

SECTION TWO

Part Two

VALENS RITHMO-MAGNO
DUO-COLOR
SOLAR-PLEXUS NORMALIZER

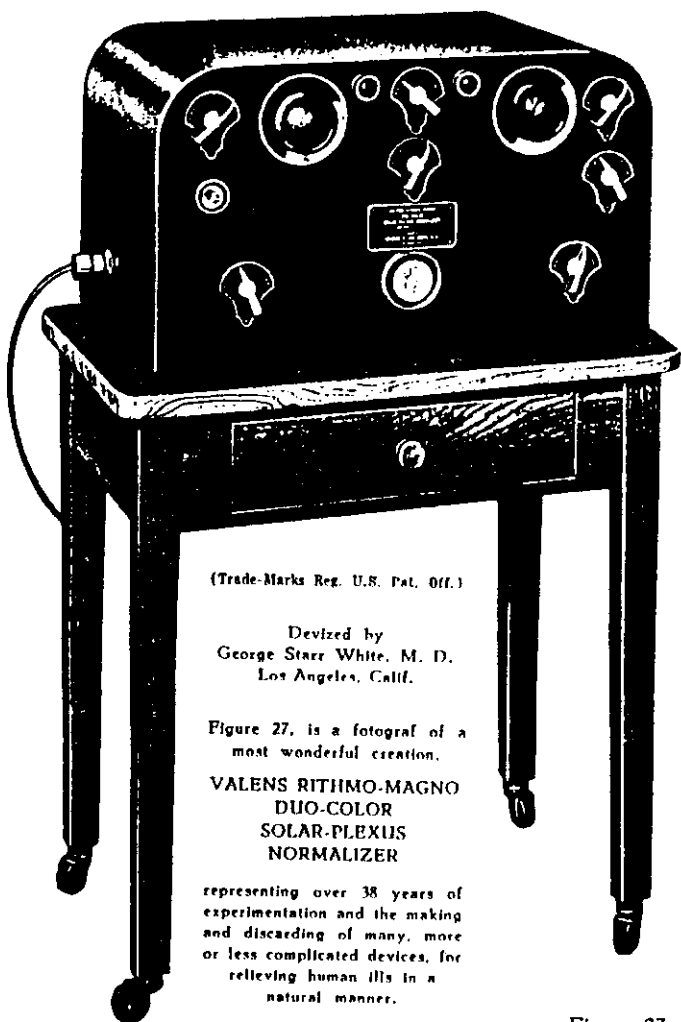


Figure 27

NORMALIZING THE ABNORMAL BY NORMALIZING THE SOLAR-PLEXUS

RATES AND MODES OF MOTION .

The Ultimate, or Basic Energy in ALL NATURE —COSMIC ENERGY, is *MAGNETIC ENERGY*, which is a form of *ELECTRIC ENERGY*.

MAGNETIC ENERGY, being a *RATE* and *MODE* of *MOTION*, influences all other *MAGNETIC RATES* and *MODES* of *MOTION*, so the Magnetic Group (Cosmi), represented in Figure 18, can be changed according to the endless *Rates* and *Modes of Motion* that mite be near enuf to affect this Magnetic Group (Cosmi). (As Figure 19 influencing Figure 18).

The *Cosmi* are *Magnetically Controld*.

There can be no living cell without *Magnetic Energy*. *Life Energy is Magnetic Energy*.

HEALTH AND UN-HEALTH

Helth signifies a *NATURAL Rate and Mode of Motion*.

Un-helth signifies that the *NATURAL* or *NORMAL Rate and Mode of Motion* has been changed and is *UN-natural* or *AB-normal*.

To regain helth, the *UN-Helth* must be changed into *HEALTH*; the *UN-natural* into *Natural*; the *AB-normal* into *Normal*. This means that a *NATURAL Rate and Mode of Motion* must be obtaind.

To regain helth, we must first seek the CAUS of the lack of helth. The errors in living and thinking must be corrected, but to correct *them* we must normalize the ab-normal condition that is present as the *Result* of the oft repeated errors. Both these corrections must be made together, or the *Normal Rate and Mode of Motion* in the body can never be attained.

*Every Energy Influences Some Other Energy —
Magnetic Energy Influences All Life Energies.*

SOLAR-PLEXUS NORMALIZING

Normalizing and Stimulation of the Functions of the Body by Normalizing the Solar Plexus.

It is evident that by Rithmically stimulating the *Solar-Plexus* with the energy given off by my SOLAR-PLEXUS NORMALIZER, which energy has the same characteristics as the cells of the ganglia, every function of the body can be beneficially affected. By normalizing the ganglia we normalize the misterius glands of *internal secretion*.

My *Rithmo-Duo-Color Unit*, used with the *Solar Plexus Normalizer*, guides the *Rithm* of the patient's respiration.

ALL NATURE ACTS IN RITHM

Knowing how inherent RITHM is, we should all realize that to *attain* helth, we must normalize the *Rithm* of our bodies.

To retain helth, we should strive to liv and act in such a manner that Nature may be able to help us.

MAGNETIC ENERGY AND RITHM

Magnetic energy. I lernd, was of great value in normalizing all manner of un-helth, but it soon became evident that to get the lookt-for results in using *magnetic energy*, that energy had to be given in a *Rithmic* manner and in a *Rithm* best suited to each individual.

Ages ago magnetic energy was considered so important to life, that it was popular to wear magnets about the body. This was an error, for such energy to be helpful *must be intermittent*. The intermittence should be *RITHMIC*, and not hit-or-miss. *RITHM* means intermittently applied, or mesured, as by a pendulum.

Constant energy is destructiv energy.

Rithmic energy is constructiv energy.

Helth is a manifestation of Natural Rithm.

Constant life, for exampl, is depleting, devitalizing; while intermittent life is stimulating and curativ.

Stedy, or constant, electric energy is not curativ, but harmful to life. It is for this reason that all electric, or magnetic energy applied to animate or inanimate life, to be helpful, should be given in a definit *RITHM*, found by experience to be the most suitabl for the condition to be normalized.

All curativ mesures should be of such a nature as to allow *RITHM* to influence the treatments. This is why all my mecanical treatment outfits are made to act in *RITHM*.

Creation is a fenomenon of Rithmic Vibration.

Life is a fenomenon of RITHM.

CONDITIONS REMARKABLY HELPT BY THESE NATURAL-ENERGY TREATMENTS

By again referring to Figure 16, the reader can readily understand why *NORMALIZATION* of tissues thru the *NORMALIZATION* of the SOLAR PLEXUS helps any and all other forms of Natural Therapy. In the majority of cases, SOLAR-PLEXUS *NORMALIZATION* alone will *NORMALIZE* the entire body.

Reflex Pains in the head; *Mental Confusion*; *Mental Depression* induced by *Intestinal Stasis* and consequent *Auto-Intoxication*; are some of the *UN-natural* conditions *NORMALIZED* by the SOLAR PLEXUS *NORMALIZER*.

Melancholia [following metallic "meals" for X-Ray examination.

This form of *Melancholia* is often very lasting, for the metal used in the drink before making the X-Ray pictures often (nearly always) remains for some days or weeks in the small pouches, or sacs, along the turns and folds of the intestinal tract. This inflamed condition is technically known as *Diverticulitis*, or inflammation of the *Diverticuli* (small pouches or sacs.) The "misterius mental condition" produced by *Diverticulitis* often goes from *Melancholia* to *Mental Depression* and becomes a serious form of mental trubl. The SOLAR PLEXUS, because of its influence upon the *Intestinal Secretions* and the *Mesenteric Glands*, is the logical location to focus the treatment for all *Mental Conditions* that are *not* hereditary.

Cataral conditions of the *Middl and Inner Ear* as well as all *Functional Ear Trubls* are influenst by the SOLAR PLEXUS.

Organs of Smell, as well as the mucus membranes lining the *Nose*, are influenst by the SOLAR PLEXUS.

Organs of Taste, as well as the *Salivary Glands*, are instantly influenst thru the SOLAR PLEXUS. Sudden stimulation over the navel will quickly prove this. *Salivation* is often produced by irritation of the SOLAR PLEXUS.

Facial Neuralgia, when not causd by dental, or facial, bones, is often quickly relievd, and usually cured by *Normalizing* the SOLAR PLEXUS.

Tic-douloureux, or "twitching neuralgia of the face," is a peculiar reflex that is controlld, to a great extent, by the VAGUS NERV thru the SOLAR PLEXUS. I have often been able to stop the twitching, as well as the pain, by massaging over the navel, or stimulating the SOLAR PLEXUS.

Epilepsy, or "recurrent falling sickness," is one of these "terribl dis-eases," that unfits the victim for all manner of work. I have been able to prove that this nervus condition is causd by some unfavorabl irritation to the VAGUS, and can be controlld, often for years at a time, by regulating the diet and stimulating—NORMALIZING—the SOLAR PLEXUS, which has such a domineering action on the VAGUS NERV.

Throat Glands, especially the *THYROID*, are subject to many disturbing complaints. (Goiter is a common complaint.) The INTERNAL SECRE-

TIONS of these glands are not so well understood as we would like to think, but one manner of acting upon ALL internal secretions is sure, and that is the NORMALIZING of the SOLAR PLEXUS. Hyper, as well as Hypo-*Thyroidism*, can be NORMALIZED by means of stabilizing the functions of the SOLAR PLEXUS. I know of no other safe and NATURAL means.

Cofs of all varieties are usually caused, directly or indirectly, by irritations of the throat and deep-chest glands (mediastinal glands.) These mucus membranes are controlled by the nerv-nodes in close proximity to the glandular nodes that are irritated. These nodes are acted upon by the VAGUS NERV thru nerv-plexuses under the control of the SOLAR PLEXUS. I have often been able to prove this by removing irritating material from a deep navel. After the irritating secretions and debris were thoroly cleaned out, the "persistent cof" immediately ceast! I have been able to assist Nature in absolutely stopping all manner of "reflex cofs" that had been diagnost as deep-seated lung trubls, simply by NORMALIZING the SOLAR PLEXUS and adjacent tissues.

The *Asthmas*; The *Pollen Fevers*; The *Goiters*; The *Sensations of "Air Starvation;" "Spasm Cofing;"* as well as all other Diafram Spasms, can be controlled, and often cured, by correcting dietetic errors; respiratory errors; stopping dopes of all kinds; and the NORMALIZATION of the SOLAR PLEXUS.

— *Heart Trubls of All Kinds* may be classified as Functional and Organic. I believ there would be no

Organic Heart Trubls had the *Functional Trubls of the Heart* been remedid and causes removed before the heart muscls themselves had become distorted.

It is a wonder to all professional observers of heart disturbances that the importance of the SOLAR PLEXUS in controlling the heart had not long ago been recognized. It is now possibl to do that, which was formerly thot of as "im-possibl," in stablizing the heart action thru NORMALIZING the SOLAR PLEXUS.

Digestion depends upon the *digestiv juices*, as well as upon the *muscular action of the stomach and propelling rate and mode of the intestinal tract*.

The VAGUS and SOLAR PLEXUS sistems of nervs practically control all digestiv and intestinal actions as well as the INTERNAL SECRETIONS. Hence, it can be said that ALL METABOLIC PROCESSES are under the control of the VAGUS and SOLAR PLEXUS sistems of nervs, owing to their intimate connection with the entire SIMPATHETIC SYSTEM.

The PELVIC and URINARY ORGANS, as well as their functions, are under the control of the VAGUS and SOLAR PLEXUS sistems of nervs. The *Simpatetic Nervus Sistem* must act thru the *Solar Plexus* to act on the *Sexual Organs*. This is why all the *Pelvic Functions* can be *Normalized by Normalizing the Solar Plexus*.

Peculiar simptoms of MENOPAUSE (Climacteric or "change") are controld by NORMALIZING the Internal Secretions, which can only be *Naturally*

accomplish by NORMALIZING the VAGUS and SOLAR PLEXUS systems of nerves.

The *Crawly Skin Sensation*, such as the sensation of worms or cobwebs on the skin, is caused by an abnormal condition of the Glands of Internal Secretion. These Glands can only be Naturally NORMALIZED by NORMALIZING the VAGUS and SOLAR PLEXUS system of nerves.

Consequently, to NORMALIZE any of the METABOLIC PROCESSES of the living body, the SOLAR PLEXUS must be NORMALIZED and thus directly or indirectly NORMALIZE all the body functions.

VALENS RITHIMO-MAGNO DUO-COLOR SOLAR-PLEXUS NORMALIZER

Indications and Tecnic for its use

Figure 27, illustrates my latest model of a SOLAR-PLEXUS NORMALIZER, carrying with it my DUO-COLOR OUTFIT — both in combination in one unit.

The left-hand electric-lite bulb is *Natural Ruby*; while the rite-hand bulb is *Natural Blue*. Switches control each, or both, lamps.

In the center of the complete outfit, just below the name-plate, is the "*Radiating-Core*." If eight persons stood in front of this Core, the "*Polarized Energy*" emanating, or radiating, from this Core, is powerful enuf to pass thru the eight persons and still be mesured by my special Energy-Detecting Devices.

This live, pulsating, polarized energy passes thru

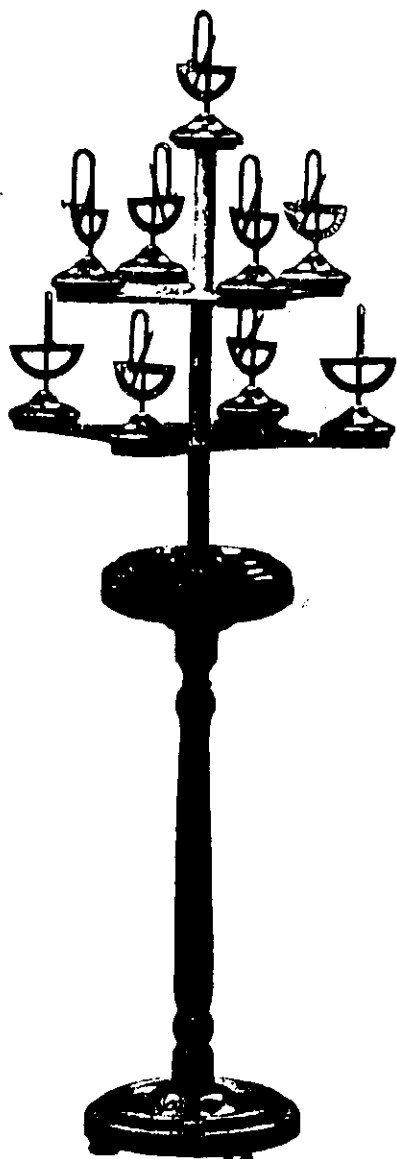


Figure 28
Energy-Detector Group

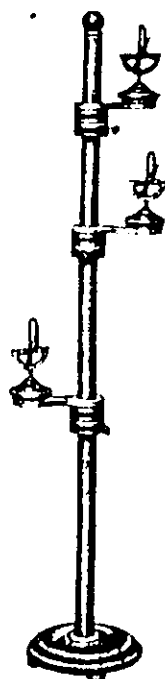


Figure 79
Energy Detectors
Group of Three

any and all living tissues, and being of the same nature as that of the COSMI of the living cells, it cannot help but "line up" the countless infinitesimal elements that are not "in line" in the tissues.

The patient should sit in a chair (Fig. 26) about three feet distant from the front of the "Radiating-Core," or "Axle."

Figure 28, is a fotograf of one of my specially devized *Energy-Detector Groups*. Figure 23, shows in detail one of these *Energy Detectors*. This *Energy-Detector Group* represents a *Cosmi-Group* in any living cell. When the SOLAR-PLEXUS NORMALIZER is in action, each one of the Energy Detectors in the Group, acts and re-acts on the one next to it, thus wonderfully depicting the energizing effect of the Normalizing Energy on the entire human organism. The demonstration is startling and true to life.

Figure 29, is another tipe of *Energy-Detector Group*. This "Group of Three" is used to detect the energy after it has past thru the patient. The singl *Detectors* can be lifted or lowerd on the pedestal, so as to line each *Detector* with the organs of the patient being treated. For some unexplaind reason, the amount of mesured energy passing thru a normal organ is greater than that passing thru an organ, or part, that is in dis-ease. The progress of *Normalizing* the body, can in this manner, be checkt week by week.

The RITHM of the MAGNETIC ENERGY from the SOLAR-PLEXUS NORMALIZER is set to "fit" the patient and the condition to be NORMALIZED.

The duration for each treatment is from seven to nine minits. As this UNI-DIRECTIONAL current passes thru all vegetabl and animal material, the patient takes the treatment comfortably clothed.

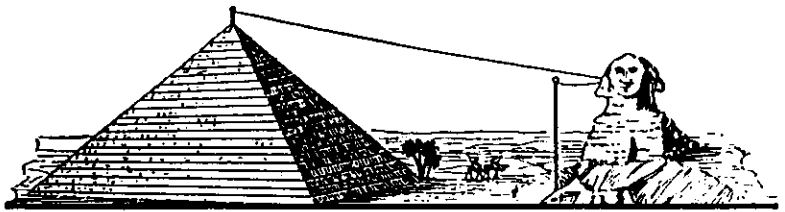
Experience with a great many patients with all manner of ailments has proved that this NATURAL ENERGY is a POWERFUL RECONSTRUCTIV and NORMALIZING ENERGY.

All chronic un-helth comes on slowly—gradually changing the normal into the *ab-normal*, hence, the NORMALIZING of such conditions must be *gradual*.

As RITHM along with COLOR has such an important role to play in NORMALIZING all deep-seated mal-conditions, my RITHMO-DUO-COLOR is used to guide the RESPIROIDAL RITHM, as well as to act upon the SIMPATHETIC SISTEM thru the OPTIC NERV and BRAIN CENTERS.

Five treatments of from seven to nine minits each should be taken every week for at least four weeks. This initial course of NORMALIZING TREATMENTS should set in motion all the correctiv agencies in the body.

For home treatment, in addition to the office treatments, the patient should practis deep, rithmic, diafragmatic respiration as much as possibl. The RESPIROIDAL MASSAGE that this method of breathing givs to the abdominal organs, and thru them acting upon the SOLAR PLEXUS, helps wonderfully the energizing effect of the SOLAR-PLEXUS NORMALIZER.



COSMO-ELECTRO CULTURE
THE REJUVENATOR OF AGES

COSMO-ELECTRO CONCENTRATION

THE COSMO-ELECTRO CONDENSER-OSCILLATOR, OR THE COSMO-ELECTRO CONCENTRATOR

All Cosmo-Electro Culture is accomplished, directly or indirectly, thru the Natural Process of COSMO-ELECTRO CONCENTRATION.

Nature, by means that no human can "scientifically explain," changes known matter into unknown matter, and vice versa.

Take the fragrance of flowers, for exampl, we can see the flowers, but cannot see the fragrance that may be given off for many years, yet we can SMELL that invisibl fragrance! The flowers have a rate and mode of motion of their COSMI that "tunes in" with our *optic* mecanism so we can SEE the flowers; but at the same time the flowers give off COSMI of another rate and mode of motion that we cannot detect by means of our *optic* nervs, but can detect them by means of our olfactory mecanism—*smell*. No laboratory sistem can detect what odor is. We know what odor is by its manifestations thru our sense of smell. We could go on and on and show that most of the *Natural Laws* are known only by their manifestations.

THE COSMO-ELECTRO CONDENSER-OSCILLATOR

Discussion:

Figure 30, represents a TRIANGL of COSMO-ELECTRO CONCENTRATION. Let us study it carefully, for therein lies the FUNDAMENTAL of

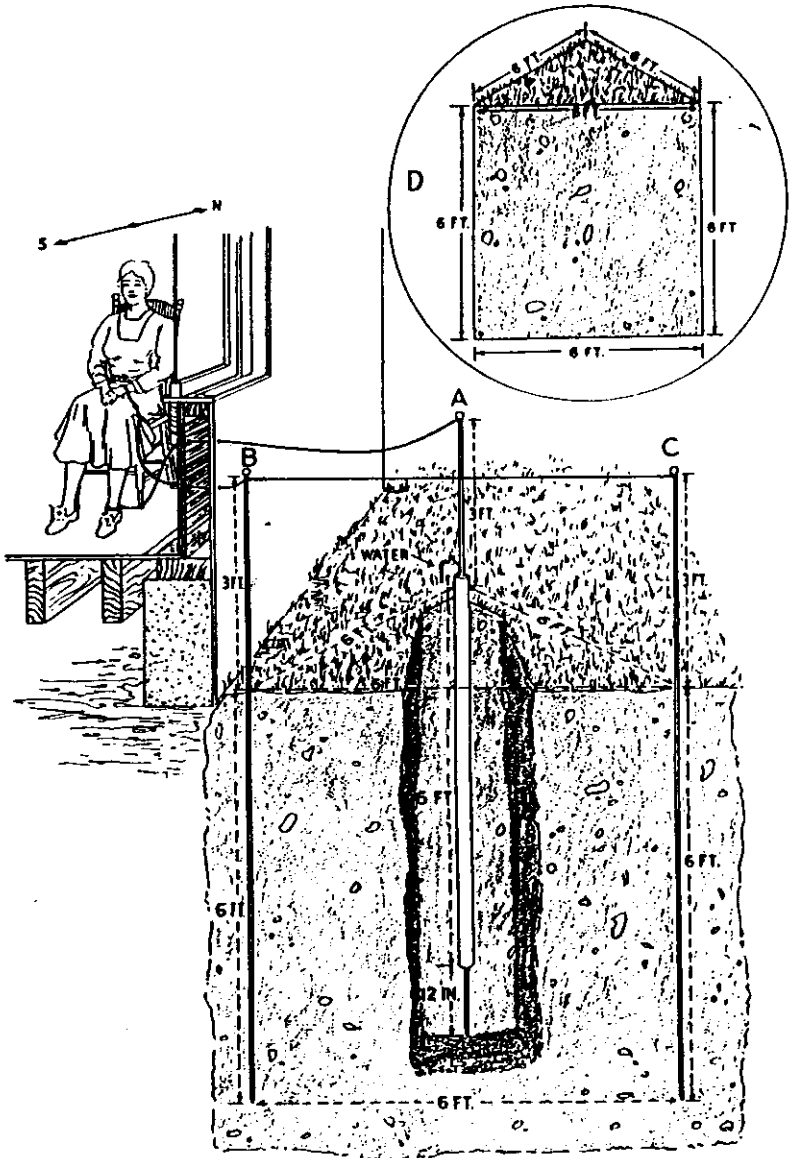


Figure 30

COSMO-ELECTRO CULTURE for LAND and MAN.

A triangle on the surface of the earth, six feet on each of its three sides, could be cut down into the ground six feet. This would make a three-sided block measuring six feet by with six-foot sides. The cubic contents of this solid block is much greater than one, at first, would imagine. (See Figure 30, Insert D.)

The block is a CONDENSER as well as an OSCILLATOR. Its shape makes it a PRISM. A PRISM has a very different action upon ENERGY than a square.

In my long series of experiments, I have built complicated condensers to follow out the Laws of COSMO-ELECTRO CONCENTRATION. Suppose, for discussion, we cut this six-foot by six-foot PRISM up into thirty PRISMS, each six feet long. Then take the thirty PRISMS and make them into sixty PYRAMIDS with equal bases and three feet high. These sixty equal-sided PYRAMIDS could all be placed in the space of the one six-foot by six-foot PRISM.

The groove on a screw is in the form of a HELIX or spiral. Each one of the sixty PYRAMIDS could be so lined as to take a mile (5280 feet) of condenser-wire; but a CONE would be much more easy to "thread" and wind, so we took a CONE of the same surface capacity as the PYRAMID. CONES can be placed conveniently in a square, or rectangular, box with no lost space at top and bottom by placing one CONE base down and the other with its apex down.

and so on. When we have the ends of the wound wire correctly jointed and placed, we have sixty (60) miles of condenser wire ready for use. By properly insulating the units and arranging CONDENSING strips, we have a CONDENSER-OSCILLATOR of a capacity about the same as that illustrated in Figure 30. Any careful worker can construct the "open-air" CONDENSER-OSCILLATOR illustrated in Figure 30, but a very careful expert electric engineer would be necessary to construct the one made of wire.

The COSMO-ELECTRO ENERGY accumulates—CONCENTRATES—and then is REPULSED. It is then ATTRACTED back for another rebound. It is thus that we attain a powerful COSMO-ELECTRO ATTRACTION and REPULSION which gives us an OSCILLATING ENERGY that is in all LIFE.

COSMO-ELECTRO CONCENTRATION and OSCILLATION is the LIFE of NATURE!

For changing UN-HEALTH into HEALTH; building up resistance; changing metabolic discord into metabolic harmony; COSMO-ELECTRO CULTURE, as I have tried to explain it, is of FUNDAMENTAL importance.

Figure 30, illustrating an equilateral triangle, shows at A, a "grounding rod" the same as illustrated in Figure 12, incased in a two-inch galvanized iron pipe, packed with sand and always kept wet. It is driven seven feet or more in the ground, but the two-inch galvanized iron pipe is only six feet in the ground. In other words, the incased copper rod is bare in the ground

for one foot or more. The three feet projecting above the ground is also bare.

At B and C is shown two solid copper rods of the same diameter as the rod shown at A, but driven into the ground six feet or more without a casing, bare above the ground and in the ground, and *not* kept wet. Only the moisture already in the ground is necessary for the rods at B and C.

Each of the three copper rods should be at least six feet from any water-pipe or gas-pipe. The drip faucet that wets the sand about the rod at A, should be attacht to a water pipe at least six feet distant. The "arm" to which the faucet is attacht should be about one foot above the ground.

The amount of ENERGY Concentrated in this equilateral trianl, or prism, is equal to about sixty miles of condenser-wire surface.

In Figure 30, at A, and at B, are shown "house-wires" going thru the wall of the house with a connector device at their house terminals. A, is where the GROUND connection is made. B, indicates where the OSCILLATOR connection is made.

House, or office terminals are placed in convenient places and so markt that the operator will know at a glance which is which.

Before passing the "house-wires" A and B thru the house wall, insulator tubes should be put thru the wall and the wires past thru them. These "house-wires" should be thus insulated from the rods outdoors to the connector clips, or terminals within the house.

To these connector clips, or terminals, is attacht

one end of the Insulated Energy Conductor Wire (Figure 31, No. 10), and on the other end of the Energy Connector Wire is attacht the Patients' Applicator.

Figure 30, at B and at C, is shown a copper, or brass, connector-wire, which connects the two bare rods, B and C, together—a metallic connection three feet above the ground. This wire is about an eighth of an inch in diameter, firmly attacht and solderd to the rods just under the metal ball.

Figure 30, also shows a patient sitting in a comfortable chair facing exactly South. (It matters not whether the patient face exactly North or South. She would be facing in the *Magnetic Meridian* in iether direction.) The patient has the Hook Applicator, Figure 31, No. 8, attacht to her wrist; and the Spring-Clip Applicator, Figure 31, No. 2, attacht to her anl. These solid copper *Applicators* are connected to the "house-wires" by means of the Energy Conductor Wire and Connector Clip as shown in Figure 31, No. 9 and 10.

While taking this COSMO-ELECTRO CONDENSER-OSCILLATOR treatment, the patient is doing deep, abdominal breathing. If in my office, she would have my RITHMO-DUO-COLOR Unit to guide her breathing, and the *Air* she inhaled would be ALPINE AIR from my *Alpine-Air Generators*.

The treatment lasts about twenty minits. The beneficial results are unbelievabl to any person not accus-tomd to "see the invisibl made visibl" — un-helth changed to helth—dis-cord changed into harmony.

SOLID COPPER APPLICATORS

HOW THEY ARE USED IN

COSMO-ELECTRO CONCENTRATION

Figure 31, and Figure 32, illustrate some of the solid copper *Applicators* I have made for my work. The following describes them one by one and tells how they are successfully used in my office.

Numbers 1 are Spring-Clamp Applicators used on thighs, hands, or feet.

Numbers 2 represent a pair of "Spring-Copper" Clamps, or Clips. They can be used on arms, wrists, ankles, or small limbs, and some necks.

Numbers 3 show flat Spring-Copper Hooks for where they will "fit."

Numbers 4 represent Copper Cups that will hold an average fist. They are useful in cases of arthritis and cramps in hands.

Number 5 shows a heavy Copper Disc for use over the Solar-Plexus region. It is usually placed over the navel when the patient lies on the back.

Number 6 shows a rounded edge Copper Plate for use between the treatment table and the patient's back or buttocks.

Number 7 shows another Copper Plate or Strip for placing across the shoulders, or any other part of the back; or under the abdomen, when the patient is face down on the treatment couch.

Number 8 shows a Shepherd's Crook, or Hook, for use over the wrists. It is especially needed for home treatments, when using the *Grounding-Rod Treatment*.

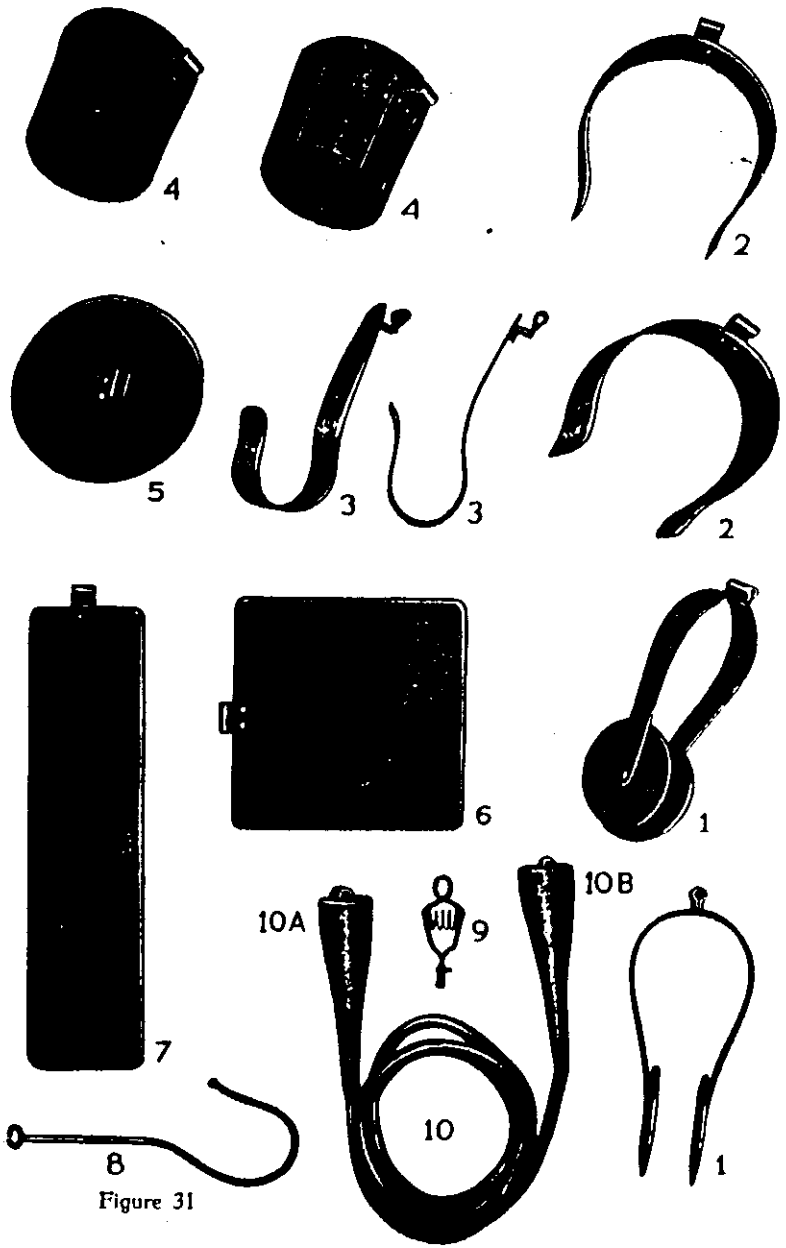


Figure 31

Number 9 shows the Universal Clip.

Number 10 shows the flexible Insulated Energy Conductor-Wire. Notice that it is insulated by being past thru heavy rubber tubing. At each end is securely attached an *Insulator* and *Universal Clip* made of solid copper.

Numbers 10A and 10B show the Insulators and Universal Clips ready for use. Each *Applicator* is made to be used with the same style of *Conductor* and *Clip*, so every part is interchangeable. Two or more *Conductors* are required. It is well to have *Conductors* of different lengths for reaching different parts of the body.

Numbers 11 illustrate a pair of heavy Copper Eye Applicators. When using these the patient must have either the *Conductor* clipped on the ball-end of the *Applicator*, or have hooks on the wrists, or elsewhere, all depending upon the "case."

Numbers 12 and 13 are different weights of Eye Applicators. The amount of Copper in the *Applicators* has much to do with their capacity of Energy and the speed of the Oscillations.

Numbers 14 are representations of the Ear *Applicators*. These have a wonderful action on the internal ear. When the Auditory Nerves are afflicted, this method of treatment does wonders.

(*Applicators* 11, 12, 13 and 14, have solid insulator handles.

Numbers 15, 16, 17 and 18, are Rectal and Vaginal *Applicators*. The larger the *Applicator* is, that can be easily used, the more rapid and successful are the results. Treating thru the Pelvic Openings helps much

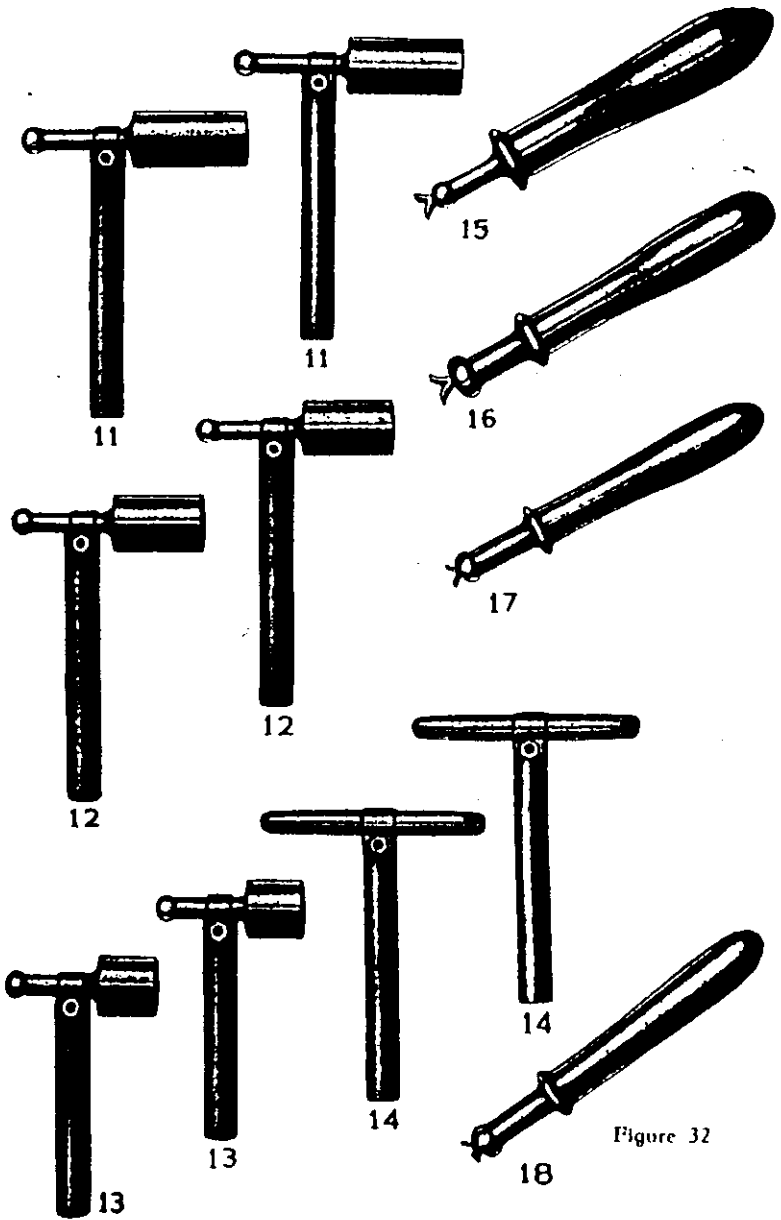


Figure 32

in restoring Normal Functions to the Pelvic Organs, as well as to the Urinary System.

When Copper Applicators are placed in contact with the body, patients must be told *not* to touch them with their hands, as this reduces the localizing of the energy.

It is very important that after each treatment the copper applicators be polished with a Metal Polish, and rinsed thoroughly in hot water, and wiped dry.

It is only by experience that one can learn how to place the different Applicators, and which one to have attached to the Ground-Terminal, and which to have attached to the Oscillator-Terminal.

Patients are either treated sitting up, or lying on a Treatment Table. When on a Treatment Table, it is well to have large Electric Lites radiating on the bare body. When sitting up, the RITHMO-DUO-COLOR Unit is important, not only as a guide for Respiroidal Rhythm, but also for the Color action given to the Optic Nerves.

VITALIZING AIR HY-MOUNTAIN AIR — "ALPINE AIR"

The ancient Egyptian chemists and Mediaeval alchemists indicate in their writings that they were familiar with the re-juvenating effects of hy-mountain air upon humans. It was from this magnetic, ozonized air, that they sercht for the "fountain of youth;" "perpetual youth;" unfailling vigor; and erthly immortality.

VITALIZING AIR IS CONDUCIV TO HELTH

Physicians often recommend that their patients "go to the mountains" to gain helth, but not every patient has the money, or the time, to go away to the mountains, for they have to make their living far away from "the mountains." This is why I was determind to duplicate "Hy-Mountain Air" in my treatment rooms. In other words, if my patients could not go to the mountains, I could bring the mountains to them.

IM-PURE, DE-VITALIZING, AIR UN-HELTHY

There is practically no difference between "day-air" and "nite-air."

There is, however, a great difference between PURE air and poluted air. Tobacco-smoke poisons the air as much as automobile-exhaust does. Many children grow up invalids just becaus the thotless father smokes in the room occupied by the child.

Many a wife is made an invalid by inhaling such poisoned air.

The air in our large cities is now so poluted with

automobile-exhaust, tobacco-smoke, cigaret-smoke, vile odors from unprotected smoke-stacks, etc., that to speak of "*pure city-air*" is to speak of "*what is not.*"

Even in the country it is now almost impossible to find "pure" air, as automobiles infect nearly every place that humans would like to occupy.

Where there are heavy lightning storms and breezes from off the lake, sea, or ocean, the air is far better than in arid climates where rains are seldom and lightning storms practically unknown.

We often read of the advisability of invalids, or those not in health, going "to the mountains" in order that they may have "pure, mountain-air" to breathe.

No doubt but that the air a-mile-or-two above sea-level is more free from impurities than at sea-level, but the rarity of the air at such heights puts a burden upon the heart that more than dissipates the betterment of the air.

Many persons can breathe more freely when a few hundred feet above sea-level. For such persons an altitude of about 2,500 feet is doubtless beneficial.

No matter whether sea-level air be good for us or not, the majority of persons must live in such air. It is a matter of "*making a living.*"

The public press prints endless reports of the great benefits derived by taking "sun-lite" treatments in the "Hiest-Alps." Even there the sun does not always shine, so artificial lites are often used in these "Hy-Mountain-Lite-Cure" places.

I have had occasion to treat many patients, who have been to these high altitudes for treatments, and

have made a study of their condition before and after going there.

Altho the radiant-lite treatments seemd to do them good, yet the altitude injured them in other ways. This made me conclude that if persons were cured at these unaccustomd altitudes, they were cured *in spite* of the impediment of altitude with its bad effect on the heart and respiratory mecanism.

This made me start a long series of experiments, covering many years. The idea occurd to me that it was the AIR at these altitudes that made the sun-lite, as well as artificial lites, so helpful, rather than the *altitude* itself.

Then I began experiments in making an artificial "*Alpine-Air*." I lernd that during litening storms in the hy-mountains the air becomes very invigorating. This, I was able to prove, is becaus of the ozone liberated, or made by the litening.

We all know that the air is "cleard" during a hevly litening storm. Even if no rain fall, the air is made more invigorating from the action of the electric storm.

I also lernd that there appears a *terpene-peroxide* odor in the air immediately after a litening storm in the evergreen forests.

Terpene-Peroxide is made by combining free oxigen with some essential oil, or oils, of the "terpene group."

It is well known that free oxigen, or ozone, is liberated during an electric storm, or by generating a sparking, hy-frequency, current in the open air.

Finally I was able to make an artificial "*Alpine-*



Figure 33

Figure 33. illustrates VALENS ALPINE-AIR GENERATOR, latest design, front view. This outfit is all metal and equlpt with the very latest ozone-making and air-circulating parts. It is operated with an alternating electric current of from 110 to 120 volts, 50 or 60 cycles. The lower switch puts the electric current "on," while the upper switch regulates the "hum."

Air" that had all the beneficial effects on persons that going into the hy mountains had. In fact, I found that the benefits were far greater, for the respiration and the heart action were not interfered with.

Oxygen-vapor machines, as well as all other ozone generating outfits, often produce an irritating gas, but my method of blending ozone with terpene oils from hy-mountain-evergreen trees eliminates this.

I have tried passing the ozonized-air thru bottles of oil and thru tubes of oil, but that will not produce the "*hy-mountain-air*" lookt for, as the *Alpine-Air Gen-*

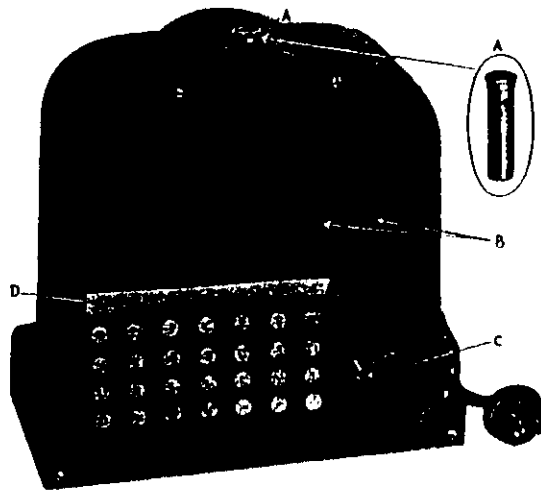


Figure 34

Figure 34, shows the back of this wonderful outfit. Air is drawn in thru the Crinolin-cloth Filter "D," and blown out thru the perforated top. The **Alpine-Air Oil** is contained in the perforated, metal capsule shown at "A."

erator will, because the oil is quickly altered by passing the ozone thru it.

My "*Alpine-Air Generators*" are of a capacity to "*medicate*" or "*mountainize*" the air in a treatment-room about 12 feet square and 12 feet hy. If the Generator be made large enuf to change the air in a larger room than that, the product is changed and the same beneficial results cannot be obtained. (See Figure 33.)

Referring to Figure 34 "C," depicts the lever by which the "pitch or quality" of the Generator "hum" is regulated. At "B," are shown the two lubricating-tube inlets into which the machine oil is put to lubricate the motor.

It will be notist that my "*Alpine-Air*" Generator is

made to stand on the floor. This I have lernd is the place for it, as the air is changed better by having the Generator there than by having it on a pedestal or table.

This "*Alpine Air*" has a soothing effect upon the respiratory mucus membranes. It is absorbd thru the lung tissues and enters the blood stream. From the blood stream this vitalizing air passes into all parts of the body and enhances *any* other treatment.

In all my treatments I insist upon the patient doing deep, diafragmatic, breathing. Inhaling *deeply* this "*Alpine-Air*," enabls it to have a quicker action on the body than if it were inhaled in the usual fashion of shallow-chest breathing.

This "*hy-mountainized*" air appears to have a *cat-
altic effect on the blood*. That is to say: this "*super-
naturalized*" air speeds up the fisiologic processes and causes the blood to absorb more *iron* and mineral salts containing *calcium* and *fosforus*.

Hyly-oxygenized blood increases the activity of the enzymes present in the tissue cells, thus enabling them to destroy abnormal micro-organisms and their toxins.

If any persons should, for a moment, dout the ability of the blood to absorb this "*mountainized*" air, let them recall the ability of the blood to absorb poisond air during the World War, or the "*modern*" un-helth caused by the inhaling of automobile-exhaust!

I have seen scores of persons apparently cured of *Anemia; hy-blood pressure; lo-blood pressure; bronchial trubls; lung affections; "hyper-acidity;" asthma; "hay fever;" or any polen fever; thru the deep-breath-*

ing of this "Alpine-Air" alone, without any other remedial agent. This has proved to my satisfaction that the inhaling of such "mountainized" air is a great adjunct in the normalizing and stabilizing of metabolism.

OTHER NATURAL METHODS

This *Nature-Helping* method should be used in every helth-restoring place, no matter what other modalities or remedies may be employd.

I shall now explain other *fisical modalities* that I have found to be the best for normalizing and stabilizing metabolism.

It matters not what may seem to caus the un-helth, the fact remains that the patient is seeking aid to be restored to a state of HEALTH.

I shall not speak of the scores of different kinds of devices or outfits for helping the patient. *Every physician should have as his or her aim, the restoring to a state of Helth a condition of Un-Helth.*

As "there are many roads leading to Rome," so are there many different methods of restoring helth. We cannot all think alike on this subject. I have been many years looking for the best Natural methods to help suffering humanity. I have tried practically every known method that would not injure the patient. What I have lernd has not been from laboratories, nor from rats, mice, cats or dogs, but from studying HUMANS.

Each patient is an individual study. No two patients are alike. We must study the *body as a whole*, and not think we can cure any one part unless the *whole* body be in a state of helth.

This is why I treat, and teach others to treat, the

whole body, no matter if only the stomach, or the liver, or the lungs, or the spleen, or any other part of the body, seem to be at fault.

In treating any condition of un-helth, we should not look for the name of the unhelthy condition present, but for the *condition as is*. Had the patient not been in error in some manner that patient would not be sick. Hence, regulate the diet and elimination, as well as the breathing. Investigate the patient's habits and methods of living as well as of thinking.

Never forget that the MIND must be made normal to normalize the body.

PULSATING AIR-COLUM-VIBRATION

in the treatment of

DEFNESS AND "HEAD-NOISES"

DISCUSSION:

"Ninety-five percent of all 'civilized' adults have defects in hearing."

There is hardly any estimating the percentage of children and youths that have abnormal conditions in their hearing mechanism.

Nearly every person—old or young—who has catar in the head has impaired hearing, tho it is usually not recognized, for "acuteness in hearing" is only relativ and comparativ. One person may have excellent hearing for his vocation, becaus his hearing is not "acute" enuf. In other words, the hearing of a boiler-maker would not be suitabl for a piano-tuner. Niether would the hearing of a piano-tuner be suitabl for a boiler-maker.

The person—a stenografer for exampl—can very quickly ascertain whether her hearing be failing or not. If she does not notis it, her employer will. There is no end of exampls that could be given to illustrate this point.

To test out the relativ degree of hearing-acuity in patients, I devized certain elaborate instruments, which have gradually been developot into wonderful outfits, but very expensiv.

After testing out many persons with elaborate devices and recording their "variations from the norm,"

I askt myself just what good all this testing was to the patient. It seemd to me the more that persons realized their ears were defectiv, the more deprest they became and the more difficult such cases were to treat.

I then concluded that the less a person knew about slite differences in hearing-acuity the better, as long as the hearing was sufficient for the person's vocation.

Just as soon as the person realizes their hearing is on the wane, just so soon mental depression takes hold of the person—a form of neurasthenia.

It is well for a person to be treated for any abnormal condition, before that condition becomes advanst, but as the testing of hearing by sensitiv instruments shows *nearly every person to be AB-normal*, I have abandond any such "discriminating fineness."

It is not so much the question of whether the hearing-acuity be such as would register "normal," but *what can be done to reliev the condition—to improve, or cure, the AB-normal condition.*

In practically all cases of beginning defness, the patient experiences the sensation of "*head-noises.*" These distressing simptoms of "*roaring;*" "*running water;*" "*steaming;*" "*whistling;*" "*hissing;*" "*ringing;*" etc., are causd by defectiv circulation in the hearing mecanism. (I am not referring to any mental or brain disorder giving these simptoms.)

The sooner the public realizes that the beginning of nearly every case of defectiv hearing is "*head-noises,*" the more quickly will they seek the services of a physician who can remedy the condition in a *Natural* manner.

Everyone who has "head-noises" needs intelligent advice and treatment.

The reason why so many cases of beginning deafness are neglected is that persons are afraid to go to "specialists" to seek advice, for most "specialists" have made the majority of cases worse by their "time-honored" methods.

Any physician, practising Natural methods, should be able to successfully treat all cases of beginning deafness.

The antiquated method of blowing air into the eustachian tube does no end of harm to the hearing mechanism and to the ultimate chance of recovery. That barbarous method of "breaking up adhesions," produces *temporary* relief, but does *lasting* harm.

To dilate, or "open," the eustachian tube by force is entirely wrong. The causes of the catarrhal adhesions must be remedied *gradually*.

Pumping in-and-out of air into the external-ear-canal to "exercise" the ear-drum produces a second condition that is worse than the first.

The tympanum, or ear-drum, is a delicate membrane to which are attached the little bones, or ossicles, or "bonelets of the middle ear." This membrane must not be carelessly treated or stretched.

Mechanical vibration about the side of the head and external ear produces only *temporary* relief. Such vibration can *not* get at the seat of the trouble.

RITHM—Realizing that Rhythm is a Natural Law, I concluded that normal hearing could be attained, if

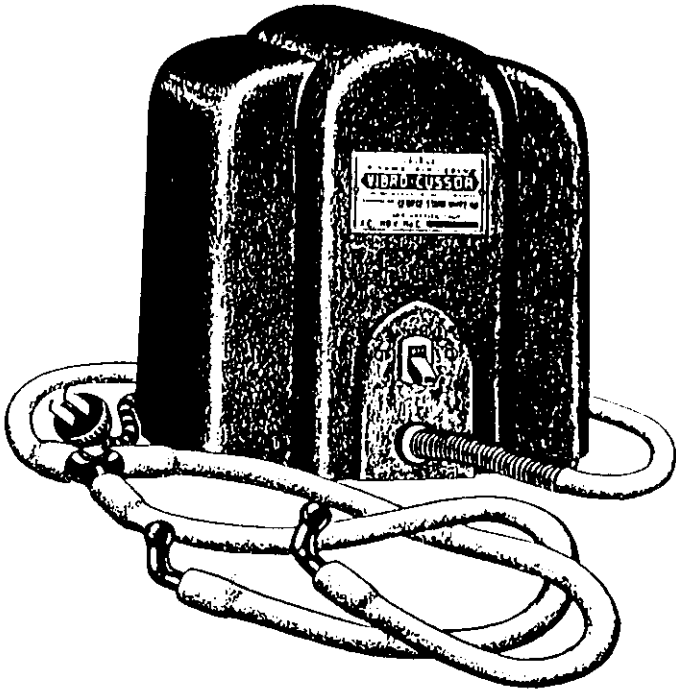


Figure 35

lost; or retained, if not yet lost; by utilizing Rithm in a suitable manner.

AIR-COLUM VIBRATION—By utilizing certain well-known Natural Laws for vibrating a column of air, I discovered that the ear-drum could be Rithmically Vibrated, or "exercized," in a most delicate manner.

Figure 35, illustrates my latest device, or machine, for RITHMICALLY vibrating a COLUM of air against the ear-drum. The vibration is so delicate that it will not injure the most sensitiv membrane.



Figure 36

Figure 36, shows how the *Vibrating Colum of Air* is applied to the *EAR-DRUMS*.

By placing the *Ear-Pieces* loosly or titely in the external ear, as illustrated in Figure 36, the comfortabl degree of air-colum pressure can be quickly found.

At first the ear-pieces will hardly close the opening to the external ear. Gradually, as the ear-drums become more and more flexibl, the user will put the ear-pieces more and more titely in the ears. No other rule is to be followd in using this "RITHMO-AIR-COLUM VIBRO-CUSSOR," as I have named this device. *This name is registerd in the United States Patent Office.*

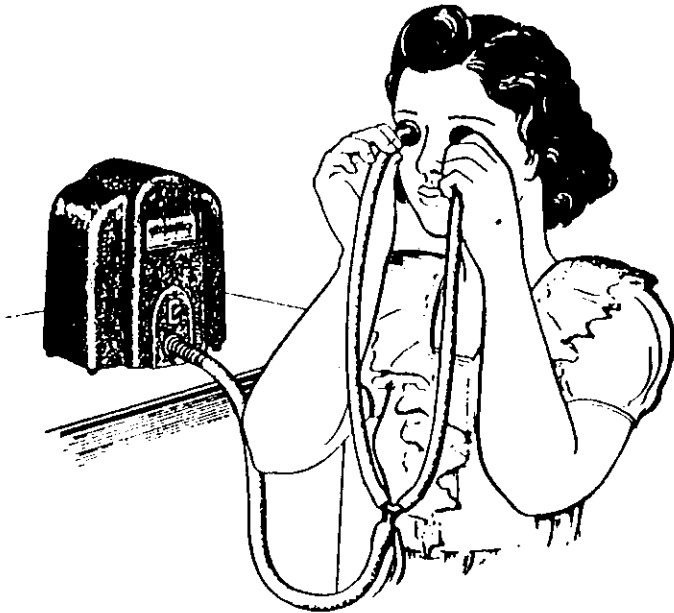


Figure 37

The usual time for each treatment is from three to five minits. The treatments may be taken two or three times daily. When going to a doctor's office for the treatments, one treatment is usually taken daily. When taken at home, three treatments of three minits each is the ideal plan.

VALENS RITHMO-AIR-COLUM VIBRO-CUSSOR has to be operated by means of the regular ALTERNATING electric-lite current. The mecanism needs no attention, as it runs in oil.

This sistem of treating ears has been used by me and my pupils for very many years. The machines have gradually been improved as the years of experience past by. My large outfits had to sell for several

hundred dollars each, but now this most compact and unique outfit can sell for much less. (Replacement for rubber tubing can be had at any "regular ten-cent store.")

This *Rithmo-Air-Colum Vibro-Cussion* tones up the delicate parts about the external, middle, and internal-ear, in a manner that is really marvelous and unbelievable to those who have not experienced the deep-down sensation produced by this vibration column of air.

With the regular 60-cycle alternating electric current the vibratory change of direction in the pulsating diaphragm of the *Vibro-Cussion* is 7,200 each minute. This same pulsating against a confined column of air causes the particles of air to bound and re-bound until the pulsations against the ear-drum run into "countless millions a second."

The "toning-up" of the tissues indicates that the physiologic action of this Rithmo-Vibro-Cussion is "ultra-atomic."

The machine, as shown in Figure 35 for treating the ears can also be used for treating the eyes, if special eye-pieces be used in place of the ear-pieces, as shown in Figure 37.

This same *Rithmo-Vibro-Cussion* is used to rhythmically vibrate the eye-balls thru the eye-lids. This system of rhythmically vibrating the eyes is very helpful in all cases of Glaucoma as well as beginning (incipient) Cataract. Also very helpful in all conditions indicating a loss of "tone" in and about the eyes.

A "HEARLESS" MAN HEARS

About eight years ago a man of seventy-or-so Summers came to me for advice regarding his "total loss" of hearing. He could hear by means of some electric device attacht to his coat and ears. He told me he had not heard a clock tick for thirty years, and never expected to hear one again.

He gave a history of "head-noises" for many years—then gradual loss of all hearing.

I explained my RITHMO-VIBRO-CUSSION system for restoring hearing. He took a five-minut treatment and arranged for one such treatment daily for two months.

After the first month's course of treatments he said he began to "hear funny sounds." These "sounds" were caused by the loosening up of adhesions in the middl-ears.

After the second month's course of treatments he could hear my voice without any artificial hearing device.

After the third month's course of treatments he could hear a wall-clock tick. His happiness was extreme.

RECAPITULATION

Magnetic Energy (Magnetism) Acts on All Matter. It is the Energy of Life—Life Force—and Permeates All Matter in the Universe!

Every Energy Acts on Some Other Energy.

Figure 38—A, represents a *Direction Compass*, which means a steel needl that has been magnetized and accurately balanst, so it is freely movabl. To be freely movabl a "jewel" is firmly fastend to the center of the Magnetized Needl. This "jewel" is hollowd out in its center so as to allow a sharp piece of steel to enter and act as a pivot. This allows the Magnetized Needl to be *freely* movabl, when the Needl is perfectly level—"parallel with the erth."

The North end, or Blue end, of this Magnetized Needl, points to the North—parallel with the Magnetic Meridian of the Erth.

The South end, or Red end, is directed exactly *South*.

Figure 38—B, shows this Compass held so the Magnetized Needl would "naturally," point up and down in a perpendicular line, but it will be seen that the *Blue*, or *Positiv* end of the Needl is drawn away from the

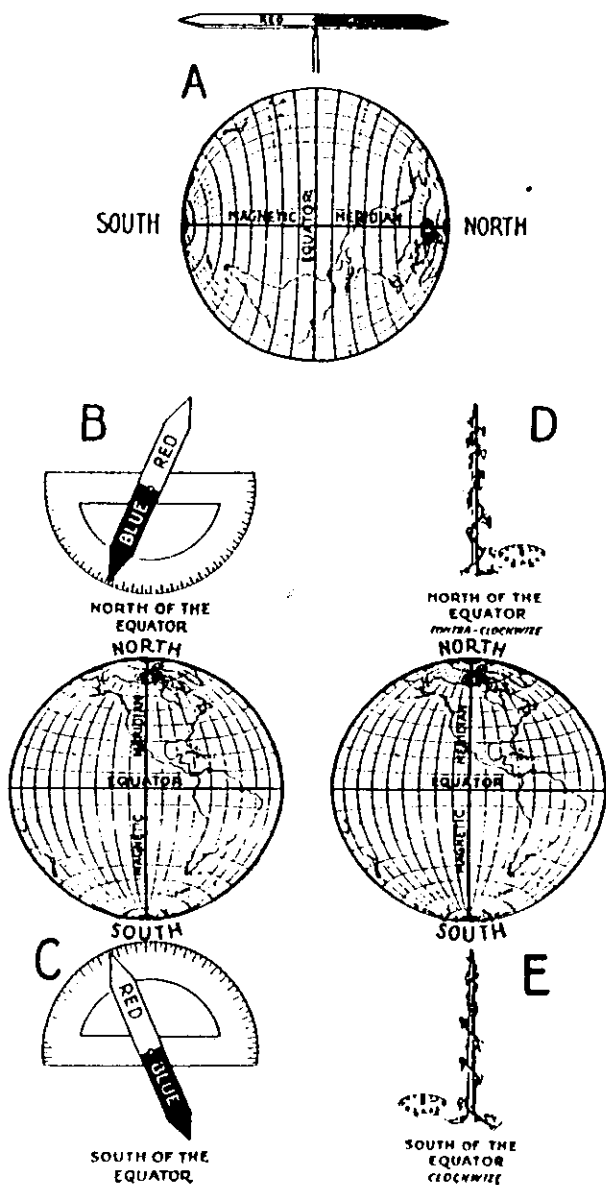


Figure 38

perpendicular. Hence, the *North* end of a Compass Needl, when held in this perpendicular manner, will not stand exactly up and down, but is drawn by some "misterious" force out of the perpendicular. This is *North of the Equator*. The Magnetic Force that draws this Needl out of the perpendicular must be *Negativ*, becaus the Blue end of the Needl is *Positiv*. (Unlike poles attract, while like poles repel each other.) This demonstration *proves* that the *NORTH pole of the Erth is NEGATIV*.

Figure 38—C, shows the same Compass Needl held "perpendicular" *SOUTH of the Equator*. Notis that now it's the *RED*, or *NEGATIV* end of the Needl that dips out of the perpendicular. This proves that the *SOUTH pole of the Erth is POSITIV*.

Many of our long-ago books claimd that the Magnetic Energy known as *MAGNETISM*, had no effect on anything except steel and a few other metals or alloys. This claim we can *PROVE* is all rong.

I have shown that the Erth is a great *MAGNET* with a *NEGATIV* and a *POSITIV* pole.

Figure 38—D, shows a bean-vine twining about a pole situated *North* of the equator.

things" really do exist. The dog shows us that his master's foot leaves a "something" on the road that no man can detect by any instruments on earth.

Let us all be cautious about saying: "That is impossibl." In our very hands we may have the proof that "IT IS POSSIBL!"