

BREATHARIANISM

SUNSHINE FOR LUNCH

"NOT FOR EVERYBODY"

HESSELIAN WALL

"I can't believe that," said Alice.

"Can't you?" said the Queen in a pitying tone. "Try again. Draw a long breath and shut your eyes."

Alice laughed. "There's no use trying," she said. "One can't believe impossible things."

"Idlenessay you haven't had much practice," said the Queen. "When I was your age, I always did it for half an hour a day. Why, sometimes I've believed as many as six impossible things before breakfast."

"In Christ we shall neither hunger nor thirst."

JOHN 6:35

"It is written that it is not by bread alone that one can live, but by every word which proceeds from the mouth of God"

Mathew 4:4

"The human being was created perfect, and placed in a garden of fruits and streams. He and she were free of all bodily appetites and had no desire to taste the fruit or quaff the water. Moreover, they had been commanded by Divine Providence not to eat or drink as that would inject foreign substances into their perfect bodies, causing them to deteriorate, decay, and die. People were mere children when a hundred years old, and none of the infirmities of age. When ready to pass on to the region of the superior life, it was a gentle slumber."

FABLES OF ANCIENT MAGI

"Let them who seek, not cease seeking until they find, and when they find, they will not be troubled, they will marvel and will reign over the All."

THE GOSPEL ACCORDING TO THOMAS

"If you do not take food, that already frees you from this unconsciousness that you have no longer to assimilate and transform within you: that liberates energy in you. Then, as there is an instance in the being to make up for energy spent, if you do not gather it from food, i.e., from below, you make automatically an effort to draw it from the universal vital energy which is free around you. And if you can assimilate that energy, assimilate it directly, then there is no limit to your energy."

SRI AUROBINDO

Breatharianism was the most perfect state of the human being. He and she lived on solar radiation. The food and drug addicted masses through habitual gluttony have closed the entry of the spirit. When the stomach works, the vital force is centered in the digestive organs instead of the five sinus chambers in the head. Few search out the cosmic truths of life and put them into practice. "O how narrow is the door and how difficult is the road which carries to life, and few are those who are found on it." (Mat. 7:14)

Every life process is reversible. It might take from a few weeks to many years to make the transition back to the most fitting diet for the human being — paradisiacal fruit. Those who have the soul of Methuselah and a body fit to climb the peaks may well transcend even this height to attain breatharianism. Professor Hilton Hotema discussed the subject in *Man's Higher Consciousness*. The lungs, not the stomach, are the life organs. The life line is the spinal cord, not the alimentary canal. The most vital function is breathing. "If human beings consumed only radiation through his and her respiratory organs as they did in an early Golden Age, when they lived a thousand years according to tradition, if the radiation were never polluted, if the procreative function remained dormant, sickness would be unknown." Professor Hotema emphasized that the return must be slow and carefully thought out: "The return or transformation to breatharianism, where food is no longer essential for body stimulation, must be slow and gradual. People must slowly reduce the amount of food ingested daily in order to give the body time to meet the new conditions and adjust to the perfect physical state of long ago, when the air people inhaled supplied all the stimulation the body needed." (166)

As one decreases food intake and evolves into a breatharian life-style, physiological changes may be anticipated. The textbook, *The Human Body* (183), describes the early stages of growth of the alimentary canal: "The human digestive tract . . . in the embryo is relatively straight and uncomplicated but as development proceeds, the tubes become coiled in the abdominal region as a result of its rapid increase in length in contrast to the development of other parts of the body."

It is possible that in one or more generations, the abnormal length of the alimentary canal could be eliminated, starting with the diet and life-style of the mother. At an early fetal stage the alimentary canal is the length of the spine. By the time one reaches adulthood the canal is thirteen times the length of the spine.

There is an exchange of material between mother and fetus. If the mother is toxic and full of mucus this enters the fetal digestive tract, causing it to distend. Some newborns from extremely toxic mothers immediately vomit mucus or have a bloody stool of mucoid material. Due to faulty diet, distention of the digestive tract increases through childhood and adulthood.

A similar convolution can be observed in the development of varicose veins. At birth, the blood-carrying tubes are straight, unconvoluted and without blockages. But after many years of misuse of the body, toxic deposits cause them to stretch and bulge into varicosities. A similar phenonema, perhaps, occurs in the development of the intestine. A dietary change can reduce varicose veins to their original structure. Is it possible that, similarly, the digestive tract can be reduced in length?

When people lived on solar radiation and air, they received the exact energy needs of the body. Lungs and skin collected the needed energy and eliminated waste. When you try to balance food intake you are apt to get too much of one nutrient and not enough of others.

Depending upon the climate in which people live, in order to compensate for the intensity of sunlight, the skin pigment gets darker or lighter to insure that the right amount and quality of rays will enter the cells of the body. Pigment acts as a filter which reduces both the intensity and the quality of the light spectrum that penetrates the skin.

Dr. Alexis Carrel states that "the body seems to mold itself on events. Instead of wearing out, it changes. Our organs always improvise in meeting every situation; and these means are always such that they tend to give us maximum duration."

In our time there are enough examples of individuals who have transcended the nutritional myth to give us the feeling that "what was, can be."

One heroic figure is Barbara Moore, M.D. of London. A news release (185) reads:

"A woman of 50, who looks like she was only 30, claimed yesterday that she hates food, has beaten old age, and expects to live at least 150 years. She has set out to do it by giving up food.

"Twenty years ago she ate three normal meals a day. Slowly for 12 years she reduced her eating until she was keeping fit on one meal a day of grass, chickweed, clover, dandelion and an occasional glass of fruit juice.

"Five years ago she switched entirely to juices and raw tomatoes, oranges, grasses and herbs. Now she drinks nothing but a glass of water flavored with a few drops of lemon juice.

"She says, "There is much more in sunlight and air than can be seen with the naked eye or with scientific instruments. The secret is to find the way to absorb that extra - that cosmic radiation - and turn it into food.

"Each year she goes to Switzerland for the better air and climbs mountains on a diet of water from the streams. 'You see', she explains, 'my body cells and blood have changed considerably in composition. I'm impervious to heat and hunger or fatigue.' She continued:

" 'Winter or Summer, even in Switzerland, I wear only a short sleeved jumper and skirt. In cold weather people stare at me. While they shiver in furs, I am warm. I'm as strong as a man, and need only 3 hours sleep for mental relaxation. As my body is free of toxins, I'm never ill.

" 'I had to advance slowly from vegetarianism to uncooked fruit and then to liquid. Now I'm working towards Cosmic Food (Air). I've passed the eating stage and could not eat if I desired as my alimentary canal has changed considerably. It is no longer a filthy tube and is unable to handle any fiber.

" 'Instead of thinking my life will end in ten years, I'm growing younger. Anyone can do the same if they try. The tragedy is that eating is one of the great pleasures of life. To stop eating is to experience discomfort only when the body is adjusting itself to the new course, which was the original course. I now find even the odor of food nauseating.' "

In 1961, Dr. Morris Krok of Durban, S. Africa, published "Conquest of Disease," where he reproduced a part of a speech by Dr. Moore, (186). This is an extract:

"By experimenting on myself, I've found that neither energy nor body heat comes from food. It's a fact, paradoxical, yet true, that I spent three months in the mountains of Switzerland and Italy eating nothing but snow and drinking only snow water.

"I was climbing mountains daily, not just fasting and sitting down and reading a book or gazing at the sky. No, I was hiking daily from my hotel to the mountains, often 15 miles, climbing up to seven or eight thousand feet, then coming down and walking another 15 to 20 miles to my hotel.

"During my fasting I climbed mountains daily; and if I could not on account of bad weather, I'd walk 30 to 40 miles. That proved it to me. Year after year I've done the same thing to find out whether it's true or not. For one year it may work and the next it may not work with the same body. So I've done it year after year and find that neither energy nor heat of the body comes from physical food.

"When I discovered this I went a step further, I wanted to see whether I could live without food at all, not for two or three months, but for a longer period. I found this also possible, but not quite on an ordinary level, as it were. I can do that in the mountains, but it is more difficult when I come down to an ordinary level. I find the air is different.

"I hope in time to live entirely on air. . . . I'm a very busy person and have little time to sleep. I'm never tired or hungry."

In the press and occult magazines, there are reports of many examples of breatharians:

Balayogini Sarasvati (Amma, India) for 3 years lived on water only (187).

Marie Frutner, a Bavarian girl who lived on water without food for 40 years, was under observation for a time in Munich in 1835 (188).

Judah Mehler, Grand Rabbi, 1660-1751, ate and drank sparingly one day a week, broke his fast about twelve times a year on Jewish holidays, led a busy life as Rabbi of 3 communities, lived to be 91 (Ripley's Believe It Or Not).

Dr. T.Y. Gan (197) gave the following report on Yand Mel, age 20, who hasn't eaten for the last 9 years: She shows no signs of starvation, leads a perfectly normal life except for having lost desire for food. Her alimentary tract has become dormant and rudimentary: she takes no water.

Caribala Dassi, sister of Babulamboxer, pleader of Purilia, has been living for the past 40 years without taking food or water and has done her regular household duties with no apparent injury to her health (189).

Dhanalak Shumi of Marcara, India, age 18, for over a year took no food or water; she leads a normal healthy life. At age 14 her appetite diminished until she could not assimilate anything. The Indian government sent her to be examined at the Bangalore General Hospital, Bombay (190).

Teresa Avila, Bavarian Peasant, born 1898, has taken no food, no water and no sleep since 1926; she is not thin or sickly, works in her garden, and is described as one of the happiest persons (191).

Giri Bala, Bahar, West Bengal, now over 70 years, as a child had an insatiable appetite but has taken no food nor fluid since she was 12. She has never been sick, is an expert in pranayama and yoga, is always gay, looks like a child, does normal housework, has no bodily excretions. Her case was investigated by the late Sri Bijaly Chand Mahtab, Maharajah of Burdwan (192).

There is a beautiful simplicity in this approach. It enables one to get away from the gross and intoxicating nature of food which leads the average person to spend at least one third of his and her lifetime in the unconscious state of sleep and the rest of it in a stupor of unproductive, demoralizing labor.

The ancient ones taught in their texts that people were and are breatharian – living on solar radiation and air. Could it be possible that they were right?

LIGHT IS LIFE

"Truly the light is sweet, and a pleasant thing it is for the eyes to behold the sun."

ECCLESIASTES 11:7

Light has a physiological effect on all living things. Summer sunlight provides its worshippers with a great deal of vigor and vitamin D. Research teams are discovering that dependence on the sun is even more extensive, possibly making the difference between health and premature death. It might be stated, even more strongly, that the long term effect of air and sunlight is much more important than the diet itself. Dr. John Ott, Chairman and Executive director of the Environmental Health and Light Research Institute, states (193):

We are just beginning to find out that light entering the eyes, in addition to vision, stimulates the activity in both the pituitary and pineal glands and possibly other areas of the midbrain region that control the endocrine system and the production of hormones.

Dr. Ott became interested in light research because of a personal experience. He retired to Florida hoping the sun could improve his arthritic leg. Sun soaking failed to help. When he broke his sunglasses, sunbathing without them improved his condition in a few days, even enabling him to throw away his cane. He reported in the *Optometric Weekly*:

"Life on this earth since the beginning has evolved under the full spectrum of natural sunlight. Recent experimental studies have indicated that abnormal growth responses developed when any part of this natural sunlight spectral energy was blocked from entering the eyes. As people have become more civilized, living under an environment of artificial light, behind window glass, eye glasses, and particularly sun glasses of different colors, the balance of the wavelength energy entering the eye has become greatly distorted from that of natural sunlight."

Dr. Richard Wurtman, associated professor of endocrinology and metabolism in the Department of Nutrition and Food Science (M.I.T., Camb., Mass.), states, "The role of pineal cells appears to convert a neural input controlled by an exogenous factor (light) to endogenous glandular input (its hormones)." Dr. Wurtman recapitulates another study where the function of the spiritual "third eye" is discussed: "That pineal might have some photoreceptive capacity, at least in vertebrates, was postulated about 60 years ago by a Swedish anatomist. Noting that frog pineal cells are surprisingly similar in appearance to the cone cells of the retina, they speculated that the function of the frog pineal was to act as photoreceptor, or 'third eye'."

People spend over 90 percent of their lives in buildings and vehicles; they have declared themselves independent of the ocean of light in which they are immersed. Dr. Wurtman forces a new concern in the near future "if, in fact, excess exposure to artificial light, or inadequate exposure to natural light has a harmful biological effect, we may soon find ourselves worrying about 'light pollution'".

Glass windows shut out the greatest part of the ultraviolet end of the light spectrum. Artificial lights are no substitute for the rays of the sun. A few years ago, the Russian scientists Dantsig, Lazarev and Sokolov states: "If the human skin is not exposed to solar radiation (direct or scattered) for long periods of time, disturbances will occur in the physiological equilibrium of the human system. The result will be functional disorders of the nervous system and vitamin D deficiency, a weakening of the body's defense and an aggravation of chronic disease." (193)

Dr. Ott reported in studies of insects that when you block out any part of the natural sunlight spectral energy from entering their eyes, abnormal growth of the body may result.

In a paper published by the Building Research Institute, Dr. J. Hardy says the penalty for shutting out even a small degree of natural light may be acceleration of the aging process.

Dr. Ott reports (193) that cell cultures exhibit a wider range of behavior patterns when subject to distortion of natural light:

"A blue filter that transmits only the shorter wavelengths produced an undulating of boiling motion not noticeable at normal speed but only apparent when the action is speeded up many times through time lapse photography. This abnormal activity closely resembles that of cells being attacked by viruses. When a red filter is used in the light source, restricting all but the longer wavelengths at the other end of the visible spectrum, the final death of the cell results from a rupture of the cell wall and hemorrhaging out of the cytoplasm."

Considering that pollutants in the air act as filters changing the quality of light from the sun which made life possible, there may be a compelling reason for leaving the city: "People are made of billions of universes called cells" which research shows to be light dependent. Therefore, so are people." Dr. Ott says: distortion or deficiency of natural light can cause "a biochemical or hormonal deficiency in both plant and animal cells."

Dr. Ott foresees (193): "... perhaps sometime in the near future the relationship between the full spectrum of the sun's natural rays and health will be better understood. Then to keep well and happy, we may find ourselves being put on 'light diets' in the same way we go on food diets today."

Research and direct observation show there may possibly be a great error on the part of the orthodox nutritionist who emphasizes the myth of a well balanced diet. Dr. Ott finds it very difficult to explain why some individuals develop nutritional deficiency symptoms while others do not on exactly the same diets.

We already know that vitamin D, which is essential to health, need not be introduced into the diet because it is created through the action of light on skin cells. This may be true for other vitamins as well. Vitamin B deficiency does not seem to affect all individuals living on identical diets.

"Residence in the tropics make it clear that a typical nutritional deficiency disease, such as beri-beri, may only affect a small percentage of the individuals living on the same diet in any particular village. Its incidence among the Philippine Scouts. For example, serving under American Officers varied between 100 and 600 from year to year out of a total of 5,000 men living on identical diets" (194).

George Ohsawa often says, "generally speaking, avoid consuming anything that contains vitamin C." The macrobiotic diet doesn't produce an obvious vitamin C deficiency. According to nutritionists, vitamin C cannot be stored in the body. You need a daily dosage. The temperature, alkaline environment and oxidation in the blood stream destroy it. Yet, macrobiotic followers do not develop scurvy. The same observation can be made about sailors who lived on board ship on identical diets. Many developed no scurvy symptoms long after some had died from the disease. It is possible that some individuals were actually manufacturing the vitamin in their bodies?

Dr. J. Lovewisdom, after several years on a largely fruitarian diet, performed an experiment which demonstrates the adequacy of air, sun and water to sustain health. He lived in the high Andes. He says: "My first long fast was endured 7 months and 7 days and 4 months later I again fasted 6 months and 17 days taking nothing but 99% pure water. Most everyone who fasts, fasts on 99% pure water since ordinary tap water contains considerable mineral matter, but I did not want the inorganic earth minerals so I used pure distilled water with a compensatory 1% from acid fruit juice of 'organic water.' The 'organic water' doesn't have a toxic waste of even 1%. Altho this 99% pure water had hardly any taste of color noticeable to others, adding the fruit juice did make it possible to drink great quantities of water, a gallon a day, that washed the whole alimentary tract. So diluted, it could not start digestive functions which brings back hunger that makes a fast practically impossible to continue. This way the digestive tract benefits from a complete rest without any unbalanced 'feeding while fasting,' so the water goes thru fast, sometimes 15 minutes after taking, serving as a natural enema. Thus my secret of such long fasts is simply in keeping the whole length of the intestines well washed, rather than letting the food residue, and even aged deposits from before one's fast, poison the blood and thus paralyze the body's muscles, cause toxic headaches, coat the tongue and even kill one." (Vitarianism, Spiritualizing Dietetics)

A yogi cataract surgeon from India said that "the peasant in India who works all day in the fields under the sun, in the evening will have a frugal meal of rice. They have been eating the same thing for ages and yet no nutritional deficiency. They get the food from the sun the way God intended."

Drs. Omen and Hipsley when studying the interior native population of New Guinea found that they showed excellent health and muscular body build. By orthodox standards, protein intake was insufficient — 15 to 20 grams daily. However studies disclosed that an additional 25 to 45% of protein was provided by internal bacteris "Clostridium refringes B," which fixed nitrogen from the air to form amino acids.

George Lakhovsky, a Russian-born scientist and medical doctor, who lived and worked in America in "The Secret Life" (195) discusses an experiment where he relates cosmic radiation to nutrition. The experiment is as significant as the demonstration of Einstein's Theory of Relativity which showed that matter can be converted into pure energy and vice versa.

"Lakhovsky's thesis is that 'body growth and maintenance depends not on food, but on cosmic rays; the body itself being a condensation of these rays' which are said to be 'streams of substance of ultra-sonic form which condense into minerals' as they contact the earth's atmosphere.

"This datum he deducted by measuring the amount of iron in unicellular organisms kept in sealed tubes. After a period of time, he found that, as the cells multiplied, the iron content of the organism increased" (195).

Several years ago, the Soviet Academy of Science publication "Transactions" (Vol. 128, No. 4) published the findings of Dr. Mikhail Valsky. Dr. Valsky incubated hen eggs in an incubator containing special air in which harmless argon gas replaced the ordinary air content. The egg-embryo died in 4 hours.

He then put other eggs in air containing the normal amount of oxygen; however, he replaced nitrogen with argon — this time the eggs lived 12 hours. Finally, the eggs were put in air containing normal components except that the nitrogen atoms were tagged. It was observed that the eggs definitely absorbed nitrogen-tagged atoms and grew chickens. Dr. Victor Kavalsky commented on Valsky's findings: "What used to be regarded as an inert gas (nitrogen) has been proven to be a gas assimilated from the air to become a part of the proteins which form animal organisms" (198).

Scientific advances show that the entire material universe is only a visible manifestation of varying condensed wave forms. Dr. H.H. Shelton, New York University wrote:

"We live in a world of waves. The further we delve into the ultimate structure of matter, the more obvious it is that nothing exists except in wave form. Electrons, long thought to be the ultimate particles of which all matter is formed, have now been shown to have a reality only as a wave form, while the atom consists of a bundle of such waves." (166)

Today it is common scientific knowledge that for most known particles, there is an anti-particle; when they come together, both are annihilated, leaving no trace. Similarly, in sound when two identical waves are out of phase they will cancel one another under proper geometrical arrangement.

Two wave forms can be added and new ones formed. Through selected filters, a complex wave form can be filtered into simpler components. In the field of nuclear physics, this could be equivalent to transmuting one atom into other atoms, not compounds. This alchemist's dream has been fulfilled in nuclear labs through the use of enormous amounts of energy and the particle accelerator. In the human body such reactions are carried out through the use of low intensity biological energy and the most precise bio-nuclear forces.

L. Kervran (196) presents overwhelming evidence that the alchemist's dream is active in the biological laboratories. L. Kervran describes the following experiment which showed transmutation of iron into carbon and oxygen:

"In 1961, a rat was confined to a sealed tube for two months (along with chlorella and oxygen). The animal survived the experiment. When the sealed tube was opened it was found that the percentage of nitrogen in the air inside the tube had decreased by two thirds while the oxygen simultaneously increased."

Kervran shows that to produce potassium from the fusion of sodium and calcium about four electron volts (4ev) of energy is required. This could be furnished from the sun by a short ultra-violet ray, wave length 3,000 angstroms. Other experiments show that matter is being created from solar radiation through the condensing effect of cell geometry. As an example "the nitrogen diet is lowered below the level of normal excretion by the intestine. The excreted quantity remains higher than the total ingested quantity. Since nutrition could not supply nitrogen, endogenic production must be responsible" (196).

Emma Dietz of Harvard University in the Journal of Chemical Education wrote that chlorophyll "absorbs energy from the sun and in some unknown way uses it for the manufacture of sugar, starch and protein."

Dr. Dietz finds it difficult to comprehend that chlorophyll and hemoglobin should be so similar in structure yet play such different roles. "In the slow development of the chemistry of these two pigments, it has been an increasing source of wonder to chemists to find that two substances of such widely differing origin and function are yet so remarkably alike in structure."

Is such discrepancy between structure and function possible? I believe it is not. My belief is that hemoglobin, which constitutes a major portion of the blood solids, when unobstructed by food, in a high altitude tropical environment, will maintain the body in good nutritional balance indefinitely by converting solar radiation into essential nutrient vibrations. Nutrients are trapped solar vibrations which constitute the basis for diet. The bulk that is associated with food has to be expelled once the energy has been stripped from it. The thousands of individuals who have lived without food give weight to this argument.

The plant kingdom is made up of "light eaters." There are also some highly evolved spiritual beings who likewise are "sunlight and air eaters." The hemoglobin rich blood is changed by its encounter with light as it journeys from sun illumined skin on its journey to bring light to the dark interior of the body. The skin is the organ of "light" nutrition assimilation, just as the lung is the organ for the ingestion of "air" nutrition.

LOVE LIGHT

All matter is light waves in motion, and within light and its spectrum lies the secret of all life. The very air we breathe is permeated with the forces of light and color and the vital energy or prana that imparts and sustains life. We extract this living force from the food we eat, the water we drink, and the air we breathe.

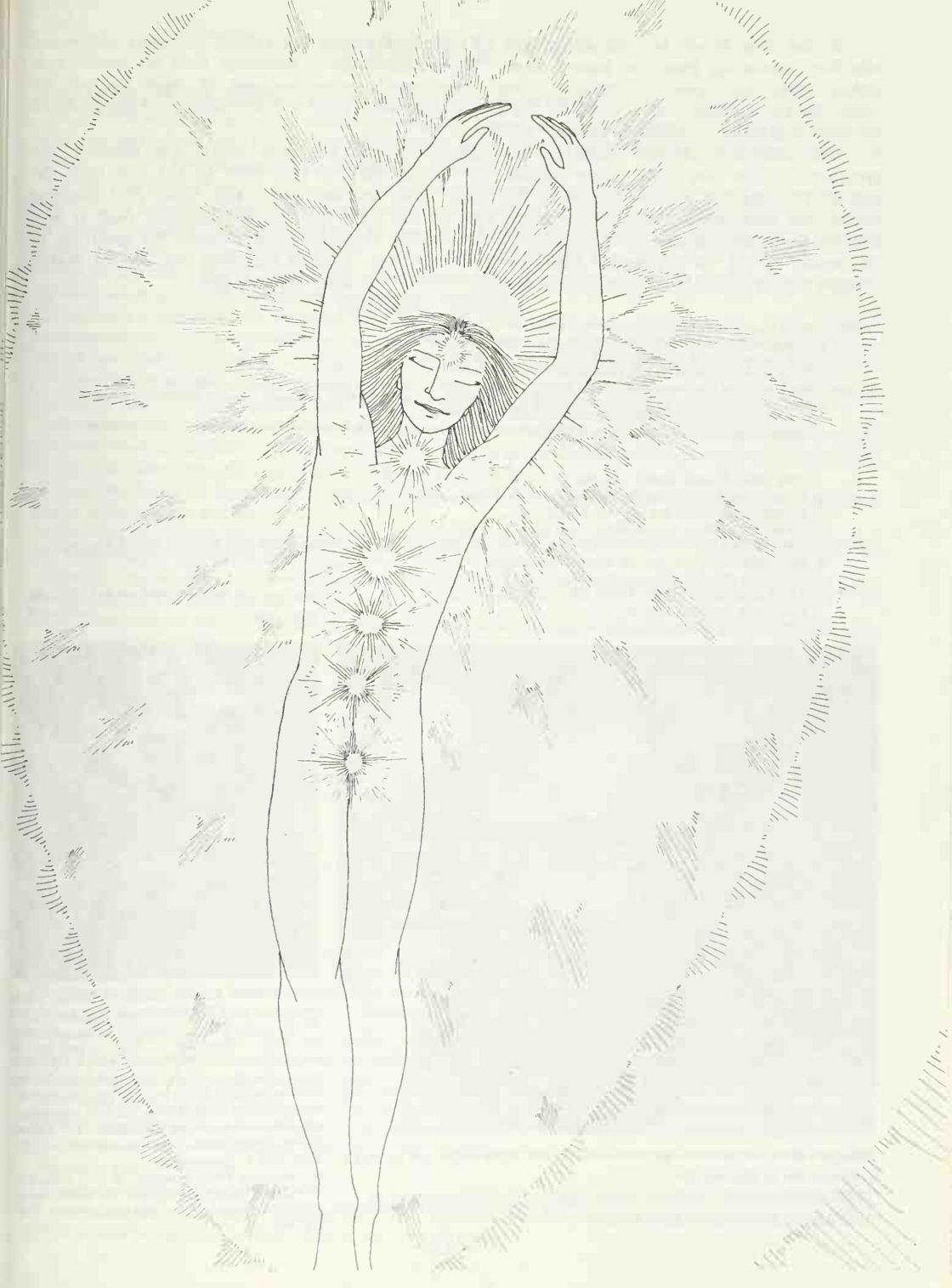
As a wave of light is projected through space, it creates a certain rhythm — a harmonious vibration of etheric matter. The trinity of colors red, yellow and blue have a definite correspondence with the three basic elements hydrogen, carbon and oxygen. The chemicals and minerals are there because of the action of the color of the sun's rays. When we breathe we absorb prana, cosmic and solar radiation and not just oxygen and other chemical ingredients.

The source of all terrestrial life — the Sun — contains within it everything of which the earth is composed and the human body as well, if it is not too depleted. That is, if we are getting the proper quantities of necessary air and food elements, the body has the ability to choose the specific color it needs from the sun. When we sunbathe or airbathe our skin breathes and our aura picks up the color it needs and rejects the others. When we eat any kind of food we are actually eating color from the sun.

COLOR CHAKRAS

Color is the great cosmic healing force which works directly on the etheric cells, replenishing and revitalizing them. Light and color have a direct action on the protoplasm of the body. They penetrate and influence the body activity by arousing sympathetic vibrations within the organism. Let us suppose that we are eating the right kind of food and yet we are not able to assimilate the elements we need. The scientific application of one or more of the visible colors will aid our bodies in making use of these elements. When light and color enter the body, the homogeneous particles are thrown into sympathetic vibration and the organism is vitalized and recharged. Health is the condition of perfect equilibrium, perfect rhythm and harmony throughout the organism.

It is important that we live in harmony with the colors of our own aura. A great deal of discord and antagonism between members of families and groups of people closely associated arises from cross-vibrations due to inharmonious color combinations within the personal aura and environment. When the auric emanations of any two individuals in close proximity to each other are not in harmony, there is no possible chance for peace and mutual understanding to exist between these persons unless they can neutralize the inharmonious vibrations by manifesting some other color vibration which will blend with the former. If these persons can through meditation, love or through the use of the Color Rays (colored lights) open a channel for the regenerating White Light to change and raise the unstable vibrations and establish its own equilibrium, then disharmony will no longer be active.



In the near future we will all be able to experience visibly and audibly the color and sound vibrations emanating from the human form. "We as individuals undoubtedly have no existence in reality other than waves, multitudinous and complicated centers, perhaps, in what we call the ether. We are analogous, in a sense, to the sounds that issue from a piano when a chord is struck or when a symphony orchestra sounds" (200).

The chemistry of the fruitarian bloodstream contains the seed which will compose the symphony of the new body. Many mortals are working hard to give birth to the new from the soil of the old. Sri Aurobindo says, "The body could become a revealing vessel of a supreme beauty and bliss, casting the beauty of the light of the spirit suffusing and radiating from it as a lamp reflects and diffuses the luminosity of its dwelling flame, carrying in itself the beatitude of the spirit, its joy of the seeing mind, its joy of life and spiritual happiness, the joy of Matter released into a spiritual consciousness and thrilled with a constant ecstasy" (201).

SUGGESTED READING MATERIAL

1. Search Magazine July, 1957, Article "Their Food Is Thin Air" K. M. Talgar.
2. SPIRITUALIZING DIETETICS, VITARIANISM, Prof. Johnny Lovewisdom.
3. LIVE 1400 YEARS, THE EMPYREAL SEA, Prof. Hotema [Health Research].
4. MAN'S HIGHER CONSCIOUSNESS, Prof. Hotema [Health Research].
5. THE SECRET OF LIFE, Dr. Lokovsky, M.D. [Health Research].
6. FOOD SCIENCE FOR ALL AND A NEW SCIENCE OF SUNLIGHT THEORY OF NUTRITION, Dr. Bircher — Benner, M.D. [Health Research].
7. MAN, THE UNKNOWN, Alexis Carrel, Nobel Prize Winner [DeVors's Books].
8. A REEVALUATION OF ULTRAVIOLET AS A VITAL PART OF THE TOTAL SPECTRUM by John Ott Sc. D [Ohrig Labs Inc., P.O. Box 1899, Sarasota, Fla.].
1. IEEE Trans. Biomed. Engin. 15:4 Tan 68.
2. J. Anim. Sci. 27:684, May 68; Light, Nutrition & Reproduction.
3. J. Dairy Sci. 50:4475 Sep. 67; Sex & Light.
4. Science, 161:489, 2 Aug. 68; Xtra retinal response to light.
5. VOP PITAN 25:82, Sep/Oct 68; The Effect of Natural Ultraviolet Radiation on the Blood Ascorbic Acid level in Animals.
6. ERGONOMICS 11:23, Jan. 68. Light Effect on Man.
7. Clin Pediat (Phila) 8:499, Sep. 69. Light on Light.
8. ARCH BIOCHEM 123:468, 11 MR 68, Free Radicals in Skin.
9. J. Vitamins 13:173 & 130, Jan. 67.
10. New England J. Med., 280:1075, 8 May 69

"And seek not what you shall eat and what you shall drink."

LUKE 12:29



Shivapuri Baba, 112 years of age, who died recently at the age of 135. He was a fruitarian for at least two decades.

LONG PILGRIMAGE, J. Bennett. (Hodder Group Sales Div., Saint Paul's House, 8/12 Warwick Lane, London E.C.4 Britain)



From TERESE NEUMANAIT, J. Burkus (Suduvos Press 4434 S Fairfield Ave, Chicago, 1953). Teresa, since 1926, has daily 1 tsp of water and holy communion. Her sleep is a 20 minute meditation. Her favorite work is growing flowers for the church. In physical activity she never seems tired. She is psychic and has done astral travel. Her foodless living has been attested by scientific committees (dr. Fr. Gerlich, Die Stigmatisierte Teresa Newman von Konnersreuth, 1 128-136; Also J. Teodorowicz, in the Life of Teresa Newman, p. 326 - 343). She is stigmatic, during which period she losses up to 6 pounds. She gains the weight back after an evening rest.