

COSMO-ELECTRO CULTURE

for

Land and Man

By

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By

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U. S. A.

TOMORROW Opportunity Enters

ALL
COSMIC PHENOMENA

Represent
MOTION—

What IS
Reverting to
What WAS!

COSMO - ELECTRO CULTURE

for Land and Man

HEALTHY LAND produces HEALTHY FOODS.

HEALTHY FOODS, taken in moderation

Produce HEALTHY BODIES.

HEALTHY BODIES can harbor HEALTHY MINDS.

HEALTHY MINDS entertain HEALTHY THOTS.

HEALTHY THOTS demand PEACE

for BODY and SOUL.

SECTION ONE

Part One

PREFACE

DEFINITION

"Cosmo" is from the Greek word *kosmos*, meaning order; harmony; the universe; the world or universe considered as a sistem, perfect in order and arrangement. Hence, *any harmonius and complete sistem evolvd out of complex details.*

"Electro" is from the Greek word *elektron*, which means *amber*, a yellowish, fossilized, vegetabl resin, which is hard and brittl and translucent. Amber, has the peculiar property of emitting sparks, if rubd by certain substances. The ancients notist this peculiarity, so named the sparks "*electron sparks.*" The word "*electricity*" is derived from the same word, *electron.*

Electricity is a MATERIAL AGENCY, which, when still, is known as *STATIC Electricity*; but when "in motion," is named *DYNAMIC Electricity.* *Dyn-amic Electricity* exhibits magnetic, chemical, and thermal (heat) effects.

The MATERIAL AGENCY, known as *Electricity*, displays two opposing forces—one of *ATTRAC-TION* and the other of *REPULSION.* These two forces interplay between "associated localities" in a manner that may be said to be iether *POSITIV* or *NEGATIV.*

HENCE, the Universe Must Be Controld By AN AGENCY of *ATTRACTION* and *REPULSION*—A *COSMIC AGENCY.*

THE LAWS GOVERNING THE COSMOS ARE IMMUTABL (unchangeabl) LAWS. COS-

MIC LAWS are GOD LAWS and are known to HUMANS only by their MANIFESTATIONS!

To *CULTURE*, is defined in the dictionaries as to educate; to cultivate, especially with a view to improvement; to till the soil.

COSMO-ELECTRO CULTURE, according to the definitions above given, signifies cultivation of the soil by utilizing the COSMIC AGENCY popularly known as "*NATURAL ELECTRICITY*."

COSMO-ELECTRO CULTURE has been carried on for a great many years "in a small way," by a system of *COSMO-ELECTRO CONCENTRATION*.

Thousands of agriculturists have, to a greater or lesser extent, utilized many of the laws governing this *COSMO-ELECTRO-CULTURAL* system, but have not realized it. Some years their efforts have been far more successful than in other years. They have no idea as to the reasons for it. A favored few have been taught by word-of-mouth how to utilize the *COSMIC FORCES* to their financial betterment, but they have kept the experience a secret.

Practically every *COSMO-ELECTRO CULTURIST* has fed himself and his family from the "*Cultured Foods*" he has raised, thereby remarkably improving his and their general health and happiness.

COSMO-ELECTRO CULTURE

ERLY OBSERVATIONS AND CONCLUSIONS

I was born and reard on a farm as were my fore-fathers. "Farm life," is "life in the open." Life in the open has to be conducted according to the natural elements present in that certain locality. No two localities can be *just* the same, but the same Natural Laws obtain in one locality as in another.

All life is as is *in spite of* the Natural Laws and elements in which that life is evolvd. That is to say: If storms be of such-and-such a variety, living goes on *in spite of* those storms. If there be such-and-such pests to contend with, only such life can exist as can endure and evolv *in spite of* those pests.

If an agriculturist wishes to raise fruit for his family he mite as well raise some for others—*for the market*. If he can successfully raise fruit from one tree, he can just as well raise from several, or many trees, according to his land and ambition.

The same Natural Laws obtain in raising vegetabls as in raising fruits as well as nuts.

If it were "easy" to make grow what we would like to have grow; and we did not have to exist *IN SPITE OF* the innumerabl obstacls that seem to be ever arising to obstruct us, all of us would probably be "on farms," in the open, rather than "closed in," as it were, in cities, offices and factories.

We leav the farms, becaus we THINK it is more difficult to "make a living" on the farm rather than in

some other manner. The fact is that it is not "easy" to make an honest living ANYwhere!

Nature never intended that life should be "easy." If life were "easy," all incentive to improve would be lost. In the long run, the "easy life" is not a happy life. Those who work, and work hard under difficulties, get more happiness out of life than "the-easy-come-and-easy-go" variety.

The "drawbacks" in raising fruit today are about the same as they were sixty years ago. One of the impediments then, as now, is birds. They always destroyed far more fruit than they could eat. We did not like to kill the birds, because we liked them, and they did help prevent insects from becoming too numerous, but we had to protect ourselves. This is a *Law of Nature*, which boldly stated means: "*The Survival of the Fittest.*" Nature makes it evident that those who cannot learn to protect themselves will be destroyed by their "*Natural Enemies.*"

To overcome the impediment—birds, we cut pieces of bright tin out of waste material, or even bot sheets of new tin. We would punch a hole thru one corner of the tin and with a piece of wire fasten the bright metal to selected branches of each fruit tree. The wind would move these pieces of metal and their glittering motion would scare most of the birds away and thus spare us the fruit.

Many of these pieces of metal remained bright long enough to last thruout the season, then they would rust and many would remain on the trees, for no reason except it took time to take them off.

Year after year I notist that the fruit on the branches where the pieces of metal had remaind was better in every way than the fruit on the other branches. Many told me it was becaus the birds kept off those branches, but that did not seem to me to be the true reason. The extra-large size of the fruit alone was apparent.

Another pest we had on the farm was woodchucks (ground hogs). They would often bite into the bark about the trees. When we discoverd a tree had been bitten into, we put chicken-wire around the trunk and burid it a foot deep in the ground, so niether rabbits nor woodchucks could eat the bark any more.

As time went on I notist that the trees with wire about their trunks bore more and better fruit than those not so protected. The fruit on such protected trees was much the same as the fruit produced on the branches where the metal was attacht. This made me THINK! I made inquiries among all the fruit growers I knew, but none seemd to pay much attention to it.

When a blite hit peach trees in our part of the country, I notist that the "scale" did not seem to be much, if any, on the trees with wire guards about the trunks. Later, all the blited trees were removed, but those with no "scale" were allowd to remain. **EVERY TREE ALLOWD TO REMAIN HAD WIRE ABOUT THE TRUNK** about twelv inches under the ground and from two to three inches above the ground.

GROUNDING POTTED PLANTS

In my Old Home we had shelves bilt in step-like form and placed in rooms with windows having a southern exposure. On these shelves we had many potted plants, so we would have flowers during the long, cold, winter months. The pots were of erthenware with a small hole in the center of the bottom. These flower-pots were placed on dishes, or saucers, made of the same material as the pots.

It was one of my chores to water the house-plants. I knew the holes in the pots were for water drainage, or "ventilation." Sometimes I would put water in the dishes just to see it disappear. I was taut that if the hole were not in the bottom of the pot the erth could not "suck" the water to wet the roots of the potted plants. I lernd from observation that roots of plants would rot, if the "ventilating" hole were not in the bottom of the pot.

On warm, sunny, days, I was taut to take as many pots of house-plants as possibl out into the sun, also "so they could absorb outside air."

My observations of the fruit trees, with wire about them, gave me an entirely different outlook on "life-in-the-open" for all manner of LIFE! I wanted to attach the out-doors to all that was in-doors, so I devized a way of joining potted plants to the out-doors. This I did by driving an old litening-rod three feet or more into the ground and to the end protuding above the ground I wound copper-wire. My father solderd the wire to the rod. We bored a hole thru the house and past the copper-wire thru it.

The "house-wire" I attach to the mop-board nearest the shelves holding the potted plants. To this "house-wire" I twisted pieces of the same kind of copper-wire as went to the grounded copper-rod. The free-end pieces of wire I past thru the holes in the bottom of the pots and up to about the middle of the earth in the pots. This would allow the copper-wire to come in contact with the roots of each plant.

My reasoning was that if metal in the ground about the trees out-doors would improve the culture of such trees, then grounded-wire from out-doors to the roots of plants in-doors would bring out-door energy to the plants so grounded.

That I might prove my reasoning to be well founded, I left several plants not grounded as "control" plants.

The plants that were grounded grew faster and had better and more flowers than those not so grounded. The contrast was too evident for any argument. This experiment and its outcome brought me closer to Nature than ever before. From that time on I continually delved into *The Finer Forces of Nature*.

I observed that all vegetation was a part of the earth from which it grew; that animal life in the water was *grounded* to the earth thru the water; that animals of the air were *grounded* when not flying, because the trees, or other sleeping places they occupied, were attached to the ground; that animals living on the earth were naturally, in some manner, *grounded*; that UN-natural animals were made UN-natural by humans; that humans, in their natural state (not "civilized") live *grounded*; that the further humans departed from

natural living the less they livd *grounded* and the more prone they were to UN-helth.

In short: *Humans are the only living beings that exist part-time not grounded, and the less time they are in contact with the ground the more UN-helthy they become.*

COSMO-ELECTRO CULTURE

LATER OBSERVATIONS AND CONCLUSIONS

Knowledge is gained by observing and thinking. To observe and not THINK, cannot produce knowledge.

Experience without observing and thinking is a poor teacher.

When a young boy I was fortunate in having had the experience of gathering eggs from different hen-houses. I observed that the same number of hens in one hen-house produced more eggs than the same number of hens in another hen-house. This made me think. I inquired of my parents and grand-parents as to *why* this was so. Their answers did not satisfy my curiosity, so I asked many of our neighbors. None of the answers received seemed logical, after taking all circumstances into consideration.

The earliest "charm" I wore was an imported compass set in a horse-chestnut and attached to a string, which I tied through a button-hole in my clothes. I had a habit of investigating "how everything stood according to the compass." I noticed that some hen-houses were built so the hen-roosts ran east-and-west; while others ran north-and-south; and others "in no particular direction."

As the general feedings of the poultry of those I knew were about the same, and the care of the "stock" was about the same, the only difference that seemed to me to be radically different in various hen-houses was

the direction the hens "faced" while roosting—some north or south; others east or west.

Most of the farmers to whom I mentioned my observations smiled dubiously. My mother and grandmother never made fun of my questions or observations, but encouraged me to "look into it further." This always gave me courage to ask more questions and make more and more experiments to find out what I wanted to know.

I made it a habit to ask every farmer I knew about his poultry, as well as about his cows and other animals. I kept a "question-and-answer" book and would record the average number of eggs this and that farmer received from his hens, as well as the breed of hens and the direction in which they roosted. I made similar records as to their cows and amount of milk produced.

It was not many years thereafter that I had the proof, resulting from my experiments, that hens roosting to face north or south produced more eggs than hens roosting in any other direction. I also found out that cows facing north averaged more milk than cows facing in any other direction.

The cows always were "grounded," as they stood on the ground, or material on the ground. The hens were fairly well grounded, as their roosts were made of wood that, in some manner, came in contact with the ground. During the daytime both the cows and the hens would be on the ground.

My conclusions, gained by years of careful observation, were that the same energy that made my compass needle turn in a definite direction had a great deal

to do with life and the processes that made life possible on this earth.

I also learned that all animals and humans that lived *naturally* were *always* directly or indirectly *grounded*. So-called "civilization" has attempted to make it possible for humans, as well as some animals, to live not grounded, but the results are consequently bad.

COSMO-ELECTRO CULTURE

EXPERIENCE AS A MEDICAL STUDENT

Because of my study of Nature, our family physician urged me to specialize in the study of humans as they are in helth and un-helth. To do this it was necessary that I study with physicians.

In doctors' offices a medical student sees life "as it is." The medical student lerns erly in his work that to break the laws of Nature produces dis-ease—un-helth. The medical student also lerns that the more he knows of the Laws of Nature the better equipt is he to understand the reasons for many of the fenomena of Nature and their results.

To understand the life of any animal or human, one must understand the laws governing the growth of foods that sustain human or animal life.

A country physician meets peopl in all walks of life, but especially the "back-woods folks," known as "farmers." A successful farmer must be a close student of Nature. The more he knows of the Laws of Nature, the better is he equipt to put Nature's Laws into use for the betterment of his family and his crops. This was probably why so many farmers, and those interested in land and animal culture, came to see me about their "farm problems," as well as to see my preceptor (the doctor with whom the student works.)

A "country doctor" drives to the homes of the farmers when offering his services. While in their

homes the doctor can lern more of farm trubls, as well as the personal affixions, than any other person. In this way it was also convenient to help the farmers with their farm trubls by telling them of my erly observations in land and animal culture.

It was not long before newspaper reporters and editors would come to see me and inquire how I had discovered this and that pertaining to everyday life that would be of interest to their readers.

"BABY CULTURE"

One morning a newspaper reporter came to see the doctor about his "new baby." He said niether he nor his wife could get any sleep becaus the baby was constantly fretting and crying. As the doctor was too busy to attend to the case, he told the yung man that I would go to his home and take care of the baby.

The reporter seemd dubious as to whether or not I would be satisfactory, so while riding to his home he askt many questions regarding my experience.

When the yung man usherd me into the house and introduced his wife, I notist she was surprised to see me insted of my preceptor. Indignantly she remarkt: "I have herd my father speak of U several times; that U know how to raise plants and flowers and make hens lay more eggs, but I wonder if U will be able to tell me what is wrong with my baby."

However, after her husband explaind that their regular doctor could not come that day she submitted and began telling me about her baby. She said she nurst him "regularly;" kept him from "chewing" his

fists; "changed" him as often as it was necessary; gave him a soft, fether, pillow to lie on; bathed him every day; and kept him well "bundld up," so he would not "take cold;" etc.

The baby was about three months old and was lying in a well padded clothes basket, placed on two chairs, well away from any windows, "so he would not take cold."

I spred a turkish towel on the dining-room table and moved it nearer to the window to get a better lite, then I had the mother remove all the baby's clothing. I then placed the baby on the table. The mother wanted to put a pillow under the baby "to protect his bones," but I told her Nature had given the baby flesh and skin to protect the bones. The father smiled and the mother lookt as anxious as a hen with a brood of ducklings about a pool of water.

The baby was as perfect from "head to foot" as possibl. I rubd some oliv oil over the entire body and watcht the littl one kick and smile and listend to its natural "cooing." The mother seemd uneasy, so I askt what was trubling her. She said she was afraid her baby would "take cold" so near the window and without clothing. I told her the skin wanted fresh air and that the oliv oil was "clothing" enuf for a littl while.

I instructed the parents to make a board suitabl for the baby to sleep on, and cover it with toweling. With my pocket compass I showd them the north-south line of the sleeping room. I explaind that a fretful baby should lie with its head to the north or south. I explaind how I had grounded house plants, and how a baby

was a "house plant" and should be grounded by placing a copper wire under the towel, or littl sheet, he lay on. The father said he would get the material and make it that very day. The mother acted worrid, but I praisd the baby so much that she finally concluded to "try the Natural Way."

That evening I explaind to the doctor what I had done for the yung couple's baby. He smiled and said, I would never "get rich" by that method of bringing up babies.

Two days later the father of the child came in to report his first nite's sleep since the baby was born. Said the baby liked less bundling up and that the mother was going to make it a "Nature Baby." I saw this child a year after and no one could ask for a better or more helthy one. The mother told me that since the baby did so well being "grounded" when he slept, she had her husband ground their bed also, and knew that both of them felt better and were more harmonius than ever before. The father told his reporter frends at the office of his experience, and the news traveld fast.

COSMO-ELECTRO CULTURE

"SUN-KIST FOODS"

SUNSHINE AND FOODS

Many roots, fruits, herbs, etc., are kept in the dark during the long winter months in cold climates. Before such foods are eaten raw, they should be washt, peeld, and cut for eating; then placed in the sunshine, *outside of glass*, for a few minits. While being "sunshined," or "sun-kist," such foods should be on *erthen plates*, never on metal. Experience proves this plan to be correct, but there seems to be a logical reason for *insulating* such foodstuffs that have been grounded, and in the dark for several weeks or months.

All cellular activities, as explaind in some of my writings of many years ago, are *electric* changes. In other words, cellular actions are electric changes in the "*ultimate entities*" from which the cells are made.

Each cell can be likend to an electric battery with a positiv and a negativ pole. Changing of polarities is an electric change.

Magnetic energy is a form of electric energy. Sunshine on cells that have been in the dark some time. starts up *cellular* activity—*magnetic* or *electric* activity. If this activity take place on a metal plate, much of the "new life" is carrid off into the atmosfere; but if on an insulating material, such as glass, or porcelain, or baked erthenware, the newly energized cells retain their magnetic, or electric, potency.

Eating "electrically potenziized" food is putting "new life" into the sistem.

One of the first mal-conditions brot to my attention when I began the study of *natural healing* was the wasting away of tissues, known as *marasmus*. This condition is caused iether by lack of proper food, or the inability of the sistem to assimilate the food given it.

When this condition is present in infants, or children, it is known as "*rickets*" and acts on the bones first. In practically all such cases the trubl has been quickly rectified by properly "sunning" all the food immediately before eating.

Variis artificial lites will help energize foods, but nothing does quite so well as *unobstructed sunshine*. To keep insects from tuching the foods being "sunkist," cover with wire mesh. Copper wire mesh is better than iron mesh, becaus the copper itself, givs off an energy, when in the sunshine, that is misteriously potent.

I am familiar with all the hy-sounding and "tantalizingly-tecnical" names and frases that "foreners" have given to this sistem of LITE-ENERGIZING of foods. The names mean nothing more than "SUNKIST." No one part of the spectrum is sufficient for this work, but *all that the sun delivers is needed*. It's the NATURAL WAY!

FOODS AND "FOODS"

As related in my erly writings, fruit grown on one side of a fence may agree with a person, while the same kind of fruit on the other side of the same fence will not. I was many years lerning WHY this is a fact. In

the first place, I found that the soil was not the same in one orchard, or grove, as in the other. In the second place, I have been able to prove that the difference in lite and shadow at the time the fruit was ripening, had much to do with its agreeing with a person. Some persons "take to" one form of energized food, while another person will "take to" another.

Later on in this book I shall try to show that some persons are allergic to (affected by) certain types of ENERGY while others are not.

The cooking of foods often makes those foods indigestible to a person who can thrive on them raw. The cooking often drives the NATURAL energy out. *Cookt foods CAN be energized.* I shall explain how it is done as we go on.

FERTILIZERS

To learn how Nature fertilizes the trees in the forest, we only have to look at the organic material on the ground about the roots of trees. This decomposed matter is *leaf-mould* as well as pieces of bark or other parts of trees, collectively known as *humus*.

Humus is the best of all fertilizers. I used to go into the woods, or swamps, near my old home to gather humus, bag it, and take it home for fertilizing potted plants. What we did not use at once, we put into boxes, or old tin boilers, or rusty milk cans.

I noticed a superior green color in the leaves of plants fertilized with the humus that had been stored in the tin or iron containers. I told this to my preceptor one day while discussing this subject, but he only smiled

and seemd to think it all imagination. To prove my point I gatherd another bag of humus and stored part of it in a wood container, and the other part in an iron container and labeld them. I gave this to my preceptor to use on flowers and plants in his garden. Within a month he agreed that my observations were correct. The flowers fertilized with the humus stored in metal had a more "vivid" color and their leavs bore a richer green.

My preceptor wisht to continue using humus of this tipe, so made his own. He puncht drainage holes thru the bottoms of old tin wash-boilers and sunk them in the ground. Into these sunken receptacles he stored leavs and other vegetabl refuse, which he occasionally moistend.

Newspapers publisht artcils regarding these observations and interested many, in what to them was "something new," tho it was all as natural as life itself. It was not long before others besides my preceptor were making fertilizer in this manner.

AN EDITOR HAS A FOREN VISITOR

A year or two later, the editor of one of the local papers cald to see me at the office. With him was a man from London, England. The editor introduced him to me as from some agricultural society, but the particulars I do not remember. What I do remember is, the editor and his English visitor went with my preceptor to his home to see what "*Nature Culture*" had done for the flowers and plants in his garden.

Within two years my observations had been ex-

plained to many who were interested in farming and fruit-growing, as well as to poultry raisers and dairy-men.

New barns were bilt so the cows or horses would face to the north and thus have the sunlite from the south windows on their "hind-quarters." Hen-houses were reconstructed so the roosts ran east and west.

An observation, along these lines, worthy of stressing is that in most hen-houses there are square nests for the hens to set in. New hen-houses were bilt so the roosts were on one side of the bilding and the box-nests on the other side. The hens would have to roost facing iether north or south, but they could turn in any direction they chose while setting on their eggs. When the nests were made comfortabl for the hens to set in any direction, they took the direction they had become accustomed to in roosting—iether north or south.

Another observation worthy of stressing—there was always less lice on the roost that had a wire connecting it to the ground. This we discovered all by accident. One roost had a split end, so we wired it together and as the wire was longer than needed, we burid the free end in the ground. The hens would quarrel to get on that particular roost. We discovered also that the lice did not accumulate on this roost, but were generally on the others. Soon the news spred and many new hen-houses were grounded (wired to the ground.)

"CHILDREN'S DISEASES"

In the rural districts each family usually has more

than one or two children. As I was often sent out to see the children in large families, I had an opportunity to make many observations that one could not have made in families with only one child or no children.

"Children's Dis-eases," such as measles; scarlatina; chicken-pox; mumps; etc., are considered as "contagious." If one child in a family has any such complaints, the other children usually "catch it." In families having many children, I often noticed that one or two of the children did not "take" the unhealth. It was my plan to investigate every condition that was said to be "unusual." I observed that every child who did not have the "usual" unhealth, slept in a bed that had its head directed either north or south. At any rate, there were enough cases to cause me to believe that sleeping either north or south made many children "immune" to what those sleeping in any other direction were afflicted with.

When two children occupied the same bed and one child became ill and the other escaped it; the child sleeping on the side of the bed against the wall was always the "lucky" one by being "immune."

I explained to many parents how to "ground" the bed while sleeping in it, by passing a small copper wire under the under-sheet. One end of this grounding-wire was twisted about and soldered securely to a half-inch, or larger, copper rod driven five feet or more into the ground. The "free end" of this grounding-wire would be bent under the mattress, or bed-pad so as not to be in the way.

In one neighborhood, I well remember, part of the

children in every house except one, had measles. This "immune" house had all the beds well "grounded." I was soon able to place much reliance upon the grounding of sleeping beds in the manner above cited, as a means of *preventing* most of the "common ailments of children."

LIFE IN THE CITIES

To broaden my education by private tutors and in colleges, it became necessary for me to leave the country and go to the cities.

In the city my life was full of "ups-and-downs," as is the case with any ambitious person seeking more and more knowledge while working to "make a living." As my work was very diversified, I did not get into a "rut" as so many do who "follow the leader," rather than leading himself by having a particular AIM in life and *never giving up*.

The "Workings of Nature" as observed by me in the country became more and more interesting and "complex" in the cities. As Nature's Laws are the same in the cities as in the country, it would seem "easy" to understand life in the one as well as in the other. However, this is not the case, because Nature never intended humans to live in "close confinement" as city life really is. Large buildings; stairs to climb; polluted air; dazzling lights; rushing and dodging; noise and commotion; all are distressing and distracting to those who want to THINK and *live*.

There is room enough in the country for every person. The more "conveniences" we have in the cities, the

more our faculties become "paralized" from dis-use. I found just as many persons in the cities who wanted to get back to the land as those who wanted to leave the land to live in the cities.

Little by little persons all over the world have become interested in "*how to make a living in the country.*"

There is no "easy way" to make a living and be happy. Most of our difficulties are "man-made." The Finer Forces of Nature can be used to help us. Nature cannot be improved upon; but all of us can improve our methods of utilizing the hidden forces of Nature.

COSMO-ELECTRO CULTURE

COMMERCIALISM IMPEDES CULTURE

While living in New York many orchardists came to see me regarding their fruit troubles. No inexperienced person has any idea how many troubles can be connected with the raising of fruit for the market, yet it is one of the best paying "professions" I know of. I say *profession*, because growing nice food for humans to live on, is a *profession* just as much as advising persons how to keep well, or giving legal advice to keep out of legal difficulties.

It is only by knowing the troubles of many that we learn how to advise others to prevent similar troubles. Pioneering in any line of endeavor is simply observing symptoms and finding the cause of bad symptoms and knowing how to remedy those causes.

One large apple grower consulted me regarding a peculiar brown spot in the core of many of his apples. I visited his orchard and discovered that the soil about the trunks of the trees was cone-shaped, rather than cup-shape. This would allow the water to run away from the trees, rather than to remain and soak into the roots. He told me that one tree in particular always gave him "sample fruit." I examined the tree referred to, and found it looked the same as the others with the exception of the leaves, which were much greener than the others. I had him dig some distance from the trunk so I could see the roots. Suddenly his shovel hit a

piece of metal approximately two feet from the tree trunk. This metal was a water pipe that carried water from a spring to a watering trough in his barn. The pipe was there *before* the orchard was planted.

The energy emanating from this pipe energized the earth; the earth energized the tree. The results were greener leaves and better and more helpful fruit.

I showed the orchardist how to correctly fasten copper wire to this water-carrying pipe and bury the wire deep enough so as not to interfere with the cultivation of the ground; then run the wire to each tree and up the trunk about two feet, then back into the ground. From one tree to the other we ran the wire as a "loop-up-and-down-and-on" metal-connector all through the big orchard. The loop on each tree was fastened by means of a galvanized-iron staple, or a bent-over iron nail.

I fully explained to this orchardist why *iron* was safer to drive into a tree than copper. Copper and tree-sap can produce a poison that might get into the tree's circulation. I also briefly told him why I wanted copper wire in the ground—so it would not rust and would gather "atmospheric energy" passing it to the roots of the trees as *nitrates*. This completed, I asked him to bring me a sample of his fruit next season, and then I departed.

The next season the orchardist brought the sample of fruit. It was the finest basket of apples I have ever seen or tasted. The next year he purchased his next-door neighbor's farm and reconstructed the orchard similar to the other. The following year he did the same with the farm on the other side. By that time more distant

nabors had lerned of me and came to obtain the same information as was given to the first man.

They had tried to get the information from the "successful farmer," but he would not "share" his success. This is a universal habit—keep your competitors in ignorance, so U can excel them, or put them out of business. This is so-cald "business," but to my mind it is too selfish to be spoken of with a smile.

The farmers who came to me for the information all recievd it, and within five years that section was exporting to Europe the finest appls one could find. All were happy rather than one being envious of the other.

My readers can see from this one narativ WHY such progressiv work is held back. Many farmers WANT to lern, but do not know where to get *reliabl* information. If this COSMO - ELECTRO CULTURE were taut in our agricultural colleges a few would believ it and gain thereby, but it is off the beaten path for the "moss-backs" who oppose any method of utilizing the COSMIC forces. Superstition is a great hindrance to progress in any line of endeavor. Commercialism ("business") prevents one "business man" from instructing another. The "set-up" of so-cald "civilization" seems to be a game of "dog-eat-dog."

COSMO-ELECTRO CULTURE

TRAVELING AND LECTURING

Just before "The World War," a lecture organizer induced me to hold lecture courses for college faculties and professional persons thruout the United States. In these lectures I related much that I am recording now for the first time in book-form.

A physician, to help humanity, must know how humanity lives to be able to find the causes of humanity's ills. What goes into the body has a great deal more to do with the body's well-being than is taught in our medical colleges. If the body be ill at ease, the *mind* is sure to be in dis-ease.

How the food grows and is prepared for human consumption has as much to do with its helpful assimilation as the variety of food. What will agree with one person, may act as a poison to another. There **MUST** be a reason as to *why* this is true!

AN ENGLISH INVESTIGATOR STUDIES WITH ME.

Early in 1920 a learned man from England was sent to me by influential men of affairs located in London. He arranged with me to teach him privately the many truths that for years I had been telling to others. He said the seed that was planted by some of my visitors in the "early 1880's" was slowly bearing fruit and that agriculturists in various sections of the British Empire were asking for more information and more "mature findings" after the lapse of so many years. He told

me "The World War" had changed the outlook on life and living, and that those with a "long-look-ahead" were looking to *agriculture* and the utilizing of the land for a livelihood.

My distinguisht pupil was with me for over three weeks, after which time he returnd to London, England, where he had many conferences with agricultural heads from varius sections of the Empire. Two years later he wrote saying that the work was progressing slowly, but encouragingly, and that it must *eventually cover the world*.

A FEW REPORTS FROM ORCHARDISTS

About twenty years ago a "middl-aged" man came in for a "general examination" and professional advice. He said he moved to California from New York City several years before with the idea—"How to get rich by raising chickens in California," taken from agricultural books, and at the same time have sunshine and comfort for the entire family. He followd the government experts' advice to the last letter, but his chickens did not do well, altho he and his wife spent days and nites looking after them. In the meantime he had bilt a home as well as bildings for the "poultry business." It was necessary that he borrow money to get started, but for some reason his business was a failure and he could not even pay his interest or taxes. One son was redy for college and the other was in hy-scool. All were helthy so far as bodies went, but the worry over business was bringing about a "mental strain" that was rapidly breaking their helth.

As this is common history in California, it did not require a diagnostician to find the cause of his mental condition, and the resultant stomach and intestinal agitation.

I suggested he go into the fruit business for a livelihood and raise enough vegetables and nuts for his family to live on. He smiled and frankly said he knew "not one thing" about raising fruit; and the fruit growers he was acquainted with had gone "more broke" than he had in the chicken-and-egg business.

I related some of my early experiences and observations along those lines and told him what some of my pupils were doing with the culture of fruit and nuts in foreign countries as well as in "The States." He finally agreed to get rid of his poultry business, and to devote his entire attention to laying out his land for *fruit culture*.

He had plenty of land and by hard work could bring in enough water for irrigation. (As this man was born and reared on a farm in Europe, he knew how to work and was not afraid to work. His wife came from the same locality, so she was a willing helpmate to her hard-working husband.)

I advised this man to specialize in pears and peaches, and to keep each class of fruit separate from the other. I explained how to line the trees to correspond with the compass. This seemed to please him, for members of his family were sailors and "followed the compass." I told him trees needed much light, sunshine, and room to spread, so they should be set out about 30 feet apart; never less than 28 feet. He said

since he had land enuf he would set them from 30 to 35 feet apart.

The wiring of each tree was carefully explaind, as alredy outlined in this book. I told him to make the irrigation furrows from one to two feet away from the trees, so the roots would have to "reach" for the water, and consequently develop larger and better trees.

All these natural suggestions he easily understood and agreed to. As he left my office I told him to "keep working" and never let up, and bring me a basket of fruit from his first crop, so I could "test" it. He went out with a happy, encouraged, smile and fifty percent improved from his "first treatment."

I had not herd from this man for over two years, when erly one morning he came in smiling and handed me a basket of "choice" fruit.

He had arranged with a dealer in New York City to take all the fruit he could raise direct from him, eliminating the "middl-man" from eating up his profits. As his fruit was exceptional the dealer offerd him a good bonus above the regular market-price.

Now, California was a success to this man, becaus he was a success in California, and he had lernd to harness Nature's Laws—Cosmic Laws—so they would work for him and with him. The bountiful open spaces of California gave him a comfortabl living and a happy home.

This man had a "vision," and he believd his "vision" could come true. Experience had given him FAITH and with such faith there was no FEAR to

hinder him, or damper his ambition. He "pland his work and workt his plan."

He had lernd how to get humus and make humus from the leavs and vegetabl refuse on his own land. He knew he was raising helthy food for himself and his family, and had lernd that helthy food, in bodies dominated by helthy minds, made helthy individuals, who realized they had a rite to expect from Nature rewards in proportion to the honest efforts put forth.

Now both sons were in college. He and his wife and one outside helper had set out new orchards and groves. They put wire fences around all their groves. The wire fences were fastend to iron posts set well in cement deep down in the ground. Even those fences were so placed that they would "work for the land" they surrounded.

Many years have past. He is now what his acquaintances call "rich." They tell me he is so "close-mouthd" that they can never get at the "secret" of his success. No one notises the way his trees are wired or set out. They are too busy looking for trubl. This is the rule with "civilization,"—seven out of ten are peeking to see if the other three are as "civilized" as they. While the seven are idling away their time, the "furrow-weeds" are stopping up their "ditches." The other three are minding their own business and are not wasting their breth in teaching the self-satisfied "busy-bodies" how to better their crops.

There would be no "middl-man" to tell farmers what to do, or take their profits, if the farmers were

enterprising enuf to grow *the best* and find their own customers!

I was going to giv detaild reports from several other orchardists, but this one is so tipical, so enlifen-ing and so instructiv, that the reader mite better read this report over several times rather than read different ones—*each one pointing to SUCCESS.*

COSMO-ELECTRO CULTURE

THE FINER FORCES OF NATURE

We look about us and see the RESULTS of The Finer Forces of Nature. There can be no force without ACTION. Gravitation is a Finer Force of Nature. If gravitation did not constantly ACT our Universe would be a great void—a VOID so terrible that it would hark back to the "time" when The Cosmos was only "some things" so minute that our imagination cannot even imagine them. As there is no "orthodox" name for these "somethings" from which all that is, IS, I shall call them COSMI, because the word COSMI signifies the *ultimate* "somethings" from which The COSMOS is, and *beyond which there is nothing more.*

To make this more clear, let us imagine a fog about us. The density of that fog depends upon the size of the droplets of water in the vapor making the fog. Our eyes are not made to see thru any fog so well as they see thru the "clear air."

The "clear air" is made up of "droplets" so minute that our eyes have been cultivated to "see clearly thru them."

The "air," no matter how clear it may seem, is composed of many gases, which in turn are made up of certain elements held together by a "natural force." The "natural force" must be an ACT and there could be no ACT without a "something" to *act upon!*

"youth"

Is a state of mind—not a time in life—

The test lies in the ability to assimilate

a new idea!

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Our eyes are constructed to carry to the brain certain motions, while our ears are constructed to carry to the brain certain other motions. Our ears can "see" thru the densest of walls, while our eyes can see only thru "clear air," or thru some other "gas."

As everything that IS was made from that which WAS, it follows that EVERYTHING is made from the COSMI.

As NOTHING in all Nature is "still," it follows that all COSMI are in motion.

It is explained in the "Preface" of this book that ATTRACTION and REPULSION are the COSMIC AGENCIES which control The Universe; and that ELECTRICITY is the AGENCY possessing these two FORCES. These forces are known as POSITIV and NEGATIV forces.

From these known MANIFESTATIONS, it follows that COSMI must be of two FORCES—Positiv and Negativ—and that they are ALWAYS in motion.

Hence, the COSMI must be the *ultimate* ACTORS, beyond which there are no other actors in the COSMOS.

Thru the countless "ages" the COSMI have revolv'd about each other. Hence EVERYTHING in Nature is made up of TUBES. The GREAT COSMOS itself is a "tube." (Illustrated and explained in SECOND SECTION of this book.)

As THE COSMIC TUBE "revolves," it can be likend to water pouring into a barrel from two opposit sides, thus forming a VORTEX. (In the book, "MY

BIOGRAFY." I illustrate "CREATION" as a great vortex located in "the center of The Universe.")

From this explanation and description, it is clear as to why all Nature is made up of TUBES—*everything is revolving*.

Tubes may be of "sizes" too small to even imagin. as the revolving of the COSMI about each other—never alone—or the "sun, moon, and stars, and all that in them is," revolving to be a part of THE GREAT COSMIC TUBE—The UNIVERSE!

"When shall we learn the secrets of the place
That now appears to us but vacant space?
No mortal man can see behind the veil.
Or trace the curvings of the Cosmic Trail,
Or comprehend entire Creation's Plan!"

WHERE EVERYBODY'S HAPPY

There's a town cald Don't-U-Worry,
On the banks of the River Smile,
Where the Cheer-Up and Be-Happy
Blossoms sweetly all the while;
Where the Never-Grumbl flower
Blooms beside the fragrant Try,
And the Ne'er-Giv-Up and Patience
Point their faces to the sky.

In the valley of Contentment,
In the province of I-Will,
U will find this lovely city
At the foot of No-Fret hill;
There are thorofares deliteful
In this very charming town,
And on every hand are shade trees
Named the Very-Seldom Frown.

Rustic benches, quite enticing,
U'll find scatterd here and there;
And to each a vine is clinging
Cald the Frequent-Ernest-Prayer;
Everybody there is happy
And is singing all the while,
In the town of Don't-U-Worry,
On the banks of River-Smile.

—*Author Unknown.*

SECTION ONE

PART TWO

Back to Nature



Back to the Land!

*Back to the Songs of the Birds bidding our
Spirits awake with the Dawn!*

*Back to the Melodies of Nature's Simphonies
in Hill and Dell!*

*Back to the Slumbers in the Lullabies of
Moon and Stars!*

Back to the Peace the Sunset bestows!

*Away from the Madding Throngs; Tramp-
ing, ever Tramping, on Pavements of
Stone!*

*Away from the Violent, Decieving, Glittering
Lites!*

*Away from the Broken Cries of News
Vampires!*

*Away from the Dust and Dirt of Grinding
Wheels that are Killing Time and Break-
ing Nervs.*

*Let the Gospel-Melodies of Birds in Nature's
Great Theater keep us Close to Nature!*

*The World's Broadcasting is the Absence of
Faith, Peace and Love—but is the Es-
sence of Hate, Fear, and Fite!*

*From the Hevens let the Birds Broadcast to
us; Peace, Good Will to All!*

O Nature, Giv us PEACE for BODY and SOUL!

"youth"

*Is a state of mind—not a time in life—
The test lies in the ability to assimilate*

a new idea!



Youthfully yours,

Geo Starr White, M.D.

INFORMATION

- ☆ Dr. White, in over 50 years, has diagnosed over 225,000 persons.
- ☆ From his vast experience he has written over 100 books on health.
- ☆ Dr. White is a Member or Fellow of over 50 American and Foreign Associations and Societies. Among them are the following: Cornell Alumni Association; Cornellian Council of Cornell University; Life Fellow Royal Society of Arts, London; Alumnus, N. Y. Homeopathic Medical College and Flower Hospital; The American and Foreign Nature-Therapy Associations; Volunteer Service Corps, U.S.A.; Society, Sons of the Revolution, in the State of California; Life Member, A.A.O.N.M.S. He is licensed to practice Medicine and Surgery in six States of the United States.
- ☆ He belongs to no society or association that attempts to tell its members what they may, or may not write.
- ☆ Dr. White's books have the largest sale of any Health Books on earth.
- ☆ More than 7,000,000 persons now use Dr. White's books as their guide to health.





Bilders

ARE

*The Humane Humans who see in Nature
The God of ALL CREATION.*

*Isn't it strange that princes and kings,
And clowns who caper in sawdust rings,
And common folks like U and me,
Are bilders for eternity?
To each is given a bag of tools,
A shapeless mass and a book of rules,
And each must make, ere life has flown,
A stumbling block or a stepping-stone.*

OBSTACLES ARE A PART OF OUR WORK.



THIS BOOK IS DEDICATED TO

The Humane Human who sees in Nature The God of ALL CREATION! To the Human who sees in "The Good Erth"—"*Back to Nature*"—a chance for Humans to be *Humane* to other Humans. Such a Human is the one "who livs inspired by a sense of obligation to others; who guides his life by knowledge; who is honest with self and with others; who has enuf sense of humor to avoid the sin of egotism and the folly of gloom; and moral courage to persevere with bravery 'unto the end.' *Religion* for such a Human is not a theory--it is a *practis*. It is not a creed--it is *Life*."

Such a LIFE brings PEACE for BODY and SOUL.

THIS DEDICATION would not be complete without quoting the words of that Great American Humane Human, Abraham Lincoln:

"With malice toward none, with charity for all, with firmness in the rite as God givs us to see the rite, let us strive on to finish the work we are in; to bind up the Nation's wounds; to care for him who shall have borne the battle, and for his widow and orphans; to do all which may achiev and cherish a just and lasting peace among ourselvs and with all nations."

Life

LIFE is that condition in which ANIMALS and PLANTS exist—ORGANIC substances, as distinguisht from IN-organic substances and from dead organisms.

LIFE is divided into three great classes—ANIMAL LIFE; VEGETABL LIFE; SPIRITUAL LIFE.*

ANIMAL LIFE is divided into two great classes—HUMAN LIFE and ANIMAL LIFE.

ANIMAL LIFE dwindls into PLANT LIFE; or PLANT LIFE expands into ANIMAL LIFE; so gradually, that it is quite impossibl to definitely say where the one ends and the other begins.

SPIRITUAL LIFE is that state of being that never ends, even tho the host of that LIFE be dead.

IN CREATION no mortal being can definitely say what form of LIFE, or which individuals of any form of LIFE, is endowd with the ability to harbor a SPIRIT.

HUMANS are supposed to be of an order of ANIMAL LIFE that is superior to any other LIFE, but experience on this erth teaches us that it is about as difficult to know where HUMAN life changes

* I have purposely omitted, what some call, "THE MENTAL LIFE," becaus observation has not yet given me any idea as to which class of Life is entirely without "THE MENTAL LIFE," or which class of Life always has it.

into ANIMAL life as to know where ANIMAL life changes into PLANT life. Some may say that this last statement is "unholy," but let them compare the acts of so-cald "civilization" with the acts of animals or plants and then THINK.

Some ANIMALS destroy each other. Some PLANTS destroy each other. Some HUMANS destroy each other.

In each of the three divisions of LIFE there are those which do NOT destroy each other.

Can a DESTROYER of its own kind possess a SPIRIT?

THINK!

It has recently been publicly announst that a foren College Professor has been awarded a \$7,500.00 prize for discovering a sinthetic chemical that will PRODUCE cancer in animals.

Producing cancers is quite different than CUR-ING cancers. On the other hand, many a human will be a victim of the insane tampering with life!

Millions of innocent animals are being tortured to deth every year by so-cald educated humans just to prove this and that as a prevention to human ills.

HUMANS differ from other animals as much as "other animals" differ from some plants.

Only INSANE HUMANS would even think they could get the same "reaction" in animals as in humans; or the same reactions in animals as in plants!



Knowledge given wings carries enlightenment to all mankind.

SIMPLIFIED SPELLING MEANS PROGRESS

☐ ☐ The spelling in this book conforms with that in Funk & Wagnalls Unabridged New Standard Dictionary, which is the most up-to-date AMERICAN dictionary published.

☐ ☐ The SIMPLIFIED SPELLING BOARD was organized in the United States about 1906.

☐ ☐ English spelling abounds in irregularities, inconsistencies, and absurdities. It is so irrational that we are never sure how to spell a new word when we hear it, nor how to pronounce a new word when we read it.

☐ ☐ To learn it is a prodigious feat of memory that should not be demanded of children, and that impairs the development of their reasoning powers.

☐ ☐ To impart it exhausts the nervous energy of teachers.

☐ ☐ Hundreds of millions of hours of school time are wasted every year in far-from-successful efforts to learn it and to teach it—the cost of which is borne by the taxpayers.

☐ ☐ Millions of dollars in time, money, and material are wasted yearly in writing, typewriting, and printing that might be saved by dropping silent or misleading letters.

☐ ☐ The difficulties of English spelling greatly hinder the Americanization of our foreign-born population, and more than anything else prevents the use of English as an international language.

CUSTOM CHANGES LANGUAGES
LANGUAGES CHANGE CUSTOM

Big "I" and little "i"
Big "U" and little "u"
Big "U" and Big "I"

ENGLISH GRAMMER says:

First Personal Pronoun Singular is the person speaking and is represented by the capital letter "I."

Second Personal Pronoun Singular is the person address and is represented by the word "you" in small letters.

Prominent names begin with a capital, as well as the Personal Pronoun "I."

All other pronouns begin with a small letter, unless at the beginning of a sentence.

Some languages begin the First Personal Pronoun with a small letter and the Second Personal Pronoun with a capital letter.

Some languages begin the First Personal Pronoun, as well as the Second Personal Pronoun, with a small letter, unless at the beginning of a sentence.

To teach children or foreners, the English language is to teach them that the First Personal Pronoun, THE PERSON SPEAKING, must be a CAPITAL letter, the same as that of the Delty, or prominent persons, or names of places.

BUT IN CONTRAST, the Second Personal Pronoun, representing the one address, is in SMALL letters.

To one not used to English, or a beginner, EGOTISM is exprest in using a CAPITAL letter to indicate the person speaking; while the person being spoken to is represented by small letters.

In English, to represent the First Person by means of the small letter, "i," indicates an inferiority or illiteracy especially if the Second Person, or the one address, be indicated by the CAPITALIZED word "YOU."

Inasmuch as the English Language, without exception, uses the capital letter "I" for representing the FIRST Person, why not use the capital letter "U" to indicate the Second Person?

Believing this argument to be fundamentally correct, the author of this book uses the capital letter "I" to indicate himself, and the capital letter "U" to indicate the person or persons address.

Look Up Into Endless
SPACE—

U See "NOTHING."

Look Down at The
ERTH—

U See "SOMETHING."

"Nothing" Added To

TIME

Makes "SOMETHING."

SECTION THREE

Part Two

COSMO-ELECTRO CULTURE

PRACTICAL WORKING INSTRUCTIONS
CONDENSED AND ILLUSTRATED FROM REPORTS OF
CULTURISTS IN ALL PARTS OF THE WORLD

THE LOCATION

The location for an orchard, grove, vineyard, berry-yard, nut-grove, garden, or any plot—large or small for planting, should be carefully selected. A stranger, going into any new locality, must spend some days in learning from "old settlers" from which direction the prevalent winds blow; what the average temperature is; whether irrigation-water, pipe-water, or rain-water, be used for watering the land. It is always well to look all the country over to see what class of crops do best, for one locality is better suited for a certain kind of cultivation than another. When persons can have their own selection, that selection should be carefully considered.

If U are already located, then select the parcel of land that will suit your purpose best. Where irrigation is used, select a sloping parcel of land, if such be available. If flat land has to be irrigated, place the *weir* boxes in such a manner as to "lift" the water for a *gravitational flow*. The irrigation ditches should be placed one or two feet from the trees or vines, so the roots will develop longer and better by reaching out to find the water.

If U have to depend upon rains, be sure to make a basin about all trees, so the water will not run from the trees. Place the basin ring a short distance from the tree, so the roots reach out for the water.

This is VERY IMPORTANT, but overlookt by many orchardists and farmers.

COSMO-ELECTRO-ENERGY CONDENSERS

Figure 1. illustrates "common galvanized chicken-fence wire." Altho such wire fencing is "common," yet for this special purpose all of it is not so "common" as one, at first, mite expect.

The illustrated coil is taken from a roll of twenty-four-inch wide, *one-inch-mesh*, regular chicken-fence wire. A mesh less than an inch will NOT anser the purpose. Niether will a mesh larger than an inch-and-a-half do. *One-inch* is the best size for *Condensing Cosmo-Electro Energy* about the roots of any tree, shrub, vine or flowers—in fact, the best for energizing *any* vegetation.

Twenty-four-inch width is the kind to buy. This two-foot roll should be cut with tin shears length-wize thru the middl, so the *cut* edge will be in the ground, while the "selvage-edge" is about two to four inches above the ground.

Figure 2 shows how the wire-mesh is placed about a tree. Notis that the wire-mesh is placed *loosely* about the part to be energized, in order that, as the tree, or shrub, or whatever is thus surrounded grows, the wire-mesh will expand to accommodate the growth. The wire-mesh may tuch the tree, or surrounded part, or it may be an inch from it. Observ that

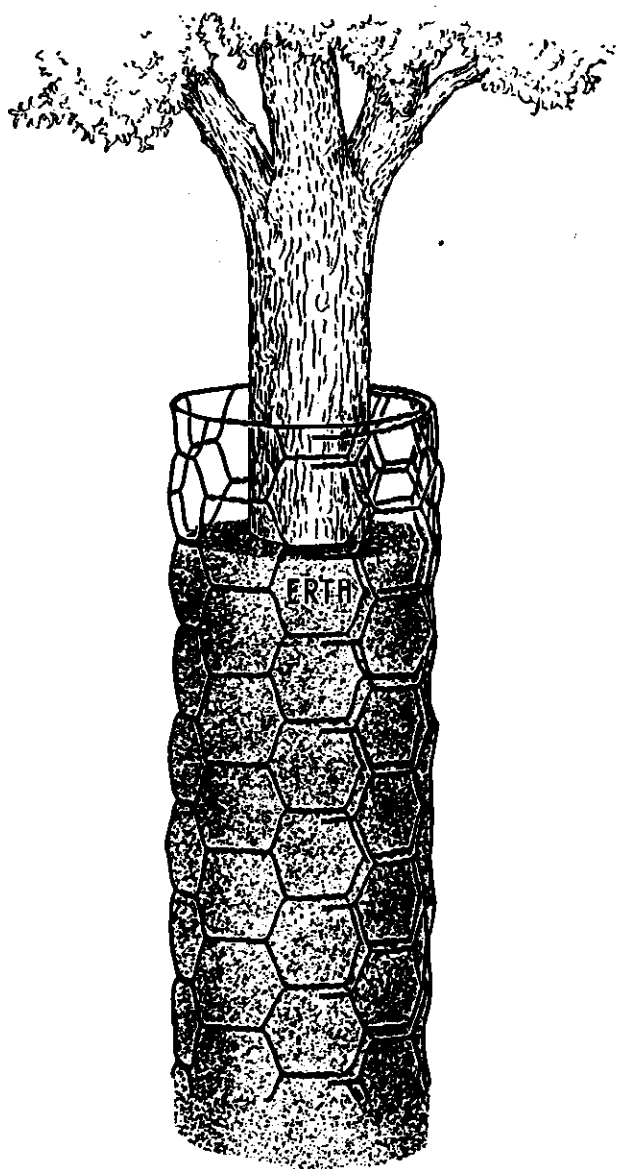


Figure 2

the *cut-edge* of the wire-mesh is under the ground and the *selvage edge* is above the ground.

Please be more than particular about every detail given regarding this *Cosmo-Electro-Energy Condensing*, because there is a reason for every detail. We have learned thru many years of experimenting with every kind of material obtainable and in every manner of procedure.

Start out by being particular in every detail as I depict it. THEN, after U have become accustomed to the work as outlined, experiment in any way U wish on small parcels of land, or with selected trees, or vines; BUT, remember, my knowledge has been gained by learning from thousands of persons in all parts of the world, as no one group of persons could ever have discovered this most wonderful work, as outlined in this book. As I give it in this book, it is a great development from a small beginning. *It is as a great oak tree grown from a little acorn—a NATURAL, Nature Growth!*

Figure 3, shows the ideal plan for an orchard, or fruit-tree grove. It will be seen that each tree is about 30 feet distant from each other in all directions. By setting them out in the manner illustrated, the trees will do better in every way. They will not do so well set irregularly, or placed too closely together. The rows should be set out by the compass, so the trees line up North-South and East-West. The *Cosmo-Electro-Cultural* benefits are greatly augmented by following out this plan.

Notis that the irrigation ditches are placed 2 feet from the trunk of the trees. The *Cosmo-Electro En-*

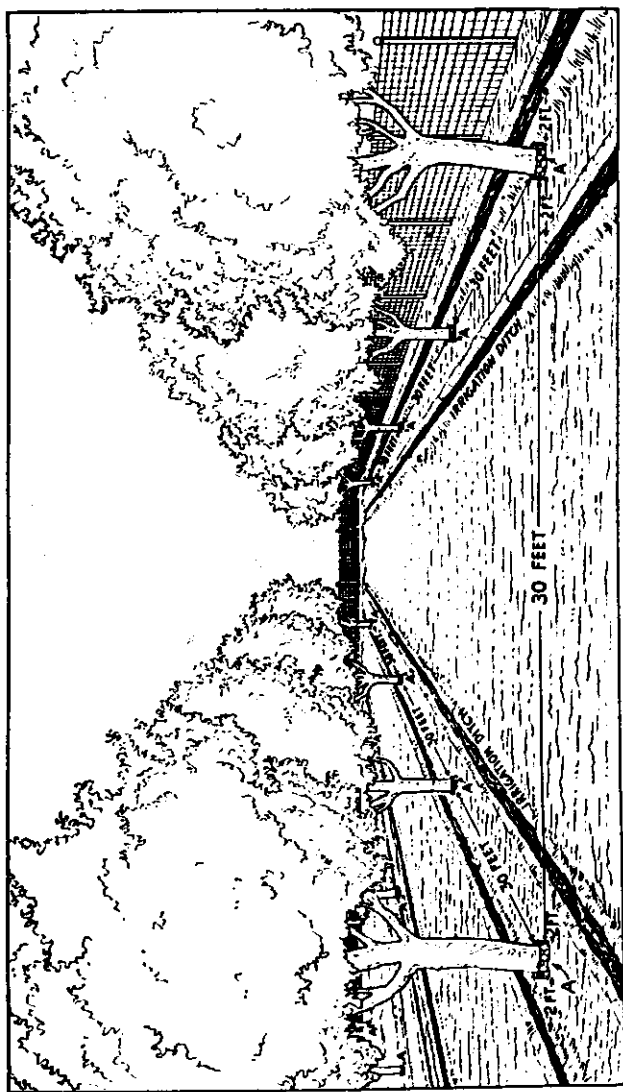


Figure 3

ergy-Condensers can be seen with the selvage end up and encircling each tree. (A, Figure 3)

IRON FENCE AND IRON POSTS

Figure 3, shows a model *Iron Fence* surrounding the orchard. The iron posts should be about four feet in the ground and each post should be set in cement about two feet deep. This cement block holds the post rigid even if close to the irrigation ditch. The iron fence can also be used as a *Cosmo-Electro Energy-Condenser* by a littl extra cost and labor.

Figure 4, illustrates a modern *Weir Box* allowing mesured water to flow into a main irrigation ditch. From the main ditch as many tributaries, or branches, as are needed can be dug. Of course, the ditches have to be placed so as to allow the water to flow down hill at a rate that will not injure the ditch.

Figure 4, also illustrates *energizers* in the middl of the irrigation ditch, placed from 10 to 20 feet apart. Each is made by taking the same kind of wire mesh as described and illustrated for placing about trees. *Each wire mesh should be dubl-coild upon itself and coild a littl smaller in diameter than the ditch is wide.*

In the center of the coild mesh is a half-inch copper rod. This copper rod should be about 3 feet long.

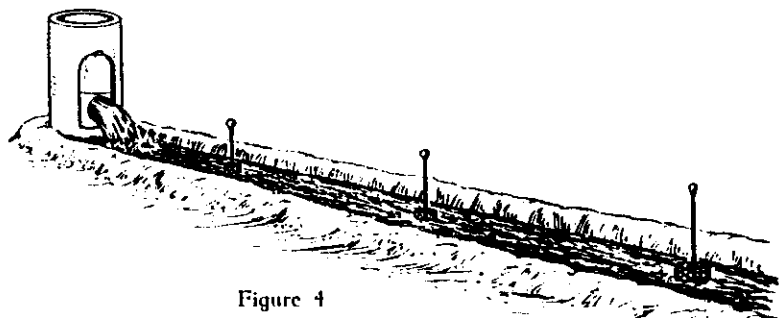


Figure 4

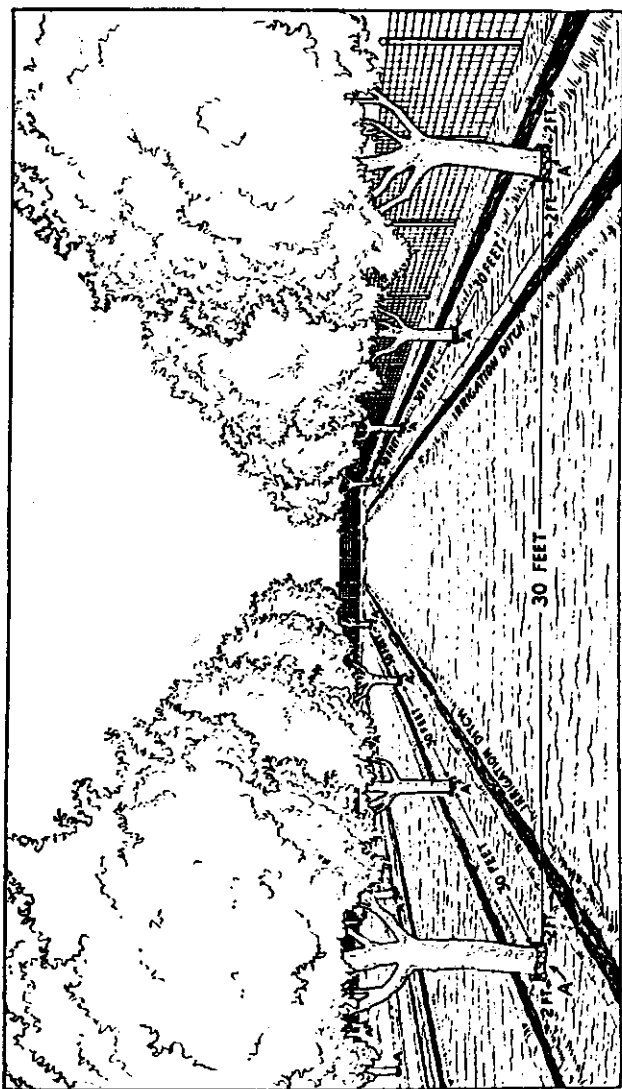


Figure 3

ergy-Condensers can be seen with the selvage end up and encircling each tree. (A, Figure 3)

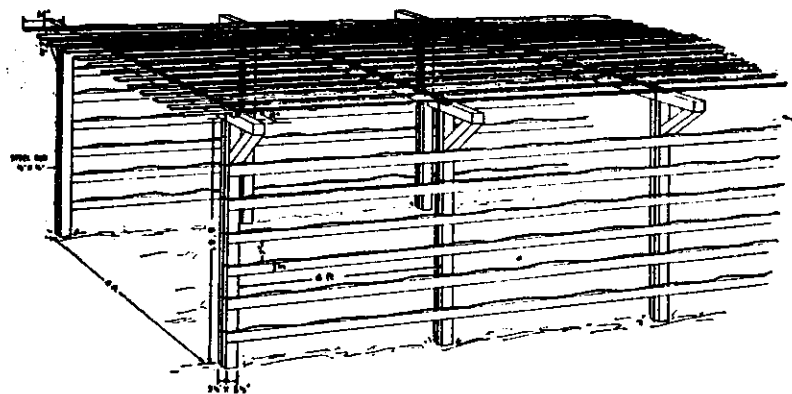


Figure 5

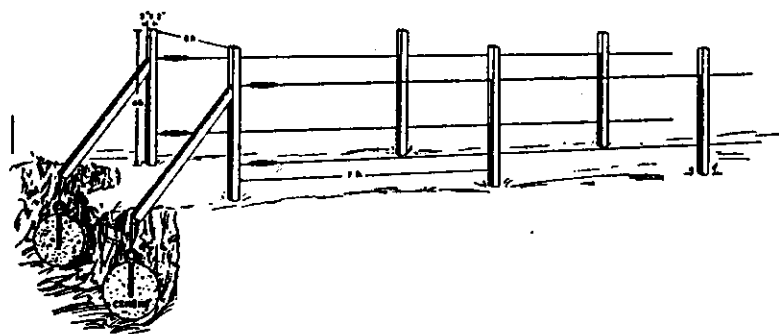


Figure 6

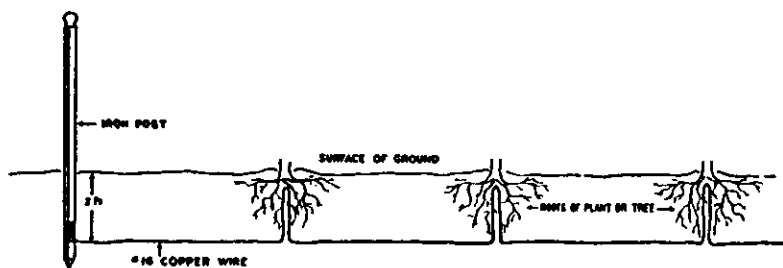


Figure 7

pointed at ground end and a copper or brass ball at the upper end. The pointed end is pusht into the wet ditch about 2 feet. The water as it flows by and thru the one-inch galvanized wire-mesh and around the grounded copper rod, generates and collects *Cosmo-Electro Energy* which *Energizes* the irrigation water. This water carries the *Cosmo-Electro Energy* to the roots of the vegetation that it irrigates.

The more of these *Cosmo-Electro Water-Energizers* there are in the irrigation ditches, just so much more *Cosmo-Electro Energy* is taken to the vegetation roots wet by this *Cosmo-Electro Energized-Water*.

When there is an iron fence, or iron posts in the ground near enuf to easily reach the copper rods by a ground-wire made of number 14, or larger, copper wire, it should be done. The copper wire should be about 2 feet under the top soil, so it will not be broken when cultivating. Such copper wire, well bound about the iron-fence posts, may be carrid out and into the root sistem of the trees, or other vegetation. The iron fence generates a "something" from the *Cosmos* that vegetation needs and thrives on. (See Figure 7.)

Figure 5 represents a covered grape-vine arbor. The general construction of this grape-arbor is nothing unusual, yet very practical. Such an arbor can be made as long as one desires and has space for.

Before bilding any kind of arbor for fruit or flowers, be sure to lay it out so the long way of the arbor is parallel with the irrigation ditches which should be on the outsides of the arbor. The best way to water any vine-arbor is to have it on slanting ground, so

water put in a basin at one end of the arbor will flow to irrigate both sides the full length of the arbor.

The four posts at the ends of the arbor have a 10 foot or more piece of one-half by one-inch construction steel driven six or more feet into the ground. To these steel rods are soldered the ends of number 16 or 18 galvanized iron or copper wire that is tacked to the slats on the sides, as well as on the top, and twisted together along each of the side posts. In this way the vines must come in close contact with the *grounded* wire.

These rods and wires, put on as directed, make a *Cosmo-Electro-Energy Collector and Distributor*, and the *Cosmo-Electro Energy* so distributed, goes thru and into the vines that come in contact with the metal. The fruit is *Cosmo-Electro Energized* from the iron or copper and the result is *Cosmo-Electro-Energized* fruit!

When the plants are first set out, it is well to place the one-inch mesh galvanized fencing about them the same as for small trees or shrubs. As soon as the vines grow up to touch the wires on the arbor, the wire-mesh may be removed and used elsewhere.

Another way of *Cosmo-Electro Energizing* the small plants. (See Figure 7) as they are set out, is to bury a number 16 or 18 copper wire about 2 feet deep and into the hole in which the plants will be set, loop the wire up and down, so the metal will come in contact with the young plants. The ends of this copper wire should be firmly attached to the end bars of steel. This loop-up-and-loop-down-and-on copper wire may remain in the ground with the roots of the plants. I have much proof that the copper-wire grounding as

above outlined enhances the *Cosmo-Electro Energy-Generating* sistem.

Figure 6 represents a berry arbor. The end posts are grounded with one-half inch steel bars the same as the grape-arbor posts. Notis that the number 18 galvanized wire that goes the length of the arbor, passes thru holes bored in each post. These side wires are firmly attacht to the end rods, as well as being anchord to a block of cement burid deep in the ground. In this manner the grounding wires act as bracing wires and are made very taut by means of turn-buckl screws at one end of the arbor.

A grounding copper wire can be run under the ground to meet the berry plants in the same manner as above described for the grape plants.

The manner of irrigating the berry plants should be the same as outlined for irrigating the grape plants.

COSMO-ELECTRO CULTURE

NATURAL FERTILIZERS

THE UP-KEEP OF SOIL

There are methods of making almost *any* soil "good soil." If what the soil produces is allowed to remain on the soil that produced it, only the elements in the soil would, in time, deplete the soil. If, however, the products be removed from the soil which bore them, such soil becomes depleted, unless fertilizing materials replace what has been removed.

For example, grass. When cutting grass the cut grass is removed, and in time this depletes the soil. Therefore, it becomes necessary to replace the elements in the soil with fertilizing material.

Nature never meant that man should be dependent upon the manure from domestic animals, or any other kind of animals, to enable him to grow that upon which he must subsist.

It is not necessary for an agriculturist to harbor and breed animals to furnish fertilizer for the fields and kill the animals to furnish food for humans.

Animal manure (fertilizer) carries with it all manner of weed seeds and insect eggs that help deplete and ruin the very soil on which it is spread, as well as *poison the products* grown on such soil.

I have already told about my early observations regarding the gathering of *humus* from the woods and

forests, as well as re-energizing the refuse taken from cultivated land.

A fruit, nut, berry, or vegetable, culturist should never use animal manure for a fertilizer. HUMUS, along with the COSMO-ELECTRO CULTURE already explained, will enable an agriculturist to produce *vitalized foods* that will sustain and energize the humans who are so fortunate as to eat such COSMO-ELECTRO CULTURED products.

COMPOST AND HUMUS CONTAINER

Figure 8 illustrates the best variety of "Fertilizer-Makers" that I know of. This is "home-made." It is made of hardware cloth of three-eighth-inch mesh. The mesh could be larger and the galvanized wire could be larger. Some make these "baskets" much stronger by reinforcing the bottom, sides, and ends, by means of band-iron soldered to the wire.

Some leave the Compost-Maker on top of the ground, while others bury it, leaving about three inches above the ground. One or two handles should be on each end, so it can be easily lifted out of its pit for emptying.

If a lid be used, it should be made of the same material as the Compost-Container, or a cover of copper fly-netting may be made. Copper is better than iron for the fly-netting, because it lasts indefinitely, and as the sunlight passes through the copper mesh it has a peculiar beneficial effect on the contents in the Compost-Container.

Sunshine, filtered through number 18 copper screen-

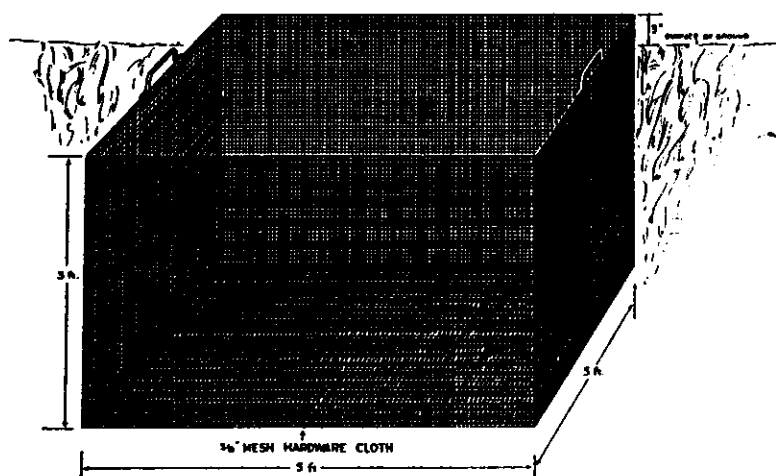


Figure 8

cloth, increases the penetrating action of the *Ultra-red rays* that are so helpful in all vegetation. It is these deeply penetrating, *ultra-red rays* that are filtered thru leaves in the forests and woods and start the spring flowers. Thru deep snow these beneficent *ultra-red rays* penetrate and give us the snow flowers. As the snow keeps the frost from penetrating deeply, all vegetation is helped by a good covering of snow.

For an acid-soil, gypsum (land plaster) may be sprinkled over the contents of the Compost-Container, and will also act as a cover. This will improve the fertilizer, as well as prevent the flies from gathering.

A cover that will not obstruct air and sunlight is preferable. The air and sunlight contain elements, which, when combined with the refuse vegetation grown on the land, will more than pay back to the land that which was removed for human food.

It is well to wet the contents of the Container with "*Sparkt-Water*" every day or two, and stir the contents with a long-handld fork containing three or four tines.

For a large orchard, or grove, several of these Humas-Makers should be in use. By following this plan no "outside" fertilizer is needed. Only the large branches and vine trimmings need to be burnd. Then the ashes of all burnd material should go into the Compost Humus-Maker. If glass, or metal happen to get into the ashes, sift them out by means of a home-made sifter made of hardware cloth on a slanting frame with a box to fit under it.

Fine sand, sawdust, etc., may also be mixt with the refuse in the Compost-Container to enhance its usefulness. Spoild fruit and melon rinds, as well as the peelings from fruit and vegetables, and the shucks from nuts, can all be put into the Compost Humus-Maker.

When the Humus is thoroly decomposed it should be spred on the land that needs it. After a littl experience all this work will become a plesure and will pay large "dividends" in HEALTH and independence, as well as money to help "carry on."

FRUIT ORCHARDS OR GROVES

"Wind-falls" is the word often used for fruit that is blown off the trees. Such fruit should not be allowd to remain under the trees, but should be raked up and carrid away to the Compost-Container. Decayd fruit

should not be allowed to remain on the ground, but should also be taken to the Compost-Container.

Decaying fruit draws flies and other insects, which may be harmful to the fruit on the trees. Some orchard-ists bury the fallen fruit in convenient places in the orchard, but when one has a Compost-Maker, such fertilizer can be distributed to better advantage.

When the fruit trees have a great abundance of buds, or fruit just starting, it is well to "thin" such fruit by knocking some off with a pole, or by picking them off. By so doing the remaining fruit will grow larger and nicer and will pay far better than a great quantity not so nice or not so large.

Fruit trees should be pruned or trimmed at the proper time, so they will not become ungainly and too crowded with branches. Too many branches cut out the sunlight and the fruit cannot be so good as otherwise.

SPRAYING OF TREES

The spraying of various solutions on trees to kill certain varieties of insect eggs, or parasites, has become common in many parts of the world. Just how much the fruit of the sprayed trees is injured by the solutions used for spraying, cannot be estimated. I have to go by my own observations and findings to estimate how much the HEALTH is injured of persons consuming products from poison-sprayed trees, vines, shrubs, or vegetables.

From a "commercial standpoint" it is considered "poor policy" to mention the HEALTH of those who

consume food that is "procest," before it is gatherd, or after it is redy for the market.

Some of the worst forms of unhelth have been quickly rectified by having the patients eat no fruit or vegetabls from poison-sprayd, or dusted, groves or gardens.

It is from these findings that I can say for SURE that poisons put on food stuvs while they are growing injure the food stuvs for human consumption.

We must find a way of removing the poisons grown into the food products from the results of spraying, and lern how to raise foods in a manner that will not require poisons to make the business profitabl.

COSMO-ELECTRO CULTURE is the only solution to this VITAL subject. It is a littl extra work and expense to equip for COSMO-ELECTRO CULTURE, but the income in HELTH, as well as in reputation and welth, fully recompense those who will faithfully practis it.

COSMO-ELECTRO CULTURE

COSMO-ELECTRO-ENERGIZED WATER
SPARKT-WATER

Over thirty years ago I bilt an outfit for ozonizing water. My plan was to force concentrated ozone (O_3) thru distild water and giv it to my patients to drink. I stored the water in well seald colord bottls. The ozonized-water that was left over each day I would pour around potted plants, or garden shrubs. It was not long before it was evident that this water, sur-chargd with oxigen, had a beneficial effect on the plants and shrubs. I compared plants waterd by the regular city pipe-water with similar plants waterd with the ozonized-water. The comparison left no dout in my mind that the extra oxigen in the water had a beneficial action in the growth of vegetation.

As I was interested in the manufacture of magneto-electric machines popularly known as MAGNETOS, I experimented with directing magneto sparks into a pitcher of water. I found that if this "sparking" of water were done in a porcelain pitcher, or glass jar, that the taste of the water so sparkt was improved. As this peculiar taste soon disappeard after the sparking, I devized an outfit for sparking the water as it flowd from the water-tap of a distild-water container.

As this workt so well, I bilt a more elaborate device that would use the house-liting electric current to do the sparking of the water as it flowd from the city

water-pipes. This *Sparkt-Water* I used not only to drink, but for garden watering, etc. The remarkable effect of this *Sparkt-Water* on vegetation was astonishing. I then remembered how grass was greener after a lightning storm than after a shower without the lightning being present. I figured that the electric flashes liberated nitrogen in the air which was taken up by the drops of rain water and immediately absorbed by vegetation.

Just when I thought I had a great discovery ready for the public, the electric current from the house-lighting system in some unforeseen manner shot into the running water from the water pipes and some one was seriously injured. This put an abrupt end to my sparking of water by a powerful electric current, such as used for electric lighting.

I then went back to using ozone for "charging" the drinking water, but did not continue with it long, for I had learned that the "hot-sparking" of water gave it a "boost" that ozone could never give it.

It was at that time that I began serious work on a system of magneto-sparking of water for various purposes. I told many about it and they procured magnetos, such as used for starting a certain model automobile, and from their reports I gained much information. As the progress in magnetic and electric machine construction went forward, we tried many systems of sparking water, as well as sparking the trunks of trees and shrubs.

CAUTION: *Never use an electric-lighting current, no matter how it may be "protected," for electrifying or sparking water! IT IS DANGEROUS!*

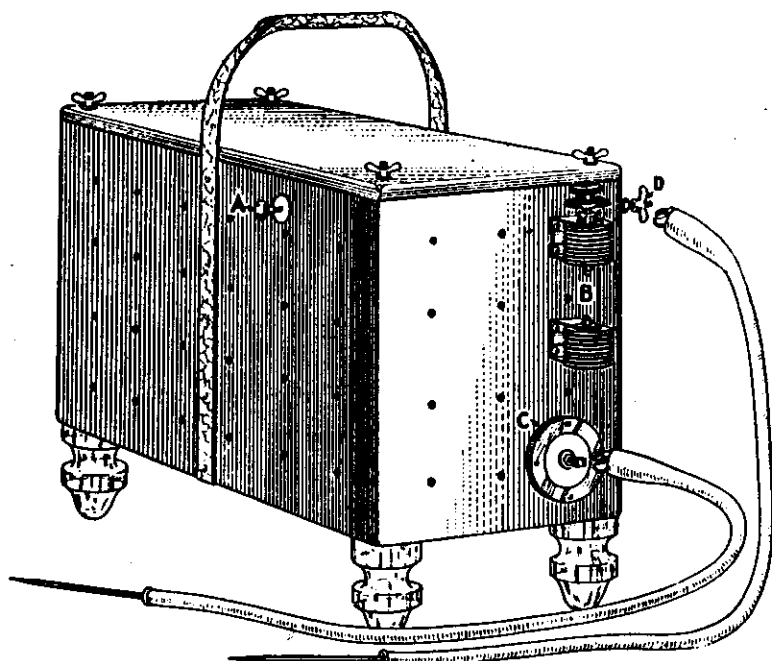


Figure 9

Figure 9 represents one of my water-sparking outfits. Any experienced electrician can build one. The following is a complete explanation of this "WATER-SPARKER:"

This "home-made" WATER-SPARKER" is strongly made of 5-ply board, which can be had of any lumber dealer. I use this "ply-board," as it will not warp. The outside dimensions are about 14 inches long, 10 inches deep, 11 inches high. The carrying handle is made of heavy, sewed leather, as that is a "non-conductor" of electricity.

This case, or box, is screwed together with long,

slim, brass screws with flat heads. The top, or lid, is fastend on by means of brass thumb-screw bolts, or by regular round-head brass screws. The former are more convenient. Many ventilation holes are in the sides and ends. These holes should be about one-quarter of an inch in diameter.

The "legs" or "feet" may be of glass, or some other insulating material that can be securely fastend to the bottom of the case. They should be from two to four inches in length.

The Spark-Conductors are of hevvy-duty copper, "brush" wire, well insulated in hevvy rubber tubing, or some other reliabl insultating material.

Each end of the Spark-Conductors is securely fastend to Number 24 solid copper "*Universal Test Clips*," which are sold by dealers in electric or radio supplies.

"Number 26 Insulators"—one end red and other end black, insulate the Clips. The free end of these Spark-Conductors are of one-quarter-inch solid copper rods, taperd at the free end and solderd to the "brush-wire" at the other end. Iether a regular Insulator may be used to clip the free-end copper rod, or it may be put together as shown in the illustration, Figure 9.

In Figure 9, at *A*, is shown the Switch, which can be operated by pressing the knee against it, or by pressing it in with the hand.

At *B*, is shown the Hy-Voltage Spark Gap, which should be on all such Water-Sparkers. It is a "safety-vent." These Spark-Gaps are sold by dealers. A

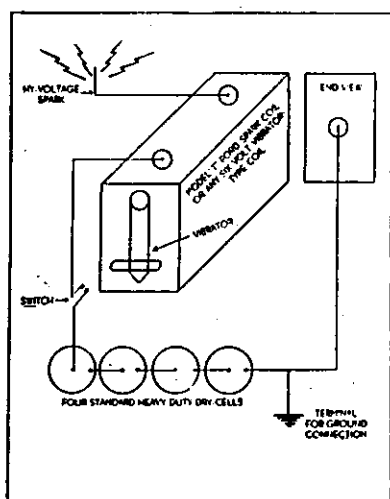


Figure 10

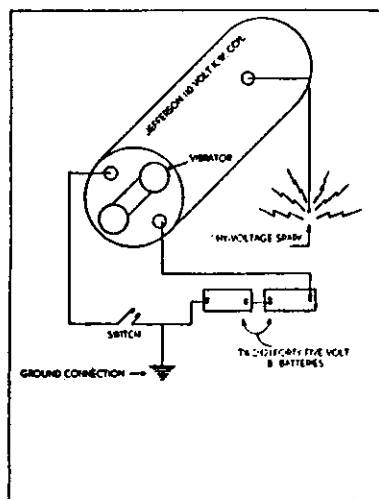


Figure 11

spark, a littl over an inch, should be controld by these Spark-Gaps.

At C, is shown the Hy-Voltage-Spark Conductor Connection. The insulated clip of the Spark-Conductor clips on this terminal should have a circl of red-packing-rubber about it, as shown in the Figure 9.

At D, is shown the Grounding Terminal, to which one of the Spark-Conductors should be clipt on, when sparking is being done. The pointed end of the Conductor should be inserted in the ground, as explaine later.

Figure 10 shows the tipe of Sparker I prefer, but the tipe shown in Figure 11, will do just as well, if there be any difficulty in procuring the tipe shown in Figure 10. Both stiles are of the Vibrator-tipe Coil-Transformer, but the Batteries, shown in Figure 10, I think, are better than those shown in Figure 11.

Figure 10 and 11 show just how to wire the Water-Sparker. Each generate a 20,000-Volt, Hy-Frequency current and deliver about a full inch "hot" spark. This current, tho hy in Voltage, has practically NO AMPERAGE, so it is SAFE to use near water, or in wet or dry ground in the fields about plants, trees, or shrubs of any kind.

After the carrying-case is made and all redy for installing the working parts, the wood should be oild with raw linseed oil, rubd in well, and then orange shellac rubd on over that with the same cotton waste that was used to rub in the oil. If one knows how, a "French-finish" makes the best and most durabl of wood protectors. That is put on by alternately dipping

the cotton-waste in the raw linseed oil and then in the shellac and rubbing the wood until a nice, hard, glass-like finish is obtained.

HOW TO USE THE WATER-SPARKER

The water to be sparkt should be in glass containers, pottery ware, or well-coated enamel ware. Put the ground-end of the Sparker into the ground. Take the hy-voltage conductor in one hand and press the switch-button with knee or hand, at the same time bring the sparking terminal slowly over the water to be sparkt. A fat spark will jump to the surface of the water. This spark will kill the spark that may show in the safety-spark gap. After a littl practis one will get the spark on the water *before* the safety-gap sparks.

This SPARKT-WATER will hold its energy for several hours. It is well to use fresh drinking water every morning and spark it for drinking during the day as it is used. Be sure to use an insulated cup, or wooden spigot, for drawing the water. One tuch with the body, or anything grounded, will discharge the energy from the water.

For watering plants with SPARKT-WATER, spark the water and then pour it out of the glass or porcelain or enamel vessel about the vegetation U wish to energize. Some arrange the Water-Sparker so a moving cart puts the current on and off as the water is allowd to run out about the vegetation.

SPARKING VEGETATION DIRECT

To spark a tree, or shrub, or any growing vegeta-

tion, put the ground-terminal into the ground and direct the sparks to the roots or crown of the object to be sparkt. Two or three sparks directed to the crown of a tree each day will produce a change in the growth, and the fruit will be so improved that only persons who have tried it for a season, will believ that such improvements come from just sparking the tree.

Sparking the wire-netting about the trees, vines, or shrubs, enhances the remarkabl growth and helthfulness of the products produced from sparkt vegetation. Experience and practis will make this work a plesure that is helthful and profitabl.

COSMO-ELECTRO CULTURE

COSMO-ELECTRO ENERGY IN
HEALTH AND UNHEALTH

In the foregoing pages I have tried to uncover for my readers some of the "Hidden Forces" of Nature that are part and parcel of all life, be it vegetable, animal, or human.

The *First Section* of this book briefly explains how humans can get more out of life by utilizing the Finer Forces of Nature in Vegetable and Fruit Culture.

Not only can contentment and happiness be made to grow thru the practice of COSMO-ELECTRO CULTURE of what Humans eat, but by the eating of such COSMO-ELECTRO-ENERGIZED foods, Health may be made to take the place of Unhealth for both mind and body.

One of the most simple, yet most potent methods to keep the body "in tune with Nature," is to carry COSMO-ELECTRO ENERGY into the homes.

The average human spends a third of the twenty-four-hour day in bed. To go to bed tired and get up rested is The Natural Way, yet a great many get up in the morning "more tired than when they went to bed." This is a great waste of time and loss of energy. We need the wasted time and energy to enable us to earn "our daily bread and up-keep."

GROUNDING ROD

Figure 12 depicts what I call a COSMO-ELECTRO-ENERGY COLLECTOR, or, in more simple words—a *GROUNDING ROD*. This *Grounding Rod* is 10 feet long and made of one-half-inch solid copper.

First, a seven-foot hole is bored into the ground. Into this hole is placed a two-inch galvanized-iron pipe, so about two inches project above the ground.

Placed centrally into the sunken two-inch pipe is a one-half-inch solid copper rod, 10 feet long. Three feet is left projecting above the two-inch iron pipe. The entering end of the copper rod is tapered, so it will go into the ground beyond the galvanized pipe. With the copper rod held in position, regular mortar sand is poured in and gently pressed down. A pet-cock, or small spigot, is placed directly over the sand in the two-inch iron pipe, so water may be allowed to continually drop into the sand and thus keep the one-half-inch copper rod wet all the way down "and beyond."

A solid copper, or brass, ball, two inches or more, in diameter, should be placed on the top of the copper rod projecting three feet or more above the iron pipe. This copper or brass ball should be bored so it will fit over the projecting copper rod and be securely pinned on by means of a collar on the ball drilled thru and made secure with a brass pin. Such a ball should surmount every "Grounding Rod," and be thus secured, so expansion and contraction from heat and cold cannot loosen it.

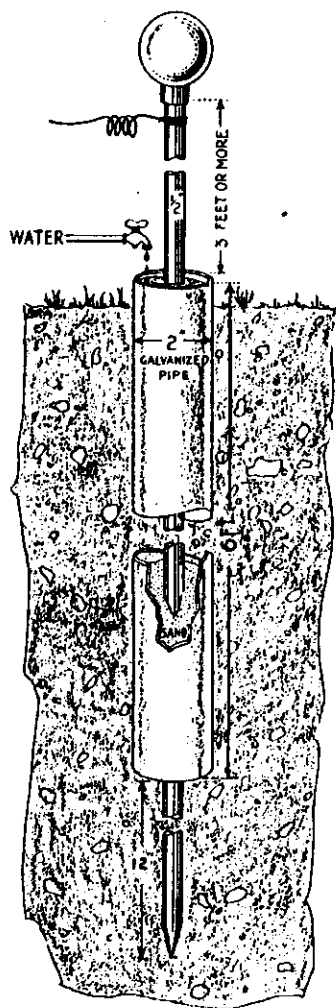


Figure 12

A suitable copper or brass wire, number 10 or larger, should be wound about the projecting rod several turns and then soldered to the rod. Run the copper wire down the rod and pass it thru a galvanized iron pipe to the house. Bore into the house and insert a regular electric-wire-insulator tube. Pass the Grounding House-Wire thru this insulator-tube. Inside the house fasten some sort of clip, which can be used for attaching the other wires.

If there be a running water-pipe under the building, connect the bare Grounding-Rod to this water-pipe by means of a number 10, or larger, copper wire, and securely solder both the connections. To this water-pipe other House-Wires may be soldered and thru insulator tubes enter the bedroom and other rooms. The entering end of every House-Wire should have an attachment-clip for convenience. To these attachment-clips a flexible insulated wire of any size or style may be clipped for use as explained later.

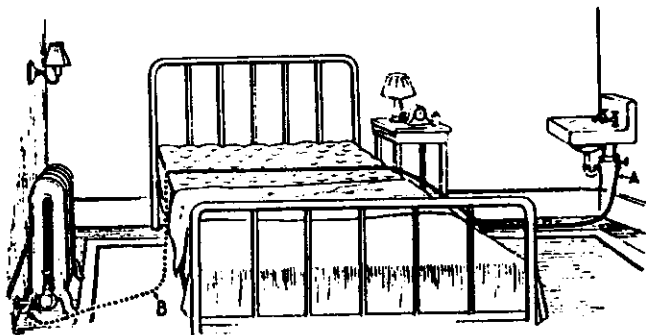


Figure 13

Figure 13 shows a regular sleeping bedstead and mattress. To ground the person sleeping in the bed, a

copper or brass wire of number 18 or 20 is clipt on the House Ground-Wire, which in this illustration comes in back of the wash-basin, but it would be more practical to have it come near the head of the bed, so it would not be walkt over. This bed-wire is carrid under the under-sheet and clipt to the mattress, or in some manner held fast for the nite. When making up the bed, the wire may be detachd from the *house-wire* and the mattress, but fastend again to the mattress when the bed is made up. This *bed-wire* should be so placed that it comes under the middl of the back of the person sleeping in the bed.

In this Figure 13, is shown at "B," how the *bed-wire* could be clipt to the *house-wire* just as well, if placed on the other side of the bed. Some place a rug over the *bed-wire*, if it comes across the floor, but in such cases it is better to bring the *house-wire* around on the mop-board, so as to be near the head of the bedsted.

NEVER allow the bed-wire to come in contact with the skin. Enuf energy will go thru the under-sheet to COSMO-ELECTRO ENERGIZE the occupant of the bed.

SLEEPING BED-BOARD

"Civilization" has brot about many conditions that are as unnatural as the wearing of clothes, but we have to endure the "tampering with Nature" for the time being. The spring mattress is one of the robbers of helth and strength. A spring mattress allows the bones

of the body to sag and take un-natural positions, while a hard surface would hold them in place. It is all a matter of habit, and "habit" is mostly the copying of what the advertizers want to sell.

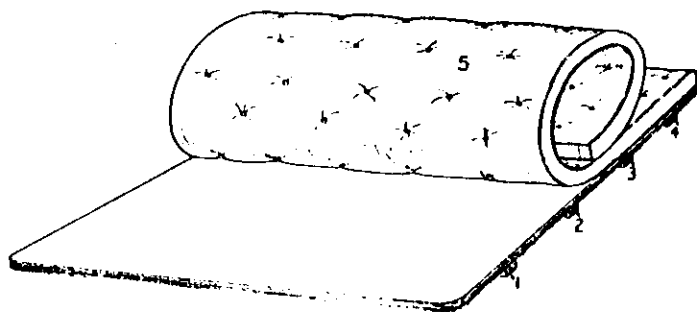


Figure 14

Figure 14 shows the ideal bed-board and bed-pad. The bed-board is made of 5-ply board cut to fit a single or a double bed. Numbers 1, 2, 3, and 4, indicate the bedstead slats that hold the bed-board. In fact, the slats can be screwed to the bedstead and the bed-board screwed to the slats at the four corners. This holds the bedstead so it will not twist when being rolled about for cleaning, or the making-up of the bed each day. Number 5, in the drawing, illustrates a three-inch bed-pad. Such a bed-pad may be made of "hair" or some close packing material. Most furniture stores sell such pads. Some persons will not have a pad, but use a thick blanket over the board.

When a bed-board is used, the bed-wire should have its "free end" attached to the bed-board, so it will stay where put all night.

THE GROUNDING HOOK

Figure 15 shows a solid copper hook for placing over the wrist when sitting, sewing, reading, resting, rocking—or simply *relaxing*. This *Grounding Hook* has a circle at one end to which may be clipped a flexible grounding-wire that may be clipped to the *house-wire*. This helps one to relax and sit with the COSMO-

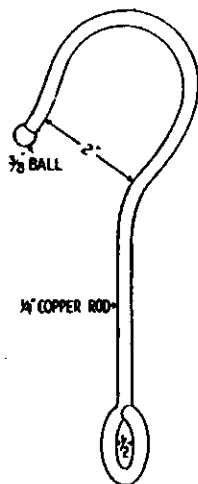


Figure 15

ELECTRO ENERGY permeating the entire body, thus bringing **PEACE** for **BODY** and **SOUL**.

It is just as important as eating, or what U eat, to have your surroundings arranged for *relaxing the body and brain!* Until U have "joind yourself up with Nature," U have no idea what genuin relaxing is.

PEACE for Body and Soul cannot be realized in the fullness of Nature, unless we put our bodies in

tune with "the music of the Universe"—The Great Cosmos!

PROPER DIRECTION OF SLEEPING-BED

It makes much difference to the helth of the sleeper, regardless of what he sleeps on, as to the direction of his head while sleeping.

Persons with hy blood-pressure or signs of hardening of the blood vessels, should sleep with the head directed East or West. I can discover no difference in the results as to whether the head be directed East or West.

Persons with lo blood-pressure, or with a lowered vitality, or a "sagging colon," should sleep with the head directed iether North or South.

When we realize that our bodies are made up of "polarized entities," and that the erth is a great magnet revolving in a universe of polarized energies, then we shall understand that the more we are in harmony with these COSMIC energies, the more benefit Nature will bestow upon us.

EXPERIMENTS WITH THE ELECTRIC LAMP

Tho I had used electric lamps for treating all manner of un-helth since they were to be had, or I could make them, yet I was not able to tell *why* some lamps would giv better results than others. Some lamps appeared to aid in curing deep-seated trubls better than others; while others would do very well for skin complaints, but not for deep-seated trubls.

Later I began to investigate the spectral colors as they came thru the prism. I lernd that certain rays beyond the visibl spectrum had certain specific advantages in treating certain conditions. The rays from the invizibl-violet end of the spectrum acted well on certain skin trubls; while those from the invizibl-red end had a very deep, penetrating effect and would aid in curing deep-seated trubls. These rays from the "ultra" ends of the spectrum are always present in sunlite, but not present in like amounts in lamps, therefore I concluded that the manner of producing the lite and the nature of the material thru which it past, had a most important part in therapeutics.

RADIANT ENERGY THE SOURCE OF LIFE

Erly in life I observd that all existence depended on radiant energy—sunlite. The trees stretcht out their branches and put forth leavs to gather in the sun's rays. All vegetabl life seemd to crave sunlite,

but it could not endure too much of it. The darkness of nite seemd to "work over" what the leavs took in during the day.

Animals would eat the plants and in that manner seemd to be "eating sunlite." It all seemd to me so wonderful and so mistifying, that I could almost become a "sun-worshiper."

In the woods, under deep snow I found beautiful flowers of many colors and with green leavs. From these observations I knew that the *life-giving rays* past thru the snow and also thru the foliage and leavs down under the virgin soil. I could redily understand that the sunlite would pass thru the snow, as it was of such a transparent nature, but the mistery was how it could pass thru the leavs in the forest.

Then I began to experiment with varius kinds of materials and colors to see how the penetrating rays of lite from the ultra-red end of the spectrum would pass thru them. I found that while some materials and combinations of colors would entirely inhibit the action of the *Ultra-Red Rays*, others would allow them to pass thru seemingly unimpaired.

For these experiments I used sensitiv instruments that would be influenst only by certain rays of radiation and would thus tell me just which rays I was using. I lernd that the dead leavs in the forest would redily let the *Ultra-Red Rays* pass thru them and thus make heat of its peculiar kind under the leavs and caus the seeds to sprout and the flowers to grow and bloom. It was then that I discovered that those same rays would pass deep into the body and create heat (con-

versiv or converted heat) there and reliev congestion
—*the caus of all un-helth.*

ALL TREATMENT-LITES SHOULD BE FILTERD

It is over fifty years since I made the first treatment-lite—artificial lite for treatments to restore helth.

It was several years after that, that I discovered—all lites, artificial or from the sun or moon, should be past thru suitabl filters to best normalize any ab-normal fisical condition.

The barks of trees; the skins of plants; the skins of fruits; the coverings of all animals, as well as the skin of humans act as filters for the lite given us by Nature.

When any part of the body is ab-normal—out of harmony with some other part of the body—it must be *normalized* before a state of helth can obtain. For this purpose lite, or color, or some other of Nature's Finer Forces such as Magnetic Energy, acts the best.

Lite, when possibl, is of great value in restoring helth. Color is a part of lite and so, when selected, is often better than all the colors combined in "white-lite."

Color is really "filterd-out energy" {from lite.

The value of lite as a normalizing agent is vastly increast by passing it thru suitabl filters—each filter made to "fit" the person being treated.

Leavs from certain plants and trees make excellent lite filters. Artificial silk, or cotton cloth of certain weavs and colors, make suitabl filters for sunlite or artificial lite.

A suitable light-filter will cut out the irritating rays and allow only the deeply-penetrating rays to get thru. Such filtered light helps wonderfully to normalize the body in a *natural* manner.

WHY I BELIEV IN AND PRACTIS NATURE THERAPY

When I tell U of this erly-in-life experience, U will not blame me for avoiding everything in relieving human ills that is NOT NATURAL.

During my work with Dr. Snow, my preceptor, I went on cases alone way up in the mountains, and thus gained a good deal of experience for one of my age. Such an experience as this could not be gained in college or in any hospital clinic. It was a training that makes one think for himself.

One of my duties while with Dr. Snow was to stop at the Town Farm each day to dress wounds, or sores, and do little favors for the indigents there. One of the patients was a young foreman, who had a running sore on his leg, which would not heal. He was being treated by a regular doctor. As the patient could not speak English, I acted as interpreter for the doctors whenever they came to see him.

After several weeks the sore was larger and deeper, so a consultation of doctors was held. They decided that the leg must be amputated, and a day was set for the amputation. In the meantime, I saw the unfortunate man, and told him that I had seen sores like that before and could make it well if I could get him away from there, then I could give him suitable food to eat and dress the sore according to a method taught me by an herb-doctor. He must promise not to tell anyone

what I was going to do, because it was not considered "ethical" for a student in a doctor's office to interfere with the plans of doctors under whom they were studying. With tears in his eyes, and the expression of happiness to have his leg saved, he promised.

When the time came, I went with the doctors to act as interpreter. When they entered the room the patient said he did not want his leg taken off and that he would rather die with it on than to live with it removed. The doctors became angry and said they would have nothing to do with his case, if he were going to be stubborn. Nevertheless he persisted in his "stubbornness." The doctors disgustedly went away muttering. I overheard, they were disappointed not to be able to use the new set of knives that one of them had just received from New York City. Also that the purpose of this amputation was to show another fellow doctor that he could do as fine a job of amputating as anyone in The Big City. They predicted all kinds of bad endings for the patient to satisfy their revenge.

The next day, unbeknown to any of the doctors, I took the patient to an unknown shanty in the woods, and made him as comfortable as I could. I took his food to him, the plainest food, as outlined by the herb-doctor with whom I had been intimate for years. The food consisted of teas made from various herbs, fruit, raw vegetables, etc. I made some ointment from plantain leaves and lard, and used that on the sore. I arranged the leg so it would be elevated higher than his body all the time. I bandaged the leg by sewing a lot of oak leaves together, (autumn leaves I found were best)

and placed them over the sore. His leg was kept in the sun each day as long as the sun would shine. The rays that were irritating to the sore were held back by the leaves, and only the beneficial rays penetrated the leaves, and past deep into the tissues.

Within a few weeks the patient's leg was well enough so he could return to his home in Bridgeport. Before he left, I gave him instructions as to what to eat and how to dress the sore. He was to let me know how he progressed, but several years past and I did not hear from him. One day I was in a railroad station and my attention was attracted to a dapper-appearing man who had the air of a traveling salesman. I spoke to him and asked if he were the man I had treated with the running sore on his leg. His face beamed as he recognized me, and in fairly good English, which he had since learned, thanked me over and over again, meanwhile displaying his perfectly well leg.

This made me feel very happy and I believed in Nature as never before.

Later on I learned that certain colors would help a person more than any other remedy.

I also learned that powerful light shed through natural filters would help the light to cure what seemed "incurable."

Little by little I discovered a complete system of treating by colors. For this work I made screens of silk and linen and shed an electric light through them, to make the radiant color wanted.

Now, after more than 45 years of active practice, I am prepared to say, and prove what I say, that the

Finer Forces of Nature will prevent any un-helth, or relieve any un-helth, if they be given a chance.

The great error of most helpers of humanity is that they have not faith enuf in Nature to wait and help Nature heal in a Natural manner. Humanity is in too big a hurry—too much in a mad rush. They are rushing on to nervous destruction, looking for happiness far away, while true happiness is generally near by. When hunting for happiness take a good supply along with U.

Liv as much as possibl in a natural manner and trust in Nature for relief from un-helth.

In Nature's great store-house are remedies for all manner of un-helth. Nature is ever ready to hand U the correct remedy, if U will use it as She directs.

When any kind of doctor, or set of doctors, have to have laws to enforce this and that sistem of doctoring on their victims, it shows that their sistem is on the wane and the public is awakening to the fact that natural living and sanitation are the only means of obtaining or retaining helth.

The Solar Plexus *or* "Abdominal Brain"



This Anatomical Riddl Solvd—

This "Mistery of the Ages" Unfolded
—The "Cosmi"—

The Ultimate—beyond which there
is nothing more—

Grafically Explained :: :: ::



Original Thesis and Drawings by

GEORGE STARR WHITE, M. D.

Ph.D., LL.D., F.R.S.A. (London)

SOLAR PLEXUS OR "ABDOMINAL BRAIN"

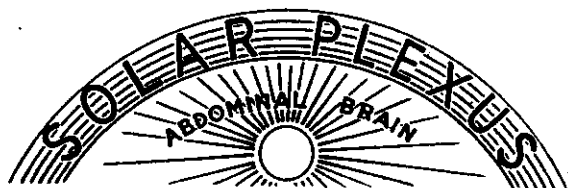
(*Epigastric Plexus or Plexus Coeliacum*)

The *Solar Plexus* is a network (plexus) of nervs and *ganglia*, situated behind the pancreas and stomach. (*Ganglia* are nerv centers, or subsidiary "brains," See Figure 16). This network of nervs and "small brains" supply and control nerv impulses and "energy" to all the abdominal organs (abdominal viscera) as well as acting thru the *Hypogastric Plexus* and the *Pelvic Plexus* to control the *Pelvic Organs* (generativ organs) of both male and female.

The *Solar Plexus* is the "automatic brains," or "sub-electric-stations," controlling directly or indirectly all the *glands of internal secretion in the body*. These "misterius glands" of internal secretion are situated, not only at the base of the "Head Brain," but in the neck, chest, abdomen and pelvis.

The *Solar-Plexus* "electric-stations" control the *digestiv sistem*, which includes the *entire* digestiv tract from mouth to anus.

The *Solar-Plexus* "abdominal brain" with its "sub-stations" control the *urinary sistem*; the *hepatic sistem* (liver and gall bladder); the *spleen* (blood-making sistem); the *sexual sistem* (reproductiv organs); the *mesenteric glands* (lymph nodes situated in the folds of tissue that connect the intestins to the spinal colum); the *diafram*; and the *heart-and-circulatory sistem* (regulate blood pressure).



VAGUS-SYMPATHETIC SYSTEM OF NERVES.

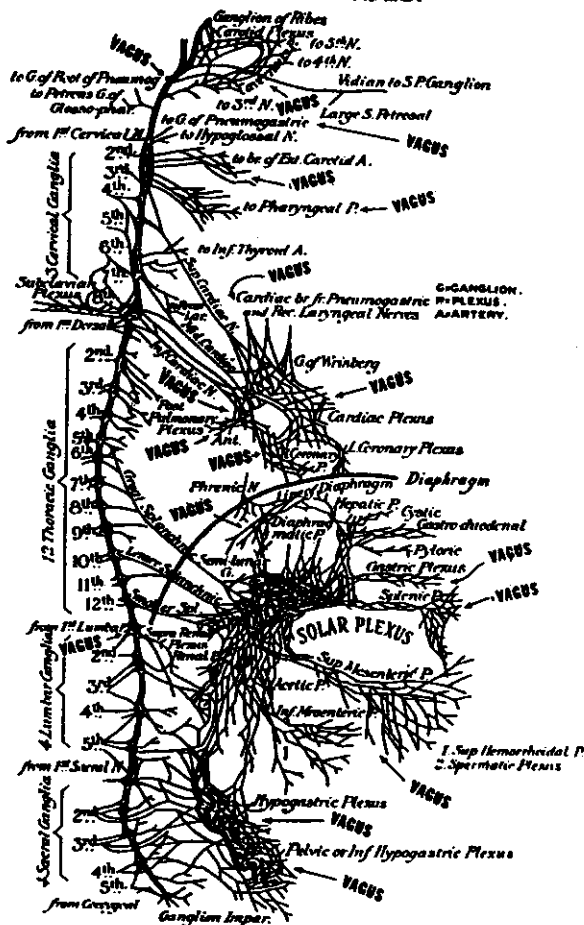


Figure (16)

SECTION TWO

Part Two

VALENS RITHMO-MAGNO DUO-COLOR SOLAR-PLEXUS NORMALIZER

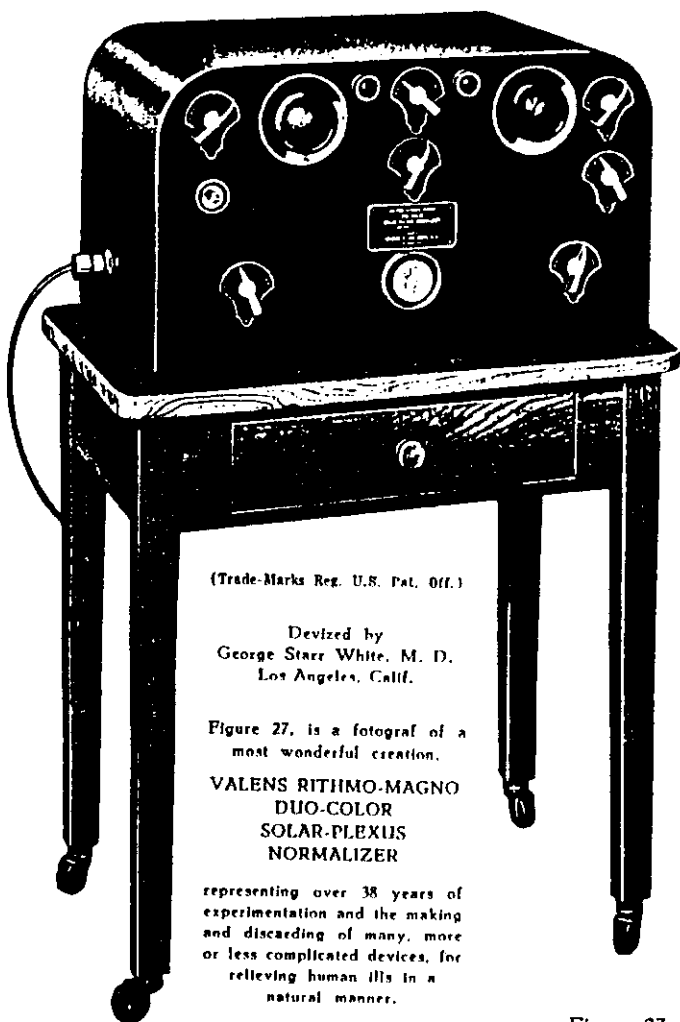


Figure 27

NORMALIZING THE ABNORMAL BY NORMALIZING THE SOLAR-PLEXUS

RATES AND MODES OF MOTION .

The Ultimate, or Basic Energy in ALL NATURE —COSMIC ENERGY, is *MAGNETIC ENERGY*, which is a form of *ELECTRIC ENERGY*.

MAGNETIC ENERGY, being a *RATE* and *MODE* of *MOTION*, influences all other *MAGNETIC RATES* and *MODES* of *MOTION*, so the Magnetic Group (Cosmi), represented in Figure 18, can be changed according to the endless *Rates* and *Modes* of *Motion* that mite be near enuf to affect this Magnetic Group (Cosmi). (As Figure 19 influencing Figure 18).

The Cosmi are *Magnetically Controld*.

There can be no living cell without *Magnetic Energy*. *Life Energy is Magnetic Energy*.

HEALTH AND UN-HEALTH

Helth signifies a *NATURAL Rate and Mode of Motion*.

Un-helth signifies that the *NATURAL* or *NORMAL Rate and Mode of Motion* has been changed and is *UN-natural* or *AB-normal*.

To regain helth, the *UN-Helth* must be changed into *HEALTH*; the *UN-natural* into *Natural*; the *AB-normal* into *Normal*. This means that a *NATURAL Rate and Mode of Motion* must be obtaind.

To regain helth, we must first seek the CAUS of the lack of helth. The errors in living and thinking must be corrected, but to correct *them* we must normalize the ab-normal condition that is present as the *Result* of the oft repeated errors. Both these corrections must be made together, or the *Normal Rate and Mode of Motion* in the body can never be attained.

*Every Energy Influences Some Other Energy —
Magnetic Energy Influences All Life Energies.*

SOLAR-PLEXUS NORMALIZING

*Normalizing and Stimulation of the Functions of the
Body by Normalizing the Solar Plexus.*

It is evident that by Rithmically stimulating the *Solar-Plexus* with the energy given off by my SOLAR-PLEXUS NORMALIZER, which energy has the same characteristics as the cells of the ganglia, every function of the body can be beneficially affected. By normalizing the ganglia we normalize the misterius glands of *internal secretion*.

My *Rithmo-Duo-Color Unit*, used with the *Solar Plexus Normalizer*, guides the *Rithm* of the patient's respiration.

ALL NATURE ACTS IN RITHM

Knowing how inherent RITHM is, we should all realize that to *attain* helth, we must normalize the *Rithm* of our bodies.

To retain helth, we should strive to liv and act in such a manner that Nature may be able to help us.

MAGNETIC ENERGY AND RITHM

Magnetic energy. I lernd, was of great value in normalizing all manner of un-helth, but it soon became evident that to get the lookt-for results in using *magnetic energy*, that energy had to be given in a *Rithmic* manner and in a *Rithm* best suited to each individual.

Ages ago magnetic energy was considerd so important to life, that it was popular to wear magnets about the body. This was an error, for such energy to be helpful *must be intermittent*. The intermittence should be *RITHMIC*, and not hit-or-miss. *RITHM* means intermittently applied, or mesured, as by a pendulum.

Constant energy is destructiv energy.

Rithmic energy is constructiv energy.

Helth is a manifestation of Natural Rithm.

Constant life, for exampl, is depleting, devitalizing; while intermittent life is stimulating and curativ.

Stedy, or constant, electric energy is not curativ, but harmful to life. It is for this reason that all electric, or magnetic energy applied to animate or inanimate life, to be helpful, should be given in a definit *RITHM*, found by experience to be the most suitabl for the condition to be normalized.

All curativ mesures should be of such a nature as to allow *RITHM* to influence the treatments. This is why all my mecanical treatment outfits are made to act in *RITHM*.

Creation is a fenomenon of Rithmic Vibration.

Life is a fenomenon of RITHM.

CONDITIONS REMARKABLY HELPT BY THESE NATURAL-ENERGY TREATMENTS

By again referring to Figure 16, the reader can readily understand why *NORMALIZATION* of tissues thru the *NORMALIZATION* of the SOLAR PLEXUS helps any and all other forms of Natural Therapy. In the majority of cases, SOLAR-PLEXUS *NORMALIZATION* alone will *NORMALIZE* the entire body.

Reflex Pains in the head; Mental Confusion; Mental Depression induced by Intestinal Stasis and consequent Auto-Intoxication; are some of the UN-natural conditions *NORMALIZED* by the SOLAR PLEXUS *NORMALIZER*.

Melancholia following metallic "meals" for X-Ray examination.

This form of *Melancholia* is often very lasting, for the metal used in the drink before making the X-Ray pictures often (nearly always) remains for some days or weeks in the small pouches, or sacs, along the turns and folds of the intestinal tract. This inflamed condition is technically known as *Diverticulitis*, or inflammation of the *Diverticuli* (small pouches or sacs.) The "misterius mental condition" produced by *Diverticulitis* often goes from *Melancholia* to *Mental Depression* and becomes a serious form of mental trubl. The SOLAR PLEXUS, becaus of its influence upon the *Intestinal Secretions* and the *Mesenteric Glands*, is the logical location to focus the treatment for all *Mental Conditions* that are not hereditary.

Cataral conditions of the *Middl and Inner Ear* as well as all *Functional Ear Trubls* are influenst by the SOLAR PLEXUS.

Organs of Smell, as well as the mucus membranes lining the *Nose*, are influenst by the SOLAR PLEXUS.

Organs of Taste, as well as the *Salivary Glands*, are instantly influenst thru the SOLAR PLEXUS. Sudden stimulation over the navel will quickly prove this. *Salivation* is often produced by irritation of the SOLAR PLEXUS.

Facial Neuralgia, when not causd by dental, or facial, bones, is often quickly reliev'd, and usually cured by *Normalizing* the SOLAR PLEXUS.

Tic-douloureux, or "twitching neuralgia of the face," is a peculiar reflex that is controll'd, to a great extent, by the VAGUS NERV thru the SOLAR PLEXUS. I have often been able to stop the twitching, as well as the pain, by massaging over the navel, or stimulating the SOLAR PLEXUS.

Epilepsy, or "recurrent falling sickness," is one of these "terribl dis-eases," that unfits the victim for all manner of work. I have been able to prove that this nervus condition is causd by some unfavorabl irritation to the VAGUS, and can be controll'd, often for years at a time, by regulating the diet and stimulating—NORMALIZING—the SOLAR PLEXUS, which has such a domineering action on the VAGUS NERV.

Throat Glands, especially the *THYROID*, are subject to many disturbing complaints. (Goiter is a common complaint.) The INTERNAL SECRE-

TIONS of these glands are not so well understood as we would like to think, but one manner of acting upon ALL internal secretions is sure, and that is the NORMALIZING of the SOLAR PLEXUS. Hyper, as well as Hypo-*Thyroidism*, can be NORMALIZED by means of stabilizing the functions of the SOLAR PLEXUS. I know of no other safe and NATURAL means.

Cofs of all varieties are usually caused, directly or indirectly, by irritations of the throat and deep-chest glands (mediastinal glands.) These mucus membranes are controlled by the nerv-nodes in close proximity to the glandular nodes that are irritated. These nodes are acted upon by the VAGUS NERV thru nerv-plexuses under the control of the SOLAR PLEXUS. I have often been able to prove this by removing irritating material from a deep navel. After the irritating secretions and debris were thoroly cleaned out, the "persistent cof" immediately ceased! I have been able to assist Nature in absolutely stopping all manner of "reflex cofs" that had been diagnosed as deep-seated lung troubles, simply by NORMALIZING the SOLAR PLEXUS and adjacent tissues.

The *Asthmas*; The *Pollen Fevers*; The *Goiters*; The *Sensations of "Air Starvation;" "Spasm Cofing;"* as well as all other Diaphragm Spasms, can be controlled, and often cured, by correcting dietetic errors; respiratory errors; stopping dopes of all kinds; and the NORMALIZATION of the SOLAR PLEXUS.

— *Heart Troubles of All Kinds* may be classified as Functional and Organic. I believe there would be no

Organic Heart Trubls had the *Functional Trubls* of the Heart been remedid and causes removed before the heart muscls themselves had become distorted.

It is a wonder to all professional observers of heart disturbances that the importance of the SOLAR PLEXUS in controlling the heart had not long ago been recognized. It is now possibl to do that, which was formerly thot of as "im-possibl," in stablizing the heart action thru NORMALIZING the SOLAR PLEXUS.

Digestion depends upon the *digestiv juices*, as well as upon the *muscular action of the stomach and propelling rate and mode of the intestinal tract*.

The VAGUS and SOLAR PLEXUS sistems of nervs practically control all digestiv and intestinal actions as well as the INTERNAL SECRETIONS. Hence, it can be said that ALL METABOLIC PROCESSES are under the control of the VAGUS and SOLAR PLEXUS sistems of nervs, owing to their intimate connection with the entire SIMPATHETIC SISTEM.

The PELVIC and URINARY ORGANS, as well as their functions, are under the control of the VAGUS and SOLAR PLEXUS sistem of nervs. The *Symphathetic Nervus Sistem* must act thru the *Solar Plexus* to act on the *Sexual Organs*. This is why all the *Pelvic Functions* can be *Normalized* by *Normalizing* the *Solar Plexus*.

Peculiar symptoms of MENOPAUSE (Climacteric or "change") are controld by NORMALIZING the Internal Secretions, which can only be *Naturally*

accomplisht by NORMALIZING the VAGUS and SOLAR PLEXUS sistems of nervs.

The *Crawly Skin Sensation*, such as the sensation of worms or cobwebs on the skin, is caused by an AB-normal condition of the Glands of Internal Secretion. These Glands can only be Natufally NORMALIZED by NORMALIZING the VAGUS and SOLAR PLEXUS sistem of nervs.

Consequently, to NORMALIZE any of the METABOLIC PROCESSES of the living body, the SOLAR PLEXUS must be NORMALIZED and thus directly or indirectly NORMALIZE all the body functions.

VALENS RITHIMO-MAGNO DUO-COLOR SOLAR-PLEXUS NORMALIZER

Indications and Tecnic for its use

Figure 27, illustrates my latest model of a SOLAR-PLEXUS NORMALIZER, carrying with it my DUO-COLOR OUTFIT — both in combination in one unit.

The left-hand electric-lite bulb is *Natural Ruby*; while the rite-hand bulb is *Natural Blue*. Switches control each, or both, lamps.

In the center of the complete outfit, just below the name-plate, is the "*Radiating-Core*." If eight persons stood in front of this Core, the "Polarized Energy" emanating, or radiating, from this Core, is powerful enuf to pass thru the eight persons and still be mesured by my special Energy-Detecting Devices.

This live, pulsating, polarized energy passes thru

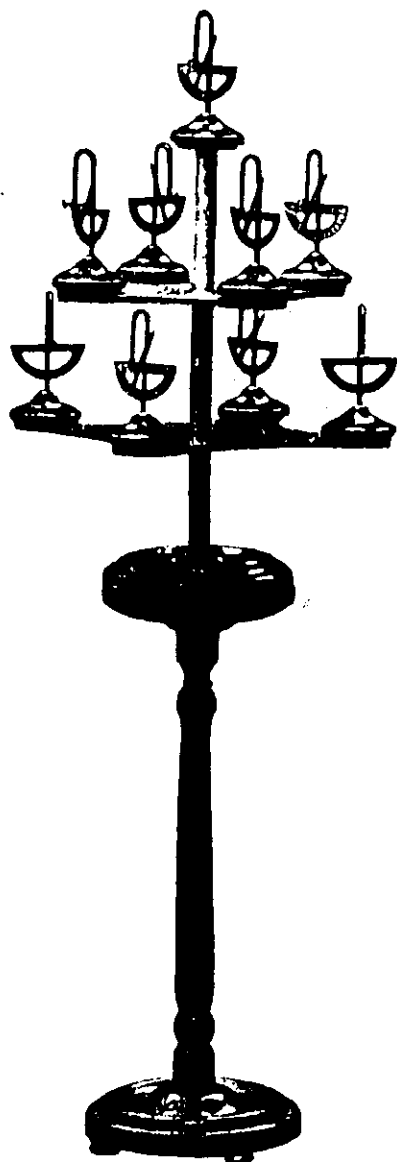


Figure 28
Energy-Detector Group

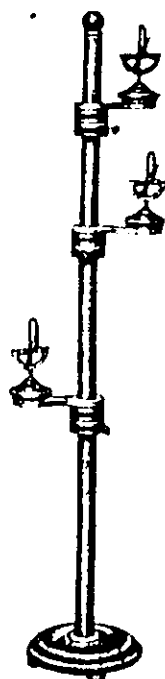


Figure 70
Energy Detectors
Group of Three

any and all living tissues, and being of the same nature as that of the COSMI of the living cells, it cannot help but "line up" the countless infinitesimal elements that are not "in line" in the tissues.

The patient should sit in a chair (Fig. 26) about three feet distant from the front of the "Radiating-Core," or "Axle."

Figure 28, is a fotograf of one of my specially devized *Energy-Detector Groups*. Figure 23, shows in detail one of these *Energy Detectors*. This *Energy-Detector Group* represents a *Cosmi-Group* in any living cell. When the SOLAR-PLEXUS NORMALIZER is in action, each one of the Energy Detectors in the Group, acts and re-acts on the one next to it, thus wonderfully depicting the energizing effect of the Normalizing Energy on the entire human organism. The demonstration is startling and true to life.

Figure 29, is another tipe of *Energy-Detector Group*. This "Group of Three" is used to detect the energy after it has past thru the patient. The singl *Detectors* can be lifted or lowerd on the pedestal, so as to line each *Detector* with the organs of the patient being treated. For some unexplaind reason, the amount of mesured energy passing thru a normal organ is greater than that passing thru an organ, or part, that is in dis-ease. The progress of *Normalizing* the body, can in this manner, be checkt week by week.

The RITHM of the MAGNETIC ENERGY from the SOLAR-PLEXUS NORMALIZER is set to "fit" the patient and the condition to be NORMALIZED.

The duration for each treatment is from seven to nine minits. As this UNI-DIRECTIONAL current passes thru all vegetabl and animal material, the patient takes the treatment comfortably clothed.

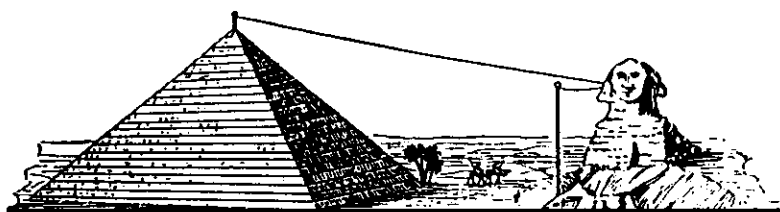
Experience with a great many patients with all manner of ailments has proved that this NATURAL ENERGY is a POWERFUL RECONSTRUCTIV and NORMALIZING ENERGY.

All chronic un-helth comes on slowly—gradually changing the normal into the *ab-normal*, hence, the NORMALIZING of such conditions must be *gradual*.

As RITHM along with COLOR has such an important role to play in NORMALIZING all deep-seated mal-conditions, my RITHMO-DUO-COLOR is used to guide the RESPIROIDAL RITHM, as well as to act upon the SIMPATHETIC SISTEM thru the OPTIC NERV and BRAIN CENTERS.

Five treatments of from seven to nine minits each should be taken every week for at least four weeks. This initial course of NORMALIZING TREATMENTS should set in motion all the correctiv agencies in the body.

For home treatment, in addition to the office treatments, the patient should practis deep, rithmic, diafragmatic respiration as much as possibl. The RESPIROIDAL MASSAGE that this method of breathing givs to the abdominal organs, and thru them acting upon the SOLAR PLEXUS, helps wonderfully the energizing effect of the SOLAR-PLEXUS NORMALIZER.



COSMO-ELECTRO CULTURE
THE REJUVENATOR OF AGES

COSMO-ELECTRO CONCENTRATION

THE COSMO-ELECTRO CONDENSER-OSCILLATOR, OR
THE COSMO-ELECTRO CONCENTRATOR

All Cosmo-Electro Culture is accomplished, directly or indirectly, thru the Natural Process of COSMO-ELECTRO CONCENTRATION.

Nature, by means that no human can "scientifically explain," changes known matter into unknown matter, and vice versa.

Take the fragrance of flowers, for example, we can see the flowers, but cannot see the fragrance that may be given off for many years, yet we can SMELL that invisible fragrance! The flowers have a rate and mode of motion of their COSMI that "tunes in" with our optic mechanism so we can SEE the flowers; but at the same time the flowers give off COSMI of another rate and mode of motion that we cannot detect by means of our optic nerves, but can detect them by means of our olfactory mechanism—*smell*. No laboratory system can detect what odor is. We know what odor is by its manifestations thru our sense of smell. We could go on and on and show that most of the *Natural Laws are known only by their manifestations*.

THE COSMO-ELECTRO CONDENSER-OSCILLATOR

Discussion:

Figure 30, represents a TRIANGLE of COSMO-ELECTRO CONCENTRATION. Let us study it carefully, for therein lies the FUNDAMENTAL of

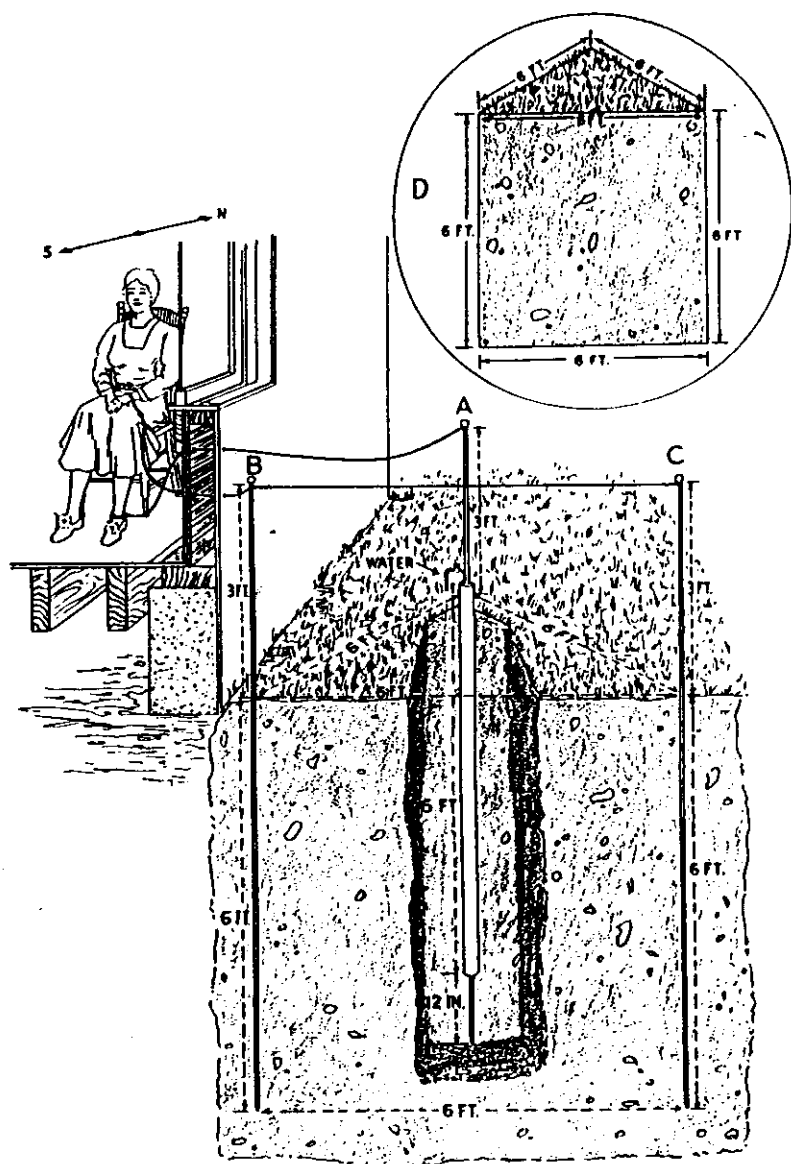


Figure 30

COSMO-ELECTRO CULTURE for LAND and MAN.

A trianl on the surface of the erth, six feet on each of its three sides, could be cut down into the ground six feet. This would make a three-sided block measuring six feet hy with six-foot sides. The cubic contents of this solid block is much greater than one, at first, would imagin. (See Figure 30, Insert D.)

The block is a CONDENSER as well as an OSCILLATOR. Its shape makes it a PRISM. A PRISM has a very different action upon ENERGY than a square.

In my long series of experiments, I have bilt complicated condensers to follow out the Laws of COSMO-ELECTRO CONSENTRATION. Suppose, for discussion, we cut this six-foot by six-foot PRISM up into thirty PRISMS, each six feet long. Then take the thirty PRISMS and make them into sixty PYRAMIDS with equal bases and three feet hy. These sixty equal-sided PIRAMIDS could all be placed in the space of the one six-foot by six-foot PRISM.

The groove on a screw is in the form of a HELIX or spiral. Each one of the sixty PIRAMIDS could be so lined as to take a mile (5280 feet) of condenser-wire; but a CONE would be much more easy to "thread" and wind, so we took a CONE of the same surface capacity as the PIRAMID. CONES can be placed conveniently in a square, or rectangular, box with no lost space at top and bottom by placing one CONE base down and the other with its apex down.

and so on. When we have the ends of the wound wire correctly joined and placed, we have sixty (60) miles of condenser wire ready for use. By properly insulating the units and arranging CONDENSING strips, we have a CONDENSER-OSCILLATOR of a capacity about the same as that illustrated in Figure 30. Any careful worker can construct the "open-air" CONDENSER-OSCILLATOR illustrated in Figure 30, but a very careful expert electric engineer would be necessary to construct the one made of wire.

The COSMO-ELECTRO ENERGY accumulates—CONCENTRATES—and then is REPULSED. It is then ATTRACTED back for another rebound. It is thus that we attain a powerful COSMO-ELECTRO ATTRACTION and REPULSION which gives us an OSCILLATING ENERGY that is in all LIFE.

COSMO-ELECTRO CONCENTRATION and OSCILLATION is the LIFE of NATURE!

For changing UN-HEALTH into HEALTH; building up resistance; changing metabolic discord into metabolic harmony; COSMO-ELECTRO CULTURE, as I have tried to explain it, is of FUNDAMENTAL importance.

Figure 30, illustrating an equilateral triangle, shows at A, a "grounding rod" the same as illustrated in Figure 12, incased in a two-inch galvanized iron pipe, packed with sand and always kept wet. It is driven seven feet or more in the ground, but the two-inch galvanized iron pipe is only six feet in the ground. In other words, the incased copper rod is bare in the ground

for one foot or more. The three feet projecting above the ground is also bare.

At B and C is shown two solid copper rods of the same diameter as the rod shown at A, but driven into the ground six feet or more without a casing, bare above the ground and in the ground, and *not* kept wet. Only the moisture already in the ground is necessary for the rods at B and C.

Each of the three copper rods should be at least six feet from any water-pipe or gas-pipe. The drip faucet that wets the sand about the rod at A, should be attacht to a water pipe at least six feet distant. The "arm" to which the faucet is attacht should be about one foot above the ground.

The amount of ENERGY Concentrated in this equilateral trianl, or prism, is equal to about sixty miles of condenser-wire surface.

In Figure 30, at A, and at B, are shown "house-wires" going thru the wall of the house with a connector device at their house terminals. A, is where the GROUND connection is made. B, indicates where the OSCILLATOR connection is made.

House, or office terminals are placed in convenient places and so markt that the operator will know at a glance which is which.

Before passing the "house-wires" A and B thru the house wall, insulator tubes should be put thru the wall and the wires past thru them. These "house-wires" should be thus insulated from the rods outdoors to the connector clips, or terminals within the house.

To these connector clips, or terminals, is attacht

one end of the Insulated Energy Conductor Wire (Figure 31, No. 10), and on the other end of the Energy Connector Wire is attacht the Patients' Applicator.

Figure 30, at B and at C, is shown a copper, or brass, connector-wire, which connects the two bare rods, B and C, together—a metallic connection three feet above the ground. This wire is about an eighth of an inch in diameter, firmly attacht and solderd to the rods just under the metal ball.

Figure 30, also shows a patient sitting in a comfortable chair facing exactly South. (It matters not whether the patient face exactly North or South. She would be facing in the *Magnetic Meridian* in iether direction.) The patient has the Hook Applicator, Figure 31, No. 8, attacht to her wrist; and the Spring-Clip Applicator, Figure 31, No. 2, attacht to her anl. These solid copper *Applicators* are connected to the "house-wires" by means of the Energy Conductor Wire and Connector Clip as shown in Figure 31, No. 9 and 10.

While taking this COSMO-ELECTRO CONDENSER-OSCILLATOR treatment, the patient is doing deep, abdominal breathing. If in my office, she would have my RITHMO-DUO-COLOR Unit to guide her breathing, and the Air she inhaled would be ALPINE AIR from my *Alpine-Air Generators*.

The treatment lasts about twenty minits. The beneficial results are unbelievabl to any person not accus-tomd to "see the invisibl made visibl" — un-helth changed to helth—dis-cord changed into harmony.

SOLID COPPER APPLICATORS

HOW THEY ARE USED IN

COSMO-ELECTRO CONCENTRATION

Figure 31, and Figure 32, illustrate some of the solid copper *Applicators* I have made for my work. The following describes them one by one and tells how they are successfully used in my office.

Numbers 1 are Spring-Clamp Applicators used on thighs, hands, or feet.

Numbers 2 represent a pair of "Spring-Copper" Clamps, or Clips. They can be used on arms, wrists, ankles, or small limbs, and some necks.

Numbers 3 show flat Spring-Copper Hooks for where they will "fit."

Numbers 4 represent Copper Cups that will hold an average fist. They are useful in cases of arthritis and cramps in hands.

Number 5 shows a heavy Copper Disc for use over the Solar-Plexus region. It is usually placed over the navel when the patient lies on the back.

Number 6 shows a rounded edge Copper Plate for use between the treatment table and the patient's back or buttocks.

Number 7 shows another Copper Plate or Strip for placing across the shoulders, or any other part of the back; or under the abdomen, when the patient is face down on the treatment couch.

Number 8 shows a Shepherd's Crook, or Hook, for use over the wrists. It is especially needed for home treatments, when using the *Grounding-Rod Treatment*.

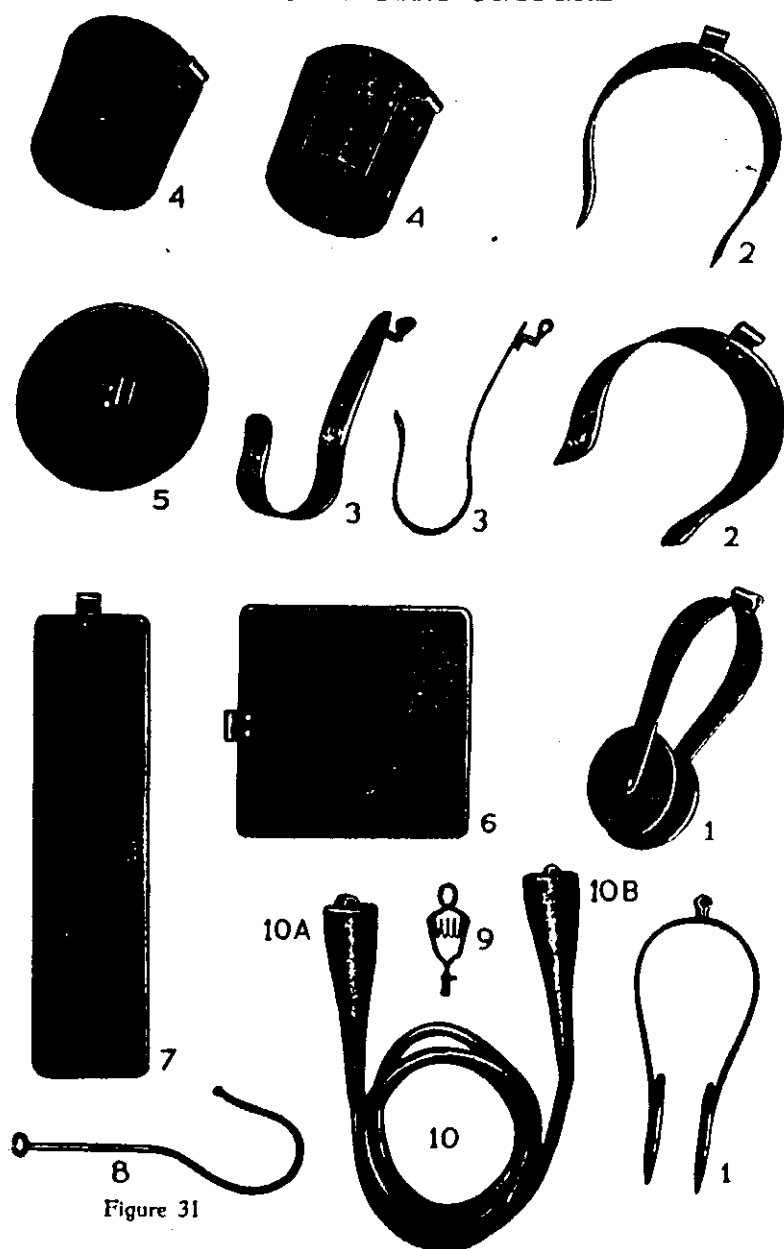


Figure 31

Number 9 shows the Universal Clip.

Number 10 shows the flexible Insulated Energy Conductor-Wire. Notice that it is insulated by being past thru heavy rubber tubing. At each end is securely attached an *Insulator* and *Universal Clip* made of solid copper.

Numbers 10A and 10B show the Insulators and Universal Clips ready for use. Each *Applicator* is made to be used with the same style of *Conductor* and *Clip*, so every part is interchangeable. Two or more *Conductors* are required. It is well to have *Conductors* of different lengths for reaching different parts of the body.

Numbers 11 illustrate a pair of heavy Copper Eye Applicators. When using these the patient must have either the *Conductor* clipped on the ball-end of the *Applicator*, or have hooks on the wrists, or elsewhere, all depending upon the "case."

Numbers 12 and 13 are different weights of Eye Applicators. The amount of Copper in the *Applicators* has much to do with their capacity of Energy and the speed of the Oscillations.

Numbers 14 are representations of the Ear Applicators. These have a wonderful action on the internal ear. When the Auditory Nerves are afflicted, this method of treatment does wonders.

(Applicators 11, 12, 13 and 14, have solid insulator handles.

Numbers 15, 16, 17 and 18, are Rectal and Vaginal Applicators. The larger the *Applicator* is, that can be easily used, the more rapid and successful are the results. Treating thru the Pelvic Openings helps much

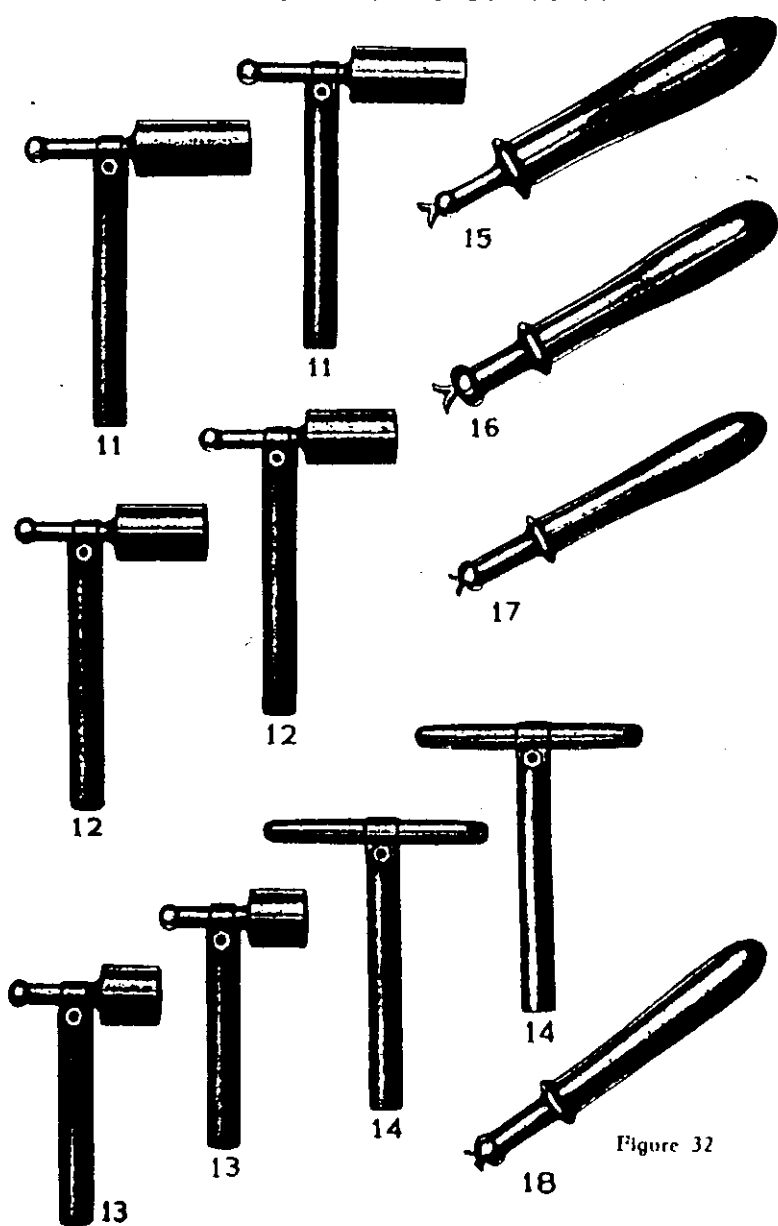


Figure 32

in restoring Normal Functions to the Pelvic Organs, as well as to the Uninary Sistem.

When Copper Applicators are placed in contact with the body, patients must be told *not* to tuch them with their hands, as this reduces the localizing of the energy.

It is very important that after each treatment the copper applicators be polisht with a Metal Polish, and rinst thoroly in hot water, and wiped dry.

It is only by experience that one can lern how to place the different Applicators, and which one to have attacht to the Ground-Terminal, and which to have attacht to the Oscillator-Terminal.

Patients are iether treated sitting up, or lying on a Treatment Table. When on a Treatment Table, it is well to have large Electric Lites radiating on the bare body. When sitting up, the RITHMO-DUO-COLOR Unit is important, not only as a guide for Respiroidal Rithm, but also for the Color action given to the Optic Nervs.

VITALIZING AIR HY-MOUNTAIN AIR — "ALPINE AIR"

The ancient Egyptian chemists and Mediaeval alchemists indicate in their writings that they were familiar with the re-juvenating effects of hy-mountain air upon humans. It was from this magnetic, ozonized air, that they sercht for the "fountain of youth;" "perpetual youth;" unfailing vigor; and erthly immortality.

VITALIZING AIR IS CONDUCIV TO HELTH

Physicians often recommend that their patients "go to the mountains" to gain helth, but not every patient has the money, or the time, to go away to the mountains, for they have to make their living far away from "the mountains." This is why I was determind to duplicate "Hy-Mountain Air" in my treatment rooms. In other words, if my patients could not go to the mountains, I could bring the mountains to them.

IM-PURE, DE-VITALIZING, AIR UN-HEALTHY

There is practically no difference between "day-air" and "nite-air."

There is, however, a great difference between PURE air and poluted air. Tobacco-smoke poisons the air as much as automobile-exhaust does. Many children grow up invalids just becaus the thotless father smokes in the room occupied by the child.

Many a wife is made an invalid by inhaling such poisoned air.

The air in our large cities is now so poluted with

automobile-exhaust, tobacco-smoke, cigaret-smoke, vile odors from unprotected smoke-stacks, etc., that to speak of "*pure city-air*" is to speak of "*what is not.*"

Even in the country it is now almost impossible to find "*pure*" air, as automobiles infect nearly every place that humans would like to occupy.

Where there are heavy lightning storms and breezes from off the lake, sea, or ocean, the air is far better than in arid climates where rains are seldom and lightning storms practically unknown.

We often read of the advisability of invalids, or those not in health, going "to the mountains" in order that they may have "*pure, mountain-air*" to breathe.

No doubt but that the air a-mile-or-two above sea-level is more free from impurities than at sea-level, but the rarity of the air at such heights puts a burden upon the heart that more than dissipates the betterment of the air.

Many persons can breathe more freely when a few hundred feet above sea-level. For such persons an altitude of about 2,500 feet is doubtless beneficial.

No matter whether sea-level air be good for us or not, the majority of persons must live in such air. It is a matter of "*making a living.*"

The public press prints endless reports of the great benefits derived by taking "*sun-lite*" treatments in the "*Highest-Alps.*" Even there the sun does not always shine, so artificial lites are often used in these "*Hy-Mountain-Lite-Cure*" places.

I have had occasion to treat many patients, who have been to these high altitudes for treatments, and

have made a study of their condition before and after going there.

Altho the radiant-lite treatments seemd to do them good, yet the altitude injured them in other ways. This made me conclude that if persons were cured at these unaccustomd altitudes, they were cured *in spite* of the impediment of altitude with its bad effect on the heart and respiratory mecanism.

This made me start a long series of experiments, covering many years. The idea occurd to me that it was the AIR at these altitudes that made the sun-lite, as well as artificial lites, so helpful, rather than the *altitude* itself.

Then I began experiments in making an artificial "*Alpine-Air*." I lernd that during litening storms in the hy-mountains the air becomes very invigorating. This, I was able to prove, is becaus of the ozone liberated, or made by the litening.

We all know that the air is "cleard" during a hevvy litening storm. Even if no rain fall, the air is made more invigorating from the action of the electric storm.

I also lernd that there appears a *terpene-peroxide* odor in the air immediately after a litening storm in the evergreen forests.

Terpene-Peroxide is made by combining free oxygen with some essential oil, or oils, of the "terpene group."

It is well known that free oxygen, or ozone, is liberated during an electric storm, or by generating a sparking, hy-frequency, current in the open air.

Finally I was able to make an artificial "*Alpine-*



Figure 33

Figure 33, illustrates VALENS ALPINE-AIR GENERATOR, latest design, front view. This outfit is all metal and equlpt with the very latest ozone-making and air-circulating parts. It is operated with an alternating electric current of from 110 to 120 volts, 50 or 60 cycles. The lower switch puts the electric current "on," while the upper switch regulates the "hum."

Air" that had all the beneficial effects on persons that going into the hy mountains had. In fact, I found that the benefits were far greater, for the respiration and the heart action were not interfered with.

Oxygen-vapor machines, as well as all other ozone generating outfits, often produce an irritating gas, but my method of blending ozone with terpene oils from hy-mountain-evergreen trees eliminates this.

I have tried passing the ozonized-air thru bottles of oil and thru tubes of oil, but that will not produce the "*hy-mountain-air*" lookt for, as the *Alpine-Air Gen-*

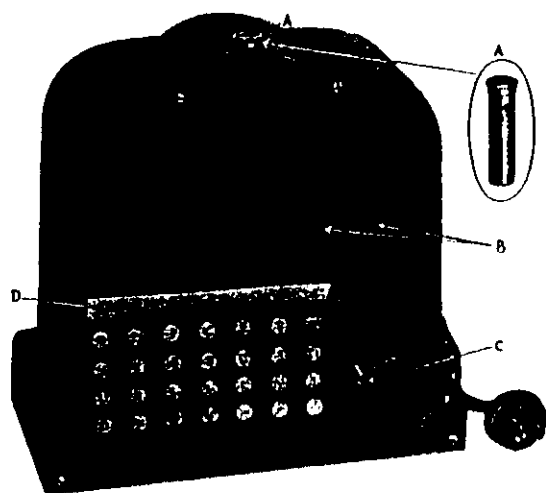


Figure 34

Figure 34, shows the back of this wonderful outfit. Air is drawn in thru the Crinolin-cloth Filter "D," and blown out thru the perforated top. The **Alpine-Air Oil** is contained in the perforated, metal capsule shown at "A."

erator will, because the oil is quickly altered by passing the ozone thru it.

My "*Alpine-Air Generators*" are of a capacity to "*medicate*" or "*mountainize*" the air in a treatment-room about 12 feet square and 12 feet hy. If the Generator be made large enuf to change the air in a larger room than that, the product is changed and the same beneficial results cannot be obtained. (See Figure 33.)

Referring to Figure 34 "C," depicts the lever by which the "pitch or quality" of the Generator "hum" is regulated. At "B," are shown the two lubricating-tube inlets into which the machine oil is put to lubricate the motor.

It will be notist that my "*Alpine-Air*" Generator is

made to stand on the floor. This I have lernd is the place for it, as the air is changed better by having the Generator there than by having it on a pedestal or table.

This "*Alpine Air*" has a soothing effect upon the respiratory mucus membranes. It is absorbd thru the lung tissues and enters the blood stream. From the blood stream this vitalizing air passes into all parts of the body and enhances *any* other treatment.

In all my treatments I insist upon the patient doing deep, diafragmatic, breathing. Inhaling *deeply* this "*Alpine-Air*," enabls it to have a quicker action on the body than if it were inhaled in the usual fashion of shallow-chest breathing.

This "*hy-mountainized*" air appears to have a *cat-altic effect on the blood*. That is to say: this "*super-naturalized*" air speeds up the fisiologic processes and causes the blood to absorb more *iron* and mineral salts containing *calcium* and *fosforus*.

Hyly-oxygenized blood increases the activity of the enzymes present in the tissue cells, thus enabling them to destroy abnormal micro-organisms and their toxins.

If any persons should, for a moment, dout the ability of the blood to absorb this "*mountainized*" air, let them recall the ability of the blood to absorb poisonsd air during the World War, or the "*modern*" un-helth caused by the inhaling of automobile-exhaust!

I have seen scores of persons apparently cured of *Anemia; hy-blood pressure; lo-blood pressure; bronchial trubls; lung affections; "hyper-acidity;" asthma; "hay fever;"* or *any polen fever;* thru the deep-breath-

ing of this "*Alpine-Air*" alone, without any other remedial agent. This has proved to my satisfaction that the inhaling of such "*mountainized*" air is a great adjunct in the normalizing and stabilizing of metabolism.

OTHER NATURAL METHODS

This *Nature-Helping* method should be used in every helth-restoring place, no matter what other modalities or remedies may be employed.

I shall now explain other *fisical modalities* that I have found to be the best for normalizing and stabilizing metabolism.

It matters not what may seem to caus the un-helth, the fact remains that the patient is seeking aid to be restored to a state of **HEALTH**.

I shall not speak of the scores of different kinds of devices or outfits for helping the patient. *Every physician should have as his or her aim, the restoring to a state of Helth a condition of Un-Helth.*

As "there are many roads leading to Rome," so are there many different methods of restoring helth. We cannot all think alike on this subject. I have been many years looking for the best Natural methods to help suffering humanity. I have tried practically every known method that would not injure the patient. What I have lernd has not been from laboratories, nor from rats, mice, cats or dogs, but from studying **HUMANS**.

Each patient is an individual study. No two patients are alike. We must study the *body as a whole*, and not think we can cure any one part unless the *whole* body be in a state of helth.

This is why I treat, and teach others to treat, the

whole body, no matter if only the stomach, or the liver, or the lungs, or the spleen, or any other part of the body, seem to be at fault.

In treating any condition of un-helth, we should not look for the name of the unhealthy condition present, but for the *condition as is*. Had the patient not been in error in some manner that patient would not be sick. Hence, regulate the diet and elimination, as well as the breathing. Investigate the patient's habits and methods of living as well as of thinking.

Never forget that the MIND must be made normal to normalize the body.

PULSATING AIR-COLUM-VIBRATION

in the treatment of

DEFNESS AND "HEAD-NOISES"

DISCUSSION:

"Ninety-five percent of all 'civilized' adults have defects in hearing."

There is hardly any estimating the percentage of children and youths that have abnormal conditions in their hearing mechanism.

Nearly every person—old or yung—who has catar in the head has impaired hearing, tho it is usually not recognized, for "acuteness in hearing" is only relativ and comparativ. One person may have excellent hearing for his vocation, becaus his hearing is not "acute" enuf. In other words, the hearing of a boiler-maker would not be suitabl for a piano-tuner. Niether would the hearing of a piano-tuner be suitabl for a boiler-maker.

The person—a stenografer for exampl—can very quickly ascertain whether her hearing be failing or not. If she does not notis it, her employer will. There is no end of exampls that could be given to illustrate this point.

To test out the relativ degree of hearing-acuity in patients, I devized certain elaborate instruments, which have gradually been developpt into wonderful outfits, but very expensiv.

After testing out many persons with elaborate devices and recording their "variations from the norm,"

I askt myself just what good all this testing was to the patient. It seemd to me the more that persons realized their ears were defectiv, the more deprest they became and the more difficult such cases were to treat.

I then concluded that the less a person knew about slite differences in hearing-acuity the better, as long as the hearing was sufficient for the person's vocation.

Just as soon as the person realizes their hearing is on the wane, just so soon mental depression takes hold of the person—a form of neurasthenia.

It is well for a person to be treated for any abnormal condition, before that condition becomes advanst, but as the testing of hearing by sensitiv instruments shows *nearly every person to be AB-normal*, I have abandond any such "discriminating fineness."

It is not so much the question of whether the hearing-acuity be such as would register "normal," but *what can be done to reliev the condition—to improve, or cure, the AB-normal condition.*

In practically all cases of beginning defness, the patient experiences the sensation of "*head-noises*." These distressing simptoms of "*roaring*;" "*running water*;" "*steaming*;" "*whistling*;" "*hissing*;" "*ringing*;" etc., are causd by defectiv circulation in the hearing mecanism. (I am not referring to any mental or brain disorder giving these simptoms.)

The sooner the public realizes that the beginning of nearly every case of defectiv hearing is "*head-noises*," the more quickly will they seek the services of a physician who can remedy the condition in a *Natural* manner.

Everyone who has "head-noises" needs intelligent advice and treatment.

The reason why so many cases of beginning deafness are neglected is that persons are afraid to go to "specialists" to seek advice, for most "specialists" have made the majority of cases worse by their "time-honored" methods.

Any physician, practising Natural methods, should be able to successfully treat all cases of beginning deafness.

The antiquated method of blowing air into the eustachian tube does no end of harm to the hearing mechanism and to the ultimate chance of recovery. That barbarous method of "breaking up adhesions," produces temporary relief, but does lasting harm.

To dilate, or "open," the eustachian tube by force is entirely wrong. The causes of the catarrhal adhesions must be remedied gradually.

Pumping in-and-out of air into the external-ear-canal to "exercise" the ear-drum produces a second condition that is worse than the first.

The tympanum, or ear-drum, is a delicate membrane to which are attached the little bones, or ossicles, or "bonelets of the middle ear." This membrane must not be carelessly treated or stretched.

Mechanical vibration about the side of the head and external ear produces only temporary relief. Such vibration can not get at the seat of the trouble.

RITHM—Realizing that Rhythm is a Natural Law, I concluded that normal hearing could be attained, if

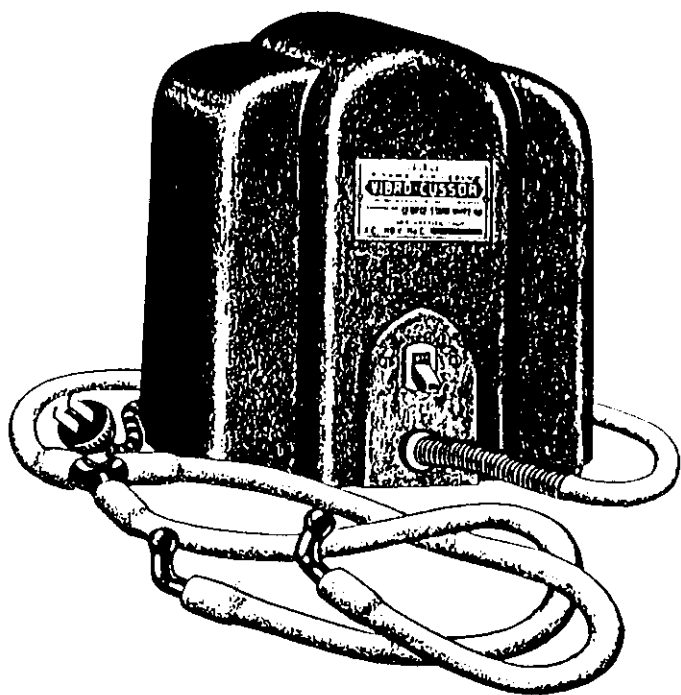


Figure 35

lost; or retained, if not yet lost; by utilizing Rithm in a suitable manner.

AIR-COLUMN VIBRATION—By utilizing certain well-known Natural Laws for vibrating a column of air, I discovered that the ear-drum could be Rithmically Vibrated, or "exercized," in a most delicate manner.

Figure 35, illustrates my latest device, or machine, for RITHMICALLY vibrating a COLUMN of air against the ear-drum. The vibration is so delicate that it will not injure the most sensitiv membrane.



Figure 36

Figure 36, shows how the *Vibrating Colum of Air* is applied to the *EAR-DRUMS*.

By placing the *Ear-Pieces* loosely or titely in the external ear, as illustrated in Figure 36, the comfortable degree of air-colum pressure can be quickly found.

At first the ear-pieces will hardly close the opening to the external ear. Gradually, as the ear-drums become more and more flexible, the user will put the ear-pieces more and more titely in the ears. No other rule is to be followed in using this "RITHMO-AIR-COLUM VIBRO-CUSSOR," as I have named this device. *This name is registered in the United States Patent Office.*

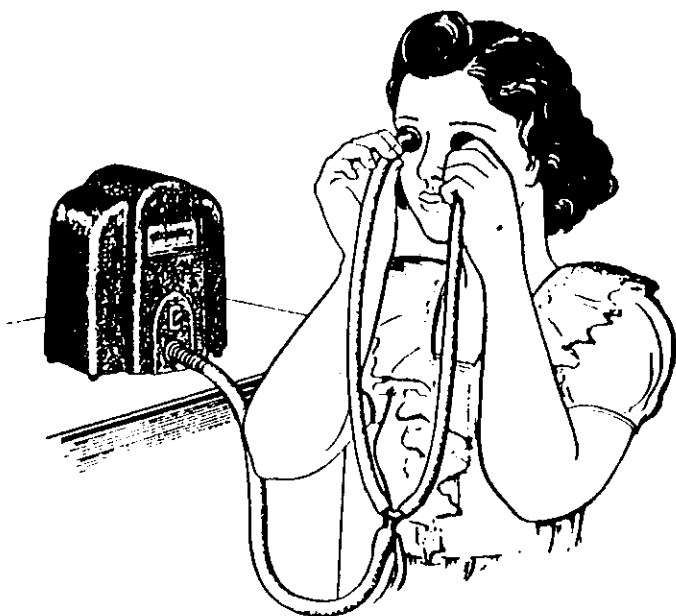


Figure 37

The usual time for each treatment is from three to five minits. The treatments may be taken two or three times daily. When going to a doctor's office for the treatments, one treatment is usually taken daily. When taken at home, three treatments of three minits each is the ideal plan.

VALENS RITHMO-AIR-COLUM VIBRO-CUSSOR has to be operated by means of the regular ALTERNATING electric-lite current. The mecanism needs no attention, as it runs in oil.

This sitem of treating ears has been used by me and my pupils for very many years. The machines have gradually been improved as the years of experience past by. My large outfits had to sell for several

hundred dollars each, but now this most compact and unique outfit can sell for much less. (Replacement for rubber tubing can be had at any "regular ten-cent store.")

This *Rithmo-Air-Colum Vibro-Cussion* tones up the delicate parts about the external, middle, and internal-ear, in a manner that is really marvelous and unbelievable to those who have not experienced the deep-down sensation produced by this vibration column of air.

With the regular 60-cycle alternating electric current the vibratory change of direction in the pulsating diagram of the *Vibro-Cussion* is 7,200 each minute. This same pulsating against a confined column of air causes the particles of air to bound and re-bound until the pulsations against the ear-drum run into "countless millions a second."

The "toning-up" of the tissues indicates that the physiologic action of this Rithmo-Vibro-Cussion is "ultra-atomic."

The machine, as shown in Figure 35 for treating the ears can also be used for treating the eyes, if special eye-pieces be used in place of the ear-pieces, as shown in Figure 37.

This same *Rithmo-Vibro-Cussion* is used to Rhythmically vibrate the eye-balls thru the eye-lids. This system of Rhythmically vibrating the eyes is very helpful in all cases of Glaucoma as well as beginning (incipient) Cataract. Also very helpful in all conditions indicating a loss of "tone" in and about the eyes.

A "HEARLESS" MAN HEARS

About eight years ago a man of seventy-or-so Summers came to me for advice regarding his "total loss" of hearing. He could hear by means of some electric device attacht to his coat and ears. He told me he had not heard a clock tick for thirty years, and never expected to hear one again.

He gave a history of "head-noises" for many years—then gradual loss of all hearing.

I explaind my RITHMO-VIBRO-CUSSION sistem for restoring hearing. He took a five-minut treatment and arranged for one such treatment daily for two months.

After the first month's course of treatments he said he began to "hear funny sounds." These "sounds" were caused by the loosening up of adhesions in the middl-ears.

After the second month's course of treatments he could hear my voice without any artificial hearing device.

After the third month's course of treatments he could hear a wall-clock tick. His happiness was extreme.

RECAPITULATION

Magnetic Energy (Magnetism) Acts on All Matter. It is the Energy of Life—Life Force—and Permeates All Matter in the Universe!

Every Energy Acts on Some Other Energy.

Figure 38—A, represents a *Direction Compass*, which means a steel needl that has been magnetized and accurately balanst, so it is freely movabl. To be freely movabl a "jewel" is firmly fastend to the center of the Magnetized Needl. This "jewel" is hollowd out in its center so as to allow a sharp piece of steel to enter and act as a pivot. This allows the Magnetized Needl to be *freely* movabl, when the Needl is perfectly level—"parallel with the erth."

The North end, or Blue end, of this Magnetized Needl, points to the North—parallel with the Magnetic Meridian of the Erth.

The South end, or Red end, is directed exactly *South*.

Figure 38—B, shows this Compass held so the Magnetized Needl would "naturally," point up and down in a perpendicular line, but it will be seen that the *Blue*, or Positiv end of the Needl is drawn away from the

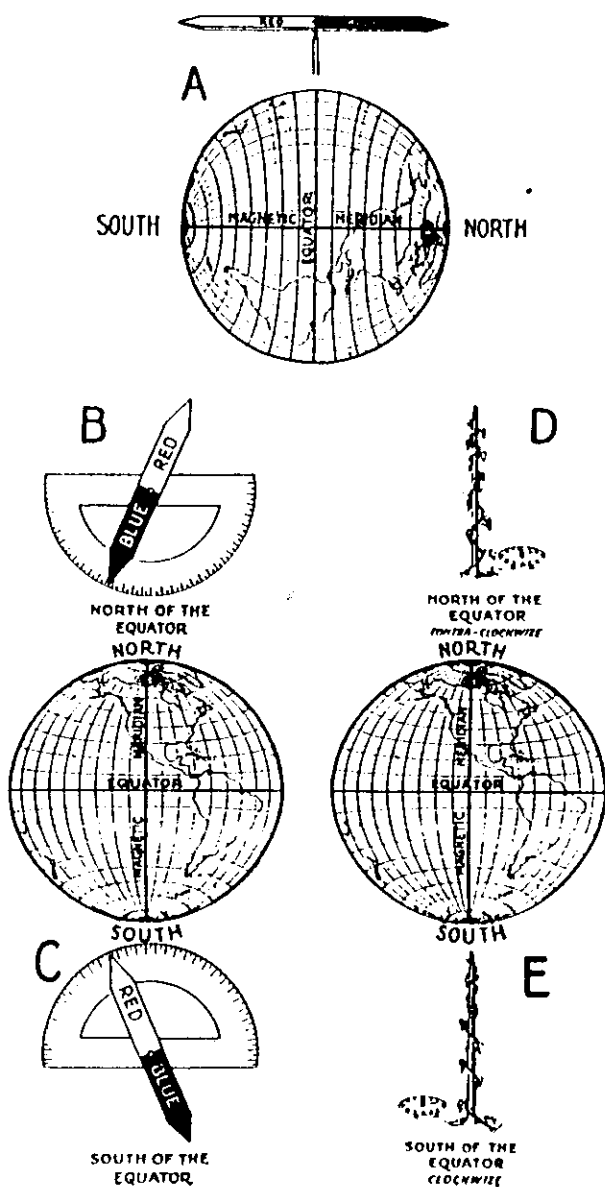


Figure 38

perpendicular. Hence, the *North* end of a Compass Needl, when held in this perpendicular manner, will not stand exactly up and down, but is drawn by some "misterious" force out of the perpendicular. This is *North of the Equator*. The Magnetic Force that draws this Needl out of the perpendicular must be *Negativ*, becaus the Blue end of the Needl is *Positiv*. (Unlike poles attract, while like poles repel each other.) This demonstration *proves* that the *NORTH* pole of the *Erth* is *NEGATIV*.

Figure 38—C, shows the same Compass Needl held "perpendicular" *SOUTH* of the *Equator*. Notis that now it's the *RED*, or *NEGATIV* end of the Needl that dips out of the perpendicular. This proves that the *SOUTH* pole of the *Erth* is *POSITIV*.

Many of our long-ago books claimd that the Magnetic Energy known as *MAGNETISM*, had no effect on anything except steel and a few other metals or alloys. This claim we can *PROVE* is all rong.

I have shown that the *Erth* is a great *MAGNET* with a *NEGATIV* and a *POSITIV* pole.

Figure 38—D, shows a bean-vine twining about a pole situated *North* of the equator.

things" really do exist. The dog shows us that his master's foot leaves a "something" on the road that no man can detect by any instruments on earth.

Let us all be cautious about saying: "That is impossibl." In our very hands we may have the proof that "IT IS POSSIBL!"

SECTION THREE

Part One

HELPFUL HEALTH HINTS

CONSTIPATION

The word constipation, as commonly used, means the retention of the feces—the large bowel contents.

Constipation then means a slowing up of the bowel movements—a blocking of intestinal activities.

Constipation is the cause of more unhealth than any other one factor we know anything about.

The retention of the feces causes fermentation, gas formation, auto-intoxication and general systemic poisoning, as well as pressure symptoms.

A constipated person cannot digest starches. That is why I have certain starches, such as grains, potatoes and beans taken from the diet of one who is troubled with constipation.

COARSE FOODS IRRITATE

Many think that to eat "coarse foods," or substances, like bran, that constipation can be relieved. This is often a fatal error, for the bran and other coarse substances will "bake" in the large intestines and cause impaction and very serious troubles.

Refined sugar helps cause constipation, and so does common salt. Use brown sugar or honey.

YEAST DRIES THE BOWELS

Yeast fermentation in the bowels causes first a diarrhea, then a drying of the mucus membranes in the bowels which helps produce a serious intestinal trouble. That is why "live yeast" is bad for the intestines. Yeast, to be safe, should be well cooked before it is eaten.

MINERAL OIL DRIES THE INTESTINES

Mineral oil is not absorbed, but as it lubricates the bowels it will help make them move for a time, and in so doing the bowel secretion is checked and a dry bowel is the result. Magnesia in the oil is helpful.

"INTESTINAL BATHS NOT ADVISED

The so-called "Internal-bath" is a snare in the dark for it makes the bowels stop their natural action and they "lie down on the job."

Taking of enemas makes the lower bowel dry and makes it "forget" to act independently. Then the bowel hyer up gets too much work and givs up the job.

VICIOUS HABIT

The habit of taking daily enemas to "clean out" is a vicious one. It is worse than the "drug habit," for the victim does not realize what is rong until it is too late.

The talk of "an unclean bowel," or a "clean bowel," in the way it is often talkt, is misleading. The bowel is made to carry the waste from food, and wear and tear, of the body. For its work the bowel is as "clean" as the mouth, or the nose, or any other part of the body—inside or out.

The most "lookt-down-on parts of the body are of the greatest importance.

AN IDEAL ENEMA

When an enema is necessary for quick emptying of impacted material in the rectum, the following directions are safe and the results are the best I know of.

Use one-half pint of the best molasses, to one pint milk. Stir together, and warm to a littl more than body temperature—but not more than 110°F. Fill the enema receptacl, NOT rubber, with a mixture. Have the outlet of the receptacl not more than three inches hyer than the anus, so the enema can be given VERY SLOWLY. Take the enema while in the "knee-chest" position, holding this position for thirty minits, if possibl. If the knee-chest position is uncomfortabl, then lie on the left side. The entire amount of liquid should be taken, and when given in this manner the milk-and-molasses mixture is allowd to work its way up beyond the sigmoid flexture and into the transverse colon.

PRESSURE ENEMAS DANGEROUS

The enema bags that the users sit on are doing untold damage to the thousands who have been fooled into using them.

Enemas (injections) under pressure are sure to weaken the lower bowel beyond repair.

Eat correctly and exercise correctly and the bowels will act correctly. Don't take enemas except on rare occasions.

HEALTHY THOUGHTS

Keep the body healthy and the thoughts of the bowel contents should never enter the healthy mind.

Mental agitation will often bring on a severe attack of constipation. Hence, excitable persons are more liable to be constipated at various times than the calm persons.

FOODS RELIEVE

Find the foods that will keep your bowels in proper condition and stick to them. The sweet fruits and the green, leafy vegetables keep the bowels "in good shape." Avoid condiments, for they irritate and dry the bowels. *Common salt also dries the intestinal lining.*

With many persons apples will keep the bowels active, while with others prunes act best.

Drink a large glass of cool water before each meal and between the meals.

RAPID EATING INJURIOUS

Eating rapidly crowds the stomach and it has to let the *mixed* food out into the intestines. The intestines are also crowded and the result is constipation or diarrhea.

DIARRHEA

Diarrhea is opposite to constipation in action, but the causes are often just the same. In fact, the one condition often follows the other, so the remedy for one is usually the-remedy for the other.

All these bowel troubles can be prevented and cured by care-

ful diet and proper exercises and deep abdominal breathing. No one ever knew a good singer to be constipated.

No one can be "helthy," if constipated or trubld with diarræa.

ROCKING HELPFUL

Rocking, after drinking several glasses of cool water, will do more than any other "simpl" method for making the bowels act and for the relief of constipation.

Rocking helps the digestion and the circulation.

Becaus a person rocks is no sign that he or she is "nervus."

Rocking is as natural to humans as the swaying branches are to birds, and other tree-seeking animals.

Many can sleep well in a swaying hammock, when a "still bed" makes them uneasy.

When seeking helth comfort, don't forget the "old-fashiond rocking chair."

EXERCISES FOR CONSTIPATION

There are several exercises that help to lift a fallen, or prolapst colon. These exercises help to strengthen the abdominal wall and to increase peristalsis in the intestins.

The *kicking-out* exercise, while lying on the back, is one of the best. Don't let the heels tuch the bed while doing this "*kicking-out*" exercise. Begin by kicking out five times without letting the limbs fall. Increase one time daily until U can kick out stedily over one hundred times.

Another excellent exercise to reliev constipation, is walking on all-fours—feet and hands. Take at least one hundred steps nite and morning while entirely nude.

Many other exercises are illustrated in my books "*Intestinal Normalizing and Pelvic Culture for Men;*" and "*Intestinal Normalizing and Pelvic Culture for Women.*"

COLITIS

Colitis means an inflammation of the colon, or large intestin. This condition may be acute (come on suddenly), or it may be chronic (of long standing).

CAUSES

Constipation is one of the most common causes, as constipation causes irritation of the bowel lining and that interferes with the bowel secretions. When this irritation is carried far enough we have a state of congestion, and when congestion is carried far enough we have a condition known as inflammation.

The taking of cathartics and the eating of irritating foods and seasonings often create this inflammatory condition.

The eating of foods containing refined sugar and flour, as well as eating of fried foods, irritates the lining of the intestines and causes colitis.

Fear and worry change the stomach secretions and in turn change the bowel secretions and act as a potent cause of colitis.

Rapid eating, and the drinking of water with meals, and the eating of very cold food, all act unkindly on the bowel secretions and cause colitis.

Eating of denatured foods and preserved foods, or pickled foods, will often irritate the intestines as to cause an acute attack of colitis.

The chilling of the abdomen, as in sudden cooling off after sweating, will often bring about a severe attack of colitis.

The eating of starches ("mushes") mixed with other foods, such as oatmeal, sugar and milk, or fruit juices and starches, or "cereals," acts as a common cause of colitis.

Reading while eating is a common cause for constipation.

SYMPTOMS

The most prominent symptoms are constipation alternating with diarrhea. Another common warning is a severe pain in the lower right-hand side of the abdomen. This pain is often diagnosed as "appendicitis." It is what we used to call "colic."

Uneasiness in the bowels with a "quiver" about the navel is a symptom often complained of. The "sinking feeling" so often noticed in the abdomen is caused by the congestion in the abdominal vessels. This "heavy feeling" will often make one faint and fall down in a heap. Infants often have "fits" with colitis.

With any of the above symptoms the tongue will usually be thickly coated and there will be a dull headache. The stools will contain mucus in varying quantities.

"The blues" are usually present with adults suffering with this bowel inflammation. Any congestion in the lower part of the abdomen is liable to cause the melancholic condition known as "the blues."

TREATMENT

First, clean the bowels out well with castor oil. Years of practical experience has proved that good castor oil is the quickest and best bowel cleaner. Many herb teas will clean the bowel well, but they require too much time to act for acute colitis.

Enemas will often clean the lower bowel quickly, but the upper bowel will often remain congested with mucus after any kind of enema. Never use any enema that distends the large bowel by sitting on the water-bag. That is dangerous in every case of colitis, and *harmful in all cases.*

Hot applications, in these conditions, are always soothing when placed over the abdomen.

Sunlite is excellent when radiated thru green leaves over the bared abdomen. The leaves cut out the irritating rays and allow the deeply penetrating rays to pass into the body.

The diet after an attack of colitis should be as free from starches as possible. Fruit juices and raw, green, leafy vegetables act as a remedy in this condition.

The drinking of an extra amount of good, pure, cool water before each meal is helpful in all conditions of bowel inflammation.

Deep abdominal breathing helps wonderfully in establishing a normal and active circulation throughout the abdomen. Such breathing gives the intestines a "respiroidal massage."

Don't use castor oil as a regular fistic. It is only for an emergency.

Eat nothing cooked in aluminum, or stored in aluminum.

Use no tobacco in any form, and nothing containing alcohol.

APPENDICITIS

The majority of all cases said to be inflammation of the appendix is catarrh of the Cecum. We used to call it plain *colic*. The remedy for *colic* is pressure on the bowels and hot applications. *Never use cold applications on the abdomen for inflammation.*

There are cases of *colic* that can be cured by cooking in iron all foods U eat cookt. Just what cooking of foods, or water, in aluminum does to them, I am not always sure, but the fact that a person gets well of the bowel trouble by discarding aluminum kitchen-ware, gives us one of the apparent causes of unhealth.

AUTO-INTOXICATION

Constipation leads to Colitis. Colitis leads to the sagging, or dropping down, of the transverse colon (called Enteroptosis). Then the transverse colon, which should be above the navel, sags down to be like a letter "U," and a general slowing up of the bowel action follows. This produces stagnation in the intestinal tract.

Stagnation in the intestinal tract allows the poisons that are naturally carried out of the bowels, to be absorbed and *auto-intoxication* results.

Hence, the cure for auto-intoxication is the remedying of constipation and colitis and the enhancing of *elimination*. (A suitable abdominal support does wonders in relieving colitis, when accompanied by Enteroptosis).

To aid in elimination, the food and fluids taken into the stomach must be such as will prevent the stagnation in the intestinal tract.

This brings us down to the question as to what to eat and what to drink.

It is much more simple to instruct patients as to what NOT to eat or drink, than to enumerate what to eat and drink, for no two parts of the world and no two seasons are alike as to supplies.

WHAT NOT TO EAT

For all cases of Constipation, Colitis, Auto-Intoxication and allied conditions, (Colds, Tonsillitis, Headakes, Rheumatism, Neuritis, etc.,) the following articles of food, or what is used as "food," should be omitted from the diet; because they either ferment in the intestins, or help *caus* fermentation in the intestins, and help *caus* gas.

EAT NOTHING MADE FROM GRAINS

This includes all cereals and all kinds of bread. "Mushes" are made from cereals and must be omitted from the diet. Cereals are digested in the intestins and when there is inflammation in the intestins, cereals, as well as other heavy starches, cannot be digested. They lie there and ferment.

Rice is a "heavy starch" and must be omitted from the diet. *Wild rice may be eaten.*

Potatoes of all kinds—no matter how prepared—must be taken from the diet. They are very hard for the intestins to care for and often *caus* "colds," tonsillitis, rheumatism and neuritis, because of the fermentation they produce in the intestins.

Eat no beans, except string beans, *no bean flour.*

Refined sugar, and everything with refined sugar in it, must be taken from the diet.

In place of refined sugar, use a little honey, or brown sugar.

Use no cow's milk, except as buttermilk.

Use very little or no salt in the food. No salt is better. Salt acts as an irritant in the digestive tract. (This doesn't apply to sauerkraut, which seems to be helpful, because it contains lactic acid.)

Use no pepper, or condiments of any kind.

If the bladder be irritable, asparagus, radishes, peppers and water-cress are contra-indicated and should be omitted.

Use no coffee, tea, or chocolate, cocoa, or carbonated beverages.

SALAD DRESSING

Sesame Seed Oil, or Olive Oil are the best salad oils to be

had. Preferably Sesame Seed Oil, as it does not become rancid.

Lether of the salad oils used with lemon juice makes the ideal salad dressing. Note: By leaving lemons in hot water for several minits before cutting them they will yield nearly dubl the quantity of juice.

DIAFRAGMATIC BREATHING

Diafragmatic Breathing means Abdominal Breathing. It is done by elevating the chest—expanding the chest—and holding the chest up, or expanded, while exhaling as well as inhaling.

This mode of breathing causes the abdomen to go outward while inhaling, and to go inward while exhaling.

This Diafragmatic, or Abdominal Breathing produces a *Respiroidal Massage* to the intestins and all the organs in the abdomen and pelvis.

This is the method of breathing used by famus singers. No one can have asthma, if this method of breathing be used. Nothing in the way of exercises is so helpful to reliev constipation and sluggish stomach and bowel action as Abdominal Breathing.

When once U become used to this method of breathing it will be ackward to breath in any other manner.

This natural method of breathing takes into the lungs about five times as much air as the "common method" of breathing.

HOT SITZ-BATH

A hot sitz (sitting) bath, into which a cupful of Epsom salts have been dissolv'd, is helpful in all cases of Colitis, if taken just before retiring.

One should sit for about twenty minits in water as hot as can be comfortably borne —about 110°F.

A brisk rub-down with a ruf Turkish towel is recommended after the sitz-bath.

BOWEL TROUBLS

Bowel trubls can usually be rectified by *diet* alone, but there

are a certain number of cases that require a reliable herb tonic and bowel reconstructive to help out.

My large text books give a list of the medicinal herbs that I have compounded for years for my patients, but it gave too much work and worry to make these up for my patients, so I looked far and near for an herb bowel-reconstructive.

I finally found, that for sluggish liver, or inactive gall bladder, the "old-fashioned" Mandrake, or May-apple, known as Podophyllin, was the best.

SENNA-PRUNES

Senna-prunes are often helpful for Constipation, as well as for other bowel troubles.

Senna-prunes are prepared as follows:

Over one ounce of Senna Leaves pour one quart of boiling water. Let stand two hours and strain, throwing away the leaves. To the clear part add one pound of well-washed and pitted prunes. Let them soak over night. In the morning cook the prunes in senna-water over a very slow fire for twenty minutes. Add water to make up for what has evaporated. (Or simmer down to make a syrup.)

After the Senna-Prunes have cooled down to body temperature, two tablespoonfuls of honey may be added. Keep this mixture in the refrigerator or ice-box.

DIRECTION FOR EATING SENNA-PRUNES

Eat one prune and a little of the juice after each meal, or eat one, two, or three after the evening meal. Gradually increase the amount of prunes and juice according to looseness of bowels.

BLADDER TROUBLES—FOR IRRITABLE BLADDER

If the bladder, or any part of the Urinary Tract be irritable, so one has to urinate often, or has a burning, or pain while urinating, don't eat any radishes, or peppers, or seasonings of any kind, or any asparagus, or watercress. Eat okra (gumbo), when it is to be had. It is soothing to the intestines and urinary tract.

"GETTING UP NITES"

Many persons have to get up often during the nite to empty the bladder. There are many causes for this, but the principal caus is the pouching downward of the urinary bladder. No matter what caused the bladder to pouch, or dilate, in this manner, the way to empty such a bladder is to "tip it up." U can do this by getting on the hands and knees to urinate. This tecnic should be employd at least every nite just before retiring, by every person, male or female, who has to arize several times during the nite to urinate.

Don't eat or drink anything within two or three hours before going to bed. This helps keep the bladder empty during the nite.

Eat nothing with beans or "bean-flour," or "bean-meal" in it. *No exceptions.*

WHAT SHALL I DRINK

Scores of letters reach me daily asking: "What shall I drink?"

Many want hot drinks, while others seek helthful, cold drinks.

First of all let me say that pure water (distild is the best) cannot be exceld. Never drink anything ice-cold. The stomach has to warm a cold drink to body temperature before it can pass it on. That chills the blood and givs the whole body a shock.

"Room tesperature" is the best temperature, when that is not below 68 degrees F.

A "hot drink" should not be hot enuf to burn the mouth when taken in. Hotter than that will injure the inlet to the stomach, as well as the stomach. Very hot drinks will caus ulcer of the stomach, as well as a contracture of the inlet to the stomach.

Tea or coffee I cannot recommend. Both have a damaging effect upon the stomach, whether drunk "strait," or with cream and sugar. The notion that cream and sugar added to the tea or coffee are what make them harmful needs no discussion, if one has had experience with "drinkers" for many years.

Coffee is more injurius to the majority of persons than tea.

but both produce toxins that sooner or later show themselves in many different forms. Some of the worst cases of eczema that I have ever treated have cleared up when coffee—"strait or otherwise"—has been taken out of the system.

Some cases of blindness quickly subside when the patients take NO coffee, or anything with coffee in it.

Tea may seem to be "soothing," but it is only soothing as any warm drink would be. The tea stimulant has a toxic influence upon the system and injures the nervous organism.

Many brands of coffee with the caffeine taken out seem to have as bad an effect upon some livers as the "true coffee." Don't be fooled by the advertised "coffee-with-the-caffeine-removed" product. That is "trick advertising" regardless of who is paying for the advertising.

Remember that caffeine can be gotten from coffee, tea, and mate, as well as from many other herbs and seeds.

The use of coffee and tea has increased by leaps and bounds since "rapid living" came into being. Coffee, especially, is becoming a menace, as such great quantities are being consumed as a "bracer."

Cocoa and chocolate are made from the cacao bean. They are not so harmful as tea or coffee, but if used to any excess will produce severe toxemia.

Kola, in many of its various forms and under many advertised names, is very harmful. Many beverages, supposed to be made from kola, contain habit-forming drugs and are becoming more dangerous to the public at large than alcoholic drinks.

All of the beverages above named have had a bad effect upon the heart and blood vessels, as well as upon the eyes and ears. Many of the "bad hearts" today are caused from drinking one or more of the beverages above named.

CARBONATED DRINKS

Carbonated drinks of all kinds should be shunned. They have an injurious effect upon the skin and give the complexion a sallow, or "tallowy" appearance. Probably the bad action of

carbonated beverages upon the skin is what has brot face decorations so rapidly into vogue. The use of carbonated drinks, and the decorating of the face by women, has increast with about the same rapidity.

When the skin is injured the breathing action is injured and the kidneys have extra work thrust upon them. This is one reason why carbonated beverages have such a bad effect upon the kidneys.

MILK AS A BEVERAGE

Milk, as it is deliverd to homes now, is not fit to drink. Milk was never intended as a beverage, but should be eaten with a spoon the same as soups are eaten. A pint of milk a day is too much for any person — yung or old. Advertizing has made it "popular," altho it is harmful. *Natural* milk cannot be had in large cities any more.

WATER BEST OF ALL

The water-drinking habit is the best habit I can suggest.

If persons like a hot drink that will do no harm, but will be helpful in digestion and at the same time help the kidneys in their work, by helping the skin to do its work, I can suggest nothing better than the *old-fashioned peppermint tea* such as our grandmothers made for us when we were "out of sorts." One does not need to be "out of sorts" to drink good peppermint tea. It is one of the very best and most helpful beverages.

To make peppermint tea use the best dried peppermint leavs, stript off the stems before "curing." (They cannot be purchast at drug stores.)

Crush them well and use a teaspoonful to a large cup of boiling water. Let the leavs steep for about twenty minits. Then strain and drink as is, or with a littl honey for sweetening, if desired.

If the beneficial effects of peppermint were well known, the demand would be enuf to start "peppermint-tea parlors" thru-out our cities.

Peppermint is easy to grow in the average garden. It is

easily dried and stript from the stalks. It is well to strip the leavs off before the drying has gone too far, as the stems and stalks have a slitley "strong taste."

WHEN TO DRINK

Most drinks should be taken before meals. None should be taken after the meals except peppermint tea. This is especially helpful and "satisfying" after the meal. It can also be taken before the meals, or between the meals.

Water is best taken before meals—never with the meals.

The foregoing instructions apply also to the following conditions:

| | |
|---------------------------|----------------------------|
| "Appendicitis" | Neurasthenia |
| Asthma | Neuritis |
| Belching | Palpitation of the Heart |
| Bloating from Gas | Pellagara |
| Bronchitis | Pelvic Inflammation |
| Cancer | Pelvic Pains |
| Catar in any part of Body | Prostatitis |
| "Colds" | Pyorrea |
| Colitis | Reumatism |
| Conjunctivitis | Seminal Vesiculitis |
| Cystitis | Skin Trubls of All Kinds |
| Dyspepsia | Sinusitis |
| Epilepsy | "Smotherd Feeling" |
| Flu, Influenza or Grip | Sore Throat |
| Furred Tongue | Stomac Trubls of All Kinds |
| Gall-Bladder trubls | Tonsillitis |
| Hyperacidity | Tuberculosis |
| Liver Trubls | Uterin Catar |
| Nervs" | |

SULFUR THERAPY

Sulfur is a non-metallic element. It combines readily with Oxygen as well as with Hydrogen.

Flowers of Sulfur (Sublimed Sulfur) is a fine yellow powder. It can be had in all drug stores. It is usually sold for dusting rose bushes and other shrubs.

Flowers of Sulfur, when sifted, or dusted, into the shoes U wear, will work thru the stockings and thru the skin. After this Sulfur gets thru the skin, the natural fluids of the body in circulation take up what it can use and changes it into a wonderfully helpful "*blood purifier*."

Sift this Sulfur into the shoes every morning for thirty days; then omit five days, and start over again. Keep this treatment up for three or four months; then skip a month or two, and start over again. Along with this manner of using the *Flowers of Sulfur*, a quarter of a teaspoonful of the powder may be mixed in a tablespoonful of the best molasses and taken every morning for a month or so. This acts as an alterative and mild laxative. This is what our grandmothers used to wisely give us when we were children. What was good for the children then, is even better today, not only for the young folks, but for the older ones too.

This *Sulfur Therapy* has a remarkable action on the skin to make it free from pimples and blemishes. It also is noticeably good for all kinds of rheumatism and muscle cramps.

If U wear any gold or silver ornaments, do not be surprised to see them turn black after having taken this treatment a few weeks.

ALUMINUM KITCHEN UTENSILS ARE THEY SAFE?

Thru my Helth Books sold to persons thruout the world, I have had many inquiries asking for definit information regarding Aluminum-ware for the kitchen, or nursery.

I shall not discuss "laboratory findings." We are not at all interested in them. What we are interested in is the *clinical effect of foods cookt in aluminum!*

As we are dealing only with *Humans*, we are not at all interested in the "laboratory findings" of aluminum cookt foods on pigs, rats, mice, monkeys, or goats. We are not running a rattery, niether are we running a piggery. We are teaching *humans* how to liv to get the most out of life, and how to keep away from doctors. In other words, teaching *humans* how to retain helth, or how to regain helth.

Many persons have written me, telling of their recovery from all manner of unhelth, simply by throwing all Aluminum-ware out of the house.

Is ALUMINUM A POISON?

Some of the worst cases of bowel and stomach trubls I have been able to quickly cure by having all aluminum-ware discarded from the kitchen. Aluminum, combined with salts from cooking foods, is a terribl bowel poison and often seems to be one caus of cancer of the intestins.

Never eat or drink anything that has been cookt or heated in aluminum. Clinical experience has proved to me, as well as to many other observers, that the cooking, or heating, of food or liquid in aluminum changes that food or liquid and makes it a poison to many persons.

In place of aluminum cooking utensils, use enamel-ware cooking-glassware, or, best of all, is *stainless steel*.

Steam cookers, made of stainless steel, are to be had. They should be universally used, as the best part of the food is not thrown down the sink, when a Steam Cooker is used.

Stainless steel utensils are more costly to begin with than

some other utensils, but they will last a "life-time," and are safe to cook in. Iron utensils are also safe.

Clinical findings we must go by. Practically all laboratories can be hired to give "findings" to suit the case. The more capital back of the product, the better the "laboratory findings" usually are.

Some animals can eat strychnine and not become poisoned by it. Some persons can eat tobacco and not die from its poisonous effect. Some persons can eat food cooked in Aluminum and not get rheumatism or stomach ulcers or cancer from it, *but why take chances?*

My books give a few *clinical cases*. Read them. I shall not discuss the subject. I have done my duty to warn the public. I learn from my patients and not from laboratories.

SPIDERS

Some spiders are said to be "poisonous," while others are said to be "non-poisonous." The fact is NO spider is a "safe companion." The bite of ANY variety of spiders may cause great pain, sickness, and death.

Spider-webs should be regularly swept down from walls, or from trees or shrubs. Webs of any kind on shrubs or trees can do much harm.

Never sleep under trees with the face up without a net cover to prevent spiders from "dropping down" to bite U. Many cases of blindness are caused by spider bites on the eyelid. These eyelid bites are made while the victim is sleeping, or having the eyes closed. The spider "drops down" from a ceiling or from a branch of a tree and for some reason will bite the eyelid more often than other parts of the body. I think it is because the eyelid twitches automatically, when hit by any object, and the twitches annoy the spider, so it bites and that bite may cause total blindness in the eye under the bitten eyelid.

THE "BLACK-WIDOW" SPIDER

The "Black-Widow" has been made very popular thru time-ly press notices; but, as no information as to how to keep this

notoriously venomous spider from our homes and buildings was forthcoming. I set out to experiment and observe on my own account.

In the first place the natural enemies of this spider are the lizards (including the horned "toad,") frogs and toads. There is a small insect that lays its eggs on the spider egg-sac, so the young insects bore thru the sac and devour the eggs. That's good.

The Black-Widow (shoe-button) spider will not remain on wood or metal first painted with aluminum paint and then with glossy white paint. All dark places, and corners, and seats of "out-houses" should be so painted.

MOSQUITOS AND THEIR CONTROL

I don't like mosquitoes any better than anyone else, but I like to see "fair play." If the innocent blood-sucker that hypothesizes malaria into a fellow, did not have a malarial patient to suck from, it would not be inoculated in the first place, so in reality man gives the mosquito one form of "malaria," and the "honest mosquito" in turn gives man another kind that is more active than what it gets.

If the swamps were cleaned up, man would not get malaria in the first place to give "doctor mosquito," and if the swamps were cleaned up, mosquitoes would not multiply to get and give the malarial parasites.

Nature has a very good way of equalizing all pests, and for the curtailing of mosquito breeding. Nature has herbs of various varieties that will destroy, or prevent mosquitoes, if man would allow them to grow. Nature also has many different kinds of fishes and water bugs, or water inhabitants, that will devour the mosquito larvae as soon as they begin to circulate, but man has acted to curtail the presence of the very animals that would destroy the baby mosquitoes.

It is interesting to know a little about the peculiar plants that will destroy or prevent mosquitoes. Some forms of algae, the green moss or "scum" plants that grow in and on water,

giv off an oily substance that will kill mosquito larvas. There is the bladderworth that grows in water and allows its myriads of "bladders" to hang under the water to act as baits, or traps, to catch, among other animals, the mosquito larvas. Countless numbers of "wigglers" are enticed to enter the bladderworth's parlors and giv food to the plant.

If white clover be cultivated in "malarial districts," the mosquito inoculators clear out. It is said that the profusion of white clover fields on the delta of the Nile, which are allowed to flower profusely during certain months of the year, have saved Egypt from the malaria-inoculating mosquito, tho its nabor, Palestine, is a victim.

The best artificial way to destroy "Doctor Mosquito," (so-cald becaus she, and sometimes he, carries a hypodermic needl for transferring serum from one body to another, according to the "modern medical fashon"), is to drain the swamps and pour a littl crude oil into all pools of stagnant, or slow-moving water.

Again I say, don't blame the mosquito for malaria, becaus the mosquito has to be infected from man before it can re-infect another man. Tit for tat, as it were.

The worse thing the mosquito ever did was to teach the medical profession how to use serums and vaccins. That time it was the medical doctor who BIT—not the mosquito!

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