

# *The Theological Science Society, Int.*

TELEPHONE: (847) 462-0410 □ P.O. Box 722 □ Cary, Illinois 60013-0722 □

On the web at: [www.Theologicalsciencesociety.org](http://www.Theologicalsciencesociety.org) Email: [tss.anne@sbcglobal.net](mailto:tss.anne@sbcglobal.net)

My Dear Friend and Fellow Member,

## **Welcome to Our Visit and Chat for August**

The words to a song [written and recorded by Karen Drucker] run through my mind: “*Are you ready to receive? Are you ready to receive the gifts of the Spirit?*” Oh, yes! I am ready to receive, and I hope you are too. As it is God’s pleasure to give us the Kingdom, it should definitely be our privilege and pleasure to accept all Gifts. All of life is a gift. “Gifts of Spirit” come to us in a variety of ways. Many times these gifts are disguised in many forms not looking very much like a gift at all. I believe and affirm that you will understand a few changes we have been starting to implement sooner rather than later as such a *gift*.

In May and June I began having mail to countries other than those in Europe itself returned and was informed it was due to the Corona virus. And now, the current changes taking place at the US Post Office are causing me some concern as our mail is taking longer and longer to arrive. Therefore, it feels like the right time to request those who have access to a computer begin receiving their Lessons and Chats via email and eventually fully from our website. I will still be available as always. I do not have email addresses nor in some cases current phone numbers to reach out to everyone personally.

As you know, all of our Lessons have been scanned to preserve them for future generations. They are also being sent to the majority of our Chela now through email. Eventually, you will be able to download them from our website. Over the last several months I have asked our Members if they are willing to receive their Lessons and Chat Letters via email. All but a few of those who are still receiving the Lessons & Chats are now receiving all their materials via email. As the reformatting and editing from Volumes 1 and 2 are completed they will be available as a download as well. The others (Volumes 3 thru 8) are next for formatting and double checked for errors. In the meantime, they are scanned so I am printing them to PDF as needed for emailing; eventually they will also be available as a download.

Many of our members who have already completed the Lessons - sometimes twice through - also continue to receive the Chat Letters as it keeps them in monthly contact and alignment with our teaching. We are most grateful to them; they and those in the later volumes of our study are the most active in referring new members to us. They

have also gained the most from Dr. Carruthers' wisdom and support us regularly in gratitude for the knowledge they have acquired.

The Chat Letters are Now being made available from the website for everyone. Each month when the Chat is completed it is uploaded and available as a PDF which can be download to a computer and printed for your convince. If you feel moved to send us a donation at that time we would be grateful and acknowledge it accordingly.

August is a month of creativity and a time to open ourselves to "gifts of the Spirit" which are forever made available to us. As we become aware of the gifts in our life, we are open to the possibility of receiving abundance in all areas of our life. .... "For it is the Father's good pleasure to give us the Kingdom."

From the very first lesson, Dr. Carruthers has shown us how we create the conditions of our life with our thoughts. What we think about we bring about. Why not, begin by making a list of what you DO want. Next, look for the blessings and the synchronicity in your life. See how life provides you with exactly what you ask for. Be filled with gratitude. And watch your good unfold. In so doing, you will be filled with the awesome experience of God in your life. From the very lesson to the last, Theological Science teaches us that God, the Infinite, is Omnipotent, Omniscient, and Omnipresent – all Powerful, all Knowing, and everywhere Present. All there is, is God - and It Is expressing through you and As you right now.

This month's Chat Letter, originally written in 1959, is about maintaining our Health. Doctor tells us from the beginning of his letter to the end that the "First cause of healing is to *Remove the Cause*. As good metaphysicians we know that the cause begins in the Mind. It is best I let Him explain the rest. Enjoy this Chat and your time with it.

As we joyously receive the Gifts of Life

Rev. Ann B. Schmitt

# FROM THE STUDY OF

*Hugh G. Carruthers*

Prior Right Established 1959  
by  
Hugh G. Carruthers, B-11.

My beloved Chela:

As I have stated so many times, you, and any other person CAN regain, or attain, and enjoy desirable health if you go about it in the right way and in full knowledge of what you are doing. Good health is not a gift of a whimsical Providence to a favoured few; nor is sickness visited upon certain persons because an inscrutable Providence wishes them to "carry a cross" and thus achieve some nebulous spiritual purification. In Medical Science the First Law of Healing is:

"Remove The Cause."

That Cause has usually been sought in the body tissues. However, not only the Metaphysician but the Medical practitioner has already come to see that the fundamental cause of most sickness lies in the mind; that is, in the negative conscious attitude. This does not mean that people just imagine they are sick, and can then imagine they become well. The explanation lies far deeper than this, in the intricate, complex activities of the human mind - in thought.

If and when a man knows more about himself, and his relation to the whole Plan of Creation, he will smile at his petty worries, and his misguided life-work on this planet; and doubtless would turn about and adjust his existence to the exact conditions that surround him. In order to inspire this new adjustment, I am presenting some of the facts of the individual's relationship to the Universe that seems to overwhelm him. These facts are those being taught in schools and colleges today.

1. The earth seems big, but it is a very small part of the solar system of which our sun is the center.
2. The sun is more than one million miles in diameter, yet it is but a small star in the skies.
3. The stars that appear to shine at night are suns, and each star has its planets, satellites, worlds and family of followers, just as our sun has; thus making a vast universe of orbs throughout the sky.
4. There are supposed to be more than one hundred million visible stars, or suns, and twice that number of visible (or reflecting) stars that have ceased to shine, or glow, but that move like derelicts in the sky.

5. Beyond the visible stars, it is believed that an endless infinity of other stars exists, having no limit in extent, and said to be as numerous as the sands on the beaches
6. The stars, while they appear to be close together, and crowded in some sections, are so far from each other that a missile traveling at the speed of a bullet would not pass from one star to another in a million years.
7. The Milky Way seems filled with stars; yet if our sun of more than a million miles in diameter, were to run wild amid those stars, and pass and re-pass through the whole length of the Milky Way, it might do so twenty thousand times without the slightest risk of colliding with any one of them - so enormous is their distance from each other.
8. Each star in the heavens, as has been stated, is a sun, and is said to be the Center of a vast solar system of its own. Each sun is supposed to be born, to develop its attendant worlds, to bring forth vegetation, animal life and, undoubtedly, people, or creatures, to mature, grow old, die, become a dead orb, and, after its period of rest, to be born again. This is the scientific history of our solar system.
9. This enormous era of unfolding requires hundreds of millions of years, yet the greatest of modern astronomers says that is but a single throb in the heart-beat of the universe.
10. Our solar system is so small compared with the whole universe, that it is but like a grain of sand in the sky. Our earth is said to be so small that no telescope, placed on the nearest star, could be made large enough to discover it. Man is so small compared with the solar system that he is not even as large as a grain of sand.
11. The span of the longest human life is so short compared with the single throb of the heart-beat of the universe that it is not equal to a second of time; yet man imagines himself to be an important being and goes about his everyday tasks - some trifling, some gigantic - with the air of worry and fear which stamps him as, perhaps, the most ignorant of all living things, when, in reality, if he but knew the truth regarding himself and the universe and its laws, he can, and should, be the absolute Ruler of All he surveys, because of his own ability to think and to create causes of conditions according to his realization of his spiritual At-one-ment with The Infinite Intelligence and Power Which is IN him, and his to use and direct.

Let us, then consider a brief resume of geology; such is taught in our modern schools and colleges.

This earth is a mass of weighty matter, and is composed of heavy material revolving, or moving in universal space dense enough to sustain it. Modern science does not attempt to explain its origin - save to say that it is a part of the Creation - nor does it explain how it came together in a mass of matter; but the ancient Masters and Sages of The Lodge of Mystics explain it all by teaching that since the mass of matter which constitutes the earth (and every other body in existence) is a mass, it must have been in its origin a composition of atoms which came together by law to form into the mass we now know as earth.

To prove their theory They point to the human body occupied by the spiritual Being, which began as a seed, nurtured and developed into embryo, to gather to itself in its process of development, the elements essential to its eventual being; and thus is every mass of matter formed.

Science tells us that the earth was once a burning hot mass, due to its excessively rapid revolution in space, which gradually cooled at its outer surface. While it was hot its air and gases were forming outside it, and after it had cooled it was suspended in its atmosphere of air and watery mists in a free state, which were gradually controlled by that most wonderful of laws, gravity.

This earth was then a ball, or globe, of rock, but the rock contained, in very small proportions, other things that were to play an important part later on. The wonderful law of gravity raised the watery mists high above the air to an elevation where the colder currents chilled them and than fell in the form of rain. There were no oceans, no lakes, no ponds, no rivers; nothing but solid rock and air and mists.

The rains fell from the colder layer of outer atmosphere constantly, night and day, week after week, month after month, year after year, century after century - probably for millions of years - without ceasing. The falling rains beat steadily upon the rock surface and eventually pulverized it into sand. The earth cooled still more, and the fallen waters sank into the low parts of the earth, which had become wrinkled and ribbed with its contracting, making hills, mountains, valleys, river-beds and ocean depressions. All these effects still exist and can be seen.

When this globe was divided into land and water, the mists that hung over it had partly cleared away, and the sun's rays reached our planet for the first time. The warmth from without joined with the warmth that still remained within the earth, and prepared the way for successive conditions that were to follow.

Violent storms occurred from time to time; mountains that had been thrown up by the wrinkling of the earth's surface as it cooled, were subjected to millions of years of washings and drenchings by the torrential rains, and the sand flowed down to the lower lands, each year making a layer that has never been effaced. By counting these layers, geology is able to form an estimate of the vast length of time involved in the process of making soil in which vegetation might grow for the coming of man and animal.

The sand and the water made mud at the bottoms of lakes, rivers and oceans. When sufficient mud and muck had been so created, the heated earth writhed as in agony, mountains fell into the seas, and great beds at the bottoms of lakes and oceans rose up and became dry land. These United States were once floor of a mighty ocean. The North Pole was once what is now the latitude and longitude of France. Any geological scholar knows these facts, as the first steps of his study.

Even is this earth is smaller that a grain of sand compared with the universe, it is important enough to be made the special care of a providence that is all-wise (omniscient), all-powerful (omnipotent), and everywhere- present (omnipresent), and nothing has happened by chance. There is purpose in everything, every action, and every effect; and That Purpose was active millions of years ago. You, who read these words, were in the Universal Mind of That Purpose then.

Now, then, let us consider a few more facts of biology, which are also taught in our modern schools and colleges. As I have said, in a general sense the earth was at one time a ball of solid

rock - assuming that rock may contain many things in its composition. When this rock was subjected to the heavy rains and turned partly into mud and sand, the contents of the rock were set free, and formed rich soil.

The air carried in itself certain special elements known now as oxygen and nitrogen, with hydrogen in suspension in a super-heated condition, from which our normal atmosphere and water were produced. Of the other elements carbon was said to be the most important; and these are known as the Great Four; oxygen, hydrogen, nitrogen and carbon - the basic elements of the human body.

But NOTE, it has been stated by eminent scholars that, if this world as it exists today were to be burned to a crisp, and all the seeds and germs of life were to be destroyed by a blistering heat, there would come a time when it would cool off, and life, including humanity, would reappear spontaneously. But the eminent scholars who made that statement did not explain where and how the Life-giving Principle survived, nor how life could reappear after the complete destruction of original life-forms, seeds and germs. They suggest that we are to assume that the Great Four elements; oxygen, hydrogen, nitrogen and carbon would reappear with the cooling off of the earth, which statement is untenable because it gives no true explanation of the Life-giving Principle, Which is omnipresent, regardless of any and all conditions which may exist.

This is where we must return to The Masters of The Lodge of Mystics for sensible guidance and instruction; for They taught that The Life-giving Principle is contained and maintained in the air which we breathe in order to live, and continue to Be in existence - and this Life-giving Principle They names "Prana," without reference to the Great Four elements which, combined, constitute Prana Itself; and which is why the sensible Theological Scientist, or Natural Scientist, or beloved Chela of mine, will diligently study, practice and master Correct Breathing, for the control of the Breath-flow.

The Truth of Being was well known to The Aristocracy of the Lemurean Empire which flourished in Its great Island Continent, known as Mu, or Lemurea - which constituted the great land mass which is now the depths and bed of the Pacific ocean. The Easter Islands, Belmont Island, Hawaii, the Philippines, Guam and the Polynesians are all evidence of having been at one time parts of the land mass, or continent which was Lemurea. Indeed, the Hindu scholar today teaches of Prana, as The Life-giving Principle in the air we breathe to live. You will not be wrong if you recognize Prana as The spiritual Life Principle of Infinite Omnipresence, and absorb It freely, correctly, for your enjoyment of desirable health, evergreen youthfulness, and longevity.

Because of Prana (little known, and unrecognized) every species could easily have come on earth without any ancestry for its first generation. Of course, this view is not the accepted one among the people who are called learned - but, in reality, are grossly, willfully ignorant of Truth, in their blind, unreasoning dependence upon their false teachers of in understandable orthodox religious dogma; but the false teachings, and the unprovable false religious dogmatism which held the mass of humanity in fear and subjection for nearly two thousand years have been shattered, disproved, and are subject to ridicule and denial. Science today knows better; and even a large number of the priestcraft have ceased to accept and believe what they have been taught to teach to the gullible blind believers. It is well known that great, extensive but quiet investigations are going on in great institutions of learning, and that facts are being secured and proved, in place of false theories.

The self-styled learned man says that it is impossible for any species to begin life without an ancestry; but he does not tell us HOW the FIRST LIFE came on earth. It was either here always, or else must have had a beginning, and being first life It could not have had an ancestor. The Truth lies with the ancient Masters of The Mysteries Who not only taught It to Their Chelas, but taught the practice of Correct Breath-flow for control of the Solar and Luna forces - which you yourself CAN easily do and prove to your own satisfaction.

Let us look into at least one great establishment of science. Everybody knows of the Carnegie Institution of Washington, D. C., and of the wonderful work of that eminent scholar Dr. C. B. Davenport some twenty-five to thirty years ago, [from publication original date of 1959] when he was Director of the Department of Genetics. His reports, gathered by "Science Service" appeared in "The Science Monthly." He said: "There are now thousands of forms of animals and plants that did not exist a hundred years ago. Indeed the very first day on which the ancestors of some new types first appeared is known. These beginning have been seen and are known to be recent."

It is absolutely certain that FIRST LIFE on earth had no ancestry; and is proved that new types today are being developed without ancestry; hence it is equally certain that the present species of humanity could have appeared spontaneously, and within a period not very remote. And the ONLY provable way in which Life could begin without ancestry is by absorption of Prana, the Life-giving Principle Which is contained within the air we breathe; Which is, indeed, the spiritual Life-giving energy of Infinite Omnipresence, Which ignorant men call God, and fear, and worship - or, at least, did worship until the priestcraft invented the doozy which found the grave of Mary the mother of the great Jewish Teacher of Galilee, and by command of the "vicar of Christ on earth," elevated her, body and soul, up to their Christian "heaven" where she now rules as "Queen of heaven," and supervises that celestial realm and rules all the angels and saints. and expects worshipful obeisance. Imagine; the Christian "heaven" is ruled by a Jewish woman; which is why it is a "heaven."

Enough of such disgusting tripe! Let's proceed to a consideration of philosophy of life. The philosopher is the man or woman who sees the facts that surround him and her in life, and who take advantage of the knowledge they impart.

In the first place the philosopher knows that the human body, mind, and all functioning organs from the matter that exists in this earth and in the solar system. That which is physical in the body is made up from the soil beneath our feet. Humanity is actually made of dust. After death the body returns to dust; it is merely a question of time when it will be pulverized completely and returned to the very same conditions from which it was drawn.

The nervous system is built by the energy from the sun. The latter being a vast electrical and nervous engine. The mind is a part of the purpose and creative power that controls the whole universe. In humanity it is now in process of being developed, but, at the present day, although much improved over the centrie of the past, it is yet crude and defective and far from being perfect.

Thus the human body is made up of the elements which comprise the earth, the sun, and Prana, or Infinite Omnipresence, or Life Principle That holds sway over all existence. As the true philosopher is the one who takes advantage of the facts that are most potent in life, it must follow

that the most important step in existence is the building of the human body from the materials that are required to make it perfect.

The human body may be made perfect in its physical life by being supplied with the materials that it requires; while, on the other hand, the prevailing methods of feeding it with materials that are foreign to it, must of necessity weaken, irritate and sicken it.

As the sun is the source of all nervous and electrical vitality that the body needs, there is the same reason for feeding this supply with as much intelligence as is shown by experts who raise flowers; only the human vitality requires human methods. But the principle is that there should be as much intelligence shown in the one case as in the other.

The mind of man has risen one notch higher in the past century; and has been rising out of the blackest past in which bloody religious orgies and cruel Christian rites marked the limit of development. Still another notch must be attained before there can be any real hope of success in making a perfect body and mind; it is to inspire this improvement that this transcript is offered.

Today human intelligence is so low and so undeveloped that it gives careful attention to the health of horses and dogs, and seeks to prevent rather than be compelled to cure diseases among them; yet ignores such attention to human beings. Florists feed plants with the exact foods they need, and with air and sunshine as required; but human beings are not given one per cent of that care. Much of the food that is fed to the human body is foreign to it; but humanity lacks the mental development to even desire to correct it.

The human body consists of a food-cavity, a head, two arms, and two legs, all housed in skin framed upon the bones. The food-cavity begins at the mouth, bulges at the stomach, and continues for many yards to its end. All the organs of the body are satellites of the food-cavity. This food-cavity, with its many demands for attention, rules the life of every human being.

The mouth is the upper end of the food-cavity; and it so far masters the mind that the latter becomes its slave. In the United States alone, more than five hundred million dollars every month, or six thousand million dollars every year, are spent for things to go into the mouth, that are injurious, useless, wasteful, and direct enemies of the mind and body, yet the intellect of the mass of humanity is not far enough developed in the Age to see this fact, or, seeing, it, to act upon it.

The high cost of living is the cost of high living, or of wrong living. The man who sits upon the branch of a tree and proceeds to saw off the branch between himself and the tree is of the same order of intelligence as those who complain of the high cost of living. The trusts that force prices up to cover the increase of wages demanded by Labour, are merely taking advantage of the crude minds of the people.

Along the same line of mental weakness is the prevailing custom of letting health take care of itself..."Do not cross a bridge before you come to it," is the universal motto, and it is accepted with acclaim. This means that it is foolish to prevent sickness, and evidence of an astute mind to let it run its course up to the danger point, then attempt to cure it. The true philosopher reverses this rule and says in bold words, "An ounce of prevention is worth a pound of cure."

The locomotive engineer is trained by necessity to become a philosopher. Before he starts on his long trip each day, he makes sure that his engine is in perfect condition. He does not wait for a breakdown before looking into its needs; if he did many more lives would be sacrificed than are now lost by accidents.

So humanity, in waiting for the body to break down before giving it care, as is the prevailing custom, often delays attention until the fatal malady has seized life, and it is too late, As proof of the difference between preventing and curing disease, statistics show that a vast number of children out of every million die before maturity; yet, in the homes of Theological Scientists where prevention rather than cure has long prevailed, not one child in a hundred has died from sickness.

Not only that, but those Members of THE THEOLOGICAL SCIENCE SOCIETY who have given careful attention to the care and rearing and training of their children have reported overcoming all manner of difficulties, from bed-wetting to listlessness, lack of attention, faulty hearing, faulty eyesight, lack of appetite, etc.

Philosophy is the love of knowledge and of wisdom. It is teaching the mass of humanity, for the first time in history, the fact that the world knows too little of the food-needs and the food-values that enter into the work of sustaining life. That the coming of man on earth was anticipated is proved by the presence of the four basic foods on this globe long before man came here to dwell. These four basic foods were not only created, but were developed and protected and held in waiting for the coming of the human race. They were: (1) the cereals; (2) the vegetables: (3) milk (4) eggs. But strange to say man is still groping in the dark of almost total ignorance as to what are foods and what are not foods for his body.

In every generation since the birth of life on earth, one hundred per cent of humanity have paid the penalty of their lack of knowledge by unnecessary suffering and untimely death; and it should be the highest goal of wisdom to unfold the knowledge, even at this late day, that shall reverse these unfortunate conditions.

If, as can be proved, man's coming and the making of his foods were acts of special creation, or special intelligence, long anticipated and deliberately planned, then he has everything to gain and everything to hope for in studying the purposes that brought him here, and the means of reaching the highest degree of happiness in his life on earth.

For many years the British Royal College of Surgeons, and the Medical Society have fostered a list of "Rules of Health" For Life Building upon which have been based the instructions offered by not only the general practitioner, but by registered dietitians, and long published by The London Psychological Society. These rules have been in use for many years and have the endorsement and hearty approval of the most successful physicians, and of the most learned dietitians. I think you ought to have this information. In the first place, however, it must be remembered that life began with the use of food, and that the efforts of all created things to secure food have furnished the greatest battle in the world.

By a wonderful provision of Nature the use of food after it has been secured and prepared is wholly associated with the problems of digestion and assimilation. Digestion in a human being begins in the mouth and throat, proceeds to the stomach, and continues to the very end of the alimentary tract. The mouth-form of digestion is perhaps more important than any other form;

although all other operations are indispensable. Give careful attention to these rules, because no matter what your age, observance and obedience will enable you to enjoy desirable health, evergreen youthfulness and longevity.

Rule 1. It is not necessary to chew food very long if it is chewed thoroughly.

Rule 2. All solid foods should be taken into the mouth (oral cavity) in very small portions.

Rule 3. All solid foods should be chewed or turned over in the mouth until every part of it has been brought into contact with the saliva.

Rule 4. All liquid food should be turned over (swirled) in the mouth for the purpose of mixing it with the saliva.

Rule 5. Liquids that are not food drive the saliva back through the glands and prevent it from mixing with the food in the mouth; therefore no food should be washed down into the stomach by tea, coffee, beer, liquor, wine, or other liquid.

Rule 6. Milk, cream, soups, broths, simple gravies, and the like, are foods, and may be eaten with solids provided they are kept in the mouth long enough to enable the saliva to mix all through them.

Rule 7. Food, whether solid or liquid, that is swallowed into the stomach without mixing with the saliva, lacks the first essential of digestion, which is freedom from fermentation.

Rule 8. The powerful antiseptic value of saliva destroys all germs in bad food, and all poisons that arise from fermentation. One proof of this law is seen in the fact that persons who salivate their food thoroughly escape ptomaine poisoning which kills others who "bolt" their food. (eat too hastily and without thorough mastication)

Rule 9. The purest food will ferment in the stomach if not first salivated in the mouth.

Rule 10. Thorough salivation at the mouth will prevent flatulence (gas in the stomach), eructations, and "rollong" of the bowels.

Rule 11. The drinking of water during meals is a help to digestion, if taken in small quantities and between swallows of food - not with them. Cold water, if used slowly and sparingly, may be taken as often as desired, and is a decided help to digestion after a meal. Ice-cold water sipped constantly after a distressing meal, has remarkable curative effects, contrary to other former ideas.

Rule 12. Hasty swallowing of good food brings on distress in the stomach; and hasty swallowing of bad food may cause acute indigestion which may interfere with, and even stop, the heart action. Records have shown that a large percentage of deaths are caused every year by the development of acute indigestion.

Rule 13. In building a new body, by observing health methods of a prescribed dietary regimen suited to your requirements, the saliva of the mouth furnishes the first cells, known as the

basic structure; and the gastric juice of the stomach the series of cells; while intestinal digestion completes the work of life building.

Rule 14. The gastric juice will not flow in a normal or healthy action into the stomach unless aroused and stimulated by the presence of saliva in the mouth.

Rule 15. The contents of the stomach have nothing to do with the flow of gastric juice to that organ; therefore the first and second series of new life-building cells are dependent on foods that are salivated in the mouth through the action of a pleased palate which brings saliva to the food.

Rule 16. That which pleases the palate of the mouth will aid digestion at the stomach; and that which displeases the palate will hinder digestion.

Rule 17. Food that is eagerly desired pleases the palate and aids digestion.

Rule 18. Extreme hunger so far aids digestion that the stomach will act easily on foods that ordinarily would be indigestible.

Rule 19. Starvation intensifies the eagerness of the stomach for food, and that organ is able to digest bad foods that are positively dangerous under normal conditions.

Rule 20. The gastric juice flows into the stomach, not because of what is there, but because any pleasing matter acting upon the palate in the mouth excites the flow of gastric juice in the stomach, even though the latter organ may be empty.

Rule 21. The chewing of non-food matter, as a gum or tobacco, excites the digestive action of the stomach; which, being empty of food, seeks to set up the digestion of its own walls, resulting in inflammation, congestion with its long train of ills, and sometimes ending in the development of cancer. Nothing should be chewed, therefore, unless it can be swallowed into the stomach and received there as food. The correction of this widely prevailing evil habit is doing a vast amount of good.

Rule 22. The same chewing, if transferred from non-food material to good food material, will aid digestion, if the food is swallowed into the stomach.

Rule 23. The digestion of a hearty meal is greatly aided by holding in the mouth some dainty that remains for some time, or that may be renewed, such as mints or bits of candy. Roasted almonds, lightly salted, are especially helpful, if very slowly chewed.

Rule 24. Foods that are repugnant to the palate should not be eaten.

Rule 25. An inflamed, or congested, stomach poisons the palate and causes it to set up abnormal cravings for things that are decidedly hurtful. Therefore not everything that pleases the palate should be eaten. The selection should be confined to normal foods, or those that are called "True Foods."

Rule 26. The nearer the body comes to perfect health, the more the stomach and palate will crave simple, plain wholesome foods.

Rule 27. If there is an intense craving for anything hurtful, the better way is to hold it in the mouth after a meal, and eventually discard it. This pleases the palate, which is the only part that sets up the craving.

Rule 28. Health building processes of the body, including growth and renewal, consist mainly of the formation of new cells into tissue, and the constant dying of those cells within the body; and every dead cell is as much poison for its size, as is every dead carcass.

Rule 29. These tiny dead carcasses emit poisons that bring on disease and cause premature death.

Rule 30. Nature creates germs to destroy all dead carcasses whether in the body or without.

Rule 31. Disease, in many forms, is the activity of special germs that are created to destroy dead tissue or carcasses within the body.

Rule 32. For every kind of dead tissue and poison there is a kind of disease germ that Nature has created to destroy it. For instance, there are four varieties of pneumonia-germs almost constantly hovering about the face and mouth of practically every human being, ready to begin a fatal attack when a combination of conditions favours such attack, or the body's power of resistance to disease has been lowered to a certain state.

Rule 33. Habits of living build up a high power of resistance, and reduce the accumulation of dead tissue and poisons in the body.

Rule 34. The first habit is that which selects true food for the diet.

Rule 35. The second habit is that which limits the daily quantity of food to the actual needs of the body.

Rule 36. The third habit is that which carries off the dead tissue and removes the poisons before they do harm.

Rule 37. These three habits embrace all the activities of living, and if they were perfectly combined they would become a perpetual preventive disease, and would for a long time postpone death and the decrepitude of old age.

Rule 38. A perfect combination of the three habits of living renders the body perfectly immune from disease through exposure, and gives it safety in every contagion; and no power can bring disease under these circumstances.

Rule 39. Food that is foreign to the needs of the body is not true food, and adds its unnecessary poisons to those that normally attend the breaking down of tissue that is a part of the act of living.

Rule 40. Foods that are wholesome in one form may become violent poisons in another form, or in certain combinations. Thus the most valuable foods may, by certain methods of cooking, become not only indigestible, but worthless as nutrition, and sources of fatal maladies.

Rule 41. Even if foods are properly salivated in the mouth, if they are of widely different digestive classes, they set up poisons in the stomach and especially in the intestinal tract.

Rule 42. Every food has its digestive time.

Rule 43. Where foods are eaten at the same meal that have widely differing digestive times, the stomach will not begin to act on the long time foods until those of shorter time periods are acted upon.

Rule 44. Foods that remain in the stomach without being acted on by the gastric juice, enter upon a condition of decay, semi-rot and fermentation, producing bad tasting eructations with some persons, and always generating harmful poisons.

Rule 45. The shortest time in which foods may be digested is known as the five-minute class. This term is used more for convenience than for accuracy; for the white of an egg requires very little digestion, but passes through the stomach as almost a digested item; or it may even be drawn by the throat glands into circulation near the mouth. Sugar, honey and pure candy are digested almost at once in liquid forms in the stomach; or, being held in the mouth, they pass into circulation there. The glands that deposit saliva, re-absorb it, and with the pleasing forms of sugar, honey and pure candy; and always with great benefit to the blood; or, if taken after a meal, they give wonderful aid to digestion.

Rule 46. By pure candy is meant only that which is made from the product of sugar and, or from honey, or both mixed; without the addition of anything except pure fruit flavouring.

Rule 47. The rule against combining at the same meal foods of widely differing time periods, does not apply to those of the five-minute class; for they are present so briefly that they have no bearing on the condition of other foods. In fact, they combine advantageously with certain of the latter.

Rule 48. Because the pleasing forms of sugar, honey and pure candies pass quickly into circulation, and because they aid digestion in the manner stated, they have a great value; but their highest worth is found in the fact that they supply the fuel needed by the body in many ways.

Rule 49. The pleasing forms of sugar, honey and pure candies are nearly pure carbon and should only be used as palate-pleasers following a meal, although a lump of loaf sugar, or a small piece of pure candy will quickly cure an empty stomach headache. Otherwise they should be taken only after a full meal.

Rule 50. Sugar, honey and pure candies are natural and wholesome nutritive stimulants of the brain, and of the entire nervous system; for which reason they should be taken as stated in the foregoing Rule; and all homes should develop the habit of making homemade candies, for it is very difficult to find them in the pure form of sugar cane products.

Rule 51. In addition to the five-minute class of foods, there are five other classes from one

hour to five hours.

Rule 52. Beyond the five-hour class, there is NEVER class, the so called foods of which pass through the body undigested, and useless, but are generators of great quantities of dangerous disease-breeding poisons. These and foods that are ruined by faulty cooking are known as the False Foods.

Rule 53. To help science account for the almost universal prevalence of disease, the dangers that arise from the False Foods are augmented by dangers coming from the True Foods when they are adulterated or dosed with preservatives to keep them from spoiling. It is a strange fact that no False Foods have ever been adulterated.

Rule 54. Whatever will destroy the germs of decay in foods will destroy the life-making cells in the human body.

Rule 55. A human being is what he eats.

Rule 56. The person who is swayed by reckless opinions of self-styled experts on food, or by those who thrive on sickness, will always be at sea in a rudderless boat.

Rule 57. Doctors who tell their patients they may eat "anything they desire," are the first to correct their diet when the foods "they desire" have brought them close to the grave.

Rule 58. All drinks should be either water or foods.

Rule 59. We should regard water as a form of food, for it contains two of the basic elements of all food; hydrogen and oxygen. In any event it is highly essential to health.

Rule 60. Food drinks should not be used to relieve thirst.

Rule 61. Foods of the five-minute class should not be used separately when intended to be combined with other foods.

Rule 62. Food classes that are close to each other in digestive time, blend in a healthy stomach.

Rule 63. The character of a meal should be determined by the use to be made of it.

Rule 64. Foods that require a long time to digest are suited to people whose habits require long staying powers.

Rule 65. Persons who wish to rest their nerves and minds, and not indulge in hard mental or physical work, should eat only the foods of the one-hour class.

Rule 66. Persons who wish quiet nerves and yet who desire sustenance for mental or physical activities, should eat foods of the two-hour class and some of those in the one-hour class.

Rule 67. Strength from foods should precede the use of it.

- Rule 68. The fewer foods of dissimilar kinds that are used at the same meal, the better will be the health.
- Rule 69. Variety of meals, each differing from others, is better than variety at meals.
- Rule 70. Cures that medicines have utterly failed to accomplish have been effected by one-food meals.
- Rule 71. The best goal of earthly life is a perfect body.
- Rule 72. The quickest way for a person who is not well to secure good health is by building a new body, by observing the rules of health and correct eating of right food combinations.
- Rule 73. Health that seems perfect may not be perfect until the body is built anew.
- Rule 74. Immunity from sickness, disease and contagion can be secured by building a new body.
- Rule 75. The human body that has not been built anew is the seat of disease-breeding soil, and it is only a question of time when disease will enter it.
- Rule 76. When the body is built anew, all disease-breeding soil is removed, and by care can be kept away forever.
- Rule 77. The first step in building a new body is taken when a fast is employed to drive out all the waste soil.
- Rule 78. The fast should be long enough to get rid of the broken down tissue, and no longer.
- Rule 79. The second step in building a new body is taken when all congested tissue and membranes are healed.
- Rule 80. The third step in building a new body is taken when the repair of the wasted parts is made by introduction of perfect material.
- Rule 81. The fourth and final step in building a new body is taken when a permanent diet is established that will not permit a return of the conditions that have been overcome.
- Rule 82. Women who cook in their own homes, having been trained by their mothers and grandmothers, are unwilling to change their time-honoured methods, with the results that doctors, hospitals, operations, funerals and grave-digging continue to flourish unabated; but this handicap will not deter the tactful and diplomatic candidate for these disasters from making the needed changes - not all at once, or even by visible degrees - but in such easy gradations that the cook will gladly accept the invitation to "climb on the band-wagon" and join the inevitable procession.
- Rule 83. The most effective way to subdue the rising indignation of the cook is to reduce the number of different things at each meal, and gradually approach the one-food system, without

actually using it. The ruler of the kitchen may think you are ill, and may try to tempt you by providing the very things that you request.

Rule 84. Foods should not only be cooked intelligently, but should be purchased and selected intelligently, remembering that the body requires a certain number and amount of elements daily, among which are several minerals, without which there would be no bones, teeth, nails nor hair; man would then be somewhat like a jellyfish.

Rule 85. The size of a child during growth depends on the amount of mineral matter it can assimilate and convert into its bone-framework; but its food must contain such matter.

Rule 86. The mother of an unborn child, whose food contains an excess of mineral matter which her system assimilates, invariably gives birth to a larger child than should be regarded as normal; therefore her diet should be regulated in order to save the child and spare her unnecessary suffering.

Rule 87. Stunted children have lacked a sufficient supply of mineral matter during the first one, or more, years of life.

Rule 88. Rickets in children as well as bow-legs, spine-curvature and soft bones have been caused by lack of mineral matter, and an unbalanced diet during the growing years.

Rule 89. A balanced diet can be obtained by the selection of the True Foods described herein as the Four basic foods, in correct combinations.

Rule 90. When the growth of the body has been attained at the end of youth, the supply of mineral matter should at once be lessened.

Rule 91. There comes a time when the body will cease to add to its size, and its excess of mineral matter then begins to clog the arteries, and put an undue strain on the heart.

Rule 92. Clogged arteries interfere with the healthful operations of life in the body, affecting every organ, and eventually the brain.

Rule 93. In simple language this condition is merely that of carrying in the circulation a constant flow of bone-material that is not required in further bone-making, and wanders through out the arterial system, gradually coating the delicate lining of veins and arteries, and passages in the organs.

Rule 94. The brain is honeycombed with countless fine passages, and as these become ossified, or clogged with bone material, the mind loses its flexibility, or power of modifying its beliefs; and the aged man or woman is regarded as stubborn or bigoted. These results of brain-ossification, however, are sometimes seen in persons who are not old in years, and sometimes in the young.

Rule 95. What are called "old age deposits," including the bone material, mineral matter and various kinds of salts, are found in old vegetables, such as very mature turnips, and all very mature tubers like carrots, beets, parsnips, and the like; also in overgrown cabbages and similar foods;

although all of these things when young and tender are not only free from old age deposits, but tend to drive them out of the body.

Rule 96. Every kind of animal food from life that has been allowed to mature, as beef, mutton, hams and all meat from hogs, and old fowl that is used for stewing, and similar meats, as well as flesh of fully grown fish, contain old age deposits, and should be avoided.

Rule 97. Hard water is a prolific cause of old age deposits. Fruit juices, and distilled water, as well as rain water, are all solvents of old age deposits.

Rule 98. Old age deposits come from mineral baking powders, pills, or liquids; and from pure water that is too long boiled.

Rule 99. Distilled water is taken from steam condensed from boiling water; and what remains are dregs. When soups, broths, boiled dinners, boiled water, and the like, are allowed to part with their steam in the air, the distillation, or true value, passes away, and what remains are dregs, in which the dangerous old age deposits abound. A long cooked soup, for instance, consists of nothing but the meat juices and the dregs of the water. Coffee, tea and water in the kettle, that are too long boiled are largely dregs. People who live under disadvantages of this Rule grow old fast, show old age wrinkles, have ossified brains, and are decrepit long before their years. Time is NOT the destroyer!

Rule 100. When True Foods are used, when they are properly cooked, then their excess of mineral matter is controlled, and all the rules of health are observed, then old age as a period of decrepitude, weakness, helplessness and loss of faculties will become an ABSOLUTE IMPOSSIBILITY; and that which serves to retain genuine health throughout the declining years, will buoy it up to the highest degree of perfection in all other periods of life from that of infancy to maturity.

These Rules will be found to be the foundation of Life. Life begins with feeding, consists of feeding, and ceases when feeding stops. However, it should be said that real, desirable Health, and the renewing process, or building of a new body, will largely depend upon the conscious attitude of the individual.

The old methods of trying to cure maladies by substituting the poisons of medicines for the poisons of wrong eating, are being abandoned. The first thing that a skilled doctor does today, after relieving an acute danger, is to regulate the diet of the patient. Cures by dieting are fast taking the place of attempted cures by pills and drugs. At a national medical convention not very long ago, it was agreed that the best curative medicine is in True Foods, the Four basic foods - using only what the body needs, and discarding all the things that are known to be non-foods or dangerous items of food. The presiding officer of the convention voiced the opinions of all those in attendance when he said, "We must feed only the elements that build the body, for we know that as soon as the diet is confined to those elements, the most powerful curative processes begin and are maintained."

It will pay handsome dividends to anyone who will give attention to correcting, rebuilding, and maintaining a healthy body by the correct assimilation of the necessary elements found in True Foods. Correct Eating; Correct Breathing; Sufficient Sleep and Relaxation; Proper Wearing

Apparel to suit climate; Correct Breathing; and Controlled Thought processes will assure enjoyable health and longevity - and the Time to Begin is NOW.

Thanks for letting me be with you via this chat; and I thank you for your "spiritual" visit with me. My love and good wishes are with you; and I daily prayerfully affirm your continued well-being. May the gods love you as I do.

Your Faithful Servant and Friend,

Dr. Hugh G. Carruthers, B-11