

# BENEFACTOR

"For the People, Of the People, and By the People"

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Justice for Everybody Harms Nobody

Three Cents

# VICES

## WEAKEN AND DEGRADE NATIONS

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BY ALFRED LAWSON

### UNLESS YOU KNOW THESE THINGS YOU ARE NOT EDUCATED

Large bodies are composed of small bodies.

When the little bodies that make up the big bodies, decay, then the big bodies, of which they are parts, fall to pieces.

All formations are in a continuous process of building themselves up and tearing themselves down again.

There are certain rules that are explained in LAWSONOMY that govern the process of the integration and disintegration of formations.

It is within the power of human beings to learn these rules and build themselves to the limit of strength and endurance accordingly.

But that requires the WILL to conquer obstacles and reach for the higher power of intelligence and constructability.

The WILL to build oneself up instead of tearing oneself down adds strength to the different parts of the body.

A human body is built up and is operated by the combined efforts of billions of microscopic MENORGS and is torn down and destroyed by billions of microscopic DISORGS.

In order to build up strong and useful human beings the MENORGS must be furnished with the best of building materials, such as natural foods, running water, fresh air and clear sunlight.

In order to weaken and make useless human beings the DISORGS must be furnished with the worst destructive materials, such as adulterated foods, stagnant beverages, foul air and manufactured light.

It is the WILL of the human being that decides whether the best building materials will be furnished to the MENORGS with which to build a strong and useful body or whether the worst destructive materials will be furnished for the DISORGS with which to tear the body apart into a useless deformity.

LAWSONOMY proves that there is no alternative in the constructive and destructive forces of nature—it is either build up or tear down.

Every act has a re-act and from the best acts come the best re-acts.

Nature either rewards or punishes according to acts. There is no escape from it. Soon or late everybody gets just what they deserve.

One will either aid the MENORGS to build the body up to a high state of efficiency and integrity or one will aid the DISORGS to tear the body down to a low state of depravity and deformity.

The DISORGS are constantly calling for human beings to adopt their destroying prescriptions which lead to the vices that tear the organs to uselessness and leaves the body a whining hulk of corrupted matter and idiotic notions.

These man-made vices are contrary to the rules of LAWSONOMY and are unnatural and degrading.

There are five distinct man-made vices that are discordant with the acts of all other Earthly Creatures and are therefore abnormal and grotesque in the extreme. They are:

- (1) Drinking poisonous beverages.
- (2) Smoking poisonous weeds.
- (3) Gambling for other people's possessions.
- (4) Painting the faces.
- (5) Dancing like lunatics.

No other animals upon the face of the Earth are addicted to such ludicrous and degrading practices. Man alone could invent such idiotic performances and methods of self destruction.

To quote from my book "MENTALITY" beginning at page 95:

"A vice is an unnatural act that deteriorates the physical, mental and moral machinery of man.

"Vices reduce man to an unbalanced idiot, in which condition he cannot even recognize himself as such.

"So as men are comparable to themselves, and if the majority of them are idiots, then they announce themselves as sane and wise.

"If a man puts sand in the carbureter of the engine that furnishes power to make an automobile run and the machine will not work, the average man who understands autos will denounce him as being insane.

"But if the majority of men are drunkards and they see the same man put whiskey into his stomach which stops his reasoning faculties from working they pronounce him as being sane for doing it.

"Now, in the sight of Nature, any man who wrecks his own body and mind through the use of false materials is an unnat-

ural idiot, whether everybody else is addicted to such degraded vices or not.

"There is a reason why human beings become idiots. It is because their minds are not strong enough to control the different functions of their bodies.

"The dilapidating DISORGS will get possession of a function of the mental system through the weakness of the mind. Then, one by one, they will take possession of other functions until the mind has lost all control over them and the body staggers about like a ship without a pilot.

"A bit of wisdom has made man the most ludicrous of all animals.

"One may hunt the world over but can find no other animal strutting around with a lighted pipe or cigarette stuck in its face and using its mouth to suck in and blow out smoke, using at times the nostrils as human smoke-stacks during the operation.

"Minute particles from smoke sucked in at the mouth are drawn into the lungs and get into the blood streams and finally saturate every cell and tissue of the body. The poison overpowers the Menorgs who cannot do their work properly and the entire mental system breaks down. Thus not only has the WILL of man been weakened but in time he becomes a nervous wreck that is pitiful in the sight of GOD.

"It is worse for women to 'smoke' than men because a mother must feed the mental system of her offspring from her own blood as it grows from a microscopic seed to the new born infant.

"A child born from a mother that 'smokes' has very little chance to survive and grow up strong and able to compete successfully in life with children from parents without vices. Therefore, to a very large extent, mothers are responsible for the weaknesses of their children.

"Perhaps the most terrible and far reaching of all of man's vices is the gambling habit.

"The foundation of gambling is the weakening desire to get something for nothing.

"Unnatural man-made economic conditions that have existed for thousands of years have bred in man the belief that the world owes him a living whether he earns it or not.

"The world owes nobody a liv-

ing as nature has decreed that everybody must give effort for whatever they receive. In fact everybody owes nature a huge debt for bringing to life the human race and giving to it the most responsible work given to any other species of animalism. So to be honest everybody must work to pay that debt in full.

"The human race has a long, hard struggle before it to produce the gigantic results that nature expects it to accomplish in time to come.

"In order that man can accomplish what nature requires of him he must be developed to a higher state of intelligence which can only be done by honest effort.

"Therefore anyone who gambles with the hope of getting something for nothing is shirking his responsibilities to nature.

"Strength comes from effort and man should strive to be so strong that he can give more to others than others give to him. Getting something from others for nothing makes men weak, not strong.

"The gambling craze not only makes of man a drone but it makes of him an easy subject for those who make it their business to cheat the people out of their earnings.

"By stuffing the minds of the people at large with the impression that they can get something for nothing enables the biggest swindlers to defraud everybody out of their wealth by false promises. By leading them to believe that life is a game of chance and that by risking what they have, for something they have not, that they can thereby secure an easier way to live than by hard work, they find no trouble in fleecing them.

"Nature does not give men talents to cheat others out of their earnings; it gives them talents to help those less fortunate than themselves. So when the fortunate ones take advantage of the weak and feeble ones they abuse nature's confidence in them and soon or late the law of reaction will turn against them and they will ultimately find themselves in the same situation as the weaklings they took advantage of.

"The infernal desire to obtain something for nothing leads people to swindle one another and then on to other vices and crimes.

"Thus one set of big swindlers, and then another, hold control

of the producers' wealth and force them to sign agreements to give up their future earnings to such an extent that humanity as a whole has been reduced to a state of slavery in which the descendants of those in power today become the servile wretches of tomorrow.

"So to protect humanity from falling into a perpetual state of slavery and having to crawl to a few big idiots without knowledge of life's real purpose, gambling in all of its hideous forms must be extirpated."

My book, "THE ALMIGHTY," on Page 99, says:

"Study your face in the mirror and you will see the reflection of the quality of thinking you have done in the past. Right or wrong it is there. You cannot escape that face. It follows you everywhere and at all times. "Man expresses with his face what his mind thinks.

"The reason for that is because his senses are located in his head, of which his mouth, nose, eyes and ears are a part.

"The utilization of the senses necessitates muscular movement which is caused by suction and pressure.

"Innumerable microscopic muscles controlled by the mind force contractions and expansions which develop outward facial expressions.

"The various combinations of facial contortions caused by the mixed desires of the senses plainly show the thoughts and stabilized characteristics caused by fear, anger, egotism, selfishness, gluttony, or self-denial, kindness and happiness.

"Every thought, good or bad, serious or trivial, strong or weak, constructive or destructive, noble or ignoble, inspiring or idiotic, leaves its impression upon the face, and for those who can read that language, the character of man is as plain as if a record of it were printed in bold, black type across his countenance.

"The only way to make a face look right is to think right.

"To smear the face with paint proves that you are ashamed of it and are trying to cover up the results of your own wrong thinking.

"To paint the face you accentuate your own weakness by trying to defeat the effects of natural forces. You make it more hideous than it appeared before.

"Paint on the face stops the evacuation of the gaseous poisons that should be thrown out through the pores of the skin and causes a stiffening and unnatural growth of a leather-like cuticle that finally develops a sickening, ludicrous expression that can never be washed off."

Dancing—what an idiotic performance.

If you saw two horses hugging each other and frolicking around the field together you would roar with laughter, wouldn't you?

Well, if a horse should look at two crazy human beings acting that way don't you think it too would laugh uproariously?

Yes, it would if it had any sense of humor. So, dancing by human beings is enough to make a horse laugh.

These man-made antics have been handed down from our grotesque fore-fathers of thousands of years ago and there is not the least bit of intelligence connected with them. They are just pure apemanism.

The world has made but little progress, intellectually, during the last few thousand years because each generation has absorbed the nonsense of the preceding one.

The child grows up like its parents. Their parents grew up like their grandparents. Their grandparents grew up like their great grandparents.

So the children of today are taught the foolishness of their great, great, great grandparents.

Today the children are taught to dance just as their greater forefathers taught their great forefathers to dance thousands of years ago.

Today the children are taught to smoke weeds just as their greater forefathers taught their great forefathers to smoke weeds thousands of years ago.

Today the children are taught to drink alcoholic beverages just as their greater forefathers taught their great forefathers to drink alcoholic beverages thousands of years ago.

Today the children are taught to gamble and cheat one another out of their possessions just as their greater forefathers taught their great forefathers to gamble and cheat one another out of their possessions thousands of years ago.

Today the children are taught to paint their faces just as their greater forefathers taught their great forefathers to paint their faces thousands of years ago.

The majority of the people on Earth today are no farther developed physically, mentally and morally than their forefathers were who lived thousands of years ago.

Of course, an advanced thinker has stepped out of the slush occasionally and given to the world a new mechanical instrument such as the steam engine, electric light, telephone, printing press, shadow picture, automobile, radio and aircraft, but the people as a rule act just as foolish as they did thousands of years ago. The same ancient gossip that our forefathers spread around thousands of years ago is still being spread around by the people of today.

The printing press made possible the production of funny pictures in the newspapers and magazines, but spending one's time looking at those funny pic-

tures moulds into the face the expression of the foolish characters of the pictures.

Many other inventions that were brought out by advanced thinkers to uplift mankind were used to degrade the people by the money grabbing maniacs.

It takes more than mechanical inventions to uplift humanity toward God. So, until the people of the Earth get rid of the financial maniacs who are not satisfied to live natural lives, but who control the money system and force the people to pay tribute which keeps them in a state

natural development of our people altogether.

As the vice was gaining addicts in large numbers in the year of 1903, I offered to write a series of articles, free of charge, for all newspapers and magazines in America, advocating a national law prohibiting the manufacture and sale of cigarettes, but the publishers were making too much money from cigarette advertisements to consider such a thing.

Since 1903 there have been more deformities and deaths caused in America from that kind of dope smoking than have

ing to the downfall of our nation.

A nation is a socialized body of human beings.

A human being is a socialized body of MENORGS.

LAWSONOMY teaches that there is an opposite to everything. So the opposite of the MENORGS are the DISORGS.

The MENORGS are organizers, inventors, builders and scholars. The DISORGS are anarchists, disrupters, wreckers and ignoramus.

The Menorgs are the creators in nature. The Disorgs are the wreckers in nature. That which

and death are caused by the Disorgs getting control of his body and wrecking it.

The Menorgs are kindly, unselfish creatures who work and stand together for the good of the whole body. The Disorgs are mean degraded vipers who live for their own selfish purposes.

A Menorg will sacrifice himself for the benefit of the body but a Disorg will sacrifice the body for the benefit of himself.

The mental system of man has a large variety of functions, each of which has a special work to perform and is governed by a supervisor.

All of these functions come under the general supervision of the mind with which they are in constant communication.

The power of the mind gives strength to the functions. Therefore it must develop, the WILL to overcome the cravings of these different functions and force each one of them to work temperately and in harmony and for the general good of all.

If the function of appetite, for instance, calls for more food than can be digested, the power of WILL must be strong enough to refuse it, as, over-eating not only weakens the stomach but incapacitates other functions as well and causes general debility of the entire body.

Or, if the function of thirst demands poisonous drinks that will destroy the reasoning faculties of man, the WILL must be strong enough to resist them.

Or, if the function of fumes calls for narcotics whose essence will permeate and devastate the entire mental system, the WILL must have the power to refuse it.

In fact it is the WILL of the MIND that forces the different functions to observe moderation in order that gluttony and all debasing influences are forestalled from destroying the balance and efficiency of the whole body.

The Menorgs, therefore, must be forever watchful within the different functions to keep the Disorgs from getting control of the machinery and overpowering them to the detriment of the stability of the body.

The more watchful Menorgs the more power man enjoys. The more degrading Disorgs the less power man can develop within himself.

So, it is the WILL of man that decides whether he will become strong by encouraging the constructive Menorgs or whether he will become weak and degraded and finally fall to pieces by permitting the destructive Disorgs to gain control of his body.

When a certain percentage of destructive DISORGS over-run the human being he becomes weakened and degraded.

When a certain number of disorg-ridden human beings over-run a nation it becomes weakened and degraded.

If humanity slips backward to a certain point of decay then man will be overpowered by microscopic bacteria and pass out of existence altogether.

Surely the human race should not continue to follow the unnatural and destructive acts of the ancient frolickers until it has passed away entirely.

Some part of the human race should rise above such idiotic destructiveness.

The nation that eliminates the five unnatural vices first can eventually rule the Earth.

That is something that all Patriotic Americans should strive for.

# SUPREME JOURNALISM

THE PEN OF ONE MAN BUILT UP  
THE LARGEST NEWSPAPER CIRCULATION  
ON EARTH

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of ignorance and degradation, there will be no intellectual advancement whatsoever.

There has not been one step taken towards the elimination of the five unnatural vices—drink, smoke, gamble, paint or dance—for several thousand years past.

When I was a young man it was considered a disgrace for any red blooded American to smoke a cigarette. But little by little the money changers overpowered the reasoning faculties of the people by billboard and magazine pictures of handsome athletes and painted beauties smoking the poisonous weeds until they have almost wrecked the

bee: caused by all of the wars in which America took part since the founding of this nation.

NOW, in the year of 1941, the boards of examiners for the United States Army, in making their selection of draftees, found that only about one-half of the young men examined were fit for rugged service.

So, as the young folks go, so goes the nation—to either strength and success or weakness and failure.

Fifty per cent of our young folks today are weaklings physically, mentally and morally because their elders taught them the five unnatural vices that is lead-

the Menorgs build up, the Disorgs tear down.

The Menorgs develop intelligent plans for nature. The Disorgs destroy those plans.

The Menorgs are constantly striving to inculcate intelligence in man. The Disorgs are forever attempting to degrade and decimate him.

The Menorgs endeavor to make man a perfect working machine. The Disorgs attempt to disrupt and make useless that machine.

The health, strength, intelligence and activity of man depend upon the control of his body by the Menorgs.

Disease, weakness, ignorance

# PENETRABILITY

THE BOOK THAT WILL REJUVENATE THE WORLD  
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