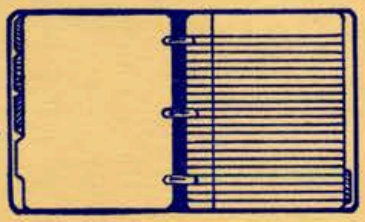
CONTENTS

LOOSE LEAF INDEX

DURABLE INDEX DIVIDERS, SUITABLE FOR SCHOOL OR COMMERCIAL USE



IDEAL FOR CLASSIFYING OR SEPARATING STUDIES, VARIOUS SUBJECTS OR MISCELLANEOUS DATA.

CLASS SCHEDULE

PERIOD TIME	FIRST	SECOND	THIRD	FOURTH	FIFTH	SIXTH	SEVENTH	EIGHTH
COURSE **MONDAY** INSTRUCTOR								
COURSE **TUESDAY** INSTRUCTOR								
COURSE **WEDNESDAY** INSTRUCTOR								
COURSE **THURSDAY** INSTRUCTOR								
COURSE **FRIDAY** INSTRUCTOR								
COURSE **SATURDAY** INSTRUCTOR								

NAME _____

SCHOOL _____ CLASS _____

HOME ADDRESS _____

CITY _____ TELEPHONE _____

( ) When walking a long light deliberate step is not only aristocratically graceful but philosophically suited.

COUNSEL

( ) When walking a long light deliberate step is not only aristocratically graceful but philosophically suited.

( ) What use is it to make rigid plans for future movements? If I prepare an itinerary, the unplanned nearly always happens, the unpredicted intervenes. Destiny, for most of my life, has made me into a nomad, a gypsy. This is why I refuse to enter commitments involving the future. "We shall see: your question, invitation, request or suggestion will be borne in mind. That is all I can say." - This is my standard reply.

( ) I make plans not before circumstances suggest the need of making them, and then only loosely, not rigidly. If circumstances give no pointer as to what to do, I do not worry but wait, confident that the way will be opened at the proper time, and that my good destiny can find me whether the future is planned or not, whether I stay here or go elsewhere.

( ) When choices or decisions have to be made, on travel itineraries, routes, dates, watch for disturbing and continuing signs of uneasiness. This is a warning signal to change choice. With the right decision, relief or ease will be felt.

( ) If opportunity is properly seized at the moment it occurs, that is, at once, its fullest and best fruit will be yielded.

( ) Discard use self-description "gypsy" - they are in bad repute. Replace by "Wanderer". Say "I wear the mantle of a Wanderer".

( ) At all first meetings with questers, remain silent and detached for 2-3 minutes as in meditation, to sense their vibrations.

( ) Stand between no correspondent and the Maharshee. If an affinity is declared for him,do not offer Swami Premananda, or anyone, as substitute. But to find him the reader can do so only (1) by simple feeling of devotion in his own heart or (2) by mystic experience following meditation, which lifts him up to M`s level.

( ) By Mir Bashir "Do not be so soft in relations and speech with others. Be tougher".

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( ) Just as the iron must be struck while it is still redhot and its future still malleable, so must Opportunity be taken advantage of at the very moment when it comes. Otherwise the hour of destiny passes, and the chance is lost.

( ) My itinerary is always tentative and is subject to possible re-arrangements as circumstances develop. My plans for the future do not exist, as I keep it open. I play life by ear

( ) Warning - Ernest Wood - The intuition must be obeyed or the power to receive it again is lost by the intrusion of self-personality.

( ) Frank Sinatra confessed that if he had a chance again, he would have been "a little more patient about getting out into the world...and had more formal education, even if I never used it".

( ) Shivapuri Baba (1) "Have the wisdom to avoid non-duties". (2) Helping others, sacrificing for our fellow beings is of immediate help to us. Our circumstantial difficulties can be greatly reduced as a return". (3) Man must use his intelligence to plan, regulate, limit and perform only his obligatory duties. He must have more time for meditation.

( ) P.Wienpahl "When stuck, seek the answer to a question in you, don't read - sit".

( ) As checked by experience, practical ideas will vanish from memory, unattended, unless written down at once.

( )A crooked mouth tilts both moustache and smile sideways.

/ /Timing is important:if ill-judged,even a right move may end in partial failure

/ /In conversation develop a characteristic of turning the eyes to an open window,near to which sit if possible.when not yourself speaking,turning back from it to speak,then resuming the window-gaze when finished. Or vice versa, turn TO window for speaking, and AWAY when not.Decide in each individual case which is preferable.

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( ) Ouida: "The most vulgar form of salutation, the shake-hands, has been adopted and generalised by princes, until it is now usual in countries where it was unknown in the beginning of the (nineteenth) century. Nothing can be more ludicrous and ungraceful, or more disagreeable, than the 'pump-handling' which is common in all ranks of society, and which great personages might easily have abolished. They think it makes them popular: There can be no possible reason why people should go through this unpleasant action, and few sights are more absurd. The slight smile and scarcely perceptible bend of the head which are all with which well-bred people recognise their acquaintances, is fully sufficient for all purposes of recognition. The pressure of hands should be left to lovers, or to friends in moments of impulse or emotion; on leave-taking before, or on welcome after, a long absence."

( ) Nobody ever regretted buying the very best, but many have regretted buying the cheaper or the inferior, the meretricious or the inefficient, the unnecessary or the unsuitable. It is worth cultivating a fastidious taste and it pays in the end to discriminate better quality. But even the best is to be rejected if it does not fit your individual personal and functional need.

( ) In those situations where difficult decisions or puzzling actions are demanded, the best procedure is to make oneself open to direction - not from the ego but from the higher self.

( ) Why submit to prying curiosity? Stifle personal questions at the very beginning.

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( ) It is more the abrupt manner in which you speak to others than what you say, that leads to misunderstanding.

( ) Remember Ra Mak Hotep`s advice: " Don`t open eyes so wide."

( ) During conversation, the ordinary use of eyes should be to stare unseeingly into the distance, or on the wall, or on a picture. Only to clinch a conclusion or high point, should the other person`s eyes be looked into.

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( ) Do not make any decision by the heart alone: bring brains into it or you may fall into emotional self-deception.

( ) Whatever question is put to you by a quester, do not reply immediately: Always wait a few moments in silence.

( ) When looking into any problem or begining any spiritual technique, silently repeat guru's name a few times. Then, result will not depend on your self-effort alone.

( ) "He (Sir Richard Wallace) refused to die smothered by his own possessions and began plans to leave his collection to the nation. .... the whole vast accumulation WAS CRATED and packed, the terrible invisible weight of the past had been too much for him. It is wiser to look at such things than to own them." - Cyril Connolly.

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KIM NOVAK: I am happy to be sad.

With 35 years of age Kim is tired of all.

Kim Novak keeps (stay) secluded in her solitary villa, apeak on the Pacific, near Big Sur, for more and more longer periods. Whereas her former husband Richard Johnson is constantly engaged (after a very short pause in Paris he has left these days for the Roumania where he is going to shoot a new film), the fair Kim appears on the screens more and more rarely. Why? Let us try to understand this by her answers given to this brief interview of ours.

Lately you have featured very few films:is it the producers who do not look for you any more, or is it you who declines the offers?

If it were the producers not looking for me, I certainly would not tell you so. Anyway, it is I who declines: I am tired, am wearied; I prefer to keep by myself (for my own account), at ease, to sleep, to think, to paint.

If you were to be offered an interesting part, however, would you accept it?

Do you think there still exist truly interesting parts? In any case, when a person is in a frame of mind like mine, there is no offer that could be of any interest. Whereas, if I changed my mood and felt more optimistic and of a conciliatory mood, even tomorrow I could accept to feature also a film without any artistical claim.

Why do you find yourself in this frame of mind?

It is a silly question, I beg your pardon. Why does the earth revolve? Why is there this immense expanse of water in front of us? In short, it is a question it is not possible to answer to. I feel this way and no more of that. At a certain point it will be over and everything will change.

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Isn`it possible, that the reason of this frame of mind may have been the divorce from Richard Johnson?

For heaven`s sake, what has the divorce from Richard to do with it? One year and a half has lapsed since then. Above all I have been so happy to be divorced!

Somebody has said that Richard Johnson has married you out of interest, to make some publicity for himself: is this true?

No, poor Richard, this is a wickedness. Richard Johnson -should somebody not know this- was, ten years before he knew me, one of the most famous Shakespearean English actors. He did not need a marriage to make oneself known.

Was it you who abandoned Richard?

I do not know. Perhaps we have parted with each other at the same time. We have become aware, both of us,that we have erred (have been mistaken). Myself, I own it, was curious to know what marriage was: there were so many woman-friends of mine having an inordinate desire to get married and it seemed that for them nothing else existed but to find a husband! What disillusion: I shall never marry again.

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( ) I was born with the sacred gift of writing sacred messages for the public and guiding ones for PB himself. Had I heeded the latter in every instances as it came, the greatest and gravest errors of judgment would have been avoided. Realize therefore that these messages are indeed communications of the highest practical value, that their pointers must be put into action, that they are gifts of wisdom, unerring and trustworthy.

( ) I go into meditation in order to commune with God. I do not go into meditation in order to commune with other persons. That is why I refuse both joint and group meditation with them.

( ) I can make plans only for the period immediately ahead.

( ) In my declining years it is sensible and practical to shed my possessions, attachments and

( ) Do not move ahead of the proper time and thus create unnecessary problems for yourself. Wait on the Overself until it makes clear when and how to make your next move.

( ) You have to train yourself to endure irritating people, restless fidgety people, noisy people, by hard willed self-control. It is easier to run away, to desert the tra~~ing~~ ING field of circumstance, but that is profitless. The other way pays dividends.

( ) André Gide: "A letter which will perhaps hurt, which it is hard to write, but the fear of hurting is one of the forms of cowardice".

( ) One wastes energy by walking up and down while talking.

( ) W. S. Maugham: "I made up my mind long ago that life was too short to do anything for myself that I could pay others to do for me."

( ) Use name more often of persons to whom you speak. "Even a dog needs to be called by name!" said someone.

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( ) Among the precepts for monks given by Buddha, there is a short but important one: "Live in seclusion and thus avoid suffering."

( ) I made the mistake of postponing action until action was of little use.

( ) I must make my own decisions not those of others.

( ) How, and why, tolerate meetings with those whose personal habits are unlovely, whose talk is boring? The man of culture and refinement has a ready goodwill to all so he cannot refuse it to the boorish and vulgar but that does not mean he must invite them to his home.

( ) (Source unknown) "I've always been lucky. Whenever things have become tricky for me, I met people who knew better than I did. My most valuable possession is an antenna for instant recognition of such people, and my most useful quality is my willingness to surrender, submerge, learn — and emerge."

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( )Whenever anyone addressed Jain Guru Shanti Vijaya of Mount Abu in greeting as "Guru" he replied with the same word, but addressed it to his own late Master. This is a useful practice in humility for PB to copy, but I can do it silently, mentally. Whenever anyone says orwrites to me as "Master", I should pass the prostration on to My M.

( )St Francis de Sales kept incessantly busy all day yet never showed haste or hurry. He was always calm. He himself wrote about how to carry the fragrance of prayer into the life of action. He gave clear instruction to layfolk how to have God with them in the world. See his first book,"Introduction to a Devout Life".

( )No problem that concerns a serious situation involving another person should be settled without taking it daily into meditation for one whole week. This suggestion is based on the practice of Jain Guru Shanti Vyaya, of Mount Abu. It enables the situation to be seen in an impersonal light, the inner causes of its arisal to be revealed, and the only solution which is both permanent and considerate of the higher evolutionary interest of the other person as well as of oneself,to be arrived at.

( )Ancient Chinese wisdom prescribes the hour before dawn as being the best for seeking counsel on affairs or coming to important decisions. This is because men's minds are then at their keenest and clearest. Ancient Hindu (CONT. OVER)

( ) Turn every problem over to the Overself The ego is incompetent to deal with it anyway for it is ignorant of all the factors involved. Only God can possibly know all of them.

( )For many years I have been receiving written messages from the higher self concerning the conduct of my life. The results of obeying or disobeying their guidance invariably show its correctness. They are couched in a perfectly impersonal style and a divinely authoritative tone What they advocate or command tends to the spiritual gain of those concerned with me in any situation as much as it does with my own. It is so wise yet so good that the ultimate result is always happiness and benefit, whereas an egoistic guidance ~~will~~ seeks immediate satisfaction ~~but~~ brings misery and suffering in the end. WHICH

Jong Collins: "At the age 39 I had become wealthy thru business but did not realise it. I still retained much of my former outlook about money. It took me a lon time to carpet the bedroom walltowall when I thought old rugs would do"

(6)

CONT

wisdom names one hour before dawn as "the moment of Brahman," and lists it as being one of the best times to practice meditation. ( )J.G.Bennett: I am always doing the ir things that is less important, and neglecting what matters to me most.

( ) It is a failure in service if any person met or interviewed is not helped positively. This may be done openly or secretly, by a few well chosen and spoken words or silently by a blessing or an uplift.

( ) Beyond owning a certain number we become the victim of our possessions. They themselves become a tyrant.

( ) When speaking to anyone, take care not to open eyes too wide and thus creating a reciprocal glare. To avoid that, and because being so short I lift eyes upward too much. Look no higher than your own level. This brings your vision about the throat or chest level of the other and taller person.

( ) Write all letters in telegrafese style -- to save time and make the writing at all possible.

( ) Attach this memo to ped MMS 100 pages Foolscap. "This cannot be published as is. It is an error (1) cut up into different heads as subjects (2) drop first person altogether (3) impersonalize it into possible experiences for <u>various kinds</u> of seekers, not just one only. It will be very easy to correct many class 18 paras by substituting the idea of the Overself, or the God in -- me.

( ) <u>Bhag.Gita IV:19</u> " He whose actions are free from desire and <u>premeditation</u> (or "calculation"?), whose actions have been burnt in the fire of knowledge, him the wise call a Sage." Does "premeditation" mean planning? Yes, it does. Sanskrit word to "sankalpa (ambitious) planning".

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( ) I value my freedom sufficiently not to sacrifice it for any bribe, like luxury, or any pretended moral duty, like service.

( ) My independence has been too hardly won for me to let it be degraded through weakness in resisting the claims of friends or students, as well as demands of readers or correspondents.

( ) I prefer to go through life if possible unobserved; if not, then to be regarded as an unimportant little man.

( ) "God alone knows where I shall be next year, next autumn, or next Christmas. It is risky and deceptive to make plans or fix dates", - this is my reply to meeting-invitations or hospitality-offers.

( ) It has been a rule of several years standing not to sit in joint meditation with anyone else. To do so would be to assume the role of guru - for which I have neither mandate nor taste.

( ) To accept disciples intrusion would be to hamper personal freedom and to handicap my work.

( ) It is not fair to put anyone to an experience for which he is not yet spiritually old enough to receive. I let this happen reluctantly in the past because of the general situation which followed 1964, but which has now settled itself. I therefore must have the freedom again to choose contacts and not be subjected to them against my own wisdom. We ought not to meet <u>in family closeness</u>, whatever happens outside that

( ) It is often unwise, sometimes imprudent, occasionally unsafe and generally unnecessary to get involved in other peoples lives. It may threaten my privacy and cost my time. So do not give more than a single interview, nor go on corresponding with, or meeting again, just because you are visiting their countries, those questers whom you knew in former years.

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INDEPENDENCE

( ) On Independence. Lafcadio Hearn:"There is such a delightful pleasantness about the first relations with people in strange places - before you have made any rival, excited any ill will, incurred anybody s displeasure. Stay long enough in anyone place and the illusion is over: you have to sift this society through the meshes of your nerves, and find perhaps one good friendship too large to pass through. And those first winning relations with men, while you are still a stranger, and only the better and the brighter side of their nature is turned to you. The Krehbiels were beginning to tire of their guest."

( ) Henry Miller " I rejoiced that I was free of possessions, free of all ties....owning nothing, regretting nothing."

( ) When the association is too close, he loses some of his indipendence. A modicum of reserve and aloofness is necessary.

( ) If he is to apply,to some extent at least, his own principles and standard, he must also impose his own conditions upon environments to some extent.

( ) Because of the imperfections in all human beings, not excluding himself, he knows that it is impossible to enter into any relationship that will be fully satisfactory.Rather than repeat the lesson of experience and make this rediscovery again and again, he prefers to space his contacts well apart, to keep their number as low as possible, and not to look for friendship in any direct face-to-face confrontation.

( ) Barbara Harris (actress): "I can live without being adored by a lot of people I do not care about. The older I get, the less I am concerned about my art, and the more with my life,and with the people I DO care about."

( ) I jealously guard my privacy.

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( ) Freedom of movement is a necessity. If everything is planned and organised ahead, there can be no spontaneous action.

( ) How wonderful to be able to carry one's independence so far that one is not forced to apply for any post, nor be a candidate for any office!

( ) I do not care to be tied to an institution, or a place; I need to be free to move around.

( ) No one is allowed to break into my privacy.

( ) Pfeiffer on Somerset Maugham: "A little of the society of friends satisfies him. He would generously write you to spend a week with him, but he would be grateful if you found it necessary to leave at the end of five days. He has no sentimental attachment to a friend just because he has known him for years."

( ) I live in my Swiss retreat surrounded by petty bourgeoisie. This is because I live in a large apartment building, each human ant in his little set of boxes. I detest snobbishness, yet it would be pleasant, as I have, for various reasons, to live like an ant, to be surrounded by a higher class of people. For then my work in writing would not suffer from unnecessary door banging and unnecessarily loud voices, nor my meditation silences be disturbed by the intruding inquisitive thoughts of neighbours.

( ) I am endlessly preoccupied with merely keeping alive, constantly engaged in menial paltry acts associated with the body's welfare, care, nourishment or survival. Yet I could have all assistance needed to cope with these tasks. But my need of isolation is greater.

( ) Robert Hickens: "Partings on the platforms of stations are horrible, vulgar, inartistic, and abominable. Let me say good-bye to you here in this pretty house full of pleasant memories".

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( ) Ronald Fraser in a novel: "I am no longer disposed to abandon private felicity for public toil... whether because of age, weariness, or inward relinquisment of ambition".

( ) " His flair for friendship and his dislike of people at too close quarters. He had to find the middle way between these conflicts. All his friendships came to grief sooner or later." On Horace Walpole.

( ) The more things he possesses the more hindrance is placed upon his freedom of movement and the more he is forced to settle somewhere. Each new possession is a new encumbrance.

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anonymity. INDEPENDENCE

( ) 1. I dislike answering questions about P.B. Why become a piece of public property, to be stared at, gossiped about, and criticised? I like the peacefulness of

( ) 2. Privacy - The week's dottiest remark; "Money is valueless," he tells us. "I have no luxuries except privacy." Are there any greater luxuries - or more expensive ones? "It is worth clinging to with all one's stubbornness.

( ) 3. Since it is their spiritual duty to get away from their own ego, why should I let others thrust this ego upon me through demands for replies to their letters? Why should I encourage their interest in the ego by getting involved in its moods, problems, affairs? Such letters start and continue endless correspondence, becoming burdensome and time-wasting. Their claim to "spiritual" interests does not alter the truth that they are centred on the ego. It is not my duty or work to yield to such importunities. There are others whose work it really is. Refer readers to those gurus or remain silent or send a mimeographed reply. (4) Israel Zangwill: "Poverty may not be a crime it seems to make people awful bores." (b) "My own life has done with yokes." (in his novel 'Mantle of Elijah'

/5/ Salomon Dembitzer: "Don't try and see me again, for you won't find me anywhere. I appear and disappear as the spirit moves me. I often throw a bone to a hungry dog but...dogs are more intelligent than men, for they know only too well that these little gifts do not entitle them to make any sort of claim." (b) I freel free and untrammelled...I don't want to be pestered." (c) The final experience conclusion which has taught me is that it is better to shun the company of mankind.

/6/ Whoever values his secret spiritual self, appreciates its stillness and tranquillity, will find it pleasanter to surround his outer self with secrecy too. In this way he meets with less of the world's evil, encounters less of its opposition, and, following Jesus' injunction, casts no pearls before swine. But this unwillingness to reveal himself, his real identity, indiscriminately to others should be counterbalanced with a readiness to confirm truth whenever intuitive bidding orders.

7) He who communes frequently with the Higher Power ought not let his private personality be left open to the misapprehension, sneers and criticism of the ignorant. Even his public personality ought to be guarded, too.

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(b)He who communes frequently with the Higher Power ought not let the private personality be left open to the misunderstanding, sneers and criticism of the ignorant. Even his public personality ought to be guarded too.

( ) It is a mistake to yield to the importunities of others and act contrary to personal temperament and practical wisdom. It is not necessary to live with a friend in order to help him spiritually. Why not give this assistance on my own terms, not his? Why stay in his house as a guest when a few separated meetings for a short period will be just as effective for him and much pleasanter for me ? Do not surrender your basic need of complete privacy and solitude. If you insist on the independence of a hotel, or rented apartment, and refuse to depart from this rule, then he will have to accept it, or go without the help. Let him conform to your way of life, not viceversa. "To thine own self be true etc."-Shakespeare. Also Israel Zangwill said, in a novel: "He refused private invitations in favour of real privacy in a hotel. His long years of touring had familiarized him with the hardships of local hospitality - never a moment in which to possess one's soul... Sometimes he fluctuated in favour of particular hosts." Chas Chaplin (Autobiography): "As guests we were living under a certain tension. Mother said, guests were like cakes: if kept too long, they became stale and unprofitable."

( ) Israel Zangwill in novel "The Mantle of Elyas": "Why should I continue to be part of this foolish pother, the recording whereof was the climax of the folly ?... The Universe had no further claims upon me... I belonged to myself... I therefore retired from actual living... Now I sit serene as deaf to the agony of my day as to that of antiquity. I had done nothing to mitigate that, why should I stick my little finger into this ? The social spectacle gives me an exquisite and bitter laughter... I say to suffering and injustice:"Let me alone, cry to the living".

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( ) Louis Zangwill: "The fewer possessions a man has, the easier it is to live."

( ) The labours of satisfying his own primary needs, of preparing the body's meals and keeping his home, even if it be a single room, orderly and clean, take away time that could be better given to the higher necessities of life.

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( ) With attainment of age 70. I reverse my previous life: no longer a nomad: from now I stay fixed, at one geographical point: no longer willing to travel and visit friends and accept their hospitality for awhile, no matter how famous or high ranked they be. I remain here. No frenzied call from anyone can summon me away now. I am free, independent, at last.

( ) To the sensitive man fame becomes a nuisance, if it is accompanied by lack of privacy, if he is expected to keep ever-open doors to the public's prying impertinence vicariously expressed through the press.

( ) Ouida: "Every day any one who bears a name in any way celebrated receives requests from persons who are unknown to him inquiring into every detail of his existence. If he deign to answer them, he is as silly as the senders. Their impudent appeals are ill-bred, noxious and odious: It is either an impertinent curiosity or a desire to make money."

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INDIFFERENCE

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( ) I must keep myself unencumbered -- in belongings and in activities, in responsibilities and

( ) The independence of a hotel and the freedom of its life are better suited to my temperament than the hospitality of some else's home.

( ) I must not fall into social relations with others, must not visit their homes or be guest at restaurant meals. For then they want to pry into what is not their business. It is better for them and pleasanter for me to maintain my privacy and reserve.

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INDEPENDENCE

( ) It is not a virtue but a weakness to be unable to stand up for your own rights, or to be unable to rightly say "No!" or to submit to being bored by someone you want to get away from.

PRUDENCE

( ) It is not a virtue but a weakness to be unable to stand up for your own rights, or to be unable to rightly say "No!" or to submit to being bored by someone you want to get away from.

( ) It is a great mistake to accept invitations to tea and then stay till dinner, or to come to dine too often. It leads to jealousy — remember the experiences with so many friend-chelas. Be firm, resist emotional demands. Remember the Jan van D. lesson. They demand one far too much attention and mention is given to P. Batzoll, which in other cases invariably created evil situations through arousing jealousy. I must settle elsewhere as soon as possible, so as to remove my suitcases, and not get involved in the running of their family life.

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PRUDENCE

( ) John Berry in Novel- "I am surprised that anyone has time forfibbing".

( ) Make a firm rule and do not break it, to inform no one in Europe of your movements back to it, of the dates and places. Henceforth move in utter secrecy.

( ) The injudicious telling of my future travel plans to A, was at once communicated to T. who told H, resulting in negative thoughts plus embarassing proposal to come to North Calef on part of T. Make this the final lesson: NEVER to reveal future movements in detail: leave all vague, unsettled, unlocalised and undated. Tell "No plans ever made: I move when my work is done, and to where I have to go at the time."

( ) Security comes from secrecy. Exercise caution in conversation not to disclose (a) plans (b) movements.

( ) The great lesson of Madrid and TORONTO- Globe Athens episodes is that the longer you stay in a visit, the stronger gets the opposing force, expressed CHIEFLY through jealousy, INSENSITIVITY or misunderstanding. Further: do not allow extra attention to be given to me, as that again arouses jealousies. are other but LESS frequent causes.

( ) De Gaulle reveals his plans only one point at a time, keeping the rest secret.

( ) It is very important not to pass by an opportunity, said an ancient Greek dramatist, because it never recurs. Therefore we should recognize it for what it is and take advantage of its appearance. But such recognition is often difficult, because the ego may hide it or its emotions may becloud it.

( )It is unsafe to practise prophecy, to make specific predictions on personal or public affairs. This because of the X-factor. But, if, for the sake of warning, guidance or counsel, it must be done then take care not to date the prediction.

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( ) Avoid the making of categorical predictions. Do not be so rash as to let others commit you to fixing dates.

( ) Without looking directly at the person you are talking to, you may yet occasionally and intermittently glance momentarily at them and then turn your head away again.

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( )"I beg your pardon, but I do not discuss such personal matters. I seldom open my doors to anyone and because I have gone out of my way to do so to you it does not mean they have been opened to everything else and certainly not to be interviewed or cross-examined."

( ) The cause of the problem with Signor Schaller, the bank teller, in Lugano, was to look at him when saying goodbye.

( ) Look straight ahead but slightly obliquely when talking to certain persons, as if there were someone else behind them.

( ) When in the presence of ordinary persons, and even others, who are not of your status, do not let your prudence lapse.

( ) With public vulnerability must come a protective shield of a sense of responsibility. Otherwise a series of public mistakes will follow inevitably on irresponsible conduct.

( ) Stop using false addresses on hotel paper. Remember Bell Parkin.

( ) I try to conceal from neighbours, local tradesmen and chance acquaintances my identity as a celebrity in the narrow world of psychical mystical and philosophic authors.

( ) Confucius: " The prudent man is he who knows others".

( ) Property gives serenity -- for a time!

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PRUDENCE

( )When credulous planetary-space-ship believers write to President Eisenhower about the matter, he nev-replies to their letters.( )Why give more information about personal movements, past history, or future plans -s than is absolutely necessary? Caution demands and experience confirms that the less said on these matters the better.( )It is better to act on the assumption that the less opportunity you give to others to criticize you, the less trouble you will have.( ) The guru should not let curious-minded followers or cunning-minded entrappers pressure him into answering questions which are not within the field of philosophic study but which belong to occultism. ~~Imperator,Amorc~~

( )Imperator,Amorc:"We spend mpre time recovering from mistakes than would have been needed to contact soul consciousness (and get guidance)."

( )C.P.Snow:"Go carefully.Examine proposals but, even if they seem harmless,it's wiser not to commit yourself at once. Whatever you do, don't say Yes on the spot"( )It is better to wait for second thoughts than to break off all relations totally.Then, if a break is decided on, let it come through,or in circumstances forced by the other party. But sometimes more is to be gained by loosely maintaining relations and keepin a foot in the door.

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( ) Do not talk about yourself, your history. If you volunteer into, you provoke questions. If you refrain, you discourage them. Learn to unite graciousness with caution, so that the reply to sceptical, inquisitive questioners is always gravely bland. Finally, if despite this attitude, personal questions are still asked, reply curtly: "I am sorry but I have a firm rule of preferring not to talk about my own self."

( ) (a) It is a mistake to state in advance your coming movements to anyone. There are no exceptions. Even when it is necessary to stop someone coming to a city, it is better not to give where I will be, but simply say that "I will not be in xyz at the proposed time. In any case I never make exact plans for future movements". To give my secret future travels is to incur attention of adverse force and negative thoughts, and also to risk disappointing those to whom the statement is made, when I am forced to change plans, as often happens. (b) Maintain secrecy about plans until the last moment. This gives them more chance to succeed. In response to queries or requests, "Will you visit us in xyz month?" the best answer is "I wish I myself knew!

( ) Never commit yourself to exact periods or to long visits. Always say you come for very short visit only. Then, if favourable, extend it a little longer when it is about to terminate. This applies especially to Psychico and Satori.

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( ) Why take unnecessary chances? Says J.B. Reilly: "Be silent and safe."

( ) There was much wisdom in the old Greek belief that Kairos, god of right turning, must be caught, and the fortunate chance he brings with him, secured, while he is coming near, for a forelock of hair lies on his frontal head, whereas there is no hair at all on the back.

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( ) Never turn down a gift: this is a basic principle: If accepted you can always store it, or give it to someone else, but if refused the opportunity to use it, then or later, is gone.

( ) The failure to acquire the Sunbeam in Estoril is another illustration of the error in refusing offers. Either wait overnight before reflecting or accept it.

( ) 1. It is a lack of graciousness and an error to refuse gifts as soon as they are offered. If they are unsuitable, or acceptance is undesirable (because of fear of coming under obligation) even then say you will consider it, or sleep it on, and give answer next day, or some days time.

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( ) 2. Make No Personal Predictions to anyone, and certainly no dated ones.

( ) Ban Joint Meditations - Remember Daubenmeier experience - never have more than a single joint meditation, or the accusation of hypnotism may be made. Better, have no joint meditations.

( ) Do not discuss or even mention the "No Country of Residence" status to anyone.

( ) If I choose secretiveness, anonymity and inconspicuousness it is because I do not care to satisfy idle or impertinent curiosity; the passage from there to mischievous curiosity is not a long one.

( ) Jacob Wassermann: "Fate sometimes sends us signs and warnings when it has the intention of menacing our lives".

( ) Road Accidents : most happen in July and August, on Saturdays and Sundays, and at end of working day during week (rush hour).

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( ) Beware of Pick Pockets! (1) They brush against the victim.(2) They prefer inside coat pockets as the likebest places for money, but they particularly note any bulge or sag in a pocket. (3) The elite use a fine lightweight raincoat to cover a victim's pocket while they work inside. (4) The coarser type bump up against victims brusquely. (5) Button your wallet pocket. In crowds fold your arms. Beware of interested bystanders when drawing cash from bank. Look alert and aggressive.

( ) A man must act according to his outer circumstances and inner status. Mine dictate the need of keeping my affairs to myself.

( ) Restaurant Entry: WARNING. Do not rush hastily to nearest seat. Instead, look around for one that suits all your conditions, take your time.

( ) Becareful to look the other way, or at least over the shoulder, if wishful not to disturb others by penetrating gaze.

( ) It is disconcerting to others if you concentrate your own stare into their eyes.

( ) Do not stare at the person you have to talk to especially if he is a stranger,or antipathetic, or superstitious in the Neapolitan manner. At most give him the briefest of glances, then gaze away.

( )"Her steady unmoving gaze upon the person she was addressing was exceedingly unpleasant" wrote Barry Cornwall of a landlady.

( ) In refusing to utter warnings where dangers exist or errors lie, you may commit the sin of omission not worse than the sin of commission by meddling in other peoples affairs.

( ) Since I cannot afford the time to get involved in other peoples affairs, much less lives, I must remain a spectator.

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( ) Keep so far aloof from the public that no movements, activities or objectives become known to it. This is one necessary protection against its intrusion or malice.

( ) Because of the evil nature of men, the practice of secrecy is ordinarily necessary. But in the case of philosophers, who are specially prone to be misunderstood, not understood, or

( ) I am not collecting a movement: do not introduce one student to another, certainly not to others. The result is usually disappointing in the end to them; unsatisfactory to PB.

( ) The Press Iron Purchase at Jelmoli shows this weakness, this inability to say no! to a salesman after taking up his time. You should have decided before shopping that a single voltage iron would suit you best, ako. You needed a House Iron, not a travel iron, too.

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( ) Wear jewelry while at home or working at desk - not in street.

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( ) Some wrong answers or decisions are caused by failure to consider well beforehand. Others are caused by panic, but this in itself is an effect. For panic is caused by fear.

( ) The false intimacy of relations with neighbours is something I will not allow. Friendship is not a matter of geography. My time is too precious for such hypocrisy.

( ) When shrugging off requests for interviews don't be too self-lowering in the letter. Don't go so far into humility as to suggest that the public image of one who has experienced enlightenment is false.

( )Do not make promises too glibly: consider well before making them at all. Why commit yourself to anything that may be difficult to fulfil? For then you risk being insincere at worst, or rousing false hopes at best.

( ) Do not answer questions about personal matters without pausing a few seconds to consider the consequences of your reply. And do not give much more information about yourself or especially your plans than you really must. You are naive in revealing plans to possibly hostile persons, or gossiping ones who tell everyone: this lack of reserve may impede successful realisation of plans.

( ) Remember the tremendous effect of 2 negative declarations - one said direct to Sarira, the other about her to her son. It is a Warning not to make such statements, whether directly, or indirectly.

( ) (1) The joke made at dinner with Kieffer's family was stupid (2) because it was easy to be misunderstood, which (3) is what happened and which caused them to leave next day. (4) The point is that it was out of character. Leave humour alone.

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( ) Unfortunate past experience shows that you should limit the length of telephone conversations as much as possible. Limit also the responses you make to the other person to a short exclamation, like "Ah yes!" or "Quite so!" and firmly avoid extensive sentences.

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( ) When these moments of a stilling of the mental atmosphere around you come unsought during the day at a time when you are not specially sitting for meditation, and particularly if with another person take them as signals and at once accept and surrender to them. Let other matters go for the time being. Prolong these moments.

( ) When sitting for the healing transforming meditation let the hands rest in the lap with palms open upwards. This is the passive receptive pose.

( ) Sitting closely inside the aura of anyone for some time is to subject a sensitive person to a tension which may amount to suffering.

( ) "When the mind is controlled, it is like a flow of oil without a break. This is greater than a vision of God. There is joy at seeing God. The mind stays there if it is asked to stay. That is yoga. Lie in bliss, in solitary meditation,forgetting the world." -- Sankara of Kanci.

( ) Morning awakening, between sleep and waking (1) Hold Stillness (2) Then search for message or picture of the day`s chief needs, work, etc.

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( )"The statue of the Great Buddha in the oldest Buddhist temple in Japan (756 A.D.) had the eye open — the point of the pupil which opens the eye is the last ceremony of the consecration." — Father Lelong.

( ) The eye can be used passively to receive or, by intent, deliberate directed glance can affect others beneficently or maleficently. Darshan ("Viewing") brings blessing by infusing some of the viewed person`s or object`s virtue. This is why crowds pressed to view their sage-ruler, disciples their guru, pilgrims their shrines. Negatively, a person very angry, or hating, or cursing, may hurt another physically or mentally. The evileye is as believed in India as in Southern Italy.

( ) Paliwoda found that missing his daily practice of meditation quite often, led to stagnation, whereas sticking resolutely to regular practice every day brought much improvement. He was also advised to do this by Osborne.

( ) Videha ("without body") is something like astral projection and makes possible "Avesha" ("possession"). Thus the adept in these two techniques by gazing fixedly into a person`s eyes, projects his soul into his or hers body, affecting speech, feelings and movement or even inhibiting them.

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( ) Brother Mandus (for PB Occult) I used to pray for each person individually after reading his letter. After a heavy post I felt exhausted. I suddenly knew there must be something wrong to feel such strain. Shortly in a great Peace I knew I was involved in too much personal effort. I had not understood God was Infinite Intelligence; he knew every word in every letter, and was with the writer even as it was written. So I took all letters simultaneously to Him. My part was completed when I became still, believing Infinite Good was now in each writer, in detail, as He willed. (Finis.)

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( ) Ancient Hindu tradition ordained that things used or even touched by the sick, diseased or dying were to be thrown out.

( ) <u>Antar</u> = Inner, Interior. <u>Antar Mouna</u> = Raja yoga withdrawal from the senses into inner silence, without analysis or reflection of whatever comes up by itself from the depths, be it an idea, an impression or pure consciousness. <u>Antar Drishti</u> must be Clairvoyance, Intuition.

( ) Tibetan mudra named Karana mudra used for magic, invocation or exorcism = Right hand outstreched, with first and little finger erect,thumb pressing other two fingers against palm. Another, used in exorcism and against evil influences by Chinese is to extend little and forefingers to imitate horns, the remaining fingers are bent over and held by the thumb.

( ) <u>Jaua</u> (1) To get rid of possessing spirit. If seizure is mild a bath will suffice, (2) if stronger cover head with mixed onions hot peppers plus mashed coconut, as the pungent food frightens them. (3) Keep light on at night, their best time (4)

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OCCULT

( ) Josef said that quite often when coming out of the stillness in med. he sees pictures which afterwards prove to be associated with the person he is med. with. Lída feels the state of the person...less often this occurs just before plunging deeper.

( ) Karaté Judo: development is thru will and breathing and practice. Pupil is taught to take the impact of strike or give the blow ON the unheld breath which is let out suddenly at same moment. Breathing in is to be deep, with abdomen retracted toward spine.

( ) (1) Cross right leg over left leg - Cross right hand over left hand - to prevent others drawing on your vibrations. (2) Visualize pentagram, place in it the thought or picture to be banished, and then use it to cut off other person's undesired vibrations.

( ) Taxis or Cars : Do not sit behind driver, as this puts you in centre of his aura, but as far away from him as possible.

( ) Paul Wienpahl (Zen Meditation) (a) Use a cushion to raise your rump above the level of your legs. The left hand on the right palm, the tips of the thumbs joining. The ears in the plane of the shoulders, the nose in that of the navel. (b) Keep the eyes fixed and unfocussed on a point on the floor, about 2 feet in front, if you are on the floor. (c) Break off zazen every 1/2 hour to walk briskly around in case of getting drowsy or too stiff (then resume for a 2 hour-period PB). (d) Arms and legs are turned in (lotus pose) and point to the stomach. The centre of gravity is low, down in the middle, in the guts (Hara - PB). (e) The Roshi demonstrated exercises to loosen muscles in buttocks and back. " They cause the pain in thigh muscles,"chinng zazen", not the ones that actually hurt" he said.

( )Ha'nish claimed that the seven-seconds in and seven-seconds out breath rhythm was used by Egyptians preceding a higher religious act(meditation?) with more favorable results than given by any other breath exercise.

( )In joint meds with T & F (separately) PB's use of 'ManiPadme' mantram produced no effect for 15 minutes:changed to 'Shanti' mantram when both he & sitterm felt kundalini rising with powerful effects.

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( ) Sri Ramakrishna:"When I sat for meditation I could not make my mind go beyond name and form and cease functioning. The mind withdrew itself from all other things but the form of the Mother appeared over and over again. Despairing of attaining Nirvikalpa Samadhi, I said:'No! it cannot be done; I cannot make the mind free from functioning and force it to dive into the Self.' The Naked Cere said:'Collect the mind here to this point (between the eyebrows).' With a firm determination I sat again. As soon as the form of the divine Mother appeared, I looked on knowledge as a sword and cut it mentally in two... There remained no function in the mind, making me merge in (Nirvikalpa) samadhi."

( ) Out of the Silence

"I am thy Dawn, from darkness to release:
I am the Deep, wherein thy sorrows cease:
Be still! and know that I am God:
Acquaint thyself with Me, and be at peace!

Erase that record of the palimpsest
within thee, by the scribe of time impressed:
And on the smoothed surface write anew:
'I am All-Wisdom, Righteousness, and Rest.'

I am alone: thou only art in Me:
I am the stream of Life that flows through thee:
I comprehend all substance, fill all space:
I am pure Being, by whom all things be.

Yes, I am Spirit: in thy depths I dwell:
Art conscious of My presence, all is well:
Cleave but to that - thyself art thine own
heaven."

( ) Curing dementia, paranoia, obsession, mental breakdown, by mantra: the effect depends entirely on the tone of voice.

( ) Sri Ramakrishna: "When I sat for meditation I could not make my mind go beyond name and form and cease functioning. The mind withdrew itself from all other things but the form of the Mother appeared over and over again. Despairing of attaining Nirvikalpa Samadhi, I said: 'No! it cannot be done; I cannot make the mind free from functioning and force it to dive into the Self.' The Naked Core said: 'Collect the mind here to this point (between the eyebrows).' With a firm determination I sat again. As soon as the form of the divine Mother appeared, I looked on knowledge as a sword and cut it mentally in two... There remained no function in the mind, making me merge in (Nirvikalpa) samadhi."

( ) Out of the Silence

"I am thy Dawn, from darkness to release:
I am the Deep, wherein thy sorrows cease:
Be still! and know that I am God:
Acquaint thyself with Me, and be at peace!

Erase that record of the pathpaest
within thee, by the scribe of time impressed:
And on the smoothed surface write anew:
'I am All-Wisdom, Righteousness, and Rest.'

I am alone: thou only art in Me:
I am the stream of life that flows through thee:
I comprehend all substance, fill all space:
I am pure Being, by whom all things be.

Yes, I am Spirit: in thy depths I dwell:
Art conscious of My presence, all is well:
Cleave but to that - thyself art thine own heaven."

( ) Curing dementia, paranoia, obsession, mental breakdown, by mantra: the effect depends entirely on the tone of voice.

( ) J.Wassermann: "Impress some form upon the mind: object, face, completely absorb it, take it in with the senses, and be able to describe it at any moment with every detail. The longer it can be recalled, the more details remembered, the higher is the position in the scale of concentration. This awakening of the powers of imagination. (It can be used to) get away from himself, from personal interests... the method of Ignatius Loyola."

( ) Jain Meditation: One form is to squat with heels joined, knees high, and head low between them.

( ) Mahavira, the Jain, achieved his enlightenment while meditating with heels touching one another, knees raised high and head brought to rest quite low between them.

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( ) For correct time, which is sunset, see newspaper daily, (also a.m. for temperature and clothing). This is very important as sacred moment is lost if too late.

( ) Mystic Places: S.de la Ferriere."Once again Civilisation will thrive where before it was desert, because at such places there was bygone culture. In such a place tunnels exist, in which people can remain awaiting a quieter time. In the Himalayas, and in Australia we have such places. In Australia we must begin to prepare for the next Race. Our work is to establish sanctuaries. Some magnetic forces are beginning to be felt here, and we have to utilise these for the establishment of the future great civilisation which will commence from Australia. Each part of the world is subject to the appointed time when it becomes the spiritual spot where Initiates work to maintain equilibrium of the universal magnetism. The electro-tellurism of the earth changes with the age, the inclination of the planet etc. and a combination of many causes go to make the centre the Spiritual Direction to take up residence there. In Australia are to be reorganised the spiritual places and centres which existed some thousands of years ago. This will be the work and service for those initiates who are to prepare the country for the Era of Capricorn".

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( ) Behanan "The pause between inhalation and exhalation is the main feature of yogic breathing. The ability to hold one's breath is of vital importance for reaching the condition in which phenomena may occur. A feeling of joy ensues. Swedenborg came to be able to hold his breath almost entirely when he was concentrating intensely or when he wanted to put himself in the trance state where awareness of external sense-impressions vanishes.

( ) Thomas Harris- practice of internal respiration. He claimed that it enabled him to escape disabilities of old age. It seems to be a deep breathing while at same drawing up Kundalini.

( ) The Maŏdhub state is a Sufistic one where the disciple feels himself entirely in the hands of God, absorbed in God, drowned in His will.

( ) In Arabic "JAZB" = to absorb; "JAZIB"= one who or that which absorbs (blotting paper, for example); :MAJTUB"= the absorbed one (in mysticism meaning a man absorbed in God).

( ) Hindu Cloud Exercise: 1st stage: Think of, imagine a white cloud being up above you. You are looking at it, apart from it. 2nd stage: Think of yourself as being one with that cloud, having become it.

( ) Gopi Krishna's years of psychic distress and illness were due to Kundalini passing up the wrong nerve. 'Ida' is on left side of spine , 'Pingala' is on right side of spine. In Gopi Krishna's case, kundalini flowed up pingala. The correct method would have been to direct it up the left side.

( ) When sitting for contemplation, spine has to be stretched upright, and especially the head has to be pushed up and chin drawn inward, so that the arteries on both sides of neck have their bloodflow inhibited. At same time, it will be found that this posture almost forces the breath to be held. Result of all this is to inhibit bloodflow to brain and stop thinking.

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( ) 1. Meditations: (a) should be used to correct the facial imbalance. (b) Turn head leftwards and upward - catch the light ray which will then stop thoughts.

( ) 2. It assists the stoppage of thinking activity if the chin is pressed against the breast, the cheeks drawn in and the eyeballs turned slightly upward, but none of these aids are really necessary and all of them belong to North African and East Asiatic techniques which suit only a small number of Euramericans. A totally different but somewhat difficult aid which some may like to try is to pull back the attention from its seat in the eyes to as far as one can pull it behind them.

( ) 3. The practices of Chinese magic call for a holding of the breath as a means of releasing the mind from its limitations.

( ) 4. Give Exercise on the Buddha-Smile à la Ostoja and Pt. Acharija.

( ) 5. The Greek word "GENOIMAN" meaning: "Would I were!" is near to Mahesh yogi's Mantram "AYINGENEEMAN". In old Doric pre-Christian dialect Greek Genoiman (pronounce with hard "G") can also be translated "May I be eternally!"

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( ) If Meditation fails to attain its goal, it is in most cases because the person tires of making the needed effort, and returns to his ordinary state too soon. Success demands an untiring persistence, a refusal to get up from the seat until he is established in THAT.

( ) When attention can be sufficiently withdrawn from outside surroundings,and sufficiently concentrated to allow its being held without thoughts, the real work of meditation has begun, its ultimate purpose can then be realised. Those who have not yet developed the capacity to do this do not know what meditation means. For mystical experience can then start.

( ) The 2 Essential Points: (1) In meditation, or glimpses, or deep relaxed pauses, or inspirations by art reading etc., one can come swiftly to its point by identifying with the Stillness. Don t bother about controling thoughts - they will lapse of themselves if attention is directed to the feeling of stillness, not to them. Concentrate on the thought-feeling "I am the stillness. That Peace am I." Point (2) Offer self up to the higher power which may take over.

( ) Mahamudra, the spiritual attitude of realizing the emptiness of any abiding or absolute quality in all forms (sungata) belongs to one of the most important Tibetan Tantrik meditation-techniques. This attitude is created by receiving and smoothing all experience in The Great Mirror-like Wisdom,(Maha darsha jnana), in whose unchanging surface form-images of all things are reflected undistorted, without itself being moved by them and without clinging to them. The state of tranquillity is a necessary pre-requisite to this state of immutability, clarity and impartiality.

( ) Anyone can practise in bus, street, etc. Tratak "Vacant stare" as means of emptying mind.

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( ) To awaken anyone from hypnotic trance, strike lightly on the back of his hands, shouting "Wake up!".

( ) Dreams: too often on waking from dream experience or communication, it vanishes from memory within a couple of seconds after awaking. To recall it, first throw yourself back into the closest proximity to sleep you can manage. Get into the state between waking and sleep. Then seek to recall it.

( ) A secret tantrik tratak practice is to fix the gaze upon an exposed female yoni and focus the thoughts upon transmutation of the force or desire.

( ) Tibetan complete Breath (prevents exhaustion). Sit with spine upright, arms at sides, expand chest, force ribs outwards, push down diaphragm so that lower abdomen protrudes. Inhale as much air as you can while doing this.

( ) Radha soami: To inhibit the active thought processes in meditation, it is necessary to balance correctly the head upon the spine, and to keep the latter erect. (This balancing position is probably letting chin fall forward on breast but check with R.S. literature - PB).

( ) Fixing the gaze on a particular part or point of the body is next to be done, after assuming a comfortable position. This spot could be either the foot or the tip of the nose; the navel; or the perineum (behind the genitals).

( ) Do not allow the presence of another person to infect you with their tensions and nervousness. It is very important to withdraw mentally from them by the method of turning attention away toward God's reality or guru's image, by dismissing them as passing thoughts.

( ) The slight feeling of melting inwardly is to be taken as an official command from high authority to throw aside everything and meditate.

( ) Swastika Meditation Posture. Squat with legs folded and crossed, and with arms crossed over the breast.

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( ) St. Isaac of Syria (6th Cent.): "Passionlessness does not mean not feeling passions, but not accepting them."

( ) Horace Leaf "Never sit for less than one hour when trying to obtain telekinesis, i.e. the movement of objects without apparent cause and also levitation of the human body, as the earlier part of the seance will be taken up by preliminary development. Dr.W.J.Crawford regarded this as a firm rule in his experiments, and it was fully justified by the ultimate facts.

( ) (a) Among the exhibits at Rietberg Museum, in Zurich, is a Chinese pre-6th century figure of a Boddhisattva. Its right elbow is pressed against the side, the palm vertically raised and open and outward. This hand pose is called "Fearless". (b) Another Bodhisattva shows the right palm placed in front of the navel. This position of the hand is called "Protection". (c) A medieval statuette of the "All-Buddha" shows his left palm resting on the back of the right hand.

( ) (a) To prevent penetration by another person s auric influence, it is not enough to cross feet. The arms also should be crossed. (b) To remove auric magnetism deposited in rooms, and on furniture and objects, spray with perfume or incense smoke.

( ) Exorcism: To free anyone from possession by evil spirit, slap him vigorously on both cheeks. Then speak commandingly to him to wake up, and to the spirit to come out and go away. Then put ammonia under his nose.

( ) Through hypnotism and/or suggestion a way into the subconscious is open.

( ) (a) Throw head beack. (b) Let arms rest on side wings of chair. This is an excellent posture for meditation.

( ) Why should I advance a hand to meet theirs, if I regard the act as unhygienic in both a physical and psychical sense? Excuse yourself.

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( ) Hatha Yoga Breath: (a) Inspiration - In 3 stages: diaphragm mid chest then torax - breathing in prana. (b) Expiration - Send prana to part body needing help: and / or store it in the seven chakras for later use. (c) Holding - in conjunction with Hara, keep back the front wall of solar plexus and stiffen lower back; do exactly same with back of neck retaining breath from 5-50 seconds. (d) After holding breath go mentally from one part of body to next, from feet to head, by degrees - relaxing it, letting muscles and tensions go, finally reaching the head release it from all thoughts and end by adorning the face with a long-kept gentle smile.

( )Madjhub is the term used by Persian Sufis for "Divine Grace". It is the power which attracts a person to God, and induces him to travel the progressive stations of the Quest until realization. The living Master or Shaykh, is one channel for this power; the Overself, or Hidden Imam, is another.

( ) Blocks of camphor are burned by Indian fire walkers to purify the air from defilement. But they create heavy soot.

( ) Mantram : Su-Asti" (well-is) combined as "Svasti" meaning "It is well": joined with Svastika med. posture.

( ) Women of Angkor pointed black circles round their eyes to stop evil spirits entering them through their eyes.

( ) Whether it be a wild beast or vicious dog, do not approach it with fear in thought, manner or voice. That irritates the animal, which knows it by odour. Instead softly chant a mantram to yourself in a monotone.

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( ) Yoga (Columbia Encyc.) (1) At first it is while the breath is being held that illumination is attained, but in time the adept can achieve this state effortlessly. (2) Gaze on one part of the body (e.g. the tip of the nose, the navel) is for the purpose of excluding wordly thought.

( ) To secure effective results, use methods or techniques that reach the subconscious, not the intellect. For there lie the springs of action because there thought and feeling are one.

( ) The technique is to first assume that a power greater than yourself is present here and now with you. Second, take it for granted that this Power will lay hold of you. Finally trust it.

( ) Deep concentration on space between eyebrows produces great joy and spiritual intoxication. Mind can be easily controled by concentrating there because it is the seat of mind. - Sivananda.

( ) It is possible, by holding back the breath and by holding the mind a single thought, to project oneself outside the body, and even to see the body. In this exceptional state of consciousness, there is an exceptional feeling of great power and great possibility of achievement.

( ) Hawazan Kahunu lore: A gift is believed to carry the aura of the giver, and this brings both persons closer together. The receiver touches his own forehead with it, as this strengthens the link.

( ) Chinese believe so long you have picture someone, so long latter is not able to be free from you.

( ) A guru said some could not open up higher self mystic experience because of "Over-Loaded Stomach".

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( ) P.Wienpahl in "The Matter of Zen": Successful use of the breathing exercise can lead to such deep concentration that the student becomes completely unaware of his surroundings. Zen speaks of this as "having the mind drop down into the guts, the centre of the human being".

( ) At all times and places do Astral Protection Exercises to detach or project the image and thus free the hyper-sensitive ego from disturbing effects of other peoples presence or thought.

( ) In the mantra "KLIM" - K = latent being L = manifested being I = conversive to the transcendental M = continuity in the transcendental. But the whole word recited and repeated satisfies the longing for love and enjoyment converting their lower forms into their higher ones.

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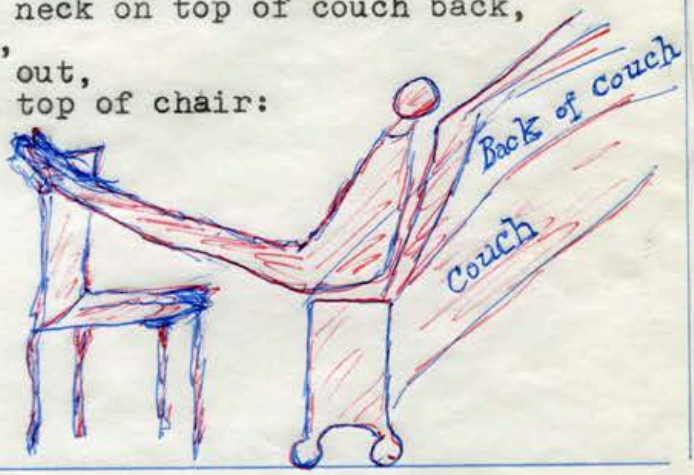
( ) Mrs. Antonia Süssmann, a psychologist and pupil of Dr. C.G. Jung and of Indian religion and Vivekananda's mysticism, would first have her talk with a pupil or patient, then sat with them in meditation, then have them take their leave without any further speech. In this way, she explained, the mood produced in the silence would be better carried home.

( ) A form of meditation practised by Ceylonese Buddhists:
Prostrate bending on and over prayer mat. Forehead resting on palms of clasped hands, which in turn rest on the mat on ground. Knees drawn up to chest. Eyes closed. Arms folded inward.

( ) An excellent Meditation Posture when yoga seat with spine erect is tiring:
(1) Rest nape of neck on top of couch back,
(2) Sit on couch,
(3) Stretch legs out,
(4) Rest feet on top of chair:



( ) The temptation to break off a glimpse because of some presumed duty,work,obligation or even trivial activity,must be resisted firmly.It is very difficult(almost impossible)to keep it up again after such an interruption.But,by staying "with it" the matter needing attention will not suffer by the postponement. In fact, it will be better done.

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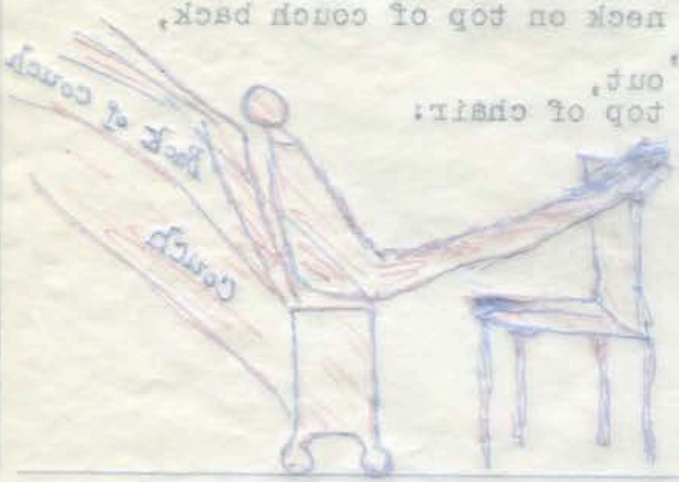

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( ) When giving interviews to readers, it is more helpful to them if immediately after meeting them, you ask them to remain in silence for 3 minutes. You can also "read" their spiritual degree during these minutes of letting them feel the peace with which they should be enfolded as your activity.

( ) Tulsi Das: "Worship the Essence, And totally abandon lust. This is the Road, according to Siva's View."

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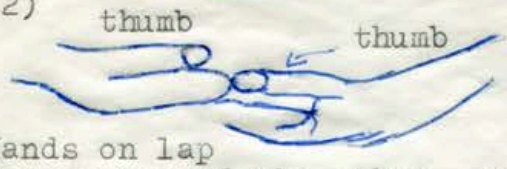
( ) The Mudra of Samadhi (Hand Gestures)

(1) right thumb left thumb

hand infolded
in the other one.

(2)



simplest

Hands on lap
One on top of the other, palms up.
All fingers of hands extended,

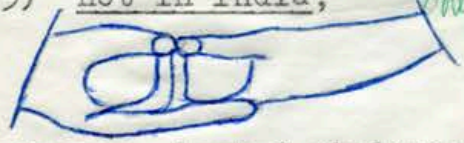
(3) Variant of n.2 - palms crossed at 45° angle,

(4) Mystic triangle
the oldest

= the symbol of Self

Thumbs extending toward each other, sometimes touch, or are raised to form a triangle with the palms.
Absent or infrequent in India, frequent in China, earliest in Japan.
In India it is the right hand which is universally placed on the left, not vice versa, in budha pose.

(5) not in India, only Japanese Esoteric



palms up, last 2 phalanges of the indexes are in a vertical position and touch back to back. Thumbs join at the ends of the indexes forming thus 2 circles.

The symbolism of these 5 mudras used by the adepts of yoga is concept of samadhi, complete absorption of thought so thought bonds relating mental facul-

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( ) (1) When reading books or newspapers. (2) When meditating (3) When working at desk (4) When preparing meals or drinking tea (5)When walking in street -- Practise I`ien Heaven or Heavenly God yoga with a fixed unchanging devout even ecstatic attitude.

( ) It is an error to concentrate on the awareness of other people`s aura. That merely strenghtens the nuisance. Either go into the full void or go into an Overself concept.

( ) The "OM" mantra is to be uttered of the beginning and end of work,or meditation. Otherwise is is for invocation, affirmation or blessing.

( )"Keep the Mind Empty" is not a counsel of stupidity, if properly understood and practised, but of high self-improvement.

( ) By pronouncing Ka-a-a several times the expression of mouth is turned into smile.

( ) Because it takes about one hour to reach the jumping point where thoughts can stop and contemplation begin of Tredda, Mrs.Daniel etc. do <u>not</u> end Med. before 1 1/2 hours.

( ) Herman (1) uses bluebulb for healing, red-bulb for psychic unfoldment (2) Uses for meditation deep arm-chair with rear of seat lower than front (3) do not cross legs when sitting as shuts off receptivity from me.

( ) <u>Kenneth</u> "Energy and drive and well-being increased and I attribute this to the morning Meditation on the Sun -- which give me an <u>immediate</u> recharge (like being wound-up). An exercise I have devised if lying in bed, just before rising in the morning, imagining the body being projected high, and "The Force" pouring through it. I try to be alert during the day to avoid negative inner reactions to outer events."

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( ) To use one word statements, requests or replies, as in the brusque order to a waiter "Tea!" is not only crude, rough, unpolished but also the cause of inability to understand how pleasant for both, while easier to comprehend for the waiter, if you politely ask "Please bring me a pot of tea?"

( ) The criticism of G.K. made by C.P. of abrupt movements, almost violent changes of attention during the day's work, and the judgment that this was expression of an unspiritual personality is reminiscent of the old Yankee spinster's objection to too sudden and energetic rising from a chair

( ) Your speech is hard to follow when you use a foreign tongue: because you talk too fast

( ) A staccato style may be more forceful but it lacks elegance and takes no polish.

( ) What are manners in the end but a system to help keep society orderly for the benefit of its members?

( ) When told that someone will phone after arrival <u>don't limit them by stating the exact time</u> you will expect the call. Be vague and say "Some time today, tomorrow, etc. They mays need to rest for a longer or shorter period, or attend to personal matters first. So let them feel <u>free</u>.

( ) English waitress saw PB ran up the stairs at entrance lobby to 1st floor. She thought this haste unbecoming.

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( ) When one is under pressure and a visitor is inclined to linger on simply say, "Excuse me. I am very busy, " pick up your papers and start work.

( ) On phone or in letter it is nowadays considered stilted for me to go on using the phrase "Your Majesty". Say only "Majesty".

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It is bad form to hasten out of your seat in a car when it stops. Remain in it until the driver opens the door for you and helps you get out. Be dignified to suit your age.

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( ) After insults and rudeness,it is pleasant to receive courtesy and respect.

( ) The curt response "No!" is harsh. But if the person`s name is added, or even "Monsieur" or "Madame" it becomes pleasant.

( ) Ban : "Pleased to meet you," — it is Cockney.

( ) ... A splendid dignity: move well and hold yourself properly.

(VI) Good manners are always necessary; on all occasions and in all places.

( ) Putting elbow on dining table a breach.

( ) To answer "Yes!" in a quick curt tone accentuates its rough clipped shortness. But if it must be so short, give this answer gently, smoothly, with a smile, and then it will not offend.

( ) It is prudent to greet your neighbours when you meet them in corridor or street, but then immediately pass on without feeling any onligation to stop and talk. If no greeting is given, negative feelings will arise.

( ) "If you will excuse me, I must have my daily rest now".

( ) It is not good form to point at anything, or anyone. Draw attention to them in speech.

( ) It is a bad solecism to call a waitress in a café "Miss".

( ) Phone openings : How are you today? — I am glad to hear it.

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( ) So few people have any refinement, whether in taste — art music literature and architecture — or in manners or just living. One is compelled to keep to oneself or to Nature and find in them the harmony lacking elsewhere.

( ) It is wrong to say "Good bye" after a talk or meeting as that means a last, final contact — at least for a longish period or to someone, a stranger or passing acquaintance you do not expect to meet again. Correct phrase is "Good day" or " Good night" etc.

( ) The Western custom of making physical contact with others as a form of greeting is unwelcome to the Easterner, as well as to certain persons of our own hemisphere, especially contact with strangers.

( ) It is a little courtesy which yields a large result, to address people by their names. It brings a friendlier warmer feeling into your behaviour.

( ) The Chinese etiquette had no place in its greetings for the Western custom of shaking the other person`s hand. It was regarded as a repulsive, a barbarian, nauseating custom.

( ) How can anyone cultivate taste and refinement, be a person of breeding, if he makes appointments to meet with those of common low vulgar habits?

( ) Place hand over mouth if coughing in presence of another person.

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( ) Well-mannered people sip their Tea; they do not gulp it or take large swallows.

( ) (1) wrong (low class) = serviette
correct = napkin (2) lay napkin across lap. It is wrong to tuck it in collar.

( ) "I felt that it seemed too much of an imposition on you to ask you to do that for me. So I did not do so".

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E T I Q U E T T E

( ) (1) Unfold napkin until it has just one fold. Put it across lap in half, with fold toward knees. Do not take it by a corner, shake out full-length, and crumple it across lap or tuck under chin... Wipe corner of mouth gently with as little movement as possible...Before leaving table, turn napkin loosely over used spots, which is just one movement on the lap, from right to left, and lay on table at left. Do not fold or crumple it into a wad.

( ) (2) Using both hands first remove spoon and fork, placing them to right and left of plate. Then take finger-bowl with doily under it, and slide it off to the left and above the dessert plate.

( ) (3) Many a guest has put his fork down in order to make a gesture, intending to pick it up, only to find it gone when he looks down. Do not let go of your fork if you want to keep your food.

( ) (4) Never push your plate away when you have finished a course. It is a thoughtless, impatient gesture that is a silent criticism of the service.

( ) (5) Do not move food about on your plate before attacking it.

( ) (6) Artichokes: after the soft part of each leaf is eaten, the leaf is laid on the side of the dish. When the heart is reached, cut off its top fuzzy part with a knife, and finish it with a fork.

( ) (7) Asparagus: A long limp wobbly piece may be cut in bites with a fork.

( ) (8) Bread: It is incorrect to break off mincing little bites each time. Break off a reasonably small piece from slice or roll, and eat it in 2 or 3 bites, laying it down between bites if you want to.

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( ) (34) Do not tip plate until final spoonful.

( ) (35) Eat with mouth closed.

( ) (36) Frank Swinnerton: " The note went unacknowledged in accordance with the man s natural ill-breeding."

( ) (37) To avoid continuous staring into the eyes of your vis-à-vis, you may move your eyes to the side; to the distance just beyond his head,as though listening intently; examine the edge of the table, or an article upon it, then suddenly flinging up head, let eyes meet for a dramatic moment or to make a point in the story: actresses save the strike of their eyes for this moment.

( ) (38) It is rude to receive a gift with the statement: "You should not have spent your money. I have got one of those." The correct reply is: "How beautiful! Such a kind thought!"

( ) (39) Confucius: "The gentleman is slow of speech."

( ) (40) It is bad form to mix all the items on a plate together, creating an ugly mess.

( ) (41) A man goes through a revolving door before a woman. He gets off a bus first--to help her down. He goes first down a train corridor, because it is going to take biceps to open those stubborn doors between the coaches.
He goes first down a theatre aisle if there is no usher. (If there is, she goes first, close to the wandering pool of light from the usher s torch.)
He goes first into a dark night-club. (This could be a nasty bistro.) Finally, he gets out of a crowded lift first if he is nearest the door. Women prefer this to being squashed by him gallantly hanging back. It is all quite simple, you see. He goes first whenever that is easier or safer for her.

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( ) (22) The waiter or maître d`hotel leads the way to a table, the woman follows him, and the man follows her.

( ) (23) On rising from meal table, do not push the chair back to the table.

( ) (24) Graceful bodily movements are not jerky; they are smooth, not abrupt. Never spoil your effect of smooth poise, graciousness, by making little jabbing motions at anything. Take the extra instant to be smooth. Move in long flowing movements. Avoid jerkiness.

( ) (25) When making a turning movement, do not step around yourself with the impetus given by a swinging other leg, but turn gracefully on the balls of the feet.

( ) (26) A cordial bow is a substitute for a handshake. Bring heels together, then bow from the waist. A simple smiling nod on introduction is sufficient for people who are never seen again. Bow to neighbours.

( ) (27) A man never touches a woman, or offers his arm, to help her across a street, except where the place is rough or dangerous.

( ) (28) A man always descends first from a conveyance and offers the lady his arm to descend. She then rests her hand on his forarm.

( ) (29) A stiff hat is raised by brim,a soft one by the crown.

( ) (30) A man`s jewelry must not be conspicuous; fancy jewelry is not in good taste in daytime.

( ) (31) It is now in bad taste to use, for closing letters, "cordially" or "respectfully yours".

( ) (32) Hold spoon, knife, fork, nearer end than to prongs, tip, point.

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( ) (9) The first to leave to go to bed is the guest of honour, or the most important person, or the oldest.

( ) (10) Most habits can be changed in about 3 weeks of definite repetition of their opposite.

( ) (11) Never scold or nag; it accomplishes nothing.

( ) (12) Do not walk unattractively, loll in the chair, or slouch when standing.

( ) (13) Scatter no bread crumbs on table. Eat tidily by eating slowly; break small piece off roll over the large food plate, not over the small one.

( ) (14) The man descends FIRST from a conveyance, to help the lady off.

( ) (15) Well-bred man never rushes.

( ) (16) Younger men stand aside to let older men go first through doors.

( ) (17) Square envelopes are used by ladies, not men.

( ) (18) IMPROPER INK:-purple colour, turquoise-blue colour. IMPROPER TERM:- "Stationery" instead of correct terms "Letter paper, Writing paper, Note paper".

( ) (19) It is an unbreakable law that one talks--and pleasantly-- to one's neighbours at dining table on both sides with equal attention.

( ) (20)At Theatres: Allow lady to step ahead of you when passing through narrow entrance but walk together with her to head of aisle. BUT first remove topcoat and perhaps check it. Going down the aisle, lady follows usher to seat. The man waits until ladies are at least 1/2 seated before he starts to seat himself. Just as in the street one walks on the outside of a lady, so in theatre one sits on her aisle side.

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( ) (43) Remember Frank`s warning reference to Oriental manner with hand-gestures.

( ) (44) "Please excuse me. I always lie down and rest for a half hour after lunch".

( ) (45) It shows very bad upbringing to ask, as Orientals ask, intimate personal questions. For example, what one`s income, or expenses, are.

( ) (46) Lord Lytton: "Never contract the habits of personal abruptness common to men in power who wish to keep applicants aloof. They are discourteous."

( ) (47) Webster`s Definitions:
Courtesy: A favour performed with politeness.
(Syn.): Affability, elegance, refinement.
(Ant.): Rudeness.
Polite: polished, refined, cultivated, urbane, marked by good breeding, tact.
(Ant.):crude, boorish.
Breeding: Nurture: formation of manners. Knowledge of, or training in polite ceremonies and observances of society and amenities and courtesies of life, esp. through habitual intercourse with those who practise them.
Manners: Customary way of behavior; habitual conduct.

( ) (48) Hurry looks ugly, betrays nervous tension, and is unbecoming a serene spiritual man. Remember American old spinster who said he not adpet because of his haste? Moreover, abrupt jerky movements affect adversely the centre of balance in the brain behind middle ear.

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( ) Periodical (1) Gute Manieren bei Tisch steigern die Essen und Trinken. (2) Do not put your own used spoon in the jam or honey jar. (3) Soup must be taken with spoon, not drunk, except for the little bit at bottom. (4) The various items on your plate must not be mixed together into an unaesthetic stew. (5) Rice and Semolina must be eaten only with spoon. (6) Spaghetti is eaten by using left hand to put the point of spoon into it, with the right hand put the fork and push its point against the spoon and by quick turns much spaghetti can be wrapt on it.

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( ) Do not eat with the head well down in the plate.

( )"If you will excuse me, I must have my usual afternoon rest."

( ) The pleasure of meeting someone with refined manners after so many boorish persons, is intense.

( ) An important part of the upbringing and training of children is training them to observe - to watch others and to see how socially adequate, well-behaved people carry themselves,act, speak, dine and walk.

( ) When Somerset Maugham wants a caller to go, he rises from his chair, extends his hand graciously, and murmurs, "It was really very kind of you to come to see me".

( ) Lord Chesterfield "We are refined, and plain manners, plain dress, and plain diction, would as little do in life, as acorns, herbage, and the water of the neighboring well, would do at table."

( ) The language of the gutter disgusts and revolts a sensitive person.

( ) To greet a stranger with "Pleased to meet you" is vulgar and common.

( ) Mothers are expected to explain to their offspring the difference between "Give me that" and "May I have it?".

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ETIQUETTE

/1/ Take the harsh abruptness out of speech by intonation&smile and gracious manner.

/2/ Breeding shows in the well-kept nails, the well-carried non-slouching backbone,

/3/ Do not reach across the table for anything needed: ask for it to be passed.

/4/ Decorum (proper behaviour) has its place in the spiritual life as an outer sign of inner goodwill towards others.

( ) (1) "Thank you for this generous offer but it would make far too much trouble for you. So I cannot accept."

( ) (2) "I must leave you now. For reasons of health and age, I value my afternoon rest very much."

( ) (3) "Thank you for your generous invitation to stay as guest but I very much regret it cannot be accepted. I am a wanderer and somewhat of a recluse, and by such independence prefer usually to keep my privacy.

( ) I wished Joseph Conrad to be as nearly my son's Godfather as was possible without a formal ceremony. He accepted the position and duly presented my son with the Cup which is usual on such occasion. - Bertrand Russell on "Godfather".

( ) Must cultivate habit of adding to every greeting either the name of person addressed or "Monsieur" or "Madame". It is gracious, whereas merely to say "no" or "Yes" is like a grunt.

( ) Confucian rule: shaking wide sleeves together or up and down means pleasure in greeting a visitor.

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GODFATHER`S DUTIES FORM

(1) In Protestant religion only to send present yearly and be present at Christening which may not be till puberty or juvenility; and look after it if parents are orphaned.

(2) In Catholic religion it is more serious an undertaking, as Christening is soon after birth, and it is an undertaking to supervise its spiritual upbringing and outer life generally., and help it on in career and formation of character. (re Melody).

It is custom to send gift and message annually to a godchild.

( ) It is considered good form to shake hands when introduced and bad manners if one refuses to do so. But in India and China, in two great cultured civilisations, until recently the opposite was the rule.

( ) Practise the deft getting rid of a visitor who has overstayed his interview. Wind it up by saying, "Well, good bye, Mr. Jones, I have to go back to work now."

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( ) WARNING: When leaving bus to not walk hastily and noisily down to the door. It makes preceding passenger think you are hurrying after him.

( ) Do not put bread-spread directly from jar to slice, but put it first on your plate,and then transfer it to the bread.

( ) Brusque speech is inharmonious, abrupt jerky movements are inelegant; both are to be avoided.

( ) Use etiquette with common sense, do not be stifled by it.

( ) Do not come dashing into a room nor go dashing out of it.

( ) (1) Do not grasp forks half-way up the handle. (2) A refined person notices the little signs of ill-breeding --much more the larger coarsenesses -- and is revolted by them.

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( ) Use Christian names more often in conversation. It improves courtesy.

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ART OBJECTS

( )Copy-painting number one of Chu-Tun-Yee holds the base of a sceptre carved from solid jade and representing spiritual authority active on the physical plane. It is royal blue, magenta and pale green.

Copy-painting number two of Chu-Tun-Yee is dark blue with the hands in Mudra.

( )This ancient palm leaf script is copied from a text which was originally written by the first Sankara-charya.

Qty.	Width of roller or Size.	Description
		Chinese
3	60½"	Large paintings with wood rollers, portrait of seated BUDDHA in red, gold and blue colours.
		Chinese
1	51½"	Large painting in dark brown silk with wood rollers showing the sage LAO TSE standing, draped in brown cloak, and holding a branch.
2	46¼"	Large paintings of Chinese Notables with long finger-nails.
		Siamese
		Paintings of BUDDHA on Cloth.
1	133" by 39"	Printed cloth spread in green red and gold.
		Chinese
1	29¼"	Painting of Chinese gentleman in red, black, blue and gold.
2	32"	Paintings of seated BUDDHA in green red, blue on paper.
1	22½"	Painting of Buddha on silk.
1	22½"	Painting on paper of CONFUCIUS, wit seated female, purple, barrel and bells.
1	25"	Painting on paper of LAO TSE seated on a ~~bull~~. buffalo.
2	18" by 15"	~~Unmounted~~ small printed picture of ~~Goddess KWAN YIN~~ on paper in blue and gold. Bodhissatvim's
1	24½" X 14½"	Unmounted small picture in brown and grey of Scholar and menservant at tea, on paper.
28		Unmounted small printed pictures on silk. (2 are framed & hanging on wall)
2	15" X 10½"	Small pictures of Chinese Gentlemen

Number of Pieces	Length	Description
		Cabinet
1	32"	Large painting in gilt wood frame representing of Lord CURZON in red, gold and blue colours.
		Cabinet
1	31"	Large painting in large brown gilt wood frame showing the Taj and standing, dreamy in brown colour, and buildings in back.
	40"	Large paintings of Chinese Pagodas with long finger-nails.
		Cabinet
1	125" by 30"	Paintings of CURZON on cloth. Printed cloth banner in [illegible] red and gold.
		Cabinet
1	20"	Paintings of Chinese [illegible] red, black, blue and gold.
2	32"	Paintings of decorated CURZON in red, blue on paper.
1	24"	Painting of CURZON on silk.
1	8"	Painting on [illegible]
1	[illegible]	[illegible]
	12" by 12"	[illegible]
2	24"	Decorated silk [illegible] red of [illegible] on paper.

SOME FIGURES IN THE TIBETAN SCROLLS AND PAINTINGS: [redacted]: Identification of the three figures of Mahayana Gods or Bodhisattvas of Mentalism inside it. Central figure is Buddha. One on right ~~(as seen from outside shrine)~~ mounted on a roaring lion is Manjusri. One on left, seated, is Samantabhadra. The Yogacharya School combined the metaphysics of mentalism with the practice of yoga. It taught that enlightenment is after all nothing but one's own mind, and that this one mind enters into universality and becomes Enlightenment itself. Its founder was Samantabhadra and its great teacher was Manjusri. The inspirer of its mystical meditation and silent compassion side is Samantabhadra and the inspirere of its knowledge and wisdom side is Manjusri. The secrecy and caution, the gentleness and dignity with which the truth is to be guarded and expressed, are typified by Samantabhadra. The intelligence arddur and boldness needed by the seeker after mystic wisdom, by Manjusri. (a) Samantabhadra in Tibet and China (Chinese = Pu Hsien, Fugenin) and Japan is the Primordial or Adi-Buddha without beginning or end, the all good Father of the Buddhist faith. It is Adi-Buddha, the unborn, unformed Dharmaya. It is charity, unselfisheness, service of mankind, sacrificing oneslef to help others. He is Bodhisattva of perfect compassion. Karuna (all-embracing love) is personified in Samantabhadra. This symbolization took place in Central Asia, whence it passed to China and later to Japan. Samantabhadra represents the student stage of belief, understanding and practice not yet in a perfect state of supreme enlightenment. The ten vows of Samantabhadra are: (i) To worship Buddhas; (ii) to praise the Tathagatas; (iii) to make offerings to all the Buddhas; (iv) to confess past sins; (v) to rejoice in the virtues and happiness of others; (vi) to request Buddha to preach the Law; (vii) to request Buddha to live in this world; (viii to study Buddhism in order to teach it; (ix) to benefit all beings; (x) to turn over the stock

of merit to others. These vows are the basis of a Bodhisattva's life.

(b)Manjushri literally means 'The Bodhisattva of Gentle Glory. A fuller Tibetan form is Jampal-Yang; Chinese, Chin Wen Shu; Sanskrit, Manju-ghosha, glorious gentle voiced one; Japanese, Monju. He is the "God of Mystic Wisdom", the Buddhist Apollo, commonly depicted with the flaming sword of light held aloft in his right hand and the btus-supported Book of Wisdom the "Prajna-Paramita" held in his left. He is shown mounted on a lion. He helps those who seek spiritual knowledge. The Lion symbolizes courage needed by seeker. He is a Defender of Buddhism. Also called Prajna, and VajraDhara, holder of the Thunderbolt, Expounder of the Mystic Doctrine, and Maha-Mata in the "Lankavatar Sutra." Prajna (insight) is personified in Manjusri. His roaring lion typifies the voice of the Truth. In Manjusri's right hand he holds the sword of knowledge, and in his left the book of sacred knowledge, but sometimes instead of this book he has a jewel.

In Zen monasteries his image sometimes sits at the head of the meditation hall, symbol of that inner spiritual wisdom which is the goal of Zen monks. Manjusri is supposed to have written the "Saddharma-Pundarika," (The Lotus of the Good Law.) Manjusri as the personification of wisdom, carries a book and a sword. With the latter he dispels the clouds of ignorance. Almost alone of the Bodhisatvas he has no female counterpart. He is usually presented seated in the 'mind' aspect. He bears a vajra or thunderbold in his right hand, and a bell or other emblem in the left. His aspect is fierce, and his image is correspondingly colored dark blue or black. His statue is generally found in Japanese Zen meditation halls. Manjusri went out to the human world and preached the Mahayana doctrine to many people. A later Mahayana school which teaches that all beings have the same nature as Buddha claimed Manjusri as founder.

(2) TIBETAN SCROLL: with red (OBJETS D'ART)
silk border around horse and large magic circle is intended to bring good fortune. It bears the eight auspicious symbols. The horse is called in Tibetan symbology "The horse of happiness" and it is intended to bring happiness; it is auspicious. The other "Precious Jewels" or Buddhist auspicious emblems on this scroll are; the Vase, Conch, Royal Victorious Banner, Sacred Wheel of the Law, Flame and the King of the Underworld. The scroll is called "Mandala", or mystical diagram. It is used in ceremonies invoking the higher powers. The god's power abides in the center of the mandala.

(3) DORJE: (meaning thunderbolt) is also called a Phurpa. My old blackened, bronze Dorje with carved heads in top of handle is a magical weapon used for slaying evil spirits. Every lama carries one and considers it a valuable instrument of his calling. It signifies also that the utterly self-renounced man who devotes himself to service becomes as powerful as a thunderbolt in that spiritual work.

(4) STATUETTE:OF TASHI LAMA: Seated figure with arms folded and eyes half-closed is of Dong Zub, (Don Grub pronounced Lo Tsub) or Gyal-Wa Ton-Dub, who lived 1505 - 1570 and was sixth Panchen Grand Lama of the first series. This first series preceded the Tashi Lamas, who were their successors. This great scholar was born in the year 1505 A.D. at Lha-Khu-Phv-Pem-Sa near the famous monastery of Chamalin. From his childhood, Gonpo-Kayab had been fond of solitude. He is said to have seen the faces of Buddha and Tson Kahpa, from whose hands he received benediction. When only 8 years old, he saw a vision of himself, dressed in a white satin tunic and adorned with precious gems, sitting with a bell and a dorje in his hand. At the age of 11 he became a pupil of Je Tag-Pa Ton-Dub, abbot of Lha-tse monastery, from whom he received the vows of priesthood and the religious name of Lo-Ssan Ton-Dub. He received instruction

in the system of mysticism called Guhya-Samaja. Coming to Tasi-Chumpo he became a pupil of the abbot Lo-Ssan She-Nen in logic, but soon becoming disgusted with his subtle but trifling and useless system he gave up his connection with his teacher. At the age of 17 he became a pupil of the sage Chhokyi Dorji and fully mastered the book of precepts called Gahdan-Nen-Gyud. Afterwards returning to Tsan he resided at the temple of Pama Chen. Here his teacher, the sage, showed him the volume of illusive mysticism, that is, the truth of mentalism. Lo-San composed 4 volumes of occult knowledge. He acquainted himself with the terminology and significance of the classical writings both in the melodious Sanskrit and the insipid Tibetan. In this manner, when his life and sainthood were unformly flowing onward, at the age of 65 in 1570 he passed away.

This figure is gold-cased on bronze alloy body. It was made during the Grand Lama's own lifetime, hence it is very old and very rare, and was kept in Tashilumpo Monastery and the base is removable by cutting open oblong small marking on back of base, which is the seal. It was sealed in his presence after being filled with precious gems But it must not be opened and contents removed or its magic power will vanish. The figure was used for meditation by his disciples, survivors and lamas who lived later. On the left of front base it bears the inscription "galwa" which is a title of victory assigned only to Dalai and Tashi Lamas. On the right is his name. It is mounted on teakwood lotus stand, which bears "Aum" in Tibetan characters in centre of a lotus.

(5) TIBETAN SCROLL: On blue silk, gold mitre red aureole, inclined head gazing downward and two figures floating beside it, is a portrait which bears the name of "Sonam Choklang" who lived 1439-1505. He was the fifth of the first series of Panchen Grand Lamas of Tibet. He was a wise man, philosopher, adept. The gold mitre

head-dress shows the rank of Grand (OBJETS D'ART) Lama. The Panchen Lama is the head of Tashi-lhunpo monastery, not Lhassa, and the spiritual head of Mongolia.

(6) PAIR OF LEAF PAINTINGS: very small are Siamese portraits of Buddha, painted on sacred Bo-tree leaves from the actual tree under which Buddha attained Nirvana. One picture shows him coiled around by cobra, surmounted by snakeheads under the Siames fire emblem.

(7) TIBETAN SCROLL: on black silk, green aureole contains a central portrait of Manjusri, Bodisattva of wisdom (Jampe Yang in Tibet) with twelve other Bodhisattvas surrounding him.

(8) TIBETAN BOOKS: ~~Large with wooden ends: is the "Baruo Tol" or "Book of the Dead" which has been translated by Evans Wentz.~~ Small stitched unbound book: is a Mahayana Sutra.

(9) SIAMESE DIAMOND-SHAPED CLOTH OIL PAINTING: is of Hanuman leaving the Himalayas.

(10) When travelling with the scroll paintings try to avoid rolling them more than necessary as each rolling tends to crack the distemper-medium in which they are painted. Also to protect surface roll them with silk cover protecting the front.

(11) MONGOLIAN ROSARY: of brown beads was gift of High Lama. Central large ivory bead contains small window which, if held close to eye, shows a drawing of Bodhisattva in meditation with Chinese inscription (mantra)

(12) GREEN BUDDHA HEAD: is Chinese, crystal and electrically illuminated. The stand is teakwood.

(13) LOTUS ORNAMENT: On statuette stands and painted scrolls is interpreted by Chinese to mean the human mind opening to wisdom.

(14) SIAMESE BRONZE STATUE: (Very large) of Buddha is noteworthy because his legs are in Siddhasana posture, not Padmasana. This 19th century image was presented me by the Supreme Patriarch of Siam together with personal certificate.

(15) SMALL STONE STATUETTE: seated cross-legged on the coils of a serpent and his head protected by its hoods, is a Mahayana Bodhisattva dug up at Angkor (circa 700 years old) After Buddha had attained Nirvana, he left the Bo-tree and went elsewhere. Here the king of serpents wished to protect him from sun and wrapt his body seven times around the Buddha and spread out his hood over Buddha's head, while Buddha remained seven days in thought. It is mounted on teakwood lotus stand.

(16) DARK BRONZE BODHISATTVA-HEAD: very small, mounted on modern rosewood paper-weight stand, is from Angkor and is 800 years old.

(17) TRAVANCORE TEMPLE LAMP: is made of an alloy of bell metal, copper brass and lead. It is called a Tihra. The oil reservoir is in central hold and a cotton wick lies in the shallow dip at end. The two holds are bored in it for incense sticks.

(18) PERSIAN PATTERNED COTTON TAPESTRIES: (or bedspreads) are Kashmir made. The writing on them is in Urdu. It is aline from the Rubaiyat: "A jug of wine, a loaf of bread and Thou." I interpret this sentence mystically.

(19) OBLONG PENCIL TRAY: is rosewood inlaid with aluminium. Length is nine inches and ivory carved bookmark are Travancore-made.

(20) SIAMESE TAPESTRY CLOTH: Large oblong printed cloth is 150 years old and was used for wrapping holy books by the Supreme Lama: length 11 feet. Border bears pattern of Siamese Royal Arms.

(21) PENCIL TRAY: brass, inlaid with colored enamels is Lucknow made.

(22) CARVED ROSEWOOD SPHINX: with silver inlaid palm trees well, is Mysore made.

(23) large CHINESE PAINTING: 46¼" wide portrait of sage with long finger nails, golden halo and comb. Holds scepter between left and right hands. Comb symbolizes soul opening above pineal gland, (6th chakra. long finger nails symbolize the

the invocation of the hierarchy of (OBJETS D'ART) the sacred Ten. The sceptre is called in the western esoteric school "the magnetic rod of the Vindicta" which has freed the illustrious sage's finite being from earthly limitations.

(24) Similar CHINESE PAINTING: same size and subject as previous paragraph but without sceptre

(25) CHINESE PAINTINGS: Three very large 60½" of period Ming Dynasty, four centuries old. Originally hung in Peking Imperial Palace. Gilt is made from real gold and the blue coloring medium is no longer obtainable. One of these paintings represents the 'meditative' mood: it represents Buddha in profound thought upon the mysteries of existence. The crossed hands lie flat in the lap with the palm upturned, the right resting upon the left.

(26) TIBETAN SCROLL: Portrait of Dalai Lama. central figure in red and gold with golden mitre surrounded by ovalshaped aura in blue and gold. Four sitting figures in each corner. He is seated in Padmasana with right hand raised to breast.

(27) NEPALESE SCROLL: of Buddha seated in the 'witness' attitude with two standing figures of censers beneath him and surrounded by 38 other figures filling the rest of the picture. The 'witness' attitude commemorates his conflict with Mara before the attainment of Buddhahood, when Gautama called upon the earth to testify to the events of his previous existences, and it responded with a roar like thunder. The left hand lies flat upon the lap, while the right is stretched downwards. Width: 23½"

(28) SIAMESE CANVAS PAINTING: Height 75". Figure of Buddha and two apostles on either side with their hands raised in homage. The Buddha is in the 'standing' position. In this attitude the hands are represented as in the teaching mudra The robe is more frequently drawn overyboth shoulders and falls to the ground, covering the entire body. The feet are held close together.

(29) SIAMESE CLOTH PAINTING: 36" sq.in.
The 'lying' or 'recumbant' attitude represents the Buddha at the moment of death, when he passed into parinirvana. The figure lies at full length on the right side, the right hand supporting the head, the left arm and hand extended and resting upon the body. The face turned towards the spectator, retains its thoughtful and placid aspect. The attitude and features convey no impression of old age, although, according to tradition, Gautama had reached the age of fourscore years at death.

(30) TIBETAN SCROLL: Large (51" x 34") early 19th century. Central figure Grand Lama in teaching attitude, surrounded by numerous other figures. Key pattern border and flower decorations.
The 'teaching' attitude: the right arm is half-raised to bring the hand on a level with the breast, with the palms outwards while the left hand brings down by the sides and grasps and supports the robes. As the name indicates, Gautama is engaged in preaching or teaching his disciples, as in the Isipatna park in Benares.

(31) The Buddha's attitudes in paintings, scrolls and statues: The three fundamental seated types are distinguished by the position of the hands (mudra) which is always symbolically designed to express the thought and office of the Buddha in some great crisis or event of his life. There are also the 'standing' and the ' recumbent' attitudes devised by artists to correspond to biographical details contained in the traditional.

(32) ~~The~~ Zenith pocket watch was made by hand as a sample and no further models were ever made. It is unique.

(33) God Tiepin: ~~The~~ Chinese pictograph ~~on mytic pin~~ means "lucky". See also #63

(34) The ~~Tiepin~~ silver dollar is to be carried in the pocket, if its influence is to be manifested.

(35) Mogul: In Chinese esoteric doctrines, the sky symbolizes the world of spirit.

OBJETS D'ART

MIniature Bronze Ganesha Figure:

(36) Ganesha, also known as Ganapati, eldest born of the Siva-Parvati family.

(37) Ganesha represents contemplative contentment, with the mouse present as his dialectical counterpart, both sharing in the global bounty of food, wach having a handful of rice;

(38) As usual, let the muses be called upon to sing those heavenly songs inwhich Word-wisdom has been taught from most ancient times. Vyasa invoked the aid of the elephant headed god Ganesha to write for him, with the tip of his broken tusk, long scrolls-full of beauteous verse, describing the life of the humble mouse as well as praises of the highest proudest gods of the Himalaya.

(39) Thus Ganesha, the child-god of elephant head and satisfied appetite, the eldest son of Siva and his consort Parvati the huntress, was the personification of relaxation, contentment and calm contemplation. This induced the same qualities and attitude in the votary or seeker after wisdom. Good could only accure when Gasesha (or Gana-pathi as he is sometimes called) had been duly worshiped and propitiated. Wholeness (or holiness) normality, health, balance and all the other middle qualities, including a global sympathy, dwell together in the mind of the devotee when he meditates on this Ganesha-symbol of the Siva tradition.

(40) Hotei is the Chinese Ganesha, just as Ganesha is the Indian Hotei. Both are figured as pot-bellied, to signify well-fed contentment. To the popular mind it is the contentment of possessing riches. But the esoteric meaning is spiritual contentment. In Hindu systems it is partly included under the quality named "Titiksha: Endurance of the troubles incidental to the life of discipline without petulance or self-pity.

(41) Ganapati has always been propitiated first in prayers or ceremonies so that no hinderances may befall an undertaking, such as the writing of a book, etc. Ganapati is pot-bellied and has the rat or field-mouse as his Vahaha, or vehicle. One of his tusks is also broken, and with the broken piece he is supposed to have written the Maha-Bharata to the dictated recitation on the epic by its author, Vyasa. Ganapati is also called Ganesha.

(42)(a) The very old and rare Tibetan Temple hang-ings, "Tankas", are usually pasted on the temple walls and changed from time to time, due to the obliteration of the features by acts of devotion. The more soiled they are and worn- the greater their value as religious pieces. These hangings are smuggled out of Tibet. (b) When hanging Tibet-an scroll on wall, drape the red ties on either side, right and left to give framelike effect. (c) Where a fierce and angry red full-faced man appears armed with a weapon, he is "the destroyer of evil".

(43) Le COULTRE WRIST ALARM WATCH: 14karat gold retail price $150, made by Longines-Wittnauer Watch Co.

(44) T IBETAN CYMBALS: Present to Sir Francis Younghusbandin Lhassa. Echo about which musicians rave persists 60 seconds.

(45) CRYSTAL WATCH-CHAIN CUBE: (a) Masonic symbol; The lodge floor is tesselated, with 6 white squares and 6 black ones. It symbolises the per-fect Man, he who has finished his evolution. (b) A Muhammedan symbol as the Moslem turns in prayer to the Black Stone at Mecca. (c) A Christian sym-bol; Revelations 21,16 "Length, breadth and height are equal" meaning the man has become whole, holy, perfect. (d) A Chinese symbol, representing the earth, upon which the other symbols of globe - triangle, and crescent rest. (e) "The cube crystal in Nature emplifies happiness resulting from per-fect balance."--Walter Russell.

(46) Charity, humility, courage, justice, wisdom are qualities associated with Jade by the Chines

(47) Tibetan Tankas: (a) The picture can be cleaned by rubbing carefully with dry fresh white bread. (b) Tears in the tankas are repaired in Tibet by cross-stitch.

~~(48) Brass Chinese Engraved Box, with hinged lid and wood lining, has carved soap stone circle on the lid.~~

(49) ON USE OF TIBETAN CYMBALS: (a) Each sound emitted by the bell is the voice of Kwannon calling us to purify our sense of hearing, where-by a spiritual experience called "interfusion" will finally take place in us." --Susuki on Zen monastery bells use by monks.

Surangama Sutra (Zen): "When entrance to the inner sanctuary is effected by means of Wisdom, all the six senses are merged in one. Enter through the auditory sense, and the distinctions of the senses will be effaced. There will take place an experience called "perfect interfusion". All the barriers between the sensory functions are removed; each then functions for the others .... The Essence which functions through these objective mediums or conditions is to be grasped ... not the hearing nor the sound. By contemplation the Mind-Essenceis to be recognised in the functions of empirical mind as well as in the phenomena of objective world. By thus taking hold of it, interfusion constitutes enlightenment.

(50) CHINESE IVORY FIGURE IN SILVER RING: ~~The figure is quite old and chinese. The ring is mod on Indian filigree work~~. The figure is that of Hotei who is the Chinese and Japanese God of good fortune and contentment. He also represents Prince Maitreya who will appear as the Universal Ruler and Buddha in about 2500 years. Hotei is worshipped by the Taoists in China. Hotei was a priest in the 10th century in Ming-Chu) 900 A.D.) province of China.

He was a genial smiling person who used to predict the future. He is depicted with large ears as symbol of divine power. He is regarded as a lucky charm in Japanese art.

(51) BRONZE STATUETTE OF TASHI LAMA: bears on the under side the engraved eymbol of the Dorje(Thunderbolt) Crest which is the symbol of power.

(52) JAPANESE TRAVELLERS LOTUS-FLOWER SHRINE: made of gilt lacquered wood. If examined with magnifier a tiny Buddha will be seen in the Buddha's own head. The hollow ball of rock crystal can be used for gazing and concentration; it formerly held the holy Sarira stone.

(53) ~~GOLD TIEPINS: (a) Lozenge shaped holds a~~ dark blue sapphire, with a pearl below it. (b) 5-Pointed Star holds a light blue turquoise with pearls around it; (c) Filigree-work Knob holds a ~~dark~~ blue sapphire

(54) Ganesha is a symbol for piecing -up, putting that is for Intellectual Synthesis! This is because he joins an elephants' trunk to a man's body. together

(55) HOTEI, the lover of children, is a fat monk who is believed originally to have lived in China He is an embodiment of cheerfulness, and is always playing with children when he sometimes takes about in the bag he carries. His bag is also said to contain many treasures which he bestowes on those who never worry about the troubles of this life.

(56) "your TIBETAN CYMBALS" says Feurring, "have great power to release a person from the intellect. I am a traveled musician but I have never heard an echo like it. Both cymbals are equal in tone."

(57) Tibetan dorje stands for the male principle and the tilpu(handbell) for the female one. In rites the former is grasped in right hand, the latter in the left.

(57)

(a) Count Walaska: The Holy Sarira stone is a yellowish opal like body of the saint; by his purity and holiness they become manifested inside the body. When he is cremated the stones will not burn and are found among the ashes. "Sarira" means "stone of the soul." It gives off a powerful vibration. It holds within its aura the essence of the saint's realization and if you are spiritually sensitive you can receive more enlightenment from this stone than from the words of books. It is the crystalization of the Truth which the Saint had acquired or realized. It is actually alive. The greater the S aint the larger the stone that is materialised from his body.

The name of the Saint is not known. The Japanese feel that the Saint who has reached Buddhahood has no personal ego, and along with it sheds his personal name. Moreover, since the doctrine of reincarnation prevails, they do not feel that a name given to one particular body at this particular time is of any lasting importance.

(b) Prof. Suzuki: Shari in Japanese (and sheli in Chinese), literally means the "body", but in Buddhism it is a kind of mineral deposit found in the human body after cremation. The value of such deposits is understood by the Buddhists to correspond to the saintliness of life. (see all Suzuki's interview, para 15)

(c) Tibetan Bronze Cymbals: When the Tibetan monk reached a certain stage in his development spiritually he went into solitude in the mountains, clost to nature and there being close to the Spirits and Demons of Nature he clanged the cymbals together to invoke these Spirits to come and destroy him by eating him up. He wanted to sacrifice himself so that he could receive the Great Illumination. (See Waddell's book on Lamaism for further details about the cymbals.)

Fruit Knives are real Silver(and of Tiffanys make).

Silver Teapot is "Queen Anne" design.

Tibetan Tankas are scroll paintings on cotton impregnated with lime, and mounted on Chinese brocade, with a baton at either end.

Hotei, it must be emphasised is more ~~than~~ the God of Contentment, than of Prosperity, for he may bless a man who is suffering poverty by making him to draw positive values from the circumstance and be resigned to it.

Bodhisattva Tanka has the meaning; of the ascent from earthly life of evil and sorrow to heavenly life of light and bliss.

Tibetan "Phurbu" means "magic dagger". This is my bronze dagger. It is not "thunderbolt Dorje."

Tibetan Magical Scroll: Its circular from represents the universe; its Sanscrit mystical letters are to concentrate psychic force at the points where they are written. This force emanates from those points. It is also called a "Circle of Meditation" as they are given by a master to his disciples to practise concentration on, the disciple having to sink his mind in it completely. The result is a kind of communion between the psychic force impregnated in the picture and the disciple himself. This force may take visible shape as a mental creation of living and actual reality.

Large Tibetan Tanka:is"The Assembly of Buddhas" where every gesture has a symbolical meaning. Blue silk, with square small lower picture - panel of tiger.

Eversharp pen (Diamantted) cap has a blue zircon mounted in the head.

Fluted Silver Teapotis Sheffield Plate of Georgian period or Queen Anne period.

Fill one small Chinese handle-less cup with sand and use as Incense Stick Holder.

(OBJETS D'ART)

(58) Tibetan Tankas: (a) The eight-spoked wheel represents absolute power. (b) Tara, Goddess of Infinite Mercy, dispenses hope & comfort, delivers from the worldly snares, subdues passion and gives prosperity; forgives those who confess sins to her; She is clothed in white, with a green complexion. Her uncovered head gleams with jewels. Her left hand carries a long lotus flower.

(59) Chinese Lacquer Clock: "Elloitt London" is a 8-day . Set afixed day of the week for winding it, as every Sunday.

(60) The peacock's feather which appears on my protraits of Chinese mandarins in their headress originally represented had raised the Kundalini.

(61) My Jade Dragon ring: the Dragon represents Kingship, the Ruler and Leader.

(62) When rolling up tankas start from narrow top roller, not wide heavy bottom one. Latter is for hangin only.

~~(63) Chinese God Tiepin: (a) Translation of Characters: "much blessing" or "good luck".~~ (see also #33)

(64) Chinese Jade Gold Cufflinks: (b) translation of Characters): "Long Life"; ~~one link "Good luck" or; other link - "Good Merit".~~

(65) Gilt Statue of Panchen Lama: According to priestly custom when the cavity of an image has been filled with paper rolls bearing mystic inscriptions, food seeds, relics, and what not and ceremonially sealed under priestly supervision, the image becomes sacred and so continues as long as the seal remains unbroken.

(65a) Lady Diana Dukes: "Your Chinese Scroll of Mandarin dominates roomby its striking fresh colors and by the obvious greatness of the man himself.

(66): Narrow white scroll painting
TRANSLATION OF CHINESE POEM WRITTEN ON THIS "SHOJIUN"(Chinese for Handscroll
"This poem is written on a day of summertime, the fifth year of Yung-chue Chin Dynasty(1728 A.D.) by LUKUNG"
(Picture of old man under tree)
The tree is old and the wistaria is blossoming; The valley of the mountains is deep; And the waterfalls are cold; Such is the place where The old man sits quietly all day." (66)

(67)The carnelian bead necklace with white and red carnelian pendant is apparently a cat fighting a bat. Is that Yin-Yang? (68)Tibetan cymbals are used to create a rhythm to arouse religious emotion. They are beaten together continuously for a long time. (69) Ganesh is invoked at the beginning of every Indian book as a bringer of success; also because he is the god of learning. In the south he is called Skanda or Subramanya. (70)The tankas and statuettes showing mitred head and right hand raised to chest, with fingers forming a mudra, left hand in lap but fingers raised in mudra, legs folded, represent Tsong-ka-pa , who is even more worshipped in Tibet than Buddha. (71)The 3-sided Tibetan short dagger is a "purbu". It is not a "dorje" or thunderbolt, as the latter has 2 handles--one at each end—whereas former has only one and is longer. (72)Kakemono: Japanese scroll painting hung in bamboo bars top and bottom. (73)Lapis lazuli pendant is Taoist. It is the "Square and the Round."(74) Chinese gold dragon ring. Confucius: "Today I have seen Lao Tzu, and can only compare him to the dragon. The dragon mounts on the wind and rises to heaven."

(OBJETS D'ART)

(75) The correct name of the gilt statuette from Lhasa is "Panchen Lama." Only Europeans call it(wrongly) "Tashi Lama."

(76)Gold keychain: Alexander the Great ruled 331 BC to 323 BC.

(77)Ganesha is the Remover of obstacles

(78)The artist (celebrated) who executed the bronze bust of PB in Italy was Prof. Bontarelli, of Milan.

(79)The grey stone grooved Arunachala pen-stand is onyx, says expert.

(80)The Buddha Dying Tanka may also apply to the moment of "Entry into the bliss of Nirvana." Also it is same posture as Maharshee's.

(81)Expert report on PB's very large ancestral portraits (pair) with aureoled head, long fingernails: (a)The sign in lower right corner indicates royal ownership or relationship. This means t hat the painting was in Imperial Palace.

(b)But why is it painted on paper and not on silk, as royal pictures are usualy?

(c)It is fine quality work.

(82)When hanging scroll paintings arrange with small print on each side, to give an attractive contrast, thus:

PRINT → [ ] [TANKA] [ ] ← PRINT

(83)The figure on the extra-large silver cuff-links is Confucius.

~~(84)Gold-plated, large Tibetan coin cuff-links bearing a lotus-flow pattern were minted in Nepal about 1790. Basic metal is antique silver.~~

(85)Tibetan ~~Bodhisattva~~ Chinese scrolls: The man-woman embrace in ~~corners~~ left is Tantrik symbol of the Father & Mother of the Universe; the union itself represents the Origin of All Things; it is the peak of sensation yet at the same time its end in emptiness. (CONT)

(85 cont)The woman represents PrajnaWisdom,and in union with Upaya,the Method,Compassion, oneness is attained.Hence the whole picture stands for the deity,the male-female embrace is both symbolic and actual in Tantrik Yoga,practised mostly in Tibet.Mongolia and Assam.

(86)CHINESE MANDARIN PORTRAIT: (a)The Red Hat had a Gold Button on top Its color indicates the particul grade of Manadarinhood he belongs to (b)The -r gloves are worn because it is not dignified to show hands--hence long sleeves covering them-in society (c)Manadarins were abolished in 1912 when China became republic,as they were identified with royalt system (d)The black and blue coats are over or top coats,used to keep warm.(e)The red stamped characte in topleft corner,(also in Laotse scroll) rs are artist's name.

(87)The characters in black across the top of LAOTSE SCROLL are a verse from his writing.

(ART OBJECTS

(1) GREEN EMERALD-QUARTZ SIGNET RING (note-
here is a flaw in the back of this stone) The
carved figure is SERAPIS, the major Egyptian
divinity. The attributes of Apollo & Jove were
referred to him, and more especially Pluto. S
was God of Health, of Predicting the Future,
of the science of Medicine. Pluto was god of
the invisible world. S was a name derived
from combining Osiris and Apis, a cult diffus-
ed by the Ptolemies in the Alexandrian era. It
united the characteristics of Zeus, Asklepius,
Hades (i.e. Pluto) The cult was brought to Rome
and Greece. S was depicted with a copious
beard and head covered by a ~~basket used for~~
~~tools by women~~. An Oracle was erected to him
in Babylon along with a Temple; also ~~a~~ famous
temples at Memphis and Alexandria. Jove is the
Greek term for AMMON, AMEN, AMON, the famous
universally consulted Oracle in the Libyan-
Egyptian desert. Dionysius, traveling in Arab-
ia and dying of thirst, called for the omnip-
otent Father's help. Latter appeared
and made a spring gush forth. The temple was
built over it, becoming an oasis. Alexander
the Great consulted this Oracle in 332 BC.
The name AMEN implies 'hidden' god. The temple
of Karnak was dedicated to him. He was called
Zeus by Greeks, Jove by Romans. He is depicted
wearing a ceremonial high hat, broader at top
The Pharoahs adopted his cult for worship,
made its priests wealthy and powerful, the
people praying to him. The Ring itself is 2nd/3rd cent.
A.D. Very fine work, said Director National
Museum, Athens. Probably 2nd/4th cent. Brought
from Greece from the Graeco-Roman occupied
Egypt. Stone is darkgreen emerald quartz.
Bears portrait of the Egyptian God Serapis-
Amon (the Zeus of the Romans) wearing hat
fitted with the god's ram's horns.

( ) In China, the dragon is used as a benevolent symbol, not a hostile one. It represents YANG the male principle.

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( ) Tibetan Cymbals because Great Power to release from intellect — see para 44, 49 plus 56 plus 57 (c) Brown Junior RB "Objets d`Art".

( ) Objets d`Art — On Tibetan scrolls Mantric formulae are written on the reverse side at the places corresponding to the sexual and heart vital organs of the saint or god painted on the front of the picture.

( ) Fly- whisk in Chinese scroll = can travel through the air like a fly = can travel in astral body. (Symbol).

( ) H.Jains believe that gems associated with persons of evil or excessive negative feelings they themselves acquire such bad influences, bringing sorrows or sufferings to the new wearers.

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( ) 1. SERAPIS cult was accepted from Egypt by the Greek kings: He was a healer of the sick, superior to fate hence a worker of miracles.

( ) 2. The green black-mottled Easter egg, gold-mounted, is Jade.

( ) 3. Alexander gold coin watch-chain pendant. He lived 356-323 B.C., so it is 2,300 years old. Philip gold coin key-chain. He ruled 359-336 BC, so it is 2,350 years old. Identifier: The bare-headed figure in larger circle is Philip. This is the rarer of the two coins, and quite genuine. The helmet-headed figure in smaller circle is Alexander. It is a commoner coin, authenticity of age is uncertain, and the gold may be impure

( )RING: ruby, in centre, a diamond on each side, was worn by Pablo through the war until he became, by fortuitous occurrence the kin.

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( ) RUBY, in centre, a diamond on each side, was worn by Roman soldiers during the war until he became, by fortunes occurrence the King.

( ) The oval carved Woman's Head, classical Roman or Greek type, Cameo, is a camelian. It is not valuable nor antique but is pretty.

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( ) Chou Tun-yee was held in high repute by the adherents of his doctrine as being personally free from egotisms, quite natural simple direct despite his enlightenment. In my large painting of him he holds a jade sceptre in his portrait (1) to symbolise his power over negativity and darkness, (2) the spiritual authority of his high consciousness.

( ) This is an emerald quartz Buddha. It possesses a special power, activated when the rays of full moon strike it. But the power will not affect you unlesse the Buddha is held with both hands on that special night.

( ) The circular rug is not Chinese but Japenese. Its pictures yin-yang as a Shinto religious symbol. It mostly uses the colors of ochre, orange and tan.

ORLETS PART

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ART

( ) Before seavoyage or airflight to avoid sea or air sickness put 3 drops "essence de menthe" on a lump of sugar which chew. Do not eat too much before leaving but also not on empty stomach either. Sustain yourself lightly on a salad or a fruit.

( ) Is it correct that old people do not suffer from sea or air sickness?

( ) Buckmaster Fuller has one leg shorter than the other. This causes him pain which torments his back if he stands up too long on his legs.

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MEDICAL

( ) Before seavoyage or airflight to avoid sea or air sickness put 5 drops "essence de menthe" on a lump of sugar which chew. Do not eat too much before leaving but also not on empty stomach either. Sustain yourself lightly on a salade or a fruit.

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Medic - Acupunctture vs Acupressure:

( ) Those who have heard or come into contact with acupuncture will know that it is an excellent help to both official and unorthodox medical professions. But this is true only when represented by long trained well skilled practitioners. They are few. There is an allied art which is called acupressure. The original uses special gold or silver needles, but the other does not. Both use separate charts indicating certain points in the body connected with particular nerves, organs, ganglions. Both systems are Chinese of origin. In the acupressure syster there is an esoteric and public side. The public one is used in healing work only: The secret one passed to spiritually prepared persons only for it belongs to their area.

X

( ) Two or more harmless medicines, if taken simultaneously, may become harmful — according to the homeopathic law of potentialisation. So it is safer to use herbs one at a time, not mixed.

( ) Natural phosphates used as fertilizer are fossil relics of little fishes and other sea creatures. Is not procaine something of this kind? Ban KH3 and plankton derivatives.

( ) Many popular catarrh, cough and throat-syrups sold at pharmacies contain sulfa drugs, anti-biotics or other risky medicines. Avoid them.

( ) Munich Physician objection to plant remedies. He admits they are valid but one would have to take very large quantities so cure takes longer whereas ordinary medicines need smaller doses and quicker results.

( ) Hops Tea has powerful calming effect if hard to fall asleep.

( ) Infludo: Steiner's Prescript. for colds. Drink 10 drops in a little water 3 times a day.

( ) Dr. Mene Trier (recom. by Diana) Bot 8582 Paris (13) uses simple unorthodox medicines — 6 Rue Leon Jouhaux cell regeneration by trace elements.

( ) I realize so many pharmaceutic chemical remedies, that, were invented through vivisection for humanitarian reasons, I renounced chem. medicines: only plant products are acceptable.

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( ) Twinges of arthritic or sciatic pain come as a warning that bad weather will follow and that warmer clothes should be put on.

( ) Attack of sciatica came when sitting in Biblio for 2 hours with bare thighs-legs because only combis. This may be done at home, because time is under my control but not when out all day.

( ) Damp weather brings on arthritic pains or cramps. So stay indoors then if possible.

( ) The New York physician who hit the knee's nerve centre with a small rubber hammer did so to test what degree of relaxation existed, if any.

( ) The copper bracelet and anklet was successfully used by Coty-Marsh on rheumatic/arthritic patients to stop cramps.

( ) Sciatica and its Relief by Compton Mackenzie; ...'a salicylic dressing which stings a good deal, changed every 3 hours is splendid for staving off the pain of sciatica.' 'Salicylic acid is the synthetic coal-tar equivalent of the salicylic acid secreted by the willow. Query: Does the willow generate this anti-rheumatic acid to protect itself against the effect of its own damp mode of life?' Another suggestion for alleviating the pain is by some change of cushion or position. Mackenzie, a life-long sufferer, states: 'there is no cure for it.'

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( ) ILLNESS : PRECAUTIONS: (1) Avoid getting up on left side (2) Avoid lying flat (3) Sleep - and rise - only on right side (4) Avoid raising head or bending forward.

) DR. ENDERLIN : Over-exposure to the ultra-violet rays of sun causes these growths. But it takes a wait of 10 years to produce them.

( ) DR. ENDERLIN : "At your age the skin troubles are more difficult, more serious in possibility. These things must be dealt with early, not ignored". The scalp growth will have to be checked - there are several. Treat them with Bepanthen ointment twice daily (or once as needed). Do not rub it in: merely apply it. Wash scalp before my examination

( ) IMP. re ENDERLIN operation : Think of IT as healing power, curative life-force, and let this permeate face.

( ) DR. ENDERLIN Int. 31 October 1966 : (1) "Come to see me for checkup in early next year. (2) The nose growth was in-between benign and malignant, but it would have developed into latter if left alone. But it has now been fully removed and has healed up. (3) But the scalp growths must be treated daily with Bepanthen until you visit me next January. They have improved under it. (4) Since you have had such a large and long exposure to excessive ultra-violet sun rays, new, cancerous growths could appear on the skin anywhere, although mostly on scalp and face (which were most exposed). So check up periodically is required."
P.B. s address with Enderlin is "bei Glass".

( ) Dr. Enderlin: Bepanthen is anti growth Neo cinis, anti-infection. So for scalp use only Bepanthen. Can be bought without prescription. Show old tube. DO NOT rub in the Bepanthen: just apply it only.

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Conjunctivitis

AKU-PRESSURE

Conjunctiva and connective tissue - what is this actually? Fundamentally it is the name itself that tells us. It joins something together. It is soft and fibrous and it is to be found everywhere in the body. It is a sort of filling matter between the single organs. Connective tissue takes care that the under-skin is fastened to the upper-skin. It keeps bones, senwes and muscles in connexion. And in the eyes the connective tissue joins the eyelids and eyeballs. It is a mucous membraned cover (coating), which has to fulfill two tasks. It makes it possible, in cooperation with the eye-muscles, for us to beable to see to the left, to the right, above orr below. It also cooperate in bringing about the mobility of our eyes. The necessary "lubricating oil" comes from the lacrymal glands: the tears. We can see once more that several organs are necessary to render possible one single function. Just the same as nearly everywhere in the body.

The conjunctiva of the eye has yet even the task to prevent foreign bodies to intrude into the back part of the eye. A task which sometimes has not a full positive result. For it may happen that a foreign body nevertheless intrudes into. And the outcome is pretty sure to be a conjunctivitis.

Anyway for suchan inflammation there are still other causes that come into question. The most frequent is an infection through bacteria or Viruses. Also dust, draught or smoke may irritate the conjunctiva, which, being very sensitive, becomes inflamed. It is also not without good reason that physicians caution against a too intensive irradiation under the sun-lamp (Alpine sun?). They strongly and rightly advise to wear sun glasses or even eye-flaps. For the rays can very easily provoke a conjunctivitis.

Among other tinghs it is welders who are exposed to the danger of the rays. So it may happen that a

~~welder~~

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Among other things it is welders who are exposed to the danger of the rays. So it may happen that a welder

welder has been practising his profession for decades without suffering a conjunctivitis. But all of a sudden, without any visible ground, he can no more stand the rays.

A similar experience may have the baker. A good many years he has had to do with flour.This did not make any difference to him. Yet all at once his eyes react allergic to the flour. The outcome is that he gets a conjunctivitis.

Let us not forget the importance of allergic causes. Certain pollen, the smell peculiar to dogs or cats or fish - this all may provoke a conjunctivitis. It is here just like other allergies. One gets a hay fever, the other a conjunctivitis. And the doctor is rather helpless, because rather very often he cannot find out what his patient is actually allergic against.

In case of conjunctivits one ought to consult the oculist at all events. The latter will prescribe ointments and drops which ought to be absolutely be applied and taken. Besides he will say that the eyes must not be rubbed. Even not then, when it is ever so much itching and burning. Rubbing makes the trouble only worse.

"Hands and fingers off the eyes!" is also a fundamental rule in the Akupressure in case of a conjunctivitis. The second fundamental rule runs: " To do every thing the doctor has prescribed - and moreover to attend oneself with Akupressure, because it quickens ~~xxxxx~~ the healing." One gets thus sooner rid of the troublesome eyes-complaint.

Both first points to be akupressed, are behind the external ears(auricles). Just touch and grope there, on a level with the earlaps, the skin with the tops of the middlefingers. After some groping you will very quickly find out that here there are deep troughs between two bones. And now press several times running into those troughs as firm as possible.

You will feel a dull pain -like with many other akupressure-points- which will still last even after you have done with the Akupressure. A proof that

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(2) ~~DIETx~~ MEDICAL

PROSTATE =Thuya taken internally

Soaking time to increase

Orange hot water = 5 minutes juice in lemon

& Camomile externally for hives

Varicoses Cypres & goldenseal & witch Hazel

~~30xdrops~~ Internally. before meals

30 drops in little water before meals

but essential oil only 2/3 drops on sugar or

in alchohol.

to R

To boil plantes or infuse them, enamelled pan

is better than plain metal. Put them in cold

water to start. Flowers should not be boiled,

only infused by pouring boiling water on them

Measures

dessert spoon = 5 gram

Soupspoon = 10 gram

pincee = 2 or 3 gram

Flower medicines protect from light.

PROSTATE =Tr's taken internally

Hawthorn time to increase

Orange hot water = 5 minutes twice in lemon

& Chamomile externally for hives

Varicosee Cypress & cajeputi & witch Hazel

Shortness internally. before meals

20 drops in little water before meals

but essential oil only 2/3 drops on sugar or

in alcohol.

to P

To boil plants or infuse them, enamelled pan

is better than plain metal. Put them in cold

water to start. Flowers should not be boiled,

only infused by pouring boiling water on them

Measures

Dessert spoon = 5 gram

Tablespoon = 10 gram

Glasses = 2 or 3 gram

Flower medicines protect from light.

Root veges to be culled only in Spring + autumn, & early winter, fruits in autumn.

AROMATHERAPY=

1) Distilled Essences of Essential Oils o of Aromatic Flowers and plants

2) Tinctures of Powders Infusion or decoctions plants, leaves, bark, roots

MEDICINE

COLDS yield to onions like magin" and even liver benefits. Held under hot water, skins are easily removed.

+++++ +++++

DIET CHINESE VEGES

after cooking, stir in paste of corn-flour or Pis chice farine (2 tblspn to same volume cold water), cook a little longer. This gives thickened effect.

MEDICINES

OLD REMEDIES

1) Gargle Salt water to expell impacted mucous.

2) Fennel soothes EYE inflammation

3) Mint Tea is tonic

4) Health Tonic = Sage

5) Parsley is very high in PROTEIN

Chew it raw for fatigue. Contains chloresplyal which deodorizes.

6) Potassium is high in celery and it breaks down calcium deposits if combined with carrot juice removes arthritis.

7) A bread and potato eating person keeps the liver working overtime. Grape juice stimulates liver and dispels excessive mucus and heals kidneys - especially purple grapes.

8) BEETS have high potassium. They and beet juice normalise Varicose veins, help liver

9) For Vitamin E take seeds & take Wheat Germ for Vitamin C Rose Hips & Tomatoes

10) Collected excessive mucus can be eliminated by grape juice in diet.

MEDICINES

OTHER SPECIALS

1) Gargle salt water to expell impacted mucous.

2) Fennel soothes RTH inflammation

3) Mint tea is tonic

4) Health Tonic = Sage

5) Parsley is very high in PROTEIN

Chew it raw for fatigue. Contains chlorophyll which deodorizes.

6) Potassium is high ~~[illegible]~~ in celery and it breaks down calcium deposits if combined with carrot juice removes arthritis.

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8) BEETS have high potassium. They and beet juice normalize varicose veins, help liver

9) For vitamin A take seeds & take chest

Gram for Vitamin C one Ripe & Tomatoes

10) Collected excessive mucus can be eliminated by grape juice in diet.

(Con't. OLD REMEDIES)

(7) LIVER makes blood. If it is not working well then minerals vitamins, etc. harm bod body.

(8) It will be unnecessary to wear bedsocks if alternating hot/cold water therapy is applied to foot baths. Use 4/6 " hot water first for 3 minutes then same coldwater 1½ minutes. Same for cold hands.

(9) To get new vigor walk daily on the pebbles or the round flat knobbed top blue rubber excerciser. It is a zone therapy substitute.

(10m) Niacine (in whole wheat bread) helps body extract nutrients from other foods.

(11) Peanut butter lacks amino. Its protein is useless unless eaten on bread. Similarly lentils are useless

(Cont'd.)

(7) Iron makes blood. If it is not with-
ing well then minerals vitamins, etc. burn up
body.

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bedsocks if alternating hot/cold water
therapy is applied to foot baths. Use
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(Con't. 11) without corn; but soyabean flour is a complete protein. Brazil nuts or sesume seed seed vegetables.

(12) Stale coffee's?/ (hence tea's?) ------become rancid after few hours:/ Brew fresh.

(13) Soybean flour is toxic unless cooked. (14) Low calcium level means inability to relax or sleep: if very low causes muscle cramps in legs or feet.

(15) Cold compress around neck, covered with dry flannel induces sleep if left on for several minutes.

(16) Ten minutes of direct sun is enough for a day's need.

(Con't. - 10M [illegible])

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(2) MEDICAL

VALNET: pg. 17/18 Excessive Dose of odorous plant essence harms creates exaggerated (excessive), even sage(?). Be careful, bath herb quantity

p 37 IMP: definition, mishap(?) midge?
par IV = p 38 top
par volatile

SEE DICT
p 28 "toile de ARAIGNEE applied to would, acatrises and antisepticises them.

p 31 onion is aphrodisiac facilitates ~~des~~ evacuation of bile

ROSEMAION 33
36 dicty. par IV last word, "ESCIENT"
dicty p 36 top, 35 bot.

"ENGELURE"
See dict. p 51 par IIIg girofle eucalyptus (olbas?) is used in nasal

[illegible]

VALWAT: pe. 17/18 excessive dose
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p 17 JMP: definition, midep(?) mid
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par volatile

[illegible]

p 26 'toile de AMALGAMEN applied to
wound, scarlines and antiseptisises
them.

p 71 onion is aphrodisiac facilitates
[illegible] evacuation of bile

[illegible] 15
[illegible] dicty. par 17 last word, "SOUIEN"
dicty p 26 top, 35 bot.

"[illegible]"
See dict. p 71 par 1118 eiroile
eucalyptus (albar) is used in small

application - diluted.

p 40 ~~OPER~~ Par II -Synthetic Vitamins?

P 45 FOOTNOSTE Animal scents P 51

Essential oil expectorants

= Thyme -

? fenour - marjolaine ?

Stimulant Intellectually

= basil = noux de muscade ?

Stimulant Circulation

+= Cannelle

noix de musca

Liver Stimulant

---

lemon

MEDICAL

( )Dr. Valnet: Essence of essential oils must not be used inexcess~~ive dose~~ if odorous or it will cause harm, even sage. It will cause nausea. Be careful, of the quantity used in the bath.

( ) Dr. Valnet prescribes: (a)Distiled Essences of Essential Oils of aromatic flowers and plants. (b) Tinctures of Powders Infusion or decoctions of plants, leaves, bark, roots

MEDICAL

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MEDICAL

(7) The liver makes needed blood. If it is not working well then minerals, vitamins, etc., harm body.

(8) It will be unnecessary to wear bedsocks if alternating hot/cold water therapy is applied to foot baths. Use 4/6 inches hot water first for 3 minutes, then same coldwater 1½ minutes. Same for cold hands.

(9) To get new vigor walk daily on the pebbles or the round flat knobbed top blue rubber exerciser. It is a zone therapy substitute.

( ) Sore Eyes: Wash with: Borage, Camomile. Golden Seal, Fennel; apply hot castor oil packs

( ) Those who have heard or come into contact with acupuncture will know that it is an excellent help to both official and unorthodox medical professions. But this is true only when represented by long trained well skilled practitioners. They are few. There is an allied art which is called acupressure. The original uses special gold or silver needles, but the other does not. Both use separate charts indicating certain points in the body connected with particular nerves, organs ganglions. Both systems are of Chinese origin. In the acupressure system there is an esoteric and public side. The public one is used in healing work only: The secret one passed to spiritually prepared persons only for it belongs to their area.

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Medical

( ) MOSQUITO BITES (a) Dip piece cotton in cider vinegar, apply and hold with a bandage. In ½ hour itch and swelling are gone. (b) But to apply hot water under a tap is even faster and succeeds in 1 minute.

( ) Prostate use Thuya taken internally and soaked 5 minutes in lemon and orange and hot water.

( ) Camomile externally for hives.

MEDICAL

( ) Flower medicines should be protected from light.

( ) Colds yield to onions like "magic" and even liver benefits. Held under hot water, skins are easily removed from onion

EDGAR CAYCE:

(1) ~~Edgar Cayce:~~ Prostatitis: Take several or occasional colonics + sitz baths + imitation bicycle riding exercises.

(2) Urinary incontinence often cured by actual bicycle riding.

(3) VARICOSE VEINS Take Mullein tea internally. Get the fresh green tender leaves. Steep for 30 minutes Strain. Refrigerate. Take 1 ounce per day. Make fresh every 2/3 days. Also massage legs in tannic acid solution or that got from old tea leaf grounds or the liquid got from boiling them. Or massage with heated(not boiled) Olive Oil (½)+ Tincture of myrhh (½)

(4) ZINC is highly present in sugar beets.

(5) BURSITIS Let hot water run on the shoulder. Massage it with peanut oil (warm). Manipulate it.

(6) TEETH To keep clear from tartar use Ipsab To stop bleeding gums massage with Ipsab Warning do not swallow Ipsab solution Ipsab is chief ingredient in prickly ash bark (used by Red Indians). If not at HF store or pharmacist get local address from "MembershipServices", ARE, P.O. Box 595, Virginia Beach, Virginia 234-51.

(7) ~~Fo-Ti-~~

(7) Fo-Ti-Tieng is a rejuvenator along with Ginseng. A similar herb is Gota-Kola from Ceylon and India. All these are sold at Health Food stores.

MEDICAL

( ) Powder medicines should be protected from light.

( ) Cuts yield to odious like "magic" and even liver benefits. Hold under hot water. Skins are easily removed.

TEMPORARY:

( ) Nerve Overstimulation: Take several or occasional colonics + site bathe + imitation bicycle riding exercises.

( ) Urinary Incontinence often cured by actual bicycle riding.

( ) VARICOSE VEINS take Mullein tea internally. Get the fresh green tender leaves. Steep for 20 minutes strain. Refrigerate. Take 1 ounce per day. Make fresh every 2/3 days. Also massage legs in tannic acid solution or what pot from old tea leaf grounds or the liquid got from boiling them. Or massage with heated (not boiled) olive oil (½) tincture of myrrh (½)

(4) WIND is highly present in sugar beets.

(5) BURNING: Set hot water run on the shoulder. Massage it with peanut oil (warm). Manipulate it.

(6) TEETH: To keep clear from tartar use Tyson To stop bleeding gums massage with Tyson warning do not swallow Tyson solution

Tyson is ordinary incredient in prickly ash bark (used by Red Indians). If not at HF stores or pharmacist get local address from "Members Services", ARM, P.O. Box 595, Virginia Beach, Virginia 23451.

(7) [illegible] is a rejuvenator alone with Diosgen A. Another herb is Dioscorea from Cyclem and India. All these are sold at Health Food stores

MEDICINE

Edgar Cayce

( ) Eyesight Strengthened & Reading Specs eliminated: Do Head & Neck exercises in fresh air for 20 minutes daily in morning standing and also in evening sitting. For latter press shoulder and back into back of chair, keep head spine erect and mentally reach for ceiling. Morning bend head forward 3 times, backward three times, toward right 3 times to left 3 times, -Finally circle it each way 3 times.

( ) Flowers for medicines should not be boiled, only infused by pouring warm not hot water on them.

( ) Edgar Cayce: INGROWN TOENAIL: Dampen baking soda with Spirits of Camphore and put small quantity on cotton under tip of nail. Or use it with castor oil then, if causing soreness, rub off with Spirits of Camphor.

( ) DANDRUFF: = 4 oz pure water, 20 minims of 85% alcohol, 2 minims Oil of Pine. Rub thoroly into hairs scalp. Then massage small quantity white Vaseline into scalp. Then wash head with Tar soap. It will disappear.

MEDICINE:

( ) Low calcium level means inability to relax or sleep: if very low causes muscle cramps in legs or feet.

( ) Cold compress around neck, if covered with dry flannel induces sleep if left on for several minutes.

( ) Ten minutes of direct sun is enough for a day's need.

EXCERPTS FROM HEALING FOR EVERYONE

by

Evarts G. Loomis and J. Sig Paulson

From Chapter 7: "Through Illness to Self-Realization"

"Illness can be our golden opportunity. For a few days, weeks or months, we have to step out of the mad race and watch the world go by. This is the time to look at the instrument we call our body and to the condition of the brain that controls its every action and to the larger concerns of our mind and emotions. Before we are ready once more to play our part in the symphony of life, the instrument must be tuned.

For several years I have asked many of my patients two questions Why do you think this illness came to you at this particular time in your life? Do you suppose this illness has certain lessons for you to learn? The answers have been many and varied. Usually, at first, the answers are not known, but if and when the patient is ready to accept the challenge of responding to the questions with candor and complete honesty, from that point on his life will not be the same."

".....in any medicine of the Whole Person, the primary requirement is to recognize the message of the illness and ask such questions as "Why am I anxious? "Why the depression? Why the backache? Why is my resistance so low that I pick up every passing virus?"

From Cahpter 9: "The Minister's View: The Universal Wholenss"

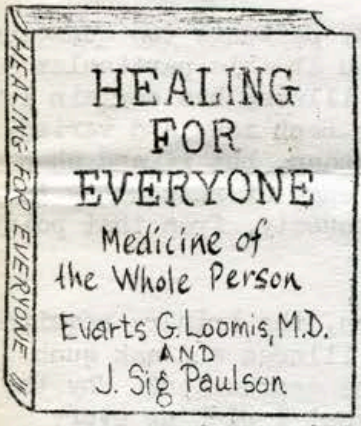
"...If you are cast in the role of patient, your own words, thoughts and feelings may well be the determining factor in your healing.....It is essential that you participate in your own recovery. You can best do this by setting a watch on your mind, heart, and lips and seeing to it that their utterances are acceptable in the process of healing you desire.

....The head of one of the largest prayer groups in the world said that when we speak, think, and feel, we have the largest, most important and most responsive audience in the world right at hand...billions of atoms, cells and processes in our own ~~bodi~~ bodies.

~~I've ordered one of these~~ ~~hoping you may read it~~ for you

Volume 18 No. 1 NEWSLETTER March, 1975

HEALING FOR EVERYONE - Medicine of the Whole Person is now available in the Meadowlark Bookstore, and in others throughout the country. We want to share with you an excerpt from a letter about the book, just received from a one-time Meadowlark guest. She writes:



"How appropriate that the book by Evarts Loomis and Sig Paulson should appear just in time for Spring! It is as ringing an affirmation of new life and springing hope as the first daffodil!.... I feel like saying to everyone I know 'If you can't get to Meadowlark, let Meadowlark come to you!' for through the absorbing pages of this book, you almost feel that it has..... Thank you for getting my copy to me so promptly!"

Healing for Everyone begins with a taped discussion between doctor and minister and it is interesting to find that their views of the causes and cures for illness of mind and body virtually coincide.

Both feel that the patient must be brought to regard himself not merely as a laboratory specimen to be probed and studied, but as a working member of a team dedicated to solving a problem.

Health to both authors is far more than merely the absence of disease. It is a result of the harmonius readjustment to life.

( ) ARALEN - One sign of its effective working is that one loses more water, which is due the liver filtering out impurities that are being washed away. The water turns yellow on the day of taking it.

( ) When aversion to ARALEN first shows itself during a course of taking it, this is a warning sign to stop it.

( ) SOVENTOL-GELEE: to stop itchings.

( ) TIGERBALM: For bruises not open, sprains, soreness of muscles, aches. Apply by rubbing a little of the ointment unto the skin without rubbing it in hard.

( ) STREPSILS: Throat and mouth. Taste very good.

( ) IODINE - Wash wound before using. OXIGENÉE to wash out wound of dirt before using iodine. To clean cuts before applying iodine. ALCOHOL.

( ) AUREOMILIN Ointment: For bleeding cuts, spots, bites.

( ) "BENTELAN" Dissolve one of these pink pills in 1/4 tumbler water. Wait 2 minutes. Apply to gums and tongue and palate. Hold 2 minutes spit out. It is a gargle heals sore mouth. For Raw Inflamed Mouth.

( ) Dr. NEUENSCHWARDER, oculist at Zurich (1) Keep eyedrops upright - might leak. (2) apply drops at night before asleep - One drop in each eye. This single bottle will probably be enough. So a second bottle will not be rec. (3) Your eyes are strong, and quite free from glaucoma or cataract. (4) The cause of the floating black spots which you see at times is poor blood circulation. This is also cause of your getting tired easily (of much reading).

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( ) Among the ointments for cuts and skin protection there is also an oil from a plant called Johannisstrauch (latin:Hypericum perforatum), which is sold at the pharmacies as Johannisöl (red colour) (only for external use). You can alternate oil and ointments for healing little wounds, sore skin, also inside the nose.

( ) The legs and Blood Circulation - When blood does not correctly circulate in the leg-veins, one feels tired and can hardly stand. There are pains in feet and legs. One often has a heavy feeling in the "Gliedern" (limbs).

( ) All who have to stand long time, ought every now and then move their toes and the leg-muscles, or at least, shift the weight.

( ) Joseph Needham - Chinese Ancient and Medieval Hormones - Therapeutic treatment by drinking urine goes back to Taoists. Three adepts of the 3rd century, who lived beyond 100 years, were expert in this treatment. They drank urine, and practised upside down standing. They guarded parsimoniously their senew. The urine medicine was given for sex debility, impotence, spermatorrhea and eremose Urine was supposed to belong to the category of blood, hence its properties. There is Italian peasant belief that one's urine massaged into feet benefits gout, arthritis, rheumatism and chilblain there.

( ) A gold dowel is sunk into the jaw to hold permanent false teeth in place. Such dental processes are heard of only by the wealthier patients.

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( ) Tight muscles of the scalp and neck may be emotionally caused.

( ) But the water people now drink is purified by a poison, chlorine, full brother to fluorine. The anaesthetic they are given when undergoing an operation is a poison.

( ) Sage is in Austria medically (1) to cleanse stomach and bowels to heal ulcer and gastritis (2)to gargle as antiseptic for inflammation of gums and tonsils (3) to disinfect wounds.

( ) Morning Headache can be caused by reading in bed at night while reclining in wrong position -- book must be lower than eyes, look down not up. But a Complainin tablet removes the headache.

( ) Dr. Bianchi, Lugano: 1) There is a slight astigmatism. For this you should use your distance spectacles; then you will see better. 2) Use the Vita-Iodurol eye drops until bottle is empty. Then wait about the same period - 2/3 months and start using it again. Keep up this alternation, as it prevents cataract.

( ) Bad attack nasal catarrh - cured in 24 hours by: (1) Stop all solid food except oranges. (2) Stop work. (3) Take Epsom Salt tub bath. (4) Go to bed immediately after bath to get the "healing temple sleep" (5) Stop liquids or reduce to essential stimulant - tea and honey and lemon. Smallest amount.

( ) Sciatica Treatment: Try and do a little massage on your leg yourself,for every treatment with Jacobus oil or ointment is a protection.Keep always warm all over the body. When lying down to read or when working mentally, keep also a wool rug on your knees and wear a warmer wool jacket. Best of all you do not seat for a longer time near the balcony door in winter but always keep your legs on the nice couch or on a stool with a cushion, just to keep them above the coldest part of the room.

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( ) Massage - Indian Olio or Rheumatic Liniment-Ointment should always be upwards on the arm, not down: that acts on muscles, and brings up blood to shoulder because it is towards the heart.

( ) To help relieve pain of rheumatic Arthritis in shoulder and elbow,(or elsewhere), beat the skin of arm between them very sharply and rapidly with side edge of palm; strike always in the same upward direction, not to and fro. Then rest on couch for 20 minutes.

( ) Warning - Cold showers preceded attack of Rheumatic Arthritic Inflammation of left shoulder and elbow joints; just as years ago preceded sciatica. Ban cold showers.

( ) Failure to wear long drawers, even on sunny day, caused sciatica. (2) Stop cold bathing of scrotum and cold douche as caused sciatica or bursitis.

( ) Dr.Enderlin pulled off the bandaid I had affixed to a scalp wound and said it is better to give it air; he merely dusted it with antiseptic powder.

( ) Never use a comb on your hair. The current scalp condition would be worsened by scratches caused by comb-points. These scratches became wounds also by scratching with finger nails, so never do this.

( ) Regime - Apply Ps daily to: (1) nape of neck and upper spine (several times) (2) veins of leg (several times) (3) eyes (once only).

( ) The antibiotic ointments-auromyecin and hypercortisone and bepanthene and - can create powerful allergies. They should be used on physician s prescription only.

( ) Iodine - Two iodine-based disinfectants were found on test to give a quick kill of the foot-and-mouth disease virus.

( ) ULCERS OF THE SKIN AND LIPS AND TONGUE. Especially in the cases of elderly persons, any rough spot on the skin which tends to keep ulcerating and which never quite heals, must be looked on with alarm. It should be attended to quickly.

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The ARTERIES & veins - theme of a great medical congress taking place in Vienna 29.9. - 1.10.1966.

Summary taken from an Austrian paper.

Movement against coagulation (blood clots).

The most frequent diseases of the veins are the inflammations of the veins, varicose veins, "open feet" (i.e. vein-wounds that cannot be healed), flat feet and formations of coagulation (blood clots). The latter are particularly dangerous, because the blood clots can wander (travel) into the body from the lower limbs where they mostly originate, and this may cause the often deadly embolies (shutting down of vital organs through obstruction, stopping).
The diseases of the veins are diseases of the blood-vessels, a slackening of the vessels, causing, as with the varicose veins, a protrusion, a turning out of the superficial veins. When the weakened veins, which have to lead back the blood to the heart, cannot cope with the transportation of the blood any longer, Thrombosies (coagulation) are forming themselves. If the feet are not well supplied with blood, if there is a poor circulation, a poor influx of the blood into the feet, then the ligaments supporting the arch of the feet frequently slacken their hold causing the feet to flatten. So the flat-feet are also frequently diseases of the veins.
Movement, movement and again movement, that is the simple advice of the physicians, to prevent difficulties in the circulation of the blood.
By much movement, by thorough beathing, the activity of muscles and heart is furthered and in this way the circulation of the blood is better kept running (in motion). Confinement to bed is recommended -contrary to the old opinion- only in the severest instances. For coagulations are often caused just through the confinement to bed.

However, competently made bandages are to be applied at all events. Through the pressure upon the veins the coagulation (blood clot) is being fixed -the travelling off is made impossible- and the blood is compelled to form for itself a new vessel track. Individuals who retire from active life because of diseases of the veins, frequently run the risk of neglecting the movement and thereby of acting for the increasing of their disease instead of for the diminishing of it.

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Do you know the 3 HAMETUM-preparations

Hametum ointment - Hametum Extract.- Hametum Suppositories.

The 3 Hametum-Preparations owe their efficacy to the application of the "Hamamelis virginica", of which are employed the bark of the twigs and the sprouts.
Hamamelis had been used in America as a polular remedy long since, similarly as in our country the Arnica-plant. It is Dr.W.Schwabesmerit to have made the 3 Hametum-preparations subservient to the medical science. Beside the reliable healing operation it is particularly the way of application the cause of the popularity of these 3 Hametum-preparations.

HAMETUM-OINTMENT

has a cooling, soothing, tissue-cleansing and tissue-favourable effect and heals up inflammations quickly.
Directions for use for:
1. Haemorrhoids. Hametum-ointment is to be rubbed in three times daily by rubbing gently from outside to inside (inwards) with a slight pressure, and, as it were, by massaging the knots. For knots in the rectum there is Hametum-ointment in tubes with tubules. In case of haemorrhoids-trouble the outlet of the intestines is always to be well greased with Hametum-ointment. Look at page 4 for the combined treatment with the Hametum-suppositories.

2. Varicose veins (Abscesses of the Shanks). In case of thickened blood-veins, the latter are to be slightly massaged 3 times daily with the Hametum-ointment, by rubbing gently from below upwards, i.e. from the foot towards the heart. If the varicose veins have already suffered some harm, so that abscesses have formed, then, if the abscesses show thickened margins, a piece of linen or still better a bandaging material is to be laid on, thickly spread with Hametum-ointment.

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This proceeding is to be continued also after the margins of the abscesses have grown soft and flattened.

3. In case of sores (galls) of little children as well as of grown-ups (gall), the sores and galls in question are to be rubbed gently several times daily and then dry-powdered. Also as a prevention is such a treatment axcellently suitable.

4. Scratches, grazes, abrasaions of skin are to be greased several times a day with the Hametum-ointment. In case of larger hurts the ointment is to be laid on as thick as the back of a knife and then a bandage is to be put on.

5. Dry and sore nasal mucous membranes are a satisfactory application-area for the Hametum-ointment.

6. In case of burns, scalds and sore feets there is a similar proceeding. The feet are to be cleaned by a warm foot-bath before the ointment is applied to. Bandages with Hametum-ointment are to be renewed daily once or twice.

7. Sun- and glacier-burn, in this case Hametum-ointment has a prophylactic as well as as healing effect.

8. Abscesses of the shanks. Preliminary treatment with Hametum-Extract-compresses (look at page 4), then further treatment with Hametum-ointment bandages. It is important that it be renewed daily 1-2 times.

HAMETUM-EXTRACT

it furthers and normalizes the topical (local) blood-circulation first of all on the vein-area in a striking manner, and has - inside as well as outside - an anti-inflammation effect.

Directions for use for taking it orally: 2-3 times daily, if necessary also hourly, 10 drops into a spoon full of water or on a lump of sugar. The dose may be increased to half up to 1 tea-spoon at once. These general lines are to be observed, if the physician does not order anything else.

Directions for use for external treatment: Hametum-Extract is ~~xxxx~~ to be applied best undiluted.

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Only in case of skin-wounds the compresses are to be laid on with water that has been previously boiled and then let cool down (1:3), the compresses are to be fixed by a layer of cotton-woool, cellucotton and bandage. In this case the compresses are to be changed often.

1. Inflammations of the skin, sore nipples, thromboses. Compresses according to the directions for use.

2. Varicose veins-troubles, abscesses of the shanks. Hametun-compresses according to the directions for use. After-treatment of abscesses with Hametum-ointment, as soon as the wound-margins have grown soft.

3. Nose-bleeding: Hametum-Extract is to be applied locally (topically) undiluted until the blood has been stopped.

4. Gums-bleedings: the rinsing of the mouth with very much diluted Hametum-Extract (1 teaspoon full for 1/2 to 1 glass of boiled water) renders good services and has a soothing and healing-furthering effect.

HAMETUM-SUPPOSITORIES

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Directions for use for the Hametum-Suppositories: Several times daily, particularly after going to stool, 1 suppository is to be inserted in the anus. Hametum-Suppositories are of effect against itchings, burning and biting (smarting), they ease the painful rending conditions, stop the bleedings, soften(soothe) inflammations, cause the dilated blood-veins to contract and regulate the supply with blood, they coat the inside of the gut with healing substances and make the side of the gut more supple, they alleviate the going to stool, are of help against the painful rents on the anus and against the

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HAMAMUM-SUPPOSITORIES

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Directions for use for the Hamamum-Suppositories: Several times daily, particularly after going to stool, I suppository is to be inserted in the anus. Hamamum-Suppositories are of effect against itchings, burning and biting (smarting), they ease the painful rending conditions, stop the bleedings, soften(soothe) inflammations, cause the dilated blood-veins to contract and regulate the supply with blood, they coat the inside of the gut with healing substances and make the side of the gut more supple, they alleviate the going to stool, are of help against the painful rents on the anus and against the

knots in the gut. When there is a hot weather the Hametum-suppositories should be put into cold water after removal of the wrap(covering), for then the insertion can be performed more easily.
By the combined treatment Hametun-ointment and Hametum-suppositories, help could be already brought in many cases, thanks to the Hametum-Extract contained in them.

-- . . --

Hamamelis had been used in America as a popular remedy long since, similarly as in our country the Arnica-plant. It is Dr. Schwabe's merit to have made the 3 Hametum-preparations subservient to the medical science. Beside the reliable healing operation it is particularly the way of application the cause of the popularity of these 3 Hametum-preparations.

HAMETUM-OINTMENT

has a cooling, soothing, tissue-cleansing and tissue-favourable effect and scales-up inflammations quickly.

Directions for use for:

1. Haemorrhoids. Hametum-ointment is to be rubbed in three times daily by rubbing gently from outside to inside (inwards) with a slight pressure, and, as it were, by massaging the knots. For knots in the rectum there is Hametum-ointment in tubes with tubules. In case of haemorrhoids-trouble the outlet of the intestines is always to be well greased with Hametum-ointment. Look at page 4 for the combined treatment with the Hametum-suppositories.

2. Varicose veins (Abscesses of the shanks). In case of thickened blood-veins, the latter are to be slightly massaged 3 times daily with the Hametum-ointment, by rubbing gently from below upwards, i.e. from the foot towards the heart. If the varicose veins have already suffered somehow, so that abscesses have formed, then, if the abscesses show thickened margins, a piece of linen or still better a bandaging material is to be laid on, thickly spread with Hametum-ointment.

round-abouts

AMBAGES : circumlocutions, circumlocutory

sans ambages : none of prefacing, without round-about

EREMOSE : (looked up at the Institut de Culture Français) The word is not to be found in the Medical Dictionary, nor it is in the Grand Larousse.
In the Grand Larousse there is the following word:

érémostych (eremos greek for solitaire) It is a herb originating in Western Asia, suited as a plant for gardens.

VULNERARY OINTMENT : Wundsalbe, ointment for sores and wounds.

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3. After a fracture what is responsible for the failure of the bone to knit? Non-union of the fragments of a fractured bone sometimes occur and prolong the healing time. Most often the failure of fractures to heal happens in the elderly whose blood circulation is impaired.

4. Can a fracture of a rib go unnoticed after an accident? It is surprising how often a fracture of the rib is found when it is not suspected by symptoms. A relatively mild injury, especially in the elderly, may cause a break in the brittle ribs.
Symptoms are caused when the lining of the chest cage (the pleura) is bruised or torn when the rib fractures. Severe pain on breathing and coughing are the two symptoms that suggest the possibility of a rib fracture after an injury.

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In the wintertime when steam heat dries the atmosphere, the moisture of the skin evaporates and causes itching. In fact this is sometimes called "winter itch". Air-conditioning in the summertime can do the same thing to the skins of sensitive people.
Increasing the humidity in the air with humidifiers, vaporizers or pans of water on radiators can relieve some of this annoying condition.

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10. Artery - What is an embolus to the brain? When a blood clot, or thrombus, forms in a vein or artery nature tries to seal it off and keep it from spreading.
Sometimes, a small piece of the clot breaks away and begins to travel through the blood vessels to a distant part of the body. This broken piece of a clot is called an embolus. It can stop in the heart, the lungs and legs.
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Comment by P.B. The occupational hazard of slumping over a writing desk causes the head to jut forward, throwing the neck out of alignment, and creating a kink in the carotid artery. So practise

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( ) The spots which cover the skin of hands of elderly persons may be "liver spots", but old-age spots are definitely brown.

(a) Suffering from cramps in the toes of feet, particularly when going into a cold bed, can be prevented, or if started relieved, by tying an ordinary string around the ankle. (b) Perhaps an adjustable elastic sock-suspender will achieve the same result? Experiment. (c)

( ) Dizziness, if caused by Meneres disease, is treated by applying cold compresses to the head.

( ) There are 4 known symptoms: (1) Vertigo occurs on looking up. (2) Vertigo tendency to fall to left side. (3) Vertigo on rising from bed or chair. (4) Vertigo with nausea.

( ) SWOON ILLNESS NOTES:
The dangerous blackouts of consciousness in New York December-Jan. 1965/6 were picked up from the highly psychic and frequently ill conditions prevailing in the bedroom, formerly used by Edmund's deceased wife. They were aggravated by the many kinds of evil illness conditions prevailing in Washington, plus the excessively oil diet there. Therefore strongly refuse to accept hospitality from Edmund and Washington: insist on staying in a hotel. Trips to USA in future.

( ) IMPORTANT: There is some connection in the lying flat and openness to psychic influences, mediumship and illness.

( ) Develop idea that passing loss of consciousness Dec. 1965 is medical and metaphysical evidence that Consciousness depends on body. Hence materialism is true! this is how it arose — then destroy the idea

( ) Disease: The old 1965 symptoms return: lifting and turning of the head - lying flat on bed and bending forward produce giddiness.

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Copy of Cosmetic Writer on finger Nails remedy.

"This reinforces the nails". Remove totally the enamel (nail polish), wash thoroughly the nails with ~~with~~ water and soap and brush them. Every evening spray them with the disinfecting liquid having as basis discoloured iodine which is to be found in the pharmacy and is sold in a little blue bottle with a white inscription. Then applies a special reinforcing cream: you will get it within the best American emails marks. Go on with the treatment for at least one month, afterwards resume doing the manicure, but taking care that in the bowl where you dip you finger tips to soften the skins has not been put some detersive (detergent) in powder or some concentrated shampoo which the nails."

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vulnerary

Healing and Wound-Ointment

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with Vitamine F- effective substanse

Components: Vitamine F- effetcive subst. 0,10 g
Hexachlorophen 0,50g
Balsam.peruv. 1,20g
Acidumboric. in non-irritant cholesterin containing ointment emulsion,basis ad 100,00g

Mamellin is an emulsion of easily penetrating fats with disinfecting and the healing of the wound furthering substances and highly unsaturated fat-acids in the finest distribution.
Mamellin is free of boric acid and specially suited to the treatment of the child s skin.
Mamellin furthers the healing process by a strong stimulation towards the granulation forming and leads to a quick epithelising (skin-shaping? with a delicate scar forming).
Indications: Skin hurts of every kind, as abrasions, chappy skin. Inflammations as being sore by lying, chafing up, by shoe pressure. Burns, sunburns, damages done by frost. For the after-treatment of furuncles, Panaritien, operation-wounds.
Directions for use: In case of wounds or inflammable processes a patch of linen or a mull-tampon spread with Mamellin will be laid on in such a way as to make the ointment-spread overtop the wound all around to 1-2 cm. Over it dress loosely with bandaging material. In case of little-small injuries Mamellin may be used without bandage.

Veterinary

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( )It is after bowel movements that haemhorroids protrude: hence that is the correct time to apply external ointment.

( )According to Chinese herb medicine, nasal catarrh is relieved by taking snuff. It also relieves other ailments. But to be efficacious it must be of the best quality.

( )Sciatic Pain is instantly relieved by placing a woodboard under mattress or bedsheet, supporting leg and back.

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( ) For thorough cleansing of liver, to treat sluggish inactive liver: Take 1/2 teaspoon Epsom Salts in 1 pint hot water before rising from bed. Rest in bed 10 minutes on same empty stomach to give liquid time to clean liver. Repeat for 6-7 days.

( ) Small Things can date you as quickly as big ones. Like sunglasses. Opticians worry about whether they filter out the harmful ultra-violet and infra-red rays, but to the average woman what counts is the shape. This year, shapes are mainly round, lenses palely tinted. For those who have to wear spectacles, most opticians will spray a pair with a dark tint for about 35s.- cheaper than having special ones made and nicer than those awful clip-ons.

( ) Folic acid for sprue.

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( ) Strong Chemical Medicines - WARNING - Do not take two different kinds near the same time, as they may be contra-indicative. - Take one at lunch and the other at dinner.

( ) To heal "Tennis Shoulder" in right upper arm, bathe it in hot water thrice daily and apply oil or ointment.

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( )WITXH HAZEL uses:apply,on soft cloth bandage MEDICAL to bruises,scalds,burns,insect stings,sunburn, muscle soreness,tired feet,after shave,piles. If diluted,as mouth gargle&sweetener after eating onion.

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ARTHRITIS IN JOINTS:there are two types.The 1st=aching pain is worst when joint is used energetically and relieved by rest.The 2nd=stiffness after sleep or rest eases gradually--and the pain with it--as joint is flexed.

( )HIVES may follow a time pattern,attacks coming at set times, always the same,often at night.

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MEDICAL

Medical

( ) Radishes relieve excess mucus.

( ) Mucus
Golden Seal --gargle.
Sage --gargle. Golden Seal despite extreme bitter taste is excellent tonic; liver remedy, relieves eye trouble ~~if used as wet poltice.~~

MUCOUS THROAT Trouble (3) Gargle with Glycothymoline 2 parts distilled water to 1 part G-T. (4) 6 drops G-T in small tumbler of water, as intestinal antiseptic and breath purifier and in eyecaps for eyestrain, ~~by Glycothymoline~~

(5) Antiseptic Gargle use Alabin in water

(6) Mucus if impacted gargle with salt water to expel

( ) Eucalyptus and Olbas, if used on internal nasal membrane, should be diluted with warm water.

Basil: Relieves intellectual overwork.
Cammomile relieves conjunctivitis and ~~eczema~~ eczema, as poltice.

Medical

( ) Grated carrot applied as poultice enclosed in gauze to burnt skin calms the pain.

( ) Rosemarin Essential Oil is prescribed (by Valnet I believe) for relief of Hepatitis and also for strengthening eyes. But I do not know whether for internal or external use. See LIB. (Rosemary). (Rosmarinus officinalis).

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( ) Use Iodine - Jaques Romano - Iodine cured when best doctors failed. " His treatment was radical: it was heroic. He had 400 drops of iodine poured down my throat every day. I lay in bed most of the time with my heart pounding, my head bursting, my eyes rolling out tears. A prodigious battle seemed to be taking place within me."

( ) Les remèdes homéopathiques ne doivent pas être pris en les avalant simplement. A prendre 3 à 4 fois par jour, à jeun, si possible 1 heure avant le déjeuner, 1 heure avant le diner, é vent. 1 heure avant le souper et juste avant de dormir, 15 gouttes das une verre à liqueur è demi rempli d`eau, garder le liquide ennviron une minute dans la bouche et avaler, ceci pour la raison suivante: les matières actives sont ainsi absorbées par les muqueuses de la bouche et conduites dans la sang par le petits vaisseaux sanguins sous la membrane muqueuse buccale, les capillaires. Si le remède était directment avalé, le danger subsisterait que une partie des matières actives soit détruite par les sucs gastriques. Les remèdes liquides doivent toujours être pris dans un petit verre avec un peu d`eau. Bien agiter le flacon avant emploi. Ne pas employer de cuillères en métal, elles pourraient détruire l`efficacité du remède. Si le traitement exige deux médicaments, on prendra alternativement un remède par jour.

( ) Une Iodine - Jaques Romano - Iodine cured when best doctors failed. " His treatment was radical: it was heroic. He had 400 drops of iodine poured down my throat every day. I lay in bed most of the time with my heart pounding, my head bursting, my eyes rolling out tears. A prodigious battle seemed to be taking place within me."

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Dr. med. H. Reimann
Telephon 23 88 88

Zürich, den 6.Dez.1967
Tödistrasse 16

wa
8 645/67 4.12.

Herrn Dr. med. E. Fenner
Zürich

Mein Lieber,

Wir haben bei Deinem Patienten
Herrn Paul B r u n t o n, 1898, die gewünschte Rö-Untersuchung durchgeführt.

Speiseröhre

TV-Durchleuchtung / 2 Aufnahmen

Normaler Ablauf des Schluckaktes.
Gute und ziemlich symmetrische Entfaltung der Recessus piriformes.
Die Oesophaguspassage ist für Brei und Paste vollständig frei. Spasmen oder Divertikel sind nicht festzustellen. Auch lassen sich tumorverdächtige Stenosierungen oder Füllungsdefekte nicht nachweisen.
Die Konturen der Speiseröhre sind durchwegs intakt, die Schleimhautfalten nirgends auffallend verbreitert.
Normale Funktion der Cardia.

Beurteilung

Keine Anhaltspunkte für einen krankhaften Prozess der Speiseröhre.

verte!

Nebenbefund:

Starke Osteochondrose der HWS mit erheblicher deform spondylotischer Reaktion und erheblicher bis starker Uncovertebralarthrose im Bereiche von C 3-7.

Mit bestem Dank und freundlichen Grüssen

H. Wünsch

( ) Seborrbea (1) Ancient Egyptian treatment = castor-oil wash (2) mix Colloidal sulphur with a grease -- say vaseline -- and apply to scalp. Apply very thin very small amount. (3) Do not pick off the lumps from the skin or they will spread.

( ) Conjunctivitis - What caused the improvement. Any one or all of following (a) Jowelettes used cold water, not hot (b) applied Ps (c) drunk Gold Seal. Until then none of the chemical medicines really helped more than a few hours.

( ) Folate is a B complex vitamin needed by aging persons to prevent signs of senility. Folate (also called Folic Acid) is concentrated in the fluid of the spinal column. It is therefore vital in health of the nervous system, in fighting viruses, bacteria and disease. Antibiotics kill it. Because folate hides some of the effects of B12 deficiency anemia it is limited by F D A in amounts when sold over the counter.

( ) January 68 Rome illness was a recapitulation of previous years Rome illness only details differed. (1) Had Zuppa di Verdura twice daily, even though you saw grease floating on top. (2) Ordered Tomato Sauce for spaghetti even though you tasted butter in it. (3) ordered Fruit Tart although told it held butter. MORAL: be more rigid in holding to fatfree diet or you certainly get liver trouble.

MEDICAL

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( ) Left shoulder is getting slightly bursitic. At same time I find that it is being pushed upward, creating unbalance, and pulling it out of joint. Is latter posture cause bursitis?

( ) Dr. Shalva Mardi, tumor specialist at Donolo Aleph State Hospital in Jaffa, Israel has invented a new treatment for skin cancer which is 100% successful. It takes 2 minutes, is simply to apply a liquid drug to the malignant tumor, which disappears in 2-20 days. Dr. Nodar Kozhyishvil, gynecologist at Methodist Hospital in Brooklyn N.Y. worked with Dr. Mardi, and says the treatment has no side effects!

( ) Dr.Aschner- Medicine for arthritis in joints fingers shoulders =(1)herba gratiolae (Herb of Mercy), bitter, mixed with whitewine, for internal use (2) A liniment for ointment for external use, skin-draining, to produce a rash by rubbing, an irritant,is croton oil (U.S.A. name) (3) In men sexual excess can be cause of gout and for arthritis, and in elderly men, heart or stomach trouble or deafness.

( ) Is it true that old people are immune to sea-sickness as Compton Mackenzie claimed?

( ) Having less than the normal number of layers of skin, a mere touch on it may feel like a blow.

( ) 4 to 5 Tablespoons minimum Glidine a day - 30 g (Altersdiät)

( ) For the Nails -- Brittle, breaking nails are one of the most annoying beauty problems. A protein-high diet rich in iron, calcium, potassium, vitamin B and iodine will help cope with the matter. This means you should eat foods such as apricots, celery, carots, soya, ----

( ) "I have low blood pressure so dont start to live until 4pm, never get going until my adrenalin is stirred. I have more vivacity at 6pm than at 9 am." So find your best peak hours for work.

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( ) A Reader: Have made some interesting discoveries in Sun techniques and my eyes are much improved. Did you ever run into any teachings on this? Seems the ancients had the real thing.

( ) Patient threw away glasses after (1) cold water daily eyebath (2) exercise eyes by looking far away (3) using chopped parsley very rich Vit.A in all raw and cooked meals

( ) SPECTACLES - Must keep place and container for spectacles by bedside, one in both rooms. Do not place on bedclothes as they get sat on and maybe deformed. WARNING!

( ) The spring-clip type of metal grip on spec.-cord can only be used properly and comfortably if (a) grip is fixed at right-angles to wing frame, and (b) if it is fixed only 1 centimetre away from very ear end of wing. CORD.

( ) WARNING : Ban all eye medicines or collyres containing Atrophine. They are highly dangerous.

( ) Dr. Menestner: Propionate medicine (1) close eyes fully in order to spread this medical optical medicine throughout the eyes. (2) The other medicine (day) is very strong and should not be used long time as dangerous. But propionate is safe! (3) Vaselineneed not be used if there are no crusts. (4) Dr.Menestner does not recommend bifocal specs. Carry distance specs. Always use them even at home whenever not reading. So carry both kinds at all times. He says

OPTICAL

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MEDICAL

( ) Your speech is hard to follow when you use a foreign tongue: because you talk too fast.

( ) Don`t mumble — a highly successful drama coach.

VOICE

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( )
A deep voice is needed to express spiritual depth: But"a school-boy's voice" is the very opposite. It comes as a shock; dismays and disappoints. Yet vocal depth can be created and cultivated.

( )
To increase volume and strength of voice draw in a short quick breath, as rapidly and forcefully as possible. If it is to be used in the spiritual sense however then associate it with the catching of breath at the sight of an extremely beautiful phenomenon in Nature or attracted by a most inspired work of art.

( )
Seek to arouse deep quiet feeling so different from passion that the body itself is struck still. It should be gripped in the posture and held in the place where this happens. It becomes a spell of fascination and he himself like a man surprised and mesmerized by the impact.

( )
Diction Exercises

a) How now brown cow
b) prunes and prisms
c) trois gros grains d'orge
d) petit papa, petit popo, petit pupa
e) Don't drop the end of a line, keep up the tempo, learn to breathe especially when you have some time before the final point. Contain your breath so as not to 'die' on the last word.

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( ) "Young actors and actresses today have not been taught to throw their voices to the back of the auditorium, or to make sure that vowels are roundly formed, or final consonants wholly dispatched from the lips... That is why it is well a deliberately trained mouth to enunciate the words by which we carry on most of our communication with our fellow mortals. The inflection too there, ample and unrestrained." - Richard Church.

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(VIII) Resonance is needed to enable the sound made to have sufficient volume to reach the other person`s ears. This requires sufficient breath to be drawn in and projected into the voice.

( ) If <u>each</u> word is clearly uttered, the voice will be easily heard. But if it is mumbled, not.

( ) For voice strength develop lung power by taking in larger volume of air.

( ) To strengthen learn to breathe as deeply as possible.

( ) It is the vowel sounds which betray the class of the speaker — whether he is plebeian or refined.

( ) A well-trained speaker`s voice is deep, his uttered vowels are full and round.

( ) "You must not slovenly read it with the eyes but with your ears," wrote Hopkins, the poet about a poem, "as if the paper were itself declaiming it at you ... stress is the life of it."

( ) Purity or Cockney, commonness or refinement — these accents show themselves in the vowel sounds.

( ) The quiver in the voice of a schoolboy later deepens into the intonation of a man.

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( ) (1) Mediterranean Poisonous Plants - Don`t sit or stand near Oleander tree: its oil is vaporized and causes loss of consciousness, vertigo.
(2) Europe has many very poisonous plants — trees, flowers, leaves or roots — which are unknown to the public.
(3) Tropics: Manzanillatree gives off poisonous vapor which causes blindness.
(4) New Zealand has the "Devil`s Plant", contact with it causes unbearable pain, which has led sufferers to suicide. However, in other cases the pain passes.

( ) Do not use detergent powder with any fabric other than white. For colors — even light blue — use pale Marseilles Soap.

( ) Whistling Kettle WARNING: Take kettle off stove before lifting whistle (to avoid scalding by steam).

( ) Swiss Rules for Street Crossing
(1) Must not cross speedway or semi-speedway (autoroute) (2) Penalty of fine if subway or zebra is not used.

( ) WARNING: Extreme weakness on awaking from night sleep due to 2 causes: (a) lack of oxygen so leave window slightly ajar, (b) plants kept in room all night and window closed. So remove them at dusk as part of regime and leave window slightly ajar all night.

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( ) Kerosene Parafin Hazards - We read of the dangers of kerosene heaters, and the possibility of bottles of kerosene exploding. My suggestions for avoiding such a catastrophe are: (1) Whenever kerosene bottles are refilled, leave at least two inches of air at the top of the bottle, to allow for expansion; and (2) do not place an extra bottle of kerosene inside the heater. Safety First.

( ) To counter infective germs in laundry deliveries, put it in sunshine for 1-2 hours. This destroys and desinfects bacteria.

( ) Dont discard short lenghts of electric cord/copper wire. They make good loops for hanging utensils, brushes, etc.

( ) Office French Window-Door is double - there are 2 doors operated by one handle.

( ) WARNING: Do not open any windows during period preparation and eating lunch and dinner in building - say 11.30 to 1.30 and 5 pm/7.30 pm, as foul odour of meat enters or else loud voices of neighbour are heard more easily. (This includes French door in office).

( ) Room Plants (1) dislike cold so do not put them out all night (2) in summer they need water daily (3) One of the large pots has no hole in bottom (4) If water is kept for 24 hours, it becomes enriched for plants (5) Judge by the soil`s condition how often to water it - if it is dry or moist.

( ) Summer Heat can be kept out of apartment if: (1) Sun shutters are drawn down the entire height of window from early morning to early evening (2) If glass windows are kept closed at same time but longer.

( ) Remember San Francisco Radiation expert`s WARNING against danger of all types electric Ray machines. Do not place Roomheat Radiator facing me, but at angle so rays don`t touch me.

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IDEAL RESIDENCE

( )Interior of Japanese modern style house: I was greatly attracted to it and thought how harmo-nious, effective, simple yet beautiful the entire arrangement was. How superior to our Western one, and how it fits in with the Oriental style of squatting, which I consider much more healthy and comfortable than the Occidental way of dangling legs from a chair.

( )It is likely that sandy soil, like desert places, leeches vital force from the body and only fallow lands give it.

( )In selecting a place give importance to the absence of mosquitoes. Most tropical places like Tirivanamuli and even nearer places like Mexico and Hawaii were plagued with them, making meditation difficult.

( )The Japs squat way of working and eating can best use a Chinese red/green lacquer picture decorated low table. The color is inspiring for writing work.

( )I don't want to be located on the floor of a valley. It gives the feeling of being hemmed in. The position should be high up, overlooking the valley.

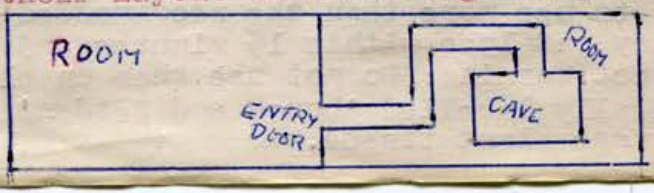
( )It will be securely concealed behind a dense groveof trees.

( )Into the mess hall went flourescent lights Bulkhead and overheads(walls and ceilings) were painted in pastels to provide light reflection.

( )A house that is set on the south(and therefore sunny)side of a green-sloping hill, on top or a little way.down, overlooking all neighbors.This gives bettwe prospect, driet walls, earlier spring and longer summers to its dweller.

( ) The best site is in a beautiful place, on the side or top of a hill overlooking a wide valley or ringed by forests, peaceful and undisturbed except by Nature's own sounds.

( )How to Build a Meditation Cave inside an ordinary house: (a)Imitate largely the plan ofan Egyptian tomb.(b)Have a second and lower ceiling over the passages and meditation chamber. (c)The passages leading to meditation chamber should be narrow, their layout like the beginning of a maze.



RAYMOND LOEWY'S OWN APARTMENT: He was deeply influence by a visit to Japan in 1953. He admired intensely the Japanese way of handling space and proportion to give an effect of serenity, of limitless space, their use of color and texture, their asymmetrical arrangement of furniture and objects. Result: his own apartment, which is in the city but not of it, seems larger than it is. Windows are sealed, streets are invisible. Daylight is filtered by shoji screens of Fiberglas, by white Indian-silk c rtains and white matchstick-bamboo blinds. At night, all this translucent curtaining is lit from behind to give an airy effect. There is no glare and no shadows. The living room is vast, walls in bleached greys and beiges, the floor is white polished vinyl, reflecting light from below, very low coffee tables, low furniture, ornaments placed on the floor--all give a feeling of limitless space. Instead of doors between rooms there sliding Japanese Fusama screens, using translucent Fiberglas instead of paper. The apartment is air-conditioned. More brilliant accents of color are supplied by bright cushions on sofas--Chinese red, purple, slate blue; by paintings, ornaments. Dining-room has purple silk curtains. Desk is Chinese modern. gilt-bamboo-framed "We are not rabid functionalists," said Loewy; "we still like things that accomplish nothing except to be pleasant."

( )Japanese method of changing around the articles in a room--furnishings and decorations--so as to alter the aspect, is good.

( )WAR AGAINST INSECTS: Swat FLIES after dusk or before sunup as their activity depends on the brightness around them. In dim light they doze on walls and ceilings but buzz elusively in a bright one. But when spraying against them, the brightest part of day gives best results as they are then natural sponges for spra floating in air. (2) SILVERFISH & ROACHES are nottu- y rnal in activity. Spray or paint 'residual' insecticide on doorsills, skirtings or walls. leave-around Once touched the roach will be doomed, although he may stay alive for some hours. 'Space' sprays work much faster, being intended for flying insects. It is useless to use more than the recommended amount in a room. They patalyze within 15 minutes and later poison the insect. Warning: Do not use them on plants, unless specifically labelled 'house and garden' variety, or hey damage plant tissue.

IDEAL RES: Chinese Style

To secure the full and continuing effect of th sun's light and heat in our northern latitudes one must build a house facing due south;any oblique angle is less effective. The average domestic Chinese courtyard,built up on all four sides,the main house,being the best, is always built larger and deeper than the others:it will receive the most sunlight.It always faces due south.The west side house will then receive the good light in the morning and the east sidehouse in the afternoon. The northern buildings will receive no sun,except perhaps at the very beginning and end of the day in summer.These are the least desirable buildings in any Chinese courtyard,and used for the humblest purposes--kitchens,storerooms,etc.

In winter,because of the well-calculated angle of the projecting curved eaves of the roof of the south-facing main hall,the amenity of its orientati -on is most appreciated. In planning these gently curving eaves, exactly the right pitch is used. They allow the sun its full sweep indoors in winter,since then it comes much nearer the horizon In cold weather it streams into the main house the whole day.After the spring equinox,as the sun rises daily higher in the sky,its light ample in any event, and as the weather grows warmer,it is good to exclude its heat.The overhanging eaves now shield walls and windows perfectly.All thru the summer the best rooms are in the shade,as was planned, with nothing left to chance.

To the Chinese this is simply rational arrangemnt.

( ) Moroccan Style: The house is constructed around a court,with high blank walls on the outside, and a luxuriant garden inside enclosed by a gracefully arched clonnade. The tops of the arches are are filled with lacelike arabesques colored bright.y Masses of bougainvillea and geranium riot over ever wall.A marble fountain casts its spray on blossoming pmogranate trees.The outside of the house is painted white....How charming to climb to the terrace atop such a house to watch the sun go down.

( )A hidden house at the top of a wide lawn which slopes slightly down to the river's edge wide, well-branched trees shade both house and lawn and screen them

no

stately

IDEAL RMS: Chinese Style

To secure the full and continuing effect of the sun's light and heat in our northern latitudes one must build a house facing due south;any oblique angle is less effective. The average domestic Chinese courtyard,built up on all four sides,the main house,being the best, is always built larger and deeper than the others;it will receive the most sunlight.It always faces due south.The west side house will then receive the good light in the morning and the east sidehouse in the afternoon. The northern buildings will receive no sun,except perhaps at the very beginning and end of the day in summer.These are the least desirable buildings in any Chinese courtyard,and used for the humblest purposes--kitchens,storerooms,etc.

In winter,because of the well-calculated angle of the projecting curved eaves of the roof of the south-facing main hall,the amenity of its orientation is most appreciated. In planning these gently curving eaves, exactly the right pitch is used. They allow the sun its full sweep indoors in winter,since then it comes much nearer the horizon In cold weather it streams into the main house the whole day.After the spring equinox,as the sun rises daily higher in the sky,its light sample in any event, and as the weather grows warmer,it is good to exclude its heat.The overhanging eaves now shield walls and windows perfectly.All then the summer the best rooms are in the shade,as was planned, with nothing left to chance. is

To the Chinese this simply rational arrangement.

( ) Moroccan Style: The house is constructed around a court,with high blank walls on the outside, and a luxuriant garden inside enclosed by a gracefully arched cloaraade. The tops of the arches are are filled with lacelike arabesques colored brightly. Masses of bougainvillea and geranium riot over every wall.A marble fountain casts its spray on blossoming pomegranate trees.The outside of the house is painted white....How charming to climb to the terrace atop such a house to watch the sun go down.

( )Adjoining house at the top of a vine lawn which slopes gently down to the river is shaded and screen then

acceptably

(-) The winters are much milder in Nice than in Majorca. But Compton Mackenzie rejected the Riviera to live in because "Nothing but cars and building was going on".

( ) The winters are much milder in Nice than in Majorca. But Compton Mackenzie rejected the Riviera to live in because "Nothing but cars and building was going on".

DOMESTIC

1000 HOUSEHOLD HINTS:

Candle Care: Chill candles several hours in the refrigerator before lighting. They won't drip.
Dead Battery: You can coax a surprising amount of new life out of a dead flashlight battery by keeping it in a warm oven overnight. (or on top of oil heat burner)
Picture Hanging: Criss-crossed wires behind your picture frames guarantee that they will hang straight and not slip or shift position.
No nails needed! To hang a calendar or small picture on a painted wall without piercing the plaster attach a small piece of adhesive tape on the calendar, then stick the other end to the wall.
Warning: Gas room-warming stoves emit carbon monoxide --a poison.
( )Best flashlite made by Rayovac Co., Madison, Wisconsin.
( )When using Pyrex wither on gas or electric, use a very low flame first for 1 min. to let glass warm. Only turn up to large heat after you have done this first. Otherwise risk of breaking. This avoids use of asbestos.
( )If enamel saucepans chip or crack on the inside, discard them as they are then poisonous. If chipped on the outside, they are harmless.
( )Venetian Blinds: (a) If slats are turned upwards they are fully darkened, if downward, they admit half light. (b)Left cord pulls up, right cord, down. Pull short cord to its fullest extent; This closes blinds completely by turning slats quite vertically.
( )Oil of Camphor placed on a piece of felt, cotton wool, etc. will repel mosquitoes.
( )Many toaster breakdowns are caused by deposits of sugar built up inside from raisin bread and cinnamon buns, and from the old complaint of foolishly using a fork to pick out pieces of bread stuck in the elements

1000 HOUSEHOLD HINTS:

Candle Care: Chill candles several hours in the refrigerator before lighting. They won't drip.

Dead Battery: You can ~~c~~ x a temporarily revived of new life out of a dead flashlight battery by keeping it in a warm oven overnight.

Picture Hanging: Twine-crossed wires behind your picture frames guarantee that they will hang straight and not slip or shift position.

No nails needed: To hang a calendar or small picture on a painted wall without damaging the plaster attach a small piece of adhesive tape on the calendar, then attach the other end to the wall.

1000 HOUSEHOLD HINTS:

Refrigerator: You can easily prevent vegetables and greens from spoiling in the refrigerator compartment, by lining the bottom of the container with paper toweling. This absorbs the excess moisture which accumulates in bottom of the container.

If you can't use green vegetables as soon as you buy them, store them in your refrigerator. They lose vitamins if kept at room temperature.

Vegetable Care: Do not soak fresh vegetables or salad greens in water for any great length of time. Soaking dissolves the minerals, reduces the vitamin content.

De-salting: De-salt that oversalted soup by merely slicing a raw potato into it and boiling for a short time. Then remove the potato, which will have absorbed most of the salt.

Washing Leafy Vegetables, i.e. Spinach: Wash leafy vegetables, such as spinach, thoroughly just before cooking. Add no water - the water that clings to the leaves is enough to cook them in.

Special Care of Lettuce: Lettuce that is to go into the refrigerator should first be wrapped in a paper towel rather than a cloth bag. Then the leaves won't "rust".

Don't discard the outer lettuce leaves just because they're wilted. Wash and crisp them in cold water and use, shredded, in salads or sandwiches.

Stale Coconut: Shredded cocoanut which has turned stale can be freshened by soaking in a little milk for a few moments, then draining thoroughly before using.

~~Peeling Vegetables: When on K.P. duty, "peel" carrots with a metal sponge~~ like the one you use for scouring pots and pans. It's thriftier, easier, quicker. Same ~~idea works on turnips and xxxxxx.~~ biscuits.

More Juice: Rolling an orange, lemon or grapefruit a few times before squeezing will also provide more juice than otherwise.

Fresh Lemons: Keep lemons fresh for "ages" in a tightly closed jar of water in the refrigerator. A cut lemon will also stay juicy for several days if a piece of waxed paper is pressed firmly over the cut end.

If only a little lemon juice is needed, make a cut in the end of the lemon and squeeze out exactly the amount desired. The rest will keep better.

Frozen Foods: Frozen foods which are to be served raw should be used immediately after thawing.
Drinking water: Boiling all drinking water for at least 10 minutes will make it safe against contamination.
Close Weaves: Does it have a "close weave"? Close weaves stay clean longer because they resist dirt. They make ironing easier, too.
Wool Judging: To judge the quality of woolen material, squeeze it in your hand. It should feel smooth, rubbery, springy, when you open your hand. If it has a rough feeling, the grade is inferior.
Moth Myths: Odors do not kill moths. The fumes from moth crystals (paradichlorbenzene or naphthalene crystals) will destroy eggs, larvae or moths if confined in an airtight space. Hanging a "moth repellent" cake or container in a constantly used closet is of no value at all. Remember too, that articles ready for storing should be laundered or dry-cleaned. Moths attack grease spots first of all.

Cottons, linesn and rayons are not subject to moth damage. Moth diet consists of fabrics of animal origin only, such as wool, hair, fur, feathers.

Distribute moth crystals, placed between layers of tissue paper, throughout box, chest or trunk. Use one pound of crystals for a trunk, less for smaller containers. Then seal every crack or crevice with gummed tape or fumigator's tape. Wrap smaller boxes in heavy wapping(1/ paper before sealing.
Coat Care: If you own a vacuum cleaner with an upholstery attachment, use that occasionally to whisk out the dirt from coats.

Shiny coat collars can usually be nicely dulled by sponging with a cloth wrung out of hot vinegar. Press the collar on wrong side while still damp.
Shoe Care: If shoes air for a day between wearings accumulated perspiration(which tends to rot linings and leathers)will not have as much chance to wear out your footgear.
Suit Care: Men's and boy's suits will need fewer dry cleanings if you take advantage of the smallstiff brush attachment that comes with most vacuum cleaners. Try it. Notice how it sucks out the loose dirt and dust -and, in tweeds and heavy woolens revives texture.

1000 HOUSEHOLD HINTS:

Trouser creases: When hanging trousers, prevent hanger creases by looping a piece of cardboard over the hanger rod. Don't fold or bend the cardboard; let it curve smoothly and fasten the bottom with paper clips.

Tab Collar: It's no trick at all to button a stiff tab collar if you wet the tabs slightly.

Wool Shrinkage: To help restore shrunken woolens, rinse them in soapy water instead of clear water.

Serge Suit Shine: To remove shine from a serge suit, try this: Dampen a sponge or cloth slightly and sponge the shiny parts quite thoroughly. While the fabric is still damp, go over it gently with fine steel wool. (Note: Fine steel wool). With this, stroke the fabric, covering about six inches of the suit with each stroke. Results will usually amaze you, give new life to an old suit.

Adhesive Tape Marks: As a rule, these come off easily with a few dabs of non-inflammable cleaning fluid or nail polish remover.

Cleaning Fluid"Rings": Can usually be steamed out of fabrics over the teakettle.

Mildew(on Leather): Mildew that forms wide patches on traveling bags and other leather articles can usually be removed with vaseline. Rub liberally over the spot, let it remain for a while, then wipe thoroughly with a cloth.

Tea Stains(on Cotton or Linen): If fresh, treat like fruit stains. Or - soak in borax solution(1 tesp. borax to 1 cup water), then rinse in boiling water.

Broken Glass: A safe, easy way to gather up small pieces of broken glass is to path them up with dampened absoorbent cotton.

Clean /Shine Mirrors: At the same time by adding a little starch to the water used for washing them. Another way to brighten mirrors is to rub with a cloth dampened with a little alcohol or spirits of camphor.

Book Care: If you value your books, don't crowd your bookshelves. The bindings may break apart from the pressure if you jam them too tightly together and you may also scratch the covers when removing and replacing books.

~~Books~~ Always store books upright; leaning them strains the bindings. Use book-ends on partially filled shelves to keep them erect. Volumes that are too tall for the shelves should be laid flat-never on their fore edges or backs.

Don't ruin a new book by violently forcing the covers back. There's an art to opening a new book, and this is it: place the book on a level surface, back down. Let one cover, and then the other, fall to a horizontal position while you still hold the leaves upright. Then release a few pages at a time from alternating sides. Firmly, but gently, press the fallen pages with your thumb along the full length of the inner margin. Continue until you reach the center of the book and all the pages are down. Now you have a book that is properly opened and will lie flat.

Sharpen Scissors by cutting a piece of sandpaper, one or twice, with them.

Typewriter Smoothness: For smooth running and lighening speed, oil that typewriter. First, the bearings at each end of the cylinder; then, the little roller that engages the ratchet wheel to lock the lines in position; finally, all ribbon-spool shafts and gear shafts.

Type-cleaning fluid is for type only. Protect the rest of the machine by placing paper under the tupe to prevent the dirt and fluid from falling into the machine. Dry the type with a rag, too, before removing the paper.

Don't yank the paper out of the typewriter. Roll it out. Yanking puts a shine on the roller which causes the paper to slip and necessitates servicing the machine.

Light-UP: Use one high-wattage bulb in place of several smaller ones. (A 100-watt bulb gives 50% more light than four 25-watt bulbs, yet uses the same amount of current. A swipe with a cloth over a dusty bulb can increase your light as much as 50%.

Eyeglass Cleaning: Make your own eyeglass cleaner by mixing a solution of half water, half ammonia, then pouring into a small bottle, which you can carry about with you. A drop or two on your glasses before rubbing, will give them 20/20 visibility.

Greetings from this sunny paradise. Everyday is more beautiful than the previous one. I have never been so happy. I've started hatha yoga exercises in earnest and regular meditation. This is the most ideal spot in the world for the yogini in me.

Really, the beauty here is intoxicating. The peace overwhelms me, and life springs up within of its own accord, free and vital. If only you could spend a few months here, you could completely rejuvinate yourself. You would be able to live, eat and work, and do your exercises in the open pure air. In the privacy of your verandha you could take nude sunbaths, for there is no one around. There is a large gate at the opening of the estate which excludes all intruders.

The food is excellent. Soft lettuce, and sun ripened fruit topped off with soft fresh tortillas , an almost completely raw food. Bernard buys the freshly ground meal at the market, then brings it home, and just before the meal, [redacted] makes the flat tortillas on a machine, which completely eliminates handling. The taste is delicious. They are heated only a little in a fat free frying pan, then eaten hot. A real treat, and nourishing.

There is always a perfect temperature. A cool breeze is constant from the sea. The nights are heavenly. I sleep outside in the nude with only a light sheet over me.

One's concentration is never interrupted by the world here--on the contrary, it harmonizes with nature. Perfect for intellectual work and meditation. Oh, Raphaël, this is for you, I know you would be so happy and contented here. If the Higher Powers do not want you to definite-

back to nature routine I am on here, the makeup is practically gone, and I look natural again, like you would want me to look. However, something new has been added now that I've given up makeup -- the sun has begun to cover me with freckles.

Blessed Guruji, I send you my highest love and deepest devotion,

Always,

Noël

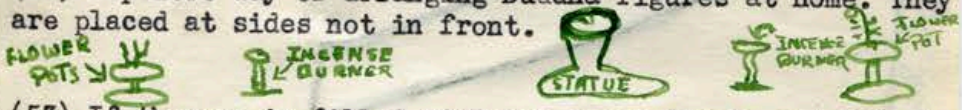
(48) A Hammock is the most comfortable and comforting, the most relaxing form of bed-support I have ever experienced. Especially for afternoon siestas.

(49) WARNING ! To avoid electric shocks, do not touch saucepan when the other hand is on a faucet or wet.

(50) St. Marys BlanketCo. St. Marys, Ohio, make the most comfortable bed blankets I have ever used. Thick yet light, fleecy, very warm, very soft -- but expensive

(51) Ideal Chair: if used as a working chair but not for deskwork, its tilted back should have an auto cushion high enough to take and rest the back of neck and lower head.

(52) Japanese way of arfanging Buddha figures at home. They are placed at sides not in front.



(53) If thermos is filled with hot water first, and this is kept in it for 10 minutes, tea will remain muchhotter overnight.

(54) When buying potatoes ask for the "baking" kind. They have thicker skins whereas the ordinary ones have thin ones a get burnt.

(55) Ideal Residence: Avoid the northern slopes of a mountainside; or secluded valleys where the sun rises late and sets early, or city streets and houses having a northern exposure. These sunless places are unhealthy, for toxinous vapors accumulate there.

(56) Ideal Residence: Covered patio like SRF pacific palisades circular, glass roofed, summer house style, for meditation filled with bushes, flowers and tree trunk in the center.

(57)OIl the electric fan every three months.

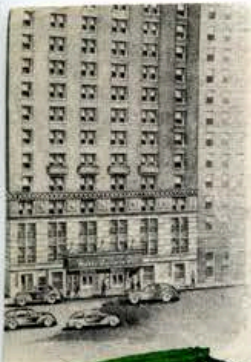
(58) Try to reduce the trouble of housekeeping to a minimum

(59) It is not bad form to keep a tea tray on a writing table and to pour cups of tea for yourself on it.

(60)The onepiece solid, moulded plastic plugs furnished by makers with electric appliances need to be removed. It is intended to be pulled out by the cord, which cannot be dislodged.

NOT

(61) Never leave cells in torches, but put them away in storage. The acid overflows and ruins the centre flashlight.



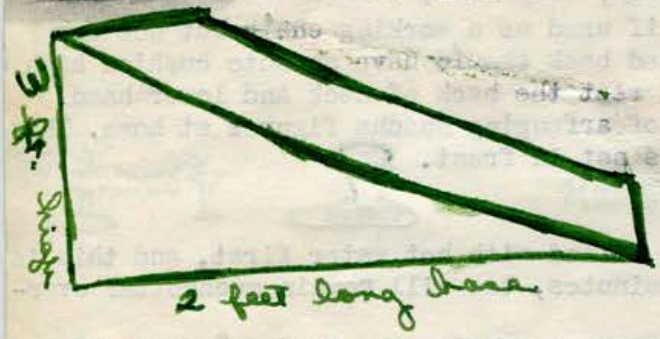
HOTEL CAMERON

41 WEST 86TH STREET

NEW YORK 24, N.Y.

TELEPHONE SCHUYLER 4-6900

(62) Constructa Szekeley Solarium, wherein you can take nude sunbaths without fear of being observed. It should shelter you from the wind and, owing to the angle of the walls, create no shadow to interfere with the bath.



(63) Ideal Res: Facing a palm-fringed horizon with the sea stretching beyond it.

(64) Ideal Res: It should be built on a hilltop overlooking a valley or facing the sea.

(65)&Ideal Home: It should be situated on high ground with an open unbroken view extending far into the distance, preferably along a valley.

(66) Ideal Home: it would be sheltered from winds, if high in mountains.

(67) Ideal Home: My library will be kept concealed in a closet specially fitted with shelves and illuminated so that the door closing it will conceal the books when not in use. The door to be fitted with yale automatic shut lock.

(68) Ideal Home: As so many literary notes will be writteb up in bed in mornings or at night, my library should be kept in the bedroom, not in the office.

(69) Laundry Warning: The elasticity of grey elastic-topped ½ sox was destroyed by London laundry. Never send these half sox our. Have them washed at home.

(70)Storing fans so that the blades won't be bent, which would destroy their effectiveness.

ALUMINIUM COOK VESSEL

( ) Even water boiled in this becomes poisoned — proved by tests made by La Vie Claire.

( ) WARNING: Largest copper-base skillet must not be used on rear gas burner. Distance from back plate is too short, so back end of pan is caught by flame; getting scorched outside and inside.

( ) LARGEST COOK PAN (steel and copper base): is best used as steamer-cooker. If some water remains and flame is quite low there is no risk of scorch. But once powders are added, flame must be turned off, or scorch and sticking to bottom starts.

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( ) " Many labour saving devices make almost more work in the end" shrewdly observes Mary Mc Carthy.

( ) Night-Light Use: (1) Put TORCH OR switch of ~~Jar~~lamp in front of night light. It will then at once be located and visible on awakening.(2) Allow prongs to remain in 3-way plug; merely loosen them enough to extinguish light. Do not pull them out.

( ) KISMET electric room heater: 1) To switch ON press rear red & black bar - red ends - all four.
2) To switch OFF press front blank ends - again all four.
3) Set thermostat by turning round knob clockwise.

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2) To switch OFF press front black side - again all four.
3) Set thermostat by turning round knob clockwise.

( )WAR AGAINST INSECTS:FLIES breed in (DOMESTIC) dampness--garbage cans and old leaves.Birds will eat the maggots if you occasionally rake over the leaves. MOSQIOTOES need standing stagnant water--old tins or swampy areas.Smother the larvae by pouring kerosense on the water.They increase in number a week or two after heavy rain.( )Screens will not keep out sandflies, midges etc but they will die if screen is treated with sprayedinsecticde.( )Flies have strong urge to get out of the rain so when weather is turning bad they cluster round screens,so pray latter.( )Diethyltoluamide is now widely available under different trade names.It is hated by insects.Greaseless, odorless, does not rub or wash off,it will fend off all biting insects.It is the ultimate repellent,making us humans disgusting to insects.

( )SERRATED-EDGE knives are for clean slicing,sharp edge is for peeling. ( )WASHING DRIPDRY SHIRTSIt wont be necessary to iron them if (a)wash by hand only and stroke,dont rub.(b)hang dripping wet,dont be tempted to wring slightly;if possible, hose them on the line (c)when water is no longer dripping out,straighten collar again and finish drying in the shade( )IRON-SCORCH;Damp clean cloth with peroxide,place over scorch and then iron.If fresh,mark will go. ( )PLATE STAINS caused by overheating will remove by dipping a cork in damp salt and rubbing marks ( )KEEPING BREAD FRESHWrap in greaseproof paper & place in freezing chamber of fridge.When defrosted bread is still fresh. OR store in airtight tin.OR wrap firmly in aluminium foil.Latter also keeps lettuce fresh ( )KEEPING BANANAS RIPENING PROCEESS IS ARRESted if wrapped in aluminium foil and stored in vegetable section of fridge ( )INK STAINS ON CARPET remove by cutting tomato in halves and rub well in;then wash with soap ( )BURNT SAUCEPAN bottom;dry it outside in direct sunlight.Burnt matter will flake off ( )BISCUITS keep fresh in tin if blotting paper is put at bottom to absorb moisture ( )WINDOWS CLEAN well if wet newspaper is used first and then dry ones ( )INK STAINS ON LINEN REMOVE by covering with freshly made mustard. Leave for an hour,then sponge ( )TOOTHCOMB CLEANINGis easiest done with bathtub brush&lukewarm soapysuds COLD BEDS become armer if eiderdown is put between blankets instead of on top

IDEAL RES:Annie Bedant wrote that "the climate of Southern California approaches most nearly to our ideal of Paradise." ( )Dr Maurice Nicoll would use neither soap nor detergent in washing up after meals,maintaining that traces of it always remained on the silver &

BALLPEN STAINS:TO REMOVE FROM CLOTHES:: Use cold water only,never hot as latter spreads ink. If this fails,TRY spirits of turpentine.Otherwise there is no remedy.
STAINED TEACUPS: rub with cloth dipt in veinegar& salt
TEAPOT SPOUTS STAINED: clean by packing with salt & leave overnite.Scald in morning.
TANNIN STAINS INSIDE TEAPOT: Rub with cloth dipt in ~~vinegar~~ detergent, or with cut lemons, For teacups, thermoses
THERMOS CORKS should be wrapt round with silver paper. The tea willtaste fresher.

(Ideal Res.)TUNISIA's gracious tropical shores pour glamour into sun-starved bodies.The modern land is the achievement of a dreamer--Pres.Bourguiba-gentle,fabulo He ;and his tenial people are the product of 3000 -us years of mingling of Phoenicians,Vandals,Greeks,Romans Jews and Arabs.His Arab republic is proud of its sacre -d city of Kairouan,with its mosques and minarets.In ~~Tun~~ Tunis is a rare intolerance and rarer racial co-exist -ence .Here is the dignity of man. ( )When arrangin the layout of a room,the space in front of the door that opens into the room should be kept free from any furniture or other things ,to a sufficient distanc

CONTINUE SERIES NOTES (XXVII)

IDEAL RESIDENCE

( )The dream of a perfect country, or perfect district for residence, has, faded, like that of a perfect guru, In these cases one must abandon a futile search. But just as one can find a guru who inspires one, more than any other man, so one can find a district and ~~a~~ country which gives more inspiration and less irritation than all the others. Such a country for me is the Territory of Hawaii. Such a district is one of the quieter sections of the island of ~~Oahu, better still, or~~ Kauai. This is why I shall shift my centre there.

( )Ecuador is probably the most spiritual land in So. America as Simon Bolivar predicted it would become "the convent of South America."

( )Wherever I have gone I have always been an exotic plant, but this is less apparent and so less felt in the Orient, still less in Hawaii.

( )I know now that my ideal home will never be built except in fancy. But even that is worth the slight attention I give it.

( )If Japanese straw mats (tatamis) are laid on the floor, make visitors remove shoes or they can be ruined.

( )Between the cluttered-up prosperous home and the bare Indian mud hut there is the true simplicity of an upperclass Japanese or Chinese home where beautiful pictures or objects are exhibited one or two at a time (selected from a general stock stored away.).

( )It should be screened by heavy tree-plantings and/or a wooden split-rail fence eight feet high.

( )Where flowering trees are not practicable, flowering shrubs may be.

( )Do away with all the clutter of furniture. Have a simple room on Japanese lines. Walls to be entirely lined with slide-door closets, shelved and partitioned from floor to ceiling. All that is needed is a single extra-large Oriental rug. Do away with chairs, beds, high tables, bureaus, chests and drawers. Have roll-up thin mattresses, Indian style, which are put away in closet during day.

IDEAL RESIDENCE

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If Japanese straw mats (tatamis) are laid on the floor, male visitors remove shoes or they can be ruined.

Between the cluttered up professorial home and the bare Indian wigwam there is the true simplicity of an impoverished Japanese or Chinese home where beautiful pictures or objects are exhibited one or two at a time (selected from a general stock secured away).

It should be surrounded by heavy trees-plantings and/or a wooden split-rail fence eight feet high.

Where flowering trees are not practicable, flowering shrubs may be.

Do away with all the clutter of furniture. Have a single room of Japanese lines. Walls to be entirely lined with slide-door closets, shelved and partitioned from floor to ceiling. All that is needed is a single extra-large oriental rug. Be away with chairs, beds, high tables, bureaus, chests and drawers. Have roll-up thin mattresses, Indian style, which are put away in closet during day.

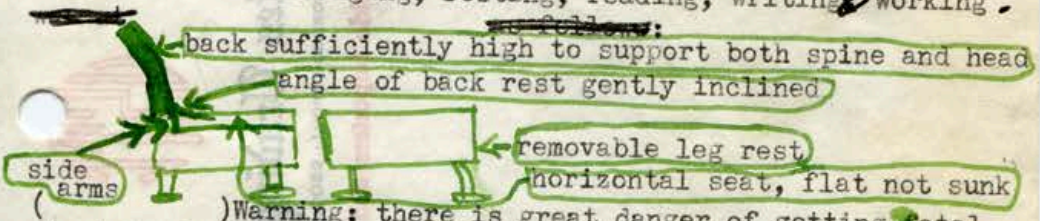
( ) Eliminate all large padlox. Instead buy a set of brass baby padlox, preferably in England, but they are also made here in USA (see my chromium plated one which is American) Then very small keys only are needed.

( ) If a bungalow, it should have a verandah for looking out at landscape or seascape. If a house, the first-floor bedrooms should have balconies, outside.

( )HPB built apartments on the roof of the Adyar bungalow which were reserved for her use. Aurobindo uses the upper floor of the asram. It is easer to keep own magnetisim there, and to keep quieter surroundings. Also casual visitors cannot disturb the privacy as they might with ground floor living.

( ) Portable Radio Sets: As these contain no outdoor aerial, the reception on certain stations may be weak. This is easily remedied by turning round the whole set in an arc until the reception improves, which it will greatly do as soon as the set faces the station sending out the waves.

( )Better than a Divan:The most comfortable chair I have used -- for lounging, resting, reading, writing & working.



( )Warning: there is great danger of getting fatal electric shocks from electric appliances or even switches touched while part of the body or appliance is wet. If standing in a bath, never touch a switch. If hands are wet, dry them first before using electric appliance. Above all never touch the metal faucet with one hand while using electric razor with other, for that closes circuit and brings tremendous shock. It is even inadvisable to rinse razor under the tap while it is still connected on while it is slightly leaky.

( )Desert Garden: Oleander and bougainvillea flowering bushes do well here and make nice thick fence-hedges. Greengrass Turf needs plenty of watering, can be laid by contractor for forced growth within 12 days, but dies off in hot months(july-Sept.) and has to be relaid afresh in fall.

( )Prefabricated Houses: The pressed wood insulating board(plywood) has a thermal value equal to that of a 12-inch brick wall. The finished surface is an excellent facing material. The insulation is fibrious(insulate or cellotex).

( )It is not enough for a mattress to be hard and firm; it should also be surfaced with foam rubber to make it more comfortable.

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STANLEY 7-2305

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A.B.C. 5TH EDITION

( ) Ideal Home: White and gold painted furniture creates cheerfulness.

( ) Put many pictures on each wall. It gives a colourful & cheerful aspect to the room. Do not fear the crowded result: it will look well.

( ) Do not instal overhead shower-bath with fixed iron pipe. It is obsolete. Far better is the movable type which is of flexible metal tube and handle resting on the taps, as used in Hotel Lutetia, Paris. No curtain is needed as spray is kept within the tub.

( ) Plastic drinking vessels should never be used for hot liq-uids as that brings out the poison in the material from which they are made.

( ) A Wealthy Moorish House In Fez: Its life is centred round the main patio adomed with a arched colonnade of marble columns, with the wall spaces formed of mosaic and the floors of tiles, with fountains, palms and orange trees. The rooms which gaveout onto thepatio include the main reception room, a long chamber with lofty ceiling of carved cedarwood and walls intricately decorated with arabesques cut into the plaster. There were the usual silk cushioned divans.

( )Argentina is not worth your visiting. There is no spiritual seeking there. Uruguayanians are quite different and far superior. Theirs is an advanced, quite democtatic civilisation. The city, Montevideo is modern. The government has almost no army, no navy and keeps a pacific policy. -- A European Resident.

( ) Expose all undergarments and suits made of wool to the sun once a month to remove moths.

( ) A Writing-arm chair like Emerson's is sold by most School Supply Stores.

( ) Rusted screw- in Metal Top of Vacumn Flaskscan be loosed and set free by soaking in kerosene all night and in oil the next nite. Better, this rusting in can be prevented by coat screw-threads with vasolene jelly.

( ) On Southern California: A San Franciscan said: " You can say what you like about our fog and rain but it keeps all that sunlight they have farther south from baking out our brains. The yogi- swami lunatic belt has never pushed up this far. If it was not for the fog and rain thig place might turn into another Los Angeles!"

( ) Fan: Air in a tightly closed room cannot be cooled by an electric fan. Open the top of a window.

ELIZABETH W. BUSH: HOW TO ARRANGE PILLOWS FOR EATING OR WORKING IN BED

Two pillows are more restful than one, the lower one coming down a little under the shoulders, the lower edge of the upper reaching just to the shoulders. A patient can be made very comfortable when lying on his side if a pillow is tucked close to the back and a pad or pillow is placed between the knees.
It is also restful to have a pillow under flexed knees when lying one one's back. Several pillows arranged in an inverted V, with a small pillow across the apex for the head, will elevate the head and shoulders comfortably.

One of the most useful of the simple appliances for the sickroom is a back rest. A temporary one can be made by simply turning a chair down on the bed with the legs toward the head, the back forming and incline toward the patient's back. It sould be well covered with pillows Do not forget to make the arms of the patient comfortable.

A tray table is essential. Very attractive ones can be purchased or one may be easily made by knocking out the sides of an ordinary soap box, leaving only the bottom and ends. It can be painted or covered with pretty wall-paper to make it attractive. It fits very nicely over the lap, giving the patient plenty of room to move, yet keeping the weight of the tray off the lap. An ironing board can be used.

DIETETIC QUESTIONS AND ANSWERS (Health Culture Mag.)

Q: Is a lemon a day too much for an adult eating other juicy fruits daily? (A): It depends upon the individual; the rule is that well fleshed persons can tolerate plenty of acid, while some thin persons are upset even by the finfruit acids that help the majority to be healthy.

Q: What food substitute can a person use when unable to take milk? A: None. Milk is not a necessary food for adults. Unfortunately, there is a tremendous amount of misinformation about milk before the public. Just eat a balanced adult diet.

Q: Is a person's diet deficient if he can not eat eggs? A: Not necessarily. There is not a single indispensible food for adults. Let such a person take wheat germ daily, or eat peanuts or peanut butter or other foods rich in the Vitamin B complex.

I personally never recommend cooked cereals because nobody chews them well enough. Butter or cream would be ideal dressings.

DOMESTIC

( )Directions for washing transparent plastic bags: Wash in warm water, NOT HOT. Rinse thoroughly in soap suds and then rinse in clean water. Do not rub or wring out. To dry, wipe with towel or shake off excess water. To dry, hang away from radiator.

( )WARNING: To use both a toaster and a kettle simultaneously will short-circuit current. It is too much load.( )Suede leather shoes are ruined by rain.( )WARNING: Pyrex glass kettles will crack if cold water is poured into them when glass is heated.( )A STRIKING TEST: Day-old spaghetti and Mung beans (cooked) were re-heated by two different methods.(a)By adding a little water and boiling. Result: Washed-out unpalatable taste.(b)By steamin g. Result: Delicious and satisfying.( ) Untouchables are forbidden to watch Brahmins eat. Why? Most probably because the eye conveys auric emanation.

J.I. RODALE: "POISON IN YOUR POTS AND PANS": (1)Dr. Spira not only has his patients discontinue the use of aluminum utensils, but also has them stop using tap water, for in many cities alum (which is a form of aluminum) is placed in city water supplies to purify it. Dr. Spira has found also that many brands of aluminum ware contain poisonous impurities such as copper, antimony, fluorine, zinc, lead, tin, etc. (2)Cases of gastric disturbances he was was able to cure by substituting enamel or iron pots for aluminum.(3)He gave them charcoal tablets t o absorb some of the accumulated aluminum with striking cures in each case.(4)Those who eat often in restaurants must realize that most of these places cook in aluminum, and that it is a common practice there to sue baking soda. This is often used with green peas to make them a brighter green. There must be enough aluminum etched off by the baking soda to enter into a chemical action with the peas, to cause such a radical change of color. Has any one ever turned peas green in stainless steel? (5)Oxalic acid is a dangerously corrosive poison; spinach and rhubarb contain excessive amounts of exalic acid in their natural makeup and these are often cooked in aluminum. These vegetables are not harmful if eaten in moderation, but should be avoided by persons with kidney disease, and should never be cooked in aluminum.

(6)Earthenware is dangerous under certain conditions. It should never be used as plates for hot soup. Earthenware crockery is made with various clays and substances, but the glaze includes zinc which contains as high as two per cent of lead. Hygeia, the health magazine sponsored by the American Medical Association, said in its July 1948 issue that some yellow mixing bowls and some stone jars have a lead containing glaze and that acid fruits should not be placed in them. Pliny, Hippocrates and other ancient writers speak of lead in foods causi ng poisoning. Dewberry mentions that in 1757-67 it was found that wines and cider stored in earthenware vessels dissolved their lead-containing glazes. He mentions a case where two women ate cranberry tart in which the cranberries had been cooked in an earthenware utensil, and they became ill--one severely so.(7)Antimony is a powerful poison. The Hygeia reference above referred to mentions a Sunday school picnic in which lemonade was allowed to stand for a few hours in a galvanized iron container. Within an hour after drinking the lemonade many of the people began to vomit and became quite ill. The board of health physicians blamed it on toxic amounts of zinc in the galvanizing. (8) We meet antimony today in the very cheap grades of enamelware. Vinegar and other acid foods will dissolve it into the food. When lemonade is kept in such containers it is the strong citric acid which attacks the walls. (9)I do not believe there is any danger from antimony contamination if one purchases the finest grades of enamelware that are on the market today.

( )Insects like scorpions and cockroaches scuttle away into hiding as soon as a light appears.

(.)Grasp Chinese-style handleless tea cup by thumb on rim and three fingers on bottom--NOT around the sides. The former is their own way.

(cont) STAINLESS STEEL COOKING UTENSILS

(8) Another precaution is to defer adding salt until after the food is cooked, and preferably after it is removed from the saucepan.

Rodale: "Poisoning your Pots" (cont)

DOMESTIC

(10)Two members of a family and their four guests became ill, vomiting and cramps, within ten minutes after drinking iced tea. In this instance, the metal pitcher in which the tea was steeped and cooled was found to have been cadmium-plated. Cadmium is a metal of bluish-white appearance and because it can take a high polish it is used a great deal in industry. (11)I settled for galvanized iron piping, but since the galvanizing is a compound containing some lead we buy spring water. I strongly urge the reader, if he is health-concsious, not to drink water that has run through metal pipes. Dewberry describes a case which occurred in 1944 of forty-two men in a military unit who were made ill from eating peas cooked in a copper boiler. There can be no question about it. Copper is not safe as a cooking medium. Besides it destroys considerable vitamin C of the food. (12)In comparison with all the metals discussed thus far, stainless steel may show up favorably. Yet it is not without its disadvantages. Tests have shown that acid fruit juices have a slight corrosive action on it. (13)Dewberry says that the metal of tin cans is taken up by acid-containing foods such as vegetable soups and vegetables, fruits, etc. (14)In 1929 the British Ministry of Health was greatly concerned regarding the dangers of enclosing foods such as cheese, candy, etc., in tin foil, stating their belief in a report, that dangerous quantities of tin might get into the food. (15)My suggestion as first choice for the cooking and storage of food is Pyrex glassware. It has the added advantage of cooking food evenly all through. (16)Porcelain ware is perfect for food storage. Keep lemons and other citrus and acid fruit juices only in glass, enamel, or porcelain.(17)The growing use of plastics as utensils is a menace. I was amazed the other day to see hot coffee served in plastic cups in a university dining room. I have seen it so used in restaurants. The reason for its growing use is the fact that it does not break as china does. But it is a dangerous material full of harmful chemicals. It is much softer than any metal. The worst offending element in it is formaldehyde.(18)Cellophane wrapped around the kidneys of white rats or embedded in the abdominal wall induced cancer in 35 per cent of the animals.

STAINLESS STEEL COOKING UTENSILS

"Consumers Bulletin"

(1)Different types of food react differently with materials of containers or cooking vessels. Unfortunately there is no one metal, alloy or ceramic material which fulfills all requirements for an ideal.

(2)Twenty children suffered from poisoning after drinking a home-mix soft drink that was stored several days in a chipped enamalware container.

(3)Contamination is more likely when an acidic foodis cooked or stored. Large numbers of people were made ill by eating apples and gooseberries cooked in galvanized pails whose zinc coating possessed toxic properties.

(4)Stainless steels are not corrosion proof. Certain acids in foods will carry some of the metal into solution. Some slight amount of chromium and nickel dissolves into the food. These substances in compounds are definitely toxic; indeed most metals are, but chromium especially one should not consume even in quite small quantities. Researchers have noted that chromium entering the body is in the category of substances that may be cause of cancer.

(5)Very salty or acid foods and also such food as rhubarb, sauerkraut, loganberries, most citrus fruits and tomatoes may dissolve nickel and chromium from utensils. The amounts of metallic compounds that can be consumed by a human being over long periods without harm are not known with certainty.

(6)Lemon juice, stewed dried apricots, canned tomatoes etch metals from a pan.

(7)In order to minimize danger it is best not to scour pans with coarse abrasives or scouring powder. This removes small quantities of the harmful metals and unless the pan is washed and rinsed very thoroughly, the loosened particles may get into food. If, after a pan has been cleaned, there is the slightest greyness or discoloration imparted to a clean white cloth rubbed over the inner surface, then rinsing has not been complete.

RODALE

DOMESTIC

(19)We plan to keep our own protoplasm carefully shielded from formaldehyde and all the other toxic substances in plastics, by not buying or using plastic dishes or containers for any food material.

STAINLESS STEEL CUTLERY

(9) is resistant to corrosion in ordinary use and with ordinary care but if left in prolonged contact with strong food acids, or with mustard, salt and vinegar, it will permanently stain.

(10) STAINLESS STEEL SAUCEPAN test:
Gently boil canned tomatoes or lemon juice (for 30 minutes. Allow to cool. If pan develops etching effect, showing corrosion in form of spots (best seen under magnifier) it should not be used again and is harmful. (to which add salt)

(11) LILLIPUT ELECTRIC IMMERSION HEATER:
The manufacturer failed to make a waterproof connection between the cord and heating element inclosed in plated metal tube. Result, if device is accidentally immersed or rinsed off under a faucet, water easily enters the plastic plug-like housing enclosing the cord element connection; there will then be danger of fatal electric shock if user should touch the water or grasp the metal pan in which the device is heating water or touch a faucet or other grounded metal object. Moverover the water boiled in it has a strong metallic taste which is toxic due to nickel chromium alloy of heating element.

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(11) ELECTRIC HOUSEHOLD IMMERSION HEATER:

The manufacturer failed to make a waterproof connection between the cord and heating element inclosed in plated metal tube. Result, if device is accidentally immersed or rinsed off under a faucet, water easily enters the rubber plug-like housing enclosing the cord element connection; there will then be danger of fatal electric shock if user should touch the water or grasp the metal pan in which the device is heating water or touch a faucet or other grounded metal object. Moreover the water boiled in it has a strong metallic taste which is toxic due to nickel chromium alloy of heating element.

L O C K S

(Emergency Uses)

( ) (1) Zip Ginger White Edge SE & Red/Tan Nylon SE's will operate INTER. But these Nylon Cases can Not be opened by the regular Ginger SE key.

( ) (2) INTER Red and Tan Nylon SE key will operate choc "P.B." plastic Brief (but there is a slight difference in width.)

( ) (3) Red Leather Zip Folio Lock canbe fastened and opened only if one hand is put on the underside of bag and forced up against the lock as a backing.

REVERSE KEYS

( ) (4) Wings Canvas TK Locks: turn keys contrary direction to usual. In both, Right to open, Left to fasten. Push key against spring deeply down. But press bottom lever hard while turning. Darkbrown Suitcase Canvas (Wings) Key (large, round) to large Canvas Suitcase. Warning (a)press key deeply down into lock against pressure of spring (b) To open lock turn key to Right. The bottom end of hasp over lock must be kept pressed down while opening or fastening lock, or it will not work.

( ) (5) To close Greek Green SE it will be difficult to fit metal frames together unless: SE is first laid flat on floor.

( ) (6) Half the suitcase locks now used can be opened by paperclips or hair pins.

( ) (7) Tan Leather Brief key opens Redbrown Leather Gladstone Bag in emergency.

( ) (8) Correct Wing and replace loose Canvas Cover to Wings TK. Start with handle. Place this inside opening first of all. Take care that narrower half of cover surrounding handle is on narrower part of corresponding trunk. Then turn case over and over one side at a time, placing cover in position gradually.

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( ) Nightly Meditation (or Relax Posture) I found back of red armchair, if thick square cushion put on top, and used with office sofa, an excellent relief to body and suitable for meditation.

( ) Do not allow more than 2 appliances to take current off a single outlet, as there is danger of fire or short circuit through overload. So only a single 2-way plug should be used, not more,

( ) Kitchen Ceiling Lamp and Goosneck Desk Lamp: WARNING: (1) Do not use a 100Watt bulb - it creates too much heat here and caused bulb to explode. 75 Watt is maximum. (2) There is only one place where the 100Watt bulb may be used, that is the tall red Floor Lamp. as there is plenty of air around it (3) To open and close the large Kitchen Ceilinglamp-Shade itself note 2 projecting metal knobs. These pull out to open and thus release shade, and push in to close the replaced shade.

( ) Light Bulbs - A frosted pearl 75Watt bulb gave a gloomy light in kitchen of Ballallaz whereas an opaline-milkwhite 75Watt which replaced it, gave better light warm cheer.

( ) Nylon large Lampshade (Orange) - use only 220 volt bulbs for it or will fuse if lower volts are used.

( ) Re-Assembling Flashlights: This is easiest done, on all modern models, by turning them upside down. Place glass first on table, then fit head into it, then screw barrel into glass-frame.

( ) Electrician (1) You can without danger connect light bulbs to Power outlets but it is illegal, as Power current is cheaper than light (3) Do not use 100Watt bulbs in bathroom cabinet or on ceiling glass bowls, as they might crack or explode. On bathroom cabinet the maximum is 1x75Watt + 1x40Watt together. In office 75Watt on ceiling. On floor standard and on bedside lamp may use 100 Watt as the air and open space surround bulb.

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I found back of red armchair, if thick square cushion put on top, and used with office sofa, an excellent relief to body and suitable for meditation.

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( ) 1. Tea Stains - Tea-Almost impossible to remove when the stain is old. Borax added to the washing water helps to shift new stains. White articles which are tea-stained can be bleached with a little domestic bleach to remove the stain. Wash out the bleach afterwards or the material will deteriorate.

( ) 2. Ink Spots - Specially obstinate marks on a carpet, such as ink or tar, should be treated with cleaning spirit beforehand. To prevent freshly spilled ink from marking your carpet, dab with a little milk and then use the cleaning fluid.

( ) 3. Double Windows will reduce noise coming in from the street.

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( ) All Clocks Winding: WARNING - If when winding time, care is not taken, finger brushes against the hour-hand screw which alters time on dial, creating error.

( ) Bedsheets - Those with wide hem are for overlay, those with narrow hem are underlay.

( ) In emergency Meta Stove can be supported by tripod from Portuguese spirit stove.

( ) If no petrol - benzine is available to remove the sticky residue of adhesive plaster left on the skin, white vinegar helps to a marked degree, but not brown.

( ) WARNING: Brotisk EWBank carpet sweeper has sharp wire bristles and tears surface of rugs. Use very sparingly.

( ) Vacuum Cleaner Cables should not be folded tightly around the projections provided, as this tends to crack them after awhile. Instead arrange them loosely in a circle and only then hang the circle on the projection.

( ) Don`t use Enzyme Washing Powder: It creates skin allergies and causes asthma through bacterial action. So don`t send laundry out. Ordinary launder powder is not dangerous, but enzymes are the evil.

( ) Street Entry Door - can be locked from inside simply by turning the stainless steel bolt round which is low down inside the door, at night. It can then be opened from outside only with an apartment key. PB.

( ) WARNING: The Bed Ends are not to be lowered or raised without taking care to keep fingers outside Metal "X" Rack Sawtoothed. This operation is to be done only by grasping the plastic handles. This is the only safe way.

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( ) Carpenter: The Steel French Window Doors of office and bedroom must NOT be opened or shut forcefully. The lock will break easily; Do these operations very gently and slowly.

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( ) Ideal Residence - Designed like the ancient Greek or Arabic house - closed, protected, inward looking in purpose and design, with no windows looking out on the street.

( ) (a) The Nackenroll cushion is also useful to place behind small of back, when sitting up in bed for meditation. (b) By tieing together with thin string and bow knots, the two small rollcushions can be combined as a single unit. (c) It was not so much the firm and flat bed surface; it was also, and much more, the round pillow to support neck, which gave at Wolleshofen the most comfortable and relaxing afternoon siesta or rest.

( ) Use long heavy Hotel Bathtowel to wrap around throat and shoulders, as a supplement to bed blanket, if needed to keep warm.

( ) If wet laundry, especially underwear, is hung on sides of bathtub it will dry flat.

( ) The white flower which grew in Jasmine Villa strongly-scented and releasing scent at night is not jasmine: it is Gardenia.

( ) Fumes from central heating, oil burners also throw poison gases into the air; ditto cars exhausts, diesel motors and oil using factories pollute atmosphere.

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( ) (9) a) Keep stiff locks oiled. b) Globe-trot choc SE and Tan Fibre SE have a security feature: the round projecting slide should be pushed inwards, toward keyhole, before fastening. This makes it harder for a thief to open lock.

( ) (10) Whenever trying to get a DUP key copied to fit a suitcase, always bring the case too: otherwise the fit maybe bad.

First word missing - "In Sun"? #61

INDOOR PLANTS GROWING

( ) Use tepid water not cold water.

( ) The flower pot should be about nine inches across at the top in the earlier, beginning stages of growth. The plant needs free soil drainage. The terra cotta pots which perspire are the most suitable as they let the plants breath all the way down to the roots. Do not use a painted pot as this keeps the moisture inside. A dish should be put under the pot into which water can ooze through a hole at the bottom of the pot or from the perspiration on the outside of the pot. Do not use an earthenware dish as it will stain the surface of the table. Nor a metal dish unless it is of aluminium. The most suitable, is a glass plate as it can be cleaned easily and is strong, if it is made of pyrex. Bits of broken crockery or broken flowerpot, in small pieces, should be put on the inside of the pot, and at the bottom around the drainage hole before the earth itself is added. This allows the roots to get some air. Do not use stones or pebbles, for this purpose.

( ) If at any time a plant food seems necessary, any kind will usually do provided it contains the required amount of nitrogen potash, etc. As the plant grows, it may need a stick or doweled to support it. If so, it should be taller than the plant itself so that string can be used to fasten the stalk to the support. Green colored string

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( ) If at any time a plant food seems necessary, any kind will usually do provided it contains the required amount of nitrogen potash, etc. As the plant grows, it may need a stick or dowel to support it. If so, it should be taller than the plant itself so that string can be used to fasten the stalk to the support. Green colored string

looks best. It's best to put the dowel all the way down to the bottom of the pot provided this can be done without injuring any roots. The dowel should not be painted with oil paint or stained with chemicals. Green water soluable paint is better.

( ) When putting in the soil for the first time, do not press it down hard but let it lie loosely. In the earlier days, give it plenty of light - which can be either natural light - or, electric light. To keep the light evenly distributed, if the plant is turned round from time to time towards the source of the light, this will be achieved.

( ) The dish, or plate underneath the pot should always be kept wet as the plant needs to be kept moist. If the plant gets too big for the pot transplant it to a larger pot. Boots?

( ) Be watchful, if there's central heating, that the plant does not suffer from draught. Avoid extreme chills and cold drafts. But during the warmer months the pots can be put outdoors, provided it does not come into the line of direct sunshine.

( ) If the leaves yellow too frequently or begin to look bedraggled, a little plant food, bought in the shop, maybe added to the soil - say, two or three tablets at a time, every few months.

( ) The top surface of the soil gets too hard or too tightly packed - it should be loosened with a fork, but very gently and not more than two or three inches below the surface.

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( ) Branches which grow from the bottom of a stem are the younger ones, and to encourage them, cut off some of the stem just above them. Do not be afraid of injuring the plant by cutting back, using scissors, preferably, as the cut should be clean.

( ) Trim always from the top and from the outside, going downward.

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( )

( ) The Teaspoon which has lost its silver plating. Do not use it for guests, or in hot liquid for PB. Use only to measure out cold dry grains, powder etc.

( ) Toilet Bowl Cleaning (1) Wear large specs to protect eyes against splashes of chemical desinfectant (2) Use both Sanokleeh Powder and Pineoril.

( ) The dup key to SE holding all Key Purses must be kept in the same appartment as one being lived in. It must not go into Storage or into S/D. Nor may it be locked up in one of the SE`s.It must be accessible, but well hidden

( ) A small Hip Bath, sunk in floor, shallow, under a douche, for Ps purpose or better a simple bidet.

( ) WARNING: It is dangerous to turn bedside lamp round towards me and leave it there. This happens when switching on Jap lamp. For at 6.15 it lights up and shines into my head and back from a few (away. centimeters)

( ) WARNING: Copper Skilet scorches if (1) used as fry pan with oil (2) if even moderate temp. (3) if insufficient liquid.

( ) Short Circuits ("Court Circuit" in French) (1) Open large white cabinet on south wall of hallway. The bottom left most box is for Appt.22, and is marked as such. (2) Examine round fuse plugs. If one has ejected a wire from its center, it has short-circuited, and must be replaced. There is a white ceramic knob which must be unscrewed to gain access to the fuse. (3) Check main switch, if every light in the appartment has gone off. This should be in "up" position. If it is down, then push up with strong force.

( ) WARNING ref# 4 Store Room. The 2 folding lid-hinges must both be pressed inwards, thus not or lid cannot be shut. Be careful as they are getting defective. TK4.

HOUSE

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URGENT HELPS

( ) It is important that, in an emergency, I know where to find urgently needed aids. A list must be written -- and kept near at hand -- of these things: (1) light (2) fuel (3) first aid (4) phone number of P B himself (5) #s for SOS calls = S.O.S.

HOUSE

( ) Electric Razor - The throat will be more close shaven if (a) the razor is drawn, to and fro, horizontally across it; (b) if the razor is then moved around in a circular path; (c) if the hairs are first well softened by washing with soap and water.

( ) Wilkinson Blades : Leave it wet in razor --it is rust-free. Don't try to wipe-dry it, or disturb it, since rinsing is enough. A Wilkinson blade gives many shaves. Never has W shaved so frequently and thoroughly.

( ) Shaving - Use brush and soap to clean skin of nose where bridge of spectacles rest. The plastic may cause infection, so treat with antiseptic ointment occasionally.

( ) Shaving - If using oil, there is NO need to squeeze plastic bottle. Just reverse and hold it above palm, and a few drops (enough for one side-face) will pour out.

( ) Shaving - Correct way is to slant the razor's edge against the hairs, and then shave.

( ) WARNING : (1) Moustache. The electric shaver produces uneven result. It is impossible produce straight cut across — it is too high one half, too low the other. So do only initial very little trimming with it if hairs is thick and heavy, and use scissors for the best result. (2) Gap in side of beard: probably caused by electric razor. Be very careful, and trebly, so watch that moustache trimmer attachment does not slip down and cut into beard.

( ) Playtex Hairtrim - Sidewhiskers forming at both sides back of neck are due to failure to carry trimmer deep down towards shoulder blades.

( ) It is not enough to clip and brush nails. Dirt must also be removed by use of pointed steel spike or trimmers.

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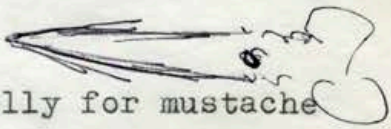
( ) Toenails WARNING: It is a mistake to remove nail below normal line. The exposed flesh is painful when in contact with an object. It needs protective cover.

( ) After several experiments in winter 1 pair pants were found too cold. Either two pairs or Arctic thermal padded garments are needed of thick wool.

( ) (1) Paper Scissors have sharp narrow point and long narrow straight blades (not curved) — use drop oil on them.



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( ) RAZOR (electric) will not cut hairs if narrow side of razor is drawn down face. You must grip the wide side so that cutters meet hairs at right angles.

( )"PAL"blades are made by "E.R." products Ltd. London & New York ("E.R." = Ever-Ready Razor Products Ltd). They won't work in Schick-Ever-Sharp razor, so do not confuse the 2 razors. "Pal" blades will not fit a Schick injector Razor excepts in appearance. They are too small; only in a "Pal" bolder will they work efficiently. A new razor might fit.

( ) PAL Razor Wet Shave. To fit new blade it is very important that you pull forward under slotted plate so that incoming blade's edge is not rubbed against the two stops at both ends: this happened once and rendered new blade quite useless.

( ) WARNING: The top part of Braun electric razor must NOT be detached unless protective plastic cap is in position, first.

( ) The new plastic razor blades' coating which gives comfort is Teflon, which is the same used in non-stick fry pans. The blades are held in place in their paper cover by 2 spots of vaseline.

( ) Electrol Method Preshave with Oil using Electric Razor: Result - good.

( ) Do not wipe blade - To obtain best results from these stainless razor blades rinse in the razor and shake dry.

( ) BIC Lamerasoir is now (May 78) advertised in French-speaking Suisse as "now also with extra-fine blade for difficult beards.

( ) Use alcohol to clean Braun.

( ) Crème-huile à raser "1001" of oilshave pour la rasage sans blair seulement.

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( ) Travel Case - Trim your own Hair -
"Easytrim" Directions: To trim hair with either hand comb through the hair downwards in the direction the hair lays, but on NECK use the comb upwards to remove untidy hair there.
To release blade, simply with thumb on circular Thumb-Grip, SLIDE TOP COMB TO RIGHT. To fix blade, slide top comb to LEFT which tightly and instantly locks blade ready for use.
The cutting-edge of blade must of course be outwards.
Cuts as it combs — For use with either hand —
Three spare blades 1/-extra.

( ) To remove dirt marks on edge of shirt collar, dampen it, strew with detergent soap powder, rub slightly, leave for a while, then rinse well.

( ) Because left arm is shorter, left cuff of long sleeve vest protrudes beyond the shirt cuff. So have it tucked in after laundry.

( ) Sew Work - Seamstresses sew at least twelve stitches to every inch. They triple sew all buttons.

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( ) Single side-prong Tropic Braces will not slide off trousers so easily (and thus be useless) if pliers are used to tighten them.

( ) The disadvantage of ready-made suits appears in the front zip crotch of trousers. They are too long, suited to taller men, causing grotesque lumpiness.

( ) Silk Shirts: instead of dry cleaning use Woolite + cold water. OK

( ) To Trim Beard and Moustache : Philips Dry Shaver is best.

( ) S U S P. correct size = Large

( ) wrong = white pinstripe black suit
right = white chalk-stripe " "

( ) In old age or in hot climate stooping down to put on, or take off, shoes may injure heart. Instead use the long handled shoe horn.

( ) Wear grey summer cap in same way as Beret: — right side tilted up as far as possible, left side sloping down. Warning: — In both cases front peak remains horizontsl as normal.

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( ) Wear grey summer cap in sun: grey as hatter: — right side tilted up as far as possible, left side sloping down. Warning: — In both cases front peak remains horizontal as normal.

( ) If tailor has not shortened the left leg of any trouser, it can be temporarily adjusted by pulling tighter left wing of braces.

( ) Wear grey summer cap in same way as Beret: — right side tilted up as far as possible, left side sloping down. Warning: — In both cases front peak remains horizontal as normal.

( ) The suit-material got in June 73, made in India, is a highgrade Alpaca + Dacron. The roll made up into a suit for me by d`Angelo is lined with best Bemberg silk, strong yet light.

( ) All caps have had a white lining inserted under existing one so all are sun proof.

( ) You can wear wool 1/2 hose inside + nylon anklet outside it for street wear. Nylon will remain hole resistant, protecting the wool!

( ) If trouser-cuffs of pyjamas are tucked into bed-socks, they will not be dragged along floor of room when walking

( ) (1) Too many underclothes are heavy on tender skin and make one tired. (b) A tender skin means tender scalp.Use soft light hats or caps, softly lined.

( ) To get effective protection from Damart vest no other garment must be worn between it and the skin. The same probably applies to Duofold and Ragno.

( ) Use at home tropic braces now.

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(V A L E T I N G)

SHAVING NOTES.

Excessive pressure on electric wetshaver is the cause of the skin irritation felt around edges of chin. Press lighter than with non-electric razor.

Hold razor so that headplate is flat against face. Do not press too heavily; perfect shaving position and keenness of blade require comparatively little pressure for close, comfortable shaves.

Before shaving, wash your face with soap and warm water. Rinse. Work up a creamy lather with your brush or rub your beard thoroughly if you use a brushless shave cream. Shave with LIGHT strokes. DO NOT bear down as these blades are extra sharp.

Extensive research by one of the country's leading research institutes proves that one of the secrets of getting a good shave is a thorough preparation of your beard. Be sure to wash your face thoroughly, using any good toilet soap, thereby eliminating facial oils before applying your favorite shaving soap or brushless cream. Use plenty of water. Water softens the beard. Rinse your razor frequently while shaving.

DRY BLADES LAST LONGER! Here's the best way to dry them. Even the finest blade will dull more rapidly if put away after a shave without thorough drying. But careless too will harm the edge. So dry your blades carefully by wiping lightly -- away from the cutting edge. ~~Then strop the blade. The friction of stropping removes every bit of moisture left and keeps the edge keen and smooth.~~

oliv-sun cream

Take a tip from the skilled master barber. He carefully prepares your beard. If you use lather be sure it is worked into your beard thoroughly. ~~With brushless,~~ Wash with soap and hot water before applying. Use plenty of water. A dry beard is tougher than copper wire of the same thickness.

This softens the hair more.

Draw the skin away with fingers in direction opposite to that in which you are cutting. Cut slowly .

Electric Razor: The noise of vibration of the De luxe Esqui-re can be wholly averted by turning the razor-head a litt-le more, thus tightening the screw.

Barber: (a) My beard looks much neater when quite small, wel-l trimmed and sharply pointed. So I must visit the barber every fortnight, minimum. (b) My moustache looks far better when well trimmed of superfluous hair and bottomedge cleared off so as to reveal upper lip fully.

Warning: Harvey's New Century razor (this is not the Esqui-re razor) will operate only with Gillette Thin and Blue blades. No other blade will fit the central hole of the os-cillator.

Deluxe Esquire & Harvey's new razor ~~both~~ use nine watts of current electricity each.

1. The low-front-neck Pyjama jackets can also be used in cooler weather if they are, first, buttoned up, and then, worn back to front.

2. The 1/2 sleeve white shirt, bought in New York from "John Forsythe" and bearing label of "TDC" brand, is artificial fibre. It cannot be worn with bowtie as too low. Left wing of collar bulges forward.

3. REISS USA Longpants are of 2 kinds: (a) ORDINARY. The label is all-red, reads "Guaranteed Underwear". This is the thinnest kind. (b) THICKER. Black and red label reads "Permasized 100% cotton".

4. Spanish silk suit trousers fail to keep crease, which is lost entirely after 2 or 3 hours use. So ban silk suits totally.

5. Clip-On Braces. The Principle of placing the pair of front ends far back on trouser tops applies only when trouser waist is too narrow and tight. But as most are now too wide and loose, the clips should be applied well to the front. This may require new loops of tape. The front top edge of trousers will sag down low if braces are clipped-on too far back, whereas it will rise up and look horizontal if brace-ends are well forward.

6. EARhair is best trimmed with electric Razor.

7. Both Moustache and Beard easily go out of vertical balance. Let left sides grow wider and take care in shaving not to cut them too much.

8. When starting new Razor Blade: (1) go once only down or up face. This is (a) all that is necessary; (b) if go twice, bleeding will certainly result. (2) This procedure can be applied to the first two shaving sessions.

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( ) 9.1966 Shaving (wet) Technique. (1) Do not rub-in the oil or cream; simply pat it on. (2) Do not draw razor at right angles horizontally across throat: it leaves skin sore, rasped. (3) Do not attempt to wet shave Adam's apple or the angle of the chin: it usually causes bleeding. eave that part to dry shave. (4) Avoid cutting of ends of Chinese droops, especially at the right end.

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( )If collar is flipped (VALET)
up to put on tie, it will wear out faster
than if not unfolded but tie slid into
place instead.

( ) Wet Shaving - 1) Leave bottom of chin and Adam's Apple unshaved. These usually draw blood, especially with new blade. 2) Chin can be effectively shaved by dry electric whisker trimmer.

( ) Double-Media Shave System - (1) Down-shave with soap and water (2) Wash off, dry, apply witch hazel, wait 2-5 minutes for its astringent action (3) Apply Olio Indiano, up-shave. Rub skin well after shave.

( ) By buying a new cutter ( ) (black semi-circular head under foil) electric razor became very sharp and gave perfect close shaves. Maker told me cutters get blunt. This cutter is quite apart from a new foil. Also they get filled with dirt, so keep clean.

( ) Beard trimming is not accurate. It projects too far on my right side when looking in mirror, hence out of vertical balance. Median line down beard ought to be in straight line with nose. This applies to both dry and wet shaving.

( ) "Trim" (larger) - Toe-nail-trimmer should be used for both thumb nails, requiring far less force than even the larger double curved handled spring finger nail Trimmer.

( ) To clean Combs: Soak overnight in tablespoon of soda dissolved in one pint of water. Rinse under tap in morning and dirt will fall out.

( ) If wearing a cravat, instead of a tie, the top button of the shirt, jacket or dressing-robe, must be left unfastened, and neck of shirt open. A cravat can not only be worn as a scarf with dressing-robe, but also as a scarf with coatless shirt, or jacket and tieless shirt, or pyjama jacket and shirt, if the collar is left open.

( ) Bow Tie (Belt and Buckle) - easiest way to tie is to fasten loop over hasp on my right side of neck.

( ) Cap Linings - Chinese believe that red silk lining will keep out sun.

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( ) To clean Comba: Soak overnight in tablespoon of soda dissolved in one pint of water. Rinse under tap in morning and dirt will fall out.

( ) If wearing a cravat, instead of a tie, the top button of the shirt, jacket or dressing-robe, must be left unfastened, and neck of shirt open. A cravat can not only be worn as a scarf with dressing-robe, but also as a scarf with coatless shirt, or jacket and tieless shirt, or pyjama jacket and shirt, if the collar is left open.

( ) Bow Tie (Belt and Buckle) - easiest way to tie is to fasten loop over hasp on my right side of neck.

( ) Cap Linings - Chinese believe that red silk lining will keep out sun.

( ) In any sort of heat, don't wear tight clothes. That open necked shirt (or tie pulled down) may look too informal, but hot weather is no time for stuffed shirts.

( ) When the left arm is shorter than the right one, the right shoulder will sag lower than the left one.

( ) WARNING - Dacron and Nylon shirts are inflammable. Take care when near an electric radiator.

( ) WARNING - Flannelle Pyjamas and bed sheets are very inflammable. Be careful of approaching too near radiator with them.

( ) Now that you have experienced Swiss climate in its vast and swift vagaries, never put away seasonal clothing but be ready for complete change in any month , no matter whether in South or North Switzerland. They may all be needed in summer, spring or fall.

( ) There is no need to shorten sleeves of longsleeve Pullovers by sewing. Simply fold cuffs back - and they will stay flat, leaving sleeves at right length.

( ) Sewing - Hold a needle up to the light. You can then see the hole clearly - especially before an electric light bulb. It will then be much easier to insert thread.

( ) Mc Gregor Shirt COLLAR being too big can be worn only with clip-on Bow Tie. (Mc Gregor Shirt with Blue and Gold lines).

( ) When packing Cap in suitcase, fold the peak inwards, doubling up the cap.

( ) Padded Cotton Arctic Suit is better not laundered so must not be worn next to skin. Insert a singlet and short or long underpants between it and body.

( ) Chinaman: "Cleaning padded cotton garment is difficult. Use soapy SUDS. ~~and powder~~ PUT IN and lift out frequently but must not squeeze."

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( ) It is wrong to place the pin in the knot of a tie. Put it lower down.

( ) Lavender-Grey Overcoat is cotton & wool mixture.

( ) Before trimming finger nails, soak in hot water to soften them.

( ) Damart vest & drawers(must wash at home in lukewarm water only).

( ) Both hard leather Black, & soft leather Brown Schoes cannot be worn comfortably except with very thin Cotton sox.

( ) If you have to wear a lot of clothes (while indoors) to keep warm, the scientific procedure is: (1st) ordinary suit (2nd) pullover under jacket or waistcoat (3d) overcoat. (4th) If more warmth is still required, add heavy dress robe over the top coat.

( ) WARNING: When using Camphor blocks to protect clothes from insects, remember it is merely an oil hardened by cold and therefore greasy. So place inside perforated match box, not in direct contact with clothes.

( ) When buying shorts or pants or trousers my waist size is 84 centimeter or # 2 size in briefs.

( ) Ink Stains : To remove ink stains place the garment in a basin, covering with water, adding 3 table-spoons of cloudy ammonia. Allow to soak for ten minutes, then rinse.

( ) I like collars whose points are set closer together than the wide-open American style; like a business shirt.

( ) Tie the Cravat (British and Colonial term - Ascot in USA) so that the last few inches (which are widest) show in front.

( ) Dyer said navy-blue lightweight Raincoat cannot be dyed. The material will break up. It may be dry-cleaned.

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VALET

( ) Sunbeam Razor (1) Always replace the numbered slots in the correspondingly numbered opening after cleaning. (2) When replacing double Foil-head after cleaning, place forefinger along the gap between both foils; never touch the foil itself or a hole will appear - it is so thin - and you have to pay 32 francs swiss for new one. (3) To open first insert left thumbnail at extreme left end of black-white front opening and pull it out. Lift open ingled foil head. To close schutter; Hold down the double foil-head pressing forefinger along gap; then push back the drop-front shutter. (4) Warning: After opening head for cleaning, keep razor strictly upright or the cutters will fall out. (5) Before and after shaving wipe face with damp cloth but dry it afterwards.

( ) "Ragno" Wool Undervest (1) Avoid Chlorine detergent (2) Wash and press at tepid temperature.

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( ) "Rapno" Wool Underwear (1) Avoid Chlorine detergent (2) Wash and press at tepid temperature.

( ) Dosing Moths (a) - Q.: Are Epsom salts effective in keeping away moths and other insects from clothing in drawers and wardrobes? A.: Yes - and they have the advantage of not smelling as strongly as poisonous moth balls. But (b) Moth-Protection for Clothes is best done by solid Camphor blocks or pieces than by naphtalene balls; the odor is much pleasanter while the poisonous content is absent.

( ) Razor cuts sharper if skin is drawn taut.

( ) Tea Stains on Clothes: Rub in lukewarm water, beginning with the outside border.

( ) To identify Sirosett Trousers:
1st Pair Dark-Grey, plain Worsted (brought Customs St) (has Epsom Pressing service label on pocket) -
2nd Pair Bronzed Green Muted Check, brass buttons on diagonal pockets. Maker's label "Slaks by CORO's. Made in NZ".
Always warn Dry Cleaner to press same crease.

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Always wear Dry Cleaner to press same creases.

( ) Electric Moustache Trimmer - (a) There is a tendency to cut a wider swathe on the right side of moustache than on the left. It does so by itself. So guard against this. (b) Far trim: Do not use dangerous wet-shave there. (c) To alter voltage use hair-pin on the 2 prongs where cord is joined to razor-body. Place circular end of pin around one prong so that side of pin presses against the other prong. Turn dial round until desired red figure -220 or 110- appears at bottom of dial.

( ) Electric Razor Ear Trim (1) Pull ears well back just as face skin is pulled back against grain. (2) Also trim ears flattened against head.

( ) Moustache and Ear Trimming - (a) Do not wetshave moustache or ears, it may cause bleeding or infected cut. (b) Electric trimmer must be very slowly and carefully used.

( ) Shaving Expert - (1) Do not shave on a full stomach. This prevents the hairs from standing up. So shave on an empty stomach. (2) Run electric razor round on face in circles. (3) Move razor against the grain.

( ) Vegetable Shave Toilet Soap: 1 Sandal 2 x Coconut - In metal dish.

( ) Budda gold Tieslide - Fix the slide pointing upwards thus figure will hang down at an angle. This looks more effective and also allow the slide-bar to be affixed at a lower point, i.e. below waistcoat opening.

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( ) Warning: Electric Razor - A man was electrocated and killed because his razor fell in the washbasin where there was water, and he picked it up without first disconnecting the current. (P.B. also got a shock from touching an electric kettle whose surface was wet).

( ) Stainless Steel Razor Blades - (Latest Type) (#of shaves per blade) - Consumers Report (British) (a)

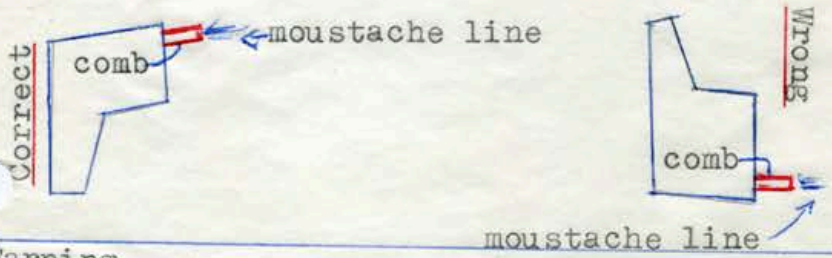
Gillette Super Silver 5 - 13
Wilkinson ..... 5 - 11
Persona
Krona ..... 4 - 9
7Oclock

(b) Warning: Never wipe the new type rustless coated-edge feather-light blade, or you may harm the edge.

(c) Wilkinson Razor Blade Mfr Warns: Do not touch it: let the blade remain in the razor. Do not try to dry it - a rinse suffices. Thus treated, it will give many more shaves.

( ) Phillishaver Trimmer (1) Plastic shield must be left in place to protect beard as cutter-wheels remain active. (2) Hold shaver with cutter-wheels above trimming-comb and away from beard as not to cut off part of beard. (3) No hair falls inside machine so clean only around the outside comb by blowing hard. (4) Use black on-off switch.

( ) Correct Way to use Moustache Trimmer on Phillishave - Comb must be held on top when using it: so that switch end is at bottom



Warning
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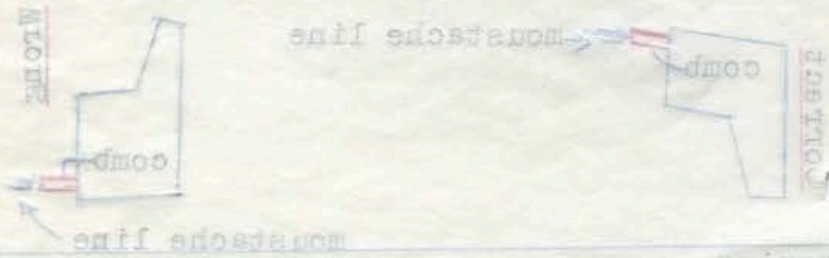

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( ) The curved small scissors are for inside ear hairs. But the rounded blunt points are a safer kind.

( ) Buy an electric appliance, probably American, called "Water-Pick". It directs a stream of water between teeth, around gum edges, to remove the tinier food particles. I experimented with it once and found it satisfactory. It was bought in Europe. Deana Masson has one so could supply address.

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( ) 1. The low-front-neck Pyjama jackets can also be used in cooler weather if they are, first, buttoned up, and then, worn back to front.

( ) 2. The 1/2 sleeve white shirt, bought in New York from "John Forsythe" and bearing label of "TDC" brand, is artificial fibre. It cannot be worn with bowtie as too low. Left wing of collar bulges forward.

( ) 3. REISS USA Longpants are of 2 kinds:
(a) ORDINARY. The label is all-red, reads "Guaranteed Underwear". This is the thinnest kind.
(b) THICKER. Black and red label reads "Permasized 100% cotton".

( ) 4. Spanish silk suit trousers fail to keep crease, which is lost entirely after 2 or 3 hours use. So ban silk suits totally.

( ) 5. Clip-On Braces. The Principle of placing the pair of front ends far back on trouser tops applies only when trouser waist is too narrow and tight. But as most are now too wide and loose, the clips should be applied well to the front. This may require new loops of tape. The front top edge of trousers will sag down low if braces are clipped-on too far back, whereas it will rise up and look horizontal if brace-ends are well forward.

( ) 6. EARhair is best trimmed with electric Razor.

( ) 7. Both moustache and beard easily go out of vertical balance. Let left sides grow wider and take care in shaving not to cut them too much.

( ) 8. When starting new Razor Blade: (1) go once only down or up face. This is (a) all that is necessary;(b) if go twice, bleeding will certainly result. (2) This procedure can be applied to the first two shaving sessions.

(9)CHARCOAL-BROWN WOOL-LINED BOOTEES must not be polished with prodycts containing benzin,terebin,benzol or turpentine, which would destroy their original color.Safe Swiss polishes are the brands:"Colonil Shadow Balsam", "Tobler Shoemilk" & "Woly Star". Charcoal-colored shoes are called "Shadow-Finish" in swiss.

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( )Elastic-sided bootees are best method of fastening
( )Sirosett process -creased trousers.warn drycleaner to press on the original crease

VALET

( ) BRNJE - Fishnet underwear is warmer at really low temperatures than "Thermal" knit underwear, but latter is more comfortable as it absorbs perspiration better.

( ) Size 32 "Duofold" heavy winter long drawers is correct still (Dec.1965) provided waist-drawstring is either let out fully, or discarded.

( ) 1966 Sizes : Waist for drawers and trousers = 33" Undervest = 36 (USA) - Trouserlegs = Right 27 Left 26 1/2.

( ) Drawers - 1) Wear Reis only, as button front - 2) Wear 34" wool/cotton mixed Reis outside, lined with 32" pure cotton inside!

( ) Purpose of Support combined with Ps is best served by Litesome. Skant waists are not adjustable whereas Litesomes are-Skant has too much material on it also.

( ) Dacron suits USA mass produced are cheaper, or about same price but for all wool suits British readymades he bought in London were 25% cheaper than USA.

( ) All loose-fitting clip on bowties can be made very tight by using nail-trimmer pincers only if the clip is bent downwards, not up and not even horizontally.

( ) Laces-Buy only the thick round type as these do not get into untieable knots.

( ) Have all left shoes fitted with extra heel to correct shorter left leg.

( ) ...the $100,000-a-year food company executive fills the bathtub with steaming-hot water and hangs his crumpled suit over the showerhead. "I hate to spend the money on valet service and find this is just as good a way to get the wrinkles out," he explains. ( )Best results from sox are had if two pairs are used instead of a single thick pair.Wear cotton or silk next skin,then light wool, then heavy wool.But sox must fit properly, without wrinkles, Undarned sox are particularly useful as inner ones.
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Valmet

( )If Laundry is destructive, better give them only the cotton-dacron mixture shirts, which are sturdier than cotton only

VALET

( ) Washing Dacron Shirts - Warning (1)The cause of frayed edges on collars and cuffs is the rubbing of the fabric against itself, or against a brush. (2) Any deterioration of the shape or fabric is caused by hot instead of luke warm wringing or squeezing it. (3) Simply hang up smoothing wet collar and cuffs with palm of hand, and let shirt dry out by itself without wringing. (4) Wearing the shirt after soil-mark appears. The longer it stays, the more impossible to remove.

( ) When drying Briefs hang them on coat-hangers or chairbacks to preserve waist width but beware color stain.

( ) Suits last twice as long between cleanings with simply a good brushing once in a while. This sturdy brush will pay for itself almost at once on cleaning bills!

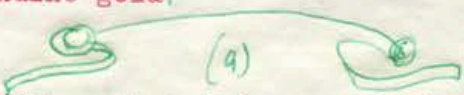
( ) P Lastic (British) Shoes and Raincoats: made from P.V.C. (Poly - Vinylchloride) leather-cloth plastic material, unpleasant smelling; first used as a cheap table cloth, for raincoats, cups, saucers, hot water bottles and lampshades. It was made of urea, and gave off wafts redolent of Billingsgate. BAN them.
BAN also Urettrane Mattresses made from(Poly-ether foam).

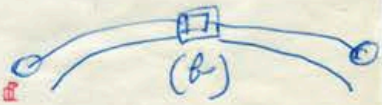
( ) Wet only Shaving, "Cart de Fleurs" is an excellent pre-shave lotion. It prevents soreness, gives closer keener cutting.

( ) CONSUMER UNION reports show that the wilkinson is no longer the best stainless steel blade, it has been outpaced by gillete's new "SUPER" blade. With stainless steel there is no drag, no pull, and less or no cutting of the skin. ( )PB's COLLAR CLIP IDENTIFIER:

(a) genuine gold

(b) inferior giltmetal





( )If no Jacket is worn, best way to wear a tie is to tuck its lower half behind shirt and between buttons.

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Genuine gold;
Inferior filtered

( )If no jacket is worn, best way to wear a tie is to tuck the lower half behind shirt and between buttons.

( ) Correct 1965 sizes for (a) Suits:
-"38" short coat" (with sleeves and trousers shortened to measure). 33" waist on trousers. Left leg 1/2" shorter.
(b) Shirts: "Small" is tight collar but "Medium" is far too loose.

( ) British use of term "singlet" or of "athletic singlet" means a sleeveless undershirt; and of the term "vest" means a short or long sleeved undershirt.

( ) Athens-made Shirts (new): As the neck band is too stiff and renders very difficult fastening the collar, moisten buttonhole with water, when it will become soft. But take care to use very little water or it creases.

( ) German Knit Zip Velour Shirts: (a) The maroon and beige fit OK but the blue one is large, while sleeves are both too long and too wide. Keep the first 2, as they can be worn under a jacket and over trouser, but the blue one cannot. So reserve it for home use alone without coat.
(b) They cannot be used with bow tie or with long one.

( ) The Commerbond is worn without a waistcoat. It is meant for hot weather to avoid wearing the harness of a waistcoat over shoulders and back, which would be uncomfortably warm.

( ) Jackets are now (1966) fastened on the middle of a 3-button coat - bottom and top ones are left open.

( ) Correct way to arrange Cravat: Tie it so that the widest end hangs in front - about 12 inches from knot to triangular point.- This will be so wide as to cover shirt front.

( ) Tieing the Knot in a Long Tie: First arrange at right side the broadest width end of tie, as this is what shows finally on top of the narrower end.

( ) Briefs can be sufficiently supported by inserting rear brace ends in rear cross tapes waistsize adjuster. Sewing tape not necessary.

( ) Correct 1955 sizes for (a) Suits:
-"38" short coat" (with sleeves and trousers shortened to measure). 35" waist on trousers. left leg 1\2" shorter.
(b) Shirts: "Small" is tight collar but "Medium" is far too loose.

( ) British use of term "singlet" or of "athletic singlet" means a sleeveless undershirt; and of the term "vest" means a short or long sleeved undershirt.

( ) Athens-made Shirts (new): As the neck band is too stiff and renders very difficult fastening the collar, moisten buttonhole with water, when it will become soft. But take care to use very little water or it creases.

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( ) Tieing the Knot in a bone Tie: First arrange at right side the broadest width end of tie, as this is what shows finally on top of the narrower end.

( ) Briefs can be sufficiently supported by inserting rear brace made in rear cross tape waistbelt adjuster. Sewing tape not necessary.

( ) Thin socks get holed very quickly, even medium thicker ones last much longer. Buy no more thin ones.

( ) Laundering Advice: Cotton underwear. After rinsing, set garment to its original shape, pulling to size and form. Squeeze the water out gently, never wringing it as that twists and injures the fibres. Never use hot iron on elastic waistbands, or on nylon briefs.

( ) How to wear a Beret: Put it on a little off centre, and sloping very slightly toward the front. It must be tugged into a shape that pulls it tight at the back, flat at the sides, rounded on top and any remaining fullness shaped at the front.

( ) Buy no further suede shoes or sandals. (a) They are hard to clean without getting bare and shiny. (b) In England they are now worn by mostly homosexuals. (c) Easiest is to use aerosol spray can polish for suede.

( ) Consumers Council UK tested elec razors, found Philips Rotary principle is more vibration-free than the oscillating type. Also latter's "gleitenden Schleifflache lauter" than Phillips. But they gave better shave than P.
Consumers found best "Schnitten" razors were Renson 21, Renson 200, Executive Smart Set and Phillishave Superjet.

( ) The white Nylon Shavebrush removes lint from all suits - dacron, wool, etc. - very efficiently.

( ) Sydney Clark Travel Guide: Modern men take 2 shirts instead of 10 ordinary ones. I carry quick-drying Orlon shirts, pyjamas, pants and even undershirts (but these must be of ribbed kind) made of Orlon, which breathes in sultry hot weather, washes easily, dries smoothly. Nylon is suited only to winter days.

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( ) A smart dressed distinguished Frenchman in Monte Carlo exclaimed, on seeing P.B., "What a beautiful elegant beard!" It was then quite small and very triangular.

( ) Kent`s Nylon Quick Lather Brush - It is flat Trim - gives greater lather holding capacity and whips up a creamy protective lather. Being Nylon 100% Hygienic - impervious to bacteria, mildew etc. Quick drying. For Long Service. Do not press hard.- After use - rinse and dry on towel to remove surplus water.- Do not keep in container.

( ) Pal-Shick Injector Blades - WARNING - The new blade cannot enter razor if lever is raised in "release" and grip is loose. Lever must be down so that spring is tight.

( ) To restore tightness of Bow ties, press spring-clip upwards, not down.

( ) Use Collar Extender on the Athens-made tight collar poplin shirts.

( ) Wrights long Pants are not warm enough, due too thin and 50% cotton. So use as linen inside another pair Pants.

( ) Leg= 1/2 inch shorter. So the trouser on it should be equally shorter, otherwise it will be longer than right one.

( ) BAN Suede leather shoes - The nap wears smooth quickly so that shoe looks shabby.

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( ) To tie cravat dont knot it -- simply flap over and tuck bottom into shirt.

( ) Jammed Zipper may be restored to working order if wet soap is passed under it.

( ) The dark blue large Beret stamped "59" on band, has a white cloth liner under the black satinlining, as sun ray protection.

( ) Wear Seersucker Striped Linen Jacket indoors, during day, and loudbrown suit outdoors.

( ) Mesh Shirts should not be worn in hot humid weather as then they become sticky and uncomfortable.

( ) Shirts with tight-fitting collars, stud or attached -- In warm weather, discomfort can be avoided by adding a collar-Extender.

( ) To tighten Clip on Bow Ties use pliers, press on the shoulder near middle of tie.

( ) Suspensory Bet will not slip off if correctly inserted in buckle. Put it in 2nd opening and only after that in first one.

( ) During day in Summer in sun wear Sandals on Street but ordinary shoes in evenings.

( ) In wet or cold weather oil shoes at night and stuff them with newspaper.

( ) WARNING: When going to City wear shorter long drawers. Longest ones cause stockings to fall down.

( ) It is permissible (and effective) to wear a Brown Jacket with Grey Trousers or a Light-Grey Jacket with Dark (black or darkblue) trousers.

( ) (1) Compton Mackenzie's beard was handsosome. It was a perfect triangle: mouth

Point

(2) His moustache was exactly as wide as the top of the beard. (3) His beret and cap were worn like attached picture.
(How to wear cap and beret -- Slope top down to right side. Top of left is high.)

ame of large vessel at Hyundai
part of Korea. A Korean farmer
eld planted with rice near Kyongju.

1.

-VALET-

Terrorist
HOW TO WEAR A BERET
SLOPE THE BERET

VALET