

GLANDS—  
OUR INVISIBLE GUARDIANS

BY M.W. KAPP M.D.

AMORC

# GLANDS—OUR INVISIBLE GUARDIANS



By M.W. Kapp, M.D.

©1939, 1966, 2015 Supreme Grand Lodge Of The Ancient and Mystical Order Rosae Crucis. All Rights Reserved.

This publication is for your personal, private use only, and may not be used for any commercial purpose. No part of this publication may be reproduced, distributed, displayed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical means, including information storage and retrieval systems, without the express and prior written permission of Supreme Grand Lodge Of The Ancient and Mystical Order Rosae Crucis, except in the case of brief quotations embodied in reviews. For permission requests, please contact: Supreme Grand Lodge Of The Ancient And Mystical Order Rosae Crucis, Inc., Rosicrucian Park, 1342 Naglee Ave, San Jose, California 95191.

The information in this book is distributed on an “as is” basis, without warranty. Although every precaution has been taken in the preparation of this work, neither the author nor the publisher shall have any liability to any person or entity with respect to any loss or damage caused or alleged to be caused directly or indirectly by the information contained in this book.

# DEDICATION

TO THE MEN AND WOMEN

throughout the world who are seeking to understand the  
physical, mental, and spiritual urges of their beings,

THIS BOOK IS DEDICATED

with the hope that it will serve them in their noble  
purposes.

1938

# CONTENTS

Introduction

Foreword

- I. Divine Alchemy
- II. The Endocrines and Their Hormones
- III. Location and Action of the Glands and Endocrine Substance
- IV. An Introspect—The Mystical Laws
- V. Types of Endocrine Persons
- VI. Continuation of Types
- VII. Methods of Developing the Endocrine Glands
- VIII. Examples of the Inhibitions and Exhilarations of the Glandular System
- IX. Helpful Items

# INTRODUCTION

Every activity of Nature is within Cosmic Laws. There are no miracles. The author and the publishers hope to bring to the lay mind, in simple language, many of the truths now known to science and philosophy and thus pave the way for more truths and knowledge that may be woven into Wisdom.

Surely every thinking mind will realize the need for truths and knowledge. It is only through these that wisdom may be attained.

Falsehood, superstition and ignorance can never lead us to wisdom, nor to moral, mental and spiritual beauty.

There is no standing still in our evolvment. We either progress or retrogress. This law is Nature's edict, not man's.

Man's evolving as far as he has is due to cosmic intuition or poetic genius that has driven him ever on, and mostly upward. All through the ages he has been seeking more light, more power, more happiness and more love.

Science is opening the doors to a more positive advancement for man. It is proving that life's processes for man lie almost wholly within himself and are amenable to control and up building.

In the past man has been taught by exhortations, by affirmation, by superstition, but now we have teaching by proven and demonstrated facts.

Science now knows that the building and evolvment forces within man operate almost wholly through the glandular structures of the body. We hope to bring the known facts of the glandular activities to the reader so that he will understand them and thus be able to live a fuller and more beautiful life.

This volume is dedicated to all who seek more truth, knowledge and understanding.

M . W . Kapp, M . D.,  
San Jose, California

# FOREWORD

The one great unanswered Question is:—WHAT IS LIFE?”

We are not foolish enough to try to answer that profound question.

All we know is what lies within our consciousness. Our consciousness tells us that each of us is a “Being” or in a state of “being.” If I am a being now, I must have been in a state of being before I arrived on this plane of being, or I must have been created from nothing.

While we may not know what life is, we may study the manifestations of life and profit thereby. From the oldest of philosophies and from modern science we learn that Man has four primitive urges.

The First Urge is for POWER and is manifested from the time the child begins to move about, and through development as a child, and an adult, and even unto old age. In games, in fights, in social preferment, in politics, in finances—always seeking more power.

The Second Urge is for POSSESSIONS and is fostered from the time the child reaches out for a colored rattle on to the possession of estates and all forms of wealth and bodily comforts.

The Third Urge becomes the Love of Life and the Creative Urge. This is the differentiating force. It is the manifestation of the male and female. It includes the urge for parenthood, the love of humanity, the intellectual uplift.

The Fourth Urge is for Spiritual Uplift and understanding of moral beauty and the advancement of human relations and the “God Within.”

If the reader will constantly keep in mind the Four Urges, he will better understand the building and driving forces of the ductless glands.

The study of the ductless glands though a comparatively recent study is a very vital one. These urges are impelling and are only slightly influenced by the voluntary mind forces. A calm nerve or mental state

## GLANDS—OUR INVISIBLE GUARDIANS

will aid normal activity. A worried or harried state of mind retards the glandular activities. The emotions of the body come from the endocrine or gland activities.

In the study of these forces and urges within Man, one must always keep in mind the Law of Action and Reaction, or the Law of Cause and Effect.

My knowledge and understanding of the ductless glands and their activities has helped me very much in my 43 years of active medical practice. I wish to express my appreciation of the debt I owe to the work of such men as Sajous, Crile, Cannon, Loeb, Lorand, Berman, Bandler, Milliken, Soddy and many others. These men have brought us a vast heritage.

To play the game of Life well, one needs to know the laws and rules of the game.

Alexis Carrel in his wonderful book "Man the Unknown" calls for scientists, philosophers, economists and teachers to awaken, and to give freely of their knowledge and efforts to uplift mankind. His call has inspired us to bring out the second edition of this story of the ductless glands and our evolvment.

M.W. Kapp, M.D.



## Chapter I

# DIVINE ALCHEMY

By H. Spencer Lewis, Ph. D.

I AM VERY GREATLY pleased to be able to offer to our members and our friends this unusual manuscript dealing with the glands of the human body. Not only does the matter deal exhaustively with the subject, but I believe it only fair to state that the author of this manuscript, Dr. M. W. Kapp, has had a very remarkable career for many years in Santa Clara Valley and Central California, where his confrères and brethren of the medical fraternity hold him in the highest esteem for his efficiency and his unusual diagnostic abilities and his keen insight into the invisible mechanism of the human body and its functionings.

Admittedly Dr. Kapp has had unusual success with his patients, and admittedly he has had a very definite viewpoint regarding health and illness, and this manuscript of his dealing with the glands of the human body and their functioning reveals why he has been able to assist his patients in receiving the natural, curative operations of nature. He has given not only nature, but the divine forces throughout the human body a greater opportunity to do their normal, creative work, and has been able to point out to his patients why and how they have been doing those things, or thinking those things, or permitting those things in their lives that interfered with this normal, natural, divine functioning in their bodies.

Originally, Dr. Kapp called his manuscript "A Story of How the Lives of Human Beings Are Controlled." In a large sense his title was indicative of what he has really learned and observed. While he has not been a member of the Rosicrucian Fraternity, and he has not received the secret Rosicrucian instructions regarding the functioning of the

various glands throughout the body, he has been by nature and by insight mystically inclined to such an extent that he has been able to observe by carefully studying the lives, and especially the abnormal conditions, of his patients how these glands have actually “controlled” the normal functioning of the entire body. The Rosicrucians have maintained for centuries that these glands act more like “guardians” of the lives of human beings than as “controllers” and yet it must be admitted that a true guardian is also a controller.

When we stop to realize that man in his earthly existence is functioning as a dual being, and that there is a spiritual self within a physical body, and that the spiritual self is there for the purpose of giving man intellectually a sense not only of divine wisdom and divine mastership over earthly conditions, but to guard and control the perfect operation of the physical body, we must realize that there must be also some means of exchange or communication between the spiritual self and the physical self. In other words, there must be some places or points within the human body where the spiritual power, self, and intelligence can transmute its power, authority, and control into the grosser elements of nerve energy, blood, vitality, and human mechanism so that the higher, finer, almost intangible and imperceptible forces of the divine self may be brought down to a rate of vibrations and a form of power crude enough, or material enough, to function through the flesh and bones and other material, chemical elements that constitute the body of man.

The glands have been found to be these intercommunicating instruments, these transformers, or transmuters between the spiritual, divine, Cosmic self and the grosser, earthly and physical self. They bring about within man a divine alchemy. For many centuries the most eminent mystical scientists, who made a very serious study of the rhythmic, synchronous functionings of both the divine and physical self in man’s body, believed that the pineal and pituitary bodies, now known to be glands, were the only actual physical, material organs for such transmutation of a higher force and energy into a more material force. On the other hand, there were those who believed that the solar plexus was the sole gland of importance, and that its function was that of interpreting and transmuting the higher, inspirational,

Cosmic, or spiritual emotions within man into the grosser, material, emotional reactions, and for a century or more the solar plexus was somewhat worshiped and adored as the seat and soul of all of man's higher activities. But when it was discovered that the spiritual element within man is to be found in every living cell of every part of the bone tissue and blood, and that the soul and emotional nature of man is not located in one organ or one part of the body, it became necessary to study man's physical anatomy more carefully and then the many other glands were discovered and given proper attention.

In this book, which we are happy to present to our members and friends, Dr. Kapp has explained, as a medical man and as a medical scientist would explain in psychic and mystical terms, the location and functioning and purpose of each one of these main glands. He has done so in a manner that is not only consistent with what is contained in the Rosicrucian teachings, but is free from the more or less limited technical phrases and definitions of Rosicrucianism so that medical men, scientists, and laymen alike who have not been versed in the Rosicrucian terminology and principles can understand the importance of these glands and their functioning and the other necessary conditions of keeping the body normal in every possible way so that these glands can perform their divine purpose without earthly, material, physical interference.

Speaking of the emotional centers of man's body again, we have found, as have scientists and medical men, that the spleen is just as reactive and just as demonstrative of the emotional functions of man's mental, psychic, spiritual and physical existence as is the solar plexus. This, too, was discovered many centuries ago, and for that reason many popular phrases were invented by the more or less ignorant laymen whereby they expressed the idea that one who was despondent or unhappy or cranky was manifesting a bad spleen. But it is also true that no part of man's spiritual and physical composition can be out of order or out of harmony with the Cosmic rhythm or with the Cosmic flow of vibrations without man's emotions reacting and manifesting the inharmonious attunement.

From many mystical or spiritual points of view the pituitary and pineal bodies or glands may be quite important in certain so-called “psychic” reactions. No one knows better that do the Rosicrucians that these two glands or bodies should be given careful thought in connection with many forms of development of the latent spiritual, or Cosmic abilities of the human being. But then again there is the thyroid gland which, while it does have a considerable importance in connection with the development and growth of the physical human body, and from the physical, medical point of view may be closely related with certain forms of malignant or toxic conditions that are subnormal or abnormal, on the other hand, is important in certain forms and degrees of psychic or spiritual development.

But all of the glands have some relation not only to the emotions within the average human being, but also to the mental tendencies. We are now learning that certain types of criminals are unquestionably victims of certain gland conditions and should be classified as “gland criminals.” The endocrines offer an opportunity for criminologists to definitely foretell the tendencies of a criminal nature on the part of those who have just passed through the adolescent stage and are approaching adulthood.

It is not necessary for every individual to become mystically inclined or to be given to the study and reading of mystical, mysterious, spiritual or religious subjects in order to be benefited by a very careful study of the glands within the human body. Undoubtedly certain forms of extreme religious fanaticism are due to an abnormal or subnormal development, or an atrophied condition of certain glands. But do not allow this to give you the impression that to be devoutly religious, or even to put religion above all other things, is necessarily an indication that you are overdeveloped in regard to some of your glands. The atheist, like some foreign and American medical writers, would have us believe that an enthusiastic belief in, or an enthusiastic adherence to, any doctrines or practices indicates a subnormal or abnormal mental and glandular condition. This is not true. The truly normal, natural person is one who does express and manifest certain very definite, enthusiastic principles, ideals, and desires, and the really abnormal or

subnormal person is one who “takes life as he finds it” and who from day to day finds no ecstasy, no joy, no happiness, no enthusiasm in any one thing that interests a part or all of human civilization.

That those who are enthusiastically inclined toward mysticism and psychic matters may be abnormal is only true if we take a cross-section of the entire world population and make comparisons, because thereby we find that those who are enthusiastically inclined in such subjects are in the minority. But should we assume that the minority in any case is subnormal or abnormal? The line between perfect sanity and the slightest degree of insanity is so flexible, intangible, and indefinite that no one, not even the greatest psychiatrist, can attempt to define it and establish it. It has been facetiously said that all of us—meaning you and I and the rest of the world—are insane on some subjects. By that is meant that a majority of us are more enthusiastic, react more easily to some ideas, some ideals, and interests than do other human beings. But this is not an indication of an abnormal attitude of mind, or an insane attitude or faulty development. It is simply a manifestation of the complexity of human nature, and human emotions, which complexity makes human existence interesting and gives us the manifold manifestations of art and the creative abilities and the beauties of man-made things of a material or spiritual nature.

Even our human countenances, our human attractiveness, and most essentially that intangible something called “human personality” or “personal magnetism,” are the result of the normal and proper functioning of the glands. And that which attracts one person to another is something more than the mere definiteness of the hand-clasp or the deliberateness of the smile, or the wiles of the pleasant words that are spoken.

By knowing our glands and how they function, and by knowing how to live properly, which includes eating, drinking, and breathing properly as well as thinking properly, we can permit these glands to do their very best, and give us every advantage of their divine functioning. Dr. Kapp has very beautifully outlined these ideas in his manuscript, and I especially urge each reader to pay very strict attention to the first twenty or thirty pages of this book wherein many very excellent ideas

are presented for the first time by a man who is above everything else a very strict and careful medical practitioner of many years' experience, and secondly, a keen and excellent student of human nature. With this introductory chapter, therefore, I recommend this book to our members and friends and their friends everywhere. Many books have been published recently dealing with the various glands of the body, and some even dealing with the effect of these glands upon the human personality, but most of them have been too technical, too much like reading a book on physiology or anatomy, and have missed or entirely ignored or negated the divine and Cosmic functioning of these glands and the spiritual side of nature.

I am glad, therefore, that one physician of truly scientific training, and especially one living so close to us here in this beautiful valley, and so greatly in sympathy with the work of the Rosicrucian Order, its research departments, and its Rose-Croix Research Institute and Clinic, is able to add to the bibliography and literature of Rosicrucianism a manuscript and book that will undoubtedly remain in its archives for many centuries to come.



## Chapter II

# THE ENDOCRINES AND THEIR HORMONES

**M**AN WILL EVOLVE when he no longer craves the bestial, the barbarous and more physical gratification. When the time comes that he feels the spiritual urge, the intellectual enlightenment which leads to a feeling of exaltation, of elevation and elation (which must and will come to all men at some stage in their evolution), then there comes a quickening of all the moral senses and a consciousness of immortality and goodness.

The superiority of really great or illumined souls, or egos, lies in (1) intellectual acuteness, (2) moral elevation, (3) all embracing optimism, (4) the sense of immortality—or to express it more tersely, Cosmic Consciousness, or the more familiar phrase, realization of “the kingdom of God within us.

Cosmic sense will give us the power over good and evil.

Man has been a long time evolving from his lower states of being. There is still a long upward climb ahead of him. It may be that we have all eternity to evolve in, and the slow method may be the best, but when once one glimpses the beauty ahead—even for a few illumined moments—one becomes eager to evolve rapidly to a higher plane. One cannot stay forever in the state of self-consciousness alone. One must eventually evolve into the Cosmic Consciousness.

Our egos or souls (or whatever you choose to call that which we are) must have the physical body to function or perform in. This can be as pure as the mental or spiritual. We doubt, however, if a clean soul can remain in a bestially inclined body.

To keep the building forces of the body and soul clean and in normal activity is our great hope and aim.

The building or constructive power of man comes through the endocrines and their hormones. The endocrines are the glands, mostly ductless, that secrete and distribute the substances called hormones which control our constructive powers, both physical and mental.

The story of the ductless glands or endocrines and their hormones is the story of the human race in its evolvment and unfolding. This story is not all told. It is just in the telling and cannot be all told until man reaches perfection or complete evolvment.

We hope to bring to the lay mind some knowledge and help in the constructive processes of everyday life.

The main endocrines or ductless glands of the living body are:—the Pineal, Pituitary, Thyroid, Adrenals, Gonads (sex glands) and Spleen. A few glands which have ducts also secrete and distribute hormone substances. They are the Liver, Pancreas, Kidneys, Salivary and Lymphatic glands. We are also learning lately that the Vitamins that are so vital to the nourishment and activity of the body are budded through the glands just mentioned.

The study of endocrines and their hormones is of but little more than forty-five years standing, although about 170 years ago a French savant, Theophile de Bordeu, made some study of the subject but it was not continued long. The Brown-Sequard life rejuvenating elixir made quite a furore 45 years ago. This "Elixir" was an extract of the testicle injected under the skin of the patient. We ll do I remember a trip to the slaughter house with the old family doctor under whom I was studying medicine, and the selecting of a ram's testicle. From it we made the "elixir" and then made injections under the skins of three old men. The old men did not rejuvenate. From the Brown-Sequard furore resulted a more careful study and experimentation, with wonderful gain to humanity.

The human body is built and vitalized by definite chemical processes, well described by science. We do not yet know all the processes of



construction yet we may profit greatly if we study what has already been discovered.

Life forms are an expression of consciousness. As cells evolved, various consciousnesses became active, thus it became necessary that some control of conscious activity be formed, so centers of control developed.

The cells needed control of light reaction, of pigment, brain growth and sex ripening, and so there became a center for all this which we call the Pineal gland. Also there developed the need of nourishment and a center of control for the body building and proper food intake, so the Pituitary gland was evolved. This gland controls the sense of taste and smell by which we select proper foods and reject putrid or unwholesome foods. The size of our bodies and mental power is controlled by the Pituitary gland.

The cells of the forming body needed iron, phosphorus and arsenic and to meet this need came the Thyroid gland.

All this evolving body needed energy control, and a rhythmic movement producer, so the Adrenals were formed.

The single cell was immortal and had power to renew itself perpetually, but when the cells began to try to work together they lost the power of everlasting life and had to resort to reproduction and general creative power. To produce this center for reproduction and creative power, the sex glands (Gonads) were formed.

The growth of the young individual needed care, with a check on some of the glands of later evolution, especially the sex glands, and there became created the Thymus gland.

A storing place for food, a renovating system and a circulating and distributing system became necessary so the liver evolved and the blood circulatory system and the lymphatic ducts and glands developed.

Thus Nature, or whatever you wish to call the Creative Force, built according to law and order with an intelligence that is astounding to a careful observer. No wonder the ancients said God was "Spirit", for this

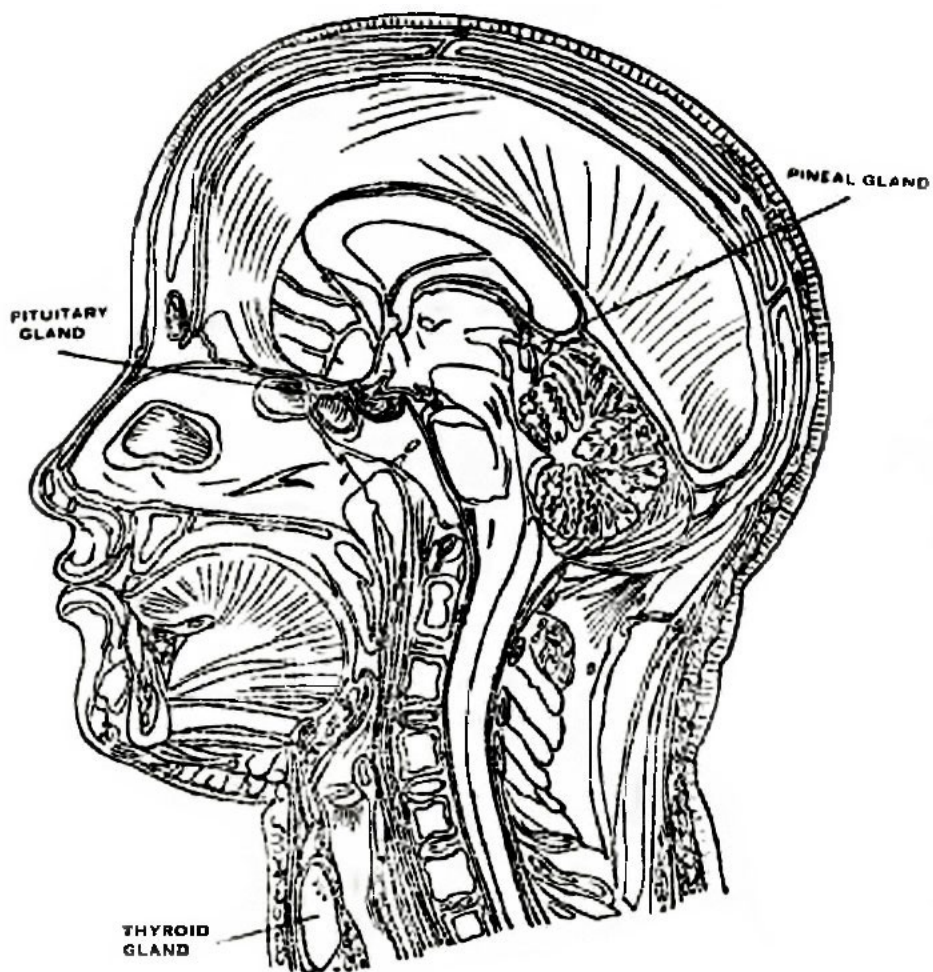
subtle unseen force that builds is so powerful and yet invisible. When a man studies deeply these unseen forces he becomes unconsciously religious.

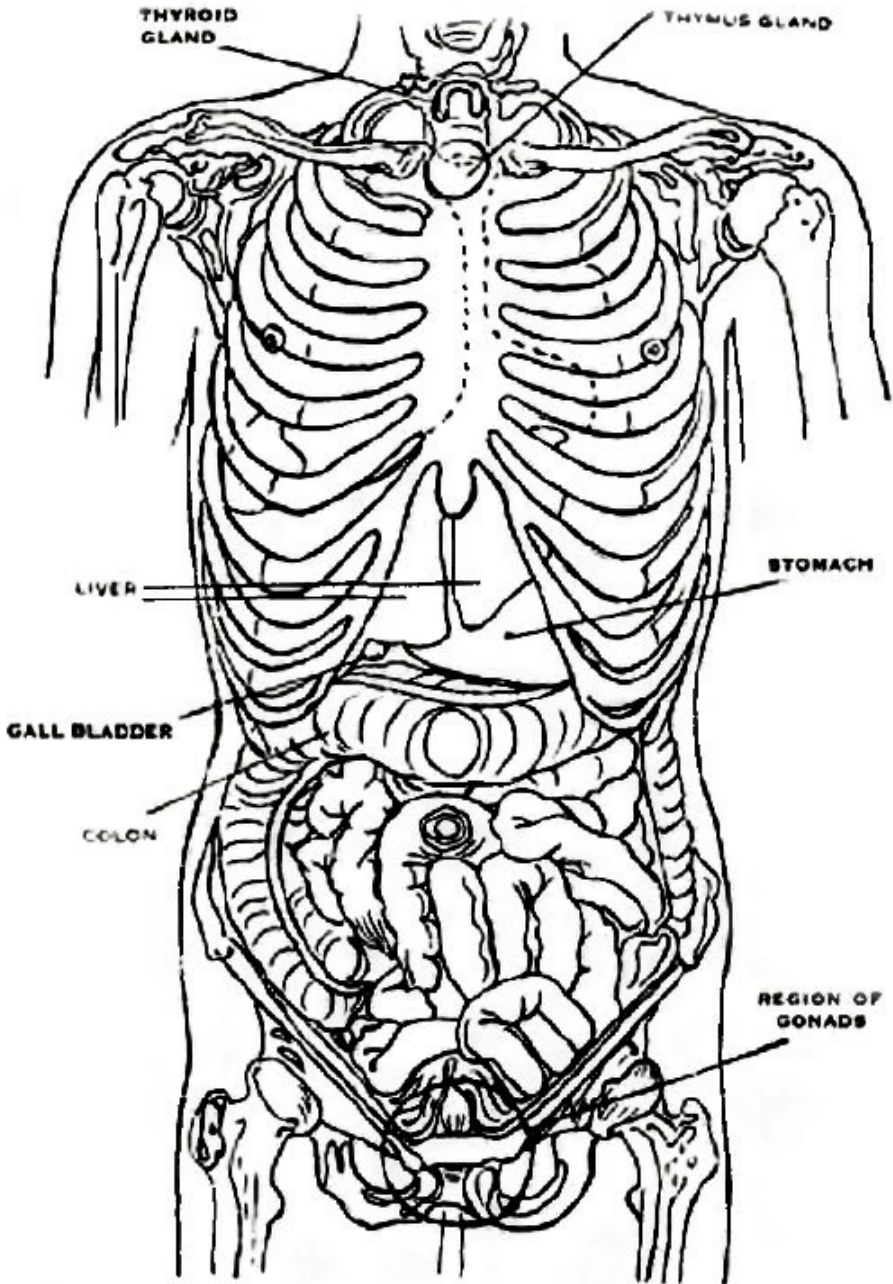
These glands must work in harmony or balance and to do so they needed methods of intercommunication. The chemical intercommunication is the oldest, we think, but soon another method evolved. This we call nerve action. We doubt, if, even now, we know all the processes of conscious relation of the glands and body. There may be vibrations so subtle that the senses do not detect them as yet. When we have learned the method of building and the relation of the glands of the body, then we shall be masters of our whole consciousness.

We had long supposed that the brain was the source of energy and the place from which the will and wish acted, but now we know that the brain is only the depository of memories, communicated to it by some method or process that leaves its records somewhat as the producing needle of the phonograph leaves its record in the wax or composition.

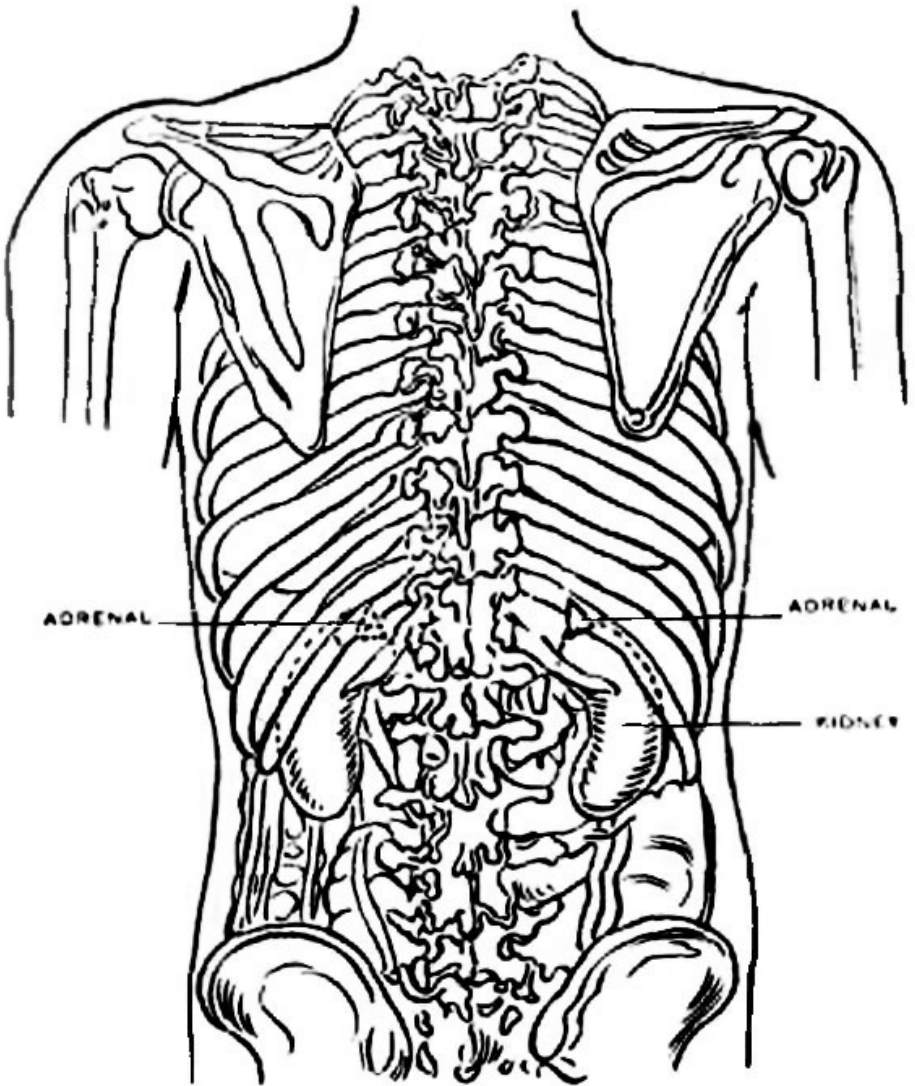
The vegetative system (the gland system) is the seat of the impulses and urges of man. Love is not a result of the thinking mind. It is an endocrine urge. A reasoning mind can help to stabilize love but the impulse of love does not come from conscious thinking. So with hates, fears, etc. Man does not start war by his reasoning mind. It is the primitive urges due to the endocrines that start wars. No sane reasoning mind will ever wish to kill. You can see why we need to build the conscious or reasoning mind. We need to study the sub-conscious mind, which is our building consciousness, so that we can direct the building forces constructively and helpfully.







Front View of Location of Body Organs



Rear View of Location of Body Organs

## Chapter III

# LOCATION AND ACTION OF THE GLANDS AND ENDOCRINE SUBSTANCE

### Pineal Gland

The pineal gland lies near the center of the brain. It is very small, not much larger than a grain of wheat. Mystics tell us that it is the bridge between the higher planes of consciousness and the physical plane of expression. Tradition tells us that it is the remnant of a *third eye* used by man in his earliest development. Descartes claimed that it was the seat of the soul. We know that there are cells in the pineal gland like the retina of the eye.

Life is built around lime salts and the X-ray reveals that the pineal gland contains small grains of sand or salts. In disease the amount of sand in the gland is largely increased. In cases of tumors of the pineal gland there have been wonderful developments in sex and mental attainments and even in spiritual and loving affection. This gland helps in holding the sex in abeyance in childhood and aids in the ripening process of sex after puberty. In childhood it probably acts with the thymus gland. This gland seems to be the balance of control for the action of light upon the pigment of the skin. "It is the light within that reflects the light without." The pineal acts in conjunction with the adrenals in skin pigmentation. It also acts in conjunction with sex glands and brain.

## Pituitary Gland

This gland is about the size of a pea and lies at the base of the brain behind the root of the nose in a little bony cup or cradle called the Sella Turcica or Turkish Saddle. If this cradle is too small the development of the gland is retarded and the person is very apt to be one of moral and intellectual inferiority. The condition of this cradle can be demonstrated by the X-ray. The gland is composed of an anterior and posterior part. Each part has a distinct and separate origin, history, function and secretion. It is a sort of male-female combination. The anterior portion is a proliferation of the mouth area—the taste and smell sense area. The posterior part is an outgrowth from the oldest part of the nervous system.

The pituitary gland is often called the somatic brain for it seems to be the center of the subconscious action. The pituitary gland can be traced from the most primitive form of life to man, and is the same in all planes. This gland and the salt of the blood we have brought all the way in our development from the sea to our present state. They dominated us then as they do now. The pituitary gland is a veteran in the ductless gland class and probably the most important in man's development. Its extirpation means death in a very short time. It has been called "Nature's Darling Treasure" because it is provided with a skull and within a skull for its protection. Here we have an intimate meeting or mingling of the internal secretions and nerves though little is known of its nerve supply. We doubt if much of its fineness of action is as yet understood. Experimentation has proven that the secretions from the anterior lobe of the gland stimulate growth of bone and connective tissue. The posterior lobe secretion controls the tone of the tissues of the intestines, bladder and uterus. It also controls the salt content of the blood.

Salt aids in the electrical conductivity of the system. Pituitary extract raises the blood pressure and causes action of the kidneys and milk secretion of the breasts. If given hypodermically, it causes contraction of the uterus, aiding in expelling the child in childbirth. No other gland can take the place of the pituitary gland.

The anterior lobe has a balancing power over sex and creative force. The skeleton is dominated by the anterior pituitary and we have gigantism or dwarfism depending upon the development and secretion of this lobe. Excess of anterior lobe secretion and lack of posterior lobe secretion makes the giant. An excess of anterior lobe secretion with an excess or increase of posterior lobe secretion makes the mental giant. This type is usually tall, bony and strong. The sub-pituitary person is usually fat, lethargic, short and dull and sexually impotent. Also apt to be an epileptic.

The pituitary controls the periodicity of sleep. An active pituitary means alertness and wakefulness. A tired or dulled pituitary means sleep or hibernation and general dullness. Feeding of the gland products is not yet as satisfactory in results as we might wish. There is something about the chemistry of it we do not yet know. Hypodermic medication seems to be rather active in results.

In pituitary excess the person is typically tall, lean (cannot fatten him), with a tendency to high blood pressure and sexual trends and great mental activity and initiative. Sometimes irritable but of great endurance. The pituitary is the gland of continued effort.

When the cradle (Sella Turcica) for the pituitary is too small we get under development of intellectual and moral sense. Persons so afflicted are called pathological liars for they have no sense of truth. This condition also aids in producing Morons.

### **The Thyroid Gland**

Is located just below the larynx and is composed of two lobes lying on either side of the wind pipe and connected by a "bridge" just below the Adam's Apple. It arises from the same tissue and almost from the same spot as the anterior lobe of the pituitary gland. It has a great controlling force in the growth of man's body and its sustaining power. The thyroid acts upon the growth of the inner and outer coverings of the body—skin, hair, glands, and mucous membranes. It is the builder of the nerves and brain tissues. It is essentially an energy producing organ. It forms the greater part of the iodine or iron and phosphorus



and arsenic of the system. Iron for the general system and to aid in the electric energy and conductivity of the system; phosphorus for the nerve and brain centers; arsenic for the skin.

In the lower forms of life the thyroid was a sex gland. It is now a link between the sex glands and the brain. It is so intimately connected with the sex glands or gonads that it is influenced by sex excitement, or menstruation or pregnancy. The thyroid is the gland that produced land animals and is very important in the evolution of forms, and also progression. The feeding of a thyroid to a Newt transforms it into a Salamander—a land breathing animal. Tadpoles will not develop into frogs if their thyroids are cut away, but the evolvement of tadpoles into frogs can be hastened by feeding of thyroid substance.

The thyroid is also very necessary for the development and evolvement of a higher consciousness and psychic powers. Thyroxin, the active principle of the thyroid is pure iodine. The thyroid secretions are the controllers of the speed of living. The more thyroid the faster one must live. That is, there is a greater intensity and capability of living when the thyroid is active. The Cretin is a person with a great lack of thyroid secretion and is slow of movement, clumsy and awkward and stumbles when going up stairs. The Cretin seems to have no soul or at least it does not develop until the thyroid develops. (By soul we mean a mental and spiritual condition). Many Cretins would become fine adults if they were fed thyroid extracts and given proper food and had good surroundings.

The pituitary gland keeps the salt proportion of the blood the same as that in the sea. The thyroid keeps the iodine proportion of the blood the same as the iodine of the sea. These proportions and elements have come all the way in life's evolvement from the life in the sea and still hold the balancing or stabilizing power of the body, physical, emotional and mental. The proportion of iodine is one drop to four and a half barrels of blood or of sea water.

The Liver is the greatest user of iodine of any organ in the body. Without thyroid secretion there can be no physical unfoldment, no function or faculty, no complexity of thought, no learning and no responsive energies.

Excessive thyroid secretion as a disease is called Exophthalmia and a lack of thyroid secretion is called a strumous or cretin condition. Thyroid secretion increases gastric peristalsis and hastens all metabolic changes. Fine teeth usually indicate good thyroid activity. Dry scaly skin usually means inferior thyroid activity. When the activity of this gland is normal the person's ability to throw off poisons or infections is much greater than when the thyroid is defective. Thyroid is the great energizer. Its normal presence makes life worth while and its absence takes all the joys out of life.

## The Adrenal Glands

The adrenals are two in number. They are cocked-hat shaped glands just over the kidneys, about as big as the end of one's finger. Like the pineal, pituitary and thyroid they have no ducts but are very vascular so there is much blood carried to them and the adrenal secretion is carried away in the blood stream to all the tissues of the body where it is used.

Each gland is composed of a cortex or outer portion and the medulla or inner portion, called the core. The cortex is derived from the same tissues that formed the sex glands. Vigorous or fighting animals have a large cortex or outer part of the adrenals as for instance the lion, tiger, buffalo, etc. Timid animals, such as the rabbit, have a small cortex. There is a very close relation between the adrenals and the gonads or sex glands. Before birth, disturbances such as tumors in the adrenals, are supposed to be the cause of hermaphroditism (both sexes in one). After birth tumors, or disturbances in the adrenals, cause premature sex development. Children of three or four years of age with such disturbances often appear as 14 or 15 with the characteristic sex conditions of that age: voice, hair growth, strong muscles and general virility. There is a close alliance between the brain cells, sex cells and adrenal cortex cells.

Adrenal secretion (called adrin or epinephrin) energizes the muscles of the body and very especially the muscles of the circulatory system and the digestive tract. The adrenals seem to get their potential energy from the thyroid output of iodine. In excessive action of the thyroid we

get excessive adrin or epinephrin and, from that, excessive stimulation of the muscles and especially the muscles of the heart and the rest of the circulatory system. The heart will pound like a trip-hammer in an exophthalmia case. Adrenal secretion is often called the enzyme of enzymes (an enzyme is a digestive ferment). It supplies the base for saliva, pepsin, hydrochloric acid, liver, pancreatic and intestinal juices. The adrenal cortex acts upon the pigment cells of the body. In diseases of the cortex of the adrenals the skin becomes dark or pigmented or bronzed. This is called Addison's Disease.

Death follows quickly upon the removal of the adrenals. There have been found cases of apoplexy of the adrenals and the action was similar to the action of apoplexy of the brain. Adrin or epinephrin is the product of the inner portion of the gland, the medulla. The secretion promptly raises blood pressure when injected into the system. Adrenal secretion tenses all the tissues of the body. The adrenal flow is brought to excess by pain, fear, excitement, rage, or any of the painful emotions. (Every one has at some time in life felt the tenseness of body under great stress of emotions.)

The adrenals are glands of combat. They are the evolvement from the "Fight and Flight" age of man. Nature has evolved all the glands and tissues as they were needed, but as man developed individuality and with it selfishness and greed he arrived where he no longer ran with "the pack" to hunt. He wanted the best of things and separate from the rest of the individuals. To get the best of the other fellow he was always ready to "steal a march" or "put one over" on his fellow-man and this led up to the "Fight and Flight" condition. That is, he had to fight with all the fury of his power or run away with all his power. It was "tooth and claw" or fleetness of foot, that was the law of self-preservation or rather self-satisfaction. Excessive adrenal secretion was absolutely necessary for activating force in the "Fight or Flight" condition. Excessive use of any of nature's forces will sooner or later pauperize those forces.

In spite of our boasted civilization we are still in the "Fight and Flight" age. Our fighting and running away may not be as crude as the cave man's but it is still as destructive to the body and soul of

man. Our jealousies, hates, fears, struggles for wealth, power, position, our lusts, and superstitions all call upon the reserve supply of adrenal secretion—the fighting or energizing secretion—until the glands are exhausted and we wonder why so many die of heart disease (over heart action), Bright's Disease, diabetes, tuberculosis, cancer, and other diseases of diminished resistance. "Americanitis" is the result of our rapid living, or our refined "Flight and Fight" era. The system is under constant shock and the reserve energy is under call all the time. Shock is a blow to the emotions from fright, anger, worry, surgical operation or injury or some unpleasant experience. Under too long continued stress the ductless gland system or endocrine system ceases to function and the adrenals stop sending out the supply of epinephrin, which is the tensing fluid, and the heart slows, the blood vessels relax and the brain loses its blood and unconsciousness follows. The skin turns white because the blood is no longer driven to the surface and a general condition of collapse ensues and if adrenal secretion is not supplied by artificial means or the latent forces within the person given a chance to recuperate, death will follow.

Unconsciousness has been the turning point for the recovery of many a patient. The emotions and fears were for the time cut out and their inhibiting power was dispelled and the latent powers within the endocrines had an opportunity to assert themselves. Joy, hope, love, religious fervor and other inspiring emotions have freed the endocrines and given them an opportunity to act harmoniously and constructively. Life is too strenuous and, when we learn the things that the endocrinologists are trying to teach, we will play fair with the forces within us. When we live so fast, we are in a constant state of shock though we may not be in a faint or unconsciousness. We are in a lessened state of consciousness because of our tenseness than we would be if we knew how to be calm and harmonious in our being. Our tenseness of living causes us to suffer with fatigue, nervous exhaustion, sensitiveness to cold, loss of appetite, cold hands and feet, and a loss of the zest of life. We have mental inability, tendency to worry and weep and, as we said before, a general condition of "shock." All the glands are involved in shock but the adrenals are the specific glands of shock. The person with insufficient adrenal gland action is very apt to succumb to diphtheria and severe fevers.

Men who have an excessive supply of adrenal secretion (not exophthalmic) have great energy and unless well balanced by the pituitary are apt to be cruel and dominating and are often given to great sex excesses. The excessive-adrenal persons are among the politicians, bankers, captains of industry, and leaders of men. They are the men with terrific driving force. When there is a good pituitary balance with strong adrenal supply we get the great thinker and man of fine power, with gentleness and fine ideals.

Excessive adrenal supply in a woman makes her masculine and neutralizes her ovarian secretion. Such women become the leaders and command responsible positions. It is a safe bet that the first woman President of the United States will be of this type, or at least an anterior pituitary-adrenal centered woman. This type of woman is also prone to growth of hair on her face and body.

After all wars the nations involved are always in a state of shock. Men and women are not normal. Waves of crime and excesses follow every war. Women become more masculine from the constant shock of their adrenal endocrines. The adrenal arousing of the men turns them to sex excesses for expression of force or even to crime. Advocates of war say we need wars to arouse the evolving forces within man. We do not believe it necessary to arouse the brutal to evoke the poetic and spiritual side of man.

### **The Gonads (Sex Glands)**

The gonads of the female are the ovaries, breasts, and uterus and in the male they are the testicles, the penis and prostate gland. They are the generative or reproductive glands or sex endocrines. They are of external and internal secretion. The ovaries produce the ovum but they also produce an endocrine substance that vitalizes a woman and makes her feminine. The testes have as their external secretion semen which is the spermatozoon carrier and which is stored at the prostate gland. The internal secretion of the cortex of the testes is the male energizing force and that which makes him really male. It is the male endocrine.

Early life was reproduced and perpetuated by budding or fissure. That might have been enough to perpetuate life and mankind but the Great Consciousness seems to have created farther for some purpose. Something more was needed to evolve individuality and differentiation. From some Great Wisdom came the evolvement of sex individuality and sex differentiation with characters of negative and positive expressions. Sex urge has caused some of man's extremest individualistic or selfish traits.

Before the advent of sex, food was the only urgent need of life. Now more is required; sex pleasure, sex selection, finer foods, the sense of beauty, personal adornment, the urge for ever more and more expression. Sex has produced ideals. There are different characteristics for male and female. Sex has lifted man above the commonplace, but it has also been the greatest source of brutality. "Man has always been most brutal to himself in the name of the ideal." Castration was one of the first surgical operations and most often done in the name of religion. In early ages children were castrated and thus prepared for the profession of eunuchs or slaves. In all ages it has been a religious rite by some fanatical sects. Even at this day there are cults in Rumania and Russia that practice castration. To a scientific mind it is mighty hard to conceive of a Creator that would love the handiwork of His consciousness any the more for being mutilated. Yet in all ages there have been fanatics that believe in perverting the natural expressions of the Great Creative Force.

In a person castrated before puberty, no sex characteristics develop. The male voice stays high pitched, no hair grows on the body and obesity and mental sluggishness prevail. The eunuch is lazy, suspicious and undependable. In the female that is castrated before puberty the pelvis does not develop, the breasts do not swell, the voice is low pitched, the mind is dulled and the masculine type is produced. The castrated male become female and the castrated female becomes male in type. Experiments on these beings have shown that if an ovary is implanted in a male eunuch his general characteristics become female to a great degree. If a testicle is implanted in a female eunuch the characteristics will soon become male. If an ovary is implanted in a female eunuch the person will take on the whole appearance and

characteristics of the female. If a testicle is implanted in a male eunuch the functioning of the male will be brought into expression.

The normal man is one with normal male gonads. The normal female is one with normal gonads of the female. The manly man and the womanly woman are the normal functioning man and woman.

Eunuchs have more brittle and weaker bones than normals. The ovaries regulate the lime distribution in the female. Excessive pregnancies cause the terrible cases of osteomalacia or soft bone deformities that are so common in the densely populated districts of Europe and Asia. The frequent pregnancies use all the lime reserve and the bones suffer. Many women suffer with teeth trouble during pregnancy. In the males the testes (also called interstitial glands) regulate the lime of the bones and strength and stability of the bones. The powerfully boned male is usually very virile sexually.

Some of the endocrines act as accelerators to the sex glands and some act as inhibitors. The thymus is said to hold the sex in abeyance and the adrenals accelerate the sex expression. The thyroid and pituitary also play a great role in the expression of sex.

The prostate gland, which is the storehouse for the seminal fluid, lies at the base of the bladder and surrounds the neck of the bladder. Its complete function is not understood, but it must have some influence upon the nervous system for when it becomes inflamed the man becomes irritable, despondent and even suicidal. The author has restored many men to normal activity and function by treating the prostate. Sexual excesses are supposed to be largely the cause of enlargement of the prostate, as also is gonorrhoea with its after effects.

The ovaries are supposed to erupt an ovum every 28 days which is taken up by one of the fallopian tubes and conducted to the uterus where it must meet the male germ (spermatozoon) if a new life is to be started. There is no stronger urge expressed in life than the effort for the male and female germs to meet. The breasts play an important part in the female expression. They form the food for the newborn child and they have an endocrine faculty that aids or normalizes the menstrual function.

The uterus is the female sex organ where the fetus (child) is developed and prepared for its advent upon this sphere. Just what the endocrine influence is, science has not yet found positively, but we do know that when a woman has an inflamed uterus, she is irritable and usually depressed and generally neurasthenic. There is an intimate alliance between the post-pituitary and the uterus. A few drops of post-pituitary extract injected in the circulation will cause intense contraction of the uterus. This knowledge has been of great value to the obstetrician in the delivery of the child and holding the tone of the viscera. The reasoning mind cannot yet conceive how or why at just the correct moment there is freed in the system an excess supply of this post-pituitary endocrine substance that finds its way to the uterine cells and causes rhythmic contractions and thus expels the child and contracts all those blood vessels of the uterus that have been doing such big work for nine months.

### **The Thymus Gland**

The Thymus gland lies just below the thyroid gland and behind the upper chest bones. There is not enough known, as yet, of the action of the thymus but it seems to be the dominating gland of child growth before the time of puberty. It inhibits the activities of the testicles and ovaries. Castration causes persistent growth of the thymus. Removal of the thymus or its inhibition by the X-ray hastens the development of the gonads. The continuance of the thymus after puberty causes peculiar actions of sex expressions. Repulsive and degenerative practices come invariably from thymus-centric persons. The thymus prevents differentiation and stops the transforming into positive sex expressions, either of male or female. Feeding tadpoles thymus substance prevents the evolvment or differentiation of the tadpole into a male or female frog. In thymo-centric persons we get the homosexual cases. The male does not become fully male and as there is so much of him still potentially female he will care more for the society of the male than for the female. The female will still be potentially male and so enjoy the society of the female most. The thymus seems to be the child bodybuilder, supplying many of the elements that build the structure. The thymus begins to regress at puberty so it is supposed



that the gland is the gland of childhood growth. In animals whose thymus has been removed the lime or calcification processes become retarded. The thymus seems to dominate the lymphatic system.

### **The Parathyroids**

The parathyroids are composed of four tiny glands, as large as wheat seeds, in or near the thyroid gland. Removal of the parathyroids is followed by great excitability of the nervous system. The action is much as if an overdose of strychnia had been taken. They are called the glands of tetanus. The chief function seems to be to control the calcium metabolism, or the lime salts of the system. These glands seem to be necessary to the steadiness of nerve and muscle control. They seem to be the agents of detoxification. There is always a lack of parathyroid endocrine secretion in lockjaw, epilepsy, paralysis agitans and convulsions of epilepsy.

### **Other Glands**

The Pancreas is the controller of sugar metabolism. This gland has a duct that carries its secretion to the intestines where its enzymes control and complete digestion.

The spleen is a ductless gland of which little is known except that it plays a great part in the detoxification of the system.

The liver is one of the most important glands of the system. It is the storehouse and the clearing-house. It is here that the food is finally prepared for its advent in the circulatory system and where the broken down particles of the system are renovated and again made fit for use if possible. It is a gland of internal and external secretion. The external secretion is bile and is thrown by a duct into the digestive tract. The internal secretion is sent direct into the circulation.

The kidneys are glands of excretion, mostly, as far as known. There are some investigators who claim that they also supply an endocrine substance that affects the general system.

## GLANDS—OUR INVISIBLE GUARDIANS

The lymph glands are chains of glands connected by lymph ducts and are scattered throughout the whole system. The lymph ducts are a system of vessels that carry the broken down particles of tissues and the food lymph back to the liver where the final renovation takes place. The various glands along the chain of ducts have a renovating power and evidently have activities that are not well understood.

Too much food and refuse, with poisons of some kind, often cause enlargement of these glands and make good foci for tuberculosis and cancers. The writer has seen many cases that seemed like tuberculosis of the lymph glands entirely recover from regulating the food supply and stopping auto-intoxication.

The salivary glands are the glands of the mouth that pour out the saliva and start the starch digestion of the food and maintain moisture of the mouth and throat.



## Chapter IV

# AN INTROSPECT—THE MYSTICAL LAWS

**W**HEN ONE STUDIES the action of the physical expressions of man it almost makes one feel that man is purely animal or physical or mechanistic, but more careful analysis proves that man is more than merely physical. To play, to work, to reproduce are common to man and animals. To create is human only and is the link between the human and the Divine. As we said before we cannot conceive of a creation without a Creator. How could we have all the immutable laws that control all creation without a consciousness greater than our own to evolve all this? We have, as yet, sensed no human consciousness that seemed able to evolve all the vast universe. That it was all chance is equally impossible to conceive. We cannot help sensing that some vast force or consciousness is expressing itself.

Man seems to be a consciousness within this vast consciousness that is ever trying to express himself, sometimes intelligently and more often blindly. We know that there is an intelligence or consciousness within man that is higher than the mere animal. To find that higher consciousness and intelligence is man's supreme work at present. "Know thyself" has been the adage for centuries. Our great desire should be to know and when we know, to transmit the knowledge to higher planes of expression.

As we learn the laws of the lower forms of life we are learning the actions of the higher forms, for the teaching "As above so below and as below so above" becomes very vital as we gain more and more knowledge and wisdom. The deeper we peer into the mysteries of Nature the more we are reminded that the four fundamentals mentioned in the foreword are true and that every phase of life's expression is within the fundamental laws.

Man is linked by the tie of cell, blood, bone to every expression of life in the sea, jungle, forest, plains and cities. Man is a branch of the tree of animal or beast nature. But there is more than beast there. Every cell of the body has its consciousness and knows what to take as food and what to eliminate. The liver cells have the liver-cell consciousness. The muscle cells have the muscle-cell consciousness. The skin cells have a consciousness quite different from the liver, muscles or any other cells and know how to act as skin-cells and would be lost if transferred to the liver or the muscle. Man is a differentiation from other animal forms and consciousness. He is all right as a man but all wrong if he tries to be a lion, or a horse or fish. Man must be true to the impulses or consciousnesses that have built him so far in his development. He is still bound by his needs and the needs of his ancestors which function through his endocrines—the ductless glands. His hates, loves, superstitions, food desires, lusts still dominate him largely. Slowly, oh, so slowly, he is seeking freedom from his limitations. Reason and spiritual guidance take long to establish. That something called the Spirit of Christ is so slow in developing in man.

As we begin to understand the full evolving force of the endocrines we will gain true freedom and soul growth. Reason and the Divinity within must become the guiding force of man. Man must have freedom for himself and for his fellow man. In the ages past man has enslaved his fellow man and lived a predatory life. There have been those high up and those far down. It is time for the law of normals and this will come as we gain knowledge of the laws of building normals in physique, mind and spirit. We must know the laws of involution, evolution and continuous life. As we study the endocrines we know that man can be the architect of his own destiny. Mystical Science will do more for the up-building of man than has been done by the religions of the world. Religion is the expression of but one phase of man's existence. Mystical Science, such as Rosicrucianism, reaches all the phases of man's functioning and being.

Science has taught us positively that man's physical form and mental attainments are controlled by his endocrines which are the products of the ductless and other glands of the body. The length of limbs, the kind of face, the shape of the pelvis, the color of the skin, the tone

of the muscles, the mental activity, the inheritance, all are because of the endocrines. Races are small or large according to the actions of the endocrines which in turn are influenced by environment.

Napoleon shortened the stature of the men of France by the killing off in wars of the biggest men so only the smaller men could breed and reproduce. Also the nervous strain on the adrenals and other glands of both men and women inhibited the proper growth of the offspring.

How shall we build the bodies and characters of men? Do you know of a better way than to study and know the orderly arrangement of the forces expressed in man—which is mystical science—and being guided by the truths there found?

So far we have treated the glands as if each stood out separate from the rest, but they *never function separately*. Each influences the rest of the chain. A physical shock or mental shock will soon involve all. The endocrines are the directors in the corporation of organs and tissues and consciousness of the being called man. There are sub-committees that control certain organs. The growth of the brain is presided over by the adrenal, thymus, thyroid and pituitary. They decide the size, the number of cells, convolutions and speed of its chemistry or action. The sugar metabolism is presided over by the pancreas, adrenals, liver, thyroid and pituitary.

These glands or directorates may be co-operative or antagonistic. The thyroid and thymus are antagonistic. One inhibits the other (this is illustrated by feeding the tadpole thymus to prevent differentiation and the feeding of thyroid to speed his development).

The thyroid and the pancreas are antagonistic.

The thyroid and the ovaries are co-operative. The pituitary and the thymus are antagonistic. The pituitary and the adrenal cortex are co-operative on the brain and sex cells.

The ideal condition of mind and physique is when all the endocrines have a correct balance. This is called “Harmonium” by the Rosicrucians, when their interplay is normal. That would require normal environment. While normal environment would seem like

Utopia yet we must have the creative mind to try and develop the correct environment. We have no other way of function or expressing self but through the body and mind. Mind is but a consciousness. It is not something separate from our being.

We have two minds in our being: One is the reasoning mind and is called the conscious mind; the other is the sub or unconscious mind. It functions when the reasoning mind is at rest and is the building force of the body and mind. This subconscious consciousness is the positive impelling force of man and is expressed in the endocrine system. It is called by scientists the vegetative system, and is supposed to be a lower form of action. The vegetative or endocrine system is the consciousness of the ages of involution and evolution of man. The impelling forces within man come from these endocrine expressions. Our emotions are the actions of the endocrines. The reasoning mind has no emotions. In fact it is a question if a man's mind is as yet capable of any great reasoning, for all his reasoning is so tinged by the impulses from the endocrines that they overshadow the supposed reasoning. Most of man's reasoning is but seeking proofs to go on thinking as he has in the past. If he is a Christian he seeks proof for his belief and finds the answer in the impulses of the past recorded in his endocrines. If he is a Jew the process is the same, as also it is if he is a Buddhist or Mohammedan. He loves and hates not by any reasoning power of the mind consciousness but by the deep impulses of the endocrines. We unconsciously absorb the arguments that come in our every-day contacts. That is environment.

We must make a new era. An era where we will know that as we have evolved we were dominated by bodily processes, animal impulses, savage traditions, infantile impressions and numerous traditional and conventional reactions, and now we must use clear reason and clear thinking and transmute the knowledge of the past into wisdom and spiritual life for the future. We must leave behind the exhortations of the past as to the impurity and baseness and vileness of the physical body. We must learn that a clean soul must have a clean body to function through, if the functioning is to be clean. Men, like animals and plants, go on, generation after generation, living as their progenitors have lived, for the vegetative system has reasoned very slowly and has acted

only from necessity, but we have arrived where we know that the past is not the sole standard for the future. Our past is too full of fears and hates. We need to become truly mystical and seek more light.

We said before that the brain is not the exclusive seat of the mind. It is only one unit of the intelligence system of the body. The glands are the tuning keys that lighten up or tighten up the driving forces of the system. This tone or driving force of the system is called the kinetic drive and is registered in the consciousness of the glands which is the so-called subconscious mind. This system is interrelated by chemical processes and through ganglia of nerves of the sympathetic nervous system to the solar plexus and other plexuses and the brain. Your wish or your will is not a thing of the thinking mind, but is a matter of the standards of the glands or endocrines, or the so-called vegetative system. If we know a man's internal secretory composition we can predict very accurately the physical, mental and spiritual makeup of the man. Also the general lines of his life, disease, tastes, idiosyncrasies and habits.

The past action of a man will give his endocrine standing. Customs, morals, ethics are the endocrines. Our evolvment is the story of the ductless glands, and the Cosmic mind will be raised only as the power of the individual mind is raised through the functioning of the endocrines and the reaction upon the mind. Our thoughts affect the endocrines as also the endocrines affect the mind or brain. Foul thoughts affect the endocrines. Foul and decaying products of digestion act upon the ductless glands or endocrines and may plunge the person into deep melancholia. Narcotics may for a time transport the person to realms of bliss through exhilarating action upon the conscious and subconscious forces. A sudden word or shock may act as poison. Loves, hates, fears have their depressing effect or exhilaration as the case may be. Diseased endocrine glands will affect the thinking mind of man and color his thoughts. Diseased gonads will cause the mind to dwell on matters sexual. Diseased gonads will cause irritability or a state of fear. Diseased thyroid will cause depression if hypo-thyroid, and a greatly excited condition if the thyroid is a case of hyper-thyroid.



## Chapter V

# TYPES OF ENDOCRINE PERSONS

**T**HE NORMALLY BALANCED endocrine human being is rather rare: There are as many different types of unbalance as there are endocrine glands. Our environment and possibilities for expression are still too inhibitive. When man finds the freedom he is ever seeking, then will he find balance.

### **The Thyroid-Centered Personality**

The normal thyroid personality has bright eyes, good clean teeth, symmetrical features, moist flushed skin and a temperamental attitude toward life.

The hypo-thyroid or lack of thyroid personality is usually below the average in height with a tendency toward obesity. The complexion is sallow and the hair dry and the teeth irregular. The extremities are cold and bluish, the circulation poor.

The intellect is pretty sure to be dull unless the pituitary is large; the mind may be fine but the energy will be always lacking.

The hyper-thyroid (excessive thyroid) person is the ruddy, live wire type. Active and energetic, fair complexioned and magnetic. The thyroid regulates the speed of living. It promotes the activity of the adrenals and in that way produces the activity of the system. The thyroid centered person is usually the restless, active, perpetual worker who gets up early, works all day until late at night, then goes to bed and plans the work for the next day and then complains of insomnia. These persons are very susceptible to shock and worry or grief and their friends will be surprised that such energetic persons should so



quickly become invalids and subject to various forms of psychosis, especially melancholia. Shock inhibits the endocrine secretions, iodine, phosphorus, and arsenic of the thyroid, and with it goes the break of normal interplay between all the other endocrines, and an especially live wire becomes derelict on the ocean of emotions.

### **Pituitary Centered Type**

The hyper-pituitary or the sufficient or dominant type is usually large with large, long bones and the frame is dominantly "bony." The eyes are wide apart, face broad, teeth broad, large and unspaced. The chin is usually square and protruding. Large feet and hands and early growth of hair on the body and a thick skin. Usually well sexed and aggressive and precocious and self-contained. There is usually an acute sense of rhythm. The features are not usually symmetrical. Abraham Lincoln is the extreme type of the pituitary centered person.

The hypo or inferior pituitary type is small, sometimes with very delicate skeleton, rather prone to fatty tissues and weak muscles, with prominent or protruding upper jaw, dry skin, small hands and feet, abnormal desire for sweets, subnormal temperature, pulse, and blood pressure, with poor control of the vegetative (ductless gland) system, mentally sluggish, dull, apathetic and backward, losing control quickly, crying easily, discouraged quickly and having no stamina.

In the pituitary centered person much depends upon the sella turcica or the cradle of the gland, whether large and roomy or small and restrictive. Also the other glands' development aid or retard pituitary development.

Much depends on whether the anterior pituitary or the posterior pituitary is dominant. In the male the anterior should be dominant, and in the female the posterior. Also with the anterior pituitary the testes should be allied and with the posterior pituitary the ovaries should be conjunctive or allied. The anterior pituitary and the ovaries dominant would not be a good combination. It would make the masculine woman. The posterior pituitary and the testes dominant would make the feminine man.

When the posterior pituitary dominates in a woman and there is good ovary support, the build will usually be rather slight and delicate, the skin soft, moist, roseate. There will be a fondness for children with rather an emotional tendency, in fact the ideal feminine type of woman. The unstable post-pituitary female is unstable in all of her expressions. Craves excitement, constant change and a new pleasure every minute.

Wars, excessive excitements, excessive sex sensualities, improper dress, improper foods have produced many unstable post-pituitary types.

Many men are post-pituitary centered and are often the poetic type, the musicians and very emotional. They are usually short, round and stout. Here we have the henpecked husbands and lovers. They often are beautiful characters, but lack aggressiveness. They should be understood, not bullied. Many women are anterior pituitary centered and so become the aggressive type and fill men's places in the business world. They too should be understood and not abused.

### **Adrenal Centered Type**

Hairy, dark, masculine, primitive and strong. Here we have the slave driver for he has such a sufficiency of driving force he can drive others. Among the high salaried persons and men of great energetic positions we have the adrenal centered type. The adrenals, in conjunction with the pineal, control the pigmentation or the darkening of the skin. The dark skinned and red haired persons are typically the fiery adrenal centered persons. In persons that lack adrenal secretion influenza or diphtheria are most easily contracted. They have a lack of immunizing force. The person that has a good adrenal supply with good thyroid and pituitary action can lead the world. He can be a master among men. Brain fag is often due to adrenal fag. The adrenal type among women is masculinoid.

Moles on the skin are the product of the adrenals. The adrenal insufficient is weak, irritable, lazy and apt to be neurasthenic, and has loss of appetite and a general lack of response to stimuli of all kinds.

Growth is slow in an adrenal insufficient and he cannot be driven or hurried. Children that lack the adrenal secretion before puberty often awaken to good energy when the rest of the endocrines develop—especially the sex glands. This fact should be understood by the educators of the land. The children that have not a sufficient supply of adrenal secretion cannot learn well and cannot be driven to learn. They will lack also the iodine and phosphorus supply of the thyroid endocrine secretion and thus the brain conductivity or the registering force in the brain will not be there and you cannot expect a child to register impulses unless the medium for impression is supplied. You would no more expect the phonograph receiving horn to register the vibrations of sound without the wax or composition plate for the needle to act upon than you would expect a mind to register without the material on which to register. Educators have much to learn from the endocrine system. The educators have acted upon the supposition that the brain was a recording disk upon which they could pour impulses and have them register. The iron, the phosphorus, the lime salts, and all the subtle agencies of the endocrines must supply sufficient balance or the brain and general kinetic forces cannot act. Schools, like churches, have been places for inhibitions instead of activities along the natural paths of expression. The hope for the future in education and religious expression is for the doctor, teacher and the preacher to pool their knowledge and forces and educate along the lines of least resistance, which is nature's way toward full expression of consciousness.

### **Gonad Centered Type**

This subject cannot be adequately handled in a book for the general public until the general mind is less sensual in its outlook.

It is the sex glands that make the male and the female types of person. Masculinity and femininity are expressions of the interplay of all the internal secretions. The testes and ovaries only give certain tendencies. There is no absolute masculine or absolute feminine, for there is still much of both within us. This will be understood if the reader will remember the action of the pituitary gland in its anterior and posterior aspects. The testes and the anterior pituitary make the

dominant masculine person and the posterior pituitary and the ovaries make the dominant female. When the thymus gland has prevented the full development of the differentiated sex glands then we get continuation of the two sex expressions within the one person. Here we get the homo-sexual person. (See thymus gland.)

Sex seems to be due to chemical reaction, and depends upon the number of chromosomes in the cell of the egg. The male has 22 chromosomes and the female has 24 chromosomes. Also lime salts play a great or dominant role in the development of man and woman. The male is more stable in lime salts action. The female is more unstable because of the periodicity of her life—menstruation, pregnancy and lactation. These draw on the lime salts reserve. The male is bigger and stronger because of these facts. The eunuch is one in whom sex has never developed because of castration, and he is always childish in feature and mind yet reaches senility when yet young. He does not have the lime salts that go to making stability. There are also infantiloids, who are persons that have not been castrated yet are infantile in sex development. They are much like the eunuch. We also find infantiloid tendency is invariably toward homosexuality. Homosexuality is defined as the desire to associate with one's own sex or where sex pleasure is most greatly expressed with one of the same sex.

History tells us of various cults of homosexuality. In many cases homosexuals were produced by unnatural means of inhibitions and sex irritations until all natural sex expressions were impossible. These were used in religious orders or as prostitutes for orders or sects. Even to this day there are religious orders that consider it a part of their religion absolutely to inhibit every sex impulse, and while these orders contain many brilliant men, for they work off their sex energy in mental attainments, the average person of the cults is nervous, suspicious of all men and women, and becomes very self-centered and very rarely becomes a great leader of men. Real "he" men do not readily follow a feminine or suppressed type of man. Neither will really feminine women follow or respect the feminine type of man. Men with strong anterior pituitary, strong adrenal glands and weak sexual glands are apt to be very cruel and destructive in their expressions. Repression in the male will often start the feminine trend and in females start the masculine trend.

The ideal normal man is the man with strong sex power and a well developed anterior pituitary with the balancing power of the post-pituitary normal, and strong adrenals. This is the man that will be creative in his work, kind in his actions and yet have a driving force that will meet and break down all barriers to his progress. This is the type of man that will be loved by both men and women. He will be a man's man up to higher planes, for he himself will be constantly man and also a woman's man. He is the type that will live striving for that which is best and highest. In him will be the poetic genius that drives him ever on and on. He will be able to realize the four great principles of life and can transmute his knowledge into building his physical, emotional, mental and spiritual expressions to the very highest. He will become the super man and then the master.

And similarly will evolve the woman who is truly feminine and well balanced in the sex and other endocrine glands. This truly feminine woman will be the medium for unborn lives to enter this sphere and through her, in conjunction with the perfect type of male, the incoming life will not be handicapped but will be free to evolve as the Creator has directed.

The history of man's expression on this earth has been one of cycles of profligate abandon to excesses followed by periods of terrific inhibitions. After an age of wanton excesses there went forth from Mt. Sinai the command of "Thou shalt not," and due to misinterpretation there followed a period of asceticism and inhibitions that we are still suffering from. These thunderings from Mt. Sinai have been interpreted to mean that all physical expressions were impure and unpleasant in the sight of God, and yet this same God by the same teachings caused all the impulses that drove men on to expression. Science will soon step in and by natural teaching will bring mankind to a realization that every expression of consciousness may and must be pure and uplifting. Man's creative force is essentially a pure force and just as necessary and sinless as the eating of food. Eating of food may be as unclean and excessive as the sex force. The young men and women have not been taught to know and live their creative lives. They have learned to sneak and steal and abuse their God-given forces. We have treated our hogs and cattle better than our children. To teach children simply to

suppress all their lives is as productive of results as to try to blanket the crater of Vesuvius to keep it from erupting. The eruptions will come and the cities will be destroyed.

Science will teach how to stabilize man's excessive vegetative (endocrine) system and produce a race of balanced men and women. Our instincts, which are the subconscious intelligences of the ductless glands, will lead us on to normal expression if they are not wrongly inhibited. We have been taught to live "by faith alone" and I do not belittle faith when I also demand that I may be led to live by the law of all life, which is the law of action and reaction, or the law of cause and effect. Rosicrucians call this "Karma." Man can understand the creative laws if he will only study and learn. The secondary characteristics of the male are: Hair on the face, skin coarse and lean, muscles powerful, bones heavy, bass voice and generally aggressive.

The secondary characteristics of the female are: Hairless face, skin fine and plump, relatively weak, bones light, treble voice and usually reserved. Woman's expressions are rhythmical. They act with the tide and moon phases. This may be traced to the posterior pituitary which in turn may be traced to the time when the pineal gland was an eye.

That creative force of man is largely centered in the sex endocrines is proven, for in all eunuchs that were so made before the sex ever developed, there has been no creative energy ever developed. In the past there have been many cults to inhibit sex expression but for the future, science will teach that he who inhibits all the endocrine impulses of his being will be as impure and unholy as the being who indulges in excesses. The mind and higher spirit of man cannot develop when the prime creative force is destroyed. (In a later chapter we will show that sex expression is not mere copulation.) All the endocrine expressions should be pure and not excessive. Man cannot evolve through lusts or excesses nor through inhibitions.

Just at present there is a frantic effort being made by some men and some doctors to find the perpetual fountain of youth and some think they have found it in the gland transplanting process. It is the usual fool effort of men to outwit the laws of nature. Transplanting of an ovary or a testicle may give added impetus to the sex expression, but

in the long run it must only wear out the general system the faster. It will be the plaything of the idle rich and sensational doctors for a time, and it may possibly add a few months or even a year or so to the sense pleasures of the few who can pay for the mutilation of some poor unfortunate, but the immutable law of “Karma” will not be made sport of, nor can it be cajoled by money. The “Temple of Myself” is holy ground to our way of thinking and the effort to find ways to continue mere sensuality is very disgusting to us. The endocrines that are not abused will stay fine until very old age.

We do not wish to say much about treatment with endocrine products which is getting to be the rage at present by doctors and by quacks or proprietary concerns. We wish to give this warning that it is best to go very carefully. If you have any endocrine trouble consult a man or doctor who really has made a study of the subject. The mere feeding of a gland product cannot correct the trouble. There is some law of life being violated when the supply is not normal. The thing to do is to find what law is being violated, then correct that and then find the best method of arousing the forces within the glands. It may be that all that is needed is mental or emotional calm. It may be that exercise or more sunlight and air is needed, or it is just possible that you are using your vitality too fast and are in the state of “Fight and Flight.” It may be that you do need some endocrine products, but it is not safe to use them indiscriminately. The science of supplying deficient endocrine substances is not fully developed. The object of this story of the endocrines is to make the laity a little more familiar with the building forces within the human temple and the sacredness and the possibilities of life’s evolution.

### **Thymus Centered Type**

Up to the time when the permanent teeth are through, the thymus is the dominant gland. This age is to six or seven years and here the child form is very alike in both sexes. Then slight differentiation begins though no marked changes take place until the time of puberty. At this time the thymus functions less and less and the sex and other glands begin a greater development. When the gonads are fully

established, the thymus is supposed to have become inactive. But often the thymus goes on functioning for some unknown reason (probably some inherited trait or lack of sex growth) and then we have a person whose whole life will be dominated by the thymus gland (Thymo-centric). The features will stay rounded and child-like. The ruggedness of the sexual or pituitary type will be missing. In this type we get the "angel children" that are so delicate and fair of skin and features that they seem to be not of this earth, and their movements are all grace. Novelists seem to delight in describing this type of child. It is not a normal child.

The thymus centric is handicapped for life's stress as the body is usually not strong and is subject to being easily shocked.

It is the proverbial "good" child that "dies young." They often die suddenly and without apparent reason. They do not stand operations well. Puberty is hard to be established in one of this type.

There is still some disagreement as to the action or lack of action of the thymus after puberty. The most common opinion seems to be that a persistent thymus after puberty tends toward producing the feminine expression in the male and the masculine expression in the female that is, a partial castration takes place. Increasing the interstitial secretion of the male thymo-centric will establish a better masculinoid, and supplying the female interstitial secretion will establish a better balanced female. The thymo-centric is to be pitied and science will soon come to his aid. The thymo-centric will often wonder, and so do all his associates, why he is not like others. There is the peculiar complex that the male thymo-centric will want the society of the male more than the society of the female which is not the case with the normal male. The normal male naturally seeks the female companion. The thymo-centric female will have the complex of preferring the female society to that of the male. The normal, fully developed female will naturally desire that the male will seek her and desires male companionship.

Homosexuality (desires for one's own sex) may be concealed, but it often is frankly conceded. This sex complex complicates the social adjustment of the person. It often and usually makes it difficult to train the boy in the male expression of his life, be it play or work, and



the girl stays hopelessly "Tom boy." The pituitary also seems to be unable to function properly to assist the person to correct reactions. This child will be apt to be a late childhood bed-wetter and will have a very small sense of the proprieties of life. In this class we get the pathological liar or unconscious liar and the child that will steal and promise not to do it again and in a few moments do the very thing again. There is no sense of responsibility. He may not be vicious but is just generally irresponsible. Even the tissues are unstable and subject to tuberculosis, meningitis and all children's diseases. The author personally knew a lawyer who was a typical thymo-centric case. Even in common conversation the man would lie when the truth would have been far better. He had the typical rounded child features though of rather tall stature. He was well developed mentally and a good talker, but irresponsible. He was quite the Oscar Wilde type. His irresponsible habit of life caused him to be sent to the penitentiary. We now know that the man was not really criminally inclined, but this undeveloped side of his life was his downfall. The time will come when we will treat as sick, the morons, the endocrine deficient and most of the men that we now condemn to prison for life and make brutes of. The spiritual vision will give us the insight to the actions and reactions of life expressions.

We will some day know how to develop the sex and pituitary glands and endocrines so as to cure the thymus dominant case. It is in these thymo-centric cases that we get men that love men, and women that "marry" women. The thymo-centric is apt to be generally weak and knock-kneed, flatfooted, fragile, with poor circulation and handicapped for life. It is claimed that alcoholics, drug addicts, criminals and degenerates belong largely to this class or type. There is no stability and so an ever restless seeking for something to satisfy and nothing satisfies. They are the misfits of life. They do not fit into the normal scheme of things.

If the pituitary and the thyroid become well developed the thymo-centric person may become rather brilliant. This lawyer we mentioned was very brilliant but very eccentric. We find a great many epileptics among this type. Napoleon was somewhat the thymo-centric type though his anterior pituitary gland was his driving force. When that

failed him he failed. Napoleon was an epileptic. He had small sex development. He had no real love for women. They were merely a convenience. His posterior pituitary was not well developed and his adrenals were, so he was cruel in makeup and brooked no sentimental interference. He was not religious. Many of the great adventurers and restless experimenters of the world were thymo-centrics. Mohammed was an epileptic.

It is claimed that our murderers and suicides come from this type of beings.

Oscar Wilde was another type of the thymus centered person. He was brilliant and wrote some of the most beautiful things in the English language, yet he was sent to prison for his homosexual practices among boys.

Most of the thymo-centrics are not brilliant. They are more commonly the common brutal type of misfits of life.

Improper mating of parents often is the cause of the thymo-centrics. As two positives will usually produce a negative, so if two pituitary centered persons mate and reproduce, the offspring is very liable to be thymus centered. This may explain why so often the offspring of two very brilliant people will be so common and irresponsible. Or two money-mad adrenal centric persons will have a puny, weak (mentally and morally), degenerate child. The normal offspring can only come from a mating of the normal male and normal female.



## Chapter VI

# CONTINUATION OF TYPES

**A**S WE STUDY the actions of the endocrine system we realize that it is due to their unbalance or abnormal action that we have the various abnormal human beings. When the building and activating forces of the ductless glands (endocrines) are normal we have normal human beings. We will note some of the outstanding peculiarities of unbalanced endocrines.

Pituitary centered persons are liable to headaches and eye trouble, for in mental activity the blood is sent to the brain more intensely and the pressure on the pituitary is the result.

Nietzsche was very brilliant but unstable pituitary-centered and was subject to intense headaches and later in life was mentally unbalanced.

Darwin was a neurasthenic pituitary-centered person. His adrenals were very lacking in power. After his gonads became less active his adrenals became more active and he was able to do more work. Men and women often are more vigorous after the menopause.

Many neurasthenics are pituitary-centered with failure of normal balance of the thyroid, adrenals and gonads.

One of the finest pituitary-centered persons of history was Abraham Lincoln, but he was endowed with wonderful balance in all the other glands. He was strong and powerful, yet gentle, tender, patient and kind. It is the unbalanced person that is erratic, cruel, coarse and undependable.

The time is not far distant when criminals, degenerates and the outcasts of society will be understood and taught to take their places where they can function in harmony with their surroundings or be reclaimed so as to take their place with normal men and women. A man or woman who is suffering from lack or excess of the endocrines

that cause terrific urges, is sick and needs an understanding doctor, not a jailer. They spread disease as a typhoid or a diphtheria carrier spreads disease. Would you put a typhoid carrier in prison? No! You would cure the trouble.

So with people that have unnatural urges and tendencies. The cause of the unbalance will be found in the endocrine system. The cure will also be found there, and not in prison. Life is action and will be expressed. To find normal expression is man's duty and pleasure. Abnormal expressions of life do not tend to pure happiness. Normal expressions do. Every step of the daily routine of life, every phase of happiness, of thought, or feeling is an episode in the endocrine reaction of the individual. How can the mind work normally when the factors that build the mind are defective? The endocrines build the mind. The endocrines build the physique. Your evolvment depends upon the activities of the endocrines. You are building for eternity now. If physical science is true in its claim that nothing is ever destroyed, that it only changes form, and if metaphysical science is true in its postulate that life is continuous, then we must go on, reasoning from the law of action and reaction or cause and effect, that the causes that we start now will be the effects of the future. Who can tell us positively where the effect ends?

Our teachers and preachers need to know the laws of the endocrines as well as the doctors. The teacher that can understand the cause of the impulses or lack of impulses of the children in the school room can lead and control the children through a grind that was not unlike the old cider-mill where large, small, wormy, bitter and sweet apples were ground to a homogeneous mass and squeezed until dry. We need a system that will grade the pupils much as a prune or orange grader, where every grade will be put where it belongs and can be properly handled. Under the correct system the culls can be taken care of and put to such use as they are fitted for. The analogy is not absolutely correct, for children are not like apples or oranges, they have souls that need developing and must have a chance. If the thymus gland is at fault it can be helped by shrinking the gland with X-ray or feeding gland substance. If there is sex irritation the cause should be found and removed. If the cradle of the pituitary gland is too small (the

X-ray will reveal it), then feed tissue salts or better foods for developing endocrines. Study the thyroid for excess production or lessened supply of iodine or phosphorus or arsenic.

The psychoanalysts claim that all our urges come from the sex complex. There is still a doubt if this is true. But it has been proven amply that it is the sex forces that produce the creative and imaginative qualities of mankind. Also the judgments. A castrated person has no will power or energy. He also has no judgment, so we know that the gonads play an important part in will and judgment.

The constructive imagination is due to a good balance between the anterior and posterior pituitary gland, with correct sex balance. We have thyroid moods, adrenal moods, ante and post pituitary and gonad moods. When we get absolute balance of the glands we will no longer have these special moods.

There must be forces as much more subtle than the endocrine as the endocrines are more subtle than the mind and physique. May we not hope to find some day the subtle forces that cause us to catch the thought forces that impel us onward and then learn to build ourselves with positiveness? We are still too unstable.

Man has evolved through the unconscious but it is now time to aid by using the conscious. A wish is never born in the brain alone for the brain has no power to charge itself with energy. It can only store and transmit, for the source of energy is in the endocrines. The ancient philosophies taught that Devachan (Heaven) was a place where the physical and emotional part of man had been cast aside and where man lived in the mental state alone. All desire was cast aside and life was just a contemplation. Thus man contemplated until the desire came to enter again the realm of expression for more knowledge and experience, and he again took on an emotional or astral body and a physical body and descended to the earth plane where he again mingled with the evolving people and gained knowledge and wisdom and learned to help his fellow men and become a master among men. Thus he took numerous rounds on the "wheel of necessity" and through vast cycles of experience he became as one that had all knowledge and knew God.

One cannot contemplate the workings of the human in all his phases and expressions without feeling that there are some vast forces beyond the things that science has yet demonstrated, and that we, as human beings, have a very intimate connection with the ALL EXPRESSION.

We believe that we have come closer to solving the connection between the here and there, through the knowledge of the endocrines, than through any other source. We get nearer to the soul of things. "Acuteness of perception, memory, logical thought, imagination, conception, emotional expression or inhibitions and entire content of consciousness are influenced by the internal secretions." (Berman) Soul consciousness lies just beyond.

Though no wish is born in the brain it is through the thinking mind that we will have to find balance and the final uplift of this plan of action. When the thinking mind is fully built then we will be ready for meditation and transmuting the knowledge we have gained into wisdom. Through wisdom we may gain adept ship, which is real self-mastery. The brain or thinking organ is built and made active through iodine, which gives electric conductivity, and through phosphorus, which is one of the most vital ingredients of the brain. These are furnished by the thyroid gland, so it must be healthy. The creative energy is furnished by the sex glands and the pituitary gland, so it is important that these be healthy and normal in action.

Fear, anger, hate and love, courage and desire for service are of visceral and endocrine origin, but the brain or thinking mind is the recording place or the transmuting organ, and like the phonograph record it can only register the impulses that are sent to it and can only send out what it has recorded and meditated on.

Hunger is not a cerebral manifestation. It is visceral. Fear and anger involve the adrenals. They are the glands of combat. Courage comes from a good anterior pituitary and strong adrenals. The maternal instinct comes mostly from the post-pituitary as also do the social and some of the creative instincts. Sex libido and passions are related to the testes and ovaries. Sympathy and curiosity are functions of the pituitary. The instincts of self-display and self-effacement and pride and shame are of thyroid origin. Thyroid is an energy producer and

## GLANDS—OUR INVISIBLE GUARDIANS

we live fast or slow according to the state of the thyroid. Memory is due to a good iron content of the brain, and iron is a product of the thyroid. The pituitary seems, however, to be the preserver of memory. A child may have a good memory but poor judgment, for its pituitary and gonads are not yet fully developed.



## Chapter VII

# METHODS OF DEVELOPING THE ENDOCRINE GLANDS

**T**HE PITUITARY GLAND can be stimulated by deep nose breathing. The Rosicrucians have taught this for years and have proved it by their mystical exercises. The blood circulation of the nose and the base of the brain are intimately connected. Singing that vibrates the base of the nose and brain will vibrate and stimulate the pituitary gland. The ancients pronounced the sacred word so as to stimulate their vital forces. (The Rosicrucians still use definite “vowel sounds” for this purpose.) They even warned against pronouncing of the sacred word by one who did not understand the potency of its power.

The thyroid is the organ of emotion, so calm and poise is essential to its development. Lately we have found that static electricity and the X-ray can do much in stimulating and inhibiting the action of the thyroid. We ll-balanced tissue foods are necessary, such as fruits and vegetables.

As the driving force of the adrenals derive their power from the thyroid iron, it is necessary that the thyroid be normal and the fear and anger element be controlled.

There are two ways of remaining young: One is by keeping the thymus and pineal glands dominant and so being juvenile and undeveloped, and the other way is to keep the sex glands normal and able to function, and being fully mature. When society will attain a pure mental attitude toward life's functions and when the subject of normal health can be taught in the schools so the children will get a comprehensive view of the building forces within them—the



endocrines—then will the oncoming races become more mental and spiritual, for they will understand their impulses and control and use intelligently the God-given forces within themselves. No progress can be made, however, until the masses will understand that the physical part of man and the physical functions of man can and must be as pure as any mental and spiritual expression of man. A pure soul can function better through a pure body than through an impure or foul body.

The human body in its development unveils and reveals the records of your past lives. What does your body reveal to you? Purity, love, high-minded aspirations, sweetness of contact with your fellow beings, or lust, greed, hate, sensual gratification and ignorance?

If a child is well born and has the liberty to express itself, its endocrines will most likely be normal. Of course, the child must have normal mental and physical food. A judge said recently that it is physical energy that drives lads into mischief and crimes. Certainly it is physical energy that drives on any child or grown person to self-expression of any kind. The judge himself would not be a judge if he had not had a superior energy that helped him to claim the place he now occupies. See to it that the lads and lassies have a normal way of expressing their energies, for they are God-given and they too may be judges or occupy prominent places. Do not throw inhibitions about them until the forces within them drive them on to criminality. Boys and girls are wonderful imitators and they express life very much as their grown-up brothers and sisters do. They are often not so discreet and thus get into trouble.

Glands can only develop normally under normal conditions. Energies pent up within a person will have expression either openly or secretly.

Next to the food impulse is the sex impulse. Sex is the creative force as we have said before. This creative force WILL NOT be denied if the person is to stay alive and active. To suppress it would make a race of eunuchoids. We want a race of active, virile men and women. How can we attain this? By giving the race ample opportunity to develop its creative energies. Sex is expressed not only in copulation. Sex expresses

its energies in multitudinous ways. Play, fight, study, painting, singing, decorating the body, religious fervors and catalepsies, football games, baseball games, bridge parties, gambling, hard work, home life, etc.

Children and grown-ups that are denied all healthy forms of expression will seek expression in secret, and that invariably leads to the wrong use of the sex expressions—masturbation and liaisons. These facts we know as true, for they come from living in several communities where the young were denied all dancing or any form of amusement, but going to church twice on Sunday and sitting still for two hours of tirade, and all getting together of the young was by sneaking when the old people were asleep, and the result was just as we have stated.

There will be mighty few young people who will not be eager to live splendidly, when they are taught the actual truths of life and their driving forces that are trying to express themselves. They will give heed to the laws of cause and effect and will hold their sex expressions to normal expressions, and thus gain control of themselves and their lives, and live beautifully. We must learn control and proper sex use. Ignorance and complete inhibition or complete abandon will not bring happiness. Knowledge and poise will do it.

All nature at this age is keyed to the law of sex. The flowers, the plants, the insects, the animals and the human animals are all living under this law. Why should we not study the law?

“The science of sex is to know how to produce the most perfect bodies. The philosophy of sex is to know the purpose of bodies and make the best use of them. The religion of sex is to lead quality to intelligently become unity.” Science, philosophy and true religion teach the purity of sex and by this is our only hope of regenerating the race.

A scientist was once asked why he knew so much about the fly. He said it was because he put himself into the consciousness of the fly.

When we put ourselves into the full consciousness of man we will know more of man. We have been putting too much consciousness into Gods, angels, fairies, genii, and supernatural states and in lands,

houses, food, fame, honor, clothing and GOLD. All these are good in their places but they are not the most vital things of our expression. We plead for a fuller consciousness of TRUTH, KNOWLEDGE, WISDOM and LOVE that will lead us on to greater unity with the INFINITE INTELLIGENCE. We must learn to correlate all the forces within ourselves. The endocrines are our building forces and through these we develop mental and spiritual or creative power and all those who have knowledge along these lines will be able to build themselves to a finer state and help all the rest of the hungry humanity to evolve. We must evolve. It is the law. Why wait to be driven to evolvment, why not be aggressive in evolving?

We must learn the effects on us all (as individuals and as races) of hate, fear, anger, jealousy, business worry, quarrels, shocks; and of hope, faith, happiness, laughter, service, interest, religion; and of alcoholics, tobacco, teas and coffee, drugs that are not foods; and of all pure thoughts and evil thoughts and lusts and indiscretions and of a well-poised life. We must learn to be honest with ourselves. You cannot fool the endocrines. You can radiate what you wish. The power is within you.

The Temple of your Soul should be a pure temple. It should be holy ground. It should be a temple of joy and happiness. YOU can make it the Cathedral of your soul.

We must get away from the destructive forces of the "Fight and Flight" evolvment. We cannot build the human system and consciousness unless we learn to stop inhibiting our natural forces. Sickness is but an inhibition of the natural forces of man. There will be no sickness when man finds mental and physical freedom. Wars brutalize men and stop the normal interplay of the endocrines. The endocrines will do their constructive work when the personality of man gets out of the way. To construct building forces we must use all the forces at hand. We need to study the food problem and the clothing and housing problems. If we are to utilize all possibilities to evolve super men we need to know the constructive qualities of the endocrines substances as food, of medicines that are constructive and surgery that is helpful. Also the electrical and light, constructive and

stimulating forces. We must learn to put aside the inhibiting forces of wrong thinking. Many cults have within the last few years been built up on the need of freeing the mind forces. The medical man has fought these cults, not recognizing that the urge for the freeing from thought-inhibitions was deeper seated than any cult has yet expressed. The cults have done much good by their teachings and yet (as ever within a creed) there have been limitations fastened upon these cults themselves by personalities that have all but destroyed the really good effect of the teachings of the cults. Spiritual and mental healing have very often caused a calm within the person and in this great peace the endocrines did their normal work, and so the person became healed. Functional as well as organic diseases have been cured by the calm of mental and emotional exaltation or peace. The ideal doctor is one that knows all the forces of the physical body and also the activities and power of the mental and spiritual and emotional planes. The perfect doctor or healer is like the perfect man—still in the evolving.

To recognize that the healing or building forces are within man and all they need is freedom for expression and maybe a little stimulation from outside forces, is a vast step in advance. The doctor or healer can only help clear the way for the forces within to work. The medical man has by his teachings in sanitation and his scientific findings of the action of the physical and endocrine forces and psychological actions, given to mankind more than he can ever be repaid for. The mental healers have given a new impetus to truths that were lying dormant. All the findings of science and metaphysical science need to be weighed and used when good. We need to develop good, common sense and reasoning force. Good sense is the result of a good interplay of the endocrine forces.

Disease may be inhibited by drugs and also by mental processes. But when the inhibition ceases then the disease is still there. Just now auto-suggestion is the rage. In some cases it may do good, but when it says there is no disease or there is no pain, the pain may be inhibited, but if the laws that produced pain are not corrected, the pain will manifest again. A person can suggest to himself that he is on top of Mt. Hamilton and keep suggesting for ever, but if he does not obey the laws that take him to the top of the mountain he will never get there.

He can suggest to himself that he will go to the top of Mt. Hamilton and thus start the forces that will take him there. Here common sense and reasoning force are needed.

We need to learn the art of loving, for love is the great constructive force, and so forcibly expressed by the great teacher the Christ. Most expression of so-called love is but sex sensuality. The art of loving, the art of being kind, the art of giving service, the art of being, need to be taught in the homes and schools and in the churches. The Rotary Club, the Lions' Club, the Progressives and all the business men's clubs need this teaching and realization as much as the art of booming business and selling the town for publicity, etc. Heaven could be started right here. All the needs for heaven are right here.

Show us a man's mystical philosophy and we will show you how far that man has evolved. A man's mystical philosophy is his highest conception of life.



## Chapter VIII

# EXAMPLES OF THE INHIBITIONS AND EXHILARATIONS OF THE GLANDULAR SYSTEM

**I**N THE FOREGOING chapter we mention some of the inhibiting forces such as hate, fear, etc., and love, service, etc., and some of the narcotics. This book does not pretend to be a classic or an exhaustive treatise. It only hopes to stimulate further research in the subject. To those of the laity who wish to pursue the subject farther I would suggest Berman's "Glands Regulating Our Personality," Macmillan Co. Also Lorand's books, and the writings of Soddy, Cannon and Crile.

We will here show a few specific cases of the actions of the glands under abnormal conditions.

One of the most pernicious influences upon the glandular system is the excessive use of the cigarette, cigar or pipe. The normal action of breathing or inhaling air is to supply the iron of the blood with oxygen. Oxygen is absolutely necessary in all the digestive and reconstructive processes of the body. Scientists claim it is the life-giving force or the substance that IS, or produces life. All slow-burning fires or incomplete combustion fires produce carbon monoxide gas, one of the most deadly gases known. One part in eight hundred parts of air will cause death to a person in one-half hour. The exhaust from the automobile sends out large quantities of this gas and in the early years of the use of the automobile many deaths were caused by starting the automobile in a closed garage. The slow combustion of the tobacco produces carbon monoxide gas and this is inhaled by the smoker and as this gas has a greater affinity for iron than has oxygen the oxygen is pushed aside and

the carbon monoxide enters the blood in combination with the iron and this combination has a very deleterious action upon the glands of the system. This is why the boy or girl who smokes excessively rarely has energy. He or she is lazy as a rule, yet nervous and excitable and lacks real driving force. The special gland affected is the gonad. The oncoming race will positively be weakened by excessive smoking. Experimentation with animals has proven that animals subjected to smokes (simulating the smokes of the human animal as much as possible) will after a certain period of smokes, no longer breed. The time is coming when men will no longer sit in smoke-laden rooms and inhale and re-inhale time after time smoke that has passed through other nostrils and mouths and think it is the correct thing. Any smoke that is inhaled whether cigar, pipe or cigarette has the same effect.

Alcoholics have an action within the system because of the action on the glands. When a man takes a drink of alcoholics he may feel exhilarated. Why? Because it is a poison and the one gland that is ever on the alert is the gland of taste and smell—the pituitary, the subconscious brain. It sends out an alarm or hurry call to all the rest of the glands to get to work to expel the invader of the sanctuary. What is the result when all the glands send out all their forces to strengthen the citadel against the foe? An exhilaration. The glands and cells of the body, that is the subconscious cells, have a greater preserving sense for the man than the man's thinking consciousness has. If the man took only this one drink maybe there would be no serious results, but the ignorant fool takes another, for the first seemed to do him good, and another and greater call is sent out and so on, drink after drink until the glands can no longer work fast enough and become overwhelmed, and the man becomes overwhelmed with the poison and we say he is drunk. The glands are like a faithful dog and no matter how they are abused they will ever strive to save the system from serious harm. They even may get so used to the alcoholics that they will refuse to work until prodded by a drink or two.

So with all narcotics and drugs. There are times when drugs and narcotics may bridge over a crisis, but curative medicine must have a food value or stimulation that urges the reconstructive forces of the body, which lie in the glandular system, to do their normal work.

Over-feeding and wrong feeding will produce a self-poisoning within the digestive tract (auto-intoxication) that will do about the same to the system as alcoholics and narcotics. The beginning of Bright's Disease usually comes from an abused digestive tract that has to throw off so much poison through the kidneys that the kidneys become diseased and can no longer function.

This form of trouble is very common with the business man of America. Remember that hate, fear, excitement or any strenuous depressing or fighting emotion stops the peristalsis of the digestive tract (the wave motion) and the food is not carried on and digested as it should be. There is fermentation and putrefaction and the product of this fermentation (auto-intoxication) is carried through the system and all the glands and tissues suffer and the friends often write about an Inscrutable Providence that has carried a brother away. An "Outraged Providence" would be a better sentence. When business men learn a little about the wonderful forces within them and maybe a little less about the fleeting dollar that cannot bring health or happiness unless some simple laws of Nature are observed, then we will have more life and still enough dollars. Money cannot bring happiness. It can only clear the way for happiness. Knowledge and wisdom only can bring real happiness. The peristalsis of the bowels and the constructive and regenerating forces within the liver are controlled by the adrenals primarily, and any shock or over strain, physical or mental, especially mental or emotional, will stop the actions of the whole chain of forces.

Drinking, smoking and excesses of food are not a good combination to take to a business where a clear head and fine decisions are necessary. The example of the cat under the fluoroscope will illustrate the condition of the business man's case. Feed a cat a barium meal and put her under the fluoroscope and you can watch the wave motions (peristalsis of the bowels) and as long as the cat is kept purring the peristalsis is not interrupted. But then pull the cat's tail or prick her with a pin and get her angry or distressed and the wave motion stops at once and is not resumed until the cat is quiet and happy again. It is the old "Fight and Flight" story. So with the man or woman who is happy and contented, the wave motion of the digestive tract will be normal, but as soon as there is grief, fear, anger, worry, or any



of the inhibiting emotions which stop the glands (adrenals, thyroid, and pituitary) from acting then the peristalsis stops and we have putrefaction, fermentation trouble, liver trouble, constipation, etc. As long as the business man works under hurry, anger, hate, fear, jealousy, etc. he will not be at his best. He needs to learn to “purr.” It is time for man in his evolvment to sacrifice the beast within himself and learn to utilize the possibilities within him. There are too many “Goliaths” (evil minds) clothed in brass armor (materialism) trying to conquer the world, and we need more “Davids” (pure minds) with five perfect stones (five perfect senses) in their girdles ready to use in their slings with which to destroy the “Goliaths.” Man needs to slay the Goliath within himself and develop his five senses and still higher senses.

The business world is very slowly learning the power and usefulness and beauty of cooperation. The slogan has been that “competition is the life of trade”, but cooperation is the only salvation of trade. Suppose all the ductless glands vied with each other in competition, what would be the result? Death of the individual. The glands of the system are ever striving to act in harmony. It is man’s ignorance and superstitions that keep him from working with this vital force that lies within the glands. Man must learn to act in harmony with the forces within himself. This is so trite it seems foolish to say it, yet the vast majority of people are absolutely ignorant of the vitalizing forces that allow them to express life. Not only man as an individual, but man as constituting communities, states, countries, nations, etc. Man meets man in business. They still fight or flee. Man meets as nation against nation. The same fight and flight action. No cooperation. Always competition. Always in high emotion of fight, fear, worry, competition, trying to destroy the other one and getting destroyed. Animals seem to live in greater harmony than men and nations. Men, communities, nations, cannot evolve and grow finer when they are not only trying to destroy each other physically, but they are destroying the finer forces within themselves that would build them to be finer communities and nations.

The ramifications of the actions upon the glands of the system that build us are so subtle that it is necessary that we know more about them. Every action of life of man is connected with the glandular or

constructive force of the system. The fight between capital and labor is playing a very great score in man's evolution. Capital is determined to control the activities of business. It gets hard and calloused in its attainments. Excessive money in families or groups tends to dissipation, sex excesses and a general dwindling of the vital (endocrine) forces of the family. These groups soon die out, that is within a few generations. It also produces egomania, that is an exalted opinion of self and families, and autocracy. Here we get the old autocracy of kings and the nobility. The history of all these has been degeneracy.

On the other hand we have just now the autocracy of labor to contend with. Another factor in labor and capital is the efficiency craze that turns out as much as possible. This has led to the attitude of the laborer taking no personal pride in his work. His work is simply slavery to him.

No man can be absolutely healthy, physically or mentally, if he has no joy in his work. Work without joy in the work brutalizes man. The pituitary, adrenal and sex glands will become less active and general stagnation of the whole system will develop. Under these conditions man's lusts will become aroused and as the higher creative force of man is not aroused, the lower will dominate and idealism will cease within the man. This may go on for some time, but eventually man must evolve and the awakening will come and woe to the forces that meet this aroused consciousness.

Some day we may get leaders of both capital and labor that will have vision enough to know that their interests are mutual and that work must be as joyous as the commanding of industries, and then will the endocrine forces of man again have the possibilities to evolve supermen.

Wars brutalize men and stop the play of endocrines. There is always a wave of crime and brutality after a war. The balancing forces of the endocrines have become disturbed. All Europe is in a constant fear of war right now. Wars never really decided any great matter. Wars are the result of man's endocrine unbalance. His lusts, his greeds, his superstitions and hates. The emotional and mental state of Europe is in complete unbalance.

A religion that teaches fear inhibits the endocrines and the finer expression of the ideal. The teaching that man is born sinful tends to make him so. The Temple of man is within his body. Here he expresses what is good and what is bad. This "Temple of Myself" is sacred. Within this temple the physical, emotional, mental and spiritual parts of man express the glory of the Creator. We repeat, we cannot conceive this creation not having a Creator. Man is inherently pure and his endocrines will build purely if allowed to do so. We are here to learn to correlate the forces within us for they are Divine forces. We are also to learn to co-operate with the forces within our brother man and all our environment.

Scientists tell us that man uses only about one-tenth of the cells of his brain. They are all there to use. Man is not more than one-tenth civilized. The endocrines have built us so far but it will be the use of the brain that will complete man's evolution into full consciousness. The endocrine glands will build us normally when we learn to use our minds so as to inhibit fear and all depressing emotions.

Under the higher attributes of life the vibrations or the life expressions are normal and constructive. Under a hopeful religion, a religion of peace and joy, the endocrine forces are up-building. In a happy and peaceful home the child will develop normally. In a home of quarreling and fighting, children cannot develop properly. Eating should be done under happy conditions for, as we have explained, peristalsis and correct digestion cannot go on under fighting or quarreling. In the average home of today the meal time is the clearing house time for all the troubles of the family. The time when children are scolded and even punished. The writer once had a very sickly and nervous child to treat and could not find the reason for the condition. Happening to be in its home at a meal time for a few minutes we saw the child eating nicely and it leaned over toward the mother and asked a simple child question and the mother instead of answering the question nicely, said "Shut Up" to the child and hit her over the head with a cup she had in her hand. We then knew where the trouble came from. We also found that the husband and wife were constantly quarreling and fighting and that was due to sex incompatibility. We told the truth to the family and got discharged for the effort though we

found later, through a relative, that telling the truth had good effect. In both the child and the parents the endocrines were constantly abused and with terrific results. Many a child is “Called Home” under such treatment.

Coffee and teas in excess disturb the endocrine function in a similar way to alcohol and tobacco. Many a coffee drinker has to have the stimulation of a cup of coffee in the morning before the vital forces (the endocrines) wake up to work.

Thoughts are very vital things and have been amply proven to be of constructive or destructive influence upon the building and activating forces of man. Thoughts receive their impetus from the endocrines and again react upon the endocrines either for good or evil as the thoughts may be. The first great urge within man is for food. This thought remains dominant throughout life. This urge includes not only actual things man puts into his mouth and stomach but it includes the comforts of life as clothing, home, dainties and all the refinements of eating. Much of man’s thinking is about the getting and enjoying of food. The next great urge is for sex which includes the union of male and female and all love, parent-love, love of companionship, love of art, and all emotional and physical activity. The Creator surely created or evolved man in this way and so the original intent must be pure. We evolve fastest by giving service, by helping each other. By expressing harmony, idealism, order, beauty.

The Human Temple is sacred. We must learn to build well physically, mentally, emotionally and spiritually and thus learn the Fatherhood of God, the brotherhood of man, the continuous life and law of action and reaction—completely expressed life.

Our endocrines are making our personality and the development of our mental and spiritual expressions will make our individuality. Too much of our teaching, in every line, makes for suppression of individuality. The child at school must learn and master or memorize many thoughts of other men or teachers. In Sunday School or church the child, or even grown person, must accept and believe the things told by the teacher or priest or preacher. In the factory the worker must do as instructed. All this kind of teaching makes automatons, not

thinkers. INDIVIDUALITY WILL NOT BE DEVELOPED UNTIL THE PERSON CAN THINK. Many persons think they think, but they really only think the things they have memorized. Many educators, preachers, doctors, lawyers, bankers can quote you the writings of great writers and teachers and authorities and seem highly educated and yet they never really thought an original thought nor emanated an initial idea. We believe in much reading but only for new food for thought and individual expression in an individualistic way. No person is educated until he can think for himself. To have been through college is no indication that the person can think. Abraham Lincoln never went through college yet he was one of the world's foremost thinkers. If much of the junk that is being poured into the heads of our pupils of the present day could be ditched and forgotten and the pupils taught to develop the endocrine powers within themselves and taught to develop the thinking along the lines of their natural bents, then we could get a race of thinkers. Our pupils are mostly poor imitators at present. Purity of purpose and expression of life will come with freedom and naturalness of expression. The limitations that we put on life distort and cripple the natural expressions.

Every man must learn to speak the language of his soul. He will learn the language only as he learns the forces that are building him and learns to interpret the urges within him. It takes a big vision to become a fine man. The world needs men of big vision, men that are virile and have fine endocrines. Men that have creative force and can visualize and build for the future as well as for the present. Men of master minds.

We can think of no finer reward for the effort of writing this book than the knowledge that some one was helped to a little finer thinking about his evolvement and a greater effort at self-expression, by reading what has been written here. To evolve together harmoniously is joy enough for all.



## Chapter IX

# HELPFUL ITEMS

**B**OYS AND GIRLS entering puberty need a plentiful supply of calcium and phosphorus to develop their endocrines, especially the sex, thyroid and pineal glands.

The “Fair, fat and forty” women entering the menopause period very often and usually need thyroid extract.

A science report just came that cows who have been fed extract of pituitary increased the milk flow from ten to three hundred and fifty per cent. Why not also the human. We have long known that X-rays have an especial affinity for the destruction of abnormal or fast-growing cells and germs, and are particularly destructive to germs in their mitosis stage. Now science further finds that X-rays kill living cells by suffocation. The action of the X-rays on the tissues destroys the oxygen-getting power of the cells and so they die.

The X-ray is becoming a great aid in stimulating or inhibiting the endocrines and especially the lymphatic ducts and glands, in certain types of persons. Ulcers of the stomach will yield more quickly to the change in divine vibrations than to any other method of treatment. The author has proven this many times in his daily practice.

All living humans must have air in their stomachs and intestines. Too much quack advertising has made the race flatus conscious. It takes from 48 to 50 hours for the food to pass from the mouth to the rectum. Constant physic does not give the food time to digest and absorb. Give the bowels a chance to do their work. In most cases the endocrines with their auxiliary ducts and glands will do their work if they are left alone and have simple foods to act upon.

If a man becomes irritable towards middle age, despondent and suicidal, and can only see the dark side of life he should be very

carefully examined for prostate trouble. Many a man has committed suicide just because he had an inflamed or enlarged prostate.

If a woman is emotional and cries easily and is despondent and even suicidal, she has an inflamed or diseased cervix of the womb and especially of the inner neck of the womb. This condition may have been brought on by bad care at child birth, or she may have colon bacilli infection. Or she may be the victim of her husband's dose of gonorrhoea that he had when a boy or before he was married. Most slaughtering of the ovaries and tubes comes from gonorrhoeal infection. This destruction of the female sex organs must be stopped and will be when men and women are properly examined before marriage and the public knows the full truth of the sources of gonorrhoea and syphilis.

Both the long and short wave diathermies when properly used are great factors in curing infections in the female and male sex organs.

Normally healthy sex activities build up a man and a woman and are their idealization, their imaging and creative power.

The man or woman with normal endocrines will be able to resist most diseases.

Sinus and antrum troubles are being absolutely cured by the long and short wave diathermy. Our best results have come from the use of the old auto-condensation current.

We are built through the forces of Light, Heat, Moisture and Movement. Should we not then study these forces in relation to our well being? All these forces have direct bearing on the endocrines. The endocrines make us what we are. The understanding of helio and electro therapy has been a great help and still needs deeper study.

The highest life-growing foods are those that grow on trees or bushes.

Second best, those that grow above the ground as leafy vegetables, celery, lettuce, spinach, etc.

Third best, the underground or roots as potatoes, carrots, turnips, etc.

The best food can be made useless by bad cooking or bad preparing.

Milk and cheese contain large quantities of calcium and phosphates. Liver contains copper and iron. Eggs contain sulphur. Cod liver oil and shellfish contain iodine. Vegetables contain cellulose as it is their cell membrane. These are very necessary for cell-building, even as necessary as the vitamins of food.

Vitamin A is an anti-infectious substance. The condition is generally low where it is needed. It seems to have an especial affinity for eye, lung, sinus and skin diseases. Vitamin A is found in cod liver oil, yellow foods, milk, butter, yellow of eggs.

Vitamin B is anti-neurotic and is required in gastric intestinal diseases, in neuralgia, neuritis and constipation. Vitamin B is found in Brewer's yeast, germs of wheat, vegetables cooked without salt. Salt may be added after cooking.

Vitamin C is anti-scorbutic (scurvy tendency). It is needed in proper bone and teeth maintenance. Vitamin C is found in alkaline vegetables, lemons, and oranges, grapefruit and pineapples.

Vitamin D is anti-brachitic. It regulates the mineral metabolism, the bone-forming elements, calcium and phosphates. This is very necessary to the pregnant mother that she may have a perfect supply of calcium and phosphates. The lack of Vitamin D produces rickets. Vitamin D is found in cod liver oil, milk, butter, yellow of eggs and by body chemistry of the sun or ultra violet rays. Persons subject to arthritis should beware of large doses of Vitamin D.

Vitamin E is necessary in the reproductive functions of the body. Vitamin E is found in the germs of wheat.

All diseases have vitamin and endocrine deficiency.

Sanitation goes hand in hand with civilization.

One of the greatest aids in sanitation is the lowly "patent toilet." In recent unearthings in Mesopotamia they found that the people of that age dumped their offal and refuse and slops just outside of the tent or



house and as the space became filled they shoved it under their abode and started all over again. Think of the stench and the diseases from such methods. Yet to this day are peoples still living like the ancient Mesopotamians. Sanitation is advancing quite rapidly and the patent toilet is no longer just for a city dweller. Farming communities are installing cess pools and the patent toilet.

If you are not feeling in normal health consult a doctor—one that will teach you about your condition. The word “doctor” means “teacher.” Every case is a law unto itself. Every case must be studied separately.

Health is not something that can be handed to you in a pill or a surgical operation or in a light or electrical treatment. All these may help if intelligently used. The cause and effects of disease must be carefully studied. Read and re-read this book and you will find great help in understanding your life forces.

You and all humanity can be uplifted by studying the creative and spiritual forces within yourself.

Humanity never has been and never will be uplifted by stepping over the dead and mutilated bodies of children, women and the flower of our manhood. Humanity must study and know the higher forces, within, that are related to the God or Creative forces from without.



# THE ROSICRUCIAN ORDER, AMORC

## *Purpose and Work of the Order*

The Rosicrucian Order, AMORC, is a philosophical and initiatic tradition. As students progress in their studies, they are initiated into the next level or degree.

Rosicrucians are men and women around the world who study the laws of nature in order to live in harmony with them. Individuals study the Rosicrucian lessons in the privacy of their own homes on subjects such as the nature of the soul, developing intuition, classical Greek philosophy, energy centers in the body, and self-healing techniques.

The Rosicrucian tradition encourages each student to discover the wisdom, compassion, strength, and peace that already reside within each of us.

[www.rosicrucian.org](http://www.rosicrucian.org)