

SECTION THREE

Part Two

## COSMO-ELECTRO CULTURE

PRACTICAL WORKING INSTRUCTIONS  
CONDENSED AND ILLUSTRATED FROM REPORTS OF  
CULTURISTS IN ALL PARTS OF THE WORLD

### THE LOCATION

The location for an orchard, grove, vineyard, berry-yard, nut-grove, garden, or any plot—large or small for planting, should be carefully selected. A stranger, going into any new locality, must spend some days in learning from "old settlers" from which direction the prevalent winds blow; what the average temperature is; whether irrigation-water, pipe-water, or rain-water, be used for watering the land. It is always well to look all the country over to see what class of crops do best, for one locality is better suited for a certain kind of cultivation than another. When persons can have their own selection, that selection should be carefully considered.

If U are already located, then select the parcel of land that will suit your purpose best. Where irrigation is used, select a sloping parcel of land, if such be available. If flat land has to be irrigated, place the *weir* boxes in such a manner as to "lift" the water for a *gravitational flow*. The irrigation ditches should be placed one or two feet from the trees or vines, so the roots will develop longer and better by reaching out to find the water.

If U have to depend upon rains, be sure to make a basin about all trees, so the water will not run from the trees. Place the basin ring a short distance from the tree, so the roots reach out for the water.

This is VERY IMPORTANT, but overlookt by many orchardists and farmers.

#### COSMO-ELECTRO-ENERGY CONDENSERS

Figure 1. illustrates "common galvanized chicken-fence wire." Altho such wire fencing is "common," yet for this special purpose all of it is not so "common" as one, at first, mite expect.

The illustrated coil is taken from a roll of twenty-four-inch wide, *one-inch-mesh*, regular chicken-fence wire. A mesh less than an inch will NOT anser the purpose. Niether will a mesh larger than an inch-and-a-half do. *One-inch* is the best size for *Condensing Cosmo-Electro Energy* about the roots of any tree, shrub, vine or flowers—in fact, the best for energizing *any* vegetation.

Twenty-four-inch width is the kind to buy. This two-foot roll should be cut with tin shears length-wize thru the middl, so the *cut* edge will be in the ground, while the "selvage-edge" is about two to four inches above the ground.

Figure 2 shows how the wire-mesh is placed about a tree. Notis that the wire-mesh is placed *loosely* about the part to be energized, in order that, as the tree, or shrub, or whatever is thus surrounded grows, the wire-mesh will expand to accommodate the growth. The wire-mesh may tuch the tree, or surrounded part, or it may be an inch from it. Observ that

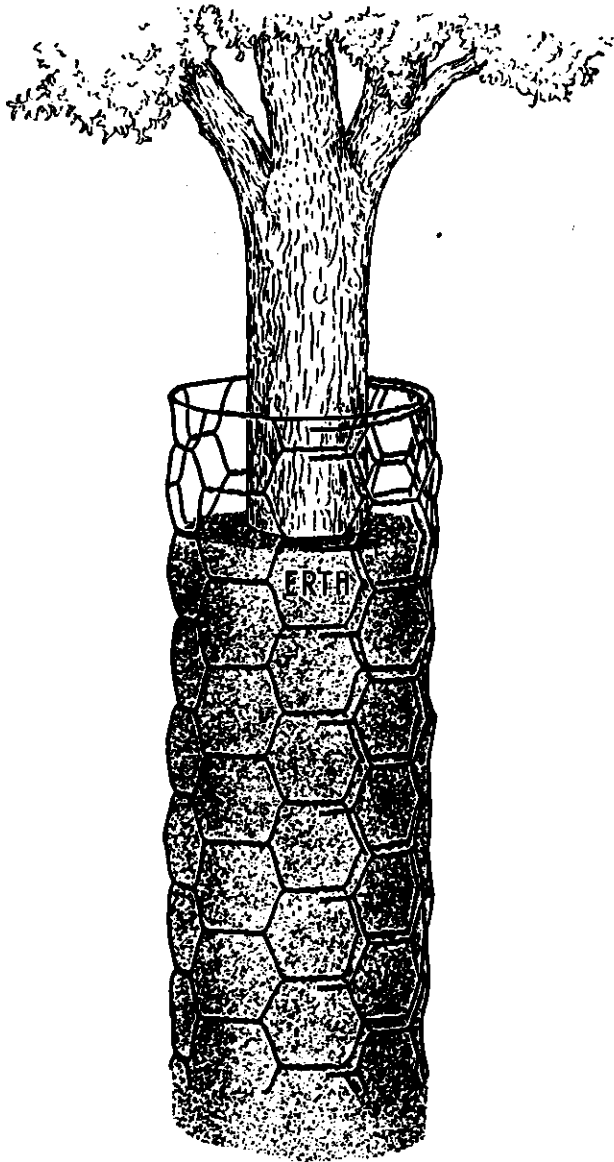


Figure 2

the *cut-edge* of the wire-mesh is under the ground and the *selvage edge* is above the ground.

Please be more than particular about every detail given regarding this *Cosmo-Electro-Energy Condensing*, because there is a reason for every detail. We have learned thru many years of experimenting with every kind of material obtainable and in every manner of procedure.

Start out by being particular in every detail as I depict it. THEN, after U have become accustomed to the work as outlined, experiment in any way U wish on small parcels of land, or with selected trees, or vines; BUT, remember, my knowledge has been gained by learning from thousands of persons in all parts of the world, as no one group of persons could ever have discovered this most wonderful work, as outlined in this book. As I give it in this book, it is a great development from a small beginning. *It is as a great oak tree grown from a little acorn—a NATURAL, Nature Growth!*

Figure 3, shows the ideal plan for an orchard, or fruit-tree grove. It will be seen that each tree is about 30 feet distant from each other in all directions. By setting them out in the manner illustrated, the trees will do better in every way. They will not do so well set irregularly, or placed too closely together. The rows should be set out by the compass, so the trees line up North-South and East-West. The *Cosmo-Electro-Cultural* benefits are greatly augmented by following out this plan.

Notis that the irrigation ditches are placed 2 feet from the trunk of the trees. The *Cosmo-Electro En-*

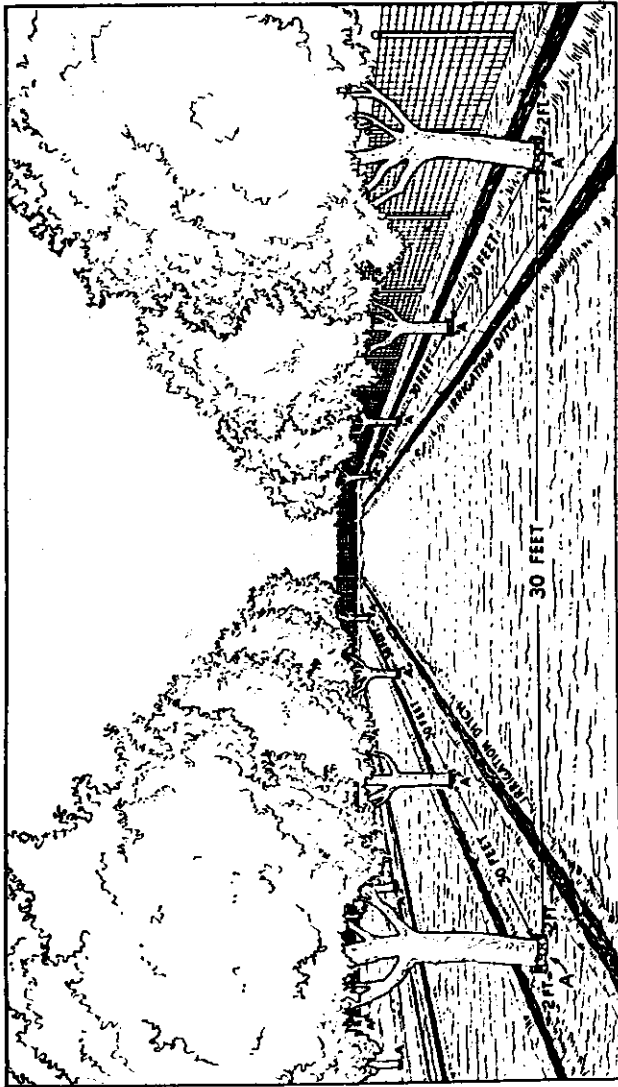


Figure 3

*ergy-Condensers* can be seen with the selvage end up and encircling each tree. (A, Figure 3)

### IRON FENCE AND IRON POSTS

Figure 3, shows a model *Iron Fence* surrounding the orchard. The iron posts should be about four feet in the ground and each post should be set in cement about two feet deep. This cement block holds the post rigid even if close to the irrigation ditch. The iron fence can also be used as a *Cosmo-Electro Energy-Condenser* by a littl extra cost and labor.

Figure 4, illustrates a modern *Weir Box* allowing mesured water to flow into a main irrigation ditch. From the main ditch as many tributaries, or branches, as are needed can be dug. Of course, the ditches have to be placed so as to allow the water to flow down hill at a rate that will not injure the ditch.

Figure 4, also illustrates *energizers* in the middl of the irrigation ditch, placed from 10 to 20 feet apart. Each is made by taking the same kind of wire mesh as described and illustrated for placing about trees. *Each wire mesh should be dubl-coild upon itself and coild a littl smaller in diameter than the ditch is wide.*

In the center of the coild mesh is a half-inch copper rod. This copper rod should be about 3 feet long.

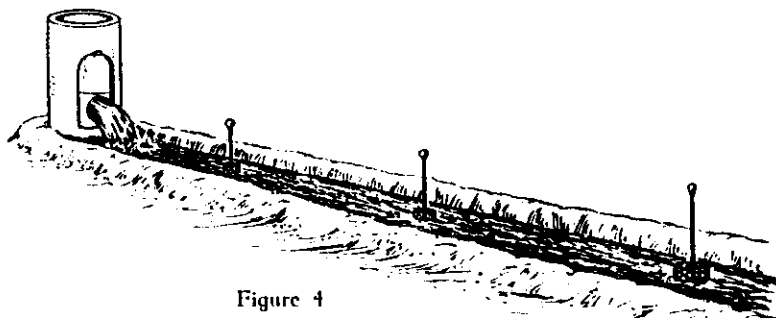


Figure 4

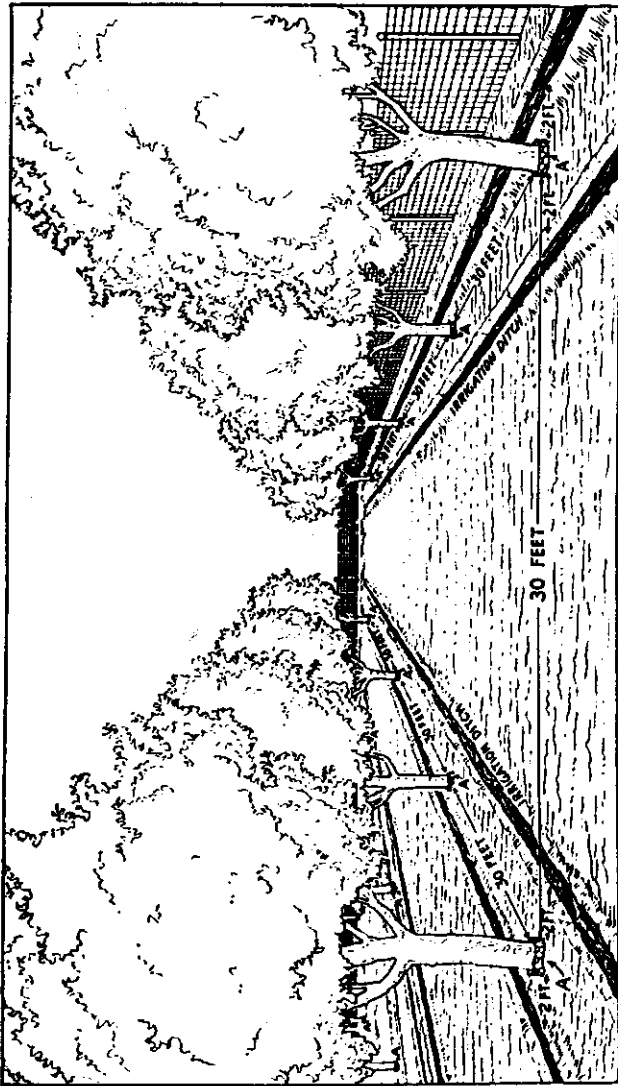


Figure 3

*ergy-Condensers* can be seen with the selvage end up and encircling each tree. (A, Figure 3)



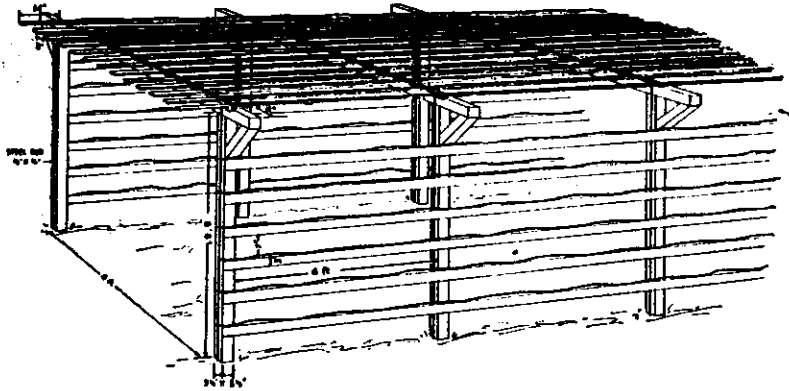


Figure 5

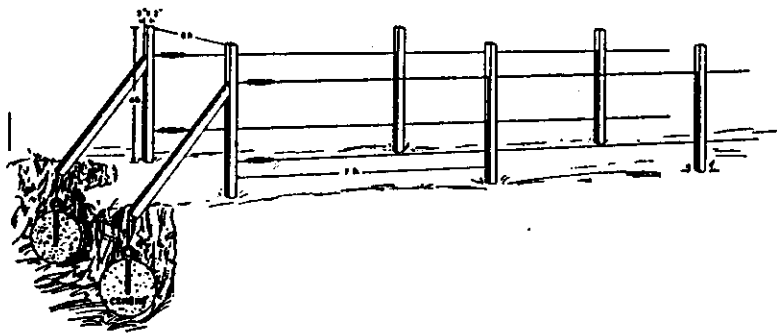


Figure 6

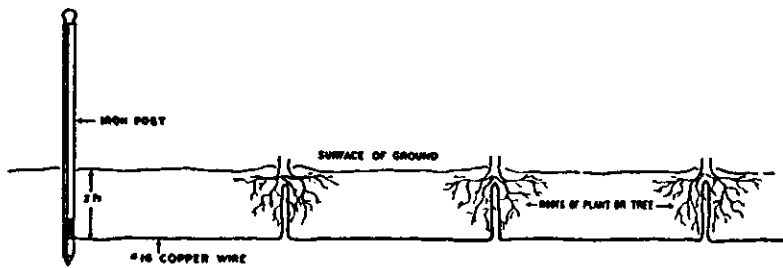


Figure 7

pointed at ground end and a copper or brass ball at the upper end. The pointed end is pushed into the wet ditch about 2 feet. The water as it flows by and thru the one-inch galvanized wire-mesh and around the grounded copper rod, generates and collects *Cosmo-Electro Energy* which *Energizes* the irrigation water. This water carries the *Cosmo-Electro Energy* to the roots of the vegetation that it irrigates.

The more of these *Cosmo-Electro Water-Energizers* there are in the irrigation ditches, just so much more *Cosmo-Electro Energy* is taken to the vegetation roots wet by this *Cosmo-Electro Energized-Water*.

When there is an iron fence, or iron posts in the ground near enough to easily reach the copper rods by a ground-wire made of number 14, or larger, copper wire, it should be done. The copper wire should be about 2 feet under the top soil, so it will not be broken when cultivating. Such copper wire, well bound about the iron-fence posts, may be carried out and into the root system of the trees, or other vegetation. The iron fence generates a "something" from the *Cosmos* that vegetation needs and thrives on. (See Figure 7.)

Figure 5 represents a covered grape-vine arbor. The general construction of this grape-arbor is nothing unusual, yet very practical. Such an arbor can be made as long as one desires and has space for.

Before building any kind of arbor for fruit or flowers, be sure to lay it out so the long way of the arbor is parallel with the irrigation ditches which should be on the outsides of the arbor. The best way to water any vine-arbor is to have it on slanting ground, so

water put in a basin at one end of the arbor will flow to irrigate both sides the full length of the arbor.

The four posts at the ends of the arbor have a 10 foot or more piece of one-half by one-inch construction steel driven six or more feet into the ground. To these steel rods are soldered the ends of-number 16 or 18 galvanized iron or copper wire that is tacked to the slats on the sides, as well as on the top, and twisted together along each of the side posts. In this way the vines must come in close contact with the *grounded* wire.

These rods and wires, put on as directed, make a *Cosmo-Electro-Energy Collector and Distributor*, and the *Cosmo-Electro Energy* so distributed, goes thru and into the vines that come in contact with the metal. The fruit is *Cosmo-Electro Energized* from the iron or copper and the result is *Cosmo-Electro-Energized* fruit!

When the plants are first set out, it is well to place the one-inch mesh galvanized fencing about them the same as for small trees or shrubs. As soon as the vines grow up to touch the wires on the arbor, the wire-mesh may be removed and used elsewhere.

Another way of *Cosmo-Electro Energizing* the small plants. (See Figure 7) as they are set out, is to bury a number 16 or 18 copper wire about 2 feet deep and into the hole in which the plants will be set, loop the wire up and down, so the metal will come in contact with the young plants. The ends of this copper wire should be firmly attached to the end bars of steel. This loop-up-and-loop-down-and-on copper wire may remain in the ground with the roots of the plants. I have much proof that the copper-wire grounding as

above outlined enhances the *Cosmo-Electro Energy-Generating* sistem.

Figure 6 represents a berry arbor. The end posts are grounded with one-half inch steel bars the same as the grape-arbor posts. Notis that the number 18 galvanized wire that goes the length of the arbor, passes thru holes bored in each post. These side wires are firmly attacht to the end rods, as well as being anchord to a block of cement burid deep in the ground. In this manner the grounding wires act as bracing wires and are made very taut by means of turn-buckl screws at one end of the arbor.

A grounding copper wire can be run under the ground to meet the berry plants in the same manner as above described for the grape plants.

The manner of irrigating the berry plants should be the same as outlined for irrigating the grape plants.

## COSMO-ELECTRO CULTURE

### NATURAL FERTILIZERS

#### THE UP-KEEP OF SOIL

There are methods of making almost *any* soil "good soil." If what the soil produces is allowed to remain on the soil that produced it, only the elements in the soil would, in time, deplete the soil. If, however, the products be removed from the soil which bore them, such soil becomes depleted, unless fertilizing materials replace what has been removed.

For example, grass. When cutting grass the cut grass is removed, and in time this depletes the soil. Therefore, it becomes necessary to replace the elements in the soil with fertilizing material.

Nature never meant that man should be dependent upon the manure from domestic animals, or any other kind of animals, to enable him to grow that upon which he must subsist.

*It is not necessary for an agriculturist to harbor and breed animals to furnish fertilizer for the fields and kill the animals to furnish food for humans.*

Animal manure (fertilizer) carries with it all manner of weed seeds and insect eggs that help deplete and ruin the very soil on which it is spread, as well as *poison the products* grown on such soil.

I have already told about my early observations regarding the gathering of *humus* from the woods and

forests, as well as re-energizing the refuse taken from cultivated land.

A fruit, nut, berry, or vegetable culturist should never use animal manure for a fertilizer. HUMUS, along with the COSMO-ELECTRO CULTURE already explained, will enable an agriculturist to produce *vitalized foods* that will sustain and energize the humans who are so fortunate as to eat such COSMO-ELECTRO CULTURED products.

#### COMPOST AND HUMUS CONTAINER

Figure 8 illustrates the best variety of "Fertilizer-Makers" that I know of. This is "home-made." It is made of hardware cloth of three-eighth-inch mesh. The mesh could be larger and the galvanized wire could be larger. Some make these "baskets" much stronger by reinforcing the bottom, sides, and ends, by means of band-iron soldered to the wire.

Some leave the Compost-Maker on top of the ground, while others bury it, leaving about three inches above the ground. One or two handles should be on each end, so it can be easily lifted out of its pit for emptying.

If a lid be used, it should be made of the same material as the Compost-Container, or a cover of copper fly-netting may be made. Copper is better than iron for the fly-netting, because it lasts indefinitely, and as the sunlight passes through the copper mesh it has a peculiar beneficial effect on the contents in the Compost-Container.

Sunshine, filtered through number 18 copper screen-

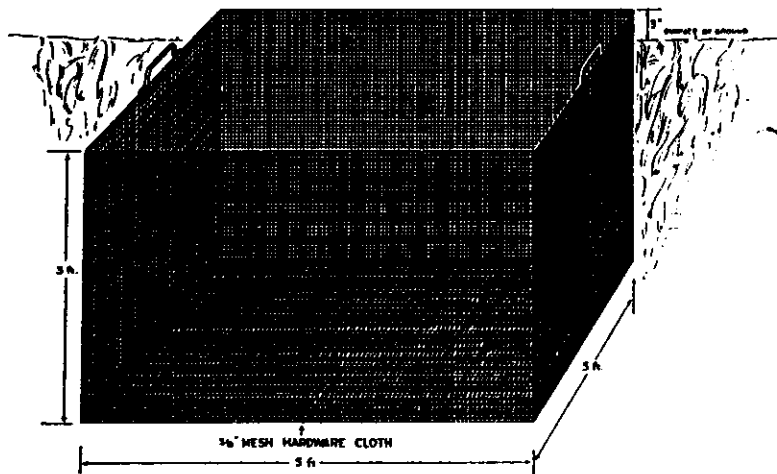


Figure 8

cloth, increases the penetrating action of the *Ultra-red rays* that are so helpful in all vegetation. It is these deeply penetrating, *ultra-red rays* that are filtered thru leaves in the forests and woods and start the spring flowers. Thru deep snow these beneficent *ultra-red rays* penetrate and giv us the snow flowers. As the snow keeps the frost from penetrating deeply, all vegetation is helpt by a good covering of snow.

For an acid-soil, gypsum (land plaster) may be sprinkld over the contents of the Compost-Container, and will also act as a cover. This will improve the fertilizer, as well as prevent the flies from gathering.

A cover that will not obstruct air and sunlite is preferabl. The air and sunlite contain elements, which, when combined with the refuse vegetation grown on the land, will more than pay back to the land that which was removed for human food.

It is well to wet the contents of the Container with "*Sparkt-Water*" every day or two, and stir the contents with a long-handled fork containing three or four tines.

For a large orchard, or grove, several of these Humus-Makers should be in use. By following this plan no "outside" fertilizer is needed. Only the large branches and vine trimmings need to be burned. Then the ashes of all burned material should go into the Compost Humus-Maker. If glass, or metal happen to get into the ashes, sift them out by means of a home-made sifter made of hardware cloth on a slanting frame with a box to fit under it.

Fine sand, sawdust, etc., may also be mixed with the refuse in the Compost-Container to enhance its usefulness. Spoiled fruit and melon rinds, as well as the peelings from fruit and vegetables, and the shucks from nuts, can all be put into the Compost Humus-Maker.

When the Humus is thoroughly decomposed it should be spread on the land that needs it. After a little experience all this work will become a pleasure and will pay large "dividends" in HEALTH and independence, as well as money to help "carry on."

#### FRUIT ORCHARDS OR GROVES

"Wind-falls" is the word often used for fruit that is blown off the trees. Such fruit should not be allowed to remain under the trees, but should be raked up and carried away to the Compost-Container. Decayed fruit



should not be allowed to remain on the ground, but should also be taken to the Compost-Container.

Decaying fruit draws flies and other insects, which may be harmful to the fruit on the trees. Some orchard-ists bury the fallen fruit in convenient places in the orchard, but when one has a Compost-Maker, such fertilizer can be distributed to better advantage.

When the fruit trees have a great abundance of buds, or fruit just starting, it is well to "thin" such fruit by knocking some off with a pole, or by picking them off. By so doing the remaining fruit will grow larger and nicer and will pay far better than a great quantity not so nice or not so large.

Fruit trees should be pruned or trimmed at the proper time, so they will not become ungainly and too crowded with branches. Too many branches cut out the sunlight and the fruit cannot be so good as otherwise.

### SPRAYING OF TREES

The spraying of various solutions on trees to kill certain varieties of insect eggs, or parasites, has become common in many parts of the world. Just how much the fruit of the sprayed trees is injured by the solutions used for spraying, cannot be estimated. I have to go by my own observations and findings to estimate how much the HEALTH is injured of persons consuming products from poison-sprayed trees, vines, shrubs, or vegetables.

From a "commercial standpoint" it is considered "poor policy" to mention the HEALTH of those who

consume food that is "procest." before it is gatherd, or after it is redy for the market.

Some of the worst forms of unhelth have been quickly rectified by having the patients eat no fruit or vegetabls from poison-sprayd, or dusted, groves or gardens.

*It is from these findings that I can say for SURE that poisons put on food stuvs while they are growing injure the food stuvs for human consumption.*

We must find a way of removing the poisons grown into the food products from the results of spraying, and lern how to raise foods in a manner that will not require poisons to make the business profitabl.

COSMO-ELECTRO CULTURE is the only solution to this VITAL subject. It is a littl extra work and expense to equip for COSMO-ELECTRO CULTURE, but the income in HELTH, as well as in reputation and welth, fully recompense those who will faithfully practis it.

## COSMO-ELECTRO CULTURE

COSMO-ELECTRO-ENERGIZED WATER  
SPARKT-WATER

Over thirty years ago I bilt an outfit for ozonizing water. My plan was to force concentrated ozone ( $O_3$ ) thru distild water and giv it to my patients to drink. I stored the water in well seald colord bottls. The ozonized-water that was left over each day I would pour around potted plants, or garden shrubs. It was not long before it was evident that this water, sur-chargd with oxigen, had a beneficial effect on the plants and shrubs. I compared plants waterd by the regular city pipe-water with similar plants waterd with the ozonized-water. The comparison left no dout in my mind that the extra oxigen in the water had a beneficial action in the growth of vegetation.

As I was interested in the manufacture of magneto-electric machines popularly known as MAGNETOS, I experimented with directing magneto sparks into a pitcher of water. I found that if this "sparking" of water were done in a porcelain pitcher, or glass jar, that the taste of the water so sparkt was improved. As this peculiar taste soon disappeard after the sparking, I devized an outfit for sparking the water as it flowd from the water-tap of a distild-water container.

As this workt so well, I bilt a more elaborate device that would use the house-liting electric current to do the sparking of the water as it flowd from the city

water-pipes. This *Sparkt-Water* I used not only to drink, but for garden watering, etc. The remarkable effect of this *Sparkt-Water* on vegetation was astonishing. I then remembered how grass was greener after a lightning storm than after a shower without the lightning being present. I figured that the electric flashes liberated nitrogen in the air which was taken up by the drops of rain water and immediately absorbed by vegetation.

Just when I thought I had a great discovery ready for the public, the electric current from the house-lighting system in some unforeseen manner shot into the running water from the water pipes and some one was seriously injured. This put an abrupt end to my sparking of water by a powerful electric current, such as used for electric lighting.

I then went back to using ozone for "charging" the drinking water, but did not continue with it long, for I had learned that the "hot-sparking" of water gave it a "boost" that ozone could never give it.

It was at that time that I began serious work on a system of magneto-sparking of water for various purposes. I told many about it and they procured magnetos, such as used for starting a certain model automobile, and from their reports I gained much information. As the progress in magnetic and electric machine construction went forward, we tried many systems of sparking water, as well as sparking the trunks of trees and shrubs.

**CAUTION:** *Never use an electric-lighting current, no matter how it may be "protected," for electrifying or sparking water! IT IS DANGEROUS!*

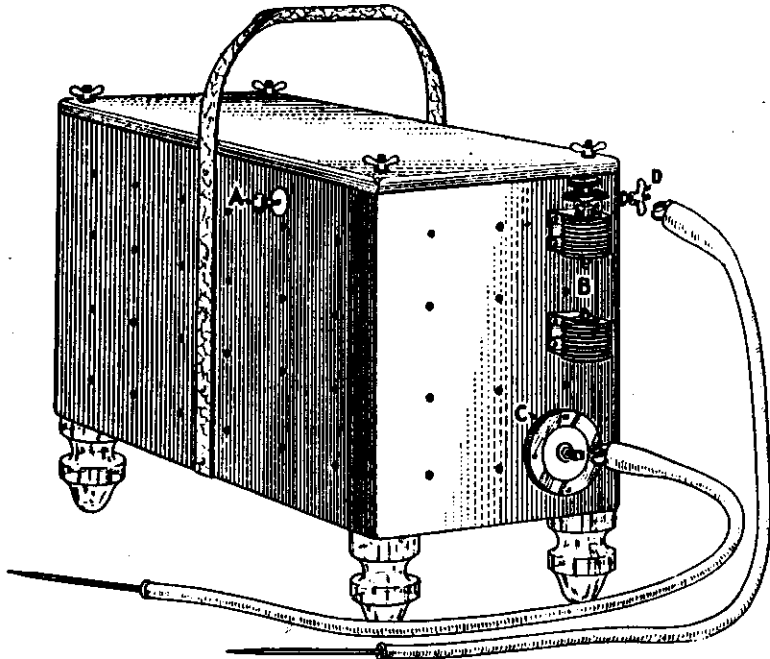


Figure 9

Figure 9 represents one of my water-sparking outfits. Any experienst electrician can bild one. The following is a complete explanation of this "WATER-SPARKER:"

This "home-made" WATER-SPARKER" is strongly made of 5-ply board, which can be had of any lumber dealer. I use this "ply-board," as it will not warp. The outside dimensions are about 14 inches long, 10 inches deep, 11 inches hy. The carrying handl is made of hevvy, sewd lether, as that is a "non-conductor" of electricity.

This case, or box, is screwd together with long,

slim, brass screws with flat heads. The top, or lid, is fastend on by means of brass thumb-screw bolts, or by regular round-head brass screws. The former are more convenient. Many ventilation holes are in the sides and ends. These holes should be about one-quarter of an inch in diameter.

The "legs" or "feet" may be of glass, or some other insulating material that can be securely fastend to the bottom of the case. They should be from two to four inches in length.

The Spark-Conductors are of hevvy-duty copper, "brush" wire, well insulated in hevvy rubber tubing, or some other reliabl insulting material.

Each end of the Spark-Conductors is securely fastend to Number 24 solid copper "*Universal Test Clips*," which are sold by dealers in electric or radio supplies.

"Number 26 Insulators"—one end red and other end black, insulate the Clips. The free end of these Spark-Conductors are of one-quarter-inch solid copper rods, taperd at the free end and solderd to the "brush-wire" at the other end. Iether a regular Insulator may be used to clip the free-end copper rod, or it may be put together as shown in the illustration, Figure 9.

In Figure 9, *at A*, is shown the Switch, which can be operated by pressing the knee against it, or by pressing it in with the hand.

*At B*, is shown the Hy-Voltage Spark Gap, which should be on all such Water-Sparkers. It is a "safety-vent." These Spark-Gaps are sold by dealers. A

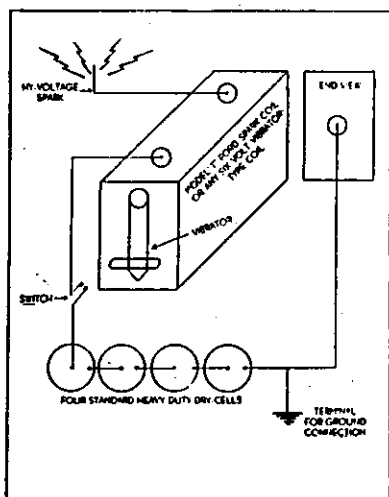


Figure 10

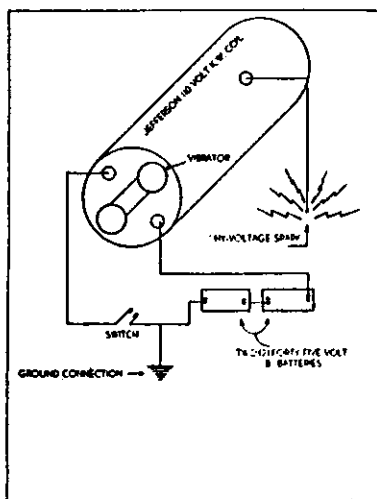


Figure 11

spark, a littl over an inch, should be controlld by these Spark-Gaps.

At C, is shown the Hy-Voltage-Spark Conductor Connection. The insulated clip of the Spark-Conductor clips on this terminal should have a circl of red-packing-rubber about it, as shown in the Figure 9.

At D, is shown the Grounding Terminal, to which one of the Spark-Conductors should be clipt on, when sparking is being done. The pointed end of the Conductor should be inserted in the ground, as explaind later.

Figure 10 shows the tipe of Sparker I prefer, but the tipe shown in Figure 11, will do just as well, if there be any difficulty in procuring the tipe shown in Figure 10. Both stiles are of the Vibrator-tipe Coil-Transformer, but the Batteries, shown in Figure 10, I think, are better than those shown in Figure 11.

Figure 10 and 11 show just how to wire the Water-Sparker. Each generate a 20,000-Volt, Hy-Frequency current and deliver about a full inch "hot" spark. This current, tho hy in Voltage, has practically NO AMPERAGE, so it is SAFE to use near water, or in wet or dry ground in the fields about plants, trees, or shrubs of any kind.

After the carrying-case is made and all redy for installing the working parts, the wood should be oild with raw linseed oil, rubd in well, and then orange shellac rubd on over that with the same cotton waste that was used to rub in the oil. If one knows how, a "French-finish" makes the best and most durabl of wood protectors. That is put on by alternately dipping



the cotton-waste in the raw linseed oil and then in the shellac and rubbing the wood until a nice, hard, glass-like finish is obtained.

#### HOW TO USE THE WATER-SPARKER

The water to be sparkt should be in glass containers, pottery ware, or well-coated enamel ware. Put the ground-end of the Sparker into the ground. Take the hy-voltage conductor in one hand and press the switch-button with knee or hand, at the same time bring the sparking terminal slowly over the water to be sparkt. A fat spark will jump to the surface of the water. This spark will kill the spark that may show in the safety-spark gap. After a littl practis one will get the spark on the water *before* the safety-gap sparks.

This SPARKT-WATER will hold its energy for several hours. It is well to use fresh drinking water every morning and spark it for drinking during the day as it is used. Be sure to use an insulated cup, or wooden spigot, for drawing the water. One tuch with the body, or anything grounded, will discharge the energy from the water.

*For watering plants* with SPARKT-WATER, spark the water and then pour it out of the glass or porcelain or enamel vessel about the vegetation U wish to energize. Some arrange the Water-Sparker so a moving cart puts the current on and off as the water is allowd to run out about the vegetation.

#### SPARKING VEGETATION DIRECT

To spark a tree, or shrub, or any growing vegeta-

tion, put the ground-terminal into the ground and direct the sparks to the roots or crown of the object to be sparkt. Two or three sparks directed to the crown of a tree each day will produce a change in the growth, and the fruit will be so improved that only persons who have tried it for a season, will believ that such improvements come from just sparking the tree.

Sparking the wire-netting about the trees, vines, or shrubs, enhances the remarkabl growth and helthfulness of the products produced from sparkt vegetation. Experience and practis will make this work a plesure that is helthful and profitabl.

## COSMO-ELECTRO CULTURE

COSMO-ELECTRO ENERGY IN  
HEALTH AND UNHEALTH

In the foregoing pages I have tried to uncover for my readers some of the "Hidden Forces" of Nature that are part and parcel of all life, be it vegetable, animal, or human.

The *First Section* of this book briefly explains how humans can get more out of life by utilizing the Finer Forces of Nature in Vegetable and Fruit Culture.

Not only can contentment and happiness be made to grow thru the practice of COSMO-ELECTRO CULTURE of what Humans eat, but by the eating of such COSMO-ELECTRO-ENERGIZED foods, Health may be made to take the place of Unhealth for both mind and body.

One of the most simple, yet most potent methods to keep the body "in tune with Nature," is to carry COSMO-ELECTRO ENERGY into the homes.

The average human spends a third of the twenty-four-hour day in bed. To go to bed tired and get up rested is The Natural Way, yet a great many get up in the morning "more tired than when they went to bed." This is a great waste of time and loss of energy. We need the wasted time and energy to enable us to earn "our daily bread and up-keep."

## GROUNDING ROD

Figure 12 depicts what I call a COSMO-ELECTRO-ENERGY COLLECTOR, or, in more simple words—a *GROUNDING ROD*. This *Grounding Rod* is 10 feet long and made of one-half-inch solid copper.

First, a seven-foot hole is bored into the ground. Into this hole is placed a two-inch galvanized-iron pipe, so about two inches project above the ground.

Placed centrally into the sunken two-inch pipe is a one-half-inch solid copper rod, 10 feet long. Three feet is left projecting above the two-inch iron pipe. The entering end of the copper rod is tapered, so it will go into the ground beyond the galvanized pipe. With the copper rod held in position, regular mortar sand is poured in and gently pressed down. A pet-cock, or small spigot, is placed directly over the sand in the two-inch iron pipe, so water may be allowed to continually drop into the sand and thus keep the one-half-inch copper rod wet all the way down "and beyond."

A solid copper, or brass, ball, two inches or more, in diameter, should be placed on the top of the copper rod projecting three feet or more above the iron pipe. This copper or brass ball should be bored so it will fit over the projecting copper rod and be securely pinned on by means of a collar on the ball drilled thru and made secure with a brass pin. Such a ball should surmount every "Grounding Rod," and be thus secured, so expansion and contraction from heat and cold cannot loosen it.

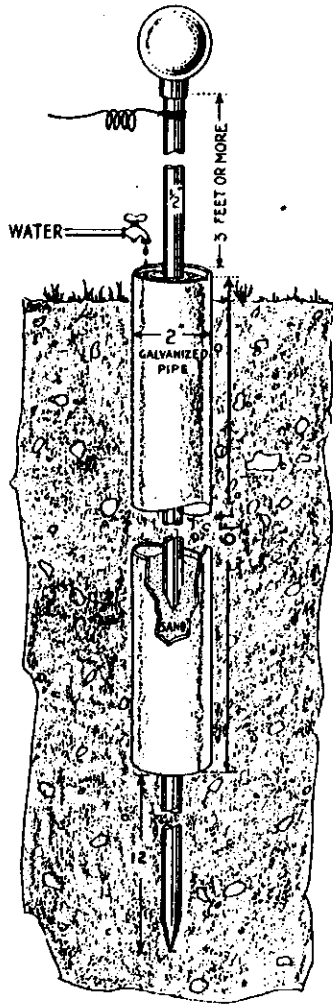


Figure 12

A suitable copper or brass wire, number 10 or larger, should be wound about the projecting rod several turns and then soldered to the rod. Run the copper wire down the rod and pass it thru a galvanized iron pipe to the house. Bore into the house and insert a regular electric-wire-insulator tube. Pass the Grounding House-Wire thru this insulator-tube. Inside the house fasten some sort of clip, which can be used for attaching the other wires.

If there be a running water-pipe under the building, connect the bare Grounding-Rod to this water-pipe by means of a number 10, or larger, copper wire, and securely solder both the connections. To this water-pipe other House-Wires may be soldered and thru insulator tubes enter the bedroom and other rooms. The entering end of every House-Wire should have an attachment-clip for convenience. To these attachment-clips a flexible insulated wire of any size or style may be clipped for use as explained later.

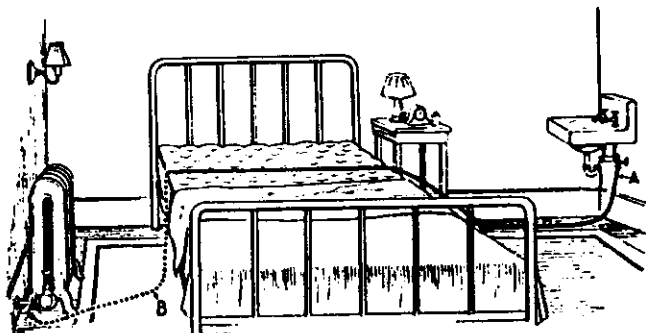


Figure 13

Figure 13 shows a regular sleeping bedstead and mattress. To *ground* the person sleeping in the bed, a

copper or brass wire of number 18 or 20 is clipt on the House Ground-Wire, which in this illustration comes in back of the wash-basin, but it would be more practical to have it come near the head of the bed, so it would not be walkt over. This bed-wire is carrid under the under-sheet and clipt to the mattress, or in some manner held fast for the nite. When making up the bed, the wire may be detacht from the *house-wire* and the mattress, but fastend again to the mattress when the bed is made up. This *bed-wire* should be so placed that it comes under the middl of the back of the person sleeping in the bed.

In this Figure 13, is shown at "B," how the *bed-wire* could be clipt to the *house-wire* just as well, if placed on the other side of the bed. Some place a rug over the *bed-wire*, if it comes across the floor, but in such cases it is better to bring the *house-wire* around on the mop-board, so as to be near the head of the bedsted.

NEVER allow the bed-wire to come in contact with the skin. Enuf energy will go thru the under-sheet to COSMO-ELECTRO ENERGIZE the occupant of the bed.

#### SLEEPING BED-BOARD

"Civilization" has brot about many conditions that are as unnatural as the wearing of clothes, but we have to endure the "tampering with Nature" for the time being. The spring mattress is one of the robbers of helth and strength. A spring mattress allows the bones

of the body to sag and take un-natural positions, while a hard surface would hold them in place. It is all a matter of habit, and "habit" is mostly the copying of what the advertizers want to sell.



Figure 14

Figure 14 shows the ideal bed-board and bed-pad. The bed-board is made of 5-ply board cut to fit a single or a double bed. Numbers 1, 2, 3, and 4, indicate the bedstead slats that hold the bed-board. In fact, the slats can be screwed to the bedstead and the bed-board screwed to the slats at the four corners. This holds the bedstead so it will not twist when being rolled about for cleaning, or the making-up of the bed each day. Number 5, in the drawing, illustrates a three-inch bed-pad. Such a bed-pad may be made of "hair" or some close packing material. Most furniture stores sell such pads. Some persons will not have a pad, but use a thick blanket over the board.

When a bed-board is used, the bed-wire should have its "free end" attached to the bed-board, so it will stay where put all night.



### THE GROUNDING HOOK

Figure 15 shows a solid copper hook for placing over the wrist when sitting, sewing, reading, resting, rocking—or simply *relaxing*. This *Grounding Hook* has a circl at one end to which may be clipt a flexibl grounding-wire that may be clipt, to the *house-wire*. This helps one to relax and sit with the COSMO-

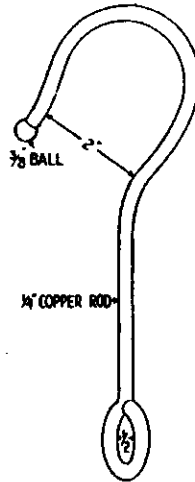


Figure 15

**ELECTRO ENERGY** permeating the entire body, thus bringing **PEACE** for **BODY** and **SOUL**.

It is just as important as eating, or what U eat, to have your surroundings arranged for *relaxing the body and brain!* Until U have "joind yourself up with Nature," U have no idea what genuin relaxing is.

**PEACE** for Body and Soul cannot be realized in the fullness of Nature, unless we put our bodies in

tune with "the music of the Universe"—The Great Cosmos!

### PROPER DIRECTION OF SLEEPING-BED

It makes much difference to the helth of the sleeper, regardless of what he sleeps on, as to the direction of his head while sleeping.

Persons with hy blood-pressure or signs of hardening of the blood vessels, should sleep with the head directed East or West. I can discover no difference in the results as to whether the head be directed East or West.

Persons with lo blood-pressure, or with a lowerd vitality, or a "sagging colon," should sleep with the head directed iether North or South.

When we realize that our bodies are made up of "polarized entities," and that the erth is a great magnet revolving in a universe of polarized energies, then we shall understand that the more we are in harmony with these COSMIC energies, the more benefit Nature will bestow upon us.

## EXPERIMENTS WITH THE ELECTRIC LAMP

Tho I had used electric lamps for treating all manner of un-helth since they were to be had, or I could make them, yet I was not able to tell *why* some lamps would giv better results than others. Some lamps appeared to aid in curing deep-seated trubls better than others; while others would do very well for skin complaints, but not for deep-seated trubls.

Later I began to investigate the spectral colors as they came thru the prism. I lerned that certain rays beyond the visibl spectrum had certain specific advantages in treating certain conditions. The rays from the invizibl-violet end of the spectrum acted well on certain skin trubls; while those from the invizibl-red end had a very deep, penetrating effect and would aid in curing deep-seated trubls. These rays from the "ultra" ends of the spectrum are always present in sunlite, but not present in like amounts in lamps, therefore I concluded that the manner of producing the lite and the nature of the material thru which it past, had a most important part in therapeutics.

### RADIANT ENERGY THE SOURCE OF LIFE

Erly in life I observd that all existence depended on radiant energy—sunlite. The trees stretcht out their branches and put forth leavs to gather in the sun's rays. All vegetabl life seemd to crave sunlite.

but it could not endure too much of it. The darkness of nite seemd to "work over" what the leavs took in during the day.

Animals would eat the plants and in that manner seemd to be "eating sunlite." It all seemd to me so wonderful and so mistifying, that I could almost become a "sun-worshiper."

In the woods, under deep snow I found beautiful flowers of many colors and with green leavs. From these observations I knew that the *life-giving rays* past thru the snow and also thru the foliage and leavs down under the virgin soil. I could redily understand that the sunlite would pass thru the snow, as it was of such a transparent nature, but the mistery was how it could pass thru the leavs in the forest.

Then I began to experiment with varius kinds of materials and colors to see how the penetrating rays of lite from the ultra-red end of the spectrum would pass thru them. I found that while some materials and combinations of colors would entirely inhibit the action of the *Ultra-Red Rays*, others would allow them to pass thru seemingly unimpaired.

For these experiments I used sensitiv instruments that would be influenst only by certain rays of radiation and would thus tell me just which rays I was using. I lernd that the dead leavs in the forest would redily let the *Ultra-Red Rays* pass thru them and thus make heat of its peculiar kind under the leavs and caus the seeds to sprout and the flowers to grow and bloom. It was then that I discoverd that those same rays would pass deep into the body and create heat (con-

versiv or converted heat) there and reliev congestion  
—*the caus of all un-helth.*

### ALL TREATMENT-LITES SHOULD BE FILTERED

It is over fifty years since I made the first treatment-lite—artificial lite for treatments to restore helth.

It was several years after that, that I discovered— all lites, artificial or from the sun or moon, should be past thru suitabl filters to best normalize any ab-normal fisical condition.

The barks of trees; the skins of plants; the skins of fruits; the coverings of all animals, as well as the skin of humans act as filters for the lite given us by Nature.

When any part of the body is ab-normal—out of harmony with some other part of the body—it must be *normalized* before a state of helth can obtain. For this purpose lite, or color, or some other of Nature's Finer Forces such as Magnetic Energy, acts the best.

Lite, when possibl, is of great value in restoring helth. Color is a part of lite and so, when selected, is often better than all the colors combined in "white-lite."

*Color is really "filterd-out energy" [from lite.*

The value of lite as a normalizing agent is vastly increast by passing it thru suitabl filters—each filter made to "fit" the person being treated.

Leavs from certain plants and trees make excellent lite filters. Artificial silk, or cotton cloth of certain weavs and colors, make suitabl filters for sunlite or artificial lite.

A suitable light-filter will cut out the irritating rays and allow only the deeply-penetrating rays to get thru. Such filtered light helps wonderfully to normalize the body in a *natural* manner.

## WHY I BELIEV IN AND PRACTIS NATURE THERAPY

When I tell U of this erly-in-life experience, U will not blame me for avoiding everything in relieving human ills that is NOT NATURAL.

During my work with Dr. Snow, my preceptor, I went on cases alone way up in the mountains, and thus gaine a good deal of experience for one of my age. Such an experience as this could not be gaine in college or in any hospital clinic. It was a training that makes one think for himself.

One of my duties while with Dr. Snow was to stop at the Town Farm each day to dress wounds, or sores, and do littl favors for the indigents there. One of the patients was a yung forener, who had a running sore on his leg, which would not heal. He was being treated by a regular doctor. As the patient could not speak English, I acted as interpreter for the doctors whenever they cald to see him.

After several weeks the sore was larger and deeper, so a consultation of doctors was held. They decided that the leg must be amputated, and a day was set for the amputation. In the meantime, I saw the unfortunate man, and told him that I had seen sores like that before and could make it well if I could get him away from there, then I could giv him suitabl food to eat and dress the sore according to a method taut me by an herb-doctor. He must promise not to tell anyone

what I was going to do, because it was not considered "ethical" for a student in a doctor's office to interfere with the plans of doctors under whom they were studying. With tears in his eyes, and the expression of happiness to have his leg saved, he promised.

When the time came, I went with the doctors to act as interpreter. When they entered the room the patient said he did not want his leg taken off and that he would rather die with it on than to live with it removed. The doctors became angry and said they would have nothing to do with his case, if he were going to be stubborn. Nevertheless he persisted in his "stubbornness." The doctors disgustedly went away muttering. I overheard, they were disappointed not to be able to use the new set of knives that one of them had just received from New York City. Also that the purpose of this amputation was to show another fellow doctor that he could do as fine a job of amputating as anyone in The Big City. They predicted all kinds of bad endings for the patient to satisfy their revenge.

The next day, unbeknown to any of the doctors, I took the patient to an unknown shanty in the woods, and made him as comfortable as I could. I took his food to him, the plainest food, as outlined by the herb-doctor with whom I had been intimate for years. The food consisted of teas made from various herbs, fruit, raw vegetables, etc. I made some ointment from plantain leaves and lard, and used that on the sore. I arranged the leg so it would be elevated higher than his body all the time. I bandaged the leg by sewing a lot of oak leaves together, (autumn leaves I found were best)



and placed them over the sore. His leg was kept in the sun each day as long as the sun would shine. The rays that were irritating to the sore were held back by the leaves, and only the beneficial rays penetrated the leaves, and past deep into the tissues.

Within a few weeks the patient's leg was well enuf so he could return to his home in Bridgeport. Before he left, I gave him instructions as to what to eat and how to dress the sore. He was to let me know how he progest, but several years past and I did not hear from him. One day I was in a railroad station and my attention was attracted to a dapper-appearing man who had the air of a traveling salesman. I spoke to him and askt if he were the man I had treated with the running sore on his leg. His face beamd as he recognized me, and in fairly good English, which he had since lernd, thankt me over and over again, meanwhile displaying his perfectly well leg.

This made me feel very happy and I believd in Nature as never before.

Later on I lernd that certain colors would help a person more than any other remedy.

I also lernd that powerful lite shed thru natural filters would help the lite to cure what seemd "incurabl."

Littl by littl I discoverd a complete sistem of treating by colors. For this work I made screens of silk and linen and shed an electric lite thru them, to make the radiant color wanted.

Now, after more than 45 years of activ practis, I am prepared to say, and prove what I say, that the

*Finer Forces of Nature* will prevent any un-helth, or relieve any un-helth, if they be given a chance.

The great error of most helpers of humanity is that they have not faith enuf in Nature to wait and help Nature heal in a Natural manner. Humanity is in too big a hurry—too much in a mad rush. They are rushing on to nervous destruction, looking for happiness far away, while true happiness is generally near by. When hunting for happiness take a good supply along with U.

Liv as much as possibl in a natural manner and trust in Nature for relief from un-helth.

In Nature's great store-house are remedies for all manner of un-helth. Nature is ever ready to hand U the correct remedy, if U will use it as She directs.

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When any kind of doctor, or set of doctors, have to have laws to enforce this and that sistem of doctoring on their victims, it shows that their sistem is on the wane and the public is awakening to the fact that natural living and sanitation are the only means of obtaining or retaining helth.

# The Solar Plexus *or* "Abdominal Brain"



This Anatomical Riddl Solvd—

This "Mistry of the Ages" Unfolded  
—The "Cosmi"—

The Ultimate—beyond which there  
is nothing more—

Grafically Explained    ::    ::    ::



*Original Thesis and Drawings by*

**GEORGE STARR WHITE, M. D.**

Ph.D., LL.D., F.R.S.A. (London)

## SOLAR PLEXUS OR "ABDOMINAL BRAIN"

*(Epigastric Plexus or Plexus Coeliacum)*

The *Solar Plexus* is a network (plexus) of nervs and *ganglia*, situated behind the pancreas and stomach. (*Ganglia* are nerv centers, or subsidiary "brains," See Figure 16). This network of nervs and "small brains" supply and control nerv impulses and "energy" to all the abdominal organs (abdominal viscera) as well as acting thru the *Hypogastric Plexus* and the *Pelvic Plexus* to control the *Pelvic Organs* (generativ organs) of both male and female.

The *Solar Plexus* is the "automatic brains," or "sub-electric-stations," controlling directly or indirectly all the *glands of internal secretion in the body*. These "misterius glands" of internal secretion are situated, not only at the base of the "Head Brain," but in the neck, chest, abdomen and pelvis.

The *Solar-Plexus* "electric-stations" control the *digestiv sistem*, which includes the *entire* digestiv tract from mouth to anus.

The *Solar-Plexus* "abdominal brain" with its "sub-stations" control the *urinary sistem*; the *hepatic sistem* (liver and gall bladder); the *spleen* (blood-making sistem); the *sexual sistem* (reproductiv organs); the *mesenteric glands* (lymph nodes situated in the folds of tissue that connect the intestins to the spinal colum); the *diafram*; and the *heart-and-circulatory sistem* (regulate blood pressure).

# SOLAR PLEXUS

ABDOMINAL BRAIN

## VAGUS-SYMPATHETIC SYSTEM OF NERVES.

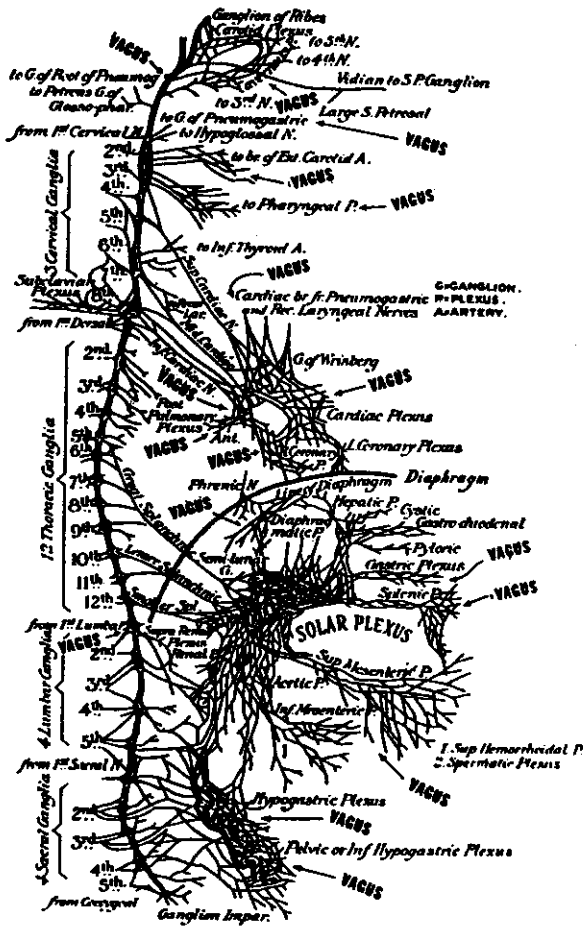


Figure (16)