P. O. Box 293, Tecate, California

RETURN POSTAGE GUARANTEED

GUIDE TO HEALTH LIFE AND WISDOM

Prof. Dr. Edmond Bordeaux Szekely

PRICE
10c

GUIDE TO
HEALTH, LIFE AND WISDOM

Books by
Professor Dr. Edmond Bordeaux Szekely

I

Cosmotherapy and Cosmovitalism—The Essene Science of Life.
Food—Health—Hygiene—Gardening.
Biochemistry—Mineral Therapy—
Vitamin Therapy—Herb Therapy.
Textbook and Correspondence Course of General and Applied Dietetics.
Sexual Harmony—The New Eugenics.

II

Archaeological Reconstructions of Ancient Esoteric Cultures.
Great Teachings of Humanity—Essene Life and Teaching.
Modern Man's Philosophy—The Method of Dialectics.

Published by the
ESSENE SCHOOL OF LIFE
P. O. Box 293
Tecate, California
1943

BOOKS BY PROF. DR. EDMOND BORDEAUX SZEKELY
Translated into English

Cosmos, Man and Society, London, 1936 and 1939.
Cosmotherapy, Encyclopedia of Health, Happiness and Long Life, Los Angeles, 1938.
Cosmotherapy, a Guide to Treatment, London, 1937.
Medicine Tomorrow, London, 1939.
Sexual Harmony and the New Eugenics, London, 1939, Calif., 1942.
The Gospel of Peace, London, 1938.
Medicine and Dialectics, London, 1937.
Cosmotherapy, Los Angeles, 1935 and 1936.
Good Health, Miami, 1939.
The Essene Gospel of John, California, 1938 and 1942.
Therapeutics of Fasting, London, 1939, California, 1942.
Dialectics as an Art of Discussion, London, 1939.
The Future of Humanity, London, 1939, California, 1942.
The Meaning of Christmas and Yoga in the 20th Century, London, 1938, California, 1942.
The Teaching of Buddha, London, 1938, California, 1942.
The Living Jesus, London, 1938, California, 1939 and 1942.
Diet Chart of Cosmotherapy, London, 1939, California, 1941.
Sleep and Education of the Will, London, 1939, California, 1942.
Theory of Cosmotherapy—15 lessons—California, 1941.
The Dialectical Method of Thinking, California, 1942.
Essenes, by Josephus and His Contemporaries, Calif., 1942.
Essene Science of Life (Food and Health), California, 1940-41.
Beethoven, Prometheus of the Modern World, California, 1943.
Mineral Therapy of Basic Biological Functions, California, 1942.
Vitamin Therapy of Basic Biological Functions, California, 1942.
The Biochemical Diet Book, California, 1942.
Cure of Constipation and Intestinal Toxemia, Calif., 1942.
One Health Day a Week, California, 1942.
Modern Man's Philosophy, California, 1943.
The Origin of Christianity, California, 1943.
The Natural and Cosmic Laws (Foundation of All Sciences), California, 1943.
The Sevenfold Peace (Foundation of the Essene Teaching), California, 1943.
Communion with the Natural Forces (Perfecting our Physical Senses), California, 1943.
Communion with the Cosmic Forces (Perfecting our Spiritual Senses), California, 1943.
The Teaching of Quetzalcoatl (Precortesian Synthesis of the Wisdom of the Americas), California, 1943.
Natural Herb Therapeutics, California, 1943.
Health, Youth and Longevity, California, 1943.
Esperanto at a Glance, California, 1943.

The author also has over twenty books not yet translated into English, published in French, Esperanto, Spanish, German, Rumanian, Hungarian, etc.

Copyright 1943 by Prof. Dr. Edmond Bordeaux Szekely.
Printed in United States of America—All Rights reserved.
No part of this book may be reprinted without his written permission.

PROLOGUE

A "snapshot," however small, should be sufficiently clear and definite to stand enlargement. It will be found that any one of these "snapshots" will improve considerably by enlargement; a statement that can be easily verified by developing the subject on the wooden table of a well-lit reading room—or, better still, upon the grassy bank of a pleasant stream, beneath the boughs of a shady tree—and continuing the developement process until even the minutest details are clearly shown.

Although the reader's attention is not presumed upon for more than five minutes at a time, yet these "snapshots" are worthy of long and earnest perusal. Clues have been given, in the brief description of the books recommended for reading, to aid the search of those who wish to follow up any particular subject.

THE MODERN ESSENE RENAISSANCE.

Never before during any other age of universal history has Humanity been faced with such a great need to return to the ancient traditions of the Essenes, to a natural, simple, healthy and creative life, than during the present world chaos.

The seven principal reasons that prove the great necessity for a *Modern Essene Renaissance* are:

1. The Essenes were the greatest *agriculturists* of Antiquity. They produced on comparatively poor soil (around the Dead Sea in Palestine) a surprisingly large variety of the best quality fruits, vegetables and cereals in a completely natural way. They did not use any artificial fertilizers or sprays as they knew the secrets of the best proportions of water, sunshine and the ingredients of the earth and atmosphere. We are greatly in need of renewing their natural and rational agriculture because today everything is grown on a poor, thoroughly exploited and impoverished soil filled with artificial chemical fertilizers and sprays, the result of which is that ninety percent of our vegetables and fruits are deficient in minerals which are vital to the body. This fact is one of the most important sources of contemporary diseases, for which the only remedy is to return to the natural, rational Essene agricultural system.

2. The Essenes of the Dead Sea in Palestine and the Therapeutae of Lake Mareotis in Egypt were the greatest *healers* of Antiquity. They evolved a perfect co-ordination between all the material and psychic forces, resulting in a wonderful dynamic synthesis of Health, Healing and Harmony. No better remedy can be found for the prevention and elimination of today's cauldron of diseases which inflict suffering upon ninety percent of the human race.

3. The Essenes lived a simple, natural and creative life in their self-subsistent agricultural *Brotherhoods*, far from the chaos of the big cities, and from all the destructive currents of violence, egoism and ignorance. They satisfied all

needs with only four hours work, four days a week, reserving their free time for meditation, study and leisure. Their simplified, natural form of life even permitted them to distribute annually all their surplus products among the poor. This may be compared with our present world era of artificial city life, nervous tension, economical crises, wars and disharmony.

4. The Essenes created the greatest *synthesis* of religions, philosophies and sciences of human history on the basis of the organic unity of the Hebrew, Egyptian, Greek, Persian, Babylonian and Hindu Cultures. This harmonious synthesis inspires us to unify and reconciliate all the values of universal culture in an optimal and omnilateral contemporary synthesis.

5. Modern scientific research has completely verified the *scientific* foundation of the ancient traditions of the Essene Science of Life, thus establishing the common basis of science, ancient and modern.

6. The basic Essene principle of *creative love*, taught by the Essene prophets and by the greatest Essenes, John the Baptist, Jesus the Christ and John the Beloved, is the eternal foundation of all religions and ethics.

7. It is our deep and sincere conviction that the *renaissance* of the original purity, simplicity and harmony of the free, creative life of the Essenes is the optimal solution for the present world chaos, violence, ignorance, misery and suffering.

Only upon this universal and eternal basis becomes possible the *omnilateral realization of the best forms of* individual and social *life. Only thus can we obey the principle of practical altruism; to dispel evil not by attacking it but by maintaining and strengthening the good. To overcome ignorance with education, egoism with altruism, violence with constructive social activity, misery by the removal of its causes, disease by the strengthening of the organism's vitality and chaos by the organization of order.* To create a better future, not by the destruction of the past,

but by the constructive and progressive amelioration of the future. To bring about *a peaceful inner revolution*, an individual rebirth, in every altruistic, intelligent and active being, in order to ensure the unlimited progressive evolution of mankind.

Thus the *basic principles of the modern Essene Renaissance* are as follows:

1. Point of departure: As human beings, man is always and everywhere the measure of all things.
2. Man has a natural environment (nature, climate), a social environment (social system) and an inner environment (individuality, consciousness). Man is therefore natural, social and individual.
3. All three of these environments can operate as sources of harmony if man conforms to their several laws, but they can also operate as sources of misery and suffering if their laws are disregarded.
4. The Essene aim is to absorb every source of harmony in all three environments (nature, society, individuality) and avoid their disharmonies.
5. Its way of achieving this aim is to secure complete knowledge of all the three environments and the practice of such knowledge when secured.
6. This gives the *principle of optimum in every department of life.*
7. It also gives the principles of correlative knowledge, omnilateral dialectics.
8. The program of our movement is to secure the best and most complete evolution of nature, society and the individual.
9. This means taking full advantage of all existing preconditions of natural, social and individual evolution, and the creation of new, at present non-existent, preconditions of such evolution. In particular it involves the utilization of all the forces of nature for securing our health and longevity and the improvement of the earth's climate so as

to make life on this planet as perfect as possible. It consists also in full enjoyment of all the advantages offered by social organization and avoidance of its present disadvantages, together with technical perfection of collective production which will enable human labour to be entirely replaced by machines in all mechanical and monotonous occupations which do not further the development of man. Social harmony will be secured on the basis of the satisfaction of the physiological and psychological needs of man, giving the individual full liberty to take advantage of all the values accumulated and created by the evolution of human societies (sciences, literature, arts, technique, sports, travel, etc.). In addition, man will be free to choose an activity in harmony with his natural inclinations and thus have the assurance of being able progressively to *absorb every source of energy, harmony and knowledge*, in nature, society and his own individuality, with unlimited possibilities of progressive individual development.

Among the greatest of the problems confronting humanity to-day is the prevention of diseases and maintenance of health. The Essene Science of Life, based on the laws of nature and corroborated by modern scientific discovery, provides the solution to this problem.

COSMOTHERAPY, THE ESSENE SCIENCE OF LIFE.

Cosmotherapy is a system of medicine based on the best application of all the cosmic and natural forces to the human organism in health and sickness. It forms part of a wider system of therapeutics—paneutherapy—which is the application of all the forces of nature and all the true cultural values of society in such a way as to harmonise all these healing factors with the whole structure and function of the individual.

It aims at creating the best possible environment for the patient during the period of cure from every viewpoint. It achieves this by controlling everything that enters the organism or consciousness of the individual undergoing treatment. And it keeps a careful watch on all the various manifestations, both physical and psychic, leaving the same organism during that period.

The purpose of this technique is to enable the patient to take advantage of every source of knowledge, energy and harmony available, and avoid all inharmonious and harmful influences. He is thus enabled to acquire individual harmony and retain it after the period of cure during the rest of his life. These sources of harmony consist of every manifestation of the natural forces (air, sun, water, food, etc.) and all the higher cultural values (masterpieces of universal literature, philosophy, music, etc.), based on the understanding and practice of the natural and cosmic laws as manifested in the individual and in society.

These various therapeutic agencies therefore lead the patient to a general reform of his life and enable him to achieve the best forms of individual and social life in harmony with his natural and cosmic environment.

Medicine thus becomes *a new science, "paneubiotics,"* the science of "all-good-life." The principle is seeking the *optimum in every field*. The practitioner of the new medicine will have to possess simultaneous knowledge of the natural and social sciences, of literature, philosophy and the arts, so as to be able to put every source of harmony at the disposal of his patients in the course of their treatment.

THE BASIS OF COSMOTHERAPY.

THE DYNAMIC UNITY OF MAN, COSMOS AND THERAPIES.

Man	*Cosmos*	*Therapies*
1. Bones.	Earth.	Geotherapy (mineral therapy, clay and mud applications).
2. Blood.	Water.	Hydrotherapy (external: water baths; internal: juice drinking).
3. Skin and lungs.	Air.	Aerotherapy (air baths, rhythmic breathing).
4. Nerves.	Sun.	Heliotherapy (sun baths).
5. Muscles.	Vegetation.	Nutrotherapy (diet).
6. Movement.	Movement.	Dynamotherapy (physical culture, exercises).
7. Cell.	Atom.	Cellulotherapy (fasting).

The *bones* in the human organism represent the solid element in the same way that the lithosphere (earth) represents it in nature; besides, our bones are constructed with the inorganic minerals of the earth which enter our organism in organic combinations through the assimilation of fruits and vegetables.

The circulation of the *blood* in the human organism has the same role and function as the circulation of water in nature; it cleanses, dissolves, eliminates.

Respiration by the *skin* and lungs has the same role and function in the organism as the circulation of air in nature. It refreshes and everywhere distributes the oxygen necessary for life.

The *nerves* have the same role and funtion in the organism as the solar rays in nature; without the sun's rays terrestrial nature, and, without the nerve vibrations the human organism would be dead.

The *muscles* in the organism unite the bones, blood, skin, lungs, and nerves just as the vegetation in nature unites the earth, water, air, and sunshine.

Movement has the same role in the human organism as in nature. It creates changes and connects every part in dynamic unity.

The *cell* is the last unity in the human organism just as the atom is in nature; they both have the same function—they sustain the reciprocal transformation of the various energies.

There is a single disease—*inharmony*, whose symptoms are variously manifested, depending on the extent and mode in which natural law has been violated. This is the law of disease.

There is a single health-*harmony*, which is manifested in permanent evolution towards perfection, in proportion as we are able to create and utilize the preconditions of existence in harmony with the laws of nature.

Illnesses are produced by struggle between the natural vitality of the human organism and inferior, degenerating processes.

The *symptoms* of disease are without exception the result of this battle going on in our organism.

Man is a microcosm in the macrocosm. He lives in a field of permanently varying forces: his health is harmony with the surrounding cosmic and natural forces--his disease, physical or mental, is disharmony with them. Cosmotherapy is the science of re-establishing the disturbed harmony between man and the natural and cosmic forces. It is at once the most ancient and most modern system of healing, practised by the greatest Masters of all ages: Sumerians—Zoroaster—Buddha—Yoga Systems—Kung-Fu-Tse—Lao-Tse—The Egyptian and Greek Therapeutae—The Pythagoreans—Hippocrates—The Essenes—Medieval and Modern Natural Therapeutics—etc., constantly verified by modern natural research and discovery.

It is with the purpose of spreading the knowledge of the Essene Teaching in general, and Cosmotherapy in particular that, the Essene School of Life presents this list of its publications, as a contribution to the Essene ideal of omnilateral realization of the optimal forms of Life.

Edmond Bordeaux Szekely,
President, Essene School of Life.

THE ESSENE SCHOOL OF LIFE

A Universal, Liberal, Humanitarian, Educational Center for the omnilateral study and optimal application of all the values of Human Culture

Purpose: The Omnilaterial Realization of the Optimal Forms of Life.

Method: The Dialectical Method of Thinking.

Textbooks and Manuals: The Totality of the Masterworks of All Ages.

Languages: Sanscrit, Hebrew, Greek, Latin, Chinese, French, German, English, Spanish, Italian, Russian, Esperanto, etc.

Teachers of All Branches of Human Knowledge

Professors of Philosophy: Pythagoras, Socrates, Plato, Aristoteles, Descartes, Spinoza, Leibniz, Hume, Kant, Comte, Spencer, etc.

Professors of Religion: Zoroaster, Moses, Confuscius, Buddha, Jesus, Mohammed, etc.

Professors of Natural Science: Euclides, Copernicus, Galilei, Newton, Darwin, etc.

Professors of Literature: Homer, Dante, Goethe, Shakespeare, Voltaire, Tolstoy, Dostoiewsky, etc.

Professors of Music: Bach, Handel, Haydn, Mozart, Beethoven, Wagner, Debussy, Tschaikowsky, etc.

Professors of Arts: Praxiteles, Leonardo Da Vinci, Michael Angelo, Rembrandt, Rodin, etc.

Professors of Health and Hygiene: Hippocrates, Kneipp, Kuhne, Bircher Banner, etc.

Professors of Dialectics: Heraclitus, Fuerbach, Marx, Engels, etc.

Librarian: Prof. Dr. Edmond Bordeaux Szekely.

Students: Belong to all the countries, races and religions of the world.

Requirements for Admission: To be a Sincere Seeker of Truth without any prejudices.

Examination Committee: Your own Conscience.

Obtainable Degrees: Health, Happiness, Wisdom, Love, Power, etc.

Tuition Fee: Perseverance and Time.

Student's Workbooks: The Publications of the Essene School of Life.

Student's College: Your Own Home.

Information may be obtained from the Secretary of the Essene School of Life, P.O. Box 293, Tecate, Calif., U. S. A.

THE ESSENE SCHOOL OF LIFE

The satisfactory progress of this venture has now reached the stage where the ever-growing numbers of its friends, adherents and correspondents have established the pre-conditions for the greater dissemination of the Essene teachings and principles.

Hitherto, the School has deemed it ethically imperative to operate entirely upon its own resources; a decision that has necessarily limited the scope of its services. Now that the spade-work has been completed by its founders and it can offer concrete advantages to members, such membership is invited, so that well-wishers and beneficiaries may take active part in its educational work.

By extending its services to their acquaintances and creating an ever-widening mutually beneficient cycle, members will increase the scope of services available to themselves. Because the School will no longer expend all its own funds on purely administrational expenses, many more people needy of its advice and assistance will be able to receive them.

Thus will be erected a stable foundation for its future operations, on the basis of Natural and Cosmic Law—ever perfecting and being perfected.

The School is not desirous of setting up a rigid institution governed by dogmatic regulations, but rather an untrammeled, non-restrictive association whereby full opportunity can be given for the free interchange of knowledge and ideas, leading to the steady evolution of an expanding body of intelligent, well-informed and altruistic people, periodically appointing and amending its own rules of conduct and progressively more fitted by practice and study to afford free instruction and assistance in the art of living to their fellow-men.

Should the number of members reach a figure where such action becomes practical, the School intends to inaugurate a University Section, affiliated with its collabor-

ators overseas, wherein students may obtain instruction in all Essene teachings, agricultural, therapeutical and cultural, and take degrees of graduation.

The membership fee has been computed from experience, based upon the net administrative cost per correspondent (stenography, stationery, postage, etc.). In accordance with Essene principles no other charge is made.

In furtherance of these principles it is clearly affirmed that no person requiring and requesting the School's aid shall be deprived of same because of financial stringency and that wherever necessary the School shall provide its services free of charge.

As always, creative altruism will remain the keynote of all its activities.

EDMOND BORDEAUX SZEKELY.

MEMBERSHIP RULES

I

Membership shall be open to all persons, of any race, creed or nation, who uphold the Essene ideals of the Fatherhood of God, the Motherhood of Nature and the Brotherhood of Man, based on creative altruism and scientific knowledge of the Natural and Cosmic Forces.

II

Members shall have free access to the School's educational service (lectures, correspondence courses, etc.) and Professor Szekely's personal guidance in their chosen studies. Members shall receive information periodically from the School's Secretary regarding its activities and functions.

III

Members shall receive a reduction of ten per cent (10%) on the prices of all current issues of the School's publications and a pre-publication discount of twenty-five per

cent (25%) on all advance purchases of items listed for future publication, provided that, in the latter case, a complete series is ordered.

IV

By arrangement with the First Christians' (Essene) Church (an incorporated, non-profit, religious, educational body), members shall have access to the Church's "Hygiene-Nutritional Service", under the direction of Professor Edmond Bordeaux Szekely.

V

Non-members may buy the School's current publications at list figures and receive a pre-publication discount of fifteen per cent (15%) on all advance purchases of complete series.

VI

The membership fee shall be one dollar ($1.00) per month, payable in advance, monthly, quarterly, semi-annually or annually.

VII

The School shall always be free to maintain Essene principles by giving its services without charge to any person, member or non-member, whenever it considers such action necessary.

NOTICE TO MEMBERS

1. All correspondence in connection with publication and educational matters must be addressed to *the Secretary, Essene School of Life, P. O. Box 293, Tecate California, U. S. A.*

2. All correspondence in connection with the First Christians' (Essene) Church's "Hygiene-Nutritional Service" must be addressed to *P. O. Box 11, Tecate, Baja California, Mexico.*

BOOKS BY PROFESSOR

DR. EDMOND BORDEAUX SZEKELY.

I. PUBLICATIONS PREVIOUS TO SUMMER, 1943

COSMOTHERAPY, COSMOVITALISM, ESSENE SCIENCE OF LIFE SERIES.

Health, Youth and Longevity 50c
Cosmotherapy, the Medicine of the Future $5.00
The Therapeutics of Fasting 75c
The Diet Chart of Cosmotherapy 50c

MODERN MAN'S PHILOSOPHY SERIES.

Modern Man's Philosophy—Volumes I and II $3.00
Origin of Christianity—Volumes I and II $3.00
Sexual Harmony and the New Eugenics $2.00
The Dialectical Method of Thinking $1.00
Esperanto World Language at a Glance. Wall Chart. Single Copy, 10c; Dozen $1.00

GREAT TEACHINGS OF HUMANITY.

The Living Jesus 50c
The Teaching of Buddha 50c
Zoroaster, the Master of Life 50c
The Essenes, by Josephus and His Contemporaries 50c
The Future of Humanity 50c
The Meaning of Christmas.
Yoga in the Twentieth Century 50c
Will-Power, the Creator of Happiness.
Sleep, a Source of Harmony 50c
Beethoven, Prometheus of the Modern World 50c
The Essene Gospel of John $1.00

BIOCHEMISTRY SERIES.

Introduction to the Mineral, Vitamin and Herb Therapies 25c
Mineral Therapy of the Basic Biological Functions $3.00
Vitamin Therapy of the Basic Biological Functions $2.00

CUT HERE

To the Secretary, Essene School of Life,
P. O. Box 293, Tecate, California.

I have read and subscribe to the rules of membership and desire to become enrolled as a member of the School. Enclosed is remittance $_____ covering advance membership fees for _____ months. Kindly forward receipt.

Name _____

Address _____

_____

_____

BOOK ORDER

Ship to .....

Street or R.F.D. .....

City ..... State .....

Please ship the following books as listed immediately, for which I enclose $_____

☐ MONEY ORDER ☐ CHECK
☐ CASH ☐ STAMPS ☐ C.O.D.

Books	Price

Total _____

California State Sales Tax for California Orders 3%.

Natural Herb Therapeutics $2.00

CORRESPONDENCE COURSE OF THE ESSENE SCHOOL OF LIFE.

The Theory of Cosmotherapy. Fifteen Booklets $3.75
The Diet of Cosmotherapy. Fifteen Booklets $3.75
Introduction to the Essene Teachings.
Ten Booklets $2.50
Creative Simplicity 25c

II. SUMMER PUBLICATIONS—1943.

ARCHAEOLOGICAL RECONSTRUCTION OF THE ANCIENT ESOTERIC CULTURES.

The Essene Sanctuary at the Dead Sea $5.00
The Sanctuary of Quetzalcoatl at Teotihuacan $5.00

III. PUBLICATIONS—1943-1944.

FOOD, HEALTH, HYGIENE AND GARDENING.

The Biochemical Health Garden $2.00
The Biochemical Diet Book $3.00
The Cure of Constipation and Intestinal Toxaemia $2.00
One Health Day a Week $1.00

ESSENE LIFE AND TEACHING.

The Natural and Cosmic Laws $2.50
The Sevenfold Peace $2.50
Communions With the Angels of the Earthly Mother $2.50
Communions With the Angels of the Heavenly Father $2.50
The Soul of Mexico $3.00

CORRESPONDENCE COURSE IN DIETETICS.

Textbook and Professional Course in General and Applied Dietetics $15.00
(50 lessons and complete correspondence course.)

ALL PREVIOUS PUBLICATION LISTS ARE HEREBY CANCELLED.

COSMOTHERAPY, COSMOVITALISM, ESSENE SCIENCE OF LIFE SERIES

HEALTH, YOUTH AND LONGEVITY....50c

Introduction to Cosmotherapy, the Essene Science of Life.

Food—Water—Air—Sunshine—Dietetics—Bathing—Breathing—Exercise—Perfection of our Physical and Spiritual Senses.

An original compendium of what is at once the most ancient and most modern health system of Humanity. Concise in style; up-to-date with the latest discoveries in biochemistry.

COSMOTHERAPY, THE MEDICINE OF THE FUTURE $5.00

Encyclopaedia of Health, Happiness and Long Life.

Bound in Linen, over 600 pages and 100 charts.

A series of Lectures by Prof. Dr. Edmond Bordeaux Szekely to the Student Body of the International University of Cosmic and Vital Sciences, during its sessions, 1935-6.

Origin of the Earth—Constitution of Matter—Origin of Life — Origin of Man — Evolution of Human Thought—Dialectics — Paneubiotics—Cosmic Spheres in Space—Rhythmic Cycles of the Cosmos—Man, Nature and Cosmos—Dietetics—Hydrotherapy—Heliotherapy—Physical Culture—Technique of Psychovitality—Terrestrial and Cosmic Life—Harmony with the Natural and Cosmic Forces—Society, Culture, Ethics and Religion based on Cosmovitality—Sexual Education—Sexual Hygiene—Sexual Harmony.

SOME PRESS OPINIONS FROM ENGLAND

"Cosmotherapy, The Medicine of the Future" is the achievement of a man who has the double advantage of extensive learning in every field—experience of all conditions of life on his scientific and healing expeditions; besides these qualifications of the author, his intellectual greatness, sincerity, and inspiring enthusiasm can be felt everywhere in the book. His book considers every field of human knowledge and presents the first complete synthesis that closely relates each part of life into a harmonious and intelligent whole, extending from the early history of man to modern cosmic science and including in its scope all human culture. Its aim is to teach and and make known the science of *"PANEUBIOTICS"*, which shows the way to realise the best forms of all human activities, the whole of human happiness."

"It is the most complete treatise on natural healing ever written and makes use of every known treatment." —*Health and Life*. London.

"His book would tower like a giant above all other 'health literature'."

"No more massive, profound or far reaching work on health and life has ever been published."— *Dion Byngham*. London

THE THERAPEUTICS OF FASTING....75c

A practical guide for all those who want to profit by this most ancient therapy of Humanity, and avoid the common errors in its application.

When and how to Fast—The use of Colonic Irrigation —When and how to end a Fast—What to eat before and after a Fast—Drinking water—Long fasts—Fasting and longevity.

THE DIET CHART OF COSMOTHERAPY 50c

Wall Chart—12"x22"—printed on both sides.

Natural Food Encyclopaedia at a glance.

The Optimal Dietetic Utilization of all Biochemical Properties.

Protein—Fat—Carbohydrates—Water; Vitamins A, B, C, D, G and Minerals;

Calcium — Phosphorus—Iron—Potassium — Sodium — Manganese—Sulphur—Silicon—Chlorine—Fluorine.

Two hundred health-giving foods, in relation to the proportions of elements of the Human Organism, with their qualitative and quantitative degrees of alkalinity and acidity.

MODERN MAN'S PHILOSOPHY SERIES

MODERN MAN'S PHILOSOPHY. In Two Volumes $3.00

Contents

Volume One. Dialectics and Evolution—The Origins of Matter and Life—Man's Adaption to Nature—The Laws of Longevity—Man and Vegetation—The Progress of Thought.

Volume Two. Man at War with Himself—Life and the Energies of the Cosmos—The Natural Forces in Time and Space—Man and Earth—Man and Trees—Civilization and the Simple Life.

SOME PRESS OPINIONS FROM ENGLAND

"If the contents of a book could save our contemporary world, which is eddying and crashing to ruin, that book, I believe, has been written. If the contents of a book could redeem us as an individual from a common destiny of disease and death, that same book has appeared. If between the covers of a book might be found the sure path to creative peace, to superb health and beauty, to an optimal abundance of JOY IN LIFE, let us open and read. For if while reading, we should perchance resolve to try to live what we read, all these seeming miracles might assuredly happen."

"The author is a philosopher, a sage, and a brilliant scientist of immense erudition who—albeit with perfect

lucidity and simplicity—has well-nigh taken the reins of infinity within his grasp."—*Health and Life*, London.

"Professor Edmond Bordeaux Szekely, is a man of great vision, but he is much too penetrating and uncompromising a realist—and much too good a natural therapist—to be guilty of Utopia. This is no idealistic flight into fantasy. He sees through to causes. This analysis of the present world situation is among the most masterly I have read."—*Dion Byngham*, London.

ORIGIN OF CHRISTIANITY. In Two Volumes $3.00

Contents

Volume One: Dialectics versus Chaotic Exegesis—Jesus Christ—Christianity Established; the Conversion of the Roman Empire and the World—The True History of the Messiah-Christ.

Volume Two: The Church versus True History—The Birthplace and Native Land of Christ—The Testimony of Flavius Josephus—At the End of the Mysteries.

Hundreds of thousands of books, pictorial, musical and archaeological masterpieces, show the result of the dominating power of Christianity over western culture. Religious, educational and social institutions over all the five continents of the world is undeniable proof of its present influence and importance in the life of the whole human race.

The material in this book is extremely radical, enormously and inexorably revolutionary. Its task is: to furnish all possible historical, geographical, archaeological, philological and exegetical proofs to the all-sided *truth*, in order to dispel the greatest mystification of all human history.

It gives the complete authentic reconstruction, by Josephus Flavius, of the life of the Essenes, first Christian brotherhoods in Palestine, Syria and Egypt, who have no connection with the posterior organized church and have

given humanity some of its greatest figures, including Jesus the Essene; not the fictitious crucified "Christ" of invented ecclesiastical history. Added thereto are the testimonies of Philo and Gaius Publius Plinius on the First Century Essenes, whose lives reflected the all-sided optimal synthesis of all the cultures of antiquity.

SEXUAL HARMONY AND THE NEW EUGENICS $2.00

Next to the general anarchy in nutrition, the universal chaos in sexual life is the most dangerous menace to the biological evolution of the human race. The purpose of this book is to give a dialectical analysis of the physiological, psychological and sociological aspects of sex.

It lays down detailed principles for leading a healthy and harmonious sex-life at every stage of development, and explains its functions and place in our lives. Subjects treated include sexual education and sex in adolescence; psychological and social factors in sex; sex relations in marriage; contraceptives; menstruation and natural birth control; pre-determination of sex; pre-natal care; care of infant; rebuilding bodily health; an approach to sexual problems.

THE DIALECTICAL METHOD OF THINKING $1.00

A methodical exposition of the evolution of scientific methods of thinking from Heraclitus to this day, with the scientific explanation of the 34 basic methods created by the greatest Thinkers and Geniuses of all ages—The Dialectical Method as the Common Basis of all Sciences—The "Ten Commandments of Dialectical Thinking"—The "Chart of 34 Basic Methodical Principles."

ESPERANTO WORLD LANGUAGE AT A GLANCE—Single Copy.....10c
One dozen $1.00

Wall Chart of complete grammar and vocabulary, printed on both sides, size 8"x12".

Especially applicable for distribution among friends.

A convenient method of learning this world language, internationally recognized and used by official organizations and the general public. The 16 basic rules of grammar can be learned in one hour: the 1000 basic and commonly familiar word-roots, in one week. From these, without further study can be constructed over 100,000 utilisable variations. The whole world of reading, conversation, correspondence, knowledge and discovery, immediately available through *Esperanto*.

GREAT TEACHINGS OF HUMANITY

THE LIVING JESUS 50c

The essence of the Life and Teachings of Jesus, the Essene. A vivid impression of Jesus living among his people in harmony with, and realization of, the Natural and Cosmic Laws.

THE TEACHING OF BUDDHA.....50c

The Essene Interpretation of the Light of Asia. The dynamic integrity of the Buddhaic Conception of Life—its unswerving teaching of harmony with the single universal whole.

ZOROASTER, THE MASTER OF LIFE..50c

A vivid description of the Life and Teaching of the First Master of Humanity, who, 7000 years ago, gave us the greatest Encyclopaedia of Humanity, the Zend Avesta. The Avestic Cosmology—The Zoroastrian Science of Life and System of Gardening, were all held in high esteem by the First Century Essenes.

THE ESSENES, BY JOSEPHUS AND HIS CONTEMPORARIES 50c

The authentic reconstruction of the original purity, simplicity and harmony of the free creative life of the First Century Essene Brotherhoods.

THE FUTURE OF HUMANITY.....50c

Essene prophecies for the next 10,000 years—Chaos, Cataclism, Renaissance—Return to Nature—New Race—New Culture.

THE MEANING OF CHRISTMAS. YOGA IN THE 20TH CENTURY.....50c

The Essene significance of the Great Anniversary. The Rebirth of the Sun and Earth—The Rebirth of Man and Mankind—Love and Thought.

An explanation of Yoga training and a criticism of the approach of the Western mind to the intuitive cosmic conceptions of the East.

WILL-POWER, THE CREATOR OF HAPPINESS. SLEEP, A SOURCE OF HARMONY.....50c

The Hygiene of our Thoughts, Feelings and Actions.
The Cosmic background of our Subconscious.

BEETHOVEN, PROMETHEUS OF THE MODERN WORLD 50c

The Metaphysical Meaning of the Fifth and Ninth Symphonies.

THE ESSENE GOSPEL OF JOHN.....$1.00

The Aramaic and Ancient Slav Texts Compared, Translated and Edited by: Professor Dr. Edmond Bordeaux Szekely.

The content of this Gospel is only a fragment—about an eighth—of the complete manuscripts which exist in Aramaic in the library of the Vatican and in the Ancient

Slav in the Royal Library of the Hapsburg's (now the property of the Austrian Government).

The Ancient Aramaic texts date from the first century after Christ while the Ancient Slav version is a literal translation of the former.

An edition containing the complete text with all the necessary references and explanatory notes (archaeological, historical and exegetic) is at present in preparation.

The reader who studies with concentration these pages will feel the eternal vitality and powerful evidence of these profound truths which mankind needs today more urgently than ever before.

SOME PRESS OPINIONS FROM ENGLAND

"The reader . . . will at times be rewarded by the discovery of passages which possess a beauty all their own . . . *The Essene Gospel of John* . . . conveys the message which suffering humanity needs the most."—*Times Literary Supplement.*

"In their pure original form, the words spoken by Jesus . . . teachings that are today needed more urgently than ever before."—*Golden Dawn.*

"A book for all Bible students."—*Modern Mystic.*

"To read this book is like catching a fresh vision of the secret of Christ's greatness. It does not tell of miracles, it tells how he taught the poor, sick, dirty beggars, whom we know so well in the East, about the Angels of Air, of Water and of Sunshine, who would heal their poor bodies. He told of the Earthly Mother, from whom we receive our bodily forms—the spirit of life in the world, of which all living things are part. Perhaps the most beautiful picture it gives is of the homeless and despised beggars listening to Christ with hungry eagerness while he told them that love of God and of each other was the sign by which the Angels would know that they were following the true path, and would come to their aid."—*Inquirer.*

" . . . of prime importance to people interested in the subject of health, because it concentrates almost exclusively on the therapeutic aspects of Christ's ministry, about which the authorized version is not at all explicit . . . It reveals Jesus knew of the natural healing forces of air, light, earth and water and the principles of vitality contained in them, and spoke of them in figurative language well suited to the simple audiences who crowded to hear him and learn the truths of physical and spiritual well-being . . . a very significant book, a vivid and inspiring story of a Nature Cure healer at work among a simple pastoral people in the First Century A.D."—*Health and Life.*

BIOCHEMISTRY SERIES

Mineral Therapy—Vitamin Therapy—Herb Therapy

The purpose of the above books is, firstly: to make known to the medical practitioner, the dietician and the student the role, importance and value of all Minerals, Vitamins and Herbs in health and disease, from every practical viewpoint, and secondly: to explain to the layman the basic correlations ofAnatomy, Physiology and the Biological Functions and to afford him a simple and methodical course of mineral, vitamin and herb therapy as the best way of recovering lost health and maintaining it, once regained.

INTRODUCTION TO THE MINERAL, VITAMIN AND HERB THERAPIES. . . 25c

What everybody should know about Minerals, Vitamins and Herbs.

MINERAL THERAPY OF THE BASIC BIOLOGICAL FUNCTIONS $3.00

The Anatomical Foundation of the Basic Biological Functions:

Skin, Skeleton, Muscles, Circulatory System, Respiratory System, Digestive System, Eliminative System, Reproductive System, Nervous System, Organs of the Senses.

The Role of Minerals in the Basic Biological Functions of the Human Organism.

The role, positive biological function, deficiency symptoms and best sources of:

Calcium, Phosphorus, Iron, Copper, Iodine, Potassium, Sodium, Magnesium, Sulphur, Manganese, Chlorine, Silicon, Cobalt, Zinc, Trace Minerals.

Alphabetical Guide to the Minerals, Basic Biological Functions and Basic Deficiency Symptoms.

Inorganic Mineral Therapy—The Chemistry of the Human Body—The Biochemistry of the Human Body.

Correlations between the Inorganic Mineral Salts and Basic Biological Functions:

Calcium Phosphate, Calcium Sulphate, Calcium Fluoride, Ferric Phosphate, Potassium Chloride, Potassium Phosphate, Potassium Sulphate, Magnesium Phosphate, Sodium Chloride, Sodium Phosphate, Sodium Sulphate, Silica.

Materia Medica Inorganica, with Alphabetical Order of Diseases:

The Dose—Time—Alternation—External Application.

VITAMIN THERAPY OF THE BASIC BIOLOGICAL FUNCTIONS $2.00

Anatomy—Physiology—The Basic Biological Functions of the Human Organism—Biochemical Correlations of the different Systems of the Human Organism and of the Vitamin Deficiency Symptoms.

The Role of Vitamins in the Basic Biological Functions of the Human Organism.

The Role, Positive Biological Functions, Mild and Extreme Deficiency Symptoms and Best Sources of:

Vitamins: A, B-1, C, D, E, G and Nicotinic Acid.

Alphabetical Guide to the Vitamins, Basic Biological Functions and Basic Deficiency Symptoms.
Glossary of Biochemical Terms.

NATURAL HERB THERAPEUTICS...$2.00

Symptoms and Diseases with Self-Diagnostic Charts.
Diseases and Remedies; Diseases of the:
Heart and Arteries, Stomach, Intestine, Liver, Pancreas, Kidney, Lungs, Nervous System, Urogenitary Organs, Skin, Mouth, Ear, Eye, Rectum, Metabolic Diseases, Rheumatic and Arthritic Diseases, Contagious and Infectious Diseases, Diseases of Women.
How to Preserve Herbs:
Roots—Barks—Fruits—Berries—Seeds—Flowers.
How to Prepare Herbs For Use:
Affusions, Tinctures, Essences, Infusions, Teas, Decoctions.
Materia Medica Botanica.
Alphabetical Order of Natural, Medicinal Plants, with indication of their medicinal properties, predominant reagents, minimal and maximal individual doses.
The Principal Minerals and the Medicinal Plants containing them.
How to Equip a Basic Pharmacy of Natural Herbs:
Tinctures, Extracts, Teas, Powders, Oils.
Contents of a small Household Medicine Chest.
Readily available Kitchen Remedies for First Aid.
Glossary of Botanical and Pharmaceutical Terms.
Basic Hydrotherapy and its Principal Applications.

CORRESPONDENCE COURSE OF THE ESSENE SCHOOL OF LIFE

THE THEORY OF COSMOTHERAPY .$3.75

Complete set of 15 Booklets.

THE DIET OF COSMOTHERAPY.....$3.75

Complete set of 15 Booklets.

INTRODUCTION TO THE ESSENE TEACHING $2.50

Complete set of 10 Booklets.

CREATIVE SIMPLICITY 25c

The liberation of individual life gained by simplified naturism in harmony with Natural Law.

The above mentioned Booklets are mimeographed and bound and contain study outline and question list for students.

They were originally published in 1941 and only a limited supply is now available.

The complete set of 41 Booklets can be obtained for $8.25.

SUMMER PUBLICATIONS—1943

ARCHAEOLOGICAL RECONSTRUCTION OF THE ANCIENT ESOTERIC CULTURES

During his researches into the ancient cultures and religions of humanity, commonly based upon the original fount of heliolithic culture, the author has applied consistently the principle of omnilateral dialectics to his quest for and discovery of the pure, uncorrupted forms of the original records, manuscripts and relics, in order that students may, in their turn, study the evidence in its pristine, unbiased freshness and gain the full measure of its scientific and esoteric meaning.

To this end many years have been devoted to the compilation not only of the accurate geographical, ethnological, philological, historical and exegetical data and proofs pertaining to each era and culture, but also to their correct *archaeological reconstruction.*

Therefore it has been decided to make available to students, in miniature form, archaeologically exact reproduc-

tions of the sacred altars, rituals and symbols of *two great esoteric cultures, the Essene and the Nahoa.* With each set will be provided complete descriptions and instructions regarding the rituals and initiation into the respective traditions and communions.

THE ESSENE SANCTUARY AT THE DEAD SEA.

The archaeological reconstruction of the Essene Sanctuary of the Brotherhood at the Dead Sea; of the Altar used and Ritual performed in the Essene Communities during the first and second centuries, B. C. and A. D.

SET ONE: Descriptive and instructional booklet:
Essene Traditions, Communions and Ritual.
Altar and its sacred objects, including:
The Essene Tree of Life. (18"x12").
Seven sacred tablets of Communions with the Angels of the Earthly Mother. (each 9"x6").
Seven sacred tablets of Communions with the Angels of the Heavenly Father. (each 9"x6").
Sacred Scroll of the Sevenfold Peace. (18"x4"), etc. ——— $5.00

THE SANCTUARY OF QUETZALCOATL AT TEOTIHUACAN.

The archaeological reconstruction of the Pre-Aztec Nahoa Sanctuary at the Temple of Quetzalcoatl; of the Altar used and Ritual performed by the Sacerdotes of the Order of Quetzalcoatl, both at the Temple and on the Pyramids of the Sun and Moon, in the Holy City of Teotihuacan, during the Olmec-Toltec period.

SET TWO: Descriptive and instructional booklet:
Nahoa Cosmology; Cycles of Creation; Esoteric Traditions; Symbolism of the Nahoa Olympus.
The Temple of Quetzalcoatl. (12"x12"x6").
The Pyramid of the Sun. (27"x7"x4").
The Pyramid of the Moon. (27"x7"x4").
Altar and its sacred objects, including:
Fifteen sacred tablets of the Creation. (each 12"x9").
Album of Archaeological Documents. (12"x9").
Ritual Drum of Invocations. (4"x3"x3").
etc. ——— $5.00

THE PREPUBLICATION PRICE FOR BOTH SETS IS SEVEN DOLLARS AND FIFTY CENTS.

PUBLICATIONS—1943-1944
Food, Health, Hygiene and Gardening.

THE BIOCHEMICAL HEALTH GARDEN $2.00

How to produce healthy soil—The technique of biochemical compost-making—Allsided advantages of a miniature garden—The biochemically optimal vegetables and their culture—How to produce mineral and vitamin-rich crops—The dietetic use of mineral and vitamin-rich vegetables—The natural preservation of the surplus products.

THE BIOCHEMICAL DIET BOOK..... $3.00

The biochemistry of the human body and the biochemistry of foods—Laboratory facts versus theories and traditions—Advantages and disadvantages of raw and

cooked, acid and alkaline, vegetarian and lactovegetarian foods—The three danger points: Proteins, Minerals, Vitamins—How to balance biochemically the intake of meals, days and weeks—The biochemical categories of basic, complementary and supplementary foods—100 diets; 1,000 menus; 10,000 dishes—Dietetics in health and disease.

THE CURE OF CONSTIPATION AND INTESTINAL TOXAEMIA $2.00

Constipation, the civilized man's disease—Intestinal toxaemia, the source of the majority of our ailments—The role of intestinal toxaemia in Colitis, Gastrointestinal Ulcer, Cancer, Dental Caries, Eye and Nervous Diseases—Favorable and unfavorable intestinal flora and their influence on longevity—Our invisible friends: Bacillus Acidophilus and Bacillus Bulgaricus—Their role in the basic biological functions—How to establish and maintain the optimal intestinal flora—How to overcome constipation by natural methods: 1. Roughage. 2. Juices. 3. Fats. 4. Bacillus Culture. 5. Herbs. 6. Exercises—The dangers of laxatives and purgatives—Advantages and disadvantages of enemas and colonic irrigations—How to maintain normal bowel-action through diet, hygiene and walking.

ONE HEALTH DAY A WEEK.....$1.00

How to preserve our health and prevent disease by one health day each week—The health week-end: the busy man's salvation—Dietetics and hygiene of the health days—The pleasures of health week-ends.

THE SET OF THESE FOUR VOLUMES CAN BE OBTAINED FOR ADVANCE PREPUBLICATION PRICE OF SIX DOLLARS.

ESSENE LIFE AND TEACHING.

THE NATURAL AND COSMIC LAWS..$2.50

A complete translation, from the Aramaic, of the manuscript discovered by Count Volney during his travels in Egypt and Syria, 1783-5; giving a record of the discourses between the famous Jewish Historian, Josephus Flavius, as pupil, and Banus, the Essene, as master, during Josephus' three years' sojourn with Banus in the Desert of the Dead Sea, for his initiation into the Essene Teachings and Traditions.

THE SEVENFOLD PEACE $2.50

The Essence of the Essene Philosophy of Life.
The Dynamic Unity of Body—Mind—Man—Humanity—Culture —Terrestrial Nature—Cosmic Forces.
The Allsided Realization of the Optimal Forms of Life.

COMMUNIONS WITH THE ANGELS OF THE EARTHLY MOTHER $2.50

The utilization of all sources of Knowledge, Energy and Harmony from Terrestrial Nature.
Progressive, Systematic Perfection of our Physical Senses.

COMMUNIONS WITH THE ANGELS OF THE HEAVENLY FATHER $2.5

The utilization of all Cosmic-Spiritual sources Knowledge, Energy and Harmony.
Progressive, Systematic Perfection of our Spiritu Senses.
Perfection of our developed Higher Senses
Awakening of our Latent, Potential Spiritual Capaci

THE 12 RULES OF THE HYGIENE OF THE BODY AND MIND

(Air, Water, Sun, Exercises, Respiration, Altruism, Culture Harmony)

1. Spend as much time as possible in the fresh air.
2. Always take a cold or lukewarm shower in the morning when you wake and in the evening before you go to bed.
3. Devote one half-day a week to alternate sunbaths and waterbaths (swimming where possible.)
4. Go for 30-50 minutes walk in the fresh air after lunch and supper every day breathing deeply and rhythmically.
5. Do some simple physical culture exercises for 10-15 minutes every morning on rising.
6. Always sleep in a cool, airy and quiet place.
7. Follow the middle path of moderation and naturalness in all things, particularly in food, rest, work, recreation and sleep.
8. Beware of psychic toxins (inharmonious thoughts and feelings) even more than of chemical poisons. Be an optimist and have confidence in yourself, in human progress and in the forces of nature.
9. Be a sincere altruist, love and help others. Appreciate people's good qualities and forgive their bad ones.
10. Enjoy the beauties of nature and the masterpieces of literature, the arts and philosophy.
11. Study and observe the natural and cosmic laws and live in complete harmony with the natural and cosmic forces.
12. Do everything possible to propagate cosmotherapy, and spread the knowledge of the contents of this booklet in order to lessen the suffering and chaos around you.