

WATER can undermine your health

N.W. Walker, *Doctor of Science*



WATER

**can undermine
your health
!**

By N.W. WALKER,
Doctor of Science, etc.,

Published by

O'SULLIVAN
WOODSIDE
& COMPANY



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FOREWORD

Oftentimes learning the truth can be a frightening experience, but learning the answers can give new hope. Dr. Norman Walker has written many books on health over the past forty years—always with truth, conviction and, above all, *hope* that we can all live better, healthier lives.

Dr. Walker's newest book, *WATER CAN UNDERMINE YOUR HEALTH*, follows the tradition of his other books. It is written for the person who is concerned, even frightened, about the water we drink—how it affects our health, and how to avoid the problems that polluted water can create.

WATER CAN UNDERMINE YOUR HEALTH is the layman's guide to understanding and solving one of our most important health problems. Read Dr. Walker's latest book with an open mind and an eye toward better health.

Donald S. Woodside

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Chapter 1

Is the Problem REALLY Serious?

Get the Doctor – Quick!

Father is having a heart attack!

When this happens, you sit up and take notice, if you have any sense. Is a heart attack a serious problem?

Is coronary thrombosis, obstruction of your arteries, a serious problem?

Is atherosclerosis, that gummy substance that slows down the blood circulation in your blood vessels until it is too late to do anything about it, a serious problem?

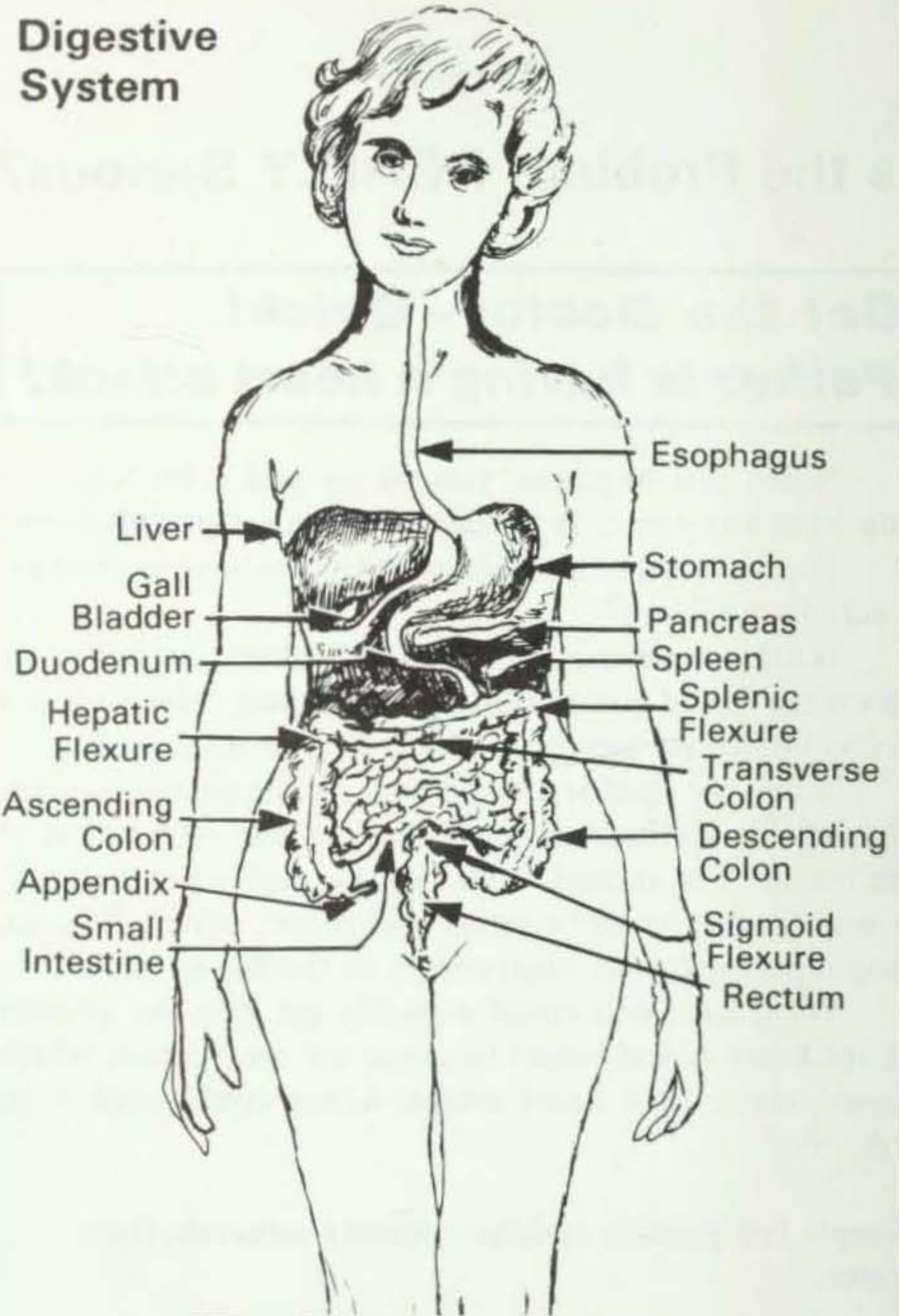
When the doctor arrived he took the patient's pulse, got out his stethoscope and checked the circulation of the blood. Yes, indeed, it was a preventable heart attack. It was caused by an "arterial occlusion", which, in plain language, means an obstruction of the blood vessels.

What on earth could possibly get into the arteries or into any blood vessel to cause an obstruction which would result in a heart attack which could readily be FATAL?

Simply indigestible residue - mostly minerals from water.

The answer is simple if you will consider the processes by which the digestive system handles everything that you put in your mouth and swallow.

Digestive System



The Digestive Organs
and
The Eliminative Organs

Richard
1973

Look at my sketch of the digestive system which accompanies this chapter. When food or liquid has been swallowed, it travels through the stomach and in a short time enters the small intestine.

There are between 20 and 25 feet of small intestine. Everything you have swallowed must pass through it and it is either transferred to the liver for distribution into the system, or, if unable to be disintegrated it is passed on into the large intestine or colon.

Lime (calcium) is in the water, but you can't see it!

Liquids pass readily through the microscopic blood vessels in the wall of the small intestine. Whatever the liquid contains in colloidal form goes along with the liquid right into the liver. (Colloid is any substance in such a fine state of particles that it would take from 50,000,000 to 125,000,000 particles to measure one inch!) With the water there would enter into the liver many minerals like calcium (lime), magnesium, etc.

Chapter 2

What happens to the Minerals in the Water?

Once the liquid, whatever it happens to be, reaches the liver it is completely divested and cleared of everything whatever that was a component part of the liquid, except only the hydrogen and the oxygen which, together, form the water molecule.

Water containing nothing but hydrogen and oxygen is pure water, and this is the only kind of water which the blood and the lymph can use in their work. Both the blood and the lymph require pure water to assist them in their functions.

Distilled Water is the purest water you can have.

Whatever mineral and chemical elements were present in the water when it first reaches the liver, are segregated by the anatomizing processes in the liver and either passed on into the blood stream or are filed away as reserve material. The liver has no selective ability to determine whether any item which comes to it is "*alive*" or inactive, whether it is constructive or detrimental.

Natural water, by which we will classify all waters that come from springs, wells, rivers and lakes, and from the faucet, is replete with mineral elements which it has collected from being in contact with earth, soil and rocks.

Dust Thou art, to dust shalt Thou return, was not spoken of the Soul.

All the minerals in the human body — and the body is composed of minerals, — are the same as the minerals of which the earth is composed. Man's body was created from the dust of the earth. BUT there is a vast difference between the minerals in the human body and those in the earth, not in kind or quality, but in the vitality of those which compose the human anatomy, vitality—or life—which is lacking in the earth minerals.

The tiny microscopic cells of the body are each a collection of mineral atoms, of live, vital atoms. The kind, quality and variety of the mineral elements vary with each group of cells, in accordance with the functions and activities called for to carry on the cell's allotted tasks.

Your cells need food they can swallow — without choking to death!

These cells **MUST** be furnished the mineral nourishment they need, in order to accomplish their work. Minerals which a cell or a group of cells cannot use, will only interfere with the cells function. Minerals which are larger than in colloidal particles would, figuratively speaking, choke the cells to death!

The minerals in Natural Waters are gross and lifeless, a kind and quality which are incompatible with the cells' needs. The cells therefore reject them. In due course this rejection leaves a surprising accumulation of discarded minerals which is nothing more nor less than debris.

Distilled Water leaches out ONLY unusable lime, etc.

Distilled Water has something inherent in it in the

nature of a magnet, so to speak, whereby it can pick up these rejected and discarded minerals and, with the assistance of the blood and the lymph, transport them to the kidneys for elimination from the system. This cleaning-up function is not constant.

It is this kind of mineral elimination that is erroneously referred to as leaching. The expression that Distilled Water leaches minerals from the body is entirely inaccurate. It does not leach out body minerals, it collects and removes minerals which have been rejected by the cells of the body and are therefore nothing more nor less than debris, obstructing the normal functions of the system.

As a matter of fact, try drinking nothing but Distilled Water for two or three weeks. Have a urinalysis made before you start and see if you will not be astonished at the mineral sediments in the urine after a mere three weeks! There is no substitute for experience.

The accumulation of minerals in the body, from drinking Natural Waters, and the elimination of rejected minerals as a result of drinking Distilled Water is conclusive evidence of the use and value of Distilled Water for drinking and for food preparation purposes.

Vegetable Juice of carrot, beet & cucumber is a marvelous kidney cleanser.

For more than half a century we have seen the sediment in the urine of people who used to drink lots of Natural Waters. It was amazing! Fresh raw vegetable juices ARE live organic water in which the mineral elements are beautifully balanced for the nourishment of the cells of the body and for the cleansing of debris from the system. If you are not very familiar with the use of vegetable juices, study my book FRESH VEGE-

TABLE AND FRUIT JUICES What's Missing In Your Body? (You will find it listed at the end of this book.) When the vegetable juices are raw and fresh, the water they contain is actually Distilled Water, distilled by Nature, and they contain the finest kind and quality of food which the body needs.

Distilled Water sweeps out calcified deposits — so to speak.

There is neither water nor any other liquid which can "leach" minerals out of the cells and tissues of the body, once such minerals, as organic elements, have become an integral part of the body. It is only inorganic minerals rejected by the cells and tissues of the body which, if not evacuated, can cause arterial obstructions and even more serious damage. These are the minerals which must be removed and which Distilled Water is able to collect.

What Minerals DOES the body need?

It is not intended that we should furnish the body with the minerals it must have for regeneration and replenishment, by means of the Natural Waters. The minerals which the cells of the body will use for constructive purposes must come from the raw food we eat. The only live food, food replete with enzymes, which is intended for the nourishment of man is obtained from fresh raw vegetables, fruits, herbs, nuts and seeds.

What is the principal CAUSE of most sickness and disease?

Barring accidents, the principal cause for human afflictions, except those resulting from tension and emotional disturbances, can only come from the failure

to properly nourish the body. At the same time strict attention must be paid to the removal of all obstructions which interfere with the activity of the blood stream. It is equally essential to insure the regular emptying of the waste matter from the colon and from other eliminative organs.

Chapter 3

Constitution of the Human Body.

Our dissertation on the merits and demerits of DISTILLED WATER is concerned solely with the health aspect of the arguments in favor of or against the use of either Distilled Water or of the Natural Water for drinking and for food preparation purposes.

What does concern us is the eventual effect of the use of water on the health, well-being and longevity of the individual.

Prepare for the Sunset Years of Your life!

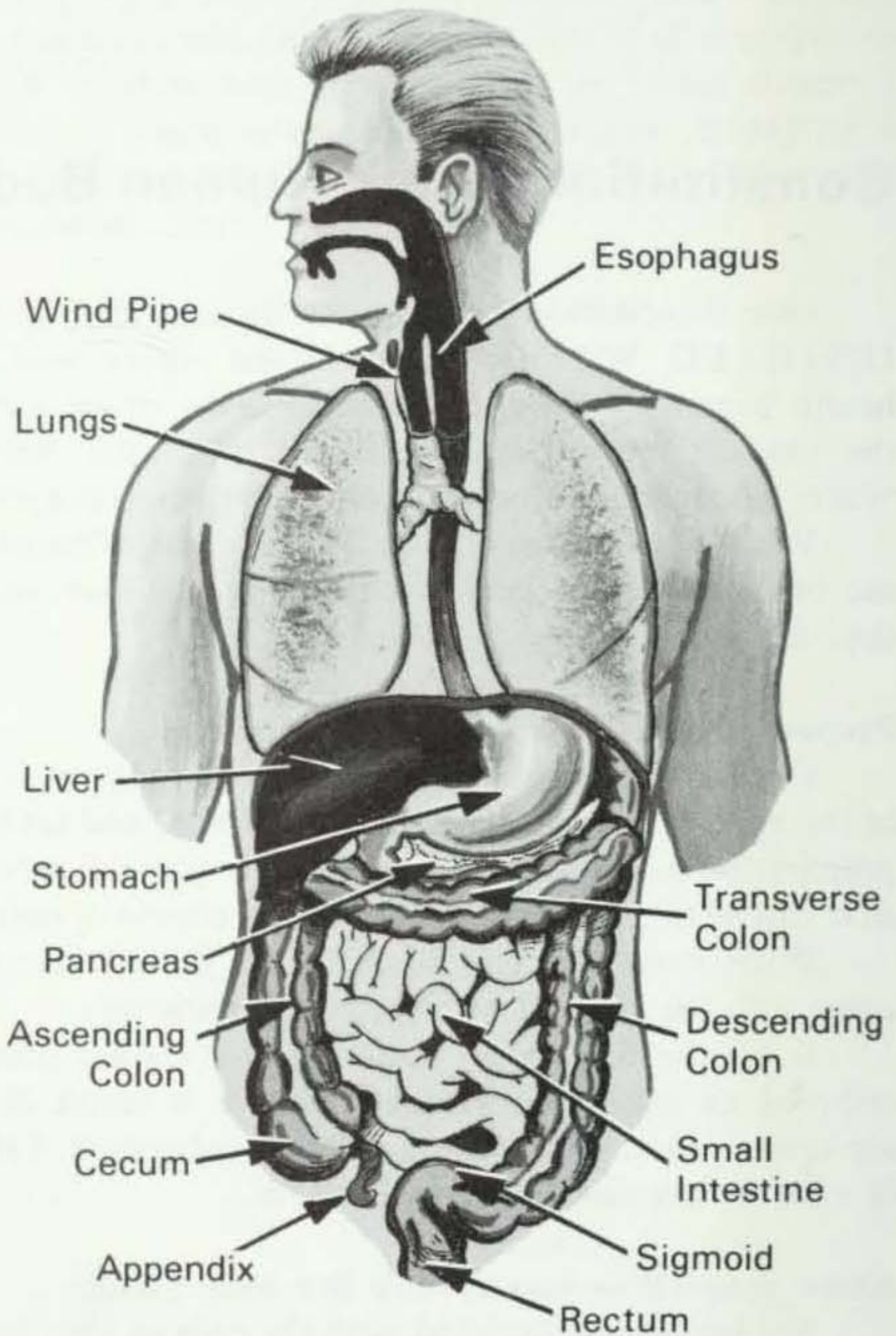
Our particular interest is on the long range outcome of the continuous use of water for drinking and for food preparation purposes. What happens to you this week or next can be taken care of in the natural course of events.

What overtakes you 30, 50 or 70 years hence may come into the class of an irreversible affliction.

If, in the Sunset of Your life you should become crippled or otherwise incapacitated as a result of the accumulation of waste substances in your system, THAT is what we are concerned with NOW.

Know yourself — you have to live with YOU!

So, become acquainted with the cells in your body, those infinitely microscopic specks of life that constitute your anatomy, the cells that build, compose and constitute the tissues out of which every part of your system is constructed.



The Digestive System

Your body is composed of billions upon billions of these tiny, infinitely small specks of life known as cells.

Just as a baby is fed by bottle or by the teaspoonful, because larger amounts of food could not be handled, so it is with the tiny cells in your system. The food of these cells consists of extremely minute particles of the minerals required for their activities, as minute as from one-millionth to 100-millionth part of a grain. Grosser particles they cannot utilize. (Note: There are about 440 grains to the ounce. 1-millionth part of a grain is, therefore, approximately 440-millionth parts of an ounce and 100-millionth part of a grain equals approximately 44-thousand-millionth part of one ounce. If you can visualize such microscopic amounts you are truly a wizard.)

Your lungs — Take care of them.

You can't buy new ones!

When you can't get oxygen in your lungs, it's *Finis! — The End!* Oxygen is, without exception, the most important, vital requirement of your life. Oxygen is collected from the air you breathe through your lungs. It is transported from the lungs by the blood to the cells. Any interference with the function of your lungs means a corresponding drain on the vitality of the years ahead.

Upon receipt of the oxygen, the cells are able to convert minerals into the organic pattern which forms the matrix for the many and varied parts of the anatomy, such as the muscles, nerves, membranes, connective tissues, etc.

The most constructive minerals are those which are contained in the raw vegetables, fruits, herbs, nuts and seeds. These minerals are an integral part of the

live organic water of the juices of these natural raw products. This "vegetation" water, the juices, is the result of the distillation by plant process, of moisture from the atmosphere and from the water obtained from the ground, and is replete with enzymes, the natural LIFE principle. It is truly DISTILLED WATER.

Chapter 4

There are MINERALS and MINERALS; Leach which?

The minerals in the Natural Waters are inactive. They do not contain enzymes, the essence of life. Nature has made provision to instil life into these mineral elements by means of the development of the growth and maturity of plants. In the course of the plant's growth the roots collect minerals from the earth, convert them into live organic elements and absorb them into the stem, the leaves, the seeds and the flower and fruit.

It is natural that the use of fresh raw vegetable and fruit juices should furnish the cells and tissues of the body with the finest kind and quality of nourishment in the form of ultra-microscopic minerals replete with enzymes.

The true nectar for your best friends — the cells of your body!

The body cells use *these* live organic minerals avidly. The processes of replenishment and regeneration by means of such nourishment enable the body to avoid and overcome the afflictions by which the lack of such nourishment has plagued generation after generation, by shortening man's life-span.

To help retard the processes of premature and decrepit old age it is essential that the body be nourished with live foods in abundance, besides drinking plenty of Distilled Water daily.

To enable the cells of the body to obtain their mineral nourishment the fastest and the most efficient way is by the use of fresh raw vegetable and fruit juices. I need not expound here on this subject of Juice Therapy and Nutrition as I have covered this matter extensively and in great detail in my two books **FRESH VEGETABLE AND FRUIT JUICES, What's Missing In Your Body?** and **GUIDE TO DIET & SALAD** which are listed at the end of this book.

**The foundation of knowledge is laid by reading.
Wisdom from its application.**

A study of the contents of these books will, I am sure, if put into practice, convince the most skeptic that, while the human system needs minerals in its nourishment, emphasis should center first and foremost on the selection of nourishment in relation to the needs of the body. The needs to satisfy the appetite is a different matter. Appetite is the craving of the mind, whereas hunger is the call of the cells of the body for nourishment.

Cultivate hunger. Banish appetites.

You can satisfy your appetite with whatever your craving dictates. In that case the kind and nature of the minerals in what you eat and drink is of little consequence, if you don't care. When satisfaction is the result of eating and drinking what is incompatible for the welfare of your body, you cannot blame anyone other than yourself for the consequences. In that case you are the victim of your uncontrollable cravings. Whatever afflictions perplex and plague you eventually will be no more no less than what you have earned.

When you have learned to control your appetites

and your cravings, and center your choice of food on what will regenerate and replenish your system, you will be giving the cells and tissues of your body the live mineral elements they need. They, in turn, will bless you with health, energy, vigor, vitality and a longer life. But you must keep your colon cleaned out. The accumulation of corruption in the colon does more damage than most people realize.

Chapter 5

Natural Waters plague the Bloodstream.

If you REALLY want to know the facts about the deposit of calcium, magnesium and other minerals in the veins and arteries of your body from using Natural Waters, you simply MUST know something about the blood and the blood vessels in your system.

Without some factual knowledge on the subject what kind of an opinion can you form? How can you possibly determine whether YOU will use Natural Water — and suffer the consequences, or use DISTILLED WATER — and be safe? —

The contents of your blood:

Your blood is composed of 50% to 60% by volume, of fluid, and 90% , yes, ninety per cent, of the fluid is PURE DISTILLED WATER, (pure H²O) .8% to 9% content is protein and less than 1% consists of substances which the blood has picked up in the course of its travels throughout your body. These substances consist of unusable minerals such as calcium, magnesium, etc., amino acids, fats, urea, uric acid, ammonia salts and many others.

You only have about 5 Quarts of blood in your system!

Your entire body contains only about 5 quarts of blood and each tiny drop of blood is composed of more than 3,000,000 blood cells. Every cell in your body is

composed of millions of atoms of mineral elements.

Every drop of your blood flows through your heart more than 103,000 times every 24 hours.

The small total volume of 5 quarts of your blood, passing through your heart, will have equalled about 164,000,000 quarts of blood, equal to some 300,000,000 pounds of blood during a mere 70-year lifespan.

No pump in the world equals Your Heart!

No pumping mechanism was ever devised by man to do the work your heart does and to take the punishment that your heart gets, yet the size of your heart is only about the size of your clenched fist. It measures approximately $4\frac{3}{4}$ inches in length, $3\frac{1}{2}$ inches in width and is about $2\frac{1}{4}$ inches thick. It is given to you as a literal birthday present and is intended to last for centuries if it could only get the proper nourishment and attention.

Chapter 6

Minerals can accumulate dangerously!

Will You drink 4500 gallons of Spring water?

With this fantastic picture about your heart and your blood, realize that a person drinking about two pints of Natural Water a day, besides other beverages, will have had more than 4,500 gallons of water pass through his body during the 70-year lifespan.

Do You want 300 pounds of lime to pass through Your body?

The inorganic mineral elements which were contained in that water, and which the cells could not use, will have been deposited in his body, mostly in the veins, arteries, muscles and joints, and added all up, may have totalled between 200 and 300 pounds during the 70 years! These minerals would consist of the calcium (lime), magnesium, and other mineral elements. Naturally they did not all stay in the body.

Fortunately, most of these minerals were collected by the blood, lymph and water in the system, and passed out through the excretory channels. Who could ever tell how much of it remained in the veins and arteries, in the muscles and joints? Only premature old age and a crippled and afflicted body could give the answer.

The "Father who had a stroke" maybe did!

Turn to the "father who had a stroke" on the first page of this book. Never forget that, but remember that millions of people are constantly drinking natural water, and continue to live. Will they die prematurely?

The largest artery in the body, the aorta, measures about one inch in diameter, but that is no criterion when you realize the size and number of the microscopic capillaries which are spread throughout the entire anatomy.

The tiny capillaries in your body form a network which, if spread out on the ground, would cover an area of about 1½ acres. That's about 63,000 square feet. If all these tiny capillaries were placed end to end, they would make a microscopically tiny tube about 60 miles long. How many of these would get clogged up with the calcium, magnesium and other minerals in Natural Waters?

Chapter 7

Danger from Water — OLD AS THE HILLS

Do you for a moment think that the dangers of drinking Natural Waters is a present-day discovery, a fad? You are wrong!

Way back, in 1845 — that's one hundred and twenty eight years ago as of this year, while I am typing this manuscript — Mr. Abel Haywood lectured, taught, preached, wrote and admonished people of the fatal dangers lurking in all Natural Waters.

Life CAN be prolonged!

He wrote a dissertation on the subject, in England, in which he stated:

"Let it not be said that the life of man cannot be prolonged to many times the present period of his existence, because it is not so, . . . The common reasoning adopted by the world has been sufficient to bring ridicule, and even punishment and death, upon those who have ventured to propose anything out of the common path, even though it has ultimately been the source of great delight to the persecutors themselves."

The following is extracted from Mr. Haywood's booklet: (The headings are mine.)

What makes people stiff?

"The solid earthy matter which by gradual accumulation in the body brings on ossification, rigidity,

decrepitude and death, is principally phosphate of lime, or bone matter; carbonate of lime, or common chalk; and sulphate of lime, or plaster of Paris, with occasionally magnesia and other earthy substances.

Old age stiffness begins in INFANCY!

“We have seen that a process of consolidation begins at the earliest period of existence, and continues without interruption until the body is changed from a comparatively fluid, elastic and energetic state, to a solid, earthy, rigid, inactive condition which terminates in death. That infancy, childhood, youth, manhood, old age, decrepitude, are but so many different conditions of the body between old age and youth, is the greater density, toughness and rigidity, and the greater proportion of calcareous earthy matter which enters into its composition.

Where does obstruction of the arteries come from?

“The question now arises: what is the source of the calcareous earthy matter which thus accumulates in the system? It seems to be regarded as an axiom that all the solids of the body are continually built up and renewed by the blood. If so, everything which these solids contain is derived from the blood: the solids contain phosphates and carbonate of lime which are therefore derived from the blood in which these earthy substances are invariably found.

Water contents frightful to contemplate!

“Spring water contains an amount of earthy ingredients which is fearful to contemplate. It has been calculated that water of an average quality contains so much carbonate and other compounds of lime, that a

person drinking an average quantity each day will, in 40 years, have taken as much into his body as would form a pillar of solid chalk or marble as large as a good sized man.

Enough minerals in Water to choke-up the body.

“So great is the amount of lime in spring water, that the quantity taken daily would alone be sufficient to choke up the system so as to bring on decrepitude and death long before we arrived at 20 years of age, were it not for the kidneys and other secreting organs throwing it off in considerable quantities.

Only a Portion of Water-minerals retained in body.

“These organs, however, only discharge a portion of this matter; for instance, supposing 10 parts to be taken during a day, 8 or 9 may be thrown out, and one or two lost somewhere in the body.

Enfeebled rigidity is progressive.

“This process continuing day after day and year after year, the solid matter at length accumulates until the activity and flexibility of childhood becomes lost in the enfeebled rigidity of what is then called (though very erroneously) “old age”.

Calcium in pans and kettle!

“A familiar instance of earthy deposition and incrustation from water is observed in a common kettle or steam boiler. Every housewife knows that a vessel which is in constant use will soon become “furred-up”, or plastered on the bottom and sides with a hard stony substance, 4 and 5 pounds in weight of this matter have been known to collect in 12 months.

Steam leaves Minerals behind — in kettle!

“Do not be misled by thinking that because so much lime is found in a teakettle, the water remaining after boiling it is therefore free from lime. It is true that boiling water does cause a little carbonate of lime to precipitate, but the bulk of the sediment is left from that portion of the water ONLY which is driven off by steam, or has boiled away.

Filtering the Water is useless.

“Filtering it is also of no use, for this only removes what may be floating or mechanically mixed with the water, whereas the earthy matter here spoken of is held in solution.

Clear, transparent Water is full of Minerals!

“Spring water, clear and transparent as it may appear, is nevertheless charged with a considerable amount of solid choking-up matter and is therefore unfit or at least not the best suited for internal use.”

Note: The foregoing is quoted from a booklet which Mr. Abel Haywood published in England in 1845. The complete text you will find in my book VIBRANT HEALTH, The Possible Dream, on pages 46 through 51.

Chapter 8

Compare the past to the present

If the water problem was as bad as that, way back 128 years ago, what would Mr. Haywood have to say about our vexing water problems of this day and generation?

They had no chlorination problem in those days, nor were they plagued with the matter of fluoridation.

The industry, as recently as one century ago, was not faced with the colossal waste disposal vexation which faces our present civilization.

Today's griefs.

It is bad enough, today, to be afflicted with the specter of progressively calcified arteries which expunged thousands upon thousands in past generations. The addition of poisonous substances to the water is really an inexcusable lack of intelligence and foresight. To kill germs, virus and bacteria is one thing, but to slowly destroy a people by the use of poisonous pesticides is Divinely inexcusable.

Know what you drink.

Once water has been saturated with these noxious (if not lethal) ingredients, people who have been misinformed will drink and prepare food with it, altogether oblivious of the eventual effect on their health and lifespan.

It seems useless to try to help people who won't be helped!

There are two areas of education which are profoundly effective, as a rule. One area is to visit Old People's Homes and Sanitaria. It is truly heartbreaking to see how people have let themselves deteriorate without ever, through their whole life, realizing that they were eating their way and drinking their progression into premature decrepitude and uselessness, to say nothing of an improvident demise.

Can people be taught a lesson from these examples of human waste?

The other area for deep educational enlightenment is the study of middle-aged people lying on the table of a Mortician, waiting for the Coroner to give his verdict. Look at the vast number of obituaries of people who killed themselves through lack of knowledge of fundamental principles of nutrition, waste evacuation and control of emotions.

I have seen and studied hundreds of such people and I have learned MY lesson!

Chapter 9

Soft Drinks?

What's wrong with Soft Drinks?

Supposing you knew that Soft Drinks could cause your brain to disintegrate, would you drink them?

More than a million children today are afflicted with cerebral lesions and other afflictions caused by Soft Drinks!

This is not a wild assertion. This is a very important discovery which has been made by Medical Research.

By drinking beverages and eating foods which have been artificially colored and flavored, millions of school children are TODAY suffering serious ailments. These disturbances have been diagnosed as cerebral lesions, that is injury to the brain that causes sudden discharge of excessive nervous energy.

This disturbance results in difficulty to concentrate, in reading and in spelling. It also causes strange compulsive aggressive behavior.

The affliction disappears when drinks and foods artificially colored and flavored are strictly eliminated from the diet.

When children, under strict supervision, have been deprived of Soft Drinks and of all foods with artificial additives of color and flavor, the children became normal within a matter of about three weeks. On the other hand, after the ailment was conquered, it would

immediately return within a matter of hours if as much as a sip or one morsel of artificially colored or flavored product was indulged in.

This problem is tremendously serious and every parent should be alerted to it. It is proof of the hazard and danger of using artificially colored and flavored products. It is usually children of normal or outstanding intelligence who are afflicted by this peril.

Adults also affected - eventually.

Adult office and factory workers consistently drinking Soft Drinks are also liable to be afflicted with similar brain or cerebral lesions. They feel a "lift" while imbibing these and even for a short while after, but such an uplift is elusive and evanescent, the let-down resulting in fatigue, poor concentration, and frequently headaches.

Distilled Water is always beneficial.

In the absence of fresh raw vegetable and fruit juices, there is no better and healthier thirst quencher than Distilled Water. Thirst is thus quenched and satisfied with greater benefit and effectiveness.

Don't overlook the danger from the calcium in the water in Soft Drinks.

While the calcium and other mineral elements present in the water of Soft Drinks may cause afflictions by obstructing the blood vessels, the ingredients used in the conversion of water into Brand Name products is far more insidious. Such ingredients in the form of artificial flavoring and coloring act much sooner than would the calcium in clogging up the system, because of their effect on the chemistry of the body.

What are these extraneous ingredients?

Sugar is one of the most harmful ingredients used in the manufacture of Soft Drinks.

The public has been led to develop a "sweet tooth" and a taste for sugar. Consequently, in order to make the Soft Drinks saleable the manufacturers have established a standard for taste which will appeal to people of all ages, irrespective of the consequences.

What's harmful about sugar?

What a question to ask! I thought EVERYBODY knew that sugar causes irritation and weakening of the mucous membranes of the body and robs teeth, bones and blood of a great percentage of their minerals. Inflammatory diseases of the breathing and digestive organs result from the use of white and brown sugar. Diseases of the throat, nose, chest and of the skin are frequently due to the use of white and brown sugar.

When the human body is overloaded with such sugar and sugar mixtures, both in solid and in liquid form, the vitality of the body cells is afflicted and this may cause swellings and mucous discharges. Inflammatory diseases increase and are intensified in direct proportion to the amount of sugar used.

Appendicitis has to a large extent been caused by the excessive use of sugar sweetened products.

Diabetes and cancer have been traced to the excessive use of sugar, and so has poliomyelitis, an inflammation of the grey matter of the spinal cord, which causes painful crippling of the body.

All this is, in my opinion, a good and sufficient reason for classifying sugar as harmful. More about sugar presently.

Do the labels on bottles and packages mean anything to you? Do you check the labels to see what you are buying?

Have you and your children been buying Soft Drinks in bottles or cans? Have you and your children bought those 10¢ and 25¢ envelopes to the contents of which you need only to add water to make a Soft Drink? Did you read the labels?

If the labels were marked POISON, would you buy them?

Did you ever analyze the word POISON? Here is what it means, ponder over its broad interpretation: *Any agent which, introduced into the organism may chemically produce an injurious or deadly effect. That which taints or destroys purity; to exert a baneful influence, to corrupt.* Remember this about every purchase you and your children make, of food of any and every kind, and you will not be too far wrong. Train your children to read labels.

What are the objectionable ingredients in artificial drinks and foods?

It is incredible but true that more than 80%, that's right, more than eighty percent of the manufactured beverages and foods sold in markets and stores are compounded from chemicals using artificial colors and flavors to make them saleable.

While the human body can take a great deal of punishment and survive, it is nevertheless a very delicate organism created to be fed and maintained according to certain natural and physiological laws. When the body is properly cared for according to these laws we can expect Vibrant Health and a long and comfortable life.

When human nature allows the human element of appetite to control the individual and a person indulges in beverages and foods which are not compatible with these natural and physiological laws, the natural sequence is pain, sickness, disease and a premature old age.

We are learning, from these pages, what the hazard is likely to be when we drink Natural waters on account of the inorganic calcium they contain, which may eventually clog up veins and arteries.

There is a far greater hazard, in fact there is the actual danger, when chemically concocted foods and beverages are used, that a chemical reaction may cause serious disturbances in the body. The greatest danger is when the brain area is afflicted by the chemical constituents of such drinks.

The following is a partial list of artificial ingredients copied from some bottles, cans, envelopes and packages on market shelves:-

Aniline Dyes: You will rarely find aniline dyes mentioned by their names. They are generally classified as "artificial coloring". Some of these dyes are very acid and you should know at least some of the worst. While such dyes affect the body adversely, their reaction may vary in different types of people.

AMARANTH (red), BORDEAUX (brown), ORANGE I (yellow) and PONCEAU (scarlet) are all derived from compounding nitrogen and benzene. Benzene is obtained from the distillation of coal. It is used as a motor fuel, as a solvent for resins, rubber, etc., and in the manufacture of dyes. It is an ingredient in coloring beverages. As chemical compounds these dyes are harmful because they afflict the nerve system and

the cerebrospinal fluid.

GUINEA GREEN (dark green) is a dye obtained by the reaction of chloroform with benzene and aluminum chloride. Chloroform has a sweetish taste. It is used as an anesthetic to put people to sleep. It produces violent gastroenteritis (inflammation of the bowel and of the stomach) and complete unconsciousness when taken alone internally. Aluminum chloride is derived from heating aluminum with chlorine. It is used in oil refineries for "cracking" oils. The effect of aluminum on the body manifests in neuralgia, loss of energy, constipation, skin troubles, nausea, loss of appetite and many other afflictions.

NAPHTHOL (yellow) is compounded by nitrogen and benzene extracted from coal and is a coal tar product. It is used in the manufacture of dyes. Coal tar products can have very serious and harmful effects on the system. Cancer is just one of the hazards.

TARTRAZINE (yellow) is obtained by the action of acetylene on diazo-methane, producing a poisonous chemical which is nevertheless used as a coloring agent in beverages and foods. This word "poisonous" should warn and alert you.

Whenever you read "ARTIFICIAL COLORING" on a label there is no indication whatever which dyes are used for this purpose. It could be any one or a combination of these.

Artificial Flavors:

As is the case with the use of artificial colors, there are innumerable substances used to give beverages and foods or whatever the product, a flavor as nearly as possible to that of the fruit or flavor they try to imitate. The product may not have been within miles of the

fruit imitated, so artificial compounds are added to make the product palatable. The following are some examples of what is used:

CARAMEL is obtained by heating sugar to more than 350°F, or molasses or glucose, with ammonia. Besides using caramel as a red-yellow coloring agent, it adds a sugary zest to the flavor. The use of caramel tends to throw the blood out of balance, causing heart trouble which is intensified by the presence of ammonia. When used in excessive amounts it can cause mental and other disorders, particularly in children.

CITRIC ACID is present in live organic form in citrus fruits, in which state it is beneficial as an alkalizing beverage. When citric acid is made chemically, however, and used in Soft Drinks, it increases the negative acidity of the system. If the organic citric acid were used in Soft Drinks it would tend to make the price almost prohibitive, whereas it can be made chemically very cheaply. Such chemical citric acid can cause canker sores in the mouth and even ulcers in the duodenum.

Would you enjoy some Mexican Lice in your Soft Drink?

COCHINEAL is a dye consisting of the dried bodies of **LICE** which feed on cacti in Mexico and other parts of Central and South America. Special cacti are extensively cultivated for the express purpose of propagating the Cochineal lice. The female louse is gathered and killed by heat, then dried and pulverized. It yields a bright Castillian red. It is rarely if ever mentioned as Cochineal but may find its way in almost any product as "artificial coloring." It is also known as **QUILLAJA**.

Cola Drinks. Facts which imbibers should know!

COCA is a South American and African nut

containing 2% caffeine, theobromine and tannin. It is analogous to coffee. In normal doses it stimulates the brain causing nervous restlessness and wakefulness. In larger doses it produces insomnia, paralysis of the heart muscles, convulsions, delirium, and other afflictions.

COLA is a plant grown throughout South America and in India. It is the derivative of cocaine, causing stimulation of the brain, resulting in normal sex desires being inhibited, it increases heart action and the irritability of the nerves, followed by mental, moral and muscular depression. It deadens the sensation of hunger and thirst temporarily but greatly increases these when the effects wear off. It gives a temporary sense of hilarity and well-being. Eventually the individual may look haggard and idiotic.

CORN STARCH is the product of milling corn with a final washing in caustic soda. In the process, the hull and the germ (the germ is the living substance, the embryo or life of the seeds in plants) are removed. It is then steeped in a solution of sulphuric dioxide gas to prevent fermentation.

The oil is then extracted and the residue of the germ is made into cakes for fattening cattle and sheep. The starch granules, in their coarse state, are used as cattle feed while the rest of the granules which form a white flour are cleaned with caustic soda and sold for human consumption. So, the corn starch, so smooth, fluffy and white carries with it the effluvium and emanations of the caustic soda. As you probably know, caustic soda is commonly used in bleaching, making soap and refining industrial oils. The digestion of Corn Starch has no constructive purpose while, on the other hand, whether used as a starch or in beverages, it tends to clog up the fine filtering tissues of the connective

tissues, veins and arteries.

CORN SYRUP is a transparent thick glucose obtained from corn starch by heating the starch with acids which prevents its crystallizing. It is used as a cheap sweetening agent. Corn syrup quickly turns into alcohol in the digestive system and may have the tendency to dissolve fat soluble Vitamins in the body. It also has the tendency to interfere with the functions of the pancreas, particularly if there is a tendency to diabetes.

DEXTROSE is a natural sugar present in animal and plant tissues, but **DEXTRIN** is made commercially by the decomposition of starch by the action of acids. Mixed with iodine it yields a red color. It is used in the manufacture of adhesives, for sizing, as a substitute for gums, in making Soft Drinks, and in beer. Obviously such a product can readily cause many types of ailments and physical and mental disturbances when their end product in digestion reaches the brain area, and interferes with the normal functions of the nerves and muscles and of the cerebrospinal fluid.

GLUCOSE occurs in the digestion of carbohydrates, in Nature, but commercially it is made by heating starch - mainly corn starch-with acid in order to make a cheap corn syrup used in Soft Drinks.

POTASSIUM CHLORIDE occurs in animal and plant fluids but when used in industry it is made commercially as a fertilizer and for use in Soft Drinks.

POTASSIUM PHOSPHATE is an acid component for fertilizers and is used in Soft Drinks with carbonated waters to effervesce or "fiz" the beverage.

SODIUM CITRATE is used as a prescription for certain genitourinary diseases. It is also used in Soft Drinks as an additive to give them the citric acid "zip".

SACCHARIN is manufactured on a large scale from coal tar and formed by dehydrating saccharinic acid. While it is from 300 to 500 times sweeter than cane sugar, it has no food value whatever. On the contrary, like every coal tar product, it has a definite acid reaction on the system. Any inorganic acid reaction on the system has a detrimental effect on the Endocrine Gland functions of the body.

SODIUM PHOSPHATE occurs in the blood and in the urine. It is made artificially as a dye coloring agent and is used in weighting silk. It is also used as artificial coloring for Soft Drinks. Like all chemically manufactured substances, sodium phosphate interferes with the normal smooth functions of the Endocrine Glands throwing the body functions out of balance.

SALT used in Soft Drinks is the same as table salt. Such salt, whatever it has been obtained from, is heated at tremendously high temperatures to prevent its being affected by moisture so it will pour from the saltshaker. Tumors and cancer have been known to result from the use of salt. In fact when patients afflicted with tumors resumed the use of salt after foregoing the use of it for some time, the size of the tumor grew in size perceptibly. In countries where the consumption of foods are used which have been saturated in salt, cancer has been noticeably on the increase.

The abundant use of salt can readily cause high blood pressure and hypertension, heart ailments and kidney trouble.

An excessive use of salt can cause ear and sinus trouble and it has been a contributing factor in nervous tension, rheumatism and hives.

SUGAR. We gave a brief reference to sugar early in our dissertation on the subject of Soft Drinks, but I

would feel remiss if, in my exploitation of this subject of sugar, I failed to emphasize the importance of avoiding the use of all white and brown sugar for the sake of attaining Vibrant Health. Near the conclusion of the subject of Soft Drinks, therefore, I want to add more emphasis on the detrimental effects of sugar on the body.

Unquestionably, sugar is very important in the function of metabolism. There is always sugar present in the blood stream, which is known as blood sugar, and this is an essential component of the human system. White sugar, however, is no more like blood sugar than a horsechestnut is like a chestnut horse. This applies also to the comparison of white and brown sugar with honey and with the sugar in fresh fruits.

Never be deceived by the expression used in sugar advertisements as PURE SUGAR. This expression, Pure Sugar, in this case means that everything of nutritional value has been removed from the product, leaving a lifeless, useless substance which, when ingested, rushes through the stomach to become alcohol even before the liver has a chance to work on it.

Why do supposedly intelligent people imbibe Soft Drinks?

This question of why supposedly intelligent people imbibe Soft Drinks, has puzzled me for a very long time. Would it be a quirk in the human mind that would fail to cause a person to be individualistic and abstain from putting something in their body which would cause eventual suffering? Or could it be that they are not aware of the ultimate destruction which they are building up in their body?

Diabetes is a notorious example of the use of white sugar in food products and in beverages.

Coronary thrombosis, the disease resulting from the

clogging up of veins and arteries, is very frequently the result of using too much sugar in ANY form.

Mothers should train and educate their babies and their children, as they are growing up, to avoid sweet foods and beverages that have been flavored or sweetened with white or brown sugar or artificially sweetened and flavored, pointing out to them the eventual dangers which will afflict them the rest of their lives. Surely mothers are definitely interested in the health and welfare, and the health and longevity of their offspring. White and brown sugar can reduce the life span of people by as much as fifteen percent.

*Is it worth indulging a sweet tooth, with sugar?
I say NO!*

**Read the Labels on everything You buy - - -
Be Aware — Learn to Discriminate.**

Chapter 10

What EVIL lurks in a keg of BEER?

Beer is hypnotic.

Beer has a peculiar hypnotic fascination for nearly every one who drinks beer habitually. The average alcohol content of beer ranges only between 3% and 5%. It is generally assumed that, because of the low alcohol content, beer is an innocuous beverage. This is a very deceptive assumption because, actually, beer gives a long-range degenerative reaction.

Alcohol is bad!

Alcohol is the only substance which will pass straight through the walls of the stomach, is picked up by the blood and carried directly to the areas of the brain. That is the reason why one's actions are unpredictable once an alcoholic drink has slipped down the throat.

The low alcoholic content of beer does not have the immediate reaction like that of a cocktail or of drinking straight potions like whisky, vodka, champagne and the like.

Beer works more slowly.

The alcohol in beer is much more subtle in its harmful effects. The period which elapses between drinking a glass of beer as a stimulant and its reaction on the body involves the element of time because of the three phases in which the reaction takes effect.

Beer seduces - - - the senses.

In the first place, there is the period of excitement and of entrancement which gratifies and seduces the sense organs and transmits the stimulation to the nerve centers.

Beer excites the midriff.

In the second place, the low alcoholic content is just enough to create an excited activity in the midriff, the center of the system, the region of the solar plexus. This activity is insidiously dangerous because there is nothing to counteract it nor to counterbalance it. Frequently small doses of any substance turn out to be far more powerful than massive doses.

For example: Calcium-sulphate (Plaster of Paris) if swallowed in large amounts like a tablespoonful or a cupful at a time, will clog up the entire digestive system in a matter of minutes or hours. When Calcium-sulphate, as a Biochemic cell-salt, is taken in fractional amounts of 5-millionths part of a grain, it is beneficial and has effectively banished boils, abscesses, lung trouble, etc.

Beer can cause serious ailments.

In the third place, hops in the beer has an unhealthy reaction on the system.

The hops used in making beer (*Humulus Lupulus*) are used for the purpose of adding flavor and an extra "zip". Not many people, apparently, are aware of the noxious effect of hops on health. The damage which results from the calcium and other mineral elements in the water as a clogging medium interferes with the blood circulation and is aggravated by the evanescent uplift of the low alcoholic content of the beer.

From a health standpoint, while hops is used medicinally as a tonic and a stimulant, it affects the nerves, creating a loss of sensation. Hops also has a hypnotic effect and could cause delirium tremens, the violent delirium induced by alcohol. Other afflictions resulting from the use of hops can be hysteria, nervous insomnia, dyspepsia, rheumatism, and irritation of the bladder.

Long range damage by beer.

This comparison gives you a mental picture of what is meant by the long-range effect of doses of alcohol in minute quantities. The effects of drinking beer may continue for some hours, until the nerves carry the stimulating impulses away from the midriff towards the outward or peripheral or motor nerve centers. Once there, the person's actions and functions are likely to be interfered with to a more or less degree of severity.

Degeneration of the kidneys and the brain.

These conclusions are based on the study of the heaviest beer-drinking people in the civilized world, the Germans, the British, Australians and Americans. These various and diverse studies follow a very close pattern, enough to form a fairly dependable conclusion. It indicates the closeness with which the eventual end-product effect of the digestion of beer can cause degeneration of the kidneys and of the cerebral or brain areas.

They were drinking beer 6000 years ago!

According to archeological discoveries, beer made from cereals has been recognized as used for some 6000 years. It was made from the fermentation of the cereals

to obtain the alcoholic effect.

It is recorded that about 5000 years ago, in the year 3000 B.C., in Egypt, four types of beer were made from grains grown in that country. The Pharaohs paid their peasants 4 loaves of bread and 2 jugs of beer as recompense for their labor, instead of paying them money.

Rameses 3rd of Egypt gave beer to his gods!

Somewhat more recently, in 1200 B.C. the Pharaoh Rameses boasted of having contributed 465,000 jugs of beer to his pagan deities.

Fermented cereals — beer.

Through the centuries cereals were grown to a great extent for making beer by the process of fermentation. Barley, wheat and oats were the most commonly used. Hops were added occasionally 40 to 50 centuries ago.

Blame your beer for your bladder and kidney trouble!

As a matter of fact, bladder and kidney troubles are most prolific in the civilized countries above mentioned, the countries in which beer consumption is the highest.

Manufactured each year, Billions of gallons of beer!

The production of beer in the United States of America exceeds 3,875,000,000, yes, more than 3¾ BILLION gallons a year. In England it is more than 750,000,000 gallons!

If you drink beer, don't ever say: I don't drink enough to do any harm. It's a lie!

Quite naturally, most people who drink beer claim

that they don't drink enough beer to cause their health to be seriously affected.

This is self-deception. Because affliction does not overtake the beer drinker within a day or two, the fact nevertheless remains that ailments which may appear eventually may not be considered nor will they be traced to their real cause. Furthermore, no thought is given to the calcium and magnesium incrustations which may remain in the body from drinking the water from which the beer was made.

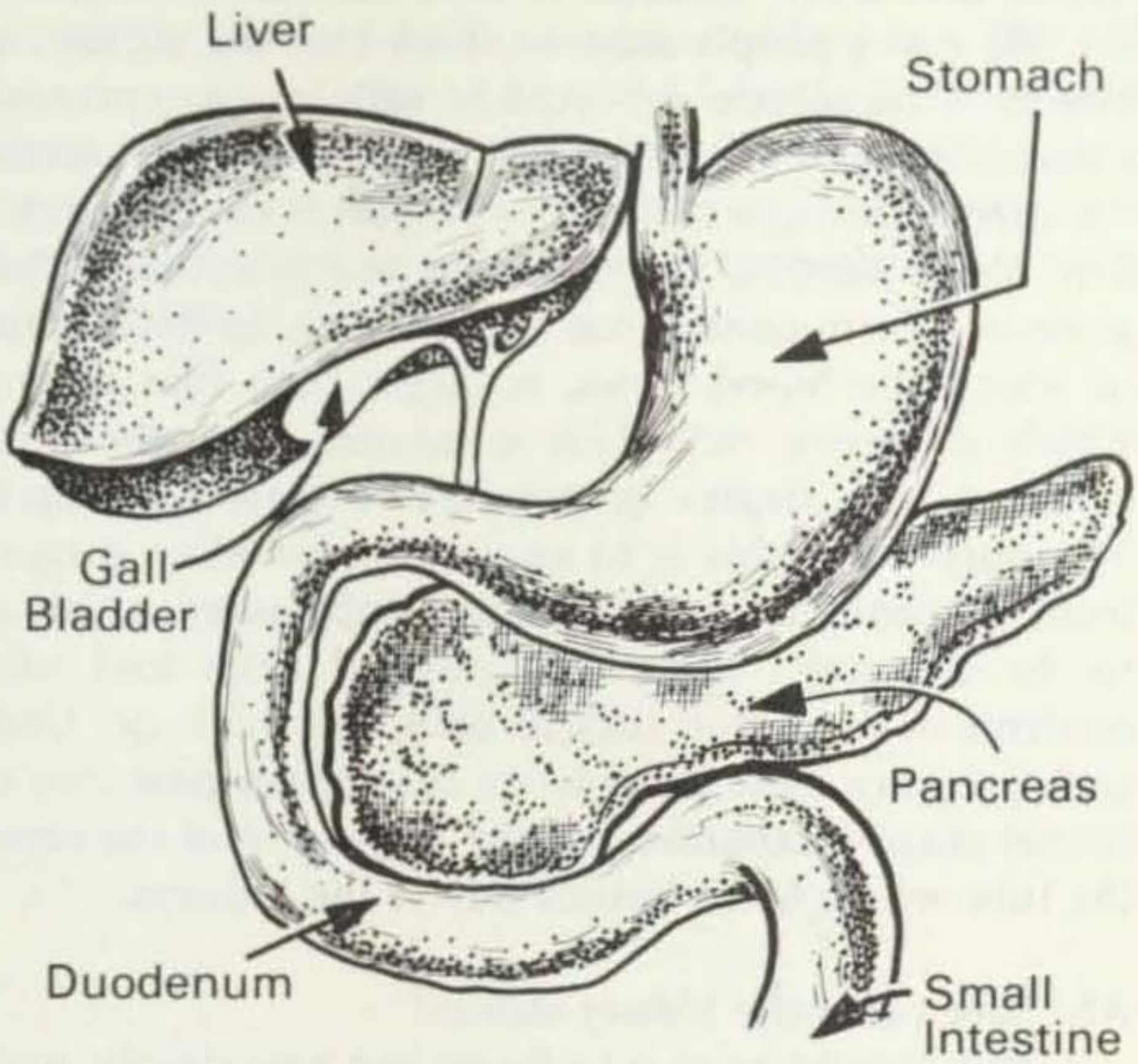
They add Gypsum to the water in making beer—why not cement?

Beer making requires such hard water that the manufacturers frequently have to add as much as 35 times more minerals than are present in the water supply, using vast quantities of GYPSUM. Gypsum is a calcium-sulphate used for making Plaster of Paris. The purpose of this is to increase the calcium content of the water. Isn't that NICE? And people drink beer without a thought of the Plaster of Paris they are drinking, which eventually may block their arteries.

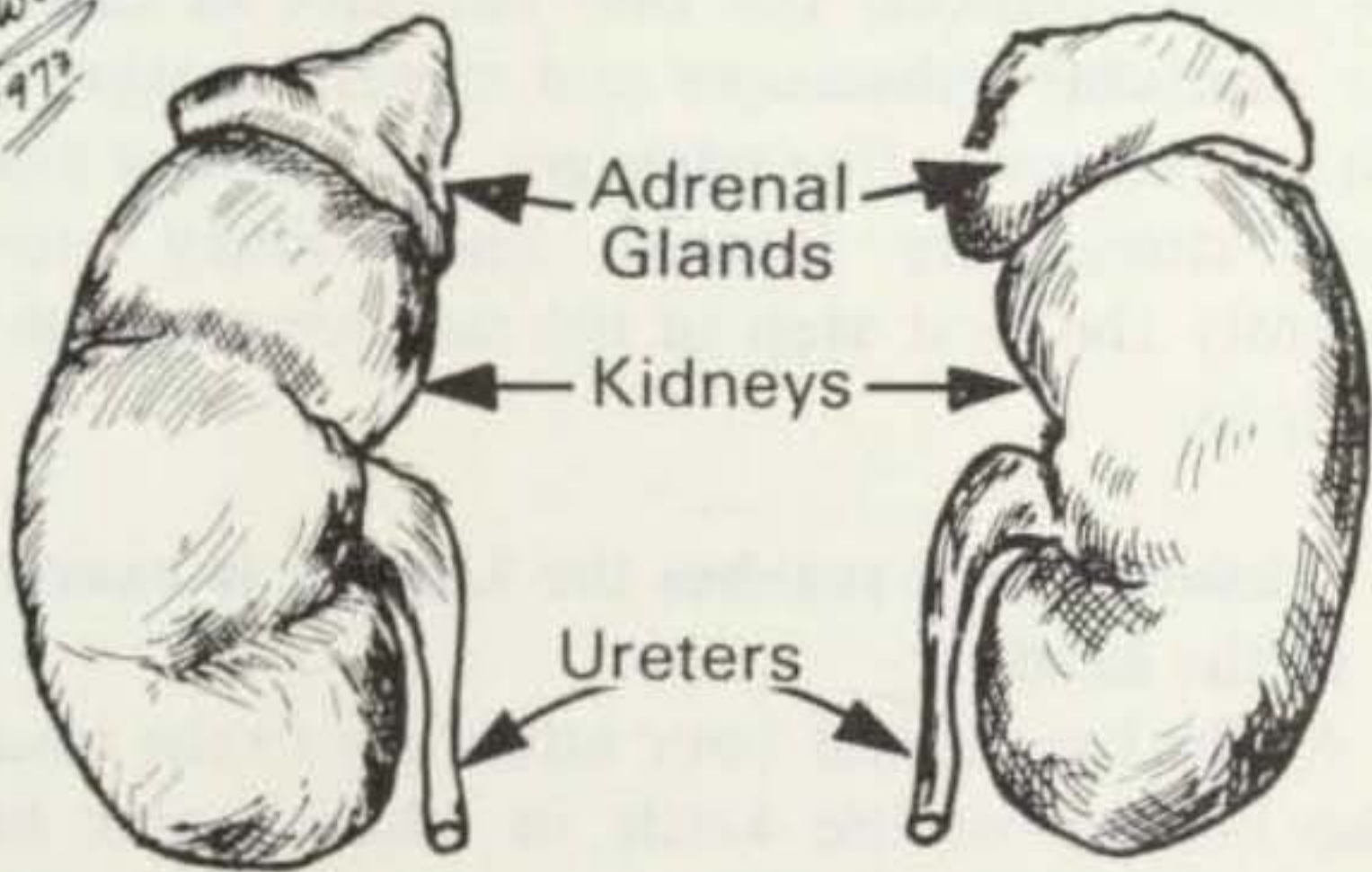
This knowledge about beer is a must, for everyone who cares.

I would feel guilty of the sin of omission if I failed to include in this book this long dissertation about one of the most common habits which men and women are addicted to — drinking beer on any and every occasion. Far be it from me to attempt to dissuade anyone from drinking beer, if he has a mind to do so. After reading this chapter one can do as he pleases. My conscience is clear.

Study the accompanying illustration of beer damage!



H. W. White
1973



These are destroyed by BEER!

Let us take a few minutes to look into the Kidneys:

So many people seem to think that the kidneys are merely a receptacle for liquids with some mysterious automatically controlled relief valves. Not so! A section cut across through the kidney reveals a vast number of tiny blood vessels, in groups, called glomureli. These glomureli form continuous tubes which, at the entrance in which the blood flows, is larger than that through which it passes out. This constriction at the outlet causes a high degree of pressure to form continually. The purpose of this is to enable the blood to disgorge from its contents the liquids and substances which are to be excreted. These are mineral salts and other contents of the water, such as urea, uric acid, etc. Under such pressure these extraneous substances pass into the funnel shaped expansion at the upper end of the ureter, the tube which leads liquids out of the kidneys.

Ah! here come the kidney stones!

You should be able to figure out how simply, under these circumstances, the fine particles of calcium and other unusable substances and minerals, start clogging up these extremely fine passages. This is how and where kidney stones are formed, and kidney stones are frequently the first step in the development of urinary afflictions.

The calcium which reaches the kidneys is exactly like that in the kettle.

Again I must call your attention to the results seen in the bottom of the kettle in which water has been boiled repeatedly, whether the water was hard or soft water. The sediment collected on the bottom of such kitchen utensils is mute evidence of the calcium and

other minerals left as residue, after the water, as steam, has left the kettle. Similar mineral residues pass through the veins and arteries as a result of drinking water from faucets, wells, springs, rivers etc. Heart attacks, coronary thrombosis, arthritis, rheumatism and many other painful afflictions can be traced to such residue remaining in the body.

Chapter 11

Wine and Liquor?

Can't I drink a glass of wine?

Wines and liquors have no place in this dissertation, strictly speaking, because no water is used in their manufacture.

Some pertinent remarks on the damages caused by alcohol, which are not generally known, may not be entirely out of place here, as these beverages are responsible for more broken homes, more accidents, more fatalities, more crime, more delinquency . . . in fact more of everything that is evil, disrupting and immoral than any other factor in civilization.

The average alcoholic content of wines is in the neighborhood of 15%. "Hard liquor" contains a disastrously high percentage of alcohol which causes, in the drinker, a speedy impetus to mental and physical behavior which is inverse to his natural self.

Alcohol's First Stop - - - The Brain!

The most damaging alcoholic evil is the affliction which these beverages cause to the human brain. Alcohol is the only substance which can pass through the walls of the stomach directly into the bloodstream. It is picked up by the blood and transported quickly to the brain areas. The most important and the most vital, sensitive impulses, functions and activities are generated in the brain.

Do You want to dissolve your brain in Alcohol?

There are many cells in the human body which are composed of elements which are either only soluble in alcohol or are dangerously afflicted by it. As an example, consider the crystalline sugar analogous to glucose, which is present in the brain tissues and is known as Cerebrose. This substance is quickly affected by alcohol. It is closely involved in the cerebrospinal fluid which, through the hypothalamus in the midbrain regulates the eyeballs, the ears and the individual's equilibrium or balance. You can readily see where bleary-eyes, uncertain hearing and a wobbly walking are indicative of having indulged in alcohol. When this Cerebrose substance dissolves and appears in the urine it indicates the serious condition known as cerebral diabetes.

Of all the beverages best left alone, alcoholic beverages are Number ONE.

Chapter 12

Sea Water

Don't drink it!

Sea Water is not, under any circumstances, intended to be used for drinking purposes. Nor can the water from inland salt water lakes be used as a beverage.

The very high volume of sodium-chloride (salt) contained in all these waters will choke the life out of anyone attempting to drink them.

Throughout the ages, shipwrecked sailors and others have perished when their fresh water supply was exhausted. They tried to assuage their thirst with sea water, they lost their sense of reason through their intense thirst and drinking sea water resulted in their death.

Ocean water and other saline waters can be distilled.

Ocean water and salt lake waters can be distilled and pure sweet water obtained thereby. The sodium chloride and other mineral elements (except hydrogen and oxygen) will be left behind in the water container. The steam product is clear distilled water.

Sea Water is loaded with mineral elements.

Sea Water from the Oceans contains all the 16 gross mineral elements which are needed for the maintenance of the human body and, in addition, it contains all of the trace elements, 43 of them, of which the human body is composed. However, the sodium chloride

is so highly concentrated that, in bulk, sea water is useless for human consumption.

Use only about 4 drops of Ocean Water at a time. Just a squirt of it.

Sea water from the Oceans is of immense value when it is used in fractional amounts, at the rate of 4 to 8 drops of ocean water to the glass or pint of whatever beverage you plan to drink. We have used these drops of Ocean Water for a long time and we feel that we have derived much benefit from this practice. The Ocean Water we use is collected from the Pacific Coast of California and is called CATALINA SEA WATER. We get our supply in pint bottles from the Health Food Stores.

Ocean Water is similar to human blood.

The analysis of Ocean Waters corresponds remarkably closely to that of human blood. This fact has proved of great value in the needs for blood transfusions. At sea, when it is neither practical nor expedient to use human blood for transfusions, Ocean Waters have been used with great success and complete safety. As a matter of fact, Ocean Water has proved to be much safer than the use of human blood for transfusions. When blood for transfusions is used from a "blood bank" there is no assurance that there has not been a racial mixture of blood collected from the donors.

**Blood transfusions are dangerous—
Ocean water is safer.**

There are several types of blood which have proved to be antagonistic to the blood circulation and health of patients of the white Caucasian race. The sickle-cell, for

example, which causes hepatitis in white patients is present in the blood of negroes. The blood-cell of Asiatics predisposes a white Caucasian patient to tuberculosis. The blood cells of different races should never be mixed. It was never, from the beginning, intended that they should be mixed.

The Salt content of Great Salt Lake water is 6 times greater than in the Ocean.

The salinity, that is, the salt or sodium chloride, content of inland salt seas is usually SIX TIMES higher and more concentrated than that of Ocean Waters.

The Great Salt Lake of Utah, for example, covers an area of about 1500 square miles. Compare this area to the size of the States of Montana, 1535 square miles, or the State of Washington, 1529 square miles. The whole of the State of Utah comprises 2535 square miles!

The Great Salt Lake is fed by three rivers but it has no outlet. Its high salt concentration and its high water level are kept more or less constant by evaporation.

The salinity of the Great Salt Lake is SIX TIMES greater than that of the Oceans. The sodium chloride in this Great Salt Lake water ranges from 15% to 25% of the total volume of minerals content.

The sodium chloride in Ocean Waters is only 3½% of the total volume of minerals present in them.

There is Vital Energy in Ocean Waters!

Perhaps the most important difference between Ocean Waters and inland salt lake waters lies in the VITAL ENERGY inherent in Ocean Waters which is deficient, if not totally lacking, in salt lakes waters.

2

Don't go fishing in Salt Lake. There are no fish there!

Proof of the lack of Vital Energy in the Great Salt Lake lies in the fact that there is not a fish in this Lake, nor is there any in other salt water lakes such as the Dead Sea in Palestine, and others. If live fish were placed in these lakes they would promptly die. Oceans, on the other hand, are full of fish of every kind and size. There IS a reason. Study the following analyses, as a matter of interest:

Product:	Vital Energy Factor ** (Hypothetical Potential)
Distilled Water	500
Distilled Water with the addition of 4 drops of Catalina Sea Water per pint	900
Distilled Water with the addition of 8 drops of Catalina Sea Water per pint	9,000
CATALINA (Ocean) Sea Water	90,000
Tap Water from my own home in Phoenix	2
Same Tap Water with 8 drops of Catalina Sea Water per pint, added	100
Great Salt Lake Water	6
Distilled Water with the addition of 8 drops of Great Salt Lake water per pint added	1
8 oz glass of fresh raw vegetable juice (carrot-celery-parsley and spinach) with 4 drops of Catalina Sea Water added - (I am drinking this now)	7,000

(Vital Energy Factor Potential - X1,000)**

I am convinced!

These figures convince me, conclusively, of the value of adding about 4 drops of thoroughly filtered OCEAN Sea Water per glass, or 8 drops per pint to whatever beverage we drink, and we have used this Ocean Water addition for a considerable time.

The above tabulation indicates that, by the addition of salt water from **inland lakes**, to Distilled Water, the Vital Energy is reduced in the proportion of 6 to 1. Furthermore, the distilled water is converted to a grade no better than that of Natural water from taps, springs, etc. In such a case the mineral elements are not likely to be absorbed by the cells of the body but are more likely to be rejected by them. What, then, is there to prevent the calcium, magnesium, etc., AND the concentrated sodium chloride, deposits from accumulating in the system?

Do You get my point? Now You form your own opinion.

I find no grounds for argument on this subject. Double-checking my research I have my answer, which seems to me to be right and unequivocal. I feel I am right, and I let others think what they want. I would feel foolish wasting time and words on something that is clearer to me than the Sun.

Chapter 13

Water is Water and that's THAT!

Oh, is that SO?

If you have NOT studied this book, or other books advocating the use of distilled water, DON'T discuss this subject with ANYONE! It is far better to let people THINK you know, than to expose yourself to the fact that the truth of the matter is not known to you, and that your opinion would be pure speculation.

There are differences in Water.

True, all water is liquid (above 32⁰F) and is wet, but to a degree the similarity between one water and another ends there.

Do you think Rain Water is pure?

There is rain water which, before it condenses from the clouds, is pure distilled water in vapor form. Once condensation sets in and water falls as rain then, on its way down to the earth, it becomes impregnated with whatever elements and pollution it can pick up from the atmosphere on its way down. Distilled water, even that which leaves the clouds, has the magnetic ability to collect whatever it contacts, if it is compatible with its absorption potential. By the time rain water reaches the earth, rain water, today, is not much better than the Natural waters already here on earth.

Saline (salt) Waters:

There are Ocean and other saline waters which are not for drinking nor for food preparation purposes.

Consider Hard Water-

There is hard water which has very heavy calcium and magnesium and other mineral contents. When such hard water is steam distilled all the minerals and other substances are deposited in the bottom of the water container, while the steam travels towards its cooling channels to become pure distilled water.

Now consider Soft Water:

(Natural, or produced by Water Softeners).

Soft Water has its full complement of the minerals which it has picked up when in contact with soil and rocks. Calcium and magnesium are outstanding among these minerals. When soft water is used as a beverage or in the preparation of food, the mineral elements pass through the body and almost invariably may leave a residue of debris. Soft water can be easily distilled and thus becomes pure water without any mineral elements or other substances to worry about.

What value have Mineral Springs Waters?

There are innumerable Mineral Springs which contain an overabundance of one or more mineral elements. These waters have been used for ages in Health Spas and as Health Mineral Springs. These Spring Waters may undoubtedly have benefited some people, while the benefit to the majority may have been purely psychological. You know that the mind has a powerful influence on the body. If we think hard

enough that a sulphur bath is what we need, we will soak ourselves in sulphur and go home feeling rewarded. To drink sulphur water is just as damaging in the long run as is any Natural water. However, even sulphur water can be distilled effectively.

To Drink - - - or NOT to Drink - - - Distilled Water?

Some people decry: DON'T drink Distilled Water!

Other people say that if you drink any water, drink ONLY Distilled Water.

Who is right?

Consider the facts! The most conclusive argument will produce no more conviction to a closed mind than the most superficial assertion. There is no substitute for experience.

As I suggested in a preceding page, try the experiment of drinking ONLY Distilled Water, whenever you drink water, during the next 30 days, and drink at least 3 or 4 glasses of it a day. It may then dawn on you that there IS a vast difference between Distilled Water and Natural waters.

People who say DON'T drink Distilled Water because it leaches minerals out of your body, are 50% correct.

Those who recommend drinking ONLY Distilled Water are 100% correct.

What are the facts?

The sediment that cakes the bottom of the kettle in which Natural water has been boiled repeatedly, is clear visual evidence that steam has left the kettle, in the form of vapor-distilled water, while all the other

contents of the water have cemented the bottom of the kettle.

These very same calcified elements which are left as residue in the kettle, and which are present in Natural waters, can be leached out of the body so long as they have not become a part of the cells and tissues of the body, if that were possible, which is unlikely.

Only the UNUSABLE minerals are leached out — NOT those part of the tissue.

The minerals contained in Natural water are not of a kind which the cells of the body can use. Consequently they are rejected by the cells and constitute a hazard in the circulatory system. Distilled Water has the ability to collect these UN-usable minerals and pass them as sediment into the kidneys for excretion.

People who say that Distilled Water leaches minerals out of the body are, therefore, correct only in this respect. This is only 50% of the truth. It is virtually impossible for Distilled Water to separate minerals which have become an integral part of the cells and tissues of the body. Distilled water collects ONLY the minerals which remain in the body, minerals discarded from natural water AND from the cells, the minerals which the natural water originally collected from its contact with the earth and the rocks. Such minerals, having been rejected by the cells of the body are of no constructive value. On the contrary, they are debris which distilled water is capable of picking up and eliminating from the system.

Can Distilled Water separate Caffein from a cup of coffee? NO!

Distilled Water does not have the selective ability

to separate detrimental substances which one has taken into the body by eating or drinking unwisely. If Distilled Water were able, for instance, to separate the caffeine from the numerous cups of coffee that a person drinks during a day, and pass it on directly to the kidneys for excretion, then such a person would not need to worry about the damage to his body which he is building up for a future affliction. As it is, millions of people drink coffee every day and these millions of people do not for a moment give any thought to the specter which awaits them in the form of disruption of the functions of the liver and kidneys and weakening the activity of the heart.

Atom by atom, calcium (lime) can become a 300 pound mass.

I would remind you of the word picture in a preceding page about the 300 pounds of calcium or lime which, over the years, passes through the body of a person drinking Natural water. Such a load of lime anywhere, is not to be overlooked. Particularly when your own body is involved. If such a nightmare is not enough to make a person a devotee of Distilled Water, I would like to know what IS? It is not the glass of water you drink several times a day that is going to make you bedfast with calcified arteries in a week or two or a year or two. The effect is very slow, but nevertheless cumulative. It piles up a tiny bit at a time until — it is too late to do anything about it. Prevention is the key note in the decision to use no water that is not Steam Distilled.

Warning — Ionized water is NOT Distilled Water!

There is a commercial product in the line of bottled

water that features IONIZED (or DE-IONIZED) water. This is a process which is much too complicated to explain in a book of this type. There are some authorities that claim that the resin beds used as a base through which the water passes can become the breeding ground for bacteria, viruses, etc. Even though it is claimed that the process removes “practically” all of the mineral elements, and that it can be used for all “distilled water purposes”, we prefer to use **ONLY STEAM DISTILLED WATER.**

To sum up the various kinds of water, there are Natural (or raw) water—hard water—soft water—boiled water—rain water (snow water is virtually rain water)—filtered water—DISTAL (ionized or de-ionized) water—and, finally, the “perfect” water: **DISTILLED WATER.**

We much prefer to be on the safe side and therefore use **ONLY the PURE STEAM DISTILLED WATER.**

Chapter 14

Water in Man and in Nature;

Man can live without air for a matter of minutes, not much more. Man can live without water for only 3 or 4 days, although under certain circumstances and conditions he can survive for a week or two.

Men have died in 2 or 3 days in the desert, when unable to get a drop of water to drink, where even the night atmosphere is usually deficient of moisture. One man has been recorded as having died in 18 days by not drinking nor eating.

What is water doing in your body?

The human body is composed of between 70 and 80 per cent water. This is pure distilled water. It contains only those elements which it transports as inherent parts of the system, or such debris as is to be expelled from the body through the eliminative organs.

Cereals, bread, etc., do dehydrate one so much!

The most dehydrated people on earth are those who live on massive quantities of processed cereals, bread and meat, drinking very little water except perhaps in their coffee or tea and in soft drinks.

Processed cereals contain only from 7 to 13 per cent water. The average water content of bread is only between 35 and 40 per cent.

All plants contain distilled water.

Did you ever consider the amount of water needed

to grow vegetation? Go into the country and look around. Notice that virtually everything on earth has water in its constitution. Every blade of grass, every bush, every plant, every tree is composed of 50 to 95 per cent water. This is DISTILLED water, atmospheric and other water which the plant naturally and automatically distils. Roots raise the shoots out of the ground into the atmosphere and immediately the plant begins to collect and distil water from the atmosphere.

Without water this planet earth would perish!

Look up - and you will find the sky full of moisture, even though you cannot detect it as water. The invisible moisture is the distillation of the evaporation of the exposed surfaces of water in the oceans, lakes, rivers, etc. DISTILLED WATER is truly the life-blood of our planet earth.

Every ounce of fiber in vegetation needs 15 gallons in order to grow!

Vegetation constitutes the largest volume of products on earth, for our economy.

In their natural raw state, vegetables and fruits, nuts and seeds for man, grains and hay for animals, are composed of from 60 to 95 per cent water. This is pure DISTILLED WATER.

This vegetation needs an average of 15 gallons of water for every single ounce of fiber in the plant while the plant is growing.

Believe it or not - it takes 20,000 gallons of water to grow 100 lbs!

Just think! Almighty God supplies between 19,000

and 20,000 gallons of moisture and water in order to furnish man with every 100 pounds of vegetables and fruits, and with every 100 lbs of alfalfa and other feed for animals!

Get rid of One Gallon of water from your body every day!

The human body should expel about one gallon of moisture or liquid every 24 hours through the pores of the skin and through the other eliminative organs, to prevent the collection of excessive waste matter in the system. Without replenishment, the body would soon become dehydrated, besides becoming liable to debilitating ailments.

One rarely considers the amount of water which is obtained by means of the food one eats and the beverages one drinks during every 24 hours of one's life. This water problem should receive daily consideration and enough liquids should be used every day to replenish the water level of the body.

Don't fear decrepit old age - drink lots of Vegetable Juices.

All vegetables and fruits are replete with organic distilled water and their juices are the most nourishing. They are quickly assimilated in a fraction of the time necessary to digest and assimilate the vegetables and fruits themselves, as well as other foods. It is really essential, both for the wellbeing of the body and with the aim to avoid the long range likelihood of premature bodily decay, that at least a pint or two of Steam Distilled Water be drunk daily, plus as much fresh raw vegetable juices as possible.

Your own body creates some water within you!

We must, indeed, be grateful to our Almighty God for the wonderful, miraculous anatomy with which He has invested us. Just think how assiduously your body works for you to help prevent your destroying it, without your being the least bit conscious of the fact.

Consider the amazing manner in which, by its own inherent ability, the body is able to create a certain amount of its own distilled water by the oxidation of sugars, fats and proteins stored within it. The oxidation of one ounce of fat in the body, for instance, will produce one ounce of water!

Did you know that you are a human capsule filled 70% with water?

The purpose of drinking water is not solely for the quenching of thirst. Water constitutes the major part of the composition of the human body. More than 70% of the composition of the body is distilled water, whereas the body contains only about 5 quarts of blood!

The water in the human system must essentially be distilled water because distilled water, by its inherent magnetic principle, is able to collect many of the impurities which either collect in mass or float around in the system.

Hot or cold — the water within you keeps you temperate.

The water in the body is necessary to maintain the body at the temperature best suited to its comfort in accord with its environment. This is accomplished by means of the temperature control mechanism in the brain area, by a group of fibers known as the Hypothalamus. We will discuss this gland-like organism in due course.

What would a woman do without water to pour out in tears?

Water is needed in your breathing processes. You know how uncomfortable it is to have your nostrils so dry that they irritate, while, on the other hand, your nostrils are equally bothersome when they become overly moist with excessive fluids. In more or less the same area, a deficiency of water in the lachrymal glands would make it virtually impossible for a woman to weep when under emotional stress, and that of course would be calamitous under many circumstances!

When water supply fails, eat lots of vegetables and fruits.

As the need to supply the body with so much water is obvious, the source of the water is an important matter. Distilled Water, we have emphasized, is truly of vital importance. In the fresh raw vegetable and fruit juices we obtain not only the finest distilled water available, but also the nourishment which will thoroughly and speedily feed the cells of the body most successfully. Such a constructive and prevention program cannot help but develop Vibrant Health and forestall the nightmare of waning energy and vitality.

Through lack of this vital knowledge, people take water for granted when they are thirsty or when they are preparing food. Water is such a common commodity that rarely does anyone give it a second thought, so long as it is available. When water becomes scarce or is lacking altogether, whether by accident or through Natural causes, few people realize how much water is available that lies hidden within vegetables and fruits, even eaten whole, in their natural raw state.

Water supplies you with heat and energy.

You need distilled water in your system if you want heat and energy. The food you eat does more for you than to nourish the cells of your body. It furnishes you with heat and energy, if the food is the kind and type of nourishment that will supply you with these commodities. Bear in mind that 25 per cent of the heat value of the food you eat is dissipated by perspiration through the pores of your skin as well as through your lungs when you breathe. This evaporation alone expels between one and two pints of water from your system every day.

The loss of water through the pores of your skin becomes more pronounced in hot weather, and particularly when strenuous exercise is indulged in, when perspiration increases greatly. In the case of such copious perspiration the body can readily lose ONE GALLON of water in one hour's time.

How do you lose water in your system?

Besides the loss of water by perspiration, between the elimination of liquids by the kidneys and the excreta from the bowels there can be an average loss of some 2 to 3 quarts of water in the course of 24 hours.

With an excessive consumption of beverages this elimination is correspondingly increased. This is particularly the case when beer is consumed in too great quantities, as we have told you in detail in a preceding page.

Chapter 15

The Salivary Glands

Those glands in your mouth. They need water constantly!

Among the many functions of the body using water constantly, we must not overlook the salivary glands. Without the salivary glands you would not be able to digest your food and your mouth would be perpetually dry enough to drive you out of your mind!

There are three types of salivary glands, and you should become acquainted with them because they will intensify your interest in maintaining the proper water balance in your system.

The parotid glands are located one in each cheek. The submandibular glands (mandible means jaw) are in the rear of your mouth under your jaw. The sublingual glands (lingua is the tongue) are located under your tongue. *Study the accompanying sketch.*

Besides the salivary glands, the tongue itself has a number of glands with pores opening on its surface. These are the serous glands (serous means thin or watery), and the mucous glands on the upper side of the tongue, and mixed glands on the under-surface.

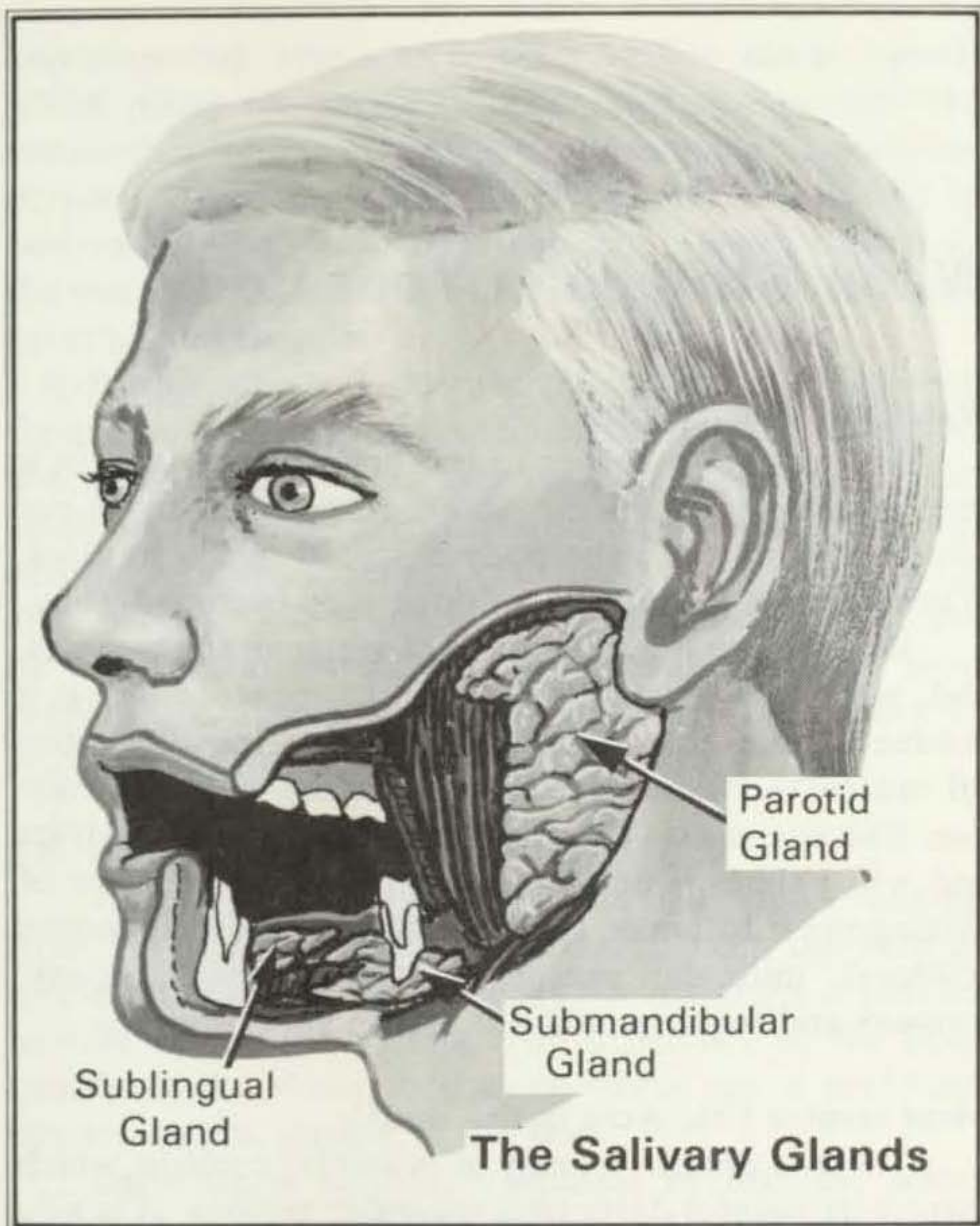
The salivary glands are specifically active in the digestive processing of the food and beverages which you put in your mouth. The tongue glands, on the other hand, are constantly active in keeping the mouth and the tongue moist.

The combined liquid output of these glands amounts to about 3 pints every 24 hours. Realize how important it is to use PURE water!

Can you imagine what an accumulation of calcium (lime) would taste like in your mouth if the unusable minerals are not completely eliminated from your body?

Where do these glands get their constant water supply?

Yes, where do these glands get their moisture? From the distilled water which is constantly circulating through your system. From the water storage in your body!



The Salivary Glands secrete saliva to start the digestive process. There are other glands, on the top and on the under side of the tongue whose function it is to keep the tongue and the mouth moist, constantly. (As the tongue is not shown on this sketch, these particular moisture-producing glands cannot be shown.)

All these glands use about 3 pints of water a day. If such water is deficient or in any way polluted, dryness of the tongue and mouth can ensue. The tongue and mouth would then be uncomfortably dry, and the saliva would be inadequate or deficient enough to prevent the proper initial steps of digestion. This could result in heart burn, indigestion, etc.

The careful selection of all beverages is obviously of the greatest importance.

Chapter 16

Water Storage in Your Body

Water in Your Muscles!

The storage of water in the body brings to light a very interesting problem. About 15 per cent to 16 per cent of the water in the body is stored in the muscles. When muscles become dehydrated they become flabby.

When there is a deficiency of water in the muscles, and when the circulating water happens to leave a residue of unusable minerals in the muscles, very painful muscular affliction can result during physical exercise. Exercise causes the muscles to expand and contract and when there is dehydration, and in the presence of extraneous substances, (such as calcium and magnesium residues), muscular spasms, cramps, anguish, agony, torment and torture make the victim very miserable.

Meat creates Uric Acid in the Body!

There is another enemy of muscular comfort which thrusts its painful darts into muscular regions. It is uric acid.

Where does uric acid come from? It is the end product of the excessive eating of meat and meat products. Digestion of meat causes the generation of uric acid. Muscles have a particular affinity for uric acid - up to a certain point. Muscles have a limit of tolerance for uric acid which they can absorb with impunity. When the limit of tolerance has been reached

and exceeded, uric acid forms very fine sharp crystals which pierce the nerves in order, perhaps, to warn the victim that he is guilty of having become a carnivorous person. These sharp uric acid crystals are nothing to be treated lightly nor to be neglected. When neglected, the victim is punished by afflictions such as rheumatism, neuritis, and the like.

People who eat no meat are never troubled with these uric acid afflictions. Such vegetarians, however, are never exempt from nor immune to the afflictions resulting from the accumulation of calcium and magnesium residues collected over the years in their veins and arteries. The deposits of these elements left there by the Natural waters used as beverages and for food preparation, if not corrected, will leave their mark in later years, also causing muscle trouble.

The skin is also a reservoir.

Water is also stored in the skin in amounts ranging from 10 to 15 per cent. In order to keep the skin in prime condition it is necessary to maintain a correct balance of water and fats. The deficiency or the poor quality of the water used as beverage has a profound bearing on the quality of the skin.

Drinking a sufficient amount of distilled water daily can be a great help to keep the skin clear, and drinking vegetable juices furnish the finest nourishment we have found for maintaining the texture of the skin beautiful.

Chapter 17

About Carrot Juice

Carrot Juice — truly a boon to humanity, when health is wanted.

For more than half a century I have been using quantities of carrot juice daily, anywhere from a pint to, at times, a gallon a day. I attribute my Vibrant Health and the splendid texture of my skin directly to the use of carrot juice.

Utterly ignore those who know not what they talk about!

There was a time, when I first started drinking carrot juice, that my skin took on an orange yellow hue. I discovered that this was due to the cleansing of my liver, which happened to be in VERY bad condition at the time. However, after a few months the discoloration disappeared and my skin was better and clearer than it had ever been.

During the past half century thousands upon thousands, if not MILLIONS of people have been drinking carrot juice with NEVER, to my knowledge, a single adverse effect.

Newspapers are notorious for stacks of misinformation!

I am emphasizing this here, now, because some columnists have taken it upon themselves to impugn the use of carrot juice and to assail the benefits which millions of people the world over have received from its

use. This silly twaddle causes confusion in the mind of some who earnestly seek to improve their health and their lot in life. It is unnecessary. Anyone impugning the value of fresh raw vegetable juices as a means to gain or regain health, energy and vitality has certainly had no experience. As there is no substitute for experience, it would be far better if they tried a 6 month's raw vegetable juice regimen.

My book, **FRESH VEGETABLE AND FRUIT JUICES, What's Missing In Your Body?** is based on my experience over many score years, and is attested to by innumerable people the world over.

Chapter 18

The Deadly CHLORINE.

The present-day history books give little if any details about the chlorine gas that was so despicably used during World War One. Untold thousands of soldiers and civilians outlived the end of the war as wrecks, with their inward parts burned by chlorine gas.

Chlorine kills the enemy in war and the Citizens in peace!

When the war was over, the use of chlorine was diverted to poison germs in our drinking water. The idea was conceived, and carried out, to chlorinate ALL water supplies throughout the country with the avowed object of killing bacteria.

Chlorine + animal fats = Atherosclerosis!

The combination of Chlorine (when used in chlorinated water) combined with animal fats eaten in the diet, causes a chemical amalgamation of the chlorine and the fat which results in the formation of a gummy substance in the arteries. This gummy substance is a cumulative process so long as the person continues to drink and eat this combination. There is no way to correct this affliction once it has progressed too far, because the accumulated gummy product in the arteries causes heart attacks as the mildest warning, likely to develop into atherosclerosis, then a funeral.

What is the answer?

The answer is simple. When steam leaves the container in which the water has been boiled to convert it into **DISTILLED WATER**, neither the chlorine, the minerals nor the toxins and poisons join the **DISTILLED WATER!**

Chapter 19

Connective Tissues

These are membranes covering and supporting everything in the body.

When a large volume of Natural water is drunk, osmotic pressure through the connective tissues is demonstrably decreased, causing the obstruction of functions and activities in the area where it occurs. This interference with the osmotic pressure may result from the mineral matter in the water or from an excessive consumption of salt and starchy and sugary foods.

The connective tissues are films of varying fineness, forming a membrane the vast extent of which is beyond the conception of the human mind. While I have no actual figures upon which to base an estimate, it seems to me that if all the connective tissues in the body were separated and stretched out on the ground, they would cover several ACRES!

My Friends' Station Wagon had a heart attack!

Early this year a gentleman and his wife, friends of ours, decided to go away for a few days. Their itinerary to the Northern end of Arizona took them through the town of Williams (6800 feet elevation above sea level) to the City of Flagstaff (6905 feet elevation), a distance of some 50 miles. Half way to Flagstaff they drove into a heavy snow storm. The wife was driving, and when about half way to Flagstaff the

engine in their station wagon began to have heart trouble. That's right. Their ENGINE had heart trouble!

He told his wife to pull over to the side of the road—a 4-lane highway — and he drove the car at about 15 miles an hour (as against the 50 miles an hour she was driving), nursing it along until they arrived safely in Flagstaff where he drove directly into the Service Station of the Dealer who handled the same kind of car as theirs.

He told the foreman he thought the gasoline line from the gas tank to the carburetor might be clogged up.

The foreman quickly took the filter off the gas line and replaced it with a clean new one, whereupon the engine purred like a kitten and they went on their way. He tells me they have had no further trouble. The diagnosis was correct!

The filter on my friends' gas line is analogous to ONE tiny particle of connective tissue. They bought a new filter and had it connected, in a matter of minutes. If you should have a heart attack you cannot replace the connective tissue, at any price. The harm has been done, irretrievably. The accumulation of lime (calcium) and magnesium, over a period of 40 or 50 years of drinking Natural Waters can readily be quite considerable. Such an accumulation of calcium could block many filtering places in the connective tissues, besides veins and arteries.

Connective tissues are the greatest filtering plant in the world!

Every drop of water, lymph and blood which circulates through the body is filtered through these connective tissues. Consequently all the food you eat, after it is digested, is likewise filtered through these

connective tissues before its component particles can reach the cells for which they are intended. When, through such filtering, the connective tissues are blocked with either calcium, white flour starch and other incompatible substances, then the blocked areas are bound to cause trouble.

Oh how refined foods do impede the filtering processes!

The impurities which circulate through the system with the water and the blood are the villains which clog up the microscopically fine mesh of the filtering membrane. Such foods as concentrated devitalized flour, starches and sugars, in addition to the calcium in the water, can do their share in obstructing the passages through the connective tissues.

It is important to bear this in mind because we cannot blame only the calcium, magnesium, etc., in the water for these obstructions. Wrong food combinations as well as starch and sugar products in the carbohydrate category can be the culprits. There are the right and nourishing kind of carbohydrates, and there are the wrong kind intended to appease the appetite without regard to either their health or their nourishing qualities.

What Carbohydrates are nourishing, compatible foods?

The carbohydrates which are considered nourishing foods are vegetables and fruits, potatoes, beans, lentils, herbs, peas, grains, etc., when eaten raw and, in the case of beans, peas and lentils, and grains, when sprouted.

The carbohydrates consisting of the "refined" foods have been deprived of their nourishing value, their maximum nourishing value, and we do not consider them compatible with the achievement of Vibrant Health.

What's wrong with "refining" foods?

The refining processes consist of REMOVING the valuable part of the food. In other words whatever will prevent the food from being kept for long periods of time without spoiling, is extracted and eliminated. These "refined" products are the carbohydrates which are not soluble in water and can therefore readily block the connective tissues, particularly the veins and arteries. Examples of this effect are noticeable in choked varicose veins, coronary occlusions causing heart attacks, etc.

What is the purpose of Connective Tissues?

In general, the purpose of connective tissues is to bind, to support and to protect the parts and organs in which they are involved. These parts include the millions of walls of blood vessels, the miles of nerves and nerve sheathing, the muscles, the glands, etc. Their inherent function is in connection with the circulation and storage of body fluids and of nutritional substances.

The connective tissues consist of membranes forming adipose tissues, pigment tissues, the walls of the blood vessels, the membranes supporting organs such as the liver, the kidneys, the testicles, etc. They are also involved in the metabolism of cells.

Some of the connective tissues have cells for the collection of fats. When these "fat-cells" become engorged with fatty substances they form the membrane known as adipose tissue.

Connective tissues form the structure of the cornea of the eyes, they form the outer covering of the brain and the membrane of the spinal cord.

Every piece and parcel of connective tissues is intimately involved in the filtering of water. THAT is why the kind and the quality of the water is so important.

Obviously no better nor safer water can be used than Distilled Water. This is the reason for my detailed and lengthy dissertation on the subject of connective tissues.

I assume you value YOUR health, and, furthermore, you surely do not want to join the throng of prematurely aged people who have nothing for their release to look forward to, but for a demise. Right?

You can't tell where or when calcium will obstruct the filters!

So vast is the area of the connective tissues that it would be quite impossible to guess where a filtering process will be blocked. The most frequent location is of course in the veins and arteries because the fluids circulate through every part of these channels constantly and take the brunt of the traffic.

Remember, that while you have only about 5 quarts of blood in your body, you have between 50 and 80 quarts of water throughout your system. Watch the water you put into your system, if you value VIBRANT HEALTH.

Chapter 20

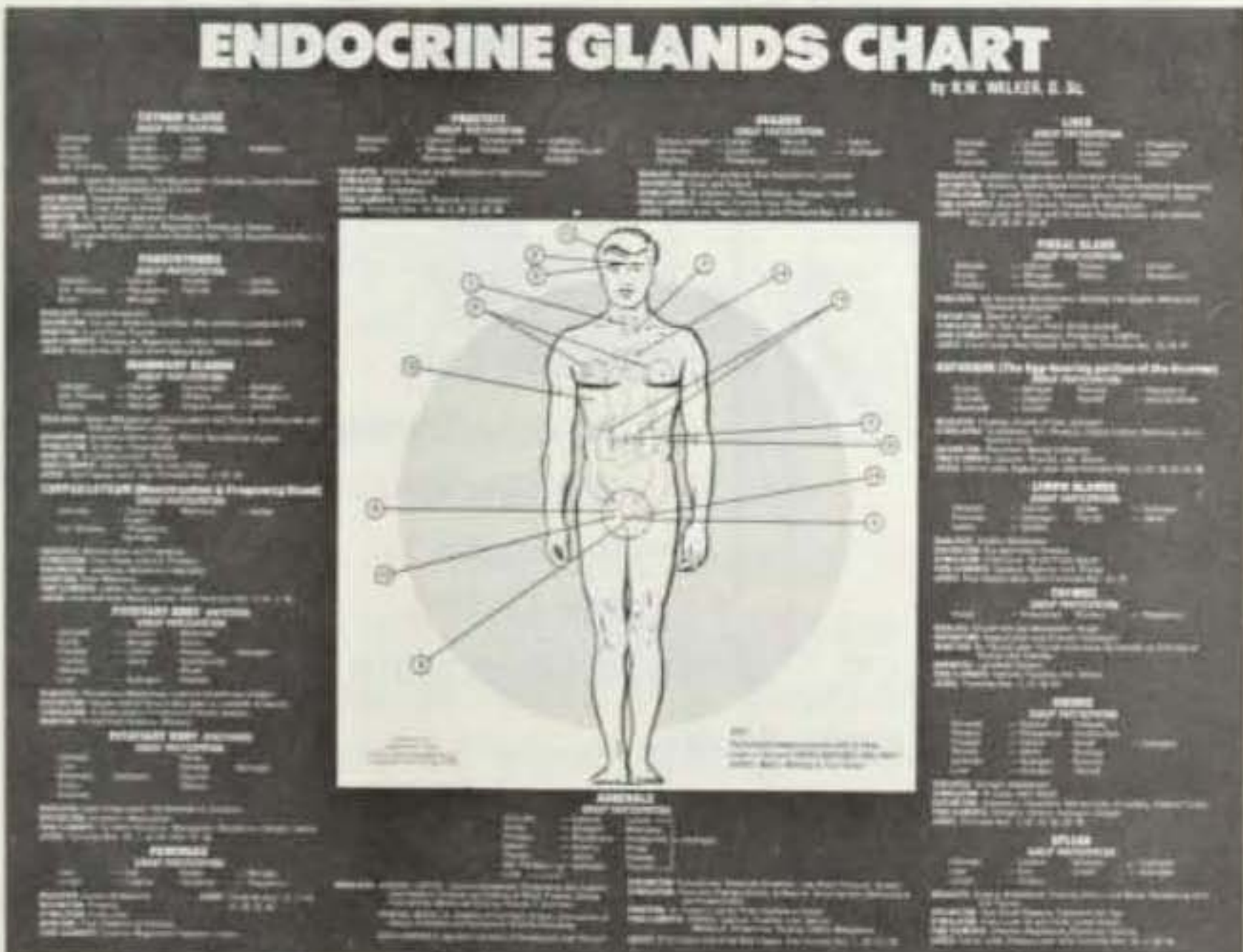
Your Glands NEED Distilled Water

Are you acquainted with your Endocrine Glands?

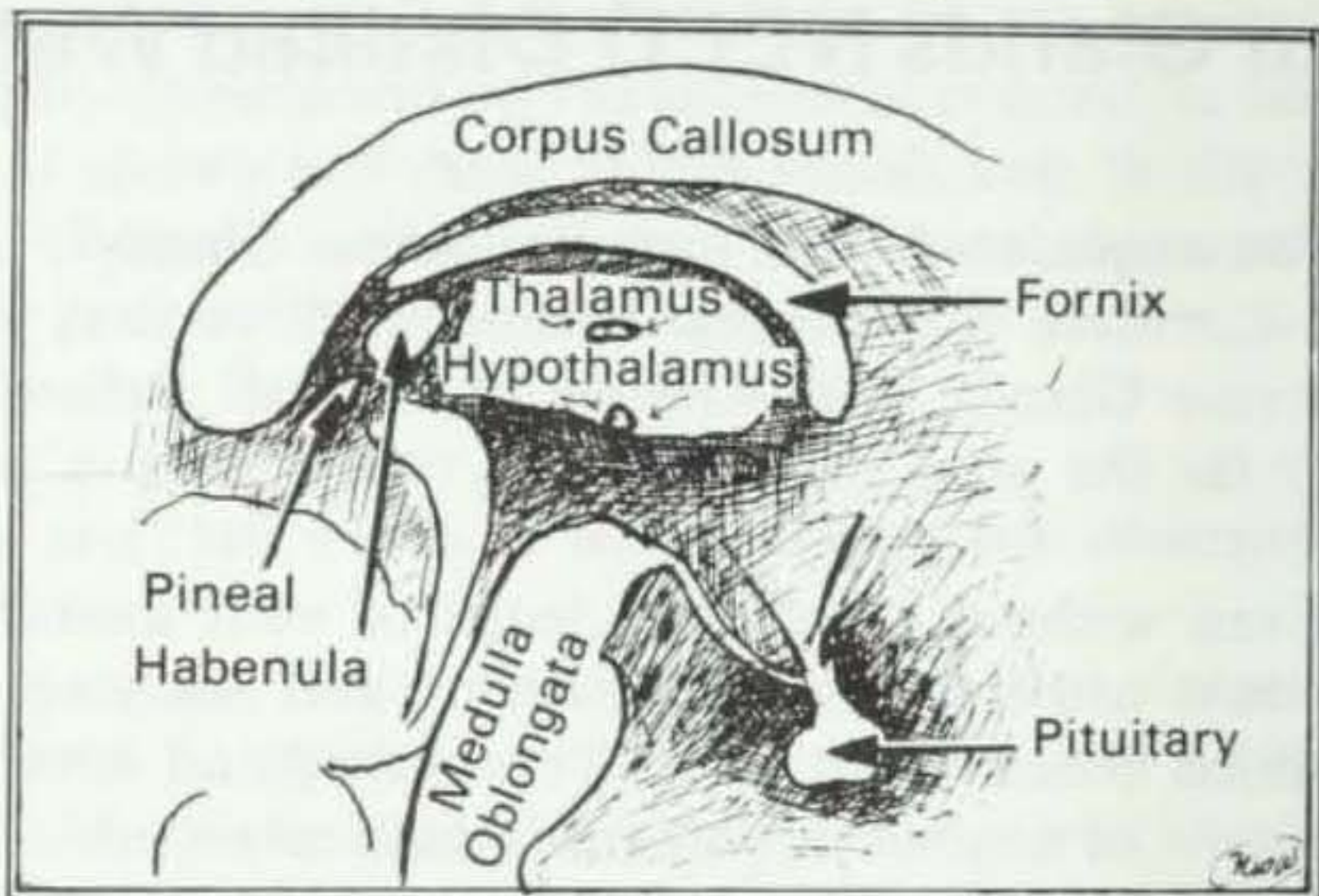
I can state without fear of contradiction that your Endocrine Glands, your Glands of Internal Secretion, are by far the most important and vital organs in your body.

Even without much knowledge of your anatomy, you could profitably spend hours on end studying the Endocrine Gland Chart which I composed and drew for the benefit of anybody concerned, and interested.

In my opinion you could study any one of the books I have in my library on the subject of these Glands, 400 and 500 page books, and not get so clear a picture in a matter of days, as you should in the pictorial study of my Endocrine Gland Chart, in a matter of minutes.

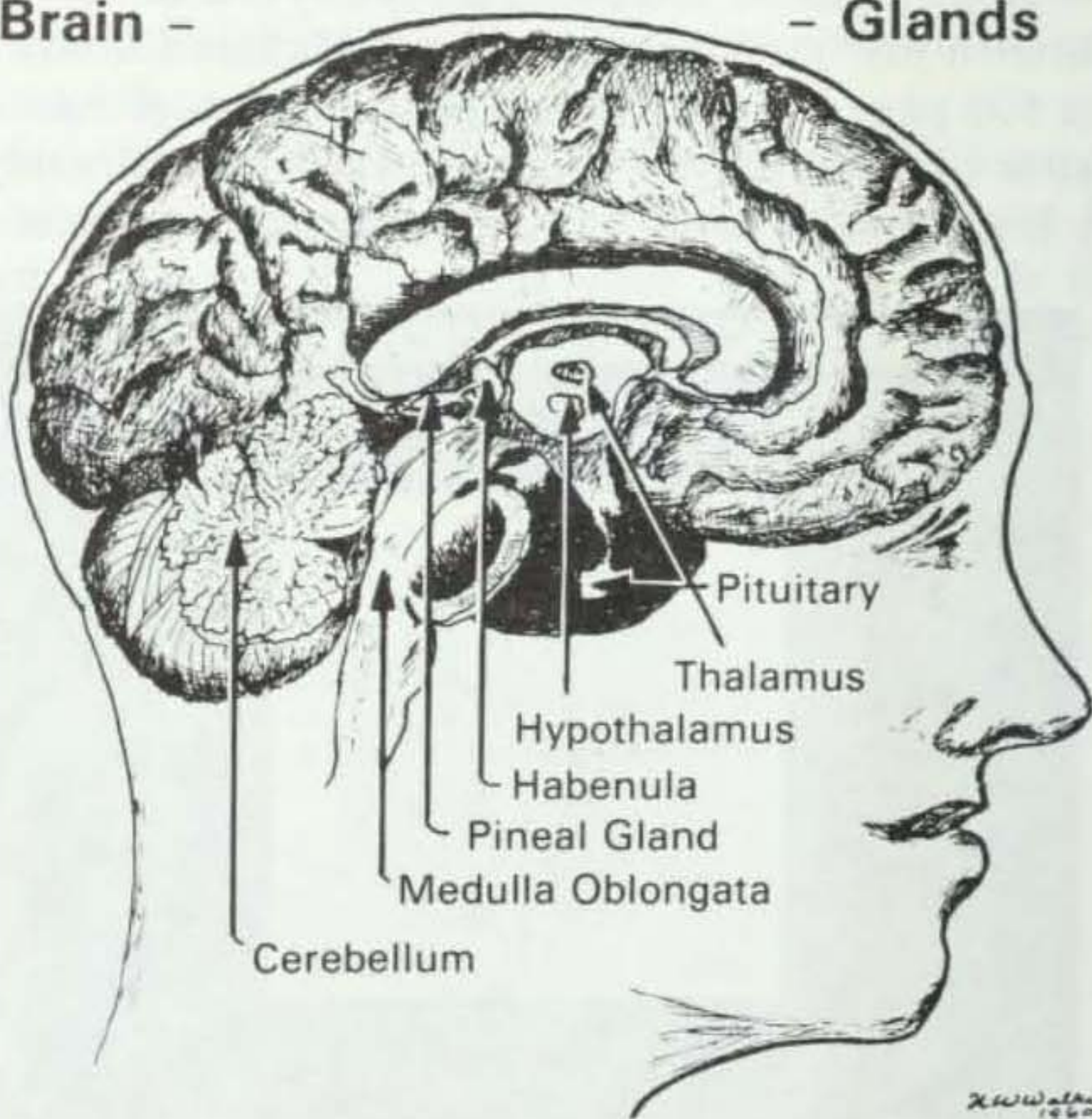


Enlarged Section of Gland Area



Brain -

- Glands



Chapter 21

The Hypothalamus

There is one organ among the glands that is composed of a group of fibers, located in the midbrain, and is known as the Hypothalamus. Although the hypothalamus is not an Endocrine Gland, it could be considered the Emperor of the Endocrine Glands system.

(Note: Because the Hypothalamus is not actually an Endocrine Gland, it is not shown on my Endocrine Gland Chart listed at the end of this book).

Located just above the pituitary gland and just below the thalamus, it is involved in, regulates, controls, stimulates and inhibits one or other of all the glands in the body, thus having a direct influence over virtually every activity of the human system. Study the accompanying illustrations.

Water balance is extremely important.

The control of the water in the system is both important and far reaching, because it is essential to maintain the body fluid in balance, which means regulating the conservation of the fluid, the replenishment and the elimination of water.

It is one of the functions of the hypothalamus to take care of these activities for you. Naturally, the best water available is none too good for your system and for the activity of your glands. Distilled Water is one answer to this problem which may make the difference between a healthy system or an ailing body.

Elimination of water from body must be under control.

Without regulated control, the urinary bladder would let so much liquid escape that a human being could not function normally and would, furthermore, become dehydrated in a very short time.

The hypothalamus exerts this control, through the pituitary gland. In doing so, the quality of the water in the system has a marked influence, and this is something that is never considered when one is thirsty.

Did you ever feel too hot or too cold?

In the Winter time, one shivers when it is cold. In the Summer one perspires when the heat becomes intense and humid. What is the answer? *Temperature regulation!*

In the home, office and factory we have thermostats which automatically control the necessary temperature. In your body you have the hypothalamus which is your temperature regulating mechanism.

In cold weather the nerve impulses act in closing many of the pores of the skin and at the same time raising the heat factor in the blood circulation. This causes the individual to generate his own furnace heat, so to speak.

In hot weather, on the other hand, another set of impulses is started which opens up the pores and permits moisture to wet the skin, resulting in the cool feeling of air against the moist skin, and to bring a cool degree of comfort to the system.

These impulses involve the action of nerves, and nerves have a constant flow of cerebrospinal fluid through them which is dependent on the quality of the fluid in the body.

Hungry? Your hypothalamus tells you so!

Hunger and appetite are of course two totally different sensations, but they are both under the direction of the hypothalamus.

When the cells and tissues of your body have been active, they need replenishment and regeneration. This is taken care of by the hypothalamus sending the necessary impulses to the digestive organs and glands. This is hunger.

Appetite, however, rings another bell. In this case it is the desire elements in the brain areas that nudge the hypothalamus into the suggestive activity to eat or drink what the brain has indicated.

Obesity is rarely the result of hunger but it is definitely associated with the hypothalamus responding to the appetite desires. Thus we understand why appetite is or can be under the control of the will and will power.

Your blood pressure responds to orders from the hypothalamus!

The needs of the body for the flow and pressure of the blood varies constantly. The regulation of blood pressure involves not only the action of the heart, but also is initiated by the hypothalamus.

If you had studied anatomy in your school days, you would know that the dilation (the enlarging or expanding) and the constriction of your blood vessels is an essential process in maintaining the proper pressure balance of blood in your system.

The volume and the quality of the water in your blood has a great influence in the state of your health. The adrenal glands exert much of the control of these processes, but the adrenal glands are themselves

influenced by the hypothalamus. Thus the quality of the water in the system affects your entire glandular chain.

Calcium (lime) from regular water may play havoc with the Glands.

Distilled water is always the safest to drink. As regular water may leave deposits of calcium and other unwanted minerals in the blood circulation, these may find their way into the Endocrine Glands system with disastrous results which might never be attributed to these unusable minerals as the cause.

If one in a million is afflicted by such lime deposits,— Don't You be the One!

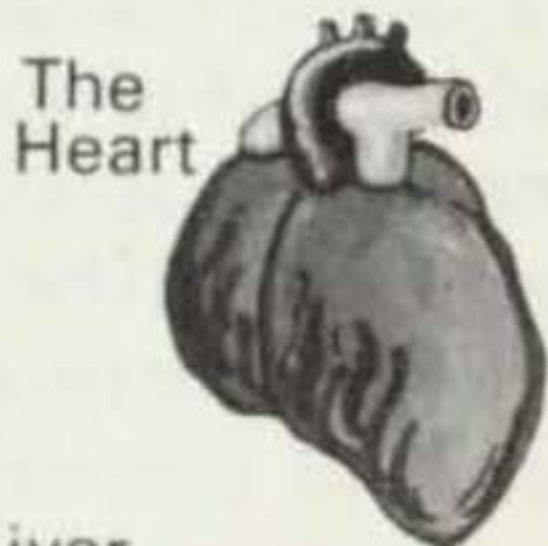
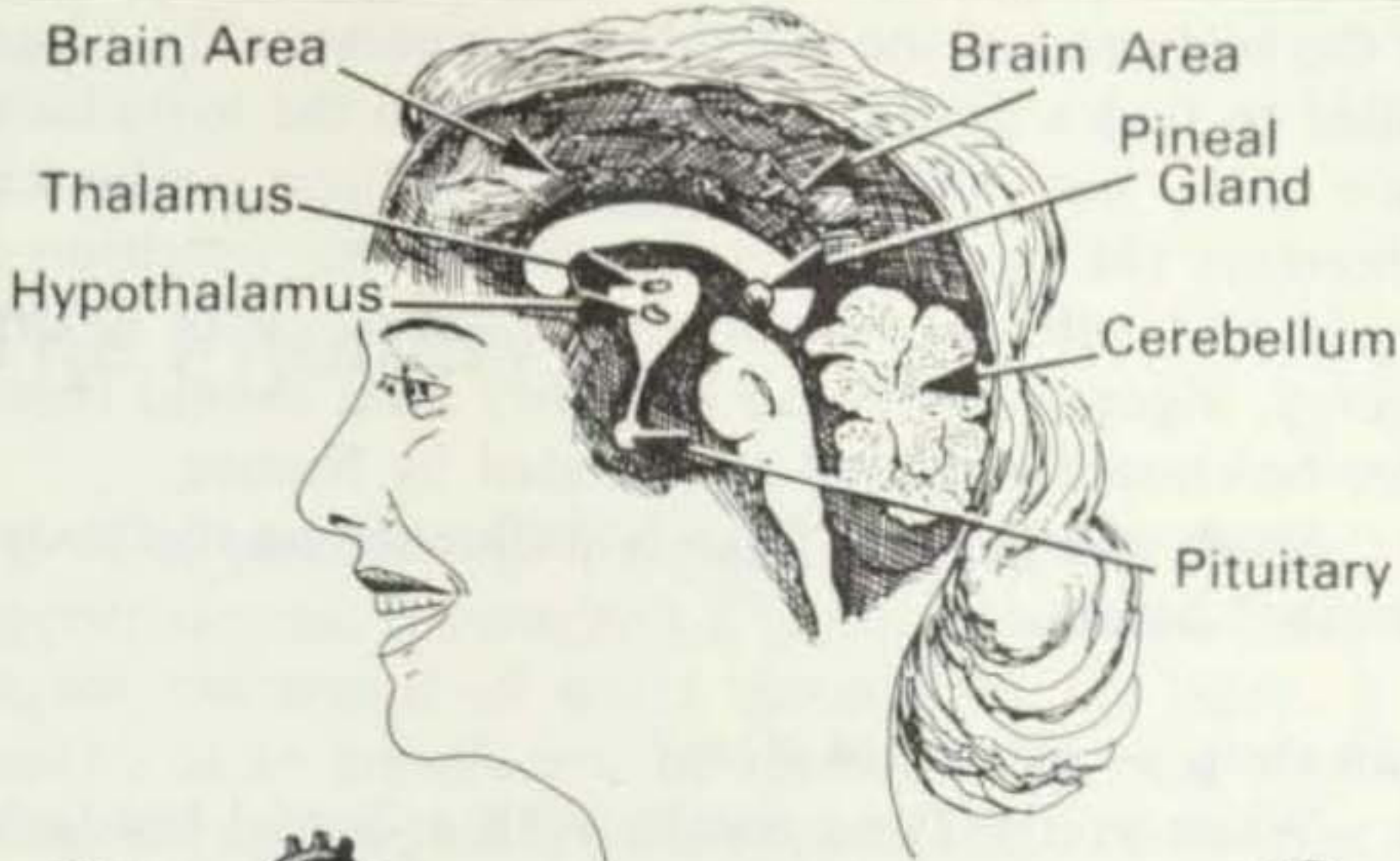
Because billions upon billions of people in the past several thousand years have survived the drinking of regular water, the real cause of their demise was never attributed to calcium deposits in their system. Today we have every reason to suppose that such has been the case.

However, there is no cause for alarm. People are indoctrinated with the idea that man's life span is a mere 3 score and 10, so (they think) Why worry about it?

Personally, I will not go on that premise, of Why worry about it? I prefer to "play it safe", so that my liquid beverage intake is and in so far as I can control it, will be till the end of my days, fresh raw vegetable and fruit juices (which ARE distilled water) and as much distilled water every day as I feel the need of.

Hypothalamus involved in all your body and mental activities.

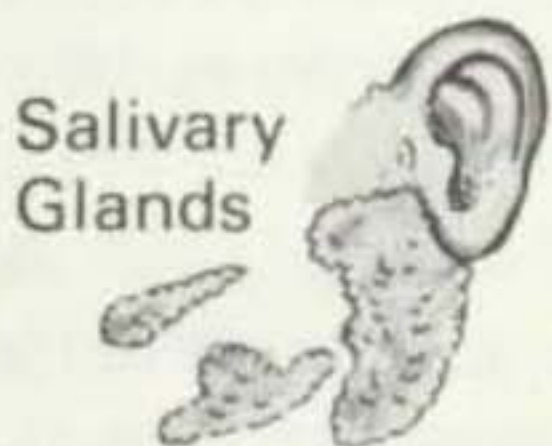
In my search to find the involvement of the hypothalamus in all the physical and mental activities



The Heart



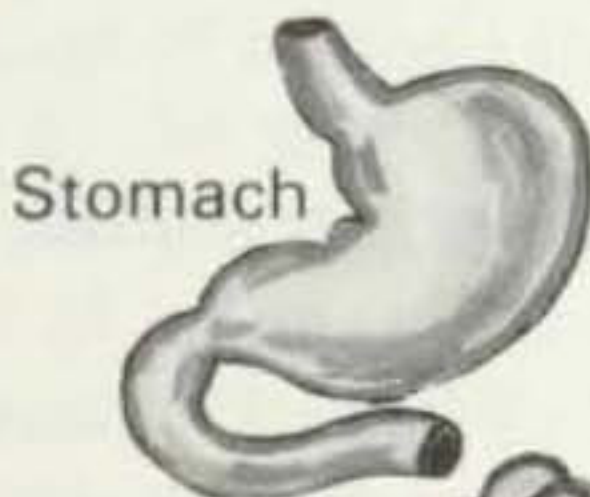
Thyroid



Salivary Glands



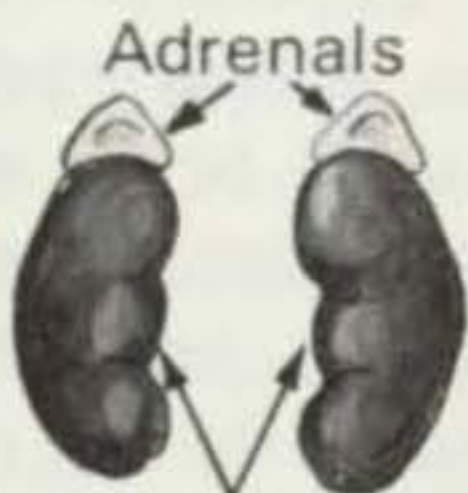
Liver



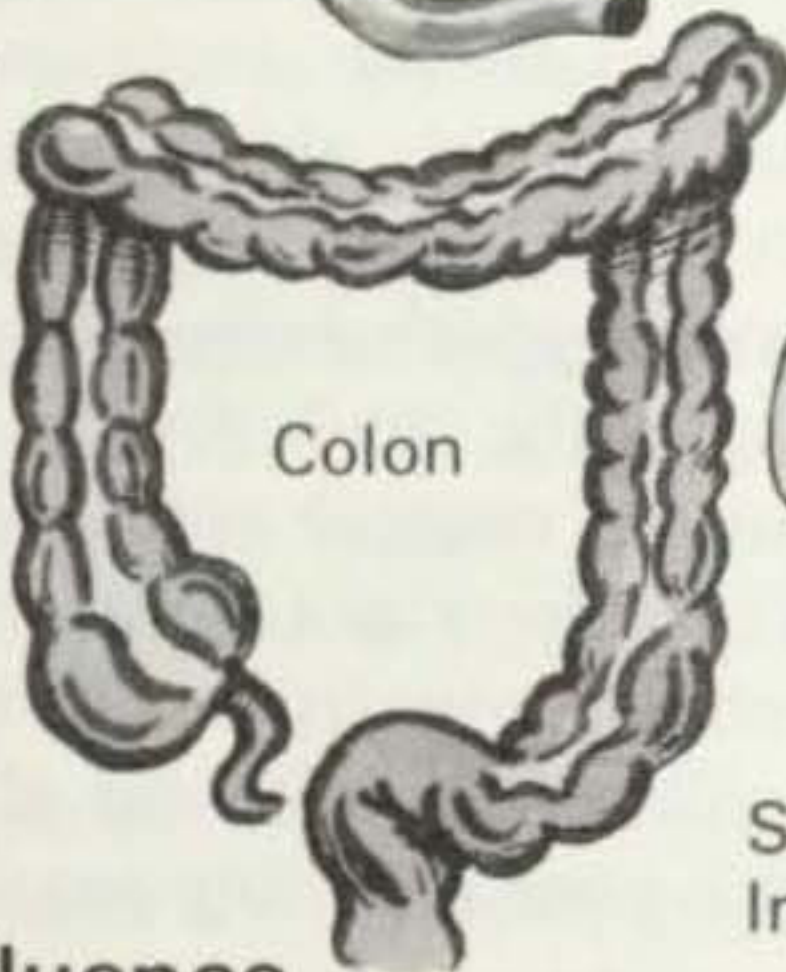
Stomach



Pancreas



Adrenals



Colon



Small Intestine

Kidneys

Glands' Influence on The Body's Organs

N. W. Walker
1973

of the body and of the individual as a personality, I have failed to find a single instance in which the hypothalamus does not have a direct or indirect influence. Therefore the intelligent conclusion is, that nutrition in liquid and substance is of vital importance to health, energy, vigor, vitality and longevity, and should therefore be chosen and used as intended by Nature.

Study the picture "Glands' Influence on the body's Organs" herein.

Can sleep — or cannot sleep?

When you're lying awake with a dismal headache and repose is taboo'd by anxiety, sit up in bed for a moment and realize that there is something or other disturbing your hypothalamus. That's right. That is the mechanism that controls your going to sleep and your waking up.

Do you ever get angry, resentful, exasperated, bitter, furious?

While your Solar Plexus, in your midriff, is considered the seat of the emotions, your adrenal glands and your thyroid gland are just as deeply involved. Nevertheless, the very seat of emotional involvement is your hypothalamus. Think of this when your emotions have the tendency to get the better of you. As you learn to control your hypothalamus, not only by means of the right food you eat and the constructive beverages you drink, but also by the use of your mind and will power, all your glands will benefit and cooperate with your attaining peace and tranquillity within you.

Chapter 22

The Pituitary

The pituitary is the gland immediately below the hypothalamus. It generates a hormone which is involved in the movement of water throughout the body. It is known as an antidiuretic hormone whose vital function is so important that a deficiency of this hormone or its absence will cause the disturbing ailment known as diabetes insipidus.

When liquids, and the substances they contain, are transferred from the veins and arteries, the passage is performed by the process of osmosis through the microscopic capillary veins of the walls of the blood vessels, to be distributed to the places they are intended for. Osmosis is the passage of liquids, concentrated solutions and vapors through semipermeable membranes or skin. Semipermeable means "somewhat penetrable", like ink permeating a piece of blotting paper.

Obviously, the balance of water in the blood and the lymph is of the utmost concern in the fluidity of the blood and the lymph. Any blockage or interference with the freedom of this flow results in the occlusion, if not the actual closure of blood vessels. This may even be fatal.

Billions of people have died from drinking regular water, died prematurely, without anybody even realizing that the lime in the water was the culprit.

However, Billions of people are drinking regular natural waters today, and are alive and apparently

healthy, so — why worry? if you don't care about your own future? It's Your body, anyway, and it's Your life. Just go ahead and do what you want with it.

The pituitary cannot select the kind of water. That is up to You!

The pituitary gland works in a more or less automatic manner, within the scope of its functions, and is not able to distinguish between polluted and distilled water. Your intelligence is the only judge.

When an individual drinks a large quantity of liquids, more than is his custom, nerve impulses are projected from the hypothalamus to the pituitary to urgently take care of this abnormal volume of liquids. If the liquids are free of interfering substances and minerals, the hormones activating the kidneys will function normally.

If the beverages are incompatible or inconsistent with the normal functioning of these hormones and with the fluid eliminative processes, then the condition develops known as diuresis, or an abnormal flow of urine. If the obstructing substances are calcium and magnesium and such, which formed an integral part of the beverages, obstructions can occur in the formation of kidney stones. Distilled water could avoid this hazard.

The Pituitary has a vast and varied mission to perform!

The functions of the pituitary are as vast as they are varied, but they are concentrated mainly in connection with directing the blood supply (which includes also its lymph and water content) to the heart, to the liver, to the thyroid gland, to the pancreas, to the adrenal glands, to the bones and to the reproductive glands, the ovaries and the testes.

Bear in mind that your body contains only about 5 quarts of blood, while the water present in the constitution of your body is equivalent to about 70% of the weight of your body. In other words, if you weigh about 150 pounds, your body would contain about 80 quarts or about 20 gallons of water in the constitution of your anatomy. If these estimates are correct, then every man and woman who died before reaching the age of 120 years during the past 4,200 years may possibly have perished by reason of occlusion of the blood vessels caused by the unusable minerals in the water which they drank throughout their lives.

This hypothesis is understandable when you realize that the water in your system circulates through every part of your body with the blood and the lymph, constantly bathing every cell and tissue in your anatomy. Naturally, if the water you drink is pure distilled water, it will be free from all extraneous substances and there would be no danger of occlusions from this source.

Chapter 23

The Thyroid Gland

Has a direct relation to the Pituitary.

The functions of the thyroid are controlled by the pituitary "thyrotropic" hormone which releases and controls the production of the thyroid hormone thyroxin.

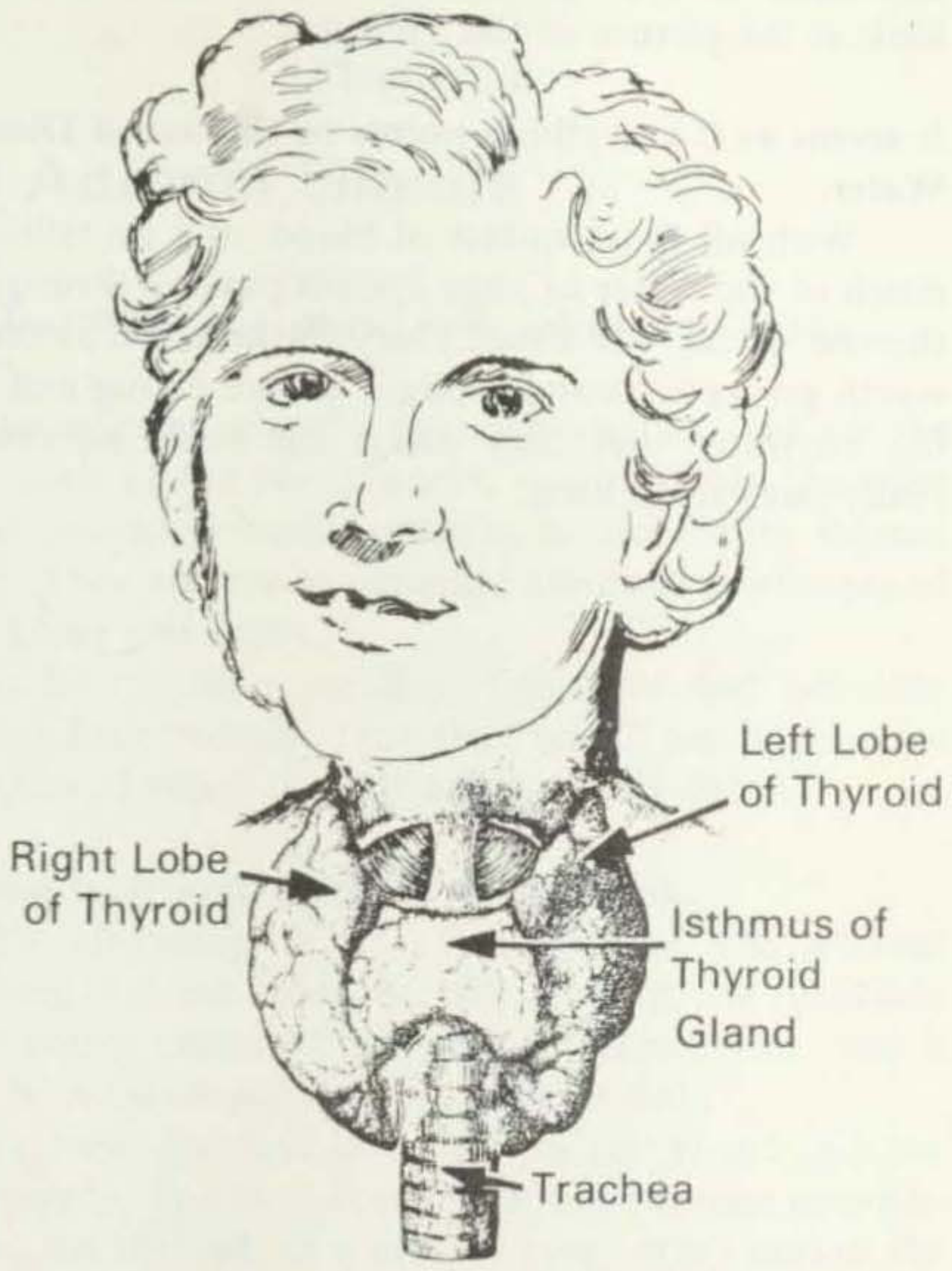
The thyroid is one of the two most vascular glands in the system. By vascular we mean replete with ducts or vessels conveying water, blood and lymph. This is a very important situation when you realize that every drop of blood, with its water and lymph contents, passes through the thyroid every 15 minutes throughout your life. Any impurities deposited in the thyroid during these passages, besides the deficiency of iodine, are likely to cause such disturbances as goiter.

The thyroid makes giants and dwarfs.

An over-active thyroid in children and adults results in a toxic goiter (exophthalmic goiter) with loss of weight, nervousness and protruding eyeballs. An under-active thyroid results in cretinism (idiocy) in children, with retarded growth, mental and sexual development.

In adults, an under-active thyroid results in great mental and physical loss of vigor, often increase in weight and loss of hair.

The nerve supply to the thyroid is derived from the brain area, a delicate situation when the water and blood



The Thyroid Gland

carry too many impurities and leave too many of them deposited in the vascular system of the thyroid. Just look at the picture of the Thyroid!

It seems as if everything points to the use of Distilled Water.

With all the 5 quarts of blood, and no telling how much of the water in your system passing through your thyroid about 100 times every 24 hours, it is certainly worth giving a second thought before eating and drinking anything that may affect the body adversely. It really pays to be alert.

Chapter 24

The Adrenal Glands

In ancient Bible days these were referred to as the "reins".

The adrenal glands, two capsules located on the top of each of the two kidneys, are probably the most prolific hormone manufacturers in the entire human system. They secrete or generate about 48 hormones of divers kinds and types.

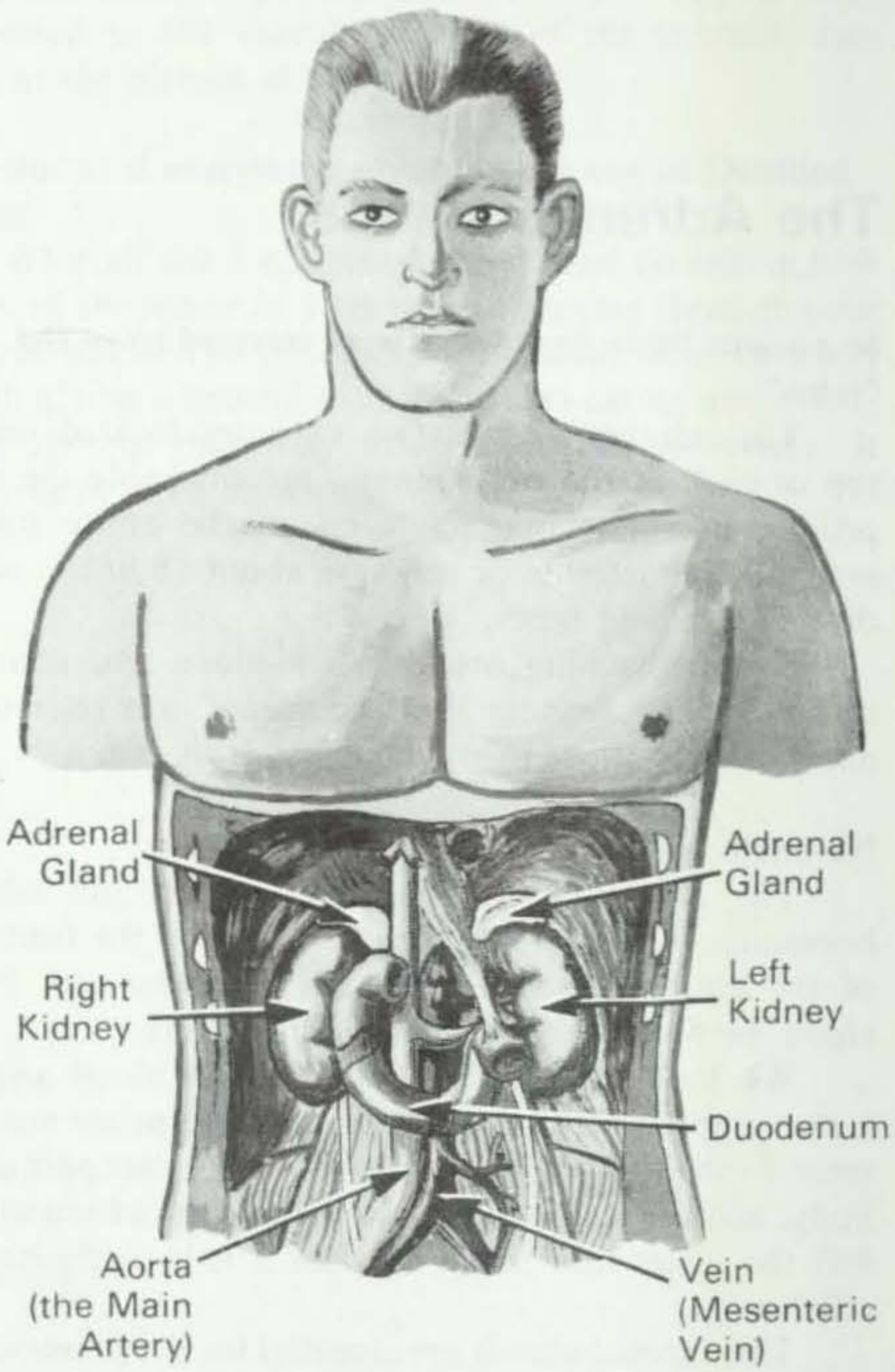
So far-reaching are their functions and activities that it is little wonder that the "reins" are referred to more than 15 times throughout the Holy Bible.

No chain is stronger than its weakest link.

The efficiency of the functions of the adrenal hormones, no less than the efficiency of the functions of the entire chain of Endocrine Glands, can, like a chain, be no stronger than its weakest link.

We look for that link in both the blood and the water supply. The blood carries the appropriate nourishment to the thyroid, as it does to every other part of the body, and the water comes along to wash out impurities. But the water must itself be pure if it is to do its task efficiently.

The adrenal glands are essential for the preservation of life as well as for life activities. When there is a deficiency in the requirements of these glands the fluid balance of the body is correspondingly disrupted, *which*



Adrenal Gland

Adrenal Gland

Right Kidney

Left Kidney

Duodenum

Aorta (the Main Artery)

Vein (Mesenteric Vein)

The Adrenal Glands

could prevent your feeling pain when you may need a "pain-alert".

Pain is not an ailment in any sense of the word. It is the alert, the warning, that there is something amiss in your system.

It is essential that we feel pain, shock, cold, unpredictable muscular over-exertion, emotional agitation. These are all warnings that unless we do something to correct what has gone amiss, something worse will befall us.

The adrenal hormone adrenalin is secreted the instant heart trouble develops or the blood pressure does not behave itself.

Epinephrine is another adrenal hormone. It causes the liver to release sugar from its storage bins to raise the blood sugar level.

Study the accompanying sketch of the Adrenal Glands

The Adrenal Glands regulate your metabolism.

Much of the digestion and assimilation of your food is regulated by the activity of the adrenal glands by their involvement in your metabolism.

Just as the activities of the adrenal glands are prolific, so are also the disturbances which can result from interference with their tasks. The disfunction of these glands can result in tumors, convulsions and even in trouble with the visual apparatus, particularly in connection with the retina of the eyes.

It certainly IS worthwhile to drink plenty of distilled water.

Chapter 25

The Pancreas

The Pancreas is a double gland. It has two functions.

The pancreas is a tremendously important gland in which the blood, the lymph and water play a vital part.

One part furnishes digestive juices.

The pancreatic duct runs the whole length of the pancreas and joins the bile duct, the channel through which bile flows into the duodenum from the gall bladder. Together, the bile and the pancreatic juice form an important digestive juice in which water forms an essential constituent.

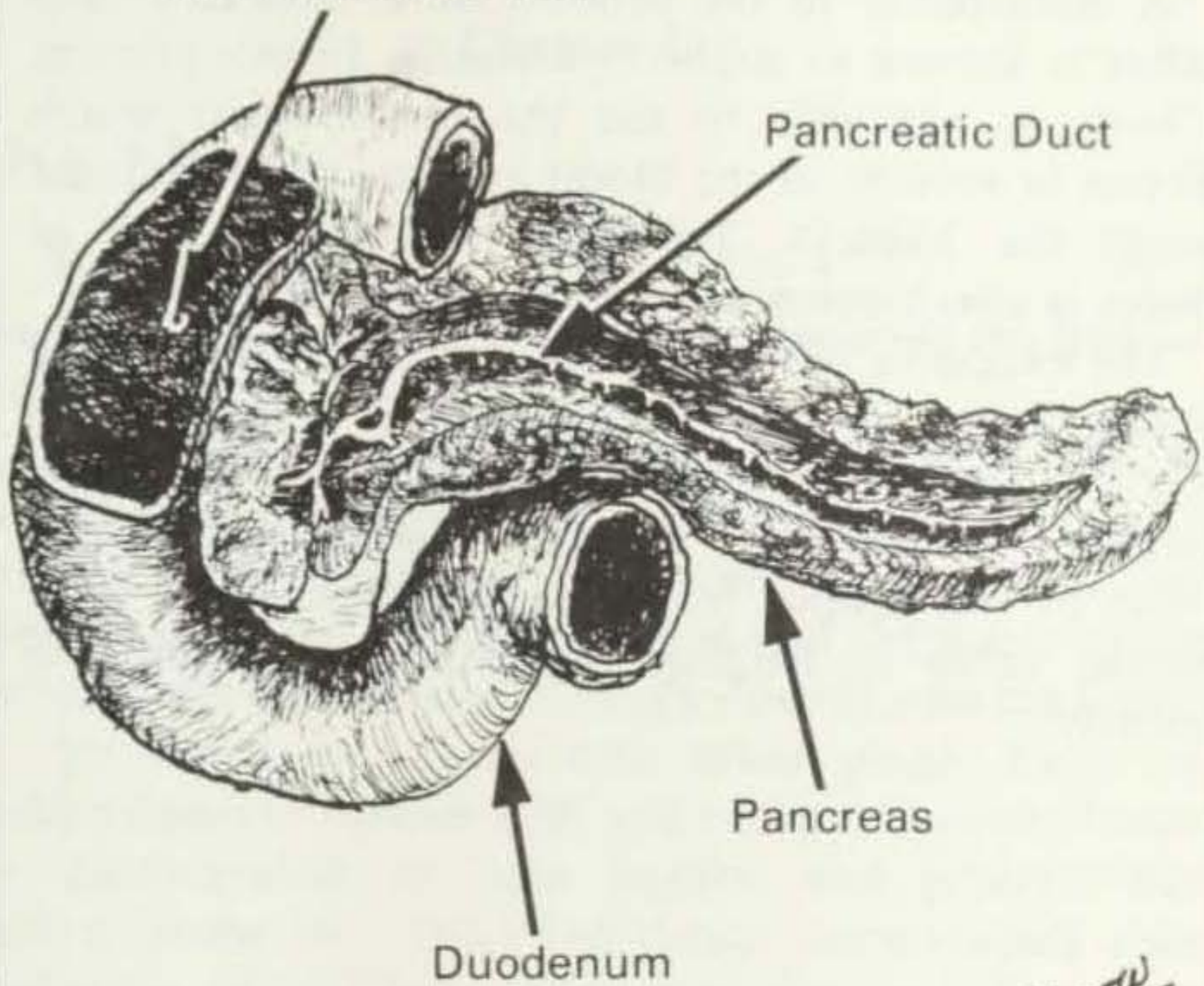
Water is supplied to the pancreas with the circulation of the blood and lymph. Impurities in the water content affect the quality of the digestive juices, resulting in food being improperly digested.

Another part furnishes Insulin.

There is a part of the pancreas which contains about one million cells within a limited area which are known as the Islands of Langerhans. Like every other cell in the body, these cells are constantly bathed in liquid.

These cells are glands of internal secretion, which means that they generate a hormone, known as Insulin, which is injected directly into the blood. Insulin serves

Orifice of Common Bile Duct
and Pancreatic Duct



Pancreas

Duodenum

New
1973

The Pancreas

The Pancreas is a dual or compound gland. It is analogous in its structure to the salivary glands.

It generates the pancreatic digestive juices which flow into the duodenum from the pancreatic duct. It then combines with the bile from the gall bladder through the joint or common bile duct within the duodenum.

In the pancreas there is also a group of about a million cells known as the islands of langerhans. By means of internal secretion these generate the hormone insulin which is injected directly into the blood.

to regulate the metabolism of carbohydrates and the blood-sugar level.

A disturbance in the production of insulin results in what is known as diabetes mellitus. In this ailment the body is not able to use the blood sugar which increases in volume in the blood and has to be excreted through the kidneys. For this reason this type of diabetes is also known as sugar-diabetes.

The excessive use of starchy and sugar foods is the incipient cause of this disease, and it is aggravated when the water carries too great a load of unusable minerals. Distilled water is a safer water to drink, and the use of the proper fresh raw vegetable juices is of immense value in helping the pancreas to function efficiently.

Chapter 26

The Liver

Everything you eat and drink passes through the liver—except alcohol.

The liver is the laboratory of the digestive system. Everything that has been processed by the small intestine which can pass through the walls of the intestine is picked up by the blood and the water which accompanies the blood, and taken directly into the liver.

In the liver, metabolism takes place. Fats are broken down to furnish heat and energy. Carbohydrates are disintegrated to form sugars, and proteins are broken down into their individual amino acids thus producing urea. Urea, when excessive, is collected in the muscles and forms into uric acid crystals. These crystals eventually are so sharp and numerous that they prick the nerve sheathe and you then know what rheumatism, neuritis, etc., feel like!

Vitamin "A" is a very important Vitamin, and it is stored in the liver. Carotene is the most prolific source of Vitamin "A" and carrot juice is the means by which we can obtain Vitamin "A" in abundance. As a matter of fact, copious quantities of carrot juice daily, used over prolonged periods, may cause the skin to acquire temporarily a yellow or orange hue. This discoloration is not the carrot juice coming out of the skin. It is the stale bile from the liver and gall bladder which was not eliminated in the course of events in the past, and

which the juice helps to eliminate through the kidneys, and through the skin.

The liver generates bile and it is stored in the gall bladder for use in the digestive processes. The combination of carrot-beet-and cucumber juice, in addition to the use of Distilled Water, has been found to be very helpful in cleansing the body of stale bile.

The skin is the most extensive eliminative organ in the body. When discoloration takes place after drinking much carrot juice, the color will eventually disappear, leaving a skin more beautiful than it was in the past.

Carrot Juice is one of the most healthy and complete foods which the human body can obtain. There is no deleterious effect from drinking quantities of carrot juice. I have personally drank ONE GALLON of carrot juice daily for a considerable time, when I felt the need for such a large amount, with most beneficial results. To this very day I drink all the carrot juice (plus other vegetable juices) that I have the time and inclination to drink. Don't let anybody tell you that fresh raw carrot and other vegetable juices are anything BUT healthy and helpful. Read my book FRESH VEGETABLE AND FRUIT JUICES, What's Missing In Your Body? It is recognized the world over as the most helpful and authoritative book on this subject. Remember that ALL fresh raw vegetable, and fruit, juices consist of Distilled Water distilled by Nature!

As the liver is such a delicate and active gland, its supply of water and the quality of the water it receives is of vital concern to anyone who values Vibrant Health and longevity.

Conclusion

For the past three score centuries or more, millions of people have been drinking whatever water was available and did not instantly perish by doing so.

Nevertheless, there is no telling how many millions of people have suffered untold misery and a premature demise by the clogging up of veins and arteries, without their death having been diagnosed as resulting from the accumulation over a lifetime of the inorganic calcium which was present in the Natural waters used as beverage.

Until comparatively recently I, too, drank whatever water was available, when I wanted a drink of water, without a thought about the calcium danger lurking in such a liquid.

Of course for a great many years I have been drinking fresh raw vegetable and fruit juices, daily. These consisted of the finest inherent Naturally Distilled Water, replete with organic mineral elements. I feel I can justly attribute my present Vibrant Health, energy, vigor and vitality to the ample drinking of these juices.

For a considerable time past, I have been very conscious of the prophecy of the Lord Jesus in the Gospel of St. Matthew, chapter 10, verse 26 and repeated in the Gospel of St. Luke in chapter 12 verse 2: *"there is nothing covered, that shall not be revealed; neither hid, that shall not be known"*.

Thus, several years ago I was led to find many new discoveries and recently I recognized the danger which

is lurking in Natural waters in which are mineral elements incompatible for use by the cells of the body, and with which the body, today, should not be afflicted. These mineral elements are not of the kind and quality which the cells of the human body can tolerate with impunity, without the likelihood of eventual grievous harm.

Thereupon I was led to thoroughly investigate the problem, and I discovered the solution, namely, not to use Natural Waters but to use Steam Distilled Water for drinking and for the preparation of foods. This is exactly what we, in my family, have been doing with much apparent benefit.

In publishing this dissertation on the subject of Distilled Water, there is neither purpose nor design on my part to instil fear in anybody's mind, nor to influence people to practice rigidly what I have expounded in this book.

You are a free moral agent and the choice of Natural or Distilled Water is yours only.

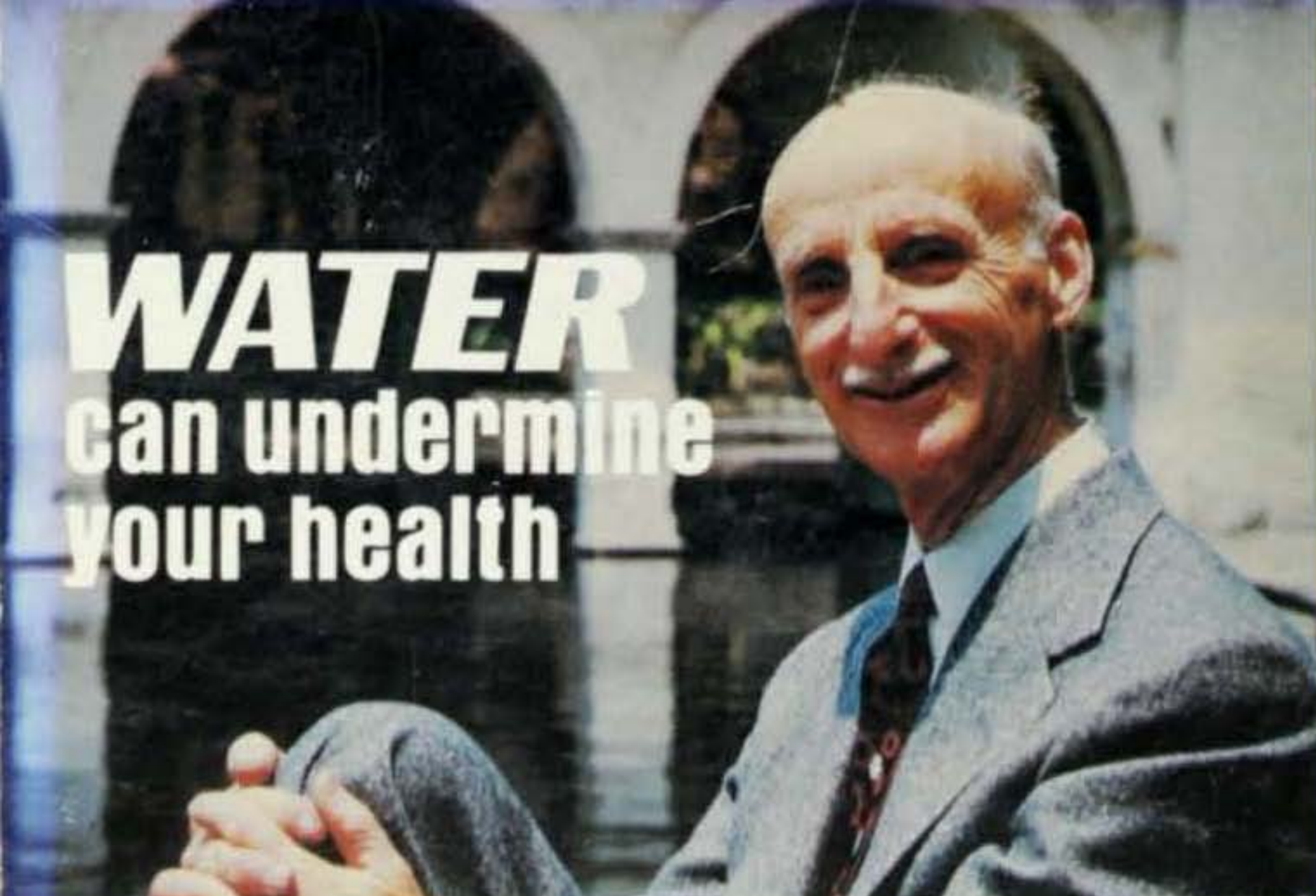
After all it is your life with which YOU are concerned. YOU ALONE can choose and practice or not, that which can develop either health or sickness, a long, happy, energetic, vitally interesting life, or, on the contrary, a mere state of tolerant existence for a few brief years culminating in a premature, useless old age.

The gift of health and of an abundant life is our heritage, if we wish to claim it and practice it. In the Gospel of St. John, chapter 10, verse 10, the Lord Jesus told us:

"I am come that they might have life, and that they might have it more abundantly." This promise is for YOU and for me.

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WATER can undermine your health

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