automatic instrument* of environment or in danger of becoming so.

It is either self-control or the loss of it. Once more we are made aware of the fact that Life is what we make it. We may make it a success *under any form of government* or it can be made a failure under the most perfect form of government.

It is up to us as Individuals, regardless of man-made injustices. A Negro or Negress who are *kind* and *loving*, and under man-made laws are held in slavery, can and do make a supreme success of their lives, while at the same time *shaming the self-assumed slave owner*, and when their physical lives are over, what has been the *value* of the slave holder's life and what the value of the negroes' lives?

EQUITY—JUSTICE—RIGHT

All systems of government are based upon IDEALS and fulfill a need in social life in their time and place, IF CARRIED OUT ACCORDING TO THE PLAN OF THE IDEAL.

IT IS THE FAILURE TO FULFILL THE LAW, that causes friction, discord, dis-ease and WAR, Individually and Collectively.

(2) Socialism represents an effort to establish a means or method of Social-Government, wherein each Individual would receive his or her own share of the social product, based upon the amount of effort put in, measured in time and ability.

Ownership would be held by the people as a whole. Possession and use of the product would be distributed, according to the amount of effort expressed and the average value of the product within a unit of time. In other words, it is an effort to establish and maintain Equity, Justice and Right.

The purpose and motive being to eliminate *unearned profit*, and to render to each, his or her just due. This would be based upon the social average value of product.

(3) Communism *in its ideal* as a form of government, is based upon the Principle of Generosity, that is, the strong using their strength to build up the strength of the weak. Each sharing in the product according to their need, if supply is abundant, otherwise based upon supply and Equity and regardless of their ability to produce.

Ownership being held Collectively and possession and use of products according to need, if supply is abundant and equitably adjusted in cases of shortages.

Each Individual rendering services to the whole according to ability and in harmony with the Plan of the Community,

In its final analysis the form of a government is not the determining factor in a successful society, but the manner

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of its administration and the degree of Equity, Justice and Righteousness maintained in its application to all human relations in the social organism; and the success of this function is dependent upon the character and quality of education maintained throughout its membership.

Constructive Education is the *very foundation* of a successful government. Without KNOWLEDGE and UNDERSTANDING *Intelligent* activity is not humanly possible. Every child needs to unfold its natural, normal sense of Right and Wrong. Then, and then only, will we have the right to anticipate a Healthy and Successful state of human relations.

Education

EDUCATION IS THE PROCESS by which an Individual Intelligence acquires a definite and personal knowledge of the facts of nature, in all the realms of human interest, physical, spiritual, mental, moral and psychical. It is also, the accumulated knowledge thus acquired.

Through Education as to the Laws, Principles and forces, activities and processes of mechanical nature, man obtains the foundation of knowledge, which enables him to understand, appreciate and rightly apply that knowledge under the moral law.

The moral law of nature governs the relations between human beings only, and NOT the forces and activities of material substance. Knowledge acquired from mechanical nature represents the reward for suffering and hardship, in acquiring it.

We must first know what is RIGHT and WRONG before we can act Intelligently and Wisely.

We may become masters of the laws of mechanics, and yet *destroy ourselves and others*, unless we acquire a personal knowledge of RIGHT and WRONG, which means an understanding of the moral law, which makes itself known as the Law of Compensation and Retribution or CONSTRUCTION & DESTRUCTION.

The most important single lesson that any human being can learn is a SENSE of RIGHT and WRONG.

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Without this definite and specific knowledge a human being goes through life, blind-folded and subject to falling into every error it contacts.

A *knowledge* of RIGHT and WRONG is the *very foundation* of a SUCCESSFUL life.

One may develop a vast amount of mechanical knowledge and yet become a menace to himself and others, if that knowledge is not governed by the Law of Morality.

Knowledge of itself, without the added knowledge and ability to RIGHTLY USE IT, becomes a DANGER in place of an ASSET.

A knowledge of Right and Wrong should be and MUST BECOME the Principle and Basic Subject of our educational curriculum, from the kindergarten to the master's degree.

Without this basic Principle being gradually absorbed by the human mind from its earliest rational unfoldment, life loses much of its meaning and purpose.

It is this element in our educational curriculum that has been overshadowed and largely lost sight of, in its supreme and determining power over the *successful living of a life*, Individually and Collectively.

It is this basic missing element that must be supplied, to each and every human soul upon the face of the earth, if we desire peace, harmony, health and happiness, for ourselves and our fellowmen.

Intuition and Inspiration has guided the *few* in the human family to protect the rest of us from collective suicide, up to the present time.

As science has increased its knowledge and control over some of nature's more powerful forces and made that knowledge available to everyone, *regardless of their desire to rightly use it*, it becomes the solemn duty of every human being who assumes the responsibility of guiding the

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thoughts and activities of their fellowmen, to *emphatically emphasize* the DANGER and RESPONSIBILITY THAT UNDERLIES THE MIS-USE of any knowledge obtained from the collective human experience.

Practically all our knowledge and discoveries are based upon the accumulated experiences of all humanity throughout its entire history.

The question of RIGHT and WRONG is of such supreme and fundamental importance to each and every human being, that it does not seem superfluous to *emphasize, repeat and perpetuate* the continuity of this vital KEY to a successful life, for the Individual and for humanity as a whole. A knowledge of RIGHT and WRONG based upon NATURAL LAW.

NATURAL GUIDANCE as to what is humanly Right and Wrong is *that which is* CONSTRUCTIVE in human life, is moral and RIGHT; and that which is DESTRUCTIVE to human life is immoral and humanly WRONG.

This same standard applies equally to the family, to organic groups of human beings and to nations, governments and to humanity as a whole.

Once a human being acquires a knowledge of RIGHT & WRONG, he has attained to his natural Majority or Maturity, Intellectually and Morally, and he thereby becomes a citizen of the World, as well as a true and normal member of the Brotherhood of Man, and would not intentionally harm anyone.

He then knows, beyond the shadow of a doubt, that if he attempts to harm any human being, he thereby harms himself more than he can injure anyone else, for if he actually does some harm to another person, he and he alone is the criminal and not the person that was harmed.

And under Nature's law of Morality he *must* compensate for the harm that he did or suffer the consequences. Sooner

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or later *he must pay and pay in full* with suffering as interest.

A knowledge of RIGHT & WRONG, based upon nature's binding law of Morality would revolutionize the human race within half a century; for what sane human being would *deliberately, knowingly and intentionally punish himself?*

That would mean that a sane human being would prefer PAIN, SUFFERING and MISERY to HARMONY, PEACE, HEALTH and HAPPINESS.

All our *troubles* are the *children of ignorance*, therefore this great emphasis upon the value, power and significance of TRUE EDUCATION, that is a knowledge of RIGHT & WRONG, that will withstand the tests of science, conform to the demands of Philosophy and fulfill the hopes and aspirations of Religion.

Thinking Related To Health

THINKING IS THE PROCESS by means of which the Individual Intelligence or Soul, manifesting through its attributes, operates upon its material brain and sensory organism.

What are attributes? Attributes are the *modes* of the Soul's expression or manifestation. The abilities or capacities of the soul to express or manifest itself, through its material bodies, on the plane of its habitation.

The attributes divide themselves into two general classes, on the basis of their functions or uses. One of these is receptive, the other aggressive. The receptive ones are Capacities or Faculties. The aggressive ones are Powers.

Capacities or Faculties appear to be dependent upon Natural Laws and conditions (for their operation) over which the Soul does not necessarily exercise Individual control. They are negative, passive or receptive in nature.

Powers are the positive or active attributes of the Soul. These are under the control of the Individual Intelligence and operate because the Individual takes the initiative and sets them in motion.

Every impulse emanating from the Soul, and vibrating through the material brain, produces a phenomenon which we call a THOUGHT. An orderly sequence of these constitute the process which we know as THOUGHT or THINKING.

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It is a natural process, common in various degrees, to every Individual human Intelligence. It is one of the established facts of nature and as such, subject to its laws.

THINKING is an activity of the Intellect.

Intellect is the aggregate of the Intelligent activities of the Individual Intelligence or Soul, the function of which is to KNOW and UNDERSTAND.

MIND is the sum total of all the Intelligent activities of the Individual Intelligence or Soul.

Intellect is a part of the Mind, that part which *knows and understands*; while Mind itself embraces all the phenomena produced by the Individual Intelligence, manifesting itself through its several attributes.

While on the physical plane, the Soul manifests itself primarily through the physical brain.

As the musician, seated at the organ, moves his fingers over the keys, striving to give expression to the emotions that surge through his being, so the soul *plays upon its material instruments*, the physical and spiritual brains, endeavoring to manifest upon the material plane, those tremendous energies which vibrate through its essence. Every touch upon the keys of the organ produce a musical sound, which we call a note. A succession of these, echoing in orderly harmony and rhythm, sends a symphony pulsating through our listening ears.

THOUGHTS are the phenomena produced by the impulses of the Individual Intelligence or Soul, manifesting through the attributes, upon the material brain and sensory organism.

This process and activity is employed by the Soul, through its material instruments, upon all the planes of life and action on which it abides throughout its evolutionary progress. From the view point of physical life, we naturally give predominance to the phenomena of our every day existence on the plane of physical matter. Most of us are

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not even conscious that the Soul employs the same process and the same activities, upon the spiritual plane. This is due to the fact that we are neither able to *raise these impressions* above the threshold of physical consciousness nor use our *spiritual senses* in comprehending them.

Thinking is in all essential particulars, an ACTIVE process. It depends upon the Soul itself to initiate, maintain and carry to conclusion, every step involved. Should that activity cease for an instant, in that precise moment the process would stop.

It is an intense activity. It is the activity of an essence vibrating with many times the rapidity of physical or even spiritual material, yet with a force that transmits its energy down through the spiritual, magnetic and all other forms and degrees of fineness and rapidity of vibration, and sets in motion the vastly coarser material of the physical brain and sensory organism, producing the phenomenon we know as *thought*.

It is the fact that thinking is an active process that furnishes the Key to the development of the Faculties, Capacities and Powers of the Intelligent Soul—which constitutes the development of the Soul itself. It also supplies us with a scientific basis for the necessity of Self-Effort in that accomplishment. It likewise outlines for us certain lines of thought *to be avoided*.

So far as is scientifically known, the Individual Intelligence or Soul never sleeps; in other words it is always active. For instance, during our waking hours we are continually conscious; that is, we are aware of what is going on about us. From this we know that the soul is active during all of the time. But we are likewise aware, if we have given any attention to the matter at all, that there are various degrees, or kinds of modes of that activity, ranging all the way from the faintest glimmerings when we wake from slumber, to the intense, earnest, energetic efforts we put forth in the strenuous endeavor to accomplish some much desired ob-

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ject.. Yet every one of these graduations is some degree of activity.

It is evident, therefore, that we must form a definite concept of the Character of activity involved in the process of real thinking. This must be an intensified activity. It is of necessity a sustained effort. It requires the wakeful, concentrated animation of all the soul attributes. It must be directed to the accomplishment of a definite purpose. It necessitates a basic foundation in sincere soul desire.

While the process of thinking can be carried on in the correct attitude of soul, that is attentively, without reference to the purpose of such thinking, there is one vital element which must enter into the operation, if we are to make right use of our Faculties and Powers. That element is the MORAL phase of it.

Strive as we may, we cannot escape from the consequences of WRONG thinking, which are the *exact opposite* of the results we are seeking to attain. To indulge in this kind of thought only cultivates the weeds that try to obtain foothold and flourish in the garden of the mind, which, unless exterminated, will crowd all that growth from which we hope and expect to garner the harvest of health, harmony and happiness.

It is *impossible* to THINK EVIL and DO GOOD.

Let all our THINKING, therefore, be in conformity with the Moral law. Let us banish from our thoughts all that can sap or undermine the wondrous edifice that we are trying to build, the Temple of Character, wherein we are to abide forever.

We know that man has the ability to use all his faculties and powers either to assist nature in his evolutionary progress, to resist Nature's efforts in that direction, or by taking a neutral course, become merely a drifter on the sea of Life.

Since those activities express themselves in the process of *thinking*, we have a right to expect that the phenomena

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caused by those activities will conform to, and manifest, the attitude of soul of an Individual, at any given time. Such is the fact all about us. We see Individuals representing every possible phase of this attitude of soul, clearly and unmistakably.

Thus it appears that we can exercise the process of thinking either **CONSTRUCTIVELY OR DESTRUCTIVELY OR BOTH**, as suits our pleasure. This also **IS A FACT**, the *full force and significance* of which **SHOULD NOT ESCAPE US**, but be burned into the fiber of our being.

When we examine ourselves in the quiet of retirement, we know and confess that our Thought Life is a strange intermingling of Constructive and Destructive thinking. We realize that it presents a constantly changing panorama of conflicting thoughts, good, bad, indifferent and mixed.

We know well, if we stop to think, that **WE** and we alone are responsible for this condition. We know also that the remedy *lies with ourselves*. We must think **RIGHT** if we would be **RIGHT**. The old maxim "as a man thinketh in his heart, so is he", thus assumes the force and dignity of a law of nature.

Here is the great battle ground that confronts every soul genuinely desirous of its own peace, health and happiness. It is here that the battle for **HEALTH** is to be **WON OR LOST**.

This is the emblem emblazoned on the banner of the **VICTOR**:

SELF - CONTROL ESTABLISHED AND MAINTAINED OVER EVERY ACTIVITY OF THE SOUL WINS SUCCESS.

We have learned that Constructive Thinking consists in maintaining that attitude of soul wherein its energies are positively, actively and devotedly attentive to the accomplishment of a Moral Purpose. It is but a short step to the realization that Destructive Thinking is indulgence in an

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attitude of soul that is opposed to, inactive, negative or inertly in-attentive to the Living of a Moral Life.

This is true for many reasons. First, because it is a useless waste of valuable time. Life at best, is very short for the accomplishment of those objects and purposes which occasion our being here. Every moment diverted from the attainment of those objects and purposes is a moment lost, and whether we realize it or not, delays the day of our triumph over DISEASE and the attainment of health and happiness.

Again, Indulgence in these negative conditions has a strong tendency to increase the frequency and duration of these inert lapses from the *right attitude of soul*.

Climbing is arduous toil, while one can *fall a long way without effort*. This makes it possible to retrogress more in an hour than we have climbed all day.

THOUGHT is a FORCE.

We have learned that Thought is an *activity*. This implies *power*, which means *force*. We know by experience that Thought is a *creative force*, an impelling force, a motive force, a very persistently sustaining force. It is the most *powerful factor* in the *progress of the world today*.

Intelligent cultivation and direction of its marvelous potentialities will harness them, and place the reins in our hands. *Then we can drive where we will*.

Our ability to think correctly, constructively, accurately and powerfully CAN BE DEVELOPED. All that is necessary is to DO IT.

The only equipment we need, Nature has supplied us. No costly apparatus is required. The only process necessary is the continued exercise of all our soul attributes, *actively and earnestly* in conformity with the Constructive Principle of nature, the great Law of Morality.

The only condition is that we shall make the RIGHT USE of all our Faculties and Powers.

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For our neglect to do so, nature has its penalties. For our persistent self-effort to accomplish the task, she has in store for us the reward of harmony, health and happiness.

We are our own masters. We are what we have made ourselves. We can make of ourselves what we will.

Man possessing a FREE WILL, is able to lower his vibration, maintain its normal status, or increase it, by the quality or character of his thinking.

The more capable man becomes in directing his thoughts and activities along Constructive and Harmonious lines, the greater becomes the degree, quality and volume of his living a successful, healthy and happy life.

Nature or Natural Law has built for man a *physical* Garden of Eden.

Everything is here that is necessary for his health and happiness.

All he needs to do is to learn *how* to live his life so as to enjoy this infinite generosity of the Great Creative Intelligence.

God, or Nature or the Universal Intelligence has made but *one request* of man, and that request (through natural law) is THAT HE SO LIVE that he DOES NOT TRESPASS upon the EQUAL RIGHTS of his fellowmen.

That is the significance and true meaning and Principle behind the Biblical story of the *forbidden fruit* upon the *forbidden tree* in the Garden of Eden.

The FORBIDDEN TREE is symbolically the DESTRUCTIVE PRINCIPLE in nature.

And the FRUIT upon the TREE is SELFISHNESS.

He who, knowingly and intentionally PERSISTS upon living a LIFE OF SELFISHNESS, surely and inevitably subjects himself to the operation of the DESTRUCTIVE PROCESS in nature, which ultimately leads to disintegra-

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tion, decay, death and destruction of the bodily instruments, through which the Intelligence of man expresses itself and makes itself known to other selves, and this is truly the way of death.

And so, once more we have been brought to a realization that for man, LIFE IS WHAT HE MAKES IT, and that he has the God given RIGHT to *determine his own destiny*.

HE MAY LIVE, LEARN, PROSPER and ENJOY HEALTH, HARMONY & HAPPINESS,

OR

If he *so wishes*, he may create all the "hell" (suffering and misery) for himself, that he can enjoy and when he has had enough, he has the POWER to turn about face, and begin to build a Heaven (health, harmony and happiness) for himself, when he has *fully determined* that he has *had enough* of his own created Inferno.

Our thoughts and activities *must respect* the equal rights of all human beings, in order to entitle us, as Individuals, to the same respect from them.

Probably one of the greatest documents that has ever emanated from the MIND of MAN, is the United States DECLARATION OF INDEPENDENCE.

ALL MEN ARE CREATED FREE AND EQUAL.

That all men are created *free* is a self-evident un-deniable fact of life.

That they are born *equal* is NOT so self-evident, when no two Individuals are found to be alike Intellectually or Materially.

Natural Science, supported by the records of the *accumulated experiences* of all humanity, *throughout the recorded history of mankind* upon this planet, brings the following self-evident facts to our attention and consideration:

All human beings that are born *normally*, possess Self-Consciousness.

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All human beings that are born *normally*, possess the Power to Reason.

All human beings that are born *normally*, possess the Independent Power of Choice.

All human beings that are born *normally*, possess the Self-Conscious Rational Power of Freedom of Will.

It is in THIS SENSE that ALL MEN ARE CREATED EQUAL. These are the God given TOOLS to all mankind, with which each individual is enabled to build his life and character.

How he USES these tools, is what presents to our Intelligence the Infinite VARIATION of Individuality, which blinds us to the Universal *fact* that at *birth* man is endowed by Nature with the same Capital Stock.

WE ALL start out with the same *working tools*.

HOW, WHERE and WHEN we USE these *tools* determines the variations of experiences, which govern the degree of development of the Individual Intelligence, as well as the quality of our characters, which also determines the degree and quality of our health, harmony, happiness.

It is the possession of these same powers and capacities, by each and every human being at birth, that constitutes their equality at birth.

How he uses these capacities and powers is what makes him different from the rest of us (remembering the principle of Evolution and the continuity of life after physical death, which has been demonstrated by Natural Science throughout the ages).

It is the development of man's thinking ability that determines his evolutionary progress, awakens his moral conscience, his sense of Right and Wrong, and arouses his sense of Moral Responsibility and Personal Accountability for his thoughts and activities.

It is by his thoughts and actions, governed by Wisdom,

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that he successfully becomes Captain of his soul and Master of his destiny.

The use of the term Soul is herein meant to be the governing Intelligent Entity, expressing itself through its material bodies.

When the thoughts and activities of the Individual Intelligence conform to the Constructive Principle in Individual Life, it is fulfilling its obligations and duties to the Evolutionary Principle of life and thereby making it possible for nature to bring about the fulfillment of *her plan* for man's HEALTH, HARMONY, HAPPINESS and the CONTINUITY of his life.



SELF-ANALYSIS OF THE PHYSICAL FUNCTION OF RECEIVING & GIVING



WE SHOULD TAKE FREQUENT INVENTORY OF:

WHAT WE HAVE —

WHAT WE HAVE EARNED

WHAT WE NEED — WHAT WE WANT



A SENSE OF VALUES IS AN ABSOLUTE NECESSITY TO SUCCESSFUL LIVING

SOME THINGS HAVE USE VALUE, IRRESPECTIVE OF LABOR VALUE.

For example, SUNSHINE and AIR.

SOME THINGS HAVE LABOR VALUE, REGARDLESS OF THEIR USE VALUE.

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For instance, a person may dig a hole in the ground, and then fill it up and keep repeating the process.

Most things have a price value.

LABOR VALUE is the sum total of human effort, mentally and physically.

LABOR VALUE is the true basis of exchange value.

PRICE VALUE SHOULD REPRESENT LABOR VALUE.

PRICE VALUE, LABOR VALUE and EXCHANGE VALUE should be equal to each other, to satisfy the law of Equity, Justice and Right.



LIFE

*CAN BE PROPERLY CONSIDERED
AS OUR BANK ACCOUNT WITH NATURE.*

*WHAT WE PUT INTO IT, that is WHAT WE
HAVE A RIGHT TO TAKE OUT.*

*WE MAY BORROW FROM THE
BANK OF LIFE,*

but

*The BANK OF LIFE DEMANDS
AND
COLLECTS ITS DUE.*



*IF WE TRY TO CHEAT,
WE SUCCEED ONLY
IN CHEATING OURSELVES.*



*IF WE ARE GENEROUS,
WHETHER WE WILL IT OR NOT
OUR GENEROSITY FINDS ITS WAY BACK
TO WHERE IT CAME FROM
SOONER OR LATER.*

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AS WE DO UNTO OTHERS
SO SHALL IT BE DONE UNTO US.

LIFE IS WHAT WE MAKE IT.
LET US MAKE IT, WHAT WE DESIRE
IT TO BE.



THE LAWS THAT GOVERN THE HEALTH
OF THE INDIVIDUAL, also govern the health
of a family, a nation and a race.



DIFFERENCE IN MATERIAL AND
INTELLECTUAL
RECEIVING and GIVING.

MATERIALLY,
Receiving and Giving must balance,

BECAUSE

MATERIAL gifts require LABOR—TIME—and
—ENERGY, WHICH ARE CONSUMED &
MUST BE REPLACED, TO MAINTAIN A
BALANCE WHICH THE LAW OF COMPEN-
SATION DEMANDS,

BUT

INTELLECTUALLY and MORALLY,
MAN CAN GIVE & GIVE & GIVE WITHOUT
DECREASING THE AMOUNT of his intellectu-
al possessions.

IN FACT

THE MORE MAN GIVES INTELLECTUA-
ALLY, THE MORE HE HAS, BECAUSE HE
LEARNS BY GIVING.

*The Mechanical and the Moral Laws,
As They Are Related To Man*

THE MECHANICAL LAWS of nature are the department of Natural Law, which has to do with the forces and activities of MATERIAL SUBSTANCE, and *not* with the relations between Individual Human Intelligences.

The INVOLUNTARY PROCESSES of the *material bodies* of man are subject to the *Mechanical Laws* governing matter.

The Moral law of nature has nothing to do with the forces and activities below the level of Individualized human Intelligence, in the sense of refinement.

The Intelligence of man is governed by the MORAL ORDER of the Universe.

INTELLIGENCE is POSITIVE, MATTER is NEGATIVE.

INTELLIGENCE is ACTIVE, MATTER is that which is ACTED UPON.

INTELLIGENCE *governs matter*.

The Intelligence of man governs the voluntary processes of his material bodies, which are subject to the jurisdiction of the moral law.

Universal Intelligence governs the involuntary processes of man's bodies through the Natural Laws of Mechanics, which we shall now examine and make a study of.

THE MECHANICAL AND THE MORAL LAWS,

Every branch of Natural Science accepts the premise that back of all life there is a CREATIVE POWER, a UNIVERSAL INTELLIGENCE or PRINCIPLE which creates and sustains all life and action.

Natural Science names this great principle and power UNIVERSAL INTELLIGENCE.

Humanity generally expresses this same thought by the use of the term GOD.

Physical Science uses the term POWER, and describes it as *potential*, meaning the ability to act.

When POWER undergoes transformation it becomes KINETIC, which means active. POWER as CAUSE, KINETIC as EFFECT or the Law of CAUSE and EFFECT, ENERGY and MATTER.

Here, we evidence the birth of life's greatest mystery.

UNITY transforming itself into *duality*.

CAUSE generating EFFECT, or the origin of life and action.

LIFE and ACTION expresses itself through a GREAT UNIVERSAL DUALITY.

This Duality Natural Science defines as the great universal principle of polarity or affinity.

Polarity and the Evolution Of Individual Intelligence

ALL LIFE AND ACTION expresses itself through a **GREAT UNIVERSAL DUALITY**.

This Duality Natural Science defines as the great universal principle of polarity or affinity.

To this great universal principle of polarity or affinity, Natural Science traces all known life and action, and it defines its mode of operation in the following terminology, as a Universal Process.

There is a principle in nature which **IMPELS** every entity to seek vibratory correspondence with another like entity of opposite polarity. Through the operation of this great universal principle, Nature has evolved the four physical kingdoms. They are:

The Mineral Kingdom

The Vegetable and Plant Kingdoms

The Animal Kingdom

The Human Kingdom.

Throughout the mineral kingdom of Individual life, the principle of polarity or affinity expresses itself as positive and negative polarity.

In the plant and animal kingdoms this dual principle is known as male and female polarity.

Upon the human kingdom the principle of polarity is

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recognized as man and woman or masculine and feminine polarity.

Natural Science defines the positive polarity of Intelligence as the active, the creative, the generating force, the giving and the teaching principle of Intelligence.

The negative or receptive principle of Intelligence as the receiving, absorbing and reproductive force, the receiver or pupil; Universal Intelligence as the original giver and teacher; Individual Intelligence as the receiver and pupil.

This process of the birth, growth and development of the Individualized Intelligence represents nature's process of EVOLUTION.

EVOLUTION is the plan and mode of operation conducted by Universal Intelligence, in the process of the Individualization of Intelligence.

This process of evolution is discerned and traced by the School of Natural Science in its gradual steps through the mineral kingdom and as it manifests itself throughout the plant and animal kingdoms and the human kingdoms.

This process of evolution becomes quite evident to a careful observer by the increase of complexity of the Individual organism in each kingdom of life, and particularly so by awakening, growth and development of individualized Consciousness, which has been concretely and poetically described in the following terms:

CONSCIOUSNESS sleeps in the mineral kingdom, dreams in the plant kingdom, awakens in the animal kingdom and acts in man.

Unmeasured time and infinite degrees of gradual growth and development in each kingdom, are implied in this concrete statement, before this principle of Evolution has evolved a MAN, a self-conscious, rational, self-acting, morally responsible unit of Intelligence.

Natural Science discovers something *more* than physical matter in motion. It finds that a physical entity is some-

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thing more than physical matter keyed to a certain rate of vibratory action. It finds that all matter is alive, or rather that matter is *animated* by something which we name either magnetism, vitality or life.

It finds that a steel magnet exhibits a certain character of vitality, a tree possesses yet another, the animal still another, while it finds that man exhibits higher and more subtle energies than anything below him.

The four Universal Life Elements successively give rise to the four physical kingdoms, mineral, vegetable, animal and human.

Each one of the life elements gives rise to a distinctive form of physical activity or life. Each element governs a kingdom which is entirely distinct in physical appearance, in characteristics, capacities and activities.

The union of physical matter and the life elements is brought about through and by the operation of that principle which inheres in the universal life elements themselves.

Each life element displays dual and yet differing powers of positive and receptive energy.

In the union of physical matter with one or more of these life elements, arise the phenomena of Magnetism, Vitality and Life.

The Universal Life Elements are four in number:

The Electro-Magnetic life element

The Vito-Chemical life element

The Spiritual life element

The Soul life element.

One or more of these vital elements magnetizes, vivifies, vitalizes or animates all physical matter, including the mineral atom, the plant, the animal and man.

What we know as Magnetism in metals, Vitality in vegetation and Life in the animal and man are certain temporary relations established between physical material and the finer and more subtle elements.

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The range of phenomena included in the operation of these elements, extends downwards to the unconscious mineral atom and upward to the self-conscious soul.

The Electro-magnetic life element, the least potent of all the vital elements, animates mineral substance and displays the powers of Union, Cohesion and Aggregation.

The Vito-chemical life element, the next higher and more potent of the universal life elements, vivifies vegetable substance and governs a higher form of activity. This element displays something more than the powers of union, cohesion and aggregation. It does something more than unite already existing particles. It possesses in addition the powers of *growth* and *organization*. It generates new forms by attracting the necessary material from the universal elements.

The Spiritual life element, a still higher and more potent element generates a still higher form of life. Animal life is a distinct advance upon vegetable life. Animal organisms possess a vitality, capacity and power, wholly unlike and superior to the plant. The animal cell exhibits the same unconscious union, cohesion and aggregation of the mineral atom. They also possess the power of growth and organization as do the plants. The animal as a whole, possesses the capacities which far transcends those of the mineral and vegetable kingdoms. These capacities are defined as Individual Consciousness, Sensation and Instinct and the power of Volition.

The Soul life element, the highest and most subtle known to science, involves the kingdom of man. In this fourth and highest kingdom are found every capacity, characteristic and possibility of all the lower kingdoms. Added to these is a certain character of life, of energy and of capacity never yet discovered in the lower kingdoms. In this kingdom and in this alone are found Self-Consciousness, a Rational Intelligence, Morality, Altruism and a Free and Independent Will and Desire.

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Each one of the life elements *dominates* a particular kingdom and gives rise to a distinctive class of phenomena.

These elements are unlike in essence, differing in character and capacity. They are of different degrees of refinement and therefore move at different rates of vibratory action.

The two lower life elements, the electro-magnetic and the vito-chemical, have a physical as well as an ethereal side.

These are the only two of the vital elements which move at such a low rate of vibratory action, as to come within the range of physical experiment.

Man, through his knowledge and control of these two particular elements, revolutionizes, from time to time, the established order of human society.

Electrical, medical and chemical sciences rest upon the knowledge, control and a practical application of the electro-magnetic and vito-chemical forces in nature.

The Soul life element is the highest and most subtle element which enters into the composition of man himself. Water cannot rise above its own source when left to itself. The Intelligent Soul has not risen to an Intelligent perception of anything higher than his own highest element.

This is the element most difficult of analysis and demonstration. Study of this element and mastery of its principles, constitutes the highest occupation of human Intelligence, both physical and spiritual.

The proper study of mankind is MAN.

This was not intended simply as the study of man anatomically or physiologically. He, who really studies man, investigates and analyzes the capacities and powers of an Intelligent soul. He does not merely dissect the physical body nor analyze its physical functions.

The several distinct kingdoms of nature represent the union of physical matter with the several life elements in nature. These several kingdoms are seen to rise successively, as one

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after another, the life elements are inducted into physical matter.

The vitalization of physical matter depends upon the energies which inhere in the universal life elements themselves.

The withdrawal of the life elements produces the same results in each kingdom of nature, devitalization or death. The material particles of any physical organism, divested of the controlling life element, exercises a form of disintegration which we name decay or death.

When the electro-magnetic life element is extracted from iron or steel, we have devitalized mineral substance or dead ore. If a bottle of herb extract is left uncorked, the medicine loses its potency or its life. When a man dies *physically*, it means that the more permanent MAN has withdrawn from the physical counterpart. It means that the *spiritual organism still animated by the Individual Intelligence*, survives that event, and *goes on with existence under new material conditions*.

Physical matter is negative to and subject to the action of the positive life elements. Physical life is nothing more *than the manifestation* of a certain relation between the animating life elements and coarser physical particles.

The supreme power of the soul life element is held to be the power of persistence *after physical death* as an Individual and self-conscious Intelligence. The soul life element in its positive and receptive energies corresponds with all the lower life elements of nature. Moved by the same principle, the soul life element animates and inspires humanity. It moves in lines of positive and receptive Intelligence. The Intelligent Ego being essentially masculine or feminine.

Distinct cleavage exists in the Intelligence as well as in the physical and spiritual organisms of the human family. Each higher kingdom *includes all* of the energies and functions and powers of the lower life element.

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A plant includes the energies and powers of electro-magnetism as well as those of the vito-chemical life. The animal represents these same two elements, *though governed* by the spiritual life element.

Man combines the energies, functions and capacities of all the elements, though he is governed by the highest, the self-conscious soul.

The Universal life elements appear to have special offices in the economy of nature. To the electro-magnetic is assigned the refinement of mineral substance and solidifying of the planet.

The vito-chemical life element is given the task of preparing the planet for physical life. The particular office of the spiritual life element appears to be the completion of the physical body.

To an Intelligent soul is especially assigned the acquisition of knowledge, the acquirement of power, the exercise of Love and the attainment of happiness. .

From the lowest to the highest, each element has performed its task through the Sex principle of positive and negative energy. Only *by comparison* is human intelligence able to comprehend this supreme drama which is being enacted by nature. Only by comparing a positive and a negative mineral atom with a man and a woman can the mind grasp the meaning of the word EVOLUTION.

The evolution of each physical kingdom is the result of the *individual activities of entities* which go to make up the kingdom. The individual activity of the entity occasions all magnetic change and chemical combination. It occasions all growth, vegetable and animal. It governs the increase of intelligence and the development of Reason, Morality and Love.

Physical change and transmutation of matter are occasioned by the Universal life elements rather than the physical part of the individual entity. All the intelligent

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operations of the physical human individual are occasioned by demands that inhere in the Soul. The struggle for nutrition, the struggle for reproduction and all other struggles appearing to be physical are prompted by demands which exist in a Soul.

One who studies the universal life elements back of all physical matter discovers that all the operations of individuals in the lower kingdoms are Intelligent. All voluntary activities of animals are governed by Conscious Intelligence resident in the spiritual life element.

The voluntary acts of men are directly referable to the self-conscious Intelligence or Soul.

The Intelligent Ego operates both bodies in this physical life and departs with the spiritual body at physical death.

Natural Science discovers vastly more than the fact that there are principles, properties and elements, universal in nature. It goes further than mere analysis of co-operation as between these principles, properties and elements. It goes further than mere demonstration of material processes of evolution, whether these processes be physical or spiritual. It declares that this world of ours is something more than a world of physical matter.

Linnaeus concisely expressed these evolutionary steps in nature, when he said stones grow, plants live and grow, animals grow, live and feel.

Had he gone one step further and added, men grow, live, feel and think, he would have expressed the Philosophy of Individual Life.

Everything that is, atom, cell, organism, animal and human is in a present state of refining, change and improvement. The physical matter of one kingdom is being perpetually refined for the use of another. The life of one kingdom is continually preparing the way for a higher life of another kingdom. The Intelligence of one kingdom is continually aspiring to Intelligence of a higher order.

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Considering the marvelous results achieved by physical science through its knowledge of the *least potent* of the vital elements, it is not difficult to conceive of the still more wonderful results which would naturally flow from a knowledge and control of *all* the life elements.

Study of the life elements in operation, is the study of the universal principle of Polarity or Affinity. Through analysis of these elements is demonstrated the fact that the principle of *polar attraction* inheres in the vital elements *themselves* and NOT in the solid particles of physical matter.

Human affairs bear the impress of the soul life element and must be measured and regulated and judged from the human kingdom.

A Man is more than an atom or a plant or an animal. He is all these and more. He combines the elements and energies of all lower entities, but in addition enjoys the potencies, powers and responsibilities of a distinctly higher life element.

*HARMONIOUS LIVING
ELEMENTS
OF
HEALTH — HARMONY — HAPPINESS*



*A CONSTRUCTIVE MENTAL ATTITUDE
SELF-CONTROL
UN-SELFISHNESS
CHEERFULNESS
KINDNESS
GENEROSITY
TOLERANCE
OPTIMISM
SYMPATHY
MODERATION IN ALL THINGS.
HONESTY
LOYALTY
GRATITUDE
FAITH
HOPE
CHARITY*

LOVE

*THE DESIRE TO EXEMPLIFY EQUITY —
JUSTICE & RIGHT.*

*HEALTH IS THE STATE OR CONDITION
RESULTING FROM*

Living a MORAL LIFE.

Elements That Promote Health

A CONSTRUCTIVE MENTAL ATTITUDE means the desire and motive to be of Constructive service, and to live ones life so as to be governed by the principle of Equity, Justice and Right, in our relations with our fellowmen.

KINDNESS is an expression of sincere sympathy and helpfulness.

GENEROSITY or **ALTRUISM** means a genuine regard for the best interests of our fellows, accompanied by an active, sincere desire to render to them Constructive and beneficial service, without thought of or desire for, selfish benefit or personal gain.

CHEERFULNESS represents a Consciousness of ones discharge of their personal responsibility.

SYMPATHY is the feeling for and the expression of Harmony for our fellowmen.

OPTIMISM is the ability to rise above the worries of the day.

TOLERANCE is the attitude of soul which recognizes and appreciates the rights of others to think, act and believe as their conscience and understanding dictates.

UN-SELFISHNESS is the attitude of soul which impels one to render a full equivalent for every service received.

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HONESTY is the exemplification of truth in individual life.

LOYALTY is the active, continuous and unwavering purpose, intent and effort to discharge our personal responsibility.

GRATITUDE is the appreciation of service received and the desire, motive and intent to remunerate for that service.

FAITH is the soul's *intuitive conviction* of that which both reason and conscience approve.

HOPE is the desire for and anticipation of, that which both reason and conscience approve.

CHARITY is the intelligent discharge of personal responsibility in service to others.

MODERATION IN ALL THINGS means the exercise of our faculties, capacities and powers within constructive limits.

The DESIRE TO EXEMPLIFY EQUITY, JUSTICE and RIGHT in all our human relations with our fellowmen.

SELF-CONTROL

SELF-CONTROL is the constructive exercise and mastery of all the voluntary powers of the soul, in their relation to and action upon the faculties, capacities and vital energies of the individual.

Self-control is the exercise of a governing, restraining, guiding and directing influence over all the appetites, passions, emotions and desires of the human entity.

Self-control is the conscious, intentional and voluntary exercise of the power of Will, in restraint of the appetites, passions, emotions, impulses and desires, which impel us to action, in our individual search for satisfaction.

This means VOLUNTARY COMMAND OVER
ONE'S SELF.

SELF-CONTROL means that every appetite, every passion, every emotion, every desire, every impulse of a soul,

ELEMENTS THAT PROMOTE HEALTH

shall be so *absolutely under control* of the individual, that he can in an instant and by a simple act of the Will, either check it, suspend it, divert it or convert it into channels of *constructive activity*.

This does NOT mean the *suppression or elimination* of a single element, impulse, desire or function of individual human nature, either physical, spiritual or psychical. It means *moderation in all things* within constructive limits.

There is not a single impulse, emotion, passion or desire of the human soul, whether they are classed as physical, spiritual or psychical, which, if it were permitted to control the Intelligence, would become Destructive, but under proper control of the Will, may be transmuted into a vital impulse of Constructive energy and power.

When self-control awakens in a soul, unselfish compassion for the sufferings of humanity, lifts that soul from weakness to strength.

LOVE

LOVE is the supreme activity of the intelligent soul.

LOVE represents the harmonious relation between two intelligent souls of opposite polarity.

LOVE is the instant and involuntary response of the individual to the universal law of Harmonics, and leads to perfect happiness in the marriage relation.

LOVE is but another name for the spirit of Altruism.

LOVE is an irresistible force that promotes health and happiness.

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ELEMENTS

That produce and generate Dis-ease.

UN-CONTROLLED appetites, passions, emotions, and desires, which result in *SELF-INDULGENCE*

FEAR

ANGER

WORRY

HATRED

JEALOUSY

ENVY

LUST

GREED

SELF-PITY

SELFISHNESS

SEX-MISUSE

HABIT.

SELF-INDULGENCE

MEDIUMSHIP

HYPNOTISM

EGOTISM

VANITY

INTOLERANCE

INACTIVITY

LOSS OF INTEREST IN LIFE.

*EXCESSIVE USE OF INTOXICATING
LIQUORS AND TOBACCO*

*DIS-REGARD of or VIOLATION OF
NATURAL LAW.*

Effects of Disease Causes

UNCONTROLLED APPETITES, passions, emotions and desires produce a weakening of the *power of self-control*, and opens wide the doors of all the *destructive* forces in nature.

FEAR is an emotion or activity of the soul, resulting from the apprehension of danger, either real or imaginary. It is an emotion which paralyzes the body and soul, and produces nervous disorganization and disintegration.

Fear may be classified as psychological refrigeration or the freezing of the soul.

It is a Destructive process. Fear varies in degree from timidity and shyness or bashfulness to fright, dread and horror.

WORRY is a slow-acting form of fear. It is a disintegrating and disorganizing destructive process and acts upon the physical body as or similar to the activity of rust upon iron.

ANGER in its extreme form or degree is intensely destructive in its psychological effects upon the individual who harbors it. In its extreme forms it acts like a consuming fire in a house of dry kindling wood. It destroys the house as well as all it contains.

Its action is not only intensely destructive, but also very

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rapid. Sometimes it results in the most serious illness, always in great depletion and many times in instant death. While its motive and intent is the destruction of others, it inevitably destroys those who entertain it.

ANGER varies in degree, from a small kindling fire to a raging furnace or prairie fire. It destroys the human body and the Intelligence that resides within it.

It expresses itself in mildest forms as impatience, irritation, resentment, annoyance and displeasure to its extreme form of hatred, revenge, wrath, fury and rage. It could be described as psychological combustion.

LUST is an excessive indulgence or the desire to indulge. It is destructive in its effects because it undermines the very foundation of health and freedom. It weakens self-control and the freedom of the power of the Will, and opens the doors to outside Mental Control; to some form of Hypnotism or Mediumship, which constitute the most Destructive Force upon the Individual Intelligence that exists in all the forces and processes in nature, because it deprives the Individual Intelligence of its Power of Will, and he becomes an abject slave, under the control of the hypnotist.

GREED is the inordinate and insatiable thirst for material possessions, regardless of the merit or the earning capacity of the greedy one. It grows out of our misunderstanding as to our *just deserts* under Natural law, and is a misconception of the real meaning of the term *possession*. It is aggressive and compelling in its nature and activity.

SELF-PITY is an emotion, and an indulgence of the imagination. It is weak, introspective, psychological consumption. It is the most unfortunate weakness to which human nature is subject.

It is based upon the assumption that the world or nature has dealt with us unjustly, that we rightly and justly deserve vastly more than we now possess, without the slight-

EFFECTS OF DISEASE CAUSES

est attempt on our part to justify such an assumption by the schedule of desserts on the one hand and possession on the other, and jump to the conclusion that the ledger of life shows a large balance due us, which has never been paid.

Self-pity softens and weakens and lets down the barriers to all deadly psychological microbes. In a psychic sense it manifests all the evidence of a self consuming process.

SELFISHNESS is the attitude of soul which impels one to receive more freely than he is willing to give.

There is something in the spirit of selfishness that chains the Intelligence to earthly conditions. The man whose attitude of soul impels him to strive for the advantage in every exchange, the kind of selfishness that impels an individual to take an unfair advantage of another, to receive that for which he is unwilling to render a just equivalent, or to withhold from another, that which he knows to be his just due, acts upon the soul in a manner, somewhat akin to the action of opium upon the physical nervous organism.

SELF-INDULGENCE is a weakness of human nature that touches every element and phase of individual character. It has reference to the indulgence of the propensities, appetites, passions and desires.

The appetites, passions, emotions and desires are natural functions and are therefore, not only legitimate and proper, but they are necessary and should be respected.

But the man or woman who becomes a "slave" to them, to the exclusion of the care and health of the soul, soon sinks to the level of morality below that of the animal.

Self-indulgence extends to every department of human nature, the soul as well as the body. It is as easy for some men to indulge the tendency of impatience or irritability or other phases of anger, as it is for others to indulge in the physical appetites and passions, the one is just as destructive as the other.

There are perhaps as many women who indulge themselves

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in the habit of anxiety, despondency, suspicion, and dread, as there are who fall victims of their grosser natures.

Humiliating as the fact must be to every honest Intelligence, it is nevertheless true that bright and intelligent men have labored long and determinedly to formulate and promulgate philosophies and religions that will justify them in the indulgence of all the baser impulses and desires of gross human nature.

Every Individual who has arrived at the age of discretion, knows how broad and smooth and seductive is the road that leads to self-surrender, self-indulgence, self-destruction.

SELF-INDULGENCE is PSYCHOLOGICAL SUICIDE.

VANITY in all its forms and phases is an expression of the most inordinate selfishness, and is therefore Destructive.

There are two kinds of vanity; vanity of person and vanity of intelligence.

Personal Vanity is self admiration of personal appearance. It stimulates in us the craving and desires for the admiration and the applause of others, as to our personal appearance.

Intellectual Vanity is unjustifiable admiration of ones intelligence or intellectual attainments.

Vanity expresses itself in many forms and phases; self-esteem, self-praise, self-love, egotism, arrogance, arbitrariness and dogmatism represent a few of its many forms.

Vanity is an impulse of self-gratification, without regard of any kind whatsoever for the well being of others. Vanity in whatever form or phase it may express itself, is the essence of selfishness. It is PSYCHOLOGICAL POISON.

EGOTISM is unjustifiable admiration of ones own intelligence or intellectual attainments. It impels one to seek the admiration and applause of others, as to our intellectual brilliancy, wit, humor, knowledge, judgment and intellectual superiority over others.

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Egotism is one of man's most conspicuous faults, and a glaring defect of character. Vanity of person is a weakness more common to women.

The ambition for power, so common among men, is impelled by their desire for public applause.

The struggle for leadership, political and social, is but a struggle that is impelled by egotism. The impulse back of it all, is the love of approbation and the desire for admiration and public applause.

There is perhaps no single trait of human character, which more clearly betrays the charlatan and the faker, than that form of egotism which impels men to the struggle for leadership and power.

INTOLERANCE is the attitude of soul which does not recognize nor appreciate the rights of others to think, act and believe as their conscience and understanding dictates. It is a form of vanity and is Destructive in its effect upon the individual who harbors it.

HABIT is the result of the repetition of an indulgence, until the desire for the indulgence overcomes the desire to withstand it and the individual becomes a victim of his indulgence.

Anything in life which destroys WILL and *controls the Individual* is Destructive in its effect upon the individual. There are no GOOD habits. Why? Because Habit has a tendency to become AUTOMATIC; that is, a tendency to act WITHOUT OUR OWN IMPULSE TO INITIATE THE ACT; in other words, it develops a tendency to act, without ourselves CONTROLLING THE ACT, THROUGH THE CONSCIOUS KNOWING and INTENTIONAL EXERCISE and USE of our WILL POWER TO GENERATE THE IMPULSE THAT PRODUCES THE ACT.

HABIT, therefore, weakens our own Will Power, in the control and direction of our activities, and makes it pos-

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sible for *outside control to step in* and thereby *deprive us of our individual control and directive power* over our thoughts and actions. To the degree that this takes place, to that degree we become irresponsible for our thoughts and actions, and to that degree we become automotons, governed by forces "outside" of our own selves.

It may be our environment or it may be any strong WILLED human being, who desires to assume control over our Will Power and DICTATE OUR ACTIONS according to that Individual's WISH AND DESIRE.

Once that Individual obtains "full control" of our Will Power, we are at the mercy of his desires, regardless of what they may be, because we are then *compelled* to obey his every thought or impulse *he directs to us*, to the extent of our strength and ability to execute his thoughts and desires, even to the extent of committing a murder, if that should be his real desire and impulse.

Once our Will Power is under the control of another human being, that human being *can force us to do anything that we are able to do ourselves*, when we had control of our own Will Power, and even more; that is, we can be forced to do anything that was within the bounds of our own abilities "plus" the added ability of the controlling Individual's power, and thus accomplish results (good or evil) that we ourselves were unable to do in our "normal" condition.

Habit as it progresses from its initial origin, gradually undermines our own self-control and opens the door wide for "outside control" to dictate and control our lives, and we thereby become an *automatic instrument* of "outside forces" to the degree that we lose our own power of self-control.

Some Habits appear harmless in their early stages, but without exception, they gradually undermine our power of self-control, until we finally become helpless victims and absolute slaves of our habits, if we permit that state of

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condition to develop. This process develops so quietly and stealthily that we are not consciously aware of it, until we awaken to discover that we have reached a point, where and when *we cannot stop without* a strenuous and supreme struggle for our very lives, as it were, or die in the attempt. It is then truly a case of "Give me Liberty or Give me Death", for life is not worthwhile, once we become a helpless slave to the vicious and degenerate of the human family.

This becomes truly and literally a "Living Hell", day and night, without any possibility of relief, *except* that we earnestly desire and pray for *help*, with the resolute hope and faith in the honesty, sincerity and determination of our purpose and intent to EARN THAT HELP, by doing all within our power in the future to guard that precious GIFT of self-control with our very lives; that we shall never again knowingly and willingly and intentionally *permit* outside forces to deprive us of that priceless God-given right of SELF-CONTROL.

No human being can deprive another human being of his power of self-control without their consent and willing co-operation.

This FACT should be INDELIBLY RECORDED within the memory of every human being.

It is a GIFT from the Great Universal Intelligence, for our own SUPREME USE and DIRECTIVE POWER and WE and WE ALONE as individual beings have the MORAL RIGHT to possess and use it.

This at the same time gives us the ability to mis-use it, by permitting it to be taken from us and as a result, we find ourselves, usually, in an Institution for the Insane.

Alcoholic Beverages and the use of tobacco may easily become habitual.

Their use *can* be kept within Constructive Limits but they are dangerous experiments, and unless the user is aware of

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the danger and able to keep the usage within the limits of their food values, which represents a very narrow sphere, it is safest to refrain from its use, and substitute other foods that do not possess the same dangers. There are other foods that contain the same food value, without possessing the harmful contents.

People living in a very cold climate and possessing heavy coarse bodies, doing heavy work and subject to the exposure of cold temperature, may use alcoholic liquors in small amounts, with or after meals and derive *constructive* benefits from its use. Under such circumstances, it aids digestion and generates needed heat energy, but for the people living in moderate climates, and where heavy work is performed largely by machinery, there is no Constructive need or benefit to be derived by the use of alcoholic beverages.

In fact, in most cases, with very few exceptions, alcoholic beverages are injurious, habit forming and dangerous. Especially is this so with refined and Intelligent individuals. They are injured to a greater degree and its effects spread much more rapidly (thin paper tears more easily than heavy coarse paper).

The use of tobacco has much less justification, if it has any at all, so far as food value is concerned, neither can it be justified from a Health standpoint. It acts as a mild soporific, it has a mild hypnotic effect upon the nerves, lulling them into inactivity or sleep.

It is habit forming and in due time, unless it is controlled and its effects counteracted, one soon finds himself an abject slave to a tyrannical habit, and experiences a weakening and undermining of the Power of Will, which opens the doors to all manner of destructive forces and activities, depending of course, upon the degree of usage.

Coffee and narcotics are habit forming and are destructive to the degree that they are used excessively. There is little

EFFECTS OF DISEASE CAUSES

if anything to be gained by the use of narcotics and much to lose.

The Wisest way is to abstain from all harmful habit forming usages. Many drugs in use are habit forming and therefore Destructive. All the medicines that are required for the establishment and maintenance of Health, can be obtained from the various kinds of foods and they are abundantly available and beneficial.

The Sex Principle

THE NORMAL AND MORAL function of the physical sex nature is twofold.

(1) It is the normal channel for the reproductive process and the perpetuation of the human race.

(2) When marriage is successful, the sex function tends to harmonize the bodies of the companions in marriage and under Ideal conditions in due time the couple look like brother and sister. Many of us have seen evidence of this fact and it is to be hoped that such evidence will become more abundant as the underlying principle becomes better known.

Abuse or the mis-use of the physical sex function is a violation of natural law and produces serious Destructive results.

Physical dis-ease and deformity, and mental and moral degeneracy are evidence of man's ability to defy and oppose nature's sublime law of polarity or affinity.

Monogamy accompanies the highest known development in human society. Monogamy protects the interests of the child and the race. Monogamy characterizes the highest civilizations, and is best for all the human race.

When wives and husbands have ceased to respect and love each other, they should abstain from all intimate relations, and cheerfully preserve the legal form of marriage, so long

THE SEX PRINCIPLE

as the mutual obligations to their own children demand such denial.

The evolution of marriage up to our present system of monogamy represents the growth and development of the Individual Intelligence to a rational and moral understanding of the true and normal relationship for man and woman.

Such a marriage system demonstrates man's recognition and acceptance of the fact of superiority over the animal nature, as well as recognition of his personal responsibility to the moral law governing his life.

No man and no woman normally balanced, mentally and morally, could condemn monogamy in its principle. Not even the prostitute or libertine would deny its necessity to the development of government, society & the home.

Prostitution and Polygamy represent the search for a harmonic union, and the effort to fulfill it. They represent the ignorant efforts of the undeveloped, the gross and the vicious, for self-satisfaction and self-adjustment. They are practices which may be called experimental rather than un-natural. They are the negative means of education. They teach man through experience, that he does not find permanent satisfaction in such relations.

Impurities that accumulate within the physical body, as a result of the violation of the sex function are *normally eliminated* from the body, just as other accumulation of impurities are removed in the most practical manner *if not suppressed by erroneous treatment*. Nature's process of removing these impurities should be allowed to take its normal course, and nature will re-establish normal conditions.

This phase of sex dis-ease may be described as the functional form of this sex abnormality.

But if this process of elimination is stopped by the use of dangerous inorganic minerals, in the mistaken attempt to cure the condition and the impurities are forced back into

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the body or prevented from being eliminated, with the *additional inorganic minerals* that were used, the combined destructive forces soon produce a *chronic* and a constitutional or general condition in the body, while the functional process of elimination is localized.

The functional elimination under natural direction is *cura-tive*, while the suppression of nature's purification process, plus the mineral-poisons, gradually spread through the entire body and produce the condition generally named syphilis.

Syphilis, like all other dis-eased conditions, may be permanently removed. That is cured, in due time, by the regular methods of curing all dis-eased conditions.

(1st) by the removal of the cause or causes by the individual involved.

(2nd) by co-operation with nature's CONSTRUCTIVE PROCESS OF ELIMINATION and Purification, the mechanics of which will be dealt with in another chapter.

*Menstruation,
Child-Birth, & Menopause*

EVERY HUMAN BEING IS Captain of his or her soul and Master of his or her Destiny. When womankind learns to live a constructive or harmonious life these three steps, which represent three links in nature's chain of Evolution whose function it is to perpetuate human life upon this physical plane, will become as harmonious, pleasurable and beneficial as every other normal process in the Evolution of Individual Intelligence.

All the sufferings of womankind, like the sufferings of the masculine element of the race, would seem to represent the negative process of learning the wrong way, WHAT NOT TO DO, if we desire HEALTH, HARMONY and HAPPINESS.

Nature's *constructive laws* are the blue prints, the compass, the sign posts along the pathway of evolution, which point to the human privilege of developing human growth, human health and human happiness, and the maintenance of the continuity of existence, as normal, healthy and happy individualized human beings.

*Disease
of
Eyes and Ears*

IN A GENERAL SENSE, dis-ease may be classified as functional and organic. Functional dis-ease represents an interference with the normal processes of a part or parts of the body, caused by an accumulation of impurities in those parts or throughout the entire body.

Organic disease represents an advanced stage of functional disease wherein the organic part or parts are broken down or disorganized.

This process may be REVERSED if it is not too far advanced, by the CONSTRUCTIVE PROCESS OF THINKING AND APPLICATION, the methods and details of which are described in later chapters.

Functional dis-ease of the eyes or ears are strongly affected by the general condition of the body, improving with a general improvement of the body and conversely being weakened by the accumulation of impurities, depending upon the degree of the accumulation.

Eye glasses and ear aids may be discarded, if and when the general condition of the body is improved sufficiently.

In cases of organic disease, *if not too far advanced in destruction* and if it secures proper treatment, it will eventually be re-built to a normal status and function, but will naturally require much longer time.

The details of proper treatment are in a later chapter.

Hypnotism and Mediumship

SOME OF THE TERMS used in this chapter as they are defined by Natural-Science.

HYPNOTIST, a person in the physical body who voluntarily controls the Will, voluntary powers and sensory organism of another physically embodied person.

SUBJECT, a physically embodied person, whose Will, voluntary powers and sensory organism are under the domination and subject to the control of a hypnotist.

SPIRITUAL CONTROL, a spiritually embodied person, who voluntarily controls the Will, voluntary powers and sensory organism of a person in the physical body.

MEDIUM, a physically embodied person, whose Will, voluntary powers and sensory organism are subject to the Will and domination of a spiritual control.

HYPNOTISM, the process by and through which a hypnotist obtains, holds and exercises control of the Will, voluntary powers and sensory organism of his subject. Also the psychic relation which exists between the two parties, during the continuance of the hypnotic process.

MEDIUMSHIP, the process by and through which a spiritual control obtains, holds and exercises control of the Will, voluntary powers and sensory organism of a medium. Also the relation which exists between the two Intelligences, during the mediumistic process.

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SPIRITUAL ORGANISM, the spiritual body of an individual, with all its various organs and organic parts, by and through which the Intelligent soul manifests itself upon the spiritual planes of life.

SOUL, the Intelligent Ego, entity or essential being, which inhabits and operates both the physical body and the spiritual body and manifests itself through them.

HYPNOTISM, briefly defined, is the process by and through which a hypnotist obtains, holds and exercises *control* of the Will, voluntary powers and sensory organism of his subject. And only in so far as such control exists is the process hypnotic.

To understand the process involved, it is necessary to understand *how* man functions through and controls his physical body. Let us see if we can obtain a clear picture of how this takes place.

Man's physical body is an electro-magnetic dynamo. Every atom, every cell, every organ and the body as a whole, all are generators of electro-magnetism. Electro-magnetism, that is electricity and magnetism, are inseparable, they always function together. Wherever electricity flows, it is surrounded by a magnetic field. It acts as an insulator for the electric current. Electricity flows in straight lines, and magnetism surrounds the current. This constitutes a magnetic field.

Man's physical body is saturated with and surrounded with magnetism. The magnetic field that surrounds the physical body of man constitutes **NATURE'S PROTECTION** for each and every normal human being, from *external penetration* and *control* by any other human being.

The magnetism of man's physical body is under the control of his power of Will. Man's Will controls the magnetic forces of his body. The magnetic forces control the activities of the nerves. The nerves control the action of the muscles. The muscles control the movement of the

HYPNOTISM AND MEDIUMSHIP

bones, and in this manner, man controls the movement of his body, by controlling the magnetism with his power of Will.

In so long as man maintains a POSITIVE and FEAR-LESS mental attitude, it is impossible for a hypnotist to hypnotize such a human being.

BUT it is possible for any human being to *destroy his own natural protection* by permitting himself to drift into NEGATIVE thinking and activities, which has the effect of lowering the vitality (magnetism) of the physical body.

It is this Vitality that constitutes the *protective magnetic field* that surrounds and shields every human being, from *external mental domination*.

This magnetic field *must be negatized* before it can be penetrated by the Will Power of any other human being.

When both the *mind* and *body* become *negative*, it constitutes an *open-invitation* for hypnotic domination and control.

HYPNOTISM is one of the MOST DESTRUCTIVE FORCES in the life of man.

There are all shades and degrees of hypnosis, ranging from the lightest form of hypnotic influence, through all the deepening stages, to the most profound state of complete functional suspension of the physical organism.

In the incipient stages, the *subject* seems to be almost entirely conscious of all that is transpiring about him on the physical plane, but as the state is intensified, he gradually loses control of his independent faculties and capacities as well as his voluntary powers, and his impressions from the outside physical world about him.

In the deeper state of complete lethargy or catalepsy, his consciousness is wholly out of touch with the physical sensory organism.

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In this condition he becomes an *automatic instrument* under the control of the *operator's Will*. Under this condition, he (the hypnotic subject) sees, hears, tastes, smells and feels what the operator says he sees, hears, tastes, smells and feels and *nothing else*. For the time being his Individuality is surrendered to the person who has hypnotized him.

The impulses of the operator's Will are as much a fact to him, in this condition of complete subjectivity, as are the objects of nature, which impress the physical sensory organism, in his natural waking condition.

Every thought of the operator, every impulse of his Will is a thing which is impressed upon the subject's Consciousness, as definitely as are the tangible subjects of nature, under other conditions.

Its integrity is no more a matter of doubt to him in this state, than is the sight of any physical object with his physical eyes in his normal waking condition.

In this state and condition here referred to, the Mind and Will of the hypnotist takes the place of the physical world in their relation to the Consciousness of the subject.

They constitute the only world with which the subject, for the time being, is in Conscious touch, during the continuance of this relation.

His Mind and Will are the sole governing factors in the Conscious life of the subject.

The only impulse the subject has for "good or evil", while in this state, are those which come to him from the Will of the hypnotist.

He can no more *disobey* the Will of the operator during this relation, than he can *disobey* his own Will, in his normal condition.

Methods of "curing" this condition are described in a later chapter.

*Curing
Hypnotism Or Mediumship
What Is Involved?*

HYPNOTISM OR MEDIUMSHIP means the **LOSS** of the **ABILITY**, by the subject or medium, to exercise **CONTROL** of his own **POWER** of **WILL**, over the voluntary functions and activities of his own physical body, to the degree that the loss of control exists at any given time.

To establish a "cure" for this condition would necessarily mean **REVERSING** the **PROCESS** of the **LOSS** of **SELF-CONTROL** by **REGAINING** and **REBUILDING** that **SELF-CONTROL**.

To accomplish this result, it is necessary to *educate* the Individual in the *use* and *exercise* of his own intelligence, so that he may *guard and protect himself* in such manner and to such extent, that he shall never again become so willingly negative, receptive and subjective, as to surrender his own **SELF-CONTROL**, and **YIELD HIMSELF** to the hypnotic control of any other Individual, whom-so-ever.

He must learn to **THINK** courageously, constructively, self-confidently, with self-assurance and with self-assertion,

and

It is absolutely necessary to **AVOID FEAR** thoughts, and negative thinking,

and

ACT ONLY upon thoughts that are kind, generous, optim-

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istic and self-confident and courageous in their character.

The Individual should keep in mind the FACT that God or Nature *endowed* every human being with the POWER of SELF-CONTROL OVER HIS OWN BODY and that power must be FORCIBLY TAKEN, if it is taken at all. IT BELONGS to each Individual by Divine Right, and therefore he has a moral right to take back that of which he was wrongfully deprived.

Each human being's power of self-control is "protected by nature" and that protection *must be broken down* and *overcome*, before any other human being can penetrate that protection. A hypnotist must use *superior* force, to be able to take possession of the Will power, that by divine right belongs to the Individual from whom it is being FORCIBLY TAKEN.

A self-confident, positive and self-assertive STATE OF MIND must be cultivated. As soon as this is accomplished, that fact within itself DESTROYS the ability of an outside Control to continue to maintain that control.

And to assist in the acquirement of that mental attitude, there are a number of "mechanical aides" that can help greatly in regaining and re-building this desired result of re-establishing the control of their own Will power, of which they were forcibly deprived.

These mechanical aides help and protect the Individual, in the exercise of his mental forces, to obtain the return of his power of Will, which is rightly his own.

Some of the mechanical means are as follows:

Continuous ACTIVITY and SELF-ASSERTION during wakeful hours. Keep in the SUNLIGHT as much as possible.

AVOID INACTIVITY as much as possible, the more self-assertion the better. Keep in mind the fact, that when YOU USE YOUR BODY, you exercise YOUR OWN CON-

CURING HYPNOTISM OR MEDIUMSHIP

TROL of your own Will power, thereby strengthening it, and at the same time *weakening power of outside control*.

Walking is good exercise, when other means of activity is not available. AVOID DARKNESS as much as possible. It is advisable to sleep with a light in the room and an open window for fresh air. Normal deep breathing is helpful. Cold water applications are *very* helpful, as enumerated below; Cold water showers, cold packs, at night while sleeping, and at other times when required. Cold water sponges, and cold water "sitz baths" which act as powerful stimulants to the activity of the bowels, as well as invigorating the kidneys.

SUN BATHING is *very* helpful. It vitalizes the body as a whole, and by taking frequent cold showers or coldsponges and permitting the water to "evaporate" from the body, that keeps the body cool in the hot sun for a long time. Renew the cold water applications when the body gets too warm. The patient should go on a *raw meat* diet, just as soon as the system will adapt itself to the change, beginning with an eighth of a pound of carefully stripped round steak, finely ground. Increase the amount to half a pound three times daily. To make it palatable, season it with salt and pepper or mustard and spread it between the slices of whole wheat bread.

And to this add all the rich fresh milk the patient can be induced to drink.

Enough *raw vegetables*, lettuce, onions, cucumbers and cabbage may be added to keep elimination normal.

Avoid all the more *negative* foods, especially vegetables such as rice, cooked cereals, nuts, etc., until sanity has been restored.

No matter how violent the patient may become, never administer sedatives, nor narcotics for the purpose of quieting him or giving him rest or sleep.

Instead of placing him in a dark room, take him into the

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brightest sunlight and if necessary, tie him where he will be upon the ground and in the sunlight. Keep him there until his paroxysms have passed and he has slept.

Do not use the warm or hot bath for relaxing the nervous organism of such patients. For cleansing purposes alone, the hot or warm bath may be used, but never for longer than about two minutes. This should in all cases be followed immediately by a cold shower or sponge bath, with hard rub with rough towel, until every vestige of the loosened skin has been removed.

The very first step in the treatment of such a patient, is to empty the bowels as completely as possible. This can be best and most thoroughly accomplished by the high-enema, using one quart of water to a quart and a half, at a time. This should be repeated every day, for the first week, and often enough thereafter to keep the entire colon flushed and clean. The temperature of the water should be about 95° and before its expulsion the bowels should be thoroughly massaged, to break up any and all accumulations of effete matter in the colon. Each full warm enema should be followed immediately by a cool (not cold) enema of at least one quart of water.

Do *not* use physics or cathartics under any circumstances. From a strictly medicinal angle, give the patient a strong, positive tonic, to build up his physical vitality and strength to the highest point possible. Keep up this tonic treatment steadily. A fine combination for this is the very best brand of beef, iron and wine tonic to be had.

Insanity Organic and Subjective

INSANITY, MENTAL UNSOUNDNESS or Derangement of the Mind.

Organic Insanity is usually accompanied by a physical injury or disability, causing derangement of the brain so that it does not function normally; and as a result, the imagination is so stimulated to activity, that it is unable to differentiate between the pictures of imagination impressed upon Consciousness and the impressions made by living realities, and are therefore classified as illusory and as a hallucination and requires treatment that will restore the normal function of the brain, if that is possible.

Organic insanity, therefore, requires the re-establishment of the normal structure and function of the brain, where and when it is a physical possibility, within the knowledge of the physician and the co-operation of the patient.

Subjective "so called" Insanity is in reality NOT insanity. The condition is caused by HYPNOTIC CONTROL.

When the hypnotic control is removed or broken, the Individual is able to function as normally as ever.

The "cure" of subjective or so-called delusional insanity, which is brought about by hypnotic control, is in the *acquirement* by the patient of the *original self-control* over his or her own Will power, and re-establish the normal status.

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The method of regaining the lost self-control is covered in the chapter on **Curing Hypnosis and Mediumship**.

Paralysis

PARALYSIS MAY BE PRODUCED by a large variety of causes. Anything that will *prevent the flow of vitality to any part or parts* results in the condition we name Paralysis.

FEAR is capable of producing partial or even total paralysis, in extreme cases.

When impurities accumulate in any part of the body in sufficient quantities, it has the effect of "short-circuiting" the electro-magnetic current flowing through the "nerve system" of that part. It stops the flowing of vitality or the life element to the part, as a result of which paralysis or the inability to function takes place. All voluntary activity in the physical body takes place as a result of the electro-magnetic life element's action upon the nervous system of the body.

ITS CURE

The removal of the CAUSE is the first and vital step.

THEN

CO-OPERATION with nature's process of CURE, NATURE'S HOUSE CLEANING PROCESS.

(Methods of co-operation with nature's process of bringing about a CURE is discussed in other chapters).

Digestion and Assimilation

DIGESTION IS THE PROCESS of breaking down, disorganizing and separating into their atomic and molecular component parts, the substance used as food in the physical body, after which it enters the blood stream and is carried to every part of the body, as nutriment.

ASSIMILATION is the process carried on by the life elements within the physical body, in the rebuilding, renewing and sustaining of every cell of the bodily structure, by absorbing from the blood stream, the necessary elements with which to combine and re-combine them, so as to produce the required structure for each and every cell and part, wherever and whenever needed.

Just as the printer is able to combine and recombine any word, thought, idea or chain of ideas, from the alphabetical letters at his command.

Birth and Death

BIRTH NOT THE BEGINNING; DEATH NOT THE END.

Life is an endless chain of links within the process of EVOLUTION. Natural Science, or rather the members of the School of Natural Science, through their text books on Natural Science, state that they have demonstrated beyond the shadow of a doubt, that INTELLIGENCE, like Energy and Matter, is INDESTRUCTIBLE, and that the change life undergoes in the process we name "death", represents merely a change of instruments and location of operation of the Individual Intelligence.

That Birth and Death succeed each other, that is, birth here in the physical body was preceded by "death" at the previous point of operation, and that "death" of the physical body *here*, is instantaneously followed by birth, at the next point of operation, the location of which is determined by the development of the Individual Intelligence at the time of departure.

The only condition that really disappears is the "form".

The matter contained in the "form" of the physical body is transmuted back into chemical co-operation with the earth, as well as the energy of the physical matter contained in the physical body.

The Intelligence governing the physical body, gravitates

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to its own sphere of development, where it continues to function, through its Spiritual body, in its fresh environment, in accordance with its own desires and aspirations, as it did upon the physical plane.

Development of Disease

DISEASE IN ITS ESSENTIAL nature is DISCORD.

When a human being violates a law of life it produces Discord within the physical body.

This discord disintegrates some of the bodily tissue.

This disintegrated tissue of the physical body enters the blood stream and is removed through the regular organs of elimination. The three major ones are the bowels, the kidneys and the lungs.

The bowels remove the solids and semi-solids. The kidneys remove the liquids and solids held in solution. The lungs transmute substance into gases and eliminate them in that form.

The entire skin surface of the body, when in normal condition, acts as a supplementary aid in the process of elimination, in helping to maintain the purity of the blood stream and the harmony and normal functioning of the body.

In its early stages, dis-ease conditions develop very slowly, quietly and gradually, entirely unknown to the individual involved. When the governing Intelligence begins to increase and speed up the errors and violations of the laws governing life and health, the blood stream then becomes heavily laden with impurities, and a point is soon reached when the regular organs of elimination become OVERWORKED and unable to remove the impurities as rapidly as they are produced, with the consequent result, that they

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remove as much of the impurities as the vitality of the body will permit, the *balance remaining within the body*.

Gradually this balance increases in volume until the blood stream becomes saturated with these impurities.

This represents the origin of Constipation and the birth of dis-ease.

This is the first positive evidence the Individual has of the accumulation, development and growth of dis-eased conditions within the body, which are a sequel to the "warnings" of the "internal guides" during the daily activities of living. When the accumulation of impurities increase beyond the *saturation* point, an important CHANGE takes place.

When the blood stream becomes over-loaded, that is, when it contains more substance in solution than it can carry in circulation, the SURPLUS is DEPOSITED in various parts of the body.

These impurities begin to produce discord in the parts where they have been deposited.

When these impurities have been deposited within the region of the bronchial tubes, the condition is described as "bronchitis". If the impurities are deposited within the region of the tonsils, the resulting condition is named "tonsilitis". When these impurities locate in the joints of the bones or around the muscular tissue, it is classified as "rheumatism". When the impurities assemble around the nerve lines, we name it "neuritis".

When the nerve lines become sufficiently saturated with impurities, it has the effect of "short-circuiting" the currents of electro-magnetism flowing through, which results in a state or condition we name *temporary paralysis*, in whatever locality this takes place. This condition may gradually spread to various parts of the body and eventually to the entire body. It is then described as total paralysis.

When the impurities accumulate in the lungs in sufficient

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quantities to begin to disorganize the lung structure, we name that condition "consumption"; and so on ad infinitum. We give different names to dis-ease, according to where these impurities are deposited within the physical body.

In reality and in truth, there is but ONE dis-ease: IMPURITIES accumulating within the body faster than the body can eliminate them (caused by violation of nature's laws).

The degree of the accumulation of these impurities and the variations of their location has given rise to an 'apparently endless list of dis-eases, and we find ourselves within a house of mirrors, with a loss of our sense of direction for a way out, either as to the cause of dis-ease or its cure.

Because we have concentrated our attention upon EFFECTS with the idea of REMOVING or DESTROYING those effects by every conceivable possible means, in place of searching for the cause and its removal.

This TRUTH is as self-evident as the fact that one and one is two.

The plain FACT is, there is but ONE dis-ease: the accumulation of impurities within the body, beyond the vitality of the body to remove them, caused by violation of nature's laws governing life.

The degree of existing dis-ease, varies with the degree of the accumulation of these impurities within the physical body.

And logically enough and self-evidently, there is and can be but one PERMANENT and SURE CURE,

THE REMOVAL OF THE CAUSE.

And nature will slowly and gradually but surely CLEAN HOUSE, and remove the results of our mistakes, when we have removed the cause or causes of our past errors.

We can then hasten the processes of nature's house cleaning

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by adding our intelligent efforts in co-operation with nature's efforts of putting the house in order. Methods of doing so will be discussed in another chapter.

For the past half century, the writer has devoted his efforts largely to a continuous study, observation, experimentation and demonstration of the Laws and Principles governing human health and during those experiences not a single instance of failure of these laws, to produce Constructive and healing results, have come to the writer's attention, *wherein the Individual involved* was able and willing to *make the conditions necessary* for nature's constructive law to rebuild the mistakes of the past.

The significance of this statement is fully realized, as well as the personal responsibility for the possession of this knowledge and experience, in the face of the suffering, misery and immature death of the physical body, over the face of the earth.

But, because of the apparently endless difficulties of getting this knowledge before the human race, the author has been compelled to use the slow method of "casting single pebbles into the stream of life" and awaiting for the ripples to spread over the surface.

This present effort is now being made, in the hope of awakening an interest in the "progressive teachers" who guide human thought and to inspire them and others to help remove the darkness and hasten the day of a better understanding of the Laws and Principles governing HEALTH, HARMONY and HAPPINESS upon the face of the earth.

There seems to be but one way to overcome Intellectual DARKNESS, and that is by EDUCATION.

The RESPONSIBILITY rests upon all those who have become aware of these facts, to spend every wakeful moment possible, in *making it practical* for those who are suffering and are *ready and willing* or can be inspired to be-

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come so, to live a harmonious life, that they shall be able to do so.

If human beings KNEW the Natural Laws that govern their lives and KNEW that they could not be VIOLATED without *suffering the penalty* that conforms to that violation, WHO would care to deliberately, knowingly and intentionally INFLICT PUNISHMENT UPON THEMSELVES? - when they could enjoy HEALTH and HAPPINESS by the simple and easy conformance to nature's protecting laws?

It is inconceivable that a human being would prefer pain, suffering and misery to peace, harmony, health and happiness, if

THEY HAD THEIR CHOICE.

*A Fundamental and Vital
Mis-Understanding and
Mis-Interpretation*

WHAT HAS BEEN MIS-UNDERSTOOD and mis-interpreted to be the generation and growth and development of dis-ease, *is in reality*

Nature's process of bringing about a CURE.

When the major organs of elimination (the bowels, kidneys and lungs) become over-worked and are unable to remove the impurities from the body as fast as they accumulate, nature finds it necessary to open up "special channels" of elimination for that purpose, so as to maintain the normal functions of the body.

The pores of the skin upon the surface of the body, the throat and other external outlets are made use of for that purpose, when necessity requires it.

Skin eruptions of various kinds and degrees, ranging from their mildest forms, such as rashes, pimples, eczema, to the more extreme varieties, as scrofula, measles, mumps, small pox, boils, tumors, carbuncles, cysts, goiters, cancer and many other forms of elimination, such as so-called common colds, influenza, chills and fevers, diarrhea and various forms of fevers, which are in reality constitutional processes of activity, represent NATURAL PROCESSES OF ELIMINATION.

All of these processes and functions represent Nature's *special efforts to remove* the accumulated impurities from within the physical body, by forcing them to the surface

FUNDAMENTAL MIS-UNDERSTANDING

for elimination, or in the case of fevers, oxidizing the impurities in the lungs and eliminating them in the form of gases.

Because of these past mis-understandings of nature's processes and purposes, nature's efforts to CURE have been assumed to be the *generation of dis-ease*.

As a result of such mis-interpretation, the attempts to bring about a CURE have put into use every conceivable means and method that would *check or stop this house cleaning process*, resulting in the *driving back* into the physical body, the impurities that nature was trying to remove.

In addition to the forcing of these impurities back into the physical body or at least checking their elimination, the "inorganic remedies used" in the attempted efforts to bring about a "cure", are far more dangerous than the original impurities that nature was trying to remove.

This is the BASIC REASON why practically every known ailment of present day civilization has become INCUR-ABLE by the *present methods* in use; from the simplest form of a cold, to the entire chain of increasing complexities in the accumulation of "ailments".

When everything else fails, "cutting out" of the dis-eased parts is made use of, in the *hopeless attempt* to stem the tide.

All that is necessary to CURE or REMOVE any form of dis-ease is, FIRST for the PATIENT to *remove the original cause or causes*, and THEN to *co-operate* with nature's processes of removing the accumulated impurities from within the body.

Special Methods of co-operation with nature's purifying processes, will be studied in a later chapter.

Curing Dis-ease

DIS-EASE REPRESENTS AN accumulation of impurities within the physical body, as a result of the disregard of or the violation of the laws governing man's life.

Its *permanent* cure requires

(1st) the permanent removal of its causes.

(2nd) co-operation with nature's processes, in the removal of the accumulated impurities of past errors.

How may we co-operate with nature's "purification" of our physical body?

The purification of our physical body, means the removal from within the physical body of the impurities that it contains, which necessitates the opening of all the normal channels of elimination, and stimulating them to strenuous activity.

The normal channels of elimination are:

The bowels, which remove the impurities of the body in the form of solid and semi-solid substance;

The urinary canal, which removes the liquid impurities from within the body;

The lungs, which discharge unrequired substance from the body in the form of gases.

The entire surface of the body, the skin covering, when in normal functioning condition, assists greatly in the removal of impurities from within the body.

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When these organs become overworked or develop into a weakened condition the nose and throat and other surface outlets take up the work of HOUSE CLEANING to aid in the maintenance of the normal functioning of the life processes.

In what manner may we assist nature in stimulating these organs of elimination?

First, we may do so by refraining from the use of concentrated foods, until such time as the normal internal guides indicate the need of them, through the regular channels of "hunger".

In their place, fruit acid liquids should be used freely, of the following varieties; lemonade, grapefruit juice, orange juice, pineapple juice, tomato juice, lime juice with water, or plain water.

Fruit acid juices stimulate the activity throughout the body, which thereby increases the generation of energy and vitality. When the body has stored up a sufficient amount of *potential power*, nature will then bring on a strong elimination throughout the entire body. This process is named "a cleansing crisis."

This will continue until nature indicates, with a signal, to change the program and begin to rebuild fresh energy and vitality. The time of crisis varies with individual conditions. This *change* is indicated by a fresh demand for regular food, through the channel of *hunger*.

The natural processes then build up additional surplus energy; when in due time, nature indicates another *crisis*, that is further removal of the remaining impurities. This is indicated by the absence of *hunger* for regular food substance and the stimulation of the elimination processes, and again acid fruit juices should be used, as they act as the eliminators in times of crisis.

These acid juices stimulate the activities of the bowel and

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urinary processes, in their work of removing impurities from the body.

Another strong aid, in the process of the purification of the body, is the exposure of the nude body to the sun and air, if this can be conveniently done. This is a very important source of help during a crisis period.

In bathing the body with cold water, either by cold showers or cold sponge baths, the room temperature should be warm, or if taken out of doors, the atmosphere should be warm and the water at faucet temperature.

The sun, air and cold water showers greatly stimulate the activity of every cell of the skin surface of the body, as well as acting as a stimulant to the body as a whole, for those individuals whose vitality is sufficient to react to cold water.

Stimulating the activity of the skin surface of the body enables the skin to take on a large share of the cleansing process from the overworked major organs of elimination.

Cold water sitz baths act as a powerful stimulant to the bowel and kidney function.

In all applications of cold water treatments, the body should warm up within a minute or two (or the parts to which applied). Ice or ice water should never be used. If reaction of warmth does not take place within a few minutes at most, hot and cold applications should be used until the vitality of the body is built up.

Cold packs applied to various parts of the body, where and when needed, may be most conveniently used at night when sleeping. They act as efficient stimulants to the parts where they are applied. They prevent swelling at injured parts, by carrying the broken down tissue into the general circulation for elimination.

Cold water applications *generate heat* because they increase the activity of the body, wherever they are applied. Cold

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water packs are exceptionally efficient for bruised parts, swellings, or chronic conditions. They maintain an increased circulation of the blood stream to the applied parts and remove local congestion and in this manner aid in reconstruction.

They are beneficial in all cases, except when the body is so very weak and the vitality is so low, that the body is unable to react with sufficient force to generate heat. If within the period of two or three minutes, the part to which a cold pack is applied has not warmed up, the cold pack should be removed and a hot one used, interchanged with a cold one occasionally, until conditions have improved.

In a normally healthy person, the body reacts to a cold pack almost instantly. Cold water applications are quite a constructive general aid to the reestablishment of the normal functioning of the body as a whole or to the parts wherever applied.

It constitutes a wholesome *harmless stimulant* for almost every occasion. It is not appropriate for use for women during the menstrual period. Cold water distributes impurities from a center outwards, while menstruation functions in the opposite direction, drawing impurities to a center for elimination.

Fresh air and normal deep breathing, walking in the open air or other constructive exercises stimulates the activity of the lungs and the entire bodily function.

In fact, of all aides in the bodily cleansing process, normal exercise of the body as a whole, constitutes the most efficient methods, for it generates vitality, in addition to assisting in the eliminative process.

A CHEERFUL, HOPEFUL STATE OF MIND is another powerful influence to the normal processes of the body.

Constructive thinking promotes the building up of the vital

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forces of the body. These mental forces are applicable to all cases of illness, for beneficial results.

The "mechanical bodily applications" should be adjusted to fit *each individual condition*, according to the status of the individual at the time of application and gradually increased as the improvements justifies.

EXCESSIVE HEAT weakens the body, MODERATE COLD strengthens it.

Strong heat over-stimulates the vibrations of the body, thereby consuming an excess of bodily energy, while moderate cold stimulates the body into the degree of increased activity, which generates a beneficial degree of heat. That is the meaning and purpose in the application of cold packs, cold showers, cold sitz baths and cold water applications in general. They generate the degree of heat that is "constructive" to the activities of the bodily processes, in addition to generating an abundance of electro-magnetism.

Enemas should be used with caution. They may easily become a "habit". For very weak individuals, bed-ridden patients or in emergencies, they are required. But, whenever possible, the bowels should be helped to move by their own efforts, by the application of cold sitz baths, cold packs or massage. Long walks stimulate the bowel activity.

CONSTIPATION is the definite indication that the organs of elimination are being *overworked*, and the body as a whole is being *underworked*. The REMEDY is *less food* and more *use of the body*, until a balance is established between the intake and the outgo.

This balance *must* be maintained at all times, so as to harmonize with the mechanical laws governing the physical body, just as the moral law requires the Intelligence to maintain a moral balance, through the process of giving and receiving.

This same law of balance or equilibrium operates upon all planes, wherever man functions, physical, spiritual, mental,

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moral and psychological. The harmonious blending of all these forces and activities together represents Perfect Health, the Ideal set for man by nature.

We need not become discouraged by the apparent difficulty of the problem set for man by nature, because nature is always *just* as well as kind, for she has given man "eternity" to accomplish it in, regardless of temporary appearances to the contrary. In due time we will learn, just as the chick in the egg shell learns, when it breaks through its temporary limitations and becomes aware of the "continuity" of its existence. Life is "continuous". We change our clothing according to our need. The Individual Intelligence, like matter and energy, is INDESTRUCTIBLE.

Coming back to the problem of establishing a "cure" for our past errors, the time required for bringing about a complete cure, depends upon the exact conditions that exist at the time of starting the process.

Dis-eased conditions may be divided into two classifications,
(1st) primary or functional.
(2nd) organic.

Primary dis-ease is functional, and represents an accumulation of impurities distributed throughout the body and which was produced by the disregard or the violation of the laws governing man's life.

Organic dis-ease represents dis-ease in its advanced stages, that is, the impurities contained in the physical body have begun to dis-integrate and destroy some of the organic structure of the body, internally.

In such a situation, of course, it would take much longer to bring about a complete re-construction of the disintegrating organs.

In many cases during the rebuilding process, man is enabled to carry on the regular life activities, with the exception of the brief periods when nature brings on a "cleansing or healing crisis."

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To obtain the best results at such times, it is necessary to abstain from concentrated foods, and use fruit acid liquids, until the crisis is over.

Internal growths or crystalized deposits, internally, may be *dissolved* and *eliminated* by the process of making the blood stream strongly acid, by the use of an acid fruit diet, until normal conditions have been re-established.

As previously stated, every disease that the human being is heir to, will gradually but surely, though slowly disappear under the above treatment, if the causes have been removed by the Individual involved.

It would be useless to remove impurities from within the body, if other impurities continued to be reproduced, as fast as the past errors were being removed.

We should realize one unquestionable fact: if we are in "trouble", we have either neglected to listen to natural guidance or we have deliberately violated that warning.

No one suffers without a CAUSE, and that cause lies within ourselves.

Nature does not place us here, merely to SUFFER and DIE.

We are here to LEARN HOW TO LIVE so as to be HEALTHY and HAPPY. The universe is a UNIVERSITY.

Individual Lives are the STUDENTS.

We are guided day and night against "outside forces" but nature cannot protect us against OURSELVES, so long as we possess a FREE WILL, which enables us to do as we please, regardless of natural guidance.

We are the "culprits", not nature.

Dis-ease exists because man has the power to CREATE it. When he ceases to produce it, it will cease to exist.

Nature does not "create disease". We in our inalienable

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right to exercise our own freedom of Will, create whatever *hell* that exists.

When we have enjoyed it to our heart's content, and *cease feeding it*, it will cease to exist *for us*. It will die of starvation. This is as sure as the sun rises (to our vision) in the morning and sets in the evening.

The sooner we discover that fact, the sooner disease will cease to exist in our lives.

Heaven and Hell lie within our hands; so does FREEDOM OF CHOICE.

The writer knows this to be a "fact", for he has demonstrated its truth, daily for over half a century.

Do not take his word for it *alone*, try it YOURSELF and KNOW, and not merely believe. Keeping in mind the fact that GROWTH IS GRADUAL; a house is not built overnight, but the sooner we start the sooner it will become a reality.

HEALTH is the mansion we are to build for ourselves.

The first step is to remove the old mistakes of yesterday, then we begin to build the healthy, normal condition.

How do we start? By first removing our DESTRUCTIVE THOUGHTS and ACTIVITIES, and begin to build upon the rock bottom indestructible foundation of Equity, Justice and Right.

And we will have a fireproof, earthquake proof, windproof, yes, waterproof and even foolproof mansion, not built by the hands eternally in the Heavens.

Catching A Cold

WHAT IS A COLD? What its cause? and its cure?

When the physical body becomes saturated with impurities and it is subjected to a sudden lowering of the temperature this causes the body to shrink in volume (contract) which produces an over-flow or an elimination of impurities, through some of the external openings of the body, the nose, the throat and occasionally even through the eyes.

Let us study this phenomena at a little closer range.

Heat expands, Cold contracts. This principle applies to physical phenomena in general.

If the organs of elimination are functioning normally, then the blood stream is in normal condition and the body can contract by the sudden lowering of the temperature, without producing an over-flow of impurities (without the catching of a so-called cold), but when the blood stream is loaded with impurities and the bowel activity is sluggish, then the sudden lowering of the temperature causes a shrinking of the body, resulting in this condition we call a cold, **CATCHING A COLD**. The cold was *not caught*, it was within the body, otherwise there would have been no evidence of a cold. The impurities were merely trying to find a way out and not trying to find a way into the body.

A cold is not caused by any activity of germs. It is solely and purely an eliminative process. A person that is in

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good health, does not, can not experience the condition known generally as a cold. Such a person is immune to colds and other forms of disease processes. This fact the writer has been demonstrating throughout many years of experience.

An example of the mechanical function of the common cold. Suppose we take a sponge and place it in a container of water, it will become saturated with the water, that is it holds as much water as it can absorb. Now, let us take that sponge and squeeze it the slightest amount and what happens? The water begins to flow out through every opening it can find. If the sponge contains very little water, it will take extreme squeezing for the little it contains to overflow, what little it contains will be eliminated through the regular channels, the urinary canal and the pores of the skin through evaporation. This example should help to illucidate the function of a so-called cold. The function of a cold may be truly described as a bodily cleansing crises. Just what constitutes a bodily crises?

A BODILY CRISES

When a point is reached in the life of the individual, that the mistakes, errors or natural law violations occur faster than the regular organs of elimination are able to remove, then the governing intelligence of the body is forced to call into service, other organs of the body to aide in the special emergency, just as the fire department finds it necessary to call upon as many other branches as the need may justify, in case of a fire getting beyond the capacity of the local fire department to control, and this is what science names a crises, a condition that requires extraordinary effort and assistance.

How may we recognize a crises in our physical body?

When our body feels logy, when our vitality is low, when there is no normal desire for food or for normal activity,

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we may feel sure that a crises is approaching and we will not be kept long in doubt.

Just like a sudden rain-storm, the body will begin the process of elimination through every convenient outlet, depending upon the amount of vitality possessed by the individual at the time, and the extent of the accumulation of impurities that are to be removed.

If the person is young and strong and possesses plenty of vitality, then the bowels will be called into extraordinary activity. This process, when it takes place, is called diarrhea. This is a very effective function, when it can be brought into action, but few individuals possess the needed strength for to arouse the process to such a degree, and so other organs are brought into co-operative assistance in the temporary process or emergency house cleaning, the nose and throat and the surface of the skin are the most common channels called into service as emergency assistants. Chills and fever is a common method of house-cleaning in emergency crises. Eruptions upon the surface of the skin in many varieties and forms are made use of by Nature in carrying out the purification process of removing the accumulated impurities from within the body.

After a cleansing crises, the body feels purer, cleaner, lighter and full of energy. In due time, when the individual permits the necessary conditions to prevail, Nature will establish and maintain good health, in so long as contrary conditions are not permitted to exist.

It is all up to each individual as ruler of his or her own destiny. If we do our part, Nature does not fail to give us the results we earn.

Foods

WHILE ALL HUMAN BEINGS find it necessary to use food to sustain the life of the physical body, the character and quantity of food varies as the individuality varies.

The fact that each human being represents a different state or condition, physically, spiritually, mentally, morally and psychically, would indicate quite clearly, that the food problem is *largely individualistic*, depending upon the condition of each one's mental and physical status; their occupation, their environment, climatic conditions, the amount and character of the physical and mental exercises they engage in, their age and many other influences, are all more or less determining factors, in the kind of food required as well as the quantity.

This makes one fact quite self-evident, that no set single rule may be established, in relation to the food question, that will function harmoniously with all human beings, at all times and places, unless it be "moderation" in the use of food, but even moderation varies with different individuals, depending upon the nature of the life each individual lives.

While this may cause the food problem to appear as quite a complex, the question really becomes very much simplified in its application.

First, there is the *natural internal guidance* for each and every human being. Second, in due time, there develops an

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intelligent, rational self-guidance, through *knowledge* and *understanding of the law*.

Our internal guidance adapts itself to our needs at all times, when we learn to rely upon it. This simplifies the food question to fit the understanding of each individual. Complexity arises only when the individual seeks external guidance and ignores the only accurate and reliable source of knowledge—the internal personal guidance.

Our internal guides will make known to us the needs of the body that will harmonize with our thoughts and actions. Insofar as we are governed by their guidance, we will not stray very far from the actual needs of the body.

We experience the feeling of hunger, the feeling of thirst, the feeling of tiredness, the feeling of exuberance, we feel hot, we feel cold, we feel pain, we feel pleasure, these are examples of this internal guidance.

When these requirements or needs have been supplied or taken care of, we experience the feeling of satisfaction.

Nature in her wisdom, guides each and every individual along the pathway that leads to health and harmony, until the individual evolves the Intelligence and understanding of the Natural Law of Cause and Effect.

When the Individual Intelligence has attained to that status, he has reached his MAJORITY. He is then able to be on *his own*, that is to live in harmony with the Constructive Principle in Individual Life, through his knowledge of the law.

Having acquired a knowledge and understanding of the function of CAUSE and EFFECT, he henceforth is able to know *in advance*, what the effect will be from any given cause, and this constitutes the *second* method by which the food problem can be solved by each individual.

We are therefore guided by our internal directors, until we acquire a technical knowledge and understanding of the

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relationships of effects to their causes, which knowledge helps us to take over the directive responsibility for our own well being. That is, to know precisely what cause to initiate to obtain the exact results we desire.

Which means the ability to select the particular foods and the correct quantity, that will produce the desired effect.

There are "general laws" pertaining to food substance, which every human being should familiarize himself with, and they are as follows:

(1st) as to their polarity or magnetic value.

(2nd) as to their degree of fineness.

(3rd) as to their degree of concentration.

(1st) Foods, like everything known to exist, are governed by the Universal Law of Polarity, that is, all food substance is either positively or negatively charged or both (bi-sexual or balanced).

To maintain the healthy functioning of the physical body, the polarity of food needs to be balanced.

The acid foods represent the *positive* polarity; such as lemons, limes, grapefruit, tomatoes, pineapples, oranges and many other varieties of fruits and vegetables that are aciduous.

The bases represent the opposite or *negative* polarity; such as starches, legumes, fats, oils, sugars, proteids and so forth.

Some foods represent a *balanced* polarity, of which milk is an example.

(2nd) Foods vary in their character, chiefly in their degree of fineness of their particles. Generally speaking, those foods that grow in the soil are of coarser texture, and are more positive, in a physical sense, in their electro-magnetic forces.

In a general sense, foods growing upon vines are finer in particle than those growing within the ground and nega-

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tive, electro-magnetically, in relation to those growing within the ground.

Foods growing above the ground generally are of finer texture, the higher they grow above the ground, likewise their magnetic forces become more physically negative.

Electro-magnetic forces that are physically positive are spiritually negative and conversely, electro-magnetic forces that are physically negative are spiritually positive.

(3rd) Foods vary in their degree of *concentration*, according to the proportion of *water* they contain.

The less water they contain, the greater the food concentration, and the greater the CAUTION necessary in the amounts required to be used, depending upon the amount of work performed and other related factors.

The greater the percentage of water contained in food substance, the easier they are digested, generally speaking.

The coarser foods, such as beets, potatoes and the highly concentrated foods, such as the grains and the dry beans, are more easily digested when cooked, generally speaking.

The concentrated foods produce a heating effect, and the watery foods have a cooling effect, generally speaking.

To those engaged in sedentary work, they can obtain the most efficient results with a light, fine, rapid-acting body; while those performing heavy laborious work, can do their best work with a heavier, slower moving body.

The former would require finer foods in amounts proportioned to the amount of work performed, while the latter would need heavier foods and of coarser texture, in amounts determined by the volume of work performed, other things being equal.

Human beings residing near the polar regions require heat-foods, while those living in the region of the equator would require cooling foods.

Those living in the temperate zones need to adjust their

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foods in harmony with their environment and activity, heating foods during the winter period, and cooling foods for the summer time.

When an excess of food is used at a single meal, to avoid difficulty additional exercise should be taken, so that the body can consume the food that was used and the individual should refrain from using any more *solid food*, until the body indicates the need by the sensation of *hunger*.

Under such circumstances, plenty of acid liquids should be used, as an aid to the eliminative processes of the body.

CONSTIPATION is the unquestionable indication that there are more accumulated impurities within the body than the organs of elimination are able to remove.

Under all such circumstances, the use of concentrated foods should cease at once and fruit acid liquids should be used, additional exercise should be taken until the bowels begin to function (walking is very helpful).

In extreme cases, enemas may be used temporarily, to help overcome the difficulty, fruit acid liquids should be used and plenty of exercise, which is very beneficial when the patient is able to use that method.

Individuals engaged mainly in mental work, can obtain much better results by the use of the finer foods, such as fruits, nuts and a moderate amount of dairy products and eggs, an abundance of walking and other physical exercise.

Age and Health

AGE AS IT IS COMMONLY understood, represents the time expired from the moment of the birth of the physical body to the present moment.

Normally speaking, the physical body, from birth, grows and develops until it reaches maturity or physical completion. When that point is reached, physical growth ceases, and development from that point onward is confined to the growth and development of the intelligence, residing in and controlling the physical body.

When the governing Intelligence learns to live in harmony with the Constructive Principle governing Individual Life, the physical body will maintain its status of maturity, during the life of the Intelligence in the physical body, without showing the evidence of what we generally name "old age," the deterioration, the weakening, the hardening and the slowing down of the life process.

That does not represent the Evolutionary process in nature, but the contrary. It represents the accumulation of our errors, mistakes and violations of nature's laws. When we *learn how*, we can in due time, remove the conditions in the physical body that have (so-called) aged the body and bring it back to its normal matured status, with all its normal vitality, strength, agility and elasticity that it possessed at maturity. In fact those powers and forces are increased by our understanding of and conformance to the Constructive Laws governing life.

AGE AND HEALTH

How does the writer know this to be a fact? By personal experience. Closely approaching the annals of eighty years, my physical body is maintaining the agility, elasticity and vitality on a par, if not in excess of what it was in youth. In addition, I have had the privilege of meeting a number of human beings whose physical age was considerably greater, that possessed the elasticity of youth and who lived "painless" lives. These are not mere exceptions. This represents a possibility for each and every human being that acquires a knowledge of the Constructive Law of Life, and puts forth their sincere efforts to conform to it.

There is no "special privilege" in the realms of natural law. Everyone stands as an EQUAL before the bar of natural justice.

Equality of opportunity for every one.

We may obtain whatever we prepare ourselves to *earn*.

In Nature it is *earn it* and *you have it*.

There does not seem to be any other way to SUCCESS.

Those who acquire things they have not earned, possess only the shadow of the things, not the reality itself. A human being who amasses a vast accumulation of material wealth, unless it is used for the general good, becomes the slave to those material things. He does not and cannot enjoy them. It was necessary to sacrifice the joys of living to acquire the accumulation of material wealth and it requires just as much, if not more of a sacrifice *to hold it*. The possession of material things beyond the normal needs of a human being is a *mirage*, unless used for the general good.

The law of life materially is fifty-fifty, balance or equilibrium, but when we enter the realm of the Intelligence, there we cannot possess what we have not earned and paid for, its full price. And when we have paid for it, that is earned it, we possess it in such manner that we cannot be deprived of it. Intellectually, we become the thing when we earn it and it is then Indestructible.

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When we earn health, harmony, love, happiness, truth, honesty, generosity, that is what represents the "true age" of a human being, the distance that has been traveled by the Individual Intelligence along the pathway of Intellectual and Moral growth and development.

If we want to know the "true age" of a human being, it is the distance traveled upon the ladder of Evolution, the status in the scale of Equity, Justice and Right; that is the true measure of age as well as the determining factor in the health, harmony and happiness of the Individual.

Some Terms As Defined By Natural Science



LIFE is that element in Nature which impels everything, whether organic or inorganic, physical, spiritual or psychological, to function according to the law of its being.

SCIENCE is the exact knowledge of the facts of Nature, classified and systematized.

FACTS. A fact is *that which is*.

KNOWLEDGE. Actual knowledge comprises those things which fall within the radius of our own individual experience and which we have personally demonstrated by the aid of our senses. Facts of Nature, identified, verified and acknowledged by human Intelligence.

EXPERIENCE is a conscious personal impression. These impressions constitute our definite personal knowledge.

TRUTH is the established relation which the facts of Nature sustain to each other and to the Individual Intelligence or Soul of man.

LEARNING is not knowledge. Learning is purely mental. It becomes knowledge when materially embodied. One learns as he apprehends, one knows as he comprehends. Knowledge is acquired through union of mind and matter.

ATTENTION is the individual voluntary exercise of the wakeful consciousness to a specific and definite end.

CONCENTRATION is the intensive, exclusive, rational mental activity, the process of fixing and holding attention of the mind upon a definite subject of thought, for a specific purpose.

IMPULSE is a conscious unpremeditated force of the Soul. An impulse of the human soul, formulated into a definite thought is a force.

VITALITY is the sum total of all the life elements.

NATURAL SCIENCE is that science which includes all other sciences and departments of science, physical, spiritual, mental, moral and psychological.

PHYSICAL SCIENCE is that science which has to do with physical matter only.

SPIRITUAL SCIENCE has to do only with things spiritual.

MENTAL SCIENCE is limited to a knowledge of the Mind, with its functions and phenomena.

MIND is that particular activity of the Soul which manifests itself in all the intellectual, rational and intelligent processes of human beings. It is the sum total of all the intellectual activities of the Soul.

MEMORY is an attribute of a Soul by means of which an Individual Intelligence receives and retains a knowledge of its past experience and is not necessarily under control of the Individual Intelligence. It is the storehouse of the Individual Intelligence.

RECOLLECTION is the power by which Individual Intelligence may recall past experiences to consciousness.

INDIVIDUAL INTELLIGENCE or **SOUL** is the Intelligent ego, entity or essential being which inhabits and operates both the physical body and spiritual body and manifests itself through them.

PHILOSOPHY is the conclusions which men in their search for a knowledge of truth, have drawn from the facts of Nature.

RELIGION is the application of the facts of science and the conclusions of philosophy to individual life and conduct.

WISDOM is the right application of knowledge and the right use of power.

MORAL RESPONSIBILITY is the Soul's recognition that there is a Moral Order in Nature, and that the Individual Intelligence is *bound* by that Moral Order to exemplify Morality in the living of his life, to the full measure of his knowledge.

PERSONAL ACCOUNTABILITY is the obligation

which God or Nature fixes upon Man, to conform his life to his own standard of Equity, Justice and Right.

The measure of MECHANICAL ERROR is Lack of knowledge of the Law of Mechanics.

Nature is responsible for all life below Man.

To be wholly responsible for his actions, an Individual must act, Self-Consciously, Independently and Rationally.

RATIONAL, Anticipating the relationships of the Law of Cause and Effect. Reliance upon one's own reasoning powers and rational processes.