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Justice for Everybody Harms Nobody

Three Cents

HEALTH

MUST COME FIRST IN THE LIFE OF EVERYBODY

BY ALFRED LAWSON

UNLESS YOU KNOW THESE THINGS YOU ARE NOT EDUCATED

HEALTH is a state of being clean and vigorous.

To enjoy good health one must understand the conditions under which man lives and to know how the human machine is constructed and how to keep it running properly.

It is not a very difficult task to learn how nature builds and operates man. The devotion of a little time and study to the subject each day is all that is necessary; then put into practice the knowledge gained.

If one will follow the natural laws upon which health is based then one can enjoy it in proportion to the efforts one gives for it.

As life itself is based upon action then health, its purifier, must be based upon effort.

As the opposite of life is death so the opposite of health is putridity.

To understand life in its entirety one must study the different volumes of LAWSONOMY. To get a general plan of health one should study the book MANLIFE.

Lack of space permits only a few practical precepts to be set forth in this article which if followed will tend to keep you well and happy.

It will require will-power to follow rules that will give you good health but if you will not exert it within yourself then you must put up with the inevitable consequences and pay the penalties that nature exacts with pains and many kinds of physical, mental and moral weaknesses.

In the first chapter of my book MANLIFE, copyrighted in 1923, I said: "To me, the most important thing in the universe is man—because I am a man. And as it is within my power to guide myself through life I believe it sensible to learn something about man and the laws that govern my own movements.

"Furthermore, if I can give what information I am able to gather to others that they may be benefited thereby and utilize this information toward increased efficiency and more successful and happy lives then I feel that it is my duty to do so irrespective of all other considerations.

Before an airliner that will fly can be built the designer of it must first understand the laws upon which flight is based and then conform to those laws.

Any airman knows that if an aircraft is not built right it will not fly right. He knows that the better the materials put into it and the more attention given to the details of construction the better

will be its performance in action. He also knows that the better care he gives to it the better it will fly and the longer it will be of service.

Thousands of airmen have lost their lives during the past because they went aloft in badly constructed aircraft or because they did not understand their machines or were careless in handling them.

But while thousands of airmen lost their lives by not knowing or not having taken proper care of their aircraft, quadrillions of human beings have lost their lives prematurely because they did not know their own bodies or how to take care of them.

Of all things that man should understand and care for the most is man. But of all things the average man knows the least about and gives the least care and attention to is himself.

The average man not only does not try to develop himself by the proper methods, but actually abuses himself to the breakdown point, and then blames everything but himself for the misfortune.

If nature had not formulated very wise laws for man's protection against himself, he would have long since become extinct, a victim of his own death dealing habits.

If a man could have but one suit of clothes during his entire life, it is quite certain that he would treasure it above all things and endeavor, by the most careful methods, to make it last as long as possible. He would study the art of making clothes and how the materials of which clothes are composed could be strengthened and preserved and he would learn how to combat to the best advantage the ravaging elements which cause the decay of those materials.

A thousand times more should he study how man is made, how materials of which he is composed can be improved and how to overcome the dangerous elements which destroy him.

Preserving and improving materials, machines or human beings gives them longer life and increased efficiency and keeps them "younger" for a longer period.

If a man of 50 years can demonstrate the same physical standard as the average man of 25 years, then he is comparatively as young as the average man of 25 years of age; or if a man of 100 years is as efficient as the average man of 50 years, then he is from a useful point of view but 50 years young.

One aviator will wreck a new

airplane the first day he takes it aloft, while another aviator will keep the same type machine in service for several years; the difference in the lives of the two machines lying in the knowledge of, and the care given them, by different aviators.

One man will die at 25 while another will live to be 100 years of age in accordance with the care given to their respective bodies by each of them, irrespective of the age of either of them.

A well old man is certainly more to be admired than a sick young man. He who is sick proves that he is weak and nature shuns weakness.

Nature knows no pity and shows no favors; it establishes the rules and they must be obeyed or the consequences must be taken. Ignorance of the rules secures no leniency and we are supposed to learn them from observation and experience."

Now, man is a combination of substances drawn together by the power of suction and then squeezed apart again by the power of pressure. There are certain microscopic creatures that use these powers to mould these substances into a mechanical man and operate him to the best advantage under the conditions that the solar system provides.

My copyrighted book MENTALITY says: "By microscopic action Nature enlarges the scope of living things. They build their models in seed of one scope and density and then draw within by suction, materials from without and by expansive assimilation they create living things of greater scope and density.

On the surface of the Earth the planning and building program of these micro-organisms was very simple at the start, but with much practical experience and a larger assortment of materials to work with they gradually gained efficiency in creating more complex forms of life.

The earth at one time was but a swirling mass of densities trying to reach a central suction point.

But, little by little, this swirling mass was drawn closer together towards the center until it rounded itself into circular form and then developed a crust of solid matter as a protection against external influences.

In order to prevent internal heat and gases from exploding it, pores were developed in the crust of the Earth through which waste matter could be conveniently eliminated.

From waste matter oozing

through the pores of its crust as heat and gases and then mixing with the elements of air and water which surround the Earth, plus the elements from the Sun, Menorgs create living things of greater scope than themselves.

Vegetation was the first organic life to be introduced upon the face of the Earth by the Menorgs and their initial design resulted in the production of a single blade of grass.

But the Menorgs improved their designs through long periods of progressive efforts from which they acquired superlative qualities in planning and designing plants of various forms, colors and usefulness.

They gradually increased the scope of their productions from grass to vines, to bushes, to trees, from which they germinated vegetables, grains, berries, nuts, fruits, and flowers of various kinds."

Although great progress was made in the various designs of plant life during the past, the fundamental principle has remained the same throughout the ages and each plant still stands hitched to the soil from which it draws its nourishment through roots sunk deep into the ground.

The Menorgs extract their materials for building purposes from the different densities within their reach, from which they take particles of light, heat, cold, sound, electricity, mentality and various gases and mould them together as larger workable formations. They coagulate these particles of lesser density into forms of greater density. They make solid matter by drawing volume into mass.

The Menorgs practice true economics. They make use of every particle of matter for useful purposes. They waste nothing. They understand that the objective of matter is usefulness and to them that means the utilization of everything without the loss of anything. By following that principle they established economics as the first material law of nature.

Just as plant life was spread all over the face of the earth with increasing size and complexity, so animal life was spread all over the earth with increasing size and complexity through continuous improvement in design.

Still, all types and species of plants and animals that are now in existence are necessary for Nature to utilize everything without the loss of anything.

Some animals are designed and built to live upon one kind of food and others are designed and built to live upon another kind of food in order to utilize everything with-

out the loss of anything. Thus, a horse or an elephant lives upon live, fresh plant food, while crocodiles and vultures live upon dead, rotten animal food.

The Menorgs turn death and decomposition into life and composition through the construction of different machines capable of utilizing every element cast out of decaying carcasses of either plants of animals or from the odors or gases emanating from stagnant water, air or other densities.

The Menorgs found it more difficult to balance a two legged animal than to balance a four legged one or a six legged one.

To be effective man must balance in many ways.

As a self-moving machine his body must be of such density that it can be drawn to and rest upon the crust of the Earth through the power of the Earth's suction and still be able to rise from the crust of the Earth to move about.

To accomplish this his body must not contain too much weight, or too little weight, and therefore it must be constructed of substances in such a manner that it can be moved away from the Earth in momentary acts through power furnished by the marvelous system of double acting, spring-like muscles that are moved by his own internal suction and pressure.

In order to maintain a body of this kind each and every cell composing it must be properly balanced by suction and pressure in their relation to PENETRABILITY so that the structure itself will be balanced throughout.

Each organ of the body must be balanced separately and in unison with each other so that harmonious action can be established and the whole mass act together as one.

EQUAEVERPOISE of man is effected principally in three ways: (1) Nourishment, (2) Action, (3) Rest.

Food furnishes the substances to build and repair the structure as well as for fuel for power.

Action creates suction and pressure which alternately draws nourishment into the cells and squeezes the changed matter out of them.

Rest affords time for storing up nourishment to replace that used up by action.

The quality and quantity of substances drawn into the body for nourishment: exercises that will develop and keep in action the maximum number of muscles; and, sufficient rest for recuperation purposes are the foundation of efficiency and longevity. Incorrect functioning of muscu-

lar movements; improper substances drawn into the system; and insufficient rest will destroy the balance that keeps man alive.

The center of suction or pull in man is located about the center of weight and is near the center of gravity.

The Earth's suction or pull tends to draw the weight of man downward and this pull must be offset by the pull of man's suction in the opposite direction in order that he can stand up straight, balance himself and move about.

This balance cannot be maintained if the diaphragm is allowed to sag downward toward the abdomen through the pull of the Earth's suction and the push of the weight above it.

This tendency can be checked in a large measure by man constantly drawing the muscles of the chest upward by exercise and deep breathing practices.

As the diaphragm loses its strength and sags below its normal line of balance, through lack of exercise by internal suction and pressure, the top part of the body of man begins to droop or stoop and is gradually drawn downward toward the center of the Earth's suction until finally he can no longer stand upright and he passes away.

In building and operating man the Menorgs use water to a large extent. Water-power is used to run the machinery of man. Internal suction and pressure forces the water upward against the pull of the Earth's suction downward.

In the center of Man's body is a suction and pressure pump, known as the heart, which is connected with two sets of tubes through which is forced watery currents of plasma to all parts of the body carrying with it red and white corpuscles. These tubes taper in size as they spread out further away from the heart.

One set of tubes—arteries—enclose the blood streams that move the food and oxygen to the cells of the entire body. The other set of tubes—veins—enclose the currents of blood that carry waste matter from the cells which is thrown out of the body by the operation of the lungs.

These tubes are divided again and again into smaller branches as they spread out through the body and finally become so small that they cannot be seen by man without the use of a microscope. By this method of stepping downward in size the water is changed in density and gradually reduced to gaseous formation in order to be utilized by the Menorgs and adjusted to their sphere and scope.

The smallest of these tubes are known as capillaries from which the cells draw their oxygen and nourishment from the red blood corpuscles.

After these corpuscles have discharged their cargoes of life giving materials to the different cells and are reloaded with waste matter they are then drawn back to the heart again through the veins which act as the sewer pipes of the body. (Except one vein running from the lungs to the heart.)

Each cell of the body contains a minute suction and pressure pump which acts for the cell as the heart acts for the entire body. The combined pull and push of all of the cells equals the pull and push of the heart's power plant.

Before I explained PENETRABILITY in MANLIFE, in 1923, no one seemed to know the cause of capillary action. The foregoing paragraph should clear up that problem for you.

When one studies the contents of my books MANLIFE, CREATION and LAWSONOMY and learns the principles of PENETRABILITY as I have so plainly outlined them, all problems theoretically concocted in connection with Physics will fade away like ghosts in haunted houses.

Students of schools and colleges should not waste their time filling their heads with out-of-date rubbish which the professors call Physics unless they want to spend

half of their lives trying to replace it with PENETRABILITY subsequently. Why not study LAWSONOMY first and then force the professors to clean out their theoretical cobwebs.

The colleges have gotten to be veritable graveyards in burying the theories of past professors into the skulls of gullible students.

In 1908, I tried to get the colleges to establish classes of aeronautic engineering but not one of them would talk about the subject except as a joke. They acted the same way when steam boats, electricity, telephone, automobile, radio and other advanced subjects were first spoken of.

The cells are the foundation of the body and they combine into tissues which make up, hold together, and connect the different fibres, muscles, bones and organs thereof.

The substances which maintain the cells are prepared by various organs which dissolve solid matter into liquid and gaseous forms and mix them together for assimilation.

From the time the food enters the mouth of man until it reaches the cell it is drawn along various currents by the power of suction. From the time waste matter leaves the cells until it is thrown out of the mouth, nostrils or other orifices or pores, it is pushed along in currents by the power of pressure.

So to keep clean and vigorous in order to have health, one should study the book, MANLIFE, and, while doing so, be guided by the following outstanding principles:

(1). Try to live under the best conditions obtainable. Human beings reach their highest standard who are bred and developed within the Temperate Zone with its variety of weather conditions.

(2). As life itself is based upon action, make yourself active throughout your entire existence on earth.

(3). As you are merely acting as a caretaker and guide to a machine nature has provided you with, you should at least give it as good care and attention as you would give an automobile if you owned one.

(4). To keep the machine nature entrusted you with in natural condition, you must give it all of the different materials needed for building and repair work, as well as for its operation.

These materials are obtained from the food you eat and the larger variety of substances you digest, the more extensive are the materials furnished for the development of the machine that you are guiding.

(5). Because most of man's foods have been robbed of their vital elements through cooking, diluting, concentrating and adulterating methods, man must pay the penalty with weak bodies, disabled organs, and all sorts of painful ailments as well as shortened life.

Not only do raw foods contain the necessary elements for man's life, growth and health, but the flavors are more delicious as well.

There are, however, certain foods that come from animals and fowls that have been introduced into man's diet that are beneficial. Such foods as milk, butter, cheese and eggs can be eaten sparingly with good effect.

Such leafy foods as lettuce, onions, celery, spinach, watercress, dandelion, parsley and cabbage should be eaten frequently.

Strawberries, raspberries, blackberries and blueberries also contain a high standard of life giving properties.

Oranges, grapefruit, lemons, limes, etc., and apples, pears, peaches, plums, grapes, cherries, figs, dates, prunes and bananas all contain varying substances that man's complex system needs to uphold vitality to the highest degree. All salads should contain a sprinkling of fresh cut grass as purification for blood and skin diseases.

The system requires some fats, and olives are rich in vegetable

fat, although the body can be well supplied with it from milk and butter.

(6). To prepare the food you eat for digestion it must first be thoroughly saturated with the saliva within the mouth. This is done by mashing the different substances into a watery pulp by use of the teeth. Therefore, each mouthful of food should be chewed at least fifty times before it is swallowed in order to mix it properly for the digestive organs.

(7). As the largest part of the human body is made up of water, and, as water power, derived from suction and pressure, is what moves the currents that carry the building materials throughout the body, therefore water must be continuously furnished for that purpose. So a large glass of water should be drunk at least once every wakeful hour. No other liquid is necessary for good health, although a glass of pure milk, fresh from the cow, may be sipped up occasionally. Putting other liquids into the body is contrary to Natural Law and is harmful to its organs as well as the cells which make up the mental system.

(8). As the mental system of man is made up of trillions of delicate cells, operated with power machinery by the constructive menorgs, any outside gaseous particles absorbed from the fumes of liquor, tobacco or dope of any kind, acts as poison that incapacitates both the menorgs and the power plants which they operate. Therefore, to imbibe alcoholic beverages or to smoke dope in any form aids and abets the disorgs to tear down and destroy the body of man. The introduction of cigarettes has caused the deterioration of the American people to a very low order and unless this pernicious habit is abandoned soon this country will follow in the footsteps of China, which has fallen from the leading country of the world to a dilapidated tail-end among nations. It is physiologically impossible for any human being to grow up clean and vigorous, according to Natural Law, if addicted to the smoking habit. Every smoker helps to tear down his country as well as himself or herself.

(9). As the power to move the muscles of the body is caused by uniting oxygen gas from the air breathed with the digestive fuel foods that cause oxidation, then it becomes absolutely necessary for man to breathe into his body a large quantity of pure, fresh air in order that the oxygen will be passed along through the blood streams to every cell in his body that he may be able to develop his full strength through the use of it. Therefore, one should live and exercise in the open air as much as possible during the day, and sleep in a cool, well ventilated room at night. Under no circumstances should one sleep in a heated room.

(10). As cold is of a lesser density it draws heat toward it; and, as much poison is thrown out of the pores of the skin in conjunction with the heat, therefore cold water not only draws out heat from the body but it draws out the poisonous substances as well. And, as it also acts as a general stimulant to the cells of the entire body, bathing in cold water has a beneficial effect upon the vitality of the body. Cold baths are strengthening to little children who should be given two or three a day as they grow up from birth. Adults should take at least two cold baths every day; one upon arising in the morning and the other before going to bed at night. As water is plentiful nobody should deny themselves of this great natural health developer.

(11). As the eyes, ears, nose and throat are connected and are subject to the good or bad effects of each other, then in order to strengthen all of them by the same process, the head should be ducked into a tub of cold water at least twice a day. The eyes should be opened under water and rolled around in order to strengthen their muscles and the ears should be allowed to suck in the water until

pressing against the ear drums. These cold head baths will be found beneficial to people suffering from asthma, catarrh, hay fever or other ailments which are caused by mouth breathing instead of nose breathing. They will also strengthen the eyesight, hearing and vocal chords. Cold baths should be made short and snappy and not be continued until one starts to shiver. In fact, to obtain good health one must be temperate in all things and never overdo anything.

(12). Light exercise must be taken frequently during the day with such physical movements as bending forward and twisting the body from side to side. The legs must be given plenty of exercise to keep them strong and useful and this can be done by walking, running and jumping about. Running is the very best exercise that anyone can take as it brings into play every minute muscle of the entire body. Still it must not be overdone and daily short speedy sprints give the best results toward permanent health.

Whenever feeling nervous one should take off the binding clothes and exercise the body as much as convenient. Stretch, bend and twist in all directions. This light exercise should be taken before going to bed each night and will cause one to sleep well.

(13). Plenty of deep breathing exercises in the open air should be taken daily. Always breathe through the nose and never through the mouth. Both inhale and exhale through the nose.

(14). As the waste matter left over from the used up foods assimilated by the body turns into putrid matter it should be thrown out of the body as quickly as possible, otherwise the poisonous gases arising therefrom will permeate and deteriorate the whole body. Therefore, the bowels must be opened up twice daily through the effects of fruit juice and proper exercise. No drugs should be used for this purpose, although a large dose of castor oil raw will aid in a quick recovery when one is clogged up. Also a glycerin suppository will relieve the lower bowel when clogged. People often take drugs for constipation of the upper intestines when it is the lower intestines that are clogged up. Rhubarb, prunes, berries, plums, pears, apples and figs are good food to keep the bowels moving properly.

(15). Candy, ice cream, white sugar, all pies and pastries made of white flour rob the teeth and bones of their calcium which causes them to lose their strengthening elements and rot away. These and other adulterated food stuffs should be shunned.

(16). Man's sense of taste has been over cultivated and he draws into his system substances that are a detriment to his health and growth and which damage and deteriorate his vital organs in a way that causes their impairment and lack of functioning qualities which causes loss of Equaevepoise and a consequent decrease in the power of Suction and composition and an increase in the power of Pressure and decomposition.

Man has been gradually cutting off his supply of air, sunlight, water and nutritious foods and substituting for them artificial and injurious light, poisoned air, and highly flavored and deadening beverages and foodstuffs.

Artificial and insufficient light ruins his sense of sight and lack of sunlight and pure air causes decomposition of the lungs. Flavored beverages incapacitate the liver and kidneys and adulterated foods cause impure blood. Soft or concentrated foods, that require no chewing, weaken the teeth, glands and digestive organs. Inhalation of gaseous fumes poisons the lungs and weakens the action of the heart.

Weakening and putting out of order any or all of these organs creates a condition of the body that lacks the initiative to draw into itself the great life-giving qualities that repair, build up, ex-

pand and counteract the effects of external pressure and influences which contract and cause decomposition and death.

To continue to grow and obtain the inclination and power to live indefinitely, man must begin with nourishment and only draw into his body such substances as are needed for growth, repair work and power for movement. He must eat and drink and inhale to live 200 or more years, instead of living to eat and drink and inhale for a period of 100 or less years.

If one eats and drinks to live, instead of living to eat and drink he will not only select natural substances for their quality but will find that the right quality of food or drink will not tempt or permit him to overload his body with too great a quantity.

It is the artificially flavored foods, or those foods prepared principally to excite the taste that cause most people to eat a larger supply than the system requires or that can be digested and assimilated. Such foods as a rule not only do not afford nourishment for the body but put a strain upon the different organs trying to get rid of the surplus matter. In fact it is not gotten rid of altogether but the body is forced to retain and carry around forever afterward superfluous weight in the shape of injurious fat as a penalty for it.

It makes a man, for instance, who naturally should weigh 150 pounds press the scales to 250 pounds and as a punishment for lack of will power to restrain his appetite nature makes such a man carry around with him everywhere he goes 100 extra pounds of weight. This extra weight, of course, is scattered all over his body. But the principle is the same as if a 150 pound man were forced to carry around everywhere, a large knapsack containing 100 pounds of useless matter.

There are also many other penalties nature puts upon those who only live to eat and drink and enjoy themselves as well as superfluous weight and early death, and those penalties are a constant drag and torture during one's existence through various bodily ailments, such as diseases of various kinds and a general incapacity to enjoy thoroughly the splendid feeling that only a well balanced body can appreciate that has attained maturity and reason and is enabled to keep the Power of Suction equal to the Power of Pressure.

Food can be taken into the stomach advantageously three times a day, but time must be allowed for the full force of the blood to exert itself upon the digestive organs immediately after each meal. For that reason it is well to eat a light breakfast in the morning; a light lunch during the middle of the day, and the largest meal after the day's work is over and plenty of time can be taken for rest.

It is better to eat too little than too much food for a meal. that causes the appetite to be keen and responsive at all times and does not strain the digestive organs.

(17). A general formula that I have arranged for everyone to remember and follow is:

(a) Keep as near to nature's raw foods as possible. (b) Foods must be as fresh from the soil as are obtainable. (c) Eat the whole of these foods from covering to core. (d) Mix foods as little as possible before eating them. The right places to mix foods are in the mouth, stomach and intestines. (e) Change the variety of foods as often as possible. (f) Each day the diet should contain some fruit, some nuts, some vegetables, some grains and some milk, butter and eggs. (g) Eat a little less than the appetite demands, thus keeping the digestive organs in a receptive condition at all times. (h) Chew food until every morsel of it has been disintegrated and saturated with saliva. (i) Concentrate the mind upon the nature and taste of the food while eating it.