

THE FOOD OF THE FUTURE

Now food taken internally is broken down and decomposed by heat inside the body; thus, the chemical ether permeating each particle of food combines with the chemical ether of our vital body. The food magnetized by the Sun working in the plant is thereby assimilated, and remains with us until this magnetism is exhausted. The more directly food comes to us from the soil, the more solar magnetism it contains, consequently it “stays with us” the longest when eaten uncooked.

When food has gone through the process of cooking a part of the ether it contained is lost, as a number of the finer particles are dissolved by heat and ascend in the kitchen as odor from whatever food it comes; consequently, the cells of cooked food remain a shorter time as a part of our body than in the case of uncooked food, and food which has already been assimilated by an animal has very little chemical ether of its own (except milk, which is obtained by a vital process and has a greater quantity of ether than any other food). Hence, with regard to the flesh of animals, it may be said that most of the chemical ether in the fodder has gone into the vital body of the animal before it was killed and at its death the vital body leaves the carcass; therefore, flesh putrefies very much quicker than vegetables and “stays with us” only a short time after we eat it.

Death and disease are largely due to the fact that we subsist on food composed of cells robbed of their individual chemical ether obtained during plant assimilation. This is different and not to be confused with the planetary chemical ether, which permeates mineral, plant, animal, and man. But the flesh food deprived by death of the individual vital body which ensouled the animal during life is really reduced to its chemical mineral form and as such is of small value in vital processes; in fact, it is a detriment thereto and ought to be eliminated from the system as quickly as possible. But being mineral these particles of flesh are dead and difficult to move, therefore they accumulate gradually. Even a part of the plant food which is ash and mineral stays in our system, and so there is a gradual process of clogging which we describe as growth, this because we rob the plant or other food of its chemical ether.

Were we like the plants and capable of impregnating the mineral with ether, we would be able to really assimilate it and grow to giant stature, but as it is, the dead material accumulates more and more, until finally growth is stopped, because our powers of assimilation become less and less efficient.

In the future we shall not digest our food inside the body, but extract the chemical ether, which is our real food and inhale it through the nose where it comes in contact with the pituitary body; this is really the general organ of assimilation and promoter of growth; then our body will become more and more ethereal, the life processes will not be hindered by clogging waste, and consequently disease will gradually disappear and life will be lengthened. It is significant in this connection that often cooks feel no inclination to eat because the pungent odor of cooking satisfies them to a great extent, if the kitchen is close.

Science is gradually learning the truths previously taught by the occult science and their attention is being more and more directed to the ductless glands, which will give them the solution of many mysteries; but they do not seem to be aware as yet that there is a physical connection between the pituitary body, the principal organ of assimilation, and therefore of growth, and the adrenals, which eliminate the waste and assimilate the

proteins. These are also physically connected both with the spleen and the thymus and thyroid glands. It is significant in this connection, from the astrological point of view, that the pituitary body is ruled by Uranus, which is the octave of Venus, the ruler of the solar plexus, where the seed atom of the vital body is located. Thus, Venus keeps the gate of the vital fluid coming direct from the Sun through the spleen, and Uranus is warder of the gate where enters the physical food, and it is the blending of these two streams which produces the latent power stored up in our vital body until converted to dynamic energy by the Martial desire nature.