

WHAT CIVILIZATION HAS DONE FOR MAN

By

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Anthropologists inform us that thousands of years ago man lived in a different state of society, not only industrially but also dietetically and socially. We are informed that he lived not only on raw foods, but also lived nude – just as the animal kingdom does. The possibilities are that he lived in the tree tops and his food was raw fruit as it grows in the topics. For some reason or other he left his leafy abode and started roaming through Asia looking for food, for in the struggle for survival the stomach always rules. The chances are that a famine caused him to crawl down from his tree tops. In his struggle for existence, he learned how to make fire and how to utilize it; not only to keep the animals from devouring him, but he used it (the fire) as a means for cooking some of the indigestible herbs that he was compelled to eat – and this started his physical decline. As he became master of his environment he paid with his health. Change a plan's environment and it usually withers. It is true that he achieved industrial emancipation, but he also developed physiological degeneration, whereas in his savage state he could withstand the extreme cold and heat. He was compelled in time to cover his nude body with skins of animals and later on built huts, homes, and dwellings, so as to protect himself against the changes in the climates.

The question that is of paramount importance is, "What caused our savage ancestors to survive the global periods and the extreme heat of the tropical sun? What caused them to survive the famine that caught them in the grip of starvation, because they did not know how to cultivate the soil in their time and age?" The answer is "ENERGY", - precious electrical force that not only drives an engine, but also drives the human machine to its task. It is the power that keeps us moving. There are people who look as though they will pass away any moment, and yet we see them continue at their daily task in and year out, while others who look well pass away suddenly, to the surprise of their friends and family.

It has been observed that there are four factors in determining VITALITY. They are as follows:

- No. 1 Vaso Motor power
- No. 2 Electro Magnetic power
- No. 3 Cellular cohesion
- No. 4 Cellular cleanliness

We noticed that there are four distinct types of human beings, regardless of whether they are tall, short, fat or slender; it makes no difference whether they belong to the mental type, spiritual type, pugnacious type, or any other type. If a person's eyes reveal a type No. 1, then the pupil is usually small upon flashing a light in the face. A large pupil always indicates a relaxed vaso motor system, and regardless of how healthy and strong a man may be, if his pupils are dilated, it shows that his vaso motor system is relaxed, and sooner or later he will have some physiological disturbance.

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A No. 1 type also reveals that the iris is curved instead of being flat. The greater the Electrical Magnetic power of the individual the greater the curve of the iris. If one would take a live fish out of the water and watch its eyes carefully, he will notice that as the fish slowly dies the pupil will become larger and the iris will gradually become flat. When death has occurred, the pupil is very large and the iris falls in like a dish instead of curving outward like the half of a marble. Regardless of age, a small pupil and a highly curved iris denotes activity of the Vaso Motor.

Cellular cohesion also is observable as a factor in type No. 1. A person's pupil may not contract as quickly as it should, and the curve of the iris may not be as high as it should, but if the iris is smooth like a fine piece of marble, it indicates good cellular make-up. In eyes that are not smooth, the organs of the body have lost their tone. In studying the eyes of pugilists and of Mexicans, they have small pupils and curved irises that have perfect smoothness.

Cellular cleanliness is another factor that denotes good vitality. It is not as important as the previous three factors in type No. 1, but still it is to be considered for this reason. If a person is exhausted or develops a chronic organic condition, then the acids and the poisons in the body will aggravate the condition and make it worse – whereas, we do not find it to be very harmful condition if the person does not belong to type No. 1, and develops neurotic disturbances and other in-coordination. Cellular cleanliness reveals itself only in blue eyes. If a person reveals a gray eye, it indicates a lactic acid condition; strange as it may seem, we hardly ever find gray-eyed animals. A green eye indicates a uric acid condition, a brown eye indicates a toxic condition.

We might say that the colors of our eyes indicate the condition of the blood stream, and in spite of the fact that a urinalysis and blood examination may indicate that the individual is cellularly clean, the color of the eye will check the laboratory findings. Even a minute amount of quinine, arsenic, iodine, etc., can be detected in the eyes, though the microscope and test tube cannot observe it.

MAN AND HIS ELECTRICAL VIBRATION

The history of the human race is a most remarkable one. I just mentioned how the race lived like animals in trees and in caves like other animals, and then the picture was painted of man's remarkable emancipation from his environment. Of all the progressive steps that man has achieved in the last two thousand years, none can be compared with the great discoveries that he made in the last 50 or 100 years. The ability to measure time was a great step onward when man stole time from the stars that moved around him. When he stole energy out of the coal beds and thus could send a hundred thousand tons of metal speeding across the continent on two threads of steel, he shortened space and time. When he made two ears of corn grow where none grew before, he throttled the wolf of starvation that is due to stupid social control. When he stole electricity from the vast universe and not only lit up the highways, but compelled the wheels of industry to produce more than they ever did before, he even accomplished more. He gave life that which it always desired, luxury and satisfaction. But all the achievements that have been enumerated are worthless when one is ailing.

The past is rich with names worthy of reverence and admiration. The names of Galileo, Fulton, Burbank, Langley, Edison, Marconi, Benjamin Franklin, and others, will always shine in the intellectual world like a constellation of stars. The names of Socrates, Christ, Spinoza, Paine, Lincoln, will also shine

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on the bosom of Father Time, but the names of some of the greatest physicians that ever lived are yet to be immortalized. Babbitt, Abrams, Still, Dr. Pratt, Lillenquist, and Peczeley, stand head and shoulders above every physician that was known in their day, for they introduced some of the greatest discoveries that will help the human wreck a little bit.

The following few names and their classical work will be of general interest to all of us, because they deal with the electrical magnetic reactions of man:

Thales - the great Greek Philosopher
Babbitt - the Chrome Therapist
Baines - the English Electro Biologist
George Starr White - the Bio Dynamic Specialist
Peczeley - the fore-runner of Iriology
Lillenquist - the mapper of drugs used in the past

About 2,000 years ago Thales, a Greek Philosopher, observed that loadstone possessed electrical properties. He commented on it but it seems that neither he nor his associates ever accomplished much with it, and it appears to have been of no importance until the 16th century. During that period, history informs us, King Henry the 8th ruled England. It was he who broke with the Holy Roman Empire, and we are informed that King Henry suffered from syphilis. In the effort to cure him of his terrible affliction it seems that his physician stooped to the use of electricity. With the re-birth of electricity, it seemed to suddenly move in seven league boots. In the industrial world, it has accomplished wonders, and in the physiological world it is about to do the same, but the real work in which we are interested is as yet unknown to most of us.

About 60 years ago a physician by the name of Babbitt wondered why it was that people suffering from the same ailment and taking the same medicine did not respond in the same way. He decided that drugs did not and could not help physiologically, as drugs were inorganic and could not be absorbed by the human system. Nowadays we are acquainted with colloidal and crystal chemistry, and possess the knowledge that the human body cannot utilize anything except that which grows or lives, but for Babbitt to make this observation 60 years ago seems astounding. He decided that it was not the drug that helped, but that it was the vibrations given off when the medicine was oxidized in the system that aided those who were seemingly helped for a time. By placing his patients under colored glass and bottles he commenced getting the same results as he got when he treated them with medicine, because every metal or drug consists of certain electrons and protons, and every metal or drug gives off its own vibrations. In the study of disease we have come to the conclusion that an organ that is diseased has lost its normal vibrations, and by treating that organ, or the entire body, with methods that produce the same vibration, one usually neutralizes the other.

Another unknown figure who contributed some very remarkable work to the Electro Magnetic forces that are found in the human body was Bains of England. Bains was an elector-biologist, and therefore was not only interested in the physics of electricity as he came in contact with it in the industrial world, but was very much interested in its expression in the biological world as well. We are informed that Bains became interested in bio-physics rather accidentally. Possessing a very observing

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mind, he wondered why it was that the needle in the galvanometer wavered whenever he approached the machine. According to the teaching of physics, the needle is effected only by the electrical currents that are found in the air, but Bains decided that his own body gave off electrical forces and cause the needle to move back and forth. To prove his hypothesis, he grounded himself in front of the galvanometer and lo-and-behold, the needle wavered less actively. The remarkable work done by Bains in studying the electro-magnetic properties of plant life is yet to be sung by some future Botanical Homer. Bains has shown that every vegetable is either positive or negative in its electrical properties, and has given us a vision of feeding the human race in such a way that may cure various incurable ailments in the near future.

Dr. George Starr White is another intellectual giant who has made a great study of the electrical magnetic forces of the human machine, and his method of ascertaining the magnetism of human beings by throwing colors and percussing the abdomen, is startling when one is first introduced to it.

The two other minds that have been of benefit to the human race, and whose work will undoubtedly reach the masses in spite of criticisms and suppression, are Peczeley and Lillenquist. Their discoveries are so simple that they can be readily understood by most anyone. Their observation will in time become recognized. At present an Optometrist is doing research work in Chicago on Iriology or Iridiagnosis, under the auspices of the Medical profession, but this Optometrist had to give up his Optometric license so that all the credit will be given the Medical Profession. This Optometrist is being well paid for his research work. Just as the ancient observation that the sun cures most ailments so is it now (after many years of ridicule) being taught in our Universities.

These two men discovered and revealed the fact that the human eyes acted like a radio and revealed what was going on within the human anatomy long before the condition became chronic, and considering the fact that this was done over 60 years ago, when the microscope was yet an insignificant plaything, their work is startling. The story is told that Peczeley accidentally broke the limb of a bird (an owl) and observed the appearance of a little black line in a certain region of the iris. He was only eleven years of age when this occurred, but possessing an unusual mind – the mind of a genius (like Galileo, and the swinging chandelier, Fulton with his steamboat, Edison with his phonograph, Franklin with his kite, Marconi with his wireless, and last but not least, our own Dr. Riley Spitler with his Syntonics) he decided that the little black line that had suddenly appeared in the iris of the bird had something to do with the injury to the limb. He carefully nursed the bird and noticed that the black line became lighter in color as the limb healed, but never entirely disappeared; even two years after the accident, when he saw the bird for the last time it was still there. A number of years later he was arrested as a rebel of Austria-Hungary and while in jail he mapped the human eye like the geologist maps the stratus of Mother Earth.

Not only did Peczeley find that every organ in the body had a terminal or center in the iris of the eye, but he disproved the Mendelian theory that the colors of our eyes were a pigment. He showed that the colors of eyes revealed the poisons that we inherited from our parents, or acquired by wrong eating – proved his theory by turning the colors that he found among his patients to lighter shades. If the colors of our eyes were a pigmentation we could not change them, as man cannot alter or change either the pigment found in the hair or skin, because they are natural.

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Lillenquist, a Scandinavian Homeopath, became acquainted with Peczeley's observations and investigated them to such an extent that he discovered that drugs also showed their location in the body. He discovered that quinine gave off a golden yellow color and in time produced a greenish eye. He observed that iodine appeared as a reddish color spot, and later on, if the body did not eliminate it, it turned into a dark brown. It proved that arsenic showed up as little white irregular spots around the edge of the iris, if it was not eliminated by the system. It is often called the Rosary because it looks like a chain of small beads.

NERVOUSNESS

In the first part of this paper it was mentioned, the importance of vitality, and showed how the human race survived the various glacial periods that swept over our little globe, thousands of years ago. It showed you how man was the football of Nature's forces, the plaything of the animal kingdom, and how slowly – very slowly – man conquered his environment and became the master of it; but as he changed his mode of living and achieved industrial emancipation he developed or acquired physiological degeneration.

In dealing with man's nervous systems, because under our present capitalistic system our nerves are more important than our vitality. Man does not really need strength any more – that is in the sense that he needed it thousands of years ago. A Gatling gun can destroy more in one hour than he could destroy in a year. A Big Bertha can mutilate a city more quickly than an earthquake, and an aeroplane loaded with gas bombs can put asleep an entire city – never to awaken again. A man with low vitality can accomplish very little, it is true, but a man with an unstable nervous system will accomplish even less. Usually he becomes a hypochondriac, and he spends his time thinking of his symptoms and talking of his aches and pains, instead of concentrating on his daily routine and the important factors of his daily work.

A person suffering with nervousness will in time develop an inferior psychological atmosphere, especially if he suffers from a bankrupt solar plexus. A person constantly suffering from a nervous irritation cannot be successful. The ringing of a door bell will annoy him. The chattering of his friends or his employer or his employees will irritate him. Everything hammers and bangs on his nerves. Even the newspapers with their murder and crimes, though they may fascinate him and stimulate him for a moment, will affect him. There are various methods of telling that one is nervous, but the individual usually knows that he is nervous before he gets to the physician. The great questions are: "What produces that man's irritation? What is bombarding the brain consciously or unconsciously that compels him to recognize his environment instead of ignoring it, as all animals do?"

In studying physiology we find that there are three important nervous systems – the voluntary nervous system, also called the cerebrospinal; the involuntary, or the sympathetic; and the Solar Plexus.

THE CEREBRO-SPINAL

The cerebro-spinal nervous system is the system that controls our motion and our thinking. We cannot move unless this nervous system sends its message to the muscles. This system reports to the brain everything that occurs about us. Without it the human being would remain a machine like any

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other mechanical apparatus. We would be more automatic – just able to do certain things and these things of the lowest order; but possessing this cerebro-spinal nervous system, the brain is constantly aware of what is happening, and thus is able to build up a philosophy of understanding that is able to cope with the environment.

If the voluntary nervous system is not in good tone or if the various senses are in poor condition then the reports from the objective world are poorly transmitted to the brain, and the man suffers seriously. For instance, if a person's voluntary nervous system is low in vibration then the brain is not quick to observe its environment or surroundings, and a man crossing the street may be knocked down and killed because his eyes, though seeing an automobile coming at terrific speed, were unable to report to the brain quickly enough, therefore delaying its message to the muscles of the leg to move swiftly either forward or backward. If the voluntary nervous system is too active and constantly pounding away at the brain with the messages that are coming through the eyes, ears, fingers, etc., then the brain is in a state of nervous excitement, and the individual, caught in the same predicament as the one just described, will again become nervous (highly excited instead of exhausted) and losing his mental equilibrium, may also be killed under the same condition.

Physiologists are very well acquainted with the work performed by the cerebro-spinal system, but it is hard to tell what produces the nervous reactions. It is said that there are eight different kinds of nervousness, and it is important to know just what is disturbing the voluntary nervous system and preventing it from doing its work properly.

The Vegetative Nervous System is also known as the Sympathetic Nervous System, and is called by others the Involuntary Nervous System, because it runs unconsciously, or without mental control. It works continuously until one passes the Great Divide. If it were to stop for two or three minutes and even less when we are asleep, we would pass away because the heart would stop pumping. Dr. Pratt, one of America's greatest physicians, called the Vegetative Nervous System the "Housewife of the Human Body" because it works night and day.

The Vegetative Nervous system consists of two important sections: The Sympathetic section and the Para-Sympathetic section. The Sympathetic Section is found in the thoracic region (between the lower neck and the sacrum at the bottom of the spine). It is the system that controls our digestion and does it automatically and unconsciously. Some schools say it is under control of the subconscious and unconsciously. Some schools say it is under control of the subconscious mind, some say no, for it acts independently of our conscious or subconsciously forces. The Para-Sympathetic, though it is automatic just like the Sympathetic, is also partly under control of the Cerebro-spinal, and is used by certain organs in the face and pelvis – when these organs are inflamed to disturb the functions under the control of the Sympathetic Nervous System.

The Cerebro-Spinal system, also known as the Spinal Cord, is about a third of an inch thick, and is found running through the spinal column. The Autonomic is found on the inside of the body and consists of two heavy ropey chains thickly studded with ganglia, which contain energy or intelligence to run the human machine properly. These are located on each side of the spinal column. Both are closely connected or joined together, and both are joined together with the Cerebro-Spinal cord that runs through the spinal column.

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Therefore, one system may affect another. For instance, an injury to the spine may paralyze a person and not affect the autonomic system, though it usually does. A person may be unable to walk and still be perfectly well internally; but often the shock and injuries to the spine cause the transverse muscles and ligaments to shrink and thus short circuit the electrical energy flowing from the spinal cord to the sympathetic nervous system, or vice versa, and produce serious internal trouble. Again, a person falling and injuring his stomach, lungs, kidneys, or other organs may develop such an inflammatory condition that the nerves going from the organ to the Sympathetic system become over-active, and the ligaments, as well as the transverse muscles, again shrink and affect the spinal cord, as well as the sympathetic Nervous System, in time. An individual may develop partial paralysis due to an inflamed womb or rectum.

If the vegetative or Sympathetic Nervous System becomes seriously disturbed, then the problem becomes a more interesting and tragic. The organs in the body are not getting their normal amount of electric or magnetic vibrations, and they are constantly sending their plea to the brain for better control. If the vibrations are too active, then the nerves are being burnt up (so to speak) and some functional disturbances set in which in time and shatter the entire human machine. If we stop to consider that the normal impulses are about 180 feet per second, and suddenly stepped up to 1,000 feet per second or more we can readily see what can happen to a person who already possesses a number 2 or 3 body.

If his nervousness is due to objective surroundings, then the condition can be easily aided or even removed. If it is only worry, a change of climate, better poise, new social associations as well as Christian Science, New Thought and other Metaphysical methods will help, but if behind their moody condition there is a sympathetic disturbance, or a vicious organic condition, then the problem becomes more serious and demands mechanical as well as mental and dietetic attention. Usually there are 8 different causes for all nervous breakdowns. For instance, an inflamed womb can keep pounding at the brain so steadily that the person almost cracks from the staccato notes that are being sent to it at terrific speed; and to know that any organ can do that if that organ suffers from sufficient inflammation.

I heard of a case of a young woman still in her teens who went suddenly insane, and without any forewarning her ear commenced discharging, and as the discharge increased her sanity returned. Here we have a very fine example of an organ (the inner ear) filling up with pus and the pressure battering at the nerves leading to the brain until she became insane – without any previous ailment of any kind whatsoever.

THE REAL MISCHIEF-MAKER

The third nervous center is the Solar Plexus. It is one of the most important of the entire three. It was stated that the medical profession is very well acquainted with the cerebro-spinal system and know the function of the Sympathetic; they know that the Solar Plexus is found behind the stomach. They know that it resembles the shape of the sun, with its branches radiating everywhere; they know that it plays a certain part in the nervousness, but how to tell whether it is in good action or poor action is another story,

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The Solar Plexus is the battery of the human machine where the electrical magnetic forces that run the body are constantly being stored. It also might be compared to an induction coil that transforms the positive electricity from the sun and the negative currents from the earth into an electro-magnetic energy, as the human body cannot utilize the low electrical energy that runs the industrial world. It is the belief that one of the great causes affecting the human race is the fact that we have changed the position of the Solar Plexus in its relation to the sun and the earth. In studying all animal life we find the Solar Plexus always in a horizontal position between the stomach and the earth – even in two legged animals – but in the human being, due to the fact that we have learned to walk on two legs, the Solar Plexus is found in a perpendicular or upright position, and the electrical forces from the sun and the earth, instead of passing directly through the Solar Plexus, must reach it through the head and feet, thus being disturbed from its natural pathway and often being inhibited by pathological conditions that exist in the body. According to Dr. Milliken, the great physicist, the world is full of what he calls the “Cosmic Ray”, that penetrates mountains and the very depths of the earth without any interference. Who knows what powerful influence it may have on the Solar Plexus.

Again, let it be mentioned that there are 8 nervousness, and each one is sufficient to bring or develop a nervous breakdown, but usually there are three or four of the following eight causes that bring on nervous and neurotic conditions. Physiologists claim that nerve energy travels at about 180 feet per second (from 160 to 200 feet). If anything goes wrong with the human machine the nervous system is always reporting it. If the disturbance becomes highly inflamed then the possibilities are that impulses are stepped up from 180 to 1800, or ten times as fast. If the body is strong, or if the person belongs to type No. 1, the extra impulses invigorate him and he feels fine. His relatives and friends may observe the beginning of a slight nervous condition, though he is not cognizant of its existence, but if he possesses a weak body, due to heredity, injuries, wrong living, then the nervous system is unable to tolerate the extra impulses and he breaks down with a nervous attack. Even in bodies or types like Nos. 1 and 2 the glands can become so exhausted that the nerves will suffer very quickly if a person happens to be under a strain, or highly acid and toxic.

We must consider that Nature is but energy working along the lines of least resistance, and that organ which is weakest in the body will eventually give way.

THE EIGHT CAUSES THAT PRODUCE NERVOUSNESS ARE:

1. Organic Nervousness. In this condition, an organ has become inflamed, either due to wrong eating or to an injury to that organ, and is sending inflamed impulses to the brain. Organic Nervousness usually comes from injuries in childhood and is the worst trouble maker of all. If it is an injury to external portions of the body, such as the limbs or the chest, one becomes acquainted with the fact sooner or later because of the pain, as the voluntary nervous system has control of the outer portions of the body; but if it is an internal injury, then the condition is unknown until it is, often, too late. An injury to the kidney, to the womb, or the heart, may occur in childhood, and because the Sympathetic Nervous System does not report anything to the conscious mind, the organ affected may go through the three stages of pathology (acute, subacute, and chronic) without the individual knowing anything about it.

2. Solar Plexus Nervousness. In this condition, the Solar Plexus may become so contracted, or so atonic, that the person is either over-active or too relaxed. If too active, the brain is getting too much nerve

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impulse, and the blood is flowing fast and furious, thus producing a friction which results in nervous irritations. If the person is relaxed because the Solar Plexus is atonic or bankrupt, then the brain and nervous system become nervous, due to congestion and cellular starvation.

3. Sympathetic Nervousness. This always is due to injuries either in childhood, or to wrong feeding. If the sympathetic nervous system becomes irritated due to over work, then they always reveal a bankrupt condition. We have noticed that in every case where the eyes reveal a large pupil, the person, no matter how well he became under treatment, always shows a low vital capacity to do things.

4. Cerebro-Spinal Nervousness. This is due to injuries to the head in childhood, and aggravated by the other three conditions, and thus usually resulting in some form of moody disturbance.

5. Acid Nervousness. This is due to too much acid irritating the nerves throughout the entire body.

6. Toxic Nervousness. This is due to auto-intoxication irritating the various nerves that lead into the intestinal tube.

7. Drug Nervousness. This is due to some drug settling either in the brain or some organ. The eyes will reveal that either iodine, arsenic, soda, quinine or strychnine had been used and the body had not eliminated the drug.

8. Environmental Nervousness. This condition usually appears only when one or more causes have unknowingly and unconsciously developed their treacherous disturbances. If the previous conditions were not of a serious nature, such as disturbed sympathetic conditions or a toxic condition, then by changing the environment or putting one's self under the care of a Christian Scientist, a New Thought Practitioner, or a Unity teacher, they will improve without difficulty, especially if that person changes his mode of eating; but if it is a broken tooth, or an injured jaw, or an over-worked and injured kidney, womb, stomach, etc., then the mental condition becomes secondary and the organic condition becomes major and most important.

A question has been asked, "Why wouldn't psychology (or better poise) cure any or all ailments by improving the mind as a whole"? and this question could be answered by asking another, "If you were sitting on a tack, could you mentally overcome the nervousness that developed from that painful irritation, if you did not remove the tack?" If one does not find out which one of the eight trouble markers is irritating the nervous system and brain, one cannot cure himself of his nervous disturbance.

Bromides may deaden your over-active system, and strychnine may awaken or stimulate your exhausted nerves, but sooner or later you will be worse off because the condition or causes have not been removed.

The last half of this paper on "The Eight Causes of Diseases" will appear in the next issue, Vol. 3, No. 16.