

HC Health

The Diet Of Oxygen



E. T. Tennyson

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The Diet Of Oxygen

"Your foods shall be your remedies and your remedies your foods."—Hippocrates. "And the leaves of the tree were for the healing of the nations."—The Bible, Revelation 22:2.

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The Diet Of Oxygen

CHAPTER I

The Discovery

So much has been written about calories, carbohydrates, proteins, and vitamin-enriched foods that the mere mention of diet is to raise dispute, debate, argument and contention. While it is not the purpose here to claim any great knowledge of diet, and while we have not used telescopic or X-ray apparatuses to peer into the human body, nor microscopes to examine and analyse the minute properties that make up the various kinds of food we call diet, we do believe we have discovered the scientific, fundamental principle of diet, and we believe this fact should be made known. We do not say this boastfully, however, but rather quite humbly; for this discovery was made by sheer accident, it seems, and not because of any wisdom on our part. And if those of the past who discovered facts had refused to publish them because of their controversial nature, the world would be the worse off for truth—if that be possible—than it is today.

While it is true we have been hesitant about publishing this book, as this discovery was made some-time ago, this was not due to fear of criticism, but rather we refused to publish this discovery until the diet had been thoroughly and completely tested and until we were absolutely positive of its merits. For while no one dislikes contention and controversy more

than this writer, the desire to help those of mankind who wish to be helped far outweighs any fear of criticism that might come from publishing this book.

But we are not looking for miracles from this book. For while this discovery has tremendous merits, as has been proved by experience and actual tests, there is little likelihood that it will have much effect on the world. While the nature of this discovery is such that it could, we believe, revolutionize diet knowledge and bring untold benefits to mankind, it is quite unlikely that it will do so. Men do not change easily, and few turn to a diet before the state of their health is such that nothing can help them. But the beneficial results of this discovery to this writer's own health would make him ungrateful if he did not share it with others, and we send it forth now for what it is worth to a sick and suffering world.

But be that as it may, we cannot expect our readers to have confidence in this discovery of the fundamental principle of diet until we point out several facts that led to its discovery. This will necessitate quite a lengthy discussion of the discovery and the principle involved, before we can understand and study the diet which we choose to call the 'Diet of Oxygen'. For down through the centuries men have tried fruit diets, raw food diets, balanced diets, vitamin-enriched diets, and many others, all with little success. We must first prove then that this diet is based on a brand new principle, and we can do this only by studying the principle and its discovery. This will give us a scientific reason for the Diet of Oxygen.

We will call upon many authorities during the course of this study, not the least of which are the words of the prophets; for the thing that led to this discovery was the fact that prior to the Flood of Noah's day men

lived almost a thousand years. Adam lived 930 years, the record tells us, Noah 950 years, and Methuselah actually lived 969 years (Genesis 5:5; 9:29; 5:27). While many will tell you these years were shorter than our years, this is not so at all. The solar year is measured by the earth's course in relation to the sun, and the solar year is ALWAYS a little more than 365 days in length. Regardless of how the calendar is divided into months and weeks, the solar year is a set and fixed time of 365 days, 5 hours, 48 minutes, 45.51 seconds, and it is the same in all ages and in all lands. While some calendars divide the year into 12 months of 30 days each or 360 days, allowances are always made for the other 5 days as holidays or 'leap year' days, completing the solar year of 365 days. Thus, men actually lived to an age of almost a thousand years prior to the Flood; but why?

A Greenhouse Earth

There had to be a reason for this longevity prior to the Flood, for immediately after the Flood the life span dropped to 120 years (Genesis 6:3) and today it is even far less. But what was it? If we could find the answer to this question, we reasoned, we might be led to some startling facts. It was not difficult to find the answer, and it did lead to startling facts; for prior to the Flood, conditions upon the earth were totally unlike anything we know today. The whole earth was like a great greenhouse, and both scientists and the prophets tell us that prior to the Flood a mighty canopy of water spread completely around the earth in outer space far above the atmosphere, enveloping the earth like glass over a greenhouse.

Both Jupiter and Saturn have annular rings of water today, and as far back as 1874 Professor Isaac N.

Vail proved this was a law of creation and that the earth at one time was surrounded by such watery rings. He also proved that the last canopy of water did not fall until after man was created upon the globe, thus agreeing with Moses that it was this canopy of water that caused the great Flood of Noah's day. Note the agreement of the following quotations, first from Professor Vail's 'The Earth's Annular System' and next from the words of Moses:

"This suspended ocean of vapors rotated as part and parcel of the earth, a primeval atmosphere of great complexity of material, in the same time that the earth rotated, just as our present atmosphere now does. The bands and belts of earth's annular system necessarily presented the same general aspect that Jupiter's and Saturn's do today. Hence it is evident that during the silurian age there was an annular system about the earth, and it is evident that all of the primeval waters did not fall before the dawn of life on the globe." The Earth's Annular System, Pages 72-74.

"And God said, let there be a firmament (atmosphere) in the midst of the waters, and let it divide the waters (above the atmosphere) from the waters (lakes and streams on earth). And God made the firmament (the 'expanse'—air or atmosphere—Ferrar Fenton Version), and divided the waters which were under the firmament (lakes and streams on earth) from the waters (of the great watery canopy or aqueous ring) which were above the firmament (atmosphere) . . . And God called the firmament (atmosphere) Heaven . . . and God called the dry land Earth." Genesis 1:6 to 11.

This watery ring was evidently several miles high, held above the atmosphere by centrifugal energy, and the warm rays of the sun would penetrate the water in just the right proportion to make the sky a beautiful blue at all times, giving perfect light and an ideal climate, where extreme heat, extreme cold, and the great upheavals of nature were unknown. Under such per-

fect greenhouse-conditions both plant and animal life thrived and attained such length of life that they grew to enormous sizes. Animals grew to as much as ninety feet in length, and the soil produced such nearly perfect food that men lived almost a thousand years.

Atmospheric Pressures

It was the falling of this mighty canopy in Noah's day that caused the great Flood, and this caused many strange changes to take place upon the earth. The millions of tons of water filled the great valleys, covering about 71% of the surface of the earth, and leaving only the tops of mountain plateaus protruding out of the seas. For while we have given little thought to the matter, the six continents on which we live today were only high, mountain plateaus before the Flood, as authorities now know that the waters of the Flood raised the sea level about three miles. Prior to the Flood then, men lived down in the valleys some three miles lower than we live today, where the atmospheric pressure was evidently about 22 pounds to the square inch. The present atmospheric pressure, on these mountain plateaus where we now live, is only 14.73 pounds to the square inch at our present sea level. Since the atmospheric pressure decreases about $2\frac{1}{2}$ pounds at each mile above our present sea level and increases about the same each mile below, we can be sure that before the Flood men lived down in the valleys that are now covered by the waters of the seas in an atmospheric pressure of about 22 pounds to the inch.

It was these facts that led to the discovery of the two primary reasons for the long life span prior to the Flood, and both of these reasons can be summed up in the one word OXYGEN! For under such atmospheric pressure the air would be so heavily laden with oxygen

that the broad valleys were evidently almost like great oxygen tents! Of course this made man a deep breather, using all of his lungs for breathing, not just the top part of them as we use today! And not only would this deeper breathing contribute to his long life span, but the food that grew in that heavily oxygenated air would be so superior to that grown today that there is little wonder man lived almost a thousand years!

Fermentation

But that heavily oxygenated air would do more than that; it would completely prevent any such thing as rust, rot, decay or fermentation. To destroy anything under such atmospheric pressure it would be necessary to burn it or bury it in the ground so that the chemicals of the earth would decompose it; for vegetables, meats, fruits, fruit juices, etc., left in the open oxygenated air would remain fresh perhaps forever, and there would be absolutely no such thing as fermentation in any form. Louis Pasteur was the first to discover that the very cause of fermentation was the LACK OF OXYGEN. His theory was that any organism deprived of the free oxygen of the atmosphere would set up fermentation in its effort to obtain oxygen from other substances. Note Pasteur's experiments which led to his amazing discovery, quoted from Britannica Encyclopaedia:

"In the presence of air the growth (of yeast) was very vigorous, much more so than in the absence of air, but on the other hand fermentation as measured by production of alcohol was much in abeyance, while conversely, WHEN THE YEAST WAS DEPRIVED OF AIR (OXYGEN), growth was not so abundant, BUT FERMENTATION WAS VERY MUCH MORE VIGOROUS. Here, thought Pasteur, is the long-sought secret of fermentation; the yeast, and in fact any organism, deprived of the free oxygen of the atmosphere, will react (ferment) with substances such as sugar dissolved in the medium, in their

effort to obtain from them their oxygen of combination.”
Encyclopaedia Britannica, 14th Edition, Volume 9, Page 176.

Oxygen

It was these scientific facts that led to the discovery of the fundamental principle of diet! But what does it all mean? It simply means that everything upon this earth is oxygen-starved. It means that every man upon this earth is gradually starving for the want of life-giving oxygen. It means that every beast, every insect, every tree, every plant, and every living thing upon this earth is oxygen-starved and will eventually die for the want of this life-giving gas called oxygen.

The discovery was quite simple! If man lived almost a thousand years in the pre-Flood atmospheric pressure with its heavily oxygenated air, and immediately after the Flood his life span dropped to 120 years or less in our low oxygenated air, surely even a layman can understand that there is only one reason—OXYGEN! Moreover, Pasteur proved that the very cause of fermentation is the LACK OF OXYGEN; and since there was no fermentation prior to the Flood, but man's whole life since has been a constant fight against rust, rot, decay and fermentation, we can be doubly certain that the primary difference between that atmosphere—in which man lived almost a thousand years—and our atmosphere—in which man seldom lives a hundred years—can be summed up in the one word—OXYGEN!

While the discovery now appears quite simple, it is in fact perhaps the most revolutionary health discovery that has yet been made! For not only does it upset all past theories of men, but it wipes out completely all of the so-called knowledge of diet, food value, health, disease, and even our former knowledge of life itself! It shows our rank ignorance in wonder-

ing why we get sick; for the wonder is that man lives at all in his unnatural environment. For these facts prove that man was originally created to live under greater atmospheric pressure than our 14.7 pounds to the square inch; that his lungs were constructed to breathe heavily oxygenated air, and to breathe deeply, using all of his lungs in taking in the greater quantity of oxygen needed to sustain longer life. For today, under our atmospheric pressure, man uses only the top portion of his lungs, and he gets only part of the oxygen he needs. Is there any wonder then that every man upon this earth is half starved for life-giving oxygen, and that his life span is less than a hundred years?

Moreover, this discovery proves that man's body was originally made to consume food grown in heavily oxygenated air to supply additional oxygen to the blood. For since it is definitely true that our shorter life span of today is due to the lack of oxygen, we can be certain that we are starving for life-giving oxygen in both our air and our food. And this discovery gives us a reason for the Diet of Oxygen; for today our system needs oxygen—more than anything else in this world it needs life-giving oxygen—and while all foods today are inferior to those grown in the pre-Flood atmospheric pressure, we need to search out those having the greater oxygen content, and we need to hold on to them like a drowning man grasping a straw! For today we are drowning, dying, starving—starving for the life-giving gas called OXYGEN!

Later in this book we will take up the study of these oxygenated foods, and you will understand why we call them the Diet of Oxygen, and why they comprise the only logical diet for man today. For if we are starving for life-giving oxygen, the only foods that can help us are those that are impregnated and infused with life-giving oxygen! And you will see that

our diet today is chiefly non-oxygenated food, food that has become almost pure waste by our modern food-processing, and the wonder is not that we get sick and die, but the greatest wonder of this world is that we live at all in our unnatural environment and on non-oxygenated foods. For today we are much like a starving fish that has been placed in water so shallow that it can only partially breathe.

To learn how to apply this diet, however, and to understand why and how it works, it will be necessary to free our minds of many past errors. We must learn a completely new physiology, and we must correct all of the fundamental errors we have been taught about diet. We must understand that we need oxygen in our diet; that we are starved for life-giving oxygen, NOT vitamins, calories, carbohydrates, proteins, or so-called 'balanced diets'. The Diet of Oxygen is a completely new concept of diet, and it will be necessary for us to eradicate from our minds all of the complicated errors we have been taught about vitamin-enriched foods and so-called 'food values'.

First it should be said that the Diet of Oxygen is not a 'cure all', and that no such claims are made for it. It is a CLEANSING diet—a diet of the only cleansing foods available today—and while it will definitely cleanse our body and recharge our whole system with a new spark of life-giving oxygen so that nature can heal, it is not a 'cure all' in itself. It is just as foolish to believe that diseases can be cured by dieting or by eating certain foods as it is to believe that they can be cured with pills, shots or 'wonder drugs'! Only nature cures or heals, and we must learn that nature can cure or heal only after our bodies have been thoroughly cleansed of all waste. We must keep in mind that we live in an unnatural environment, that we are all oxygen-starved, and that nature works under great handicap.

If she cures at all, she will do it in her own way, slowly, and then only in a body that is CLEAN.

Of course you are anxious to know which foods are oxygenated, cleansing, and thus healthful, and later in this book we will study them carefully, and group them as to their oxygen content; but first we should learn more about this magical, life-giving gas called oxygen, so that we can understand its importance in diet. And in the following chapter of this book we shall see what a tremendous part it plays in our very life; for this strange, invisible substance called OXYGEN is more than a gas! It is the very source of life itself! It is Divine power, God-given, and the very BREATH OF LIFE!

CHAPTER II

The Oxygen of Life

The secret of life has remained a mystery throughout the centuries, and it is generally acknowledged that science is unable to unravel this great secret. But fortunately a record was made of the exact process of giving life in the beginning, and this record has been handed down to us through the centuries. For we must turn to the words of the prophets to find the mystery of life, and there we find it stated so simply and so clearly that even a child can understand. Moses gives us this record of the first life given, and this process of giving life applies to every person upon this earth as he comes forth from his mother's womb:

“ . . . and breathed into his nostrils the breath of life; and man became a living soul.” Genesis 2:7.

Note that this method of giving life takes us right back to life-giving OXYGEN! For the 'breath of life' simply means the 'OXYGEN OF LIFE'. When one is given the 'BREATH of life' it simply means he is given OXYGEN which gives him life. While it is true that 'the life is in the blood', the life that is in the blood is nothing more than OXYGEN which is fed to the blood by the air one breathes and the oxygenated foods one eats. The very purpose of both breathing oxygenated air and eating oxygenated foods is to feed life-giving oxygen to the blood, and when one is given this 'oxygen of life' he becomes a living soul. The word

rendered 'soul' above is from the Hebrew word 'nephesh', and its very meaning is 'a breathing creature' or 'a breather of oxygen'.

It is clear then that living is breathing and that oxygen is the source of life. When a babe comes forth from its mother's womb and is given the breath or oxygen of life it becomes a 'breathing creature' or a LIFE. Breath or oxygen is called 'LIFE'—the 'breath of LIFE'—and we find this close relationship between LIFE and OXYGEN in every language under the sun. The Greek word for our English 'soul', 'spirit' or 'life' is the word 'pneuma', and it too means 'a current of clean air (oxygen)', 'breath', 'breeze', or 'the vital principle (of oxygen)'. And since this same word 'pneuma' is rendered 'spirit', as 'the Spirit of God' and 'the spirit of man', we can be sure that both words 'spirit' and 'pneuma' mean OXYGEN; and today we call our air-filled automobile tires 'PNEUMA-tic tires', meaning air-filled, oxygen-filled or spirit-filled. And in the Latin, the Latin word 'spira' for spirit or life gives even stronger evidence; for its meaning is 'CLEAN FRESH AIR', and clean fresh air is OXYGEN, the most cleansing agent upon this earth!

Our discovery then becomes even more important; for the very meaning of the words nephesh, pneuma, spira, soul, spirit and even LIFE, can be given in just one word, OXYGEN! Oxygen is God-given 'spirit' through which he gives life, it is man's only diet, and he must both 'breathe' it and 'eat' it to have life! And you can now see the appropriateness of the name we have chosen, The Diet of Oxygen! For a 'diet of oxygen' would mean a 'diet of LIFE'! It is oxygen that gives life, and a diet of oxygen would simply mean a diet of life!

Few today realize the tremendous power of the

magical gas called OXYGEN! It is the very source of all life upon the earth, of all vitality, and even of all power, as no mechanical engine or locomotive will run without it! The first thing the doctor does for the critically ill is to rush them to the oxygen tent, and heavy drinkers claim that a few deep breaths of pure oxygen from an oxygen tank will completely eliminate any trace of the familiar 'hang-over' on the morning after! Oxygen is always administered in case of heart failure, as it is the very SPIRIT (nephesh, pneuma, spira) that activates life, and without it there could be no combustion, fire would not burn, every man, bird, beast and plant would die, and the whole earth would become desolate and void!

Man is half starved for oxygen today because it comprizes only 23% by weight and 21% by volume of our atmosphere, and as proof that every substance on earth is oxygen-starved, many substances, when brought in contact with oxygen, unite with it so violently that light and heat are produced. We have no idea yet as to what mental and physical super-men an atmosphere of oxygen could produce, but it is quite certain that it was oxygen in the pre-Flood atmosphere that made 'giants in the earth in those days', and it is not yet known what tremendous vitality and superior strength an abundant supply of it would give man, or to what heights it could lift him physically and spiritually. Science has just begun to study something of the tremendous power of this magical gas, and the following quotation from recent discoveries shows how it gives life to man:

"Oxygen was liquified for the first time in 1877 by application of intense cold and pressure; it has since then been solidified. It is possessed of very marked chemical activity, having a powerful attraction for most of the simple substances, the act of combining with which is called oxidation. Some substances when brought into contact

with this gas unite with it so violently as to produce light and heat . . . The presence of oxygen is, so far as we know, one of the physical conditions of life. In breathing we receive into the lungs a supply of oxygen; this oxygen is carried by the blood to the various parts of the body, and there deposited to aid in the functions of the organs; the deoxygenated blood then returns to the lungs, and again receives a fresh supply of the necessary oxygen." The American International Encyclopedia, Volume Eleven.

The Secret of Life

Since we have now discovered the source of life—the exact 'fuel' that gives man life—perhaps we can also learn the secret of life, or the secret of activation. While all of this may be unnecessary just to give a simple diet, it is necessary, we believe, to our faith in the merits of a diet. It is not easy to follow a diet, and unless one understands the scientific principle of it he will not follow it long. Thinking people today do not accept just any theory simply because it is a theory. It must be supported by facts proving the scientific reason for it.

We have already discovered that the source of life is breathing—inhaling life-giving oxygen from the atmosphere and feeding it to the blood by way of the lungs. But the age-old mystery of life is the mechanics of it. What is the unseen, self propelling force that makes one breathe? For man is an automatist in his breathing, as he breathes automatically, awake or asleep, conscious or unconscious, without effort or thought on his part. This automatic breathing can be explained, and when it is understood it is so simple that its very simplicity will surprise you. The quotation below sums up briefly the latest findings of Medical Science on the essential idea of the lung:

"The essential idea of a lung is that of a sac communicating with the atmosphere by means of a tube, the

trachea or windpipe, through which air is admitted to the organ, and through structural peculiarities to its intimate parts, the air serving to supply oxygen to the blood and to remove carbonic acid. In mammalia, including man, the lungs are confined to and freely suspended in the cavity of the thorax or chest, which is completely separated from the abdominal cavity by the muscular diaphragm or 'midriff.'" The American International Encyclopedia, Volume IX.

The spongy, honeycomb-like lungs are confined in the cavity of the chest by twelve curved, boney rods on each side called ribs, and by the muscular diaphragm called midriff at the bottom of the cavity. The rubber-like tissues holding together the rib structure and the muscular midriff-diaphragm below make the chest cavity very elastic and capable of very great expansion and contraction, exactly like a bellows (see 'diaphragm' in any encyclopedia). The only difference being that the chest-bellows has no 'center of gravity', due to atmospheric pressure, as it is either partly expanded or contracted and is never on 'center' as long as there is life in the body.

The entire bottom of the rib structure is sealed over by the midriff-diaphragm, forming an airtight, cage-like cavity housing the lungs, and this whole structure is known as the 'thorax'. The diaphragm is convex or curved upward in the thorax cavity, and of course concave toward the abdomen. With each intake of breath the lungs expand the thorax, and as the rib structure is expanded outward from each side, the convex or curve in the diaphragm stretches out to a horizontal position. But since it is a diaphragm, it will not remain in this cramped position, and it immediately snaps back to its natural convex position, thus again contracting the rib structure and forcing the air out of the lungs. While of course this could not create a 'true vacuum' in the thorax cavity, it is evident that

the snap action of the rubber-like diaphragm is such that the pressure in the airtight cavity becomes somewhat lower than the outside pressure, for the atmospheric pressure immediately forces another breath of life into the cavity, and thus again filling the lungs.

Herein lies the secret of automatic breathing and hence the secret of life, and it is evident that the greater the atmospheric pressure on the outside, the greater will be the contraction and expansion of the strain-power on the inside, with a corresponding increase in the intake of air or oxygen. Before a baby is born it receives its oxygen from its mother's breathing, and its diaphragm is evidently convex, with its rib structure in a contracted position. For as soon as it is born the atmospheric pressure of more than 14 pounds to the square inch forces air into its thorax, filling its lungs. Sometimes it is necessary for the doctor to hold the baby head-downward or gently strike it so that its breathing tubes will open. As the atmospheric counter pressure forces the first breath of air into its lungs, its rib structure immediately expands, thus activating its diaphragm, and the strain-power of its rubber-like diaphragm snaps it back to its convex position, and the air is again forced out of the lungs. This in turn creates the lower pressure in the airtight thorax, and the atmospheric counter-pressure again forces air into the cavity, giving the baby its second breath of life, and the whole mechanical cycle is repeated just as long as there is life in the body!

It is not difficult to prove this theory. By placing the palms of the hands against the body just below the ribs one can feel the expansion of the bellows-like rib structure and the rubber-like midriff-diaphragm at every intake of breath, and he can feel the snap-back of the muscular structure at every exhale of breath. And all who have been in the mountains where the

atmospheric pressure was considerably lower than the 14.7 pounds will recall the difficulty they had in breathing. This is not due to the old theory of low oxygen-content of the air; for one can spend hours in a smoke-filled room where the oxygen content of the air is almost nil and he will not experience the same difficulty in breathing as in the low pressure on mountains. We can understand now that the atmospheric pressure on the mountains is too low to force the usual amount of air into the thorax, and the expansion of the bellows-like rib and midriff structure is not great enough to cause the rubber-like muscles to snap back as usual, thus making breathing quite shallow and difficult.

This explains why man's deep breathing in the greater atmospheric pressure prior to the Flood gave him such superior health that he lived almost a thousand years, and it shows the vital importance of practicing daily deep-breathing today! Wise men of the East have known the importance of daily deep-breathing exercises for centuries, and their accomplishments through this simple method seem almost too great for belief. As a matter of fact, the 'Adepts' of India and Tibet attribute in large measure their health and long life, as well as many of their so-called feats of magic, to their superior mental and physical energy gained from daily deep breathing. Of course the Western world knows nothing about this, and very little has been done along this line. We have at our disposal the oxygen tent and the oxygen tank, and we have yet to learn what might be accomplished by a few deep breaths daily of pure oxygen. A high medical authority is credited with the statement that "One generation of correct breathers could re-generate the race."

Water Pressure

We have definite proof of this effect of atmospheric

pressure of oxygen on health and the life span. Other than the fact that man's life span dropped from almost a thousand years in the pre-Flood pressure to less than a hundred in our pressure today, we also have living proof in the mammal. The whale or cetacea is living proof of this fact. The whale is a true marine mammal who suckles its young, has warm blood, and breathes oxygen by means of lungs. But he is not restricted to the low pressure of our atmosphere, as he takes advantage of the water-pressure of the sea. He rises to the surface and expels air so violently that the vapor becomes condensed and resembles a column of water and spray. Then he closes his nostrils which are on the top of his head and descends into the deep, and the water-pressure of the sea forces all of the remaining air out of his lungs, compressing his bellows-like thorax, and making the greater contraction that the land mammal cannot get in the low atmospheric pressure. Then he rises to the surface again and with his increased contraction the atmospheric pressure fills his lungs with such a quantity of oxygen that he can remain under water for quite some time.

Thus by taking advantage of the water-pressure of the sea, the whale overcomes the low atmospheric pressure, and he is a very deep breather. The additional oxygen he gets from his non-automatic deep breathing gives him such a long span of life that he has been known to grow to as much as 100 feet in length and 35 feet in circumference. And as definite proof that his long life span is due to his enforced deep breathing by the water pressure of the sea, the life span of his cousin, the land mammal, is so short that he does not attain even a fraction of this size; yet the land mammal in the pre-Flood atmospheric pressure did live so long that he too grew to this huge size.

The tortoise also is living proof of the effect of the

pressure of oxygen on health and the life span! Of 225 known species, all but two are either exclusively land species or fresh water species, and none of these grow large for the evident reason that they cannot take advantage of the water-pressure of the sea for deep breathing. The two exceptions are the Athecae and the Giant Tortoise, and being strict marine species, it is quite evident they take advantage of the water-pressure of the sea in breathing, exactly like the whale; for the Giant Tortoise grows to as much as four feet in length, and says *Encyclopaedia Britannica* of the Athecae Tortoise: "This creature, the Luth or Leathery Turtle, is a marine, turtle-like animal inhabiting the tropical seas and is the largest living chelonian; it reaches a length of 8 feet and may weigh nearly a ton" (Volume 22, 14th Edition, Page 309). And as proof that its tremendous size is the result of its long life from deep breathing oxygen by the pressure of the sea, when placed in captivity away from the water pressure of the sea, it seldom lives long and its growth is immediately retarded.

Thus the mystery of life is no longer a mystery! The human body is an 'engine' operating automatically by a pump system of vital muscular strain-power and counter-atmospheric air-pressure, and its fuel is life-giving oxygen. While the old theory was that the heart—not the lungs—was the vital organ, the 'pump', these facts seem to prove that it is the other way around. It is the pumping of the lungs that makes man a living, BREATHING creature, and the lungs must start pumping before the heart functions. Many cases are on record where man has been brought back to life by artificial respiration, by artificially operating the 'pump'. The following quotation shows that the heart functions as a 'valve' from the pressure of the blood becoming oxygenated in the lungs:

"The arteries carry the blood from the heart to all parts of the body. They terminate in the capillary vessels, a series of extremely minute tubes which pass over into the veins. The veins are the channels by which the blood passes back from the body to the right auricle of the heart. The blood which is returned from the veins is purplish red, from excess of carbonic acid gas and deficiency in oxygen, and is called venous; that which leaves the heart is bright red, being oxygenated, and is called arterial. The venous blood parts with its excess of carbonic acid and receives new supplies of oxygen in the capillary system of the lungs." The American International Encyclopedia, Volume VIII.

These facts indicate that the heart functions by a high and low pressure system, exactly like the valve in any such system, and if the heart is the valve and the lungs are the vital pump of life, the 'beating' of the heart would be the contraction and expansion of its valves. While heart failure and heart diseases are almost always treated in the beginning with the oxygen tent, perhaps the treatment with oxygen is not carried far enough; for the above facts might indicate that the trouble is more often in the 'pump'—the lungs—than in the 'valve'—the heart! Perhaps continued experimentation with life-giving oxygen—daily deep breathing right from the oxygen tank—might lead to almost miracle cures in such cases! In fact, this startling discovery might lead us to expect tremendous results in the treatment of almost any disease with experimentation with the magical oxygen tank—the only source today of the pure OXYGEN OF LIFE!

At any rate, we have seen what a vital force oxygen is in our very life, what tremendous vitality, superior strength and perhaps radiant health an abundant supply of it might give to mankind, and that man is starved for oxygen in both his air and his food. But before we study the diet that can give us more of this vital force, we should understand that the power of

oxygen reaches far beyond this scope; for the lack of this Divine-like gas has done much more than shorten our life span. In fact, our low atmospheric pressure of oxygen has been the direct cause of all our woes, and in the next chapter of this book we shall see that an abundant supply of this life-giving, Divine force called OXYGEN could remove forever from this earth everything that hurts and destroys.

CHAPTER III

The Fermentation of Death

Most of our readers, perhaps, have at some time or other stood upon the sands of the sea and watched with awe and wonderment its angry waves come rolling in. Even those who live near the sea never cease to marvel at this phenomenon—this almost endless expanse of water that encircles this globe. For there is nothing stranger or more unnatural than our great oceans with water up to three miles deep covering almost three fourths of our good earth. This was not always so, for it was the falling of the great watery canopy of Noah's day that formed our great oceans, and prior to the Flood, when the great aqueous ring surrounded the earth like glass over a greenhouse, conditions on earth were so nearly perfect that man's life span in Eden was almost a thousand years.

We have seen how this great phenomenon reduced our atmospheric pressure and the oxygen content of our air so that man became a shallow breather, and that food grown in this air is so low in oxygen content that man's life span today has dropped to less than a hundred years. But it did much more than this; for the facts prove that our low atmospheric pressure of oxygen is the direct cause of alcoholism, narcotics, the tobacco habit, rust, rot, decay, fermentation, virus, disease, poison, and even death itself! But to prove these facts we must point out that Noah, a man of God,

was the very first man upon this earth to become intoxicated! This was immediately after the Flood, and we should be quick to point out that Noah was completely innocent of any wrongdoing! For when "Noah began to be a husbandman (right after the Flood) he planted a vineyard: and he drank of the wine, and was drunken; and he was uncovered within his tent." (Genesis 9:20, 21).

Alcoholism

Noah's wine made him so drunk that he was completely 'out', and he knew not that he had become uncovered within his tent. While Noah has been severely criticised by every generation for his drunkenness, the facts show that he was completely innocent! Why? Because Noah knew nothing at all about intoxicating drinks, and he had never heard of such a thing as drunkenness! In fact, Noah's fermented grape juice was the very first alcoholic drink that had ever existed upon this earth, and although Noah had never heard of grape juice fermenting, he innocently became the first man upon this earth to make wine!

Prior to the Flood, in the heavily oxygenated air, there was an abundant supply of oxygen down in the valleys of the earth, and fermentation was unknown. It had no doubt been the custom of Noah to keep fruits and fruit juices for months, perhaps years, as rot, rust, decay and fermentation were unknown. But now the great watery canopy had fallen, causing the Flood, and raising the sea level about three miles. The atmospheric pressure had changed, and from that day to this man's life has been a constant fight against rust, rot, decay and fermentation. When the ark came to rest on Ararat Noah planted a vineyard, and from his first crop of grapes he made grape juice. There was no one to tell

Noah his grape juice would ferment in this air. Perhaps Noah was having plenty of trouble breathing the new mountain air, and he evidently took on quite a quantity of his now-fermented grape juice, and although completely innocent, he was the very first man upon this earth to experience drunkenness.

Tobacco

While most of our readers are aware that fermentation is necessary to produce intoxicating drinks, perhaps not all are aware that fermentation is also necessary to produce the habit-forming chemicals of tobacco. The use of tobacco for smoking was first discovered by the American Indian and it was introduced to Spain and England in the 16th century. Although some fermentation takes place as the plant grows—due to present atmospheric pressures—making the plant in its natural state slightly habit-forming, the real habit-forming chemicals in tobacco are brought out by the manufacturing process of fermentation. Note the following from *Encyclopaedia Britannica* on the fermentation of tobacco:

“TOBACCO FERMENTATION.—Under favorable conditions, the enzymes naturally occurring in tobacco leaf act on the organic matters present, and the considerable alteration in their chemical constitution, thus caused, exercises a mellowing effect on the tobacco. Fermentation readily occurs when the tobacco is staked in heaps, but precautions require to be taken to prevent the temperature rising above 130 degrees F, and the heaps are therefore frequently re-made during the operation which lasts about a month.” *Encyclopaedia Britannica*, 14th Edition, Volume 22.

To the American Indian who smoked tobacco in its natural state, without fermentation, tobacco was not considered habit-forming. It was only a symbol to him—a pipe of peace—and he used it only on occasions of

friendliness toward others. It was only by the manufacturing process of fermentation that tobacco became habit-forming, and thus commercialized, and exactly like intoxicating drinks, it is fermentation of tobacco that has made millions the world over slaves to its habit-forming properties.

Narcotics

While there are many forms of narcotics and many plants having properties that induce mild narcosis, the principal drugs that are harmful and habit-forming are by-products of the opium poppy, such as opium, morphine, Heroin, etc. These come from the milky juice of the opium poppy, and the facts show that it too depends upon the age-old process of fermentation for its habit-forming chemicals. Of course the raw opium is a narcotic, because in our atmospheric pressure fermentation begins even while the poppy juice is still in the pod or poppy capsule. But to bring out its real potency it must be put through (quoting from *Britannica Encyclopaedia*) "a lengthy process of boiling, evaporating, fermenting, and a peculiar toasting process, followed by more straining, evaporating, fermenting and filtering." (*Encyclopaedia Britannica*, 14th Edition, Volume 16).

Poisons

So we can see that the direct cause of every hurtful thing upon this earth is FERMENTATION, caused from the lack of Divine-like, God-given OXYGEN. In fact, everything that induces narcosis is poisonous, and the very fact that every poison has an antidote—another chemical that destroys the poison when mixed with it—proves that all forms of poison, every poisonous substance, and the venom from every poisonous serpent or insect, are unnatural mixtures of chemicals

caused from FERMENTATION in the low percentage of OXYGEN of our present atmosphere.

Disease, Virus, Bacteria

While the exact relationship of bacteria to disease is unknown, it is known that bacteria is always present where there is disease, and Medical men agree that the same condition which causes one must also cause the other. For to remove the condition that causes bacteria is to remove the condition that causes disease. Bacteria can thrive only in the filth, rot and decay of fermentation, and it is now well known that every disease is a form of filth, virus, rot or decay of fermentation in the body, regardless of the cause. And since Louis Pasteur has definitely proved that the low oxygen content of air since the Flood has caused all fermentation, we can be quite sure that it is the lack of this cleansing gas called OXYGEN that causes the virus and diseases of fermentation!

This shows how futile has been our effort in spending millions in research for 'wonder drugs' and 'miracle vaccines'. The whole theory has been based on a wrong premise, and the search has been in the wrong direction! The only 'wonder cure' upon this earth is nature's own product, OXYGEN, and it is quite possible that 'miracle cures' might be found if research was turned in the other direction—in experimentation with life-giving oxygen! If the millions that are spent on wonder drugs and vaccines could be turned to research and experimentation with pressurized and oxygenized hospitals, pressurized and oxygenized rooms for deep breathing exercises and pressurized and oxygenized food-producing greenhouses, perhaps man would learn how to extend his life span many additional years!

If the sick and afflicted could spend several days in

hospitals pressurized and oxygenized to the pre-Flood atmospheric pressure of 22 pounds or more to the square inch, we might actually see 'miracle cures' without medicine or surgery, even as daily deep-breathing exercises in rooms pressurized and oxygenized to pre-Flood atmospheric pressure might greatly increase the life span! And with our experience with the Diet of Oxygen, and the beneficial results of oxygenated foods grown even in our atmospheric pressure of only 14.7 pounds per square inch, we can be almost certain that food grown in greenhouses pressurized and oxygenized to 22 or more pounds to the square inch would produce health and vitality far superior to anything man knows today!

Horns of A Dilemma

We can see then the predicament we are in! The waters of the Flood filled our great food-producing valleys which were almost like oxygen tents, forcing us to live on the very top of the world, the six mountain plateaus which we call continents—North America, South America, Europe, Asia, Africa, and Australia—where the atmospheric pressure of oxygen is so low that we starve to death for oxygen in less than a hundred years. Just a glance at a world map or globe will convince anyone that we are definitely 'men of the mountains'—that we live today on top of the mountains—and that the best parts of the earth—the broad, fertile, food-producing valleys—are now covered by the waters of the sea! The atmospheric pressure of this mountain air is so low that we are beset with rust, rot, decay, fermentation, virus and every disease under the sun, and our whole life is a fight for survival! This is mankind's great dilemma! For in this unnatural, mountainous atmospheric pressure we are starving for life-giving oxygen both in our air and our food! Either we increase our supply of oxygen by mechanical exper-

imentation and by a diet of oxygenated foods, or we continue to sicken and die in less than a hundred years! Horns of a dilemma, but there is no other choice; for man can not change the atmospheric pressure of his mountain home, neither can he remove the waters of the sea!

But there is a way that every hurtful thing upon this earth could be wiped out, even death itself, and it is quite startling! With one stroke every form of alcoholism, narcotics, tobacco, virus, disease, old age, and even death itself could be abolished from the earth! But how? With human nature as it is—weak, depraved, imperfect—how, for instance, could the curse of alcoholism be abolished? The National Committee on Alcoholism reports that of 65,000,000 Americans who drink, some 4,000,000 have well-developed cases of alcoholism! Our 18th Amendment was such a miserable failure that it was abolished, and the problem of alcoholism is too great to be controlled by law! And how could the curse of narcotics be wiped out? No government on earth has been able to cope with this problem by law, as all prohibition laws have merely brought on new crops of bootleggers and black markets. And what about the tobacco habit, which today has not only enslaved millions of men and women, but millions of teen-age children as well?

While these problems are too great for man, there is a way they could be solved, and we find the solution in the words of the prophets! Whether or not we believe the words of the prophets, of course is of little concern here; for we point out their words only to prove our point on the importance of life-giving oxygen! That the prophets understood the tremendous power of Divine-like oxygen, is the point we want to prove. And that they believed in a coming 'New HEAVEN (oxygenated and pressurized atmosphere) and NEW

(part of the) EARTH', when there would be 'NO MORE SEA' (Revelation 21:1), there can be no doubt! For they believed in a coming 'new order' to the earth in which nothing would hurt or destroy:

"The wolf also shall dwell with the lamb, and the leopard shall lie down with the kid; and the calf and the young lion and the fatling together, and a little child shall lead them. And the cow and the bear shall feed; their young ones shall lie down together: and the lion shall eat straw (become a vegetarian?) like the ox. And the sucking child shall play on the hole of the asp, and the weaned child shall put his hand on the cockatrice's den. THEY SHALL NOT HURT NOR DESTROY IN ALL MY HOLY MOUNTAIN (Kingdom—new order?): for the earth shall be full of the knowledge of the Lord, as the waters cover the sea." Isaiah 11: 1 to 10.

Believe them or not, the words of the prophets are quite startling; for they speak of a day in the future when 'there will be no more sea' (Revelation 21:1) covering almost three fourths of our good earth, telling us that 'his waterspouts' (Psalm 42:7) will funnel up the waters of the sea and uncover the millions of square miles of fertile ocean bottoms which they call the 'NEW EARTH'. Only such a phenomenon could take away the things that hurt and destroy, and the prophets were evidently aware of it; for a careful examination of the Hebrew shows that in the original Hebrew text the prophet actually wrote something like this:

"Nothing shall hurt nor destroy anywhere in my holy mountain (or the earth); for the knowledge of the Lord is that the ocean-bed that is covered by the waters of the sea shall be the LAND (of the NEW EARTH)." Isaiah 11:9 (see Moffatt Version, Smith-Goodspeed, Septuagint, etc.).

All of the religions of the world teach some kind of a 'hereafter', although they usually look forward to such a day with fear and dread, but the prophets, who were evidently better informed, had no fear at all of

this great day! And there is little wonder, when we study their belief; for they believed that the waters of the seas would 'go up to the place founded for them' (Psalm 104:8) and again form the watery canopy above the atmosphere! This would not only uncover the fertile ocean bottoms, forming a NEW EARTH, but the atmosphere would revert to its pre-Flood pressure, bringing perfect climatic conditions, where extreme heat, extreme cold, and all upheavels of nature would be no more, and it is certain man would live forever upon this earth; for the whole earth would again be protected by the watery canopy like it was in the garden of Eden:

"Thus saith the Lord God: In the day that I shall have cleansed you from all your iniquities (rust, rot, decay, fermentation, virus, disease, alcohol, narcotics, tobacco, etc.) I will also cause you to dwell in the cities, and the wastes shall be builded. And the desolate land shall be tilled, whereas it lay desolate in the sight of all that passed by. And they shall say, This land that was desolate (covered by water?) is become LIKE THE GARDEN OF EDEN; and the waste and ruined cities (covered by the sea in Noah's day?) are become fenced, and are inhabited." Ezekiel 36:33, 34, 35.

With such a belief as this, there is little wonder the prophets looked forward with great hope to such a day! For if such a new order could return the waters of the sea to the watery canopy around the earth, the atmosphere would revert to its pre-Flood pressure, and there would be no more rot, rust, decay or filth from fermentation! This was the belief of the prophets, whether we believe it or not; for they wrote that men would then 'build houses and live in them', and of course houses then would last forever, and that men would 'plant vineyards and eat the fruit of them' (Isaiah 65:21), and of course tractors, trucks and automobiles too would almost last forever; for rust, rot, decay and filth from fermentation would be no more!

But even more important, this shows why the prophets believed such a new order would rid the earth of alcohol, tobacco, narcotics, and everything that hurts and destroys! For if the waters of the sea could be returned to the watery ring around the earth, filling our atmosphere with life-giving oxygen, there would be no more fermentation, and with no fermentation there would simply be NO MORE ALCOHOL, NO MORE TOBACCO, NO MORE NARCOTICS. It would be as simple as that! There would be no need for '18th Amendments' or any such laws. Men would stop drinking simply because there would be nothing to drink! They would stop using narcotics simply because there would be no narcotics! And with no fermentation of any kind, the tobacco plant would be no different than the cabbage leaf! It would lose its 'kick', and those who have used it for a lifetime—as snuff, smoking or chewing—would simply stop using it.

While this is quite startling, it is the belief of the prophets, and nothing could be more simple! If such a 'new order' could return the waters of the sea to the great aqueous canopy, forcing our atmosphere to its pre-Flood pressure, cleansing OXYGEN would again be in abundance, and fermentation would be no more. There would then be no more virus, no more poisonous snakes or plants, no more flies, misquitoses or pests, and of course no more bacteria or disease! Then there would be no more need for narcotics, tobacco, alcohol or stimulates, and they would be no more; for while it is certain these were given to a sick and suffering world by a merciful God—and they have been glorious blessings in relieving tension, stress and pain—there would then be no more need for them if the words of the prophets are true! For they tell us the inhabitants would then no longer say 'I am sick' (Isaiah 33:24), 'neither would there be any more pain' (Revelation

21:4); for NOTHING WOULD HURT OR DESTROY IN ALL THAT HOLY KINGDOM!

While these may sound like pipe dreams, they are not fantasies, and believe the words of the prophets or not, they at least substantiate our findings that man's greatest need today is for the invisible gas called OXYGEN. For now we know that disease, virus and even death are closely related to the rust, rot, decay, filth and poison of FERMENTATION, and we know that cleansing oxygen is the only antidote. We have seen the tremendous effect of deep-breathing oxygen on the growth of animals and the life span of man, and in the next chapter of this book we shall learn why the rust, rot, decay, filth and poison of FERMENTATION have such a killing effect on the very foods we live on.

CHAPTER IV

The Scientific Reason

If you have been able to grasp the full significance of the relationship of OXYGEN to LIFE, you will have no difficulty understanding the scientific reason for the oxygenated foods which we call The Diet Of Oxygen. While it has been proved that these foods can cleanse the system and improve health, they can do more! They can give you a sense of awareness of full, vital 'living', in contradistinction to a drab, monotonous 'existence'. A well person is usually a happy one, while a sick one is always sad! That we definitely ARE what we eat, there can be no doubt. "Even the gods love a good disposition," said the Greek philosopher Plato, and the great dietitian Hippocrates, who was the 'father of medicine' it is claimed, said, "Your FOODS shall be your remedies and your remedies your FOODS."

While we have seen the very close relationship between OXYGEN and LIFE, we also now see that about the same relationship exists between the rot, poison and filth of FERMENTATION and DEATH! And since Louis Pasteur has proved that where there is an abundance of OXYGEN there can be no FERMENTATION, we can be sure that OXYGEN and LIFE are the very opposites of FERMENTATION and DEATH. The Ancients recognized this fact, and they used FERMENTATION or 'leaven' as the very type or picture of sin, rot, filth, or anything that leads to

DEATH, showing that 'a little leaven (FERMENTATION) leaveneth the whole lump' (1 Corinthians 5:6, 7, 8), just as we found that it is leaven or FERMENTATION that causes alcohol, narcotics, nicotine, rust, rot, decay, filth, poison, virus, disease and death.

And there is a scientific reason for it! For as soon as the breath of OXYGEN leaves the body, the filth, rot and decay of FERMENTATION sets in, and this process is not confined to the human or animal body, but is a process of all forms of life. For biochemists are finding that every form of food life actually 'breathes', and it is only when this natural circulation of oxygen stops that the filth, rot or decay of FERMENTATION sets in—exactly like the process in the human or animal body. This is unquestionably the long-lost secret of food, and it is the great tragedy of our civilization! For only a few foods today are taken while they are still ALIVE with their natural circulation of oxygen, and most of the foods today are eaten or processed after they are DEAD and the process of FERMENTATION has filled them with decay or the filth that—for want of a better name—we call 'dead waste-matter'. This dead waste-matter is the greatest menace of this age, as our civilization knows nothing about oxygenated LIVING-foods and non-oxygenated DEAD-foods! Few have ever even heard of dead waste-matter, and they know nothing about the process of body-cleaning or of any other method of removing the dead waste-matter from the system.

Since gas or ether breathed into the body renders us unconscious, and since air without oxygen would immediately kill us, it is quite certain that food without oxygen could not give us the life and energy we need. Moreover, it is FERMENTATION, you know, that makes alcohol from almost any food on earth, and since FERMENTATION sets in every DEAD

food the very minute the circulation of OXYGEN stops, we can be sure every non-oxygenated DEAD-food is intoxicating or STIMULATING, and besides all of the dead waste-matter, it would give stimulation rather than vitality. And science now has definite proof that only part of our foods today are oxygenated, and of course all others would be more stimulating and waste-forming simply because they could not possibly be oxygenated. In recent experiments with cleansing 'chlorophyll' science has found that there is a continuous circulation of oxygen through trees and plants, and that as long as they are alive and growing, their fruits, berries, melons, leaves and stalks are so impregnated with oxygen that they evolve it into the air. Says the American International Encyclopedia, Volume II:

"Trees and plants evolve oxygen . . . This is due to the action of the sun's rays, and (causing) the chlorophyll or green coloring matter of the leaves."

Every farmer or gardener knows the importance of cultivating growing plants and trees so that air can get to the roots, although many may not know the scientific reason for it. But we can now see that it is a process of nature for the roots to absorb life-giving oxygen from moisture and air, and that the warm rays of the sun draw the oxygen up through the stem of the plant and the trunk of the tree and thence to the fruit and leaves where it is again evolved into the air. This circulation of oxygen through living matter is the very process of life, impregnating the vines, stems, leaves, berries, melons and fruits with cleansing chlorophyll and life-giving oxygen. And we can now see that the living, growing vine, the stalk, the leaf, the berry, the melon, the grain and the fruit are bombshells of vitality, and the only real 'vitamin pills' that exist upon this earth!

Vitality

The source of vitality has long been a hidden mystery, and science has never been able to find a satisfactory reason for sleep. The former theory was that vitality was derived from so-called vitamins of food, and that the inactivity of sleep was necessary for the body to store up energy. But from what we have learned in this study it is now evident that sleep is nature's way of cleaning the system of its terrible wastes. Many functions of the body stop during the hours we sleep, we stop taking food so that little blood is needed in the stomach for digestion, and the whole system can be thrown into the reverse process of body-cleaning. The system is able to squeeze out of the tissues some of the terrible quantity of waste matter we have stored there, and of course we awaken with a cleaner system, and consequently with renewed energy.

The latest theory of the science of organic chemistry is that vitality comes from the change of matter in chemical transformation, not from vitamins or nourishing substances of food at all. By this change of matter in chemical transformation the energy becomes free and acts to give new vitality to the body, and since we have discovered that the source of vitality is oxygen, we can be sure that it is the chemical transformation of oxygen that produces the heat, power, electricity or whatever it is that develops vitality and energy. Thus we can see the scientific reason for the oxygenated foods which we choose to call The Diet Of Oxygen. For if it is the chemical transformation of oxygen to power or energy that gives life or vitality, surely this is a good reason for grasping the foods that are impregnated with oxygen like a drowning man grasping a straw, and stimulating and non-oxygenated foods should be eaten sparingly, even as the sensible person takes stimulating drinks.

This circulation of oxygen through growing plant life can be compared to the circulation of air through a heating plant. All of us know the importance of proper draft through a stove or furnace, and every heating engineer knows that a clean fire and intense heat can be produced only by the proper mixture or circulation of oxygen through the flame. As fire or heat is a power or energy that can be produced only by the proper circulation of oxygen, life also is a power or energy that can be produced only by the same method. The professional welder knows that he can increase the power of heat only with oxygen, and by using a tank of almost pure oxygen in his acetylene torch he can produce such superior heat that it will melt almost anything. Man has yet to learn that it is this same circulation of oxygen through his system that gives him the power or energy of life, and he may yet learn, like the professional welder, that the more pure oxygen he gets into his system, the greater will be his energy or vitality of life!

Since vitality or energy of life, exactly like that of heat, comes from the change of matter in chemical transformation, and since the vitality of heat is increased or decreased simply by the circulation of oxygen through the flame, we may be certain man can increase his vitality or energy of life only with increased circulation of oxygen! This can be done only by deep breathing, or mechanical breathing of pure oxygen and with a diet of foods that have this natural circulation of oxygen. Only the edible fruits, berries, melons and vegetables that grow above the ground have this natural circulation of oxygen, and you can now understand why we have chosen for them the name 'The Diet Of Oxygen'; for all other foods would be more stimulating, constipating our system with more disease-forming waste matter.

Chlorophyll

The Diet of Oxygen then is not based on mere theory, but we have discovered that there is a genuine reason for it, and it is based on scientific facts! Science has found that oxygenated-chlorophyll is the most cleansing, purifying, filth-destroying and odor-destroying agency known to man, and that it is the natural circulation of life-giving oxygen through the growing fruits, berries, melons, and vegetables that impregnates them with green chlorophyll and the vitality needed to sustain life. And since we have found that filth, poison, virus and wastes in the human body are the greatest menaces of our civilization, it is apparent that our greatest need today is for a cleansing, purifying, filth-destroying, odor-destroying antidote exactly like green oxygenated-chlorophyll! The undomesticated animal who lives principally on such a diet is almost free of the diseases known to man, and few animals would eat the foods that comprize the modern diet of man today!

The Reason For Sleep

These facts substantially prove that the primary purpose of sleep is body-cleaning! For the old sow is one exception to this rule, as she comes nearest to following man's modern diet today, and she spends about half of her time eating and the other half sleeping! She will stuff herself with starch foods, sweets, eggs, fats, butter, cream, milk, or any other food she can get, and then she spends the other half of her time 'sleeping it off'! She fills herself so full of pure waste matter from man's non-oxygenated foods that she would smother in her own filth if she did not spend a large part of her life in body-cleaning sleep.

On the other hand, a British scientist has just an-

nounced his discovery that healthy cows and sheep living on green pasture 'SLEEP LITTLE, IF AT ALL'! Why? Simply because they live on a diet of oxygenated grass fully impregnated with cleansing and purifying chlorophyll, which leaves very little waste matter in their body. And with little waste matter in their body, they need very little sleep for body-cleaning. Change their diet to waste-forming corn and bran, and you can rest assured they will sleep, just as the horse sleeps on such a diet. The very fact that the more non-oxygenated and waste-forming food an animal eats, the more it must sleep, and that people who are fat and heavy eaters often fall asleep the minute they sit down, is proof that sleep is simply a process of body-cleaning. If we could produce an oxygenated diet today completely free of waste matter, there is every reason to believe we would sleep very little, if at all!

Of course there is no such a diet upon this earth today, although we have no idea yet what an improvement might be made on diet with pressurized and oxygenized food-producing greenhouses! Greenhouses pressurized even greater than the pre-Flood atmospheric pressure might produce food so impregnated with oxygen and purifying chlorophyll that it would be almost free of waste matter! Such a diet might give man such perfect health and such superior vitality that he would need little sleep, if any, and it is quite possible that such food might add many years to man's life span, even in our present atmospheric pressure; for this discovery of the effect of atmospheric pressure of oxygen on breathing and growing food is unquestionably the long hidden secret of health and life!

The Perfect Diet

We can be certain now that the perfect diet—'the tree of life'—was nothing more than fruit grown in an

atmospheric pressure so heavy that its oxygen content and green, cleansing chlorophyll content gave man perfect health, inexhaustible vitality, and everlasting life as long as he had access to it! But this perfect fruit grew only in the garden that was 'planted eastward in Eden' (Genesis 2:8, 9), not in other parts of the land of Eden, and man lost the benefit of this perfect fruit when he was 'sent forth from the garden' (Genesis 3:22, 23). This would indicate that the atmospheric pressure of the garden was even greater than the pre-Flood pressure of some 22 pounds to the square inch!

The Fountain of Youth

This is in complete agreement with the facts! For now we know that the land of Eden is covered by the waters of the Persian Gulf, and that the garden of Eden in the east is covered by the waters of the Strait of Ormuz (see booklet 'The Three Worlds', 25c post-paid—Harvest Publishers, Jefferson City, Mo.). The Strait of Ormuz is connected to the Persian Gulf by the narrow Clarence Strait, which could well have been the 'path' leading to the garden, and depth soundings show that this narrow path descends to much deeper water in the Strait of Ormuz than in the Persian Gulf, indicating that the garden of Eden was considerably lower down than the valley of Eden—a 'sunken garden', as it were, surrounded by mountain-like walls. Since the pre-Flood atmospheric pressure of Eden was about 22 pounds to the square inch, of course the lower altitude of the 'sunken garden'—where the perfect fruit of the tree of life grew—would make its atmospheric pressure even greater!

The famous 'tree of life' then was nothing more than plain fruit grown in the 'sunken garden of Eden' in an atmospheric pressure so heavy with oxygen that it was completely free of waste matter! This oxygenated

and chlorophyll-impregnated fruit is the long-sought-after 'fountain of youth', and if man still had access to such atmospheric pressure and food produced in it he would live for ever upon this earth! For note carefully that it was NOT the transgression that killed him; but his penalty of death for the transgression was executed in only one way—says the prophet—by sending him forth from the heavier atmospheric pressure of the sunken garden of Eden, 'lest he put forth his hand and take also of the tree of life, and EAT, AND LIVE FOR EVER' (Genesis 3:22, 23, 24)!

From this startling fact we know that shots, vaccines and wonder drugs are not the answer, and that so-called balanced diets of vitamins and food values have nothing to do with it! While the secret is in breathing and eating—taking also of the tree of life, and EATING, to live for ever—there is no food produced today that can give man lasting life! The teaching of balanced diets, food values, and vitamins is an admitted theory, and is a plain commercialized farce! No vaccine, wonder drug or diet today can give man perfect health and lasting life, and don't expect the Diet of Oxygen to do so! If man is ever again to have perfect health, perpetual youth and everlasting life upon this earth, the atmospheric pressure of oxygen must be increased, and if he would improve his health and increase his life span today, he must not only learn how to breathe more oxygen, but somehow he must learn how to produce food with less waste matter by growing it in an atmospheric pressure of oxygen far greater than our 14.73 pounds to the square inch today! For this discovery is unquestionably the long-hidden secret of health and life!

At any rate, this lays the groundwork! We are publishing this startling discovery of the long-lost secret of health and life, and perhaps someone or some organi-

zation with the means will carry on with the necessary experimentation! For we have actually discovered the 'fountain of youth'—although we have yet to learn how to produce it—and it was nothing more than food grown in the atmospheric pressure of the sunken garden so heavy with oxygen that it was completely free of the waste matter found in all foods today—the poisonous waste-matter that has brought disease and death to man and beast for almost six thousand years, and that at this very moment is gradually smothering the life out of you and every other person upon this earth!

For all foods grown on these mountain plateaus today contain more or less waste matter, and the best we can do today is follow a SMALLER diet of foods that give us the greatest amount of oxygen and chlorophyll with the least amount of waste matter, and lose every pound of overweight fat so that the supply of oxygen can be increased from deep breathing. While this upsets all past theories of man, the scientific facts show these foods to be the growing fruits and vegetables, and while this may be startling to some, we now find that this was the very diet given by the Maker of man! To the first man and woman upon this earth he said, You may eat 'OF THE FRUIT OF THE TREES OF THE GARDEN' (Genesis 3:2), and on expulsion from the garden he added, 'AND THOU SHALT EAT THE HERB (VEGETABLE) OF THE FIELD' (Genesis 3:18)! There it is—The Diet Of Oxygen—pure and simple! Of course in the garden only the perfect fruit was needed, but outside of the garden the fruit contained waste matter, and green vegetables with chlorophyll were added to dissolve the waste matter and carry it off with the roughage!

Living Foods

But don't fail to grasp the full significance of the diet—the REAL scientific principle of it! For note

carefully that it includes only the 'LIVING' foods—those still 'ALIVE' with life-giving oxygen and cleansing chlorophyll! For the fruit 'OF THE TREES' would be only the fresh, growing, LIVING fruits, and the vegetables 'OF THE FIELD' would be only the fresh, growing, LIVING vegetables. Never forget this fact, for it is the real secret of the Diet Of Oxygen! For if only the fresh, green, growing foods have LIFE, all others would be lifeless, and therefore 'DEAD FOODS'! And since the one purpose of food is to give LIFE, does it make sense to believe that foods that no longer have life—DEAD FOODS—could give life? And since millions today have almost excluded these LIVING fruits and vegetables from their diet, is there any wonder that we have very little real LIFE today, and that we suffocate in less than a hundred years on the dead waste-matter of the lifeless and completely DEAD FOODS?

Raw or Cooked Alive

While there are those among health-seekers today who advocate 'raw food diets', we know that their theory is based on a mistaken principle of diet; for their claim is that cooking destroys 'food values'. But in this new principle of diet we can see that so-called food values have nothing to do with it. It is the chemical transformation of oxygen to energy that gives vitality, exactly as it is the transformation of oxygen to the flame of fire that produces heat! But remember that it is only the LIVING foods that have the oxygen—the GROWING foods that are still ALIVE with the natural circulation of oxygen through their system! Cooking has little effect on the chemical value of these foods, and they are perhaps just as good cooked as raw, providing they are COOKED ALIVE—cooked while they are still fresh, green growing and LIVING foods! As a matter of fact, it is now certain that pro-

cessing has very little effect on the chemical value of these foods, and that they are almost as good cooked, canned, pickled, or frozen, providing they are processed while they are fresh, green, growing and still ALIVE! For this is the real secret of diet!

Of course an exclusive diet of only the LIVING foods would be such a radical change for this age, that few could be expected to follow it, regardless of its benefits! But the facts show that just a SMALLER diet of MOSTLY oxygenated and LIVING foods can almost perform miracles! At least we have found the real secret of health and life, and with it we have a new approach, and brand new principle from which to work! But before we list our foods of today and separate the LIVING FOODS from the DEAD ones, perhaps we should first understand the seriousness of dead waste-matter, and its killing effect on the human system! For there are untold millions today who could be saved from an early grave if they knew the simple truth about dead waste-matter from DEAD foods, and understood the importance of giving the system time enough between meals to remove the dead waste-matter by the simple process of body-cleaning.

CHAPTER V

Dead Waste-Matter

While this subject of dead waste-matter in foods today is a hidden mystery to our civilization, it is quite easy to understand. It is well known that as soon as an animal or human dies the process of fermentation sets up, and this chemical reaction fills the dead body with rot, filth or dead waste-matter. Biochemists are now finding that it is no different with plant life or foods. Of course nature has arranged that the growing foods have a LIVING PERIOD of a few days or a few weeks after they are taken from the vine before they die, during which time they remain green and ALIVE. But as soon as this LIVING PERIOD is over, the very same process of fermentation or chemical reaction begins, filling the dead foods with rot, filth or dead waste-matter. In the pre-Flood atmospheric pressure there was very little fermentation, the LIVING PERIOD of foods was almost limitless—fruits and vegetables remained green, ALIVE, and almost free of dead waste-matter indefinitely—and man's life span of almost a thousand years was due largely to such a diet of LIVING, green foods almost free of dead waste-matter. For today few foods are taken green and ALIVE, during their LIVING PERIOD, and it is understandable that we smother our systems in less than a hundred years with dead waste-matter from over-eating DEAD, non-oxygenated foods!

In the proper atmospheric pressure we would get a greater amount of oxygen from deep breathing and

we would need far less food than we eat today. While we have been taught that we live by food alone, and many honestly believe we would starve to death if we did not get our 'three squares daily', this is not so at all. Living is breathing, and our muscles use pure OXYGEN in activating our body. Food is only a secondary method of supplying the blood with oxygen, and this is easily proved! 'Take away man's oxygen or breath and he will immediately die; but take away all food and he will live on for days, weeks, perhaps months. Some have gone without food for forty days or more with no ill effect to health, and it is not yet known just how long one can live without food even in our atmosphere. Under more favorable conditions—greater atmospheric pressure—perhaps the time would be almost limitless!

Certainly man can hardly be blamed today for his eating habits that lead him to an early grave; for while millions are spent yearly searching for vaccines, wonder drugs and miracle cures, the most important health education on this earth, DIET, is almost completely neglected. Man is educated in etiquette, poise, posture, and good grooming, he is taught the importance of cleanliness on the outside, but not one thing about DIET—cleanliness on the INSIDE! It is understandable that we have had little confidence in diet! And besides that, we are starving for life-giving oxygen and are always hungry. Mistaking this oxygen-hunger for food, we stuff ourselves daily, and in the brief space of ten or twelve hours we must have three square meals, and many times we spend the next five or six hours drinking, lunching and snacking!

The sad part of it is, with all of this eating we do not get the oxygen we need, and we are still left hungry. This is the greatest tragedy of our civilization; for our diet today consists principally of waste-foods

that fill our body with poisonous waste-matter rather than the life-giving oxygen we need. And the crime of it is that we have not been taught that such gluttony is plain suicide! For the only education we have had on diet is 'hearsay', and its advice is that we must have a balanced diet of sugar, starch, and cellulose daily to give us carbohydrates, that we must have milk, cream and eggs daily to give us calcium, ash and iron, and that we must eat meat daily to build up our body with fats and proteins!

Nature itself proves to us that this is plain stupidity! Must the hen eat eggs daily in order to get ash, iron, and proteins to produce the egg? Where does the hen get these elements? Must the cow drink milk daily in order to get the calcium necessary to produce milk? She drinks no milk from the day she is weaned, and yet she evidently gets an abundant supply of calcium. From whence does she get it? Does the hog or cow eat meat daily in order to get fats and proteins necessary to build up their body? If man must eat the meat of the hog and the cow in order to get protein, from whence does the hog or the cow get it? For they refuse to eat meat, and yet it is certain they get an abundant supply of protein! You can see the ridiculousness of dietetics today. For it does not tell you there is far more protein in plain oatmeal and whole wheat flour than in pork chops or fried chicken, and it does not tell you there are more heat-calories in natural rice, oatmeal or whole wheat flour than any meat on earth!

The simple truth is, man can get every one of these elements from the very same source the animal gets it, from the natural, growing foods. But what has been generally overlooked is that man today gets too much of all these elements, not too little, and what he needs is less diet, not a 'balanced diet'. While modern civi-

lization thinks that it is well fed and healthy, actually it is sick, and there is not one well fed man of western civilization who knows what it is to have a clean body, clean blood and real health. Man is by far the sickest animal upon this earth, for he has no conception whatever of the principle of diet. Unlike the undomesticated animal, man will eat anything and any amount, and he breaks every law of nature throughout his brief lifetime. While he is not aware that he is sick, he knows that he must carry life insurance, and that he must prepare his will early in life, as he is so weak and sickly, even though 'fat and well fed', that death may strike him down at any moment, and it usually does if he stays fat and well fed.

While no diet upon this earth can give man perfect and lasting health, it is a proven fact that one can improve his health and perhaps increase his life span by following a smaller diet of carefully chosen foods. And with our discovery of the magical, life-giving, Divine-like quality of OXYGEN, it should be clear to all by now that the logical diet for man are the foods that are impregnated with life-giving OXYGEN.

The first thing one must learn is that he NEEDS a cleansing diet. For while this may come as a shock to many, the average person of so-called normal weight carries in his body some ten to fifteen pounds of waste matter, toxemia or decayed mucus, and if he is overweight it could be as much as fifty or more pounds, with the inside walls of his intestines encrusted with hardened feces and his colon almost filled with foreign matter so decomposed that it could be infested with worms. The average person who has become fat and well fed on our modern diet is a walking 'sewer' filled with rotten and poisonous waste-matter that he has carried since youth. His body can never eliminate it because every day he pours three square meals more of almost

pure waste-matter into his 'sewer'. Finally his body becomes so saturated with waste that it can find no other place to store it, and he comes down 'sick' with 'disease'.

Man has yet to learn that it is this excess waste-matter stored in his body that causes almost every so-called disease known, and he has yet to learn that the excess waste matter comes from over eating and wrong diet. And without being cynical it can be said that very little progress is being made. While this fact is well known among dietitians, and many of them teach it, modern civilization refuses to believe that food has anything to do with health, and man continues to look to 'wonder drugs' and 'shots' to cure his body that is soaked up like a sponge with excess waste-matter that is so rotten that his breath is a stench and his skin reeks with body odor. The facts show that a clean body with clean blood has no odor. Before the baby becomes polluted with our modern diet it seldom has breath odor and it never has body odor.

While dissectors report that more than half of the colons examined in autopsy are half filled with decayed feces and even worms, the waste matter from dead foods does not stop in the colon, stomach and intestines. One, or even two, good stools a day mean nothing if one pours back into his system waste matter equal to several times the amount of his stools in three square meals daily. We are finally learning that so-called 'fat' is pure waste matter—excess matter that the body does not need. When one takes on so much waste food that the body cannot use it or eliminate it, it stores it throughout the body as fat. When this excess waste matter stretches the body all out of shape we say one is 'fat and healthy', when actually he is a walking cesspool breeding every disease known and reeking with stench.

Perhaps Dr. Alexis Carrel of the Rockefeller Foundation has given us the best example of the effect of waste matter on the body. Back in 1911 Dr. Carrel started the heart of an embryo chick pulsating in a solution of the necessary elements of life, but he was soon to learn that he could keep it alive, vigorous and free of stench only by thoroughly cleaning it every 48 hours of all impurities thrown off by its process of 'living'. If we could turn ourselves inside out and wash away all wastes and poisons daily, as Dr. Carrel cleans them out of the cells of the chicken heart, perhaps we would remain brisk, active and youthful forever; for scientists can find no other reason why we grow old and die. Under proper conditions, the organs of the body are relatively immortal, as Dr. Francis X. Loughran says in '20th Century Health Science'—"There are many immediate reasons why people die, but there is no underlying NECESSARY reason that any scientist has yet discovered. In short, THERE IS NO PRINCIPLE LIMITING LIFE."

Our modern diet consists of a great amount of pure waste-matter that is not carried off with the roughage, and when this is mixed with digestive juices it is transformed into a uniform fluid mass of sugar, peptones or emulsionized fat and absorbed by the blood. The blood then carries the fluid mass to every part of the body, but when we eat more than we need the body stores this excess fluid mass as 'fat' throughout the tissues of the system. If we continue to overeat, the system can never throw off this fat, and it stays in our tissues for years in a decomposing state, germinating poison, filth and disease, and constipating our whole system. The whole system becomes a cesspool of stench, and soon aches and pains begin creeping through the body.

Other than the bone structure, the human body is constructed of elastic, sponge-like material called flesh

and tissues, and somehow nature has endowed our sponge-like flesh with the ability to soak up the excess fluid mass—the excess fluid mass that becomes pure waste or poison when we take into our body more than it can use or eliminate. As the body soaks up this excess fluid-mass waste it is said to be fat and healthy, when actually it is like a sponge that has been soaked in paste or glue. For the common cold is nothing more than the body throwing off some of this gluey fluid-mass or phlegm-mass through the respiratory passages of the lungs and the sinuses of the head, and the sticky, stringy substance one coughs up and blows from the nose is this gluey fluid-mass or phlegm-mass which the body has been storing up for months or perhaps years.

Think of one's clean flesh and tissues being literally soaked with greasy, sticky, slimy, gluey phlegm! The natural form of a healthy body is a slender, muscular frame of bone, tissue, and skin, and if one is ten, twenty, thirty, fifty or more pounds overweight, it simply means his tissues have become soaked with ten, twenty, thirty, fifty or more pounds of poisonous grease and sticky, slimy phlegm. Such a one is sick, deathly sick, whether aware of this fact or not, and perhaps he wonders why he has little vitality, why he never has a well day, and why he has colds continually and perhaps boils, stys, sores, poor vision, poor hearing, or the dozens of other things that afflict a body that is a breeding cesspool for every disease under the sun.

Life-Savers

The common cold is the greatest blessing of this age, and it has saved more lives than all of the medicine in the world; for it is nothing more than the body throwing off this excess waste-matter as sticky phlegm. Trying to prevent or stop a cold is like trying to stop

a sewer from flowing, and modern cold remedies and shots dangerously retard the body in its natural sewerage system. The common cold can be almost completely eliminated by following a diet of only oxygenated foods, but as long as man follows the modern diet of today he must expect to have colds, and he should thank heaven for every one of them; for they are life-savers! To try to retard the cold with shots, remedies, pills, or aspirin is merely to weaken the system and slow down elimination so that the greasy, slimy, sticky phlegm can not be expelled and it remains in the system. If this is done too rapidly the lungs may become congested with the sticky phlegm because the so-called cold remedy has prevented the body from throwing it off, and the common cold is then called 'pneumonia'.

The body uses every method at its command to expel this greasy, sticky waste-matter from the tissues. Boils, stys and body sores are great life-savers, for they are nature's sewers in expelling this excess fluid-mass as greasy pus. One who is well fed on our modern diet becomes so full of poisonous waste-matter that every puncture in the body becomes a sewer to expell the greasy pus. Every cut, bruise or scratch in the skin becomes an outlet for it, and it is now certain that the common 'tooth ache' is merely nature throwing off more of this waste pus through a cavity she has found in the body.

While the nose was meant to be an organ of breathing and smelling, it too must be converted into another sewer when we follow our modern diet; for we would literally die in our own poison if we did not daily expell waste matter from our nose as greasy scabs and gluey phlegm. There is no cesspool on this earth as filthy as the nostrils of one who is well fed on our modern diet. One may be beautifully groomed with fresh haircut or hair-do, scrubbed clean on the outside

and smelling of clean soap or perfume, but underneath on the inside a cesspool of rotten filth reeking with stench, with an odor of body and breath so sickening that it beggars description!

It is now almost certain that our so-called 'sweat glands' which extend from the pores of our skin deep into our tissues and muscles were originally minute 'breathing tubes' or oxygen tubes to assist in breathing or carrying oxygen to our tissues and muscles. For all plants have such oxygen tubes. But ours have now become 'sweat tubes' or body sewers, and the salty, greasy sweat that oozes out, causing our bodies to reek with odor, is more of the poisonous waste matter. In the beginning man was a strict fruit-eater. He ate no meat, milk or eggs, not even vegetables. Fruit is the perfect and most ideal food for man, and it is certain his body did not sweat on a diet of fruit. For the very day he was cast out of the fruit-garden (of Eden) he was warned that his new diet of herbs (vegetables) and starchy BREAD would cause him to perspire. While we have always believed that it was to be the PRODUCING of vegetables and bread that would make man sweat, note that it was his 'EATING herbs and bread' that would cause him to sweat, not producing them: 'and thou shalt eat the herb (vegetable) of the field; in the sweat of thy face shalt thou EAT BREAD' (Genesis 3:18, 19).

Even our ears become sewers for the dead waste-matter, for it is now certain that the gluey substance oozing from them daily is nature's way of saving our life, even if we lose our hearing early in life. And our eyes too must become body sewers, for it is now certain that the salty tears, or perhaps greasy pus oozing from them daily, is another way nature has of removing the dead waste-matter from our system, thus perhaps saving our life even if it impairs our vision. We can

also see that the greasy dandruff from our head is not another 'disease', as we have been taught, but is simply more of the dead waste-matter oozing from our cesspool-body, and this too may save our life even though it takes away our hair early in life.

All of these so-called afflictions are nature's way of saving life—merely avenues of escape, or sewers, for the dead waste-matter—without which man would be even sicker and his life would be even shorter than it is today. And you can see that we are finally learning that the direct cause of most so-called diseases is dead waste-matter from dead foods in the human body. While Medical Science has given names to hundreds of so-called diseases, it is now clear that in many cases these are only symptoms of the one cause—too much dead waste-matter in the human system!

Actually, it is well known that there is no place in a clean body with clean blood for so-called diseases, and if a diet could be followed that could be assimilated by the body without one bit of excess waste-matter, it is certain that most of our so-called diseases would be unknown! Of course there is no such diet upon this earth today, as all foods grown in our atmospheric pressure contain more or less waste matter. We must then understand the importance of following a diet of foods containing the least amount of dead waste-matter, and we must understand that the body can remove the dead waste-matter only by a process called 'body-cleaning'. In the next chapter we will learn how this can be done, and we shall see the importance of allowing enough time between meals for this vital process of body-cleaning!

CHAPTER VI

Body-Cleaning

If man lived to an age of almost a thousand years prior to the Flood on growing, LIVING, oxygenated foods, and his life span today has dropped to less than a hundred years on a diet of mostly non-oxygenated, waste-forming, DEAD foods, we can be certain that his difficulties are due largely to dead waste-matter in his system! But we must understand that this means much more than 'bowel constipation'. While the average person today does have bowel constipation, and he could have ten pounds or more of decaying feces in his colon and bowels continually, he may have an even greater amount of dead waste-matter fat or poisonous acid soaked up like paste throughout the tissues of his body. While every pound of over-weight fat is dead waste-matter in the body, the slender person who follows a diet of acid-forming foods may have his tissues just as soaked up with poisonous acids as the fat person with dead waste-matter.

The one remedy then would be the process of body-cleaning, even though very few of our Western civilization have ever even heard of such a thing. This would simply mean that we must first lose every pound of overweight fat, and eliminate from our system every trace of poisonous acids. The surest and safest way of body-cleaning today is to follow a smaller diet of mostly oxygenated and LIVING foods, and allow enough time between meals for the system to eliminate

the dead waste-matter by the process of body-cleaning. As the rolls of fat from the stomach cavity gradually disappear, one is able to breathe deeply again—perhaps the first time since childhood—and when he is able to pull life-giving oxygen into the lower part of his lungs, bowel constipation will be a thing of the past! For the LIVING, oxygenated foods will positively cure the most stubborn cases of constipation known, and for this alone the Diet of Oxygen is worth its weight in gold!

Fasting

While some dietitians advocate strict fasting to speed up body-cleaning, we believe that completely abstaining from food is too dangerous for the average person today. During a fast the whole system is geared to loosen and eliminate dead waste-matter, and the average person today has accumulated such terrible quantities of dead waste-matter throughout his lifetime that such rapid elimination could make him so sick that he could die in his own filth during a long fast. And long fasts are unnecessary today. With our modern markets and homefreezers, most of us have access to oxygenated foods the year around. In the early centuries many oxygenated foods were available only in season, and man's diet for the rest of the year consisted largely of waste-forming foods. It was vitally essential then that long fasts be followed so that body-cleaning could remove from the system the terrible quantities of waste matter accumulated during the long winter months. The early Christians were evidently aware of this fact, for the record shows they fasted regularly, and sometimes as long as forty days at a time.

But conditions have changed today, and long fasts are unnecessary. Perhaps to be safe and sure the aver-

age person today should not completely abstain from food longer than one day at a time, or at the most two days at a time. By far the safest way is to reduce the amount of food taken, and eat only one or two small meals daily of principally oxygenated foods until all overweight disappears. By eliminating breakfast the system has about 18 hours of steady body-cleaning—from the evening meal to noon the next day—and not one bite of food should be taken between meals. The oxygenated diet starts the system on an immediate process of body-cleaning, and any longer fast might make the process too violent. The oxygen in the diet recharges and re-vitalizes the whole system, and the more poison waste-matter one has in his body the more nature reacts to eliminate it. Those who are carrying in their bodies great quantities of overweight-waste should be warned that body-cleaning throws the whole system into reverse, and the body can stand only so much of it. They should thoroughly understand the process of body-cleaning before starting on the Diet of Oxygen!

System in Reverse

Many start on a diet in all good faith, but they have no conception whatever as to what takes place in their body, and at the first sign of weakness, hunger or ill feeling they give up in disgust. They believe the weak feeling is due to lack of food and they actually think they will starve to death; for as soon as they return to their regular diet they feel fine again. This weak feeling is not due to lack of food, however, for we have definite proof that one may go forty days or more without even a bite of food, and it is a definite fact that man could live a normal and healthy life on apples alone, grapes alone, or almost any other fruit. And this fact completely refutes the false theory that man must have a 'balanced diet'; for the body is able to convert any fresh fruit into any substance it needs!

We must definitely understand that body-cleaning is UNNATURAL; for our body should never have become fat and constipated in the first place. If we have punished our body for a whole lifetime and filled it with poisonous waste-matter, we cannot expect to cleanse it in a few days, and we must expect many discomforts. We must compensate for the terrible wrong we have done our body during our whole life. For just as soon as the oxygen in this diet re-vitalizes our system it goes into complete reverse, and it uses every method at its command to loosen and throw off poisonous waste! Perhaps this is the first opportunity in its life it has had to throw off the terrible quantities of waste matter we have stored up for a lifetime. It is desperate, and it throws wide open every 'sewer' in the body! Certainly this is a shock to the system, and we can understand why we may feel much worse at the beginning before we feel better. We may feel weak, dizzy, tired, hungry or nauseated, our skin may break out with rash or boils, we may perspire excessively, we may cough up phlegm or blow it from the nose, and we may fill up with gas.

But the real secret of the human body—the great mystery that has never been understood—is the DIFFERENCE between 'bowel elimination' and 'body-cleaning'. Bowel elimination is the natural process in the stomach, intestines and colon of digesting food, feeding the fluid mass to the blood and carrying off the waste. This is a NATURAL function of the body, and during this process we feel good. This explains why we feel good after a big meal, and we might say bowel elimination (digestion) is the system going FORWARD! But body-cleaning is UNNATURAL, because it is the process of removing fat or waste matter STORED in the system that should never have been there in the first place. This is an UNNATURAL function of the body—shocking the whole system and

making us feel terrible—and we might say this process is the system going in REVERSE!

If this simple truth was generally understood perhaps millions would turn from sheer gluttony to a sensible diet; for the minute we reduce our intake of food our system immediately goes into REVERSE to loosen and eliminate waste matter we have stored since youth, and we may become weak, dizzy, fill up with gas, break out with rash, and feel a terrible craving for food. The very first lesson the dieter must learn is that this weak feeling, this gnawing and dead feeling in the stomach, and the terrible craving he feels are NOT symptoms of hunger or need of food at all, but are signs that the REVERSE process of body-cleaning has started. And he must put up with these discomforts; for this is the only way nature can squeeze out the poisonous fat or tallow that should never have been allowed to accumulate in his system in the first place. For if he takes even a few bites of food between meals, this important process of body-cleaning comes to a screeching halt so that bowel elimination or digestion can take care of the food eaten.

We can now see why a big breakfast of bacon, eggs, toast, butter, coffee and perhaps cereal makes us feel good! We have been taught that this is due to the 'nourishment' we get out of such a square meal. But this is not the case at all, as energy and endurance increase with less food, especially less protein. In fact, once we get our body cleansed of its wastes we find that fruit—the poorest food in protein—develops the highest energy and endurance. The simple truth is that body-cleaning starts as soon as bowel elimination has digested our evening meal, and it continues during the night while we sleep. This REVERSE process is still in progress when we arise in the morning and usually we have a bad taste, a coated tongue, and feel terrible.

But just as soon as we eat a big breakfast, body-cleaning stops, our system goes FORWARD again in bowel elimination to digest the breakfast we have eaten, we feel wonderful again, and of course we give all credit to the nourishing 'square meal'!

The great unknown 'mystery' of civilization then, is that in bowel elimination (digestion) we feel good because it is natural, and our system is going FORWARD, and that in body-cleaning we feel bad because it is our system in REVERSE, unnatural and should never be necessary. And of course when one process starts the other must stop, as no machine can go forward while it is running in reverse. Whenever we feel bad then, or whenever we are sick, we can understand that it is body-cleaning—our system trying to loosen and throw off the great amount of waste matter stored in our body. For whatever name the doctor gives the disease-symptom, the direct cause is usually poison and waste matter in the body, and the symptom is body-cleaning and the discomforts that go with body-cleaning!

This explains why food taken into the stomach sometimes makes us feel better when we are sick; for it simply stops the body-cleaning which caused the sickness in the first place. It also explains why medicines, wonder drugs and vaccines sometime stop the sickness; for when drugs or vaccines are taken into the stomach or blood stream, bowel elimination immediately starts to remove the foreign matter in the drugs and vaccines, and of course body-cleaning stops immediately, and soon the sickness that was caused from body-cleaning clears up! While the treatment appears to have cured the disease, actually it has only arrested the symptom and retarded nature in the real cure, body-cleaning, and it is only a matter of oppor-

tunity that nature again starts body-cleaning, causing the dis-ease to re-appear!

Now we can understand why a diet leaves us weak, dizzy and upset; for when our system is revitalized with oxygen, every fiber is alerted and bristles with excitement at the opportunity of throwing off the terrible quantity of poison, waste and acid we have accumulated over the years! The whole system is shocked, and we must understand that it actually goes into REVERSE! For all of the pounds of fat, poison, waste matter and acid that are soaked up like glue in our tissues must be RETURNED to the blood stream so that it can be carried to the sewers of the body. This is indeed a REVERSE process; for down through the years the blood stream has deposited this waste matter in our tissues simply because we poured in such quantities that it could not eliminate it and it had no other place to store it! Now it must be REVERSED and returned to the blood stream and thence to the outlets of the body!

There is little wonder then that we get sick during a diet, with all of this poison thrown back into our blood stream, and we can understand why a long fast and too much body-cleaning might be very dangerous! For if we have accumulated great quantities of overweight-fat in our system, too much body-cleaning might throw so much poisonous waste-matter back into the blood stream that it could make us deathly sick, actually poison us with our own filth! Some who advocate radical fasts claim 'the longer the fast the better the cure'; but we can readily understand why this could lead to tragedy! No other animal on earth has violated the laws of eating like man, and if we have wronged our body for a lifetime we cannot expect to compensate for this wrong in a few weeks. It is far

safer to be temperate, diet intelligently, even if it takes a year, two years or three years to cleanse the body and re-build the blood!

We can see then that the more miserable and weak one is when he starts a diet, the more waste matter he has stored in his body, as his system squeezes this poisonous waste matter from the tissues much as you would wring out dirty water from a sponge. This waste matter of greasy fat, sticky phlehm, and in some cases pus and drugs, is thrown into the blood stream, and that which cannot be eliminated by the body sewers must pass through the kidneys. For if one has taken drugs any time in his life they might still be stored as foreign matter in his tissues; for dieters have been known to eliminate drugs they had taken as long as forty years before! Think of waste food and drugs taken years ago stored in our clean tissues for as long as forty years! Can we wonder that we get sick, weak, nervous and upset when we start a diet and all of this poison is thrown back into our blood stream? Our own filth thrown right back in our face, as it were! But this is the price we must pay for breaking nature's laws! If we have filled our clean body with waste foods and poisonous drugs throughout our lifetime, we have broken the laws of nature, and we will either pay with the discomforts of a diet or we will pay with our very life!

Habits

This explains why we experience such craving when we start a diet and why we crave the very food that has built up the poisonous waste in our tissues! It is characteristic of the body to crave any substance that is circulating in the blood stream, and it is this fact that causes us to form habits. Alcohol in our blood stream causes us to crave alcohol, nicotine causes us

to crave tobacco, caffeine causes us to crave coffee, and any food substance in the circulation causes us to crave that food! And when we start a diet we naturally crave the very wrong foods that we have stored in our body for a lifetime; for the very substance that is squeezed out of our sponge-like tissues and thrown back into the blood stream is the very substance we crave! If the waste matter in our body is caused from the acids and fats of too much meat, then it is these that are thrown into our blood stream when we go on a diet, and of course we feel a terrible craving for meat! If we have built up our waste-matter fat on mostly starchy foods, or on sweets, then our craving will be for them when they are thrown into the circulation for elimination!

We can understand why we have become a nation of gluttons! Eating has become a habit! We no longer eat oxygenated foods for the NEED of supplying additional life-giving oxygen to the blood, as nature intended, but we eat from sheer habit! We eat anything we crave, and fill our systems with acid-forming and waste-forming foods. When nature tries to eliminate the waste by way of the circulation, the craving for it returns like alcohol to an alcoholic, we then stuff ourselves with the same waste foods, and on and on goes the vicious circle! In fact, all high-protein foods like meat, eggs, cheese, butter, cream, and all starchy foods, as well as unnatural sweets, are more 'stimulating' than nourishing. These stimulating foods could kill a tiny baby, as it could no more stand them than it could stand the stimulates of alcohol, and we would not dare feed such foods to the baby until it is gradually taught the 'habit' of eating them! But once we get the habit—get these stimulating foods in our blood stream—we become addicts, craving them like an alcoholic craves alcohol! And it is not easy to break the habit, for as long as we keep going on stimulating foods

we will continue to crave them for the rest of our life!

We have become a nation of food-drunkards and we exist from day to day on stimulating foods rather than the natural, oxygenated foods that recharge our systems with life-giving oxygen. We keep going by stimulation rather than by natural health and vitality, and we actually stay so drunk on a stimulating diet that we are always at high tension, nervous, fearful, apprehensive, and we can neither think clearly nor relax! And exactly like the alcoholic or drug addict, we are stuck with the food habit, and we must pay the same terrible price in giving up the stimulates!

This discovery of the killing effect of dead waste-matter on the human body, and the long-hidden secret of removing it by body-cleaning, must be made known if our civilization is to survive. For all foods today contain more or less dead waste-matter, and not only must we learn to take LESS food—and allow enough time between meals for our system to remove the dead waste-matter by the process of body-cleaning—but we must learn to take foods that give us the greatest amount of oxygen with the least amount of dead waste-matter. Not many of our Western civilization have ever heard of such a thing as body-cleaning, and they don't even suspect that there is dead waste-matter in our foods. They are actually dying daily from dead waste-matter in their system, and yet they know nothing about its killing effects on the human body! In the next chapter we shall see that the reason for dead waste-matter is simply non-oxygenated, DEAD foods! OXYGEN means LIFE—to be oxygenated is to be ALIVE—and we shall see that oxygenated foods contain less dead waste-matter simply because they are LIVING foods, still ALIVE!

CHAPTER VII

Foods—Oxygenated and Non-oxygenated

The recent findings of biochemists—that real vitality, energy and LIFE come mostly from LIVING foods—are quite startling! For with our modern diet today of mostly non-oxygenated DEAD foods, we can understand why DEAD waste-matter in the human system is the real menace of our civilization. Nature has mercifully arranged that green, growing, LIVING foods remain ALIVE for quite some time after they are taken from mother earth before they spoil or DIE. As a matter of fact, some fruits like the apple, orange, grapefruit, etc., and some vegetables like the cabbage, remain ALIVE for weeks before they 'die', and it is during this LIVING PERIOD that they must be eaten or processed to be LIVING, oxygenated foods.

This makes it quite easy to separate the LIVING, oxygenated foods from the non-oxygenated, DEAD foods. For those with no longer a trace of green, LIVING, oxygenated-chlorophyll would simply be DEAD foods, while those still growing and ALIVE, or that are cooked, canned, pickled or frozen WHILE STILL ALIVE, are LIVING, oxygenated foods, retaining their full chemical value of life-giving oxygen and cleansing chlorophyll. You will recognize them at a glance at your market, for they include the FRESH FRUITS, FRESH MELONS, and FRESH VEGETABLES on the refrigerator counter, as well as fruits and vegetables that are canned, frozen or pickled WHILE STILL FRESH OR ALIVE—including of course the pickled cucumber, olive and cabbage (sauerkraut) that are pickled while still green, fresh or ALIVE!

Oxygenated Living-Foods

OXYGENATED FRUITS: It is obvious that fruit should head the list of man's diet, as it was the original diet of man in the 'fruit garden'. While certain animals were created grass-eaters, others nut-eaters, and still others live on a diet of grain, the natural diet for man is fruit, as it contains everything necessary to sustain healthful life. Every form of edible fruit makes the ideal diet for man, fresh fruit, and that which is canned, cooked or frozen while fresh, and this includes the berry, the grape, the tomato, as well as the juice of all fruits. The fruit-part of The Diet Of Oxygen is easy to remember, as it includes all fresh fruits and fruits processed while fresh, for all fresh fruits are still ALIVE, fully oxygenated with vitamin OXYGEN, and the edible rind or peel should be included when possible, as it is impregnated with cleansing chlorophyll.

OXYGENATED VEGETABLES: Every part of vegetables growing above the ground is fully oxygenated, and the edible vegetables make the next best diet for man. They supply the roughage needed, as well as life-giving oxygen, and the greener they are the better, for the green, leafy vegetables abound in purifying chlorophyll. Perhaps green, leafy lettuce comes first on the list, as it makes the base for green salads, although head lettuce is almost as good, and green peppers, green onions, green cucumbers and green celery are almost pure chlorophyll. In serving these always include the green leaves of celery, the green tops of onions, and the green rind of cucumbers. These are life-savers of chlorophyll, even though

in the past many have thrown away these most important parts of vegetables. Of course green beans, green peas, cabbage, spinach, cauliflower, asparagus, fresh corn and all parts of greens are included. This group too is easy to remember, as it includes every fresh, LIVING vegetable growing above the ground, and every vegetable that is cooked, canned, pickled or frozen while still fresh or ALIVE.

OXYGENATED MELONS—All melons are fully oxygenated, and like fruit, melons have a much longer LIVING PERIOD than many vegetables, remaining ALIVE for many days after they are plucked from the vine. Throughout this living period they can be eaten or processed as LIVING and fully oxygenated foods.

Thus the list of oxygenated foods is easy to remember, as it includes every fresh, growing, LIVING food, and every food that can be cooked, canned, pickled or frozen while still fresh and ALIVE with oxygen and chlorophyll. Only these foods could have the natural and continuous circulation of oxygen that impregnates them with its chemical value and with cleansing chlorophyll, and nature herself proves to us that these are the real foods that give energy and life. For note that she plants the seed of life right in these foods that are ALIVE with oxygen! She plants the seed of the fruit right in the fruit, the seed of the vegetable right in the stalk of the vegetable, and the seed of the melon right in the melon! Why? Because the seed is the very spark of new life, and since the fruits, the vegetables and the melons are the very foods of life, nature places the seed of new life right in these LIVING 'nests' of life-giving oxygen and cleansing chlorophyll!

While our foods of today are divided into two gen-

eral groups which we call OXYGENATED LIVING-FOODS and NON-OXYGENATED DEAD-FOODS, there are other border-line foods which we will call SEMI-OXYGENATED PARTLY-DEAD-FOODS because they are only partly alive. We have seen that the OXYGENATED LIVING-FOODS are only the growing, FRESH foods—living foods that will spoil or die if they are not eaten or processed during their short LIVING PERIOD—and we shall see later that the NON-OXYGENATED DEAD-FOODS are foods that can hardly spoil or die because they are already DEAD, and foods that are completely void of oxygen and green chlorophyll. The SEMI-OXYGENATED PARTLY-DEAD-FOODS then would be those that seldom spoil or die because they are already partly dead from drying or modern processing, or because they are only partly alive with oxygenated chlorophyll.

Semi-Oxygenated Partly-Dead-Foods

SEMI-OXYGENATED DRIED-FOODS—All dried foods, like dried fruits, dried beans, dried peas, dried nuts, dried peanuts, etc., will keep without spoiling or 'dying' almost indefinitely, simply because they are already partly dead from the drying process, and fermentation after their LIVING PERIOD has filled them with quite a lot of dead waste-matter. If fruits, beans and peas are cooked, canned or frozen while still fresh or ALIVE with green chlorophyll—before the drying process of fermentation sets in—they are fully oxygenated and are LIVING foods. But all dried foods can be taken sparingly, as they are partly alive and easily digested, and peanut butter makes an ideal substitute for non-oxygenated milk-butter.

SEMI-OXYGENATED ROOTS—Root vegetables are never as good as the oxygenated green vegetables that grow above the ground, and they must be classi-

fied as semi-oxygenated simply because they do not get the sun's rays to make them 'ALIVE' with the green, cleansing, oxygenated chlorophyll. As proof of this, cover any oxygenated, green plant so that it is hidden from the sun's rays, and in a few days it will turn pale and lose its green chlorophyll. This group includes the potato, sweet potato, horse radish, carrot, radish, celery root, beet, turnip, dried onion, etc. But all of these may be eaten sparingly, as they are semi-oxygenated, and they are easily digested and eliminated.

SEMI-OXYGENATED SWEETS—The natural sweets, like honey, sorghum, maple sugar and unrefined brown sugar are semi-oxygenated from processing because they are no longer 'ALIVE' with oxygenated chlorophyll, and they should be used sparingly, as we get an ample supply of sugar from the oxygenated fruits. But these are much better than 'saccharin' for sweetening other foods, as saccharin is a coal-tar crystalline, and thus mineral and inorganic, and it cannot be assimilated by the body.

SEMI-OXYGENATED DRINKS—While most diets prohibit the drinking of coffee and tea, we know now that all such diets are based on a wrong principle, and it is certain that the coffee bean and the green tea leaf are at least partly oxygenated. If taken unsweetened and uncreamed, both coffee and tea must be classified as semi-oxygenated drinks. In fact, tea made from the dried, green leaf, and unsweetened is, next to fruit juice, perhaps the most healthful drink. Both coffee and tea are valuable appetite-appeasers between meals during the reducing diet, but they should be taken without sugar or cream.

Non-Oxygenated Dead-Foods

There are just five groups of foods that must be

classified as strictly 'DEAD' foods and thus non-oxygenated, and perhaps many will be shocked when we list these foods. For millions the world over look upon these foods as the very staff of life! We are not categorically condemning these foods, as the human body is so wonderfully made that the young and hearty can take many of them—at least for a time—and the healthy person can take them sparingly. But with this discovery of the cleansing effect of the natural circulation of oxygen through all life, and the killing effect of waste matter from 'DEAD' foods on the human body, we are forced to list the following as non-oxygenated and DEAD foods: MEAT PRODUCTS, MILK PRODUCTS, EGG PRODUCTS, STARCH PRODUCTS and SUGAR PRODUCTS.

NON-OXYGENATED MEAT PRODUCTS—
Meatless diets are as old as the hills, and every generation has produced its fanatical vegetarians with all manner of fanatical reasons for refusing meat. But ours is an age of meat-eaters, when many live almost exclusively on meat, and it would be foolish indeed, and a mere waste of time, to even suggest a meatless diet today. So we are merely pointing out here that meat and meat products are non-oxygenated and DEAD foods, but we are not advocating strict vegetarianism. The healthy person can stand small amounts of lean meat, and there are many foods of our modern diet far more harmful than lean meat. But all fats should be avoided as much as possible, as it is now well known that the body does not assimilate the fats of meat, butter, cream, cheese or eggs. As a matter of fact, if these foods are not immediately eliminated they may either rot in the colon or be stored as tallowy fat in the tissues until the system can throw them off in body-cleaning.

The real danger of meat is that of any other stimulate—forming a habit! For meat is a stimulate, and very

habit-forming, exactly like alcohol and tobacco, and when enough is eaten that it circulates in the blood stream it becomes a habit, and nothing else will satisfy the craving for it. And when the habit is formed, the clean, oxygenated fruits and vegetables will no longer satisfy hunger. For all meat and meat products are non-oxygenated, as life-giving oxygen could not possibly penetrate the tough, leathery hide of the animal and circulate through the meat cut, and the rays of the sun could never reach it to impregnate it with green and cleansing chlorophyll. Compare, if you will, a 'DEAD', soggy, bloody steak, or a fat, greasy pork chop, with a 'LIVE', tree-ripened apple, or a clean, crisp stalk of celery, green with purifying chlorophyll, and you will understand what we mean.

Christian people sometimes point to the fact that the Creator did not deprive his people, Israel, of meat, and that early Christianity was not opposed to meat as a food. Of course this is true. There is nothing morally wrong in eating meat, and we are merely pointing out here that 'DEAD' flesh is simply non-oxygenated. Meat was not even considered food until after the Flood of Noah's day, and during the whole 1,656 years prior to the Flood—when man was so healthy his life span reached to almost a thousand years—not one bite of it was eaten! When it was adopted as food after the Flood it was by sheer necessity, enforced 'cannibalism'—the man-animal eating the flesh of his fellow-animal from necessity—as the waters of the Flood left the earth so desolate and barren of food that it was evidently months, perhaps years, that only grass for animals grew upon the earth, and it was either eat the flesh of animals or die of starvation!

While we have acquired the 'habit' of eating stimulating meat and have become accustomed to it, it is certain that men of Noah's day abhorred the very

thought of eating animal flesh! Think of one animal eating the flesh of another—cannibalism—and perhaps they loathed it as men today would loathe human flesh! But they had no alternative! It was a question of survival—the survival of the fittest—and they were forced to swallow it even with the knowledge that it would cut their life span from almost a thousand years to less than one hundred and twenty years (Genesis 6:3)!

And perhaps we should answer Christian people by pointing out that early Christianity was concerned primarily with establishing itself, not necessarily with the health problems of that day, even though one of its greatest supporters placed stimulating meat in the same category with intoxicating wine when he said: "It is good neither to eat flesh, nor to drink wine" (Romans 14:21)! And perhaps we should point out the words of Moses that in the beginning the Creator permitted Israel to eat meat only after (quoting Moses) "the mixed multitude that was among them fell a lusting, and the children of Israel wept again and said, Who will give us flesh to eat? . . . and the anger of the Lord was kindled greatly" (Numbers 11:4, 10)!

Meat is a DEAD food, stimulating and so habit-forming that nothing else will satisfy the craving for food after the habit is acquired. It is very slow to digest, and when eaten with other foods that digest more rapidly it may be carried into the colon half digested, and may lay there for months in a decomposed and worm-infested state. It is now certain that meat is the primary cause of bad breath and body odor. Archers who use the bow and arrow to hunt deer have learned that they must stop eating meat at least two weeks before the deer season opens, as it leaves such a stench in their body that the deer can smell them for miles. Many severe cases of bad breath and body odor have completely cleared up when meat was stricken from

the diet. All forms of meat, lard and meat products must be greatly reduced in the beginners diet, and if it must be eaten afterward it should be accepted for what it is, a mere stimulate, and should be used only occasionally and in small amounts, exactly as a sensible person takes stimulating drinks. For meat is a stimulate, and a 15 or 20 ounce steak at one meal is worse than absurd!

NON-OXYGENATED MILK PRODUCTS—Oddly enough, perhaps this is the first diet that has ever placed milk and milk products on the prohibitive list! For milk has been looked upon by millions as the ideal diet, and almost every recipe of the modern housewife calls for milk or milk products. But milk is simply a DEAD food, and thus non-oxygenated and waste-forming, and all of its products are stimulating and habit-forming. Milk could never be classified as a LIVING food, as the rays of the sun could never penetrate the tough leather-skin of the cow and impregnate it with cleansing chlorophyll. All fat is pure filth to the human body, and just a glance at milk will convince anyone that so-called pure milk is pure fat, and thus pure filth to the human body.

Hardening of the Arteries

While nature proves that milk, with its high calcium content, is the ideal developing diet before weaning, both milk and its products of butter, cream, cheese, etc. are destructive to the adult. For thousands die yearly from arteriosclerosis or hardening of the arteries, and Medical Science has definitely proved that it is caused from deposits of CALCIUM and FATTY substances in the walls of the arteries—the very substances found in milk and milk products—which retard the natural flow of blood. And the sad part of it is that those who use milk and milk products excessively have no way of detecting this disease until it becomes serious. Says a

noted Medical Doctor in an article of March 29th, 1955, on 'Arteriosclerosis':

"Just what symptoms will be caused from arteriosclerosis depends on which arteries are affected, and to what degree the blood flow is lessened by the deposits of calcium or fatty substances in the walls of the arteries. The increased hardness of the arteries which lessens the flow of blood is likely to be so gradual that there is no way of detecting it until it has been developing a long time . . . Deposits of calcium in the walls of the blood vessels is the principal thing responsible for hardening of the arteries."

Milk and milk products then are non-oxygenated, as butter, cream and cheese contain fats and gluey substances that constipate the whole system with fats and sticky phlehm. All forms of milk and milk products, such as butter, whipped cream, cream, ice cream and cheese, with the possible exception of cottage cheese, should be stricken from the 'reducing diet', and even afterward they should be avoided as much as possible, as they contain too much fat and calcium for adult food.

NON-OXYGENATED EGG PRODUCTS—Eggs too are DEAD foods, non-oxygenated, and contain too much calcium and glue for human food! Oxygen could not possibly penetrate the hard shell, and it is certain it could not circulate through the gluey, inside lining of the shell. Eggs are stimulating, habit-forming, they give little vitality, and contain almost pure glue that constipates the body. They are perhaps even as harmful to the adult as milk; for science has found that eggs, like milk, contain 'cholesterol' or fatty substances and calcium which cause hardening of the arteries, and they should be avoided as much as possible. A famous heart specialist has this to say about eggs and milk in our diet:

"The American diet is biologically abnormal. Every other animal except man is weaned in infancy, but we go

on drinking milk or using it in foods all our lives. Very few animals eat eggs, and then only during the 3 or 4 week egg-laying season, but we make a point of eating them all year round, all our lives."

NON-OXYGENATED STARCH PRODUCTS—

This group includes all processed starch products, such as pies, cakes, cookies, puddings, doughnuts, noodles, spaghetti, macaroni, all prepared breakfast foods, refined rice, white bread, white flour, and everything that is made with white flour. White flour makes ideal paste, and all foods made with it constipate the whole system with gluey phlegm. Common sense teaches us that these are DEAD foods—like white corpses—with not one bit of life left in them! All of these foods are pure waste, stimulating only, as modern food processing destroys every trace of oxygenated life from them, and we will crave such starchy foods only as long as they circulate in the blood stream. Hence they are non-oxygenated and should be excluded from the 'reducing diet', and should be gradually eliminated from our diet forever!

NON-OXYGENATED SUGAR PRODUCTS—

This group includes all candies, soda waters, colas, manufactured syrups, jellies, jams, preserves, white sugar and everything made with white sugar. These too are DEAD FOODS, and thus non-oxygenated, waste-forming, stimulating and very habit-forming, as they are products of refined white sugar, and white sugar is completely DEAD as a food—just another white corpse! But since we have natural sweets in abundance (honey, brown sugar, maple sugar, sorghum, fruit juices), it is not difficult to eliminate these DEAD foods from our diet, and we will crave them only as long as they circulate in the blood stream.

Thus, these new findings of biochemists make our modern diet quite frightening, as it is evident that DEAD, waste-forming and non-oxygenated foods com-

prize the greater part of man's diet today, and we can now understand why man is the sickest animal upon this earth! For few animals would eat the things listed above in the five groups of DEAD, non-oxygenated foods! The animal is blessed with an instinct that leads him away from such a course of sure suicide, and other than the few that have become meat-eaters by necessity, most of the domesticated animals live on a diet of LIVING, oxygenated or semi-oxygenated foods, and the undomesticated animal lives almost exclusively on green, LIVING, oxygenated foods. He would probably starve before he would eat the DEAD, starchy pies, cakes, the gluey white bread, the stimulating sweets, and the DEAD, cooked flesh with which man stuffs his body daily! Man does not have this instinct, nor even good judgment in choosing his diet, and in the next chapter we shall see that it is for this reason that most of his remedies have failed!

CHAPTER VIII

Remedies and Cures

In desperation man has tried every remedy under the sun to cure his ills, and the methods of healing today are almost numberless. While perhaps we have made some advancement since the days that 'evil spirits' were blamed for all diseases, actually we have merely replaced the theory of evil spirits with the superstitious theory of 'disease germs', and it is not difficult to understand why many remedies of today were doomed to failure even before they were 'invented'! For no remedy on earth, even if it is radical enough to kill every 'germ' in the body, could possibly cure one who is carrying in his tissues some twenty to fifty pounds of pure waste matter, and who is a walking cesspool of decayed poison and filth!

Drug Healing

Under date line July 6, 1955, the following press release says: "Americans are the world's greatest pill takers. They pay near 50 million dollars a year to swallow about 53 million aspirins a day. They gulp nearly 230 million dollars worth of vitamin capsules annually. They order almost 400 million prescriptions a year at a cost of nearly a billion dollars . . ."

When we learn the simple truth that our low atmospheric pressure of oxygen is the cause of man's ills, and that most diseases are only symptoms that the

body is constipated with terrible quantities of poisonous filth from over-eating non-oxygenated foods, we cannot grant too much credit to drugs! For we know the secret that sickness is a sign the body is endeavoring to eliminate poisonous wastes by body-cleaning, and when a drug is introduced to the circulation, body-cleaning stops so that the foreign matter of the drug can be eliminated if possible. Of course the sickness or symptom stops during this process, and the drug appears to have effected the cure! And perhaps it is abstinence from food during sickness that effects the cure in many cases, rather than the drug, as every other animal except man stops eating food when it is sick!

The greatest strides have been made in recent years in surgery, and by this method many lives have been saved. When we continue to eat three square meals daily of DEAD, stimulating and non-oxygenated foods throughout our lifetime, our whole system becomes constipated, and this filth may remain in our tissues for years. It may become so decayed and poisonous over the years that some part of our body actually rots from the filth around it. And when we wait this long, nothing on earth can save us but the surgeon! But other than surgery we should not expect 'miracle cures' from our doctor, and he makes no boastful claims of miracle cures. He does the best he can with the drugs he has, and the science of drug healing could not be expected to bring about miracle cures; because it knows nothing about the real cause of our ills—our low atmospheric pressure of life-giving OXYGEN!

Drugless Healing

Drugless healing too comes in this same category! While osteopathy, chiropractic, massages, exercises, heat lamps, etc., stimulate the circulation and perhaps assist elimination, such physical treatments could never

get at the real cause. All of these methods may help and relieve to a certain extent, but they could have little success until the vital importance of diet in healing is recognized! For such healers do not know we are starving for life-giving OXYGEN, and they do not know their patients are sick from terrible quantities of poisonous wastes and acids from a lifetime diet of DEAD, stimulating and non-oxygenated foods!

Divine Healing

These facts also show that little credit can be given to Mental Healing, Psychotherapy, Divine Healing, Christian Science, etc. While it is true that the condition of the mind influences the whole body, and that worry, sorrow and fear may have adverse effects on the whole system, it is dishonest to teach sick people that they can be healed by some miracle, when it is definitely untrue! Nature does not perform such instantaneous miracles! If we have filled our body with some twenty to fifty pounds of poisonous filth and we are a walking cesspool, breeding every disease under the sun, we should not expect nature to cure our disease until we have cleansed our body of the filth that caused the disease in the first place!

And it is even more dishonest, not to say pitiful, to teach sick people that they are not sick at all, when actually they are dying for the want of life-giving OXYGEN! To us, who have learned that the direct cause of disease and death is our low atmospheric pressure of oxygen, it seems rather ridiculous to pray to the Creator for perfect health and miraculous cures, particularly since this is a just penalty shared by all! All around us our fellowmen are dying from this same cause, so who are we or what have we done that we should pray to be singled out for perfect health or

miraculous cures? Particularly so if we are not willing to first try to help ourselves! For how can we expect good health if we break nature's laws of eating all our life and fill our body daily with non-oxygenated processed-foods that were never destined by the Creator to be eaten by man in the first place?

Diet Healing

It is quite evident then that nature does not respond with miracle healings to mere hocus-pocus words, and that there is no such thing upon this earth as wonder cures! While no diet in existence today could give man perfect health, it is certain that diet healing has the most to offer. If everything upon this earth is half starved for life-giving oxygen, and if man's ills are due to poisonous filth from completely DEAD, non-oxygenated foods, certainly a diet of LIVING and chlorophyll-impregnated foods could be the only meritorious remedy!

Weight

It must be remembered that only nature cures and heals—and to this every honest doctor will agree—and nature can heal or cure only when the body is clean! But we must not look for miracles! Every pound of filth, poisonous acid and fat must be removed from the system before nature even starts to heal. This is a slow process, and may take months, even years, on the diet of oxygenated foods. And we can readily understand why we may feel worse for many days before nature starts to heal and we feel better. In fact, we should expect any chronic or latent disease to become worse during the reducing diet, for the poisonous filth that caused the disease in the first place is being removed by body-cleaning, and this shocks the system

and stirs up the old chronic disease. But the filth must be removed and the blood must be purified before nature even starts to heal the old chronic disease!

In the former theory of 'metabolism' it was believed that fat-producing, high-protein foods were necessary daily for continual replacement of albumin in the blood, and when albumin was found in the urine the patient was immediately placed on a strict diet of high-protein foods to replace the albumin lost! It was further believed that the excess fat from the high-protein foods was 'stored nourishment', and that the body would use the excess fat when it had need of it. The simple truth is, the patient had too much albumin in the first place, and his body was merely eliminating it through the kidneys. And we are finally learning that excess fat is pure filth—watery flesh, partly decomposed—and rather than ever use this filthy fat as nourishment, the body is desperately trying to eliminate it from the system. Whatever the body eliminates is excess filth, and when anything is eliminated it is proof that the body has too much of it, not too little.

The reducing diet of oxygenated foods will eventually eliminate this filth, and such quantities of filth as one has never seen! Other than the great quantities of sticky phlegm from the throat and nose, the tremendous amount of filth thrown into the urine by the kidneys would be alarming if we did not know the reason for it! And it keeps coming until we actually wonder how we ever lived with such terrible quantities of filth in our body! But it must all go before nature starts her healing process! While we should watch our weight carefully until we are down to normal, we can ignore all so-called 'standard height and weight charts'. Perhaps from five to twenty pounds should be deducted from all such charts, as they are all overweight.

The Body X-Ray

Other than weight measurement, nature has provided us with a natural 'X-ray' that measures the quantities of filth, fat and waste matter in the system far more accurately than could be done by the most expensive X-ray apparatus yet made. And that natural body X-ray is the coated tongue! After a few days on the Diet of Oxygen the tongue will become heavily coated with filth, and it may take a year, two years, or even longer, on the oxygenated foods, to cleanse the body and purify the blood, depending on the condition of the body in the beginning, and we must put up with the coated tongue during this whole time. And the more waste matter, fat and acid we have in our system, the greater will be the coating on the tongue, for the coated tongue is nature's X-ray to give us a true picture of the terrible quantity of filth we have stored up in our system since childhood. The filth on the tongue cannot be removed until it is removed from the entire system.

This fact definitely proves that all non-oxygenated, waste-forming and acid-forming foods are stimulating foods only; for always on the morning after an evening of too many alcoholic drinks one must suffer the discomforts of the headache, the bad taste and the coated tongue! And the more the drinks, the thicker the coat on the tongue! This is the sign nature is working hard in the process of body-cleaning to remove the stimulates of alcohol from the system, exactly as the coated tongue during the months or years of a diet is nature's X-ray to show she is working to remove the terrible stimulates of meat products, milk products, eggs, starch foods and unnatural sweets we have poured into our system since we were children. If we have been on a wild food-drunk since youth, we must pay with the

headache, the bad taste and the coated tongue for months or even years, exactly as the drinker must pay on the morning after!

Of course if the discomforts of 'sobering up' are so great on the morning after that one takes on more alcoholic drinks, his headache, bad taste and coated tongue will temporarily disappear. And if our discomforts of sobering up on the Diet of Oxygen become so disagreeable that we take on a 'square meal' of stimulating foods, our headache, bad taste and coated tongue will temporarily disappear! For 'bowel elimination' must then set in to remove the new stimulates, causing body-cleaning to stop and the tongue to clear up, as nature only uses the coated tongue as an X-ray to show that body-cleaning is in progress. But as the sobering-up day of reckoning must either come to the drinker or he will become a dead alcoholic, just so the sobering-up day of reckoning will surely come to the food-drunkard; for either he will suffer the discomforts of the headache, bad taste and the coated tongue of a long sobering-up diet, or he will eventually suffer a life of disease and early death!

Thus nature has given us a body X-ray, and by looking at the picture on its tongue-screen each morning we are able to see the exact condition of our body. For if the tongue-screen is covered with a filthy coat each morning after a night of body-cleaning, we can be sure our whole system is filled with this very filth. And the body X-ray will tell us just how long we must stick to a very strict, cleansing diet of oxygenated foods; for its tongue-screen will show the filthy coat each morning until the body is clean and the blood is pure, and this may take months or even years. For the closer one sticks to the oxygenated foods of the Diet of Oxygen the sooner his system will be cleansed.

And the filthy coat will show up on the body X-ray of the slender person the same as the one who is overweight; for the slender person who follows a diet of mostly stimulating foods may be more constipated with poisonous acid from meat, eggs and milk than the one who is overweight from a diet of mostly stimulating starch or sweet foods. And the slender person will find the same terrible quantities of cloudy, poisonous filth thrown into the urine by the kidneys as the person who is fat. For when the body is re-vitalized with life-giving oxygen from the oxygenated foods, and the cleansing process starts from the green, purifying chlorophyll, the system starts to loosen and throw off great quantities of acid and poisonous filth we have poured into it throughout our entire lifetime. And this cleansing process will continue as long as the Diet of Oxygen is followed, until every trace of the filth is removed from the tissues of the body and the blood stream.

Only then will the tongue clear up, and only then will nature start to heal. We must not look for relief from our old chronic diseases until the system is clean and the blood is pure. Nature has only one way of healing diseased parts of the body, and that one way is to dissolve the poisonous virus with purifying chlorophyll and re-vitalize the diseased tissues with life-giving oxygen from the blood! The blood of the average person today contains almost everything but life-giving oxygen and purifying chlorophyll, and we can understand why almost every person past middle age has one or more chronic or latent diseases!

Our modern diet of stimulating, non-oxygenated meat, milk, eggs, starch foods and unnatural sweets pollutes the blood with acids, fats and waste matter, and the blood carries this poisonous filth to every tissue of the body. While a young and healthy body can

stand such abuse for awhile, by the time middle age is reached it usually takes its toll in rheumatism, gout, arthritis, diabetes, Bright's disease or some other chronic ailment. And since our system fights off the disease during the long years we punish it with a diet of stimulating and non-oxygenated foods, we can understand that our system must be thoroughly cleansed with an extended diet of oxygenated and chlorophyll-impregnated foods before it can even start to heal the chronic diseases. For all wastes in the system must be carried off and the blood must be rebuilt before it can dissolve the virus of disease with purifying chlorophyll and revitalize the diseased tissues with life-giving oxygen.

If one is to benefit from the Diet of Oxygen then, it is evident he is in for a long siege, and perhaps only the strong of heart will endure. For other than the discomforts that go with the diet, we can understand how very difficult it is for one in a family to follow a diet when regular food must be prepared for all others of the household. And while this makes the diet quite difficult, it is still not the worst part of it; for every well-meaning one in the household will advise against the diet, and advise quite vehemently! And particularly when the discomforts and ills from the diet set in! We say 'well-meaning' because they will mean well, as they have no conception whatever of diet or of its effect upon the health of the body, and they honestly believe that meat, eggs, milk, starchy and unnatural sweet foods make the ideal diet for man, and don't be surprized if they threaten to call the doctor or even the insane asylum!

The only advice we can give is to be tolerant, never fanatic, and follow the diet as much as possible, without fanfare or 'preaching' about it, and without arousing too much antagonism! For it would be much wiser, we believe, to eat a meal of meat or other non-oxygen-

ated foods now and then, than to antagonize the whole family. For the Diet of Oxygen is a health diet, not a vegetarian diet of religious fanatics, and it is far better to break the diet now and then, even if it takes longer to cleanse the system, than to antagonize members of our family and turn them completely against the diet. For as progress is made with the Diet of Oxygen, those around you cannot fail to see its tremendous benefits, and their antagonism will melt away. And while they may be too ashamed to admit it, they too will start changing over to the oxygenated fruits and vegetables!

Our consumption of fruits and vegetables has increased tremendously in recent years, and it is this alone that has improved health and increased the life span, not the modern vaccines and wonder drugs, as many today believe. These oxygenated foods can be bought at reasonable prices the year around, and other than the above mentioned discomforts and difficulties, the oxygenated foods make a delightful diet. After one's body has been cleansed of its terrible filth and his craving for stimulating food ceases, he will thoroughly relish food for the very first time in his life! Non-oxygenated and stimulating meat, milk, eggs, starch foods and unnatural sweets deaden one's senses of taste and smell, exactly like the stimulates of alcohol, and when he gets these stimulates out of his blood stream his senses of taste and smell return with renewed vigor, and for the first time in his whole life he will be able to really taste and smell good food! His eating will become a whole new world of experience, and he will enjoy fruits, cooked vegetables and green salads as he never dreamed was possible to enjoy food before!

We can see then that nature supplies the only remedy upon this earth that has any assurance of success. If man is starving for life-giving oxygen and smothering from bodily filth, only the Diet of Oxygen could give

him cleansing chlorophyll to dissolve the poisonous filth, and vital oxygen to rebuild diseased tissues. While it would be next to impossible to follow a strict diet of oxygenated foods under present conditions today, the facts prove that a reducing diet of less non-oxygenated foods can almost perform miracles! We can only do the best we can about following the diet under the difficulties of today, and in the next chapter of this book we will list a suggested 'sobering up' or 'reducing diet' that will be safe and sure, even if we have been on a wild drunk of stimulating foods throughout the long years of a lifetime!

CHAPTER IX

The Reducing Diet

Since certain oxygenated foods are available to some that may not always be available to others, and since some foods are obtainable only in season, we cannot here specify certain foods to be followed in the Diet of Oxygen, but we can categorically list foods that experience shows to be the most ideal balanced diet for reducing fat and waste matter in the system. We know now which foods are oxygenated, and we know that only those that are still ALIVE with at least a trace of green chlorophyll could cleanse our system of its poisonous filth, and with this knowledge we will have no difficulty choosing a reducing diet. The only problem, then, is to properly balance these foods so that they reduce the fat and poisonous filth in the body, but so that they do it gradually, and not too violently.

For while fresh fruit produces the greatest amount of endurance and vitality, and while it makes the most ideal diet for man, don't ever try an all fresh fruit diet until your system has been conditioned for it; for just one meal of all fresh fruit might almost smother you with gas—if you have several pounds of overweight fat or poisonous acid in your body! For the oxygen in fresh fruit so re-vitalizes the body that it starts such a violent process of body-cleaning that the blood stream may be filled with poisonous filth squeezed from the tissues. You can understand then how vitally important it is to include green 'herbs' or

vegetables in the reducing diet, so that the purifying chlorophyll can dissolve the filth, and so that the roughage of the vegetables can assist in carrying off the dissolved fat and waste matter.

The reducing diet then becomes a matter of simple arithmetic—one small meal of fresh fruits to re-vitalize the system with oxygen and start the violent process of body-cleaning, followed by a small meal of mostly green vegetables to dissolve the waste-matter fat with chlorophyll and to carry it off with the roughage. If one will keep this simple truth in mind—that the oxygen in fresh FRUIT causes the system to squeeze out waste-matter fat from the tissues, and that green vegetables dissolve the waste-matter fat and carry it off—he will have no difficulty with the reducing Diet of Oxygen.

You can see then that unless each individual chooses his own diet and intelligently controls the radical process of body-cleaning, the reducing Diet of Oxygen could be quite violent and could lead to unnecessary discomforts. After the system is cleansed of the pounds of waste-matter fat, one will crave fruit, and can eat many meals in succession of even raw, fresh fruit. And rather than any discomforts from it, he will experience the greatest endurance and vitality of his entire lifetime; for he will actually feel the oxygen in fresh fruits re-vitalizing his whole system, and his muscles will literally tingle with the thrilling sensation of re-newed vitality! But until his system is cleansed of the great quantities of watery fats, starches and acids, he must temper his diet of fruits with green, chlorophyll-impregnated herbs or vegetables to dissolve and carry off the filth.

This explains why strict fruit diets have never been successful, and why fresh fruit does not 'agree' with

some. If your system is filled with acids and waste-matter fats, and you experiment with fruit diets, you will lose faith at once. For the re-newed vitality of oxygen in the fruit diet starts your system to removing the waste matter, and when this poison is thrown into the circulation you will think you are seriously ill, and of course you blame the diet of fruit. But as soon as this poisonous waste-matter is removed from your system, you can live a healthy life on fruit alone, and perhaps a healthier life than you ever dreamed of! In fact, when your system is cleansed of the waste-matter fat you will find that all foods that did not 'agree' with you have lost their disagreeing effect.

Elimination

We can see then that it is of utmost importance that every meal should be eliminated from the body just as soon as possible during the reducing diet. For the great quantity of waste-matter fat squeezed from the tissues is thrown into the circulation, and thence to the kidneys and the bowels, and it must be carried off. While the Diet of Oxygen will eventually completely eliminate constipation, the sticky waste-matter may be very constipating during the first few weeks of the reducing diet. If a regular bowel movement is not experienced each day, then nature should be helped with an enema or a laxative or both, as tremendous quantities of sticky waste-matter will be thrown into the bowels and kidneys, and it is of utmost importance that it be eliminated daily. A mild laxative is best for this purpose, preferable a good herbal laxative.*

*We recommend **INNERCLEAN HERBAL LAXATIVE**—from your druggist or health food store—or if you cannot obtain it locally send \$1.00 for a box of **INNER-CLEAN** postpaid to: Harvest Publishers, Jefferson City, Missouri.

We are now ready to suggest a Reducing Diet, and the first step should be to make a record of your weight, as both the speed of elimination and loss of weight can be carefully controlled and regulated by the diet. We have seen that it is wiser and safer to lose weight gradually, as the discomforts of the diet will be far less if you do not lose weight too rapidly. While some prefer to start the process of body-cleaning by fasting the first day or two, perhaps for all concerned it is just as well to start the reducing diet with the following 'two meals a day plan':

Daily Menu—First Week

BREAKFAST

Only your regular drink of coffee or tea, unsweetened and uncreamed.

By eliminating all solid food at breakfast and all lunching between meals, your system has about 18 hours of steady body-cleaning—from the evening dinner the day before to the noon lunch—and this alone can do wonders for your health. The whole purpose of the diet is to give your system time for body-cleaning, and remember that even a small amount of food at breakfast or between meals interrupts the important process of body-cleaning which is constantly taking place between every meal and during the night! For when even a small amount of food is taken, the blood rushes to the stomach to take care of the food eaten, and body-cleaning immediately stops. Chewing gum can help you over this period, you can drink all the water you want, and it is even better to drink black coffee or tea during the day than to take even a small amount of food at breakfast or between meals.

NOON LUNCH

- 1) A combination salad made of green leaf-lettuce

or head-lettuce, diced cucumbers with green rind, green peppers, green onions with green tops, celery (the greener the better) with green leaves, or any green, leafy vegetables available (the greener the better), preferably with a salad dressing of oil and vinegar—or the salad may be replaced occasionally with fresh cabbage slaw.

2) A small amount of steak or fish, or any lean meat.

3) A semi-oxygenated 'root' vegetable—either a baked potato or sweet potato, or stewed turnips, carrots or some other root vegetable.

4) A few unsalted crackers or a slice of whole wheat or pumpernicle toast—using semi-oxygenated peanut butter in place of non-oxygenated milk butter as a spread.

5) Your regular drink of coffee or tea unsweetened and uncreamed taken ten or fifteen minutes after the meal.

The noon lunch should be your principal meal for the day, at least until your weight is normal, and the main course should be the combination salad of green, LIVING vegetables. If this meal is taken at a restaurant or public eating place, a 'chef's salad bowl' is ideal, as it supplies both the green vegetables, the meat dish, and the crackers or toast, and the 'root' vegetable can be had as a side order. And no drink of any kind should be taken with food, as it dilutes the digestive juices and retards proper digestion. Wait ten or fifteen minutes after the meal before drinking, as this gives the system time enough for at least the first process of digestion.

EVENING DINNER

1) A small amount of semi-oxygenated dried fruit,

stewed without sugar, such as dried peaches, prunes, raisins, apricots, figs, etc.

2) A small amount of cottage cheese, uncreamed if possible.

3) A few unsalted crackers—or potato chips or corn chips.

4) Your regular drink of unsweetened and uncreamed coffee or tea taken ten or fifteen minutes after the meal.

The first week is the most critical period of the diet, and unless caution is exercised the process of body-cleaning could be too violent. Dried fruit only should be used for the main course of the evening meal during the first week, as dried fruit does not set up such a violent process of body-cleaning as fresh fruit. Moreover, dried fruit is a natural laxative, and will help eliminate the terrible quantities of waste matter that will be squeezed out of the tissues during the first weeks of the diet. And if a regular bowel movement is not experienced each day, it is of utmost importance the first week or so to help nature eliminate the poison with daily enemas or laxatives. For you will start losing weight the very first week, as the heavy, tallowy fat is squeezed out, and this should be carefully controlled simply by the AMOUNT of food taken. No two persons are alike, and it will be necessary to control the process of body-cleaning and the loss of weight by the QUANTITY of food eaten.

No Foods Between Meals

AND DO NOT EAT ONE BITE OF FOOD BETWEEN MEALS! This is vitally important, as this alone is the reason for the failure of most diets. You can chew gum, drink water, coffee or tea, but do not

take even one bite of food and stop body-cleaning between meals. This will perhaps be easier if you will always remember this fact: That the 'gnawing' and dead feeling in your stomach—the terrible craving you feel—is NOT hunger at all, but is the REVERSE process of body-cleaning—the price we must all pay for breaking nature's laws of eating throughout our lifetime—and we might as well make up our mind at the start that we MUST put up with this miserable, hungry feeling. For if some have gone forty days or more without food, we know that merely reducing our diet does not leave us hungry or in need of food. Actually this is merely your system squeezing out of your tissues the fatty, tallowy, partly-decomposed substance of food that was eaten months ago, perhaps years ago, and throwing it back into the blood stream for elimination, thus creating the false appetite and the miserable, unnatural gnawing and dead feeling in the stomach.

Daily Menu—Second and Third Week

BREAKFAST

Only your regular drink of unsweetened and uncreamed coffee or tea.

NOON LUNCH

1) A green combination salad or cabbage slaw as in lunch menu of the first week.

2) A small amount of steak, fish or any lean meat, or this may be replaced with a root vegetable, such as a baked potato or sweet potato, or stewed turnips, carrots or some other semi-oxygenated root vegetable.

3) A stewed, green or living, oxygenated, vegetable, either fresh, canned or frozen, such as cabbage, spinach, green beans or green peas.

4) A few unsalted crackers or a slice of whole wheat or pumpernickle toast, with peanut butter as a spread.

5) Your regular drink of unsweetened and uncreamed coffee or tea taken ten or fifteen minutes after the meal.

EVENING DINNER

1) A small plate of fruit, about one half FRESH FRUIT and the other half canned or dried fruit, stewed without sugar.

2) A small amount of uncreamed cottage cheese.

3) A few unsalted crackers—or potato chips or corn chips.

4) Your regular drink of unsweetened and uncreamed coffee or tea taken ten or fifteen minutes after the meal.

Deep Breathing

During the first two or three weeks of the diet the heavy, tallowy fat is squeezed out from the cavity of the stomach and lungs, and you will be pleasantly surprised to find that you can breathe deeply again, perhaps the first time since childhood. This will be a little difficult at first, as you are pulling life-giving oxygen into the lower parts of your lungs that have been so crowded by the tallowy fat that perhaps they have never felt the life-touch of oxygen. But with a little practice in the fresh air at every opportunity, this will become easier, and you will soon find yourself automatically practicing deep-breathing throughout the day.

Sleep with your window raised, if possible, and take twenty or more deep breaths through the nose each night and morning. Exhale through the mouth slowly,

and completely empty the lungs at each exhale of breath to remove all of the stale air deep down in the lower section of the lungs, and hold each deep breath a second or two so that all of the oxygen can be absorbed by the lungs. You will actually feel the oxygen re-vitalize the stomach muscles which have probably laid dormant since youth, and you will find this the very best laxative you can take. For you will actually feel and hear the rolling and growling of the stomach muscles as they are re-activated by the additional and much-needed oxygen of life!

Exercise

Walking and bending exercises should be practiced during the diet, preferably upon arising in the morning, to strengthen the muscles of the body. For keep in mind that the muscles of the body—re-vitalized by the oxygen in the diet—are actually reacting to squeeze out the terrible quantities of poisonous waste matter stored in the tissues since youth, almost as you would squeeze out dirty water from a sponge. Daily massaging or firmly rubbing the entire body with the hands will assist nature in this 'wringing out process', and when the tallowy fat in the tissues starts to disappear, your muscles will limber up, bending exercises will be easy, you can again walk and run, and you may actually feel younger than you have for years! But don't be surprised if you cough up and blow from the nose great quantities of sticky phlegm as it is squeezed out of the tissues, and don't be alarmed at the terrible amount of this pure filth as it comes through the kidneys; for such a tremendous quantity of amber, cloudy, almost thick, smelly poison will continue to pass off in the urine that you will actually wonder how you ever lived with such filth stored in your body! And it will keep coming; but by the end of the third week

your system should be ready for a menu of almost all oxygenated, LIVING foods.

Daily Menu—Fourth Week and On

BREAKFAST

Only your regular drink of unsweetened and uncreamed coffee or tea.

NOON LUNCH

1) A green combination salad or cabbage slaw as in lunch menu of the first week.

2) A stewed, green or living, oxygenated vegetable, either fresh, canned or frozen, such as cabbage, spinach, green beans, green peas, or any kind of greens (preferably fresh or frozen, as they are greener)—or this may be replaced occasionally with a little lean meat or fish, or with a semi-oxygenated root vegetable.

3) A few unsalted crackers, or graham crackers, or potato chips or corn chips occasionally.

4) Your regular drink of unsweetened and uncreamed coffee or tea taken ten or fifteen minutes after the meal.

EVENING DINNER

1) A plate of ALL FRESH FRUIT.

2) Your regular drink of unsweetened and uncreamed coffee or tea taken ten or fifteen minutes after the meal.

At the end of the third week your weight may or may not be down to normal, depending upon your condition at the start, but the idea has been to work gradually toward the FRESH FRUIT and the GREEN VEGETABLES, and you will note in the latter menus that all fresh fruit is suggested, the cottage cheese

and bread have been dropped, and the meat can be replaced with a 'root' vegetable, if one chooses to do so. This is the systematic way of leading up to the Diet of Oxygen without throwing your system into such a violent process of body-cleaning, and you will find that when the stimulates of meat products, milk products, egg products, starch products and sugar products are gradually eliminated, and they no longer circulate in the blood stream, that the craving for them stops, and it is quite easy to discard them from the diet and replace them with the LIVING-oxygenated foods which we call The Diet Of Oxygen. For with this new knowledge you will soon learn that the secret of diet is OXYGEN versus FERMENTATION, and that it is OXYGEN in the living fruits and vegetables that gives you real vitality, and that it is the filth of FERMENTATION in the dead foods that fills your system with dead waste-matter. And in the next chapter we will see the merit of OXYGEN in the living foods in contradistinction to FERMENTATION in the dead foods, and we will list the ten most important rules in following The Diet Of Oxygen.

CHAPTER X

Oxygen Versus Fermentation

While the Reducing Diet will eventually remove the heavy, tallowy fat from the system and bring the weight down to normal, the diet must still be carefully followed as long as the body X-ray shows the filthy coat on the tongue. This will not clear up until the filth from the dead and fermented foods is dissolved by the chlorophyll and removed from the tissues and blood stream, and this may take months or even years. It will be necessary to control your weight simply by the quantity of food taken. Of course if the loss of weight is too great, simply add some semi-oxygenated foods like baked potatoes or sweet potatoes, whole wheat or pumpernicle bread, dried beans, turnips, carrots, or potato chips, but add these to the GREEN VEGETABLE meal always—never to the FRESH FRUIT meal! This is important, for the all FRESH FRUIT meal is the real secret of success of the diet.

As a matter of fact, if you must have sandwiches, chocolates, puddings, candies, cakes, pies, ice creams, etc., take them with the GREEN VEGETABLE meal—never with the FRESH FRUIT meal and never BETWEEN MEALS—so that the chlorophyll in the green vegetables can dissolve some of the waste matter and carry it off before it is absorbed by the tissues. For whatever else you do, keep one daily meal exclusively FRESH FRUIT and the other one mostly GREEN

VEGETABLES. If circumstances compel you to break this schedule and take the GREEN VEGETABLES at the evening meal, then make the noon lunch the next day the all FRESH FRUIT meal. In fact, after your weight is down to normal, it may be better to take the fresh fruit-plate at the noon meal, and the green vegetables at the evening meal. For of course this is only a general outline of diet, and you will work out your own menus as they fit your particular case. But never forget that you have learned this important schedule of eating—one meal of all FRESH FRUIT to start the process of body-cleaning, followed by a meal of MOSTLY GREEN VEGETABLES to dissolve the waste matter from fermentation and carry it off! The whole purpose of the Reducing Diet has been to gradually condition your system so that you can take one meal of all FRESH FRUIT, followed by one of mostly GREEN VEGETABLES.

Most restaurants today serve a green combination salad with every meal, and many serve an all fresh fruit plate, and green vegetables and fresh fruits are readily obtainable at the markets the year around. You will soon form the habit of choosing the GREENEST stalk of celery, the GREENEST head of lettuce, the GREENEST peppers, the GREENEST cucumbers, and the GREENEST variety of all vegetables at your market! And while you have probably thrown away the GREEN leaves of celery, the GREEN rind of cucumbers, and many other GREEN parts of vegetables in the past, you will soon form the habit of saving every part of these GREEN vegetables and serving them; for they are almost pure chlorophyll, and are by far the most important part of the vegetable. And a few slices of bananas, apples, oranges or grapefruit, with a few grapes, preferably the GREEN variety, with perhaps a few figs or sliced pears or peaches, or a few berries,

make a delightful fruit plate, and most of these are available at your markets the year around.

We are fortunate in having access to the living foods today, and we have seen the scientific reason for such a schedule; for after your system has had some 18 hours of steady body-cleaning—with not one bite of food from the evening dinner to the noon lunch—the chlorophyll in the GREEN VEGETABLES dissolves the waste matter and carries it off, and the cleansed system can absorb the all FRESH FRUIT of the next meal with very little waste matter. As the all FRESH FRUIT meal is absorbed by the cleansed blood and is carried throughout your system, you will actually feel a new charge of energy surge through every fiber of your body such as few of this civilization have experienced! This is LIVING, and if you will keep in mind the following 'Ten Commandments' of the diet, you may actually enjoy health and vitality far above and beyond your fondest dreams:

Ten Commandments of Diet

- 1) Eat only two regular meals of food each day.
- 2) Do not eat one bite of food between the two meals.
- 3) Eat nothing but FRESH FRUIT at one daily meal—at the evening meal to lose weight, and at the noon meal after the weight is normal.
- 4) Make the main course of the other meal raw, GREEN VEGETABLES.
- 5) Keep your weight normal by the quantity of food eaten.
- 6) See that bowel movements are experienced regularly.

7) Practice deep breathing every day (with an oxygen tank if available).

8) Work out every muscle of the body with daily exercises and massages.

9) Be cheerful—you now know the secret fo health, and you have nothing to fear.

10) Be unselfish—help others to better health by pointing out the diet to them.

Thus you have an outline of The Diet Of Oxygen, a balanced formula from which to work, and you can see that such a diet, if adopted generally, would almost entirely eliminate 'kitchen drudgery'. For any food that requires spices, sauces, rich seasoning, or great preparation by the chef—before your stomach can stand it—surely is not the best food for man. Fruits and most vegetables are palatable just as they come from mother earth, without cooking or preparation of any kind; but try meat or eggs without cooking or preparation of any kind! Try a dish of hog brains, if you please, or a plate of calf liver, without cooking or preparation of any kind! Of course the fruits and vegetables should be neatly arranged so that they are pleasing to the eye, and the whole atmosphere of the dining room should be one of cheerfulness and joy. For proper eating is a pleasure, and nothing is prettier or more palatable than a plate of sliced fruit, neatly arranged, or a plate of crisp salad, with the green, yellow and red colors of nature's vegetables blended in perfect harmony.

You can see then that in our unnatural environment of low atmospheric pressure on these mountain plateaus, the whole game of life is simply OXYGEN versus FERMENTATION! OXYGEN means LIFE, and FERMENTATION means DEATH! Everything that is OXYGENATED is ALIVE, and everything that is

FERMENTING is DEAD, for FERMENTATION can not exist where there is a natural circulation of OXYGEN, and with an abundant supply of OXYGEN there could be no FERMENTATION! The fresh fruits and green vegetables give life and vitality simply because they are OXYGENATED—alive with the natural circulation of OXYGEN—and FERMENTATION has not set up to fill them with dead waste-matter! The five groups of dead foods fill your system with dead waste-matter simply because they are NON-OXYGENATED—they no longer have the natural circulation of OXYGEN—and FERMENTATION has filled them with dead waste-matter!

The whole secret of eating then is to get enough OXYGEN from foods without clogging your system with too much waste-matter filth from FERMENTATION, and you can see that so-called nutritious foods, vitamins and food values have nothing to do with it! Your very survival—yea, in fact the very survival of all mankind—depends upon our ability to separate the OXYGEN for chemical transformation to life and energy from the terrible quantity of waste-matter filth from FERMENTATION found in all foods today! You alone can control your own 'balance'! After your system is cleansed, your weight is normal, and your body X-ray (coated tongue) clears, you can take breakfast again, also some semi-oxygenated foods, and even small amounts of certain non-oxygenated foods. But never depart from the schedule of one meal of mostly GREEN VEGETABLES, followed by the next of all FRESH FRUIT! For this is the only balanced diet today that can supply the greatest amount of vitality with the least amount of dead waste-matter.

You will marvel at the perfect control with the GREEN VEGETABLE PLATE and the FRESH FRUIT PLATE, and at the change that takes place

in your body! Almost immediately you will enjoy better health and clearer thinking! As the poisonous fat disappears and you are able to breathe deeply again, blood pressure will drop to normal, and the old 'pump' will no longer pound as it labours to force life-giving oxygen through a clogged and constipated system! You will feel alive again, and you will be so overjoyed with the diet that you will want to preach it from the housetops! Longstanding and stubborn cases of constipation will disappear, and your stools will be regular and more natural than they have been since childhood! Daily headaches from a gased up and soured stomach will be a thing of the past, and no longer will you be afraid to face life! You will 'sober up'—look at life through clear eyes again—as if unseen hands had lifted you out of some grasping mire!

As a matter of fact, the diet may do so much for you—actually make such a new person of you—that you may never again want to break away from the Diet of Oxygen even for a single moment! So, with our own experience, perhaps we should leave you with this bit of advice: While you now know the five groups of foods that are non-oxygenated—meat products, milk products, egg products, starch products, sugar products—and while you know these are DEAD foods that fill your system with DEAD waste-matter, you will find that due to circumstances it is next to impossible today to avoid eating some of these foods now and then. For as stated before, perhaps it is better to eat a meal of these DEAD and stimulating foods occasionally, if avoiding the meal is going to incur the hostility of your family and friends! While this means that it will take longer to cleanse your system, we should be careful to let others know that we are not fanatic about it; for we should emphasize the fact—for the good of the diet—that the Diet of Oxygen is a HEALTH DIET, not a vegetarian diet of religious fanatics!

And after your system is cleansed of its waste matter, an occasional meal of non-oxygenated foods could do no more harm than occasional drinks of alcoholic stimulates. The real danger lies in the fact that they ARE stimulates and HABIT-FORMING! One bite calls for another, and one meal calls for another, exactly like the stimulates of alcohol, and if you indulge in them too often you soon find that your craving for food cannot be satisfied without them. It is for this reason that you avoid the five groups of non-oxygenated foods as much as possible—simply because they are stimulating and habit-forming—not because you are fanatic on the subject! If circumstances make it necessary to eat non-oxygenated and stimulating foods; take them sparingly for what they are, as the sensible person takes stimulating drinks; for once they start circulating in the blood stream you will find yourself right back in the same old 'habit'!

But you now have a knowledge of diet that very few upon this earth have today, and your understanding of the power of OXYGEN surpasses that of the very wisest of our civilization! You have learned that man's life span was almost a thousand years when he lived in the heavier atmospheric pressure of the deep valleys prior to the Flood, and that he had none of the ills we have today! And while this discovery is startling beyond words, and while it has unheard of possibilities, we have tried to refrain from making great claims for it, simply because the discovery is so new that we have had little opportunity to experiment with it. While some believe that it would take more than a generation of correct breathing and proper diet to show real, startling results from this discovery, we have hopes that this book will start the experimentations, and that thousands—young and old, sick and well—will try the Diet of Oxygen! And we have greater hopes that this book will open

up the way for experiments with pressurized and oxygenized deep-breathing apparatuses, pressurized and oxygenized hospitals, and pressurized and oxygenized food-producing greenhouses!

At any rate, you hold in your hands a scientific diet that can rid your system of its poisonous filth! Do what you will about it, it is the only cleansing diet left upon this earth! But more important, you not only have this discovery of the ROAD to health, but, in fact, you have the discovery of the tremendous power of the magical gas called OXYGEN—the very SPIRIT of the Creator, and the very source of life itself! We have no idea today where this discovery will lead us, or to what heights it will yet lift mankind! It is only a start in the right direction, but with possibilities so tremendous that they are startling beyond human description! We know only a little today of the power of the Divine-like gas called OXYGEN, and when every ramification of this subject is explored it might well lead to perfect health; yea, in fact, to everlasting life right here upon this earth!

Only YOU can help us keep alive this subject, and help us carry it through to its logical end; for of all of the billions upon this earth, only you readers of this book know the secret of rust, rot, decay, fermentation, virus, disease, death, and even life itself! While millions are spent in search of wonder drugs and miracle cures, do you and I hold in our hands the very secret of perpetual youth, perfect health, and everlasting life upon this earth? This we have yet to learn through experimentation with magical OXYGEN, and you can help us by engaging the attention of others in this startling discovery! For while many have searched in vain for it, is it possible that at long last we actually stand at the very door of the elusive Fountain of Youth?

'Oxygen Experimental Fund'

The author of 'The Diet Of Oxygen' has voluntarily agreed to let every cent of profit from the sale of this book go into a fund for experimenting with oxygen—called the 'Oxygen Experimental Fund'.

And while publishing a book of this nature in small quantities today is quite expensive, if any profit is realized from this venture, it will go into this Fund for experimenting with pressurized and oxygenized deep-breathing apparatuses, pressurized food-producing chambers, or to support others who are carrying on with such experiments.

The sale of this book then can help this cause, and you can contribute toward this Fund—and help speed these experiments—by purchasing copies of this book. You can help us build this 'Oxygen Experimental Fund'—and at the same time help your friends and neighbors—by ordering and distributing among them several copies of this book—

The Diet Of Oxygen

\$2.00 Postpaid

Harvest Publishers, Jefferson City, Missouri.

Other Late Headline Discoveries

Would you like to read more from the pen of the author of this book? For more than fifteen years he has edited the periodical called 'Harvest News Letter', and perhaps you have never read anything like it! It is not a denominational religious paper, but its staff is dedicated to gathering scientific facts, and it has been the destiny of Harvest News Letter, it seems, to publish almost fantastic discoveries over the years. In fact, parts of this book were first published in the pages of Harvest News Letter, and following are just a few of the late headlines appearing in this periodical.

(If you would like to read any of the headline discoveries below, just order them by name—include about 25c for each piece ordered for printing, postage and handling):

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ANGELS THAT SINNED DISCOVERED ON EARTH
ARMAGEDDON BATTLEFIELD DISCOVERED HERE
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JUDGMENT DAY COMING?—PROPHETS ANSWER
WHAT ARE THE ANGELS?—PROPHETS ANSWER
THREE WORLDS—1 GONE, 1 HERE, 1 COMING
PERSONS DISCOVERED NOW LIVING IN EDEN
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RESURRECTION ON EARTH—NOT HEAVEN
EXACT LOCATION OF 'HELL' DISCOVERED
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The Time of the End

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Millions had been dying for centuries when Jesus was on earth—good and righteous men including Abraham, Moses, Isaac, Jacob, David, Daniel, even John the Baptist—and NOT ONE SINGLE ONE HAD ASCENDED UP TO HEAVEN! Jesus said so! He should know, too, as he had just come down from heaven:

"And no man hath ascended up to heaven, but he that came down from heaven, even the Son of man (Jesus himself) which is in heaven." John 3:13.

The 'Kingdom of Heaven' is so called because it was conceived in heaven, but if you go to heaven you may miss that Kingdom, for it is coming to this earth! For 19 centuries men have prayed—Thy Kingdom COME—have prayed for the Kingdom to come to the earth! And when it comes and raises from the dead the untold millions who sleep in the dust, then will men be in 'heaven'—the only 'heaven' that was ever offered men—'heaven' right here upon this earth!

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