

AS TO MEAT EATING

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The subject of diet is attracting more attention every day among metaphysicians. At one time it was only necessary to quote, "Take no thought what ye shall eat or what ye shall drink," (Matt. 6:25 A.V.) to dismiss the whole matter. But the revised Bible puts an entirely new phase upon this familiar quotation. It says, "Be not anxious for your life, what ye

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shall eat, or what ye shall drink." (Matt. 6:25) It was a treatment against anxiety as to the provision of God that Jesus was giving, and not an injunction to take no thought about food.

It is found that food does have a part in body structure, and that the metaphysician must take it into account if he would reach the higher substance demonstrations. The

argument that we are putting power where no power exists, in the material, is a contradiction in itself. We eat to sustain life in the organism, therefore life is the object of eating. Every form in existence is a manifestation of life, and the life idea that pervades it is its source. If that life idea is for a moment withdrawn the form collapses. Hence we do not eat matter, but life.

This puts a new phase upon eating. If we are daily eating aggregations of life ideas hid within the material forms, we should use discrimination in choosing those forms. Our food should be full of life in its purity and vigor. There should be no idea of death and decay connected with it in any degree. The vegetable should be fresh and the fruit radiant in its sunny perfection.

I have in years of experiment tested the effect
in mind and body of meat-eating and non-meat-eating, and
I feel that I am more competent to judge of the effects
than one who theorizes about the question.

When I began the study of Truth I was told that it made no difference what I ate if I was in the right thought. This seemed to prove true up to a certain point in my experience. While my spiritual development was confined to the conscious mind there seemed no special need of food discrimination. But gradually a new phase set in. I found that I was having vibrations in the sympathetic nerve centres--the subconscious mind was being quickened, and I was becoming a conscious vital battery. The vital currents gradually grew stronger and stronger until I

could hardly control them. Appetite, passion, emotion, etc., were greatly increased. Then my prayers for guidance were answered and a system of communication set up with the higher realms of consciousness. I was shown that the food that entered the organism had to pass through a process of regeneration every day before it was in condition to be built into the new body in Christ. Just how to carry on this regenerative process in the various subconscious centres was also shown, and here is where I discerned the effects of food in body building.

The vitalizing element in food is contained in the cell, which may be termed a mind battery vibrating with intelligence, force and substance. These elements are present in the living cell--dead cells are those in which intelligence and force have withdrawn and inanimate substance only remains. Man appropriates these cells and they become part of his consciousness according to his capacity to use them. Those who have not developed the capacity to consciously regenerate the cells get but a small

part of their energies. Sufficient force is extracted through the automatic functions of the organism to build up and sustain a physical body for a few years, but the thread of life is frail and its texture coarse. In man the bulk of the cells is deposited in the refined seminal seed, ready for regeneration, but seldom used to that end--rather dissipated in ignorant sexual indulgence. In woman the menstrual flow relieves the system of the life elixir, which should have been regenerated and thrown onto the higher plane of consciousness.

Personal experiment has proven to me that there is but very little change in the character of the food until it passes through that refining process called regeneration. The stamp of individual identity is put upon it only through a concentrated effort of the I AM, in spiritual meditation and affirmation. It is true that all those people who are much

in prayer and conscious spiritual states are constantly drawing upon these reserve cells in the seminal ducts and regenerating them. But the process is not well sustained until man consciously co-operates with the law and seeks daily regeneration and purification of all the cells in the organism. Then a system is established in the new body built up as designated by Jesus Christ in the symbology of the New Testament.

With this understanding of the process of body building and body substance, both physically and psychically, we can see the necessity of discrimination in choosing foods. If the cells pass into the blood and glands essentially the same as they were formed by the animal or vegetable from which they came, it is highly important that their character be of the highest and purest.

We eat the flesh of the animal for the life it contains,
yet the fact is that life has disappeared in its highest
degree--there is left only a lot of corpse-cells in various
stages of corruption and decay. These are really a burden
to the organism because of the disintegrating tendency which
has already set in. Instead of the vigor and force of the

animal that once animated that flesh there is left a festering mass of dead cells without a single animating principle. Before upbuilding life can be put into those cells they must pass through earth and the vegetable kingdom to the animal. Yet ignorant man loads his system with these elements of discord and decay and expects to get life out of them. No wonder his body dies.

Again, it is proven by experiment that certain negative states of consciousness peculiar to the animal accompany its flesh in all its journeys through the body of man. All the upbuilding life goes out with the soul of the animal when it gives up its body, but the fears, the violence, the ignorance, the anger, the lust, and all that pertains to the error side of consciousness hovers around the dead cells. In San Francisco

a number of years ago many people were made violently ill from eating meat bought at a certain shop. Physicians investigated and they found that the carcass of a certain steer was the source, and it was presumed that it was diseased. Further inquiry developed this to be an error,-- the animal was unusually healthy and vigorous--in fact so

vigorous and forceful that he fought for his life for over an hour after the attempt to kill him began. He was in a frenzy of terror and anger; his eyes were bloodshot and he frothed at the mouth while the butchers were trying to slay him. The physicians decided that the anger and terror of this steer poisoned his meat in a manner similar to that of the angry mother her milk, which is well known to make the infant sick.

This instance was but an exaggeration of conditions that exist in a milder form in all animal flesh offered for food in our markets. Before they are slain these poor brutes are maltreated in ways almost beyond enumeration. Visit shipping pens, stock-trains, stock-yards and packing houses, if you want evidence of the sufferings of the poor beasts of the

field. And these very sufferings are through the law of sympathetic mental vibrations transferred to the flesh of those who eat the bodies of these animals. The undefined fears, the terrors of the nightmare, and the many disturbances in stomach and bowels that man endures may be in a measure traced to these unsuspected sources.

The argument that life is destroyed in eating fruits and vegetables is frequently used to excuse this slaughter of beings having intelligence, affections, and apparently souls almost equal to man's. It is so far fetched that a moment's sincere thought ought to dis close the fallacy to any one. The fruit, and the vegetables have completed their life course and have apparently been prepared by a wise Creator for food, as we are

told in Genesis 1:29 (A.V.), "Behold, I have given you every herb yielding seed....; to you it shall be for meat." Here is plainly indicated a vegetable and fruit diet for man.

When these products of nature are found (especially in the spring and early summer--a great abundance of these green leafy vegetables and luscious fruits, that have developed in the sunshine, and have breathed in life-giving, radiant energy

direct from the sun's rays) spread upon her green-garnished tables everywhere, why should man dye his hands with the life-blood of beings that resent the carnage, and cry out and bellow in terror when his cruel knife is raised against them? This is in direct opposition to the Divine Law of freedom and right to life, liberty and the pursuit of happiness to all of God's creatures. Man is today suffering in his body and mind the results of this transgressed law, and he will continue to suffer until he observes in its fullest degree the command, "Thou shalt not kill." (Ex.20:13).

We rejoice that progressive metaphysicians are giving this question experimental attention. It is so easy to theorize and argue--the ranks are well supplied with these voluble wise ones--and it is a real pleasure to find the results of these tests of non-meat eaters in our metaphysical ranks. In The Nautilus, William E. Towne, one of the editors, had an excellent article on this subject, from which we quote:

"Capt. C. E. Diamond of San Francisco, is now one hundred and six years old, and engages in physical culture and cycling exercises. He has totally abstained from animal flesh foods for over eighty years. He is as straight as an arrow and richly enjoys life. It is both an illusion and a delusion to think that one must eat animal flesh to 'keep up the strength.' There is more nitrogen, more muscle, more strength in one pound of browned peanuts than in a pound and a half of beef steak."

Evidently if the practice of vegetarianism produces weakness of brain and body it took it a long time to get in its work on Captain Diamond.

Dr. Peebles, a noted physician, when almost eighty-two years old, arose at four o'clock every morning and worked from twelve to fourteen hours of each day. He abstained from meat eating for many years and said of himself: "I eat no animal flesh, use no liquors

nor wines, no tobacco, no coffee nor tea, I have no aches
nor pains, I can bat a ball, run like a sixteen-year-old
lad, swim like a fish, and dance the 'Highland Fling.'
At the progressive Lyceum picnic in Melbourne last year,
five hundred witnesses on the ground, I ran a foot race
and took the prize."

Dr. W. R. C. Latson, a recognized authority upon diet, in speaking about meat in his book on "Food Values" said:

"So far from being a 'strong food', flesh meat is, strictly speaking, not a food but a nutro-stimulant. The meat of the animal contains food and poisons. The food we can use. The poisons we must excrete, and in the effort to get rid of these irritating poisons the organism is thrown into a state of excitation which is mistaken for strength. As a matter of fact it is like the 'strength' which comes from alcohol."

Dr. Latson went on to say that it is a fact that the heart of the habitual meat eater will beat at least ten times more a minute than the heart of a person living on a pure diet. He said further, "The strongest argument against the use of flesh meat is that to eat the animal's flesh is to eat the animal's excreta, which is inseparable from it."

It is a fact that at least seven-tenths of the population of the globe never eat meat. In his book on "Physical Education" Dr. Felix L. Oswald said: "The strongest men of the three manliest races of the present world are non-flesh eating."

In his book on "Food Values" Dr. Latson presented various tables and diagrams in relation to the amount of nourishment contained in every-day foods, and these tables showed conclusively that flesh meat is less rich in food materials than many other common articles of diet.

It is a fact that "during the heroic periods of Greek and Roman history the food of the soldiers was entirely vegetarian. The Greek athletes were trained upon vegetarian diet."

It is a fact that the most successful athletes of the day are those who abstain from meat entirely or at least

during their periods of training. Bernarr MacFadden, formerly a successful athlete and now a wellknown dietician, has this to say regarding meat eating in his book "Strength from Eating":

~~"But the most startling evidence in favor of vegetarianism is the fact proven in my own athletic experience, and in the experience of many others, that the vegetarian diet gives one far greater endurance than the meat diet."~~

The italics in the preceding quotation are my own.

Further on Mr. MacFadden says, "There is no doubt that
a better quality of blood is made from a vegetarian than
from a meat diet."

In the light of practical experience, facts, and such as those I have here set down, I think we can safely agree with Dr. Latson, who in summing up the question of meat eating, said: "So far from being a 'strong' food, flesh meat is a very 'weak' food; and proportionately to its bulk, imparts very little energy."

In line with the foregoing I print the following interesting item of news, clipped from The Youth's Companion:

"The youth of America discovered long ago that peanuts are uncommonly filling and four students of Norwich University at Northfield, Vt., have for several months been putting that discovery to practical use. A young man working his way through college, who found it needful

to pare expenses, demonstrated that a quart and a half of peanuts provided all the sustenance he needed for twenty-four hours, and when he bought the nuts by the sack his "board" cost him just a dollar a week, as against the three dollars and a half he had been paying at the fraternity house. Soon three other students joined the experimenter, and since early March (about seven months) these four have stuck to the peanut diet, the only variation from the original plan being

that on two days in the week each man eats three eggs "to supply the need of albumen." The correspondent who told the tale added that ~~three of the four psalmists were identified with the athletic interests of the student body, and affirmed that physically as well as mentally they were in better condition than ever before.~~ In twelve weeks, the men increased in weight, on an average, fifteen pounds. Let the lean, the feeble, and the wise women who run boarding-houses make a note of it.

Not knowing God as his resource, man seeks relief in the stimulation afforded by narcotics, tobacco, and alcohol.

In overcoming drug, tobacco, or liquor habits, God and man, heart and head, love and wisdom, will and faith must work in unison. To suppress a wrong desire by sheer will power, unattended by faith, love, understanding, and forgiveness is like bottling up a constantly expanding energy. It is liable to explode. Then reformation is brought about through observing the law of righteousness and Truth in thought, word, and deed, the addict is healed of his craving for

all time. It will never return or trouble him again.

God gives the victory! Meet all shortcomings with
this truth.