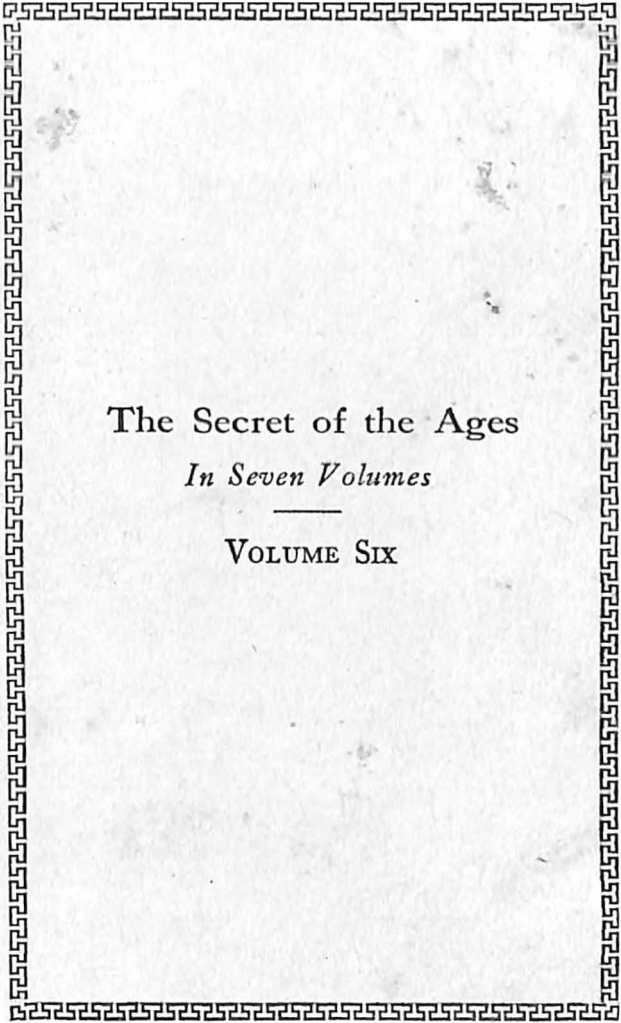


Abdul Majid Khan,

19.10.42



"Footprints on the
Sands of Time"



The Secret of the Ages
In Seven Volumes

VOLUME SIX

The
SECRET
of
THE AGES



ROBERT COLLIER

VOLUME SIX

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The Master Mind

"One who never turned his back but marched breast
forward,
Never doubted clouds would break,
Never dreamed though right were worsted
Wrong would triumph,
Held we fall to rise, are baffled to fight better,
Sleep to wake."

—BROWNING.

AMONG your friends there is one
of those men who doesn't have
much use for the word "can't."

You marvel at his capacity for work.
You'll admire him the more the longer
you know him.

You'll always respect him.

For he not only has made good, but
he always will make good. He has
found and appropriated to himself the

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“Talisman of Napoleon”—*absolute confidence in himself.*

The world loves a leader. All over the world, in every walk of life, people are eagerly seeking for some one to follow. They want some one else to do their thinking for them; they need some one to hearten them to action; they like to have some one else on whom to lay the blame when things go wrong; they want some one big enough to share the glory with them when success crowns his efforts.

But to instill confidence in them, that leader must have utter confidence in himself. A Roosevelt or a Mussolini who did not believe in himself would be inconceivable. It is that which makes men invincible — the Consciousness of their own Power. They put no limit upon their own capacities — therefore

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they have no limit. For Universal Mind sees all, knows all, and can do all, and we share in this absolute power to the exact extent to which we permit ourselves. Our mental attitude is the magnet that attracts from Universal Mind everything we may need to bring our desires into being. We make that magnet strong or weak as we have confidence in or doubt of our abilities. We draw to ourselves unlimited power or limit ourselves to humble positions according to our own beliefs.

A long time ago Emerson wrote: "There is one mind common to all individual men. Every man is an inlet to the same *and to all* of the same. He that is once admitted to the right of reason is made a freeman of the whole estate. What Plato has thought, he may think; what a saint has felt, he may feel;

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what at any time has befallen any man, he can understand. Who hath access to this Universal Mind, *is a party to all that is or can be done*, for this is the only and sovereign agent."

The great German physicist, Nernst, found that the longer an electric current was made to flow through a filament of oxide of magnesium, the greater became the conductivity of the filament.

In the same way, the more you call upon and use your subconscious mind, the greater becomes its conductivity in passing along to you the infinite resources of Universal Mind. The wisdom of a Solomon, the skill of a Michael Angelo, the genius of an Edison, the daring of a Napoleon, *all* may be yours. It rests with you only to form the contact with Universal Mind in order to draw from it what you will.

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Think of this power as something that you can connect with any time. It has the answer to all of your problems. It offers you freedom from fear, from worry, from sickness, from accident. No man and no thing can interfere with your use of this power or diminish your share of it. No one, that is, but yourself.

Don Carlos Musser expresses it well in "You Are":

"Because of the law of gravitation the apple falls to the ground. Because of the law of growth the acorn becomes a mighty oak. Because of the law of causation, a man is 'as he thinketh in his heart.' Nothing can happen without its adequate cause."

Success does not come to you by accident. It comes as the logical result of the operation of law. Mind, working

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through your brain and your body, makes your world. That it is not a better world and a bigger one, is due to your limited thoughts and beliefs. They dam back the flood of ideas that Mind is constantly striving to manifest through you. God never made a failure or a nobody. He offers to the highest and the lowest alike, all that is necessary to happiness and success. The difference is entirely in the extent to which each of us AVAILS himself of that generosity.

There is no reason why you should hesitate to aspire to any position, any honor, any goal, for the Mind within you is fully able to meet any need. It is no more difficult for it to handle a great problem than a small one. Mind is just as much present in your little everyday affairs as in those of a big business or a great nation. Don't set it doing trifling

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sums in arithmetic when it might just as well be solving problems of moment to yourself and the world.

Start something! Use your initiative. Give your mind something to work upon. The greatest of all success secrets is initiative. It is the one quality which more than any other has put men in high places.

Conceive something. Conceive it first in your own mind. Make the pattern there and your subconscious mind will draw upon the plastic substance or energy all about you to make that model real.

Drive yourself. Force yourself. It is the dreamer, the man with imagination, who has made the world move. Without him, we would still be in the Stone Age.

Galileo looked at the moon and dreamed of how he might reach it. The telescope was the fruition of that dream.

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Watt dreamed of what might be done with steam—and our great locomotives and engines of today are the result. Franklin dreamed of harnessing the lightning—and today we have man-made thunderbolts.

Initiative, plus imagination, will take you anywhere. Imagination opens the eyes of the mind, and there is nothing good you can image there that is not possible of fulfillment in your daily life.

Imagination is the connecting link between the human and the Divine, between the formed universe and formless energy. It is, of all things human, the most God-like. It is our part of Divinity. Through it we share in the creative power of Universal Mind. Through it we can turn the most drab existence into a thing of life and beauty. It is the means by which we avail our-

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selves of all the good which Universal Mind is constantly offering to us in such profusion. It is the means by which we can reach any goal, win any prize.

What was it gave us the submarine, the aeroplane, wireless, electricity? Imagination. What was it that enabled man to build the Simplon Tunnel, the Panama Canal, the Hell Gate span? Imagination. What is it that makes us successful and happy, or poor and friendless? Imagination—or the lack of it.

It was imagination that sent Spanish and English and French adventurers to this new world. It was imagination that urged the early settlers westward—ever westward. It was imagination that built out railroads, our towns, our great cities.

Parents foolishly try to discourage imagination in their children, when all it needs is proper guidance. For imag-

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ination forms the world from which their future will take its shape. Restrain the one and you constrict the other. Develop the one in the right way, and there is no limit to the other. Uncontrolled, the imagination is like a rudderless ship. Or even, at times, like the lightning. But properly controlled, it is like the ship that carries riches from port to port. Or like the electric current, carrying unlimited power for industry and progress.

Do you want happiness? Do you want success? Do you want position, power, riches? *Image them!* How did God first make man? "In his image created He him." He "imaged" man in His Mind.

And that is the way everything has been made since time began. It was first imaged in Mind. That is the way every-

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thing you want must start—with a mental image.

So use your imagination! Picture in it your Heart's Desire. Imagine it—day-dream it so vividly, so clearly, that you will actually BELIEVE you HAVE it. In the moment that you carry this conviction to your subconscious mind—in that moment your dream will become a reality. It may be a while before you realize it, but the important part is done. You have created the model. You can safely leave it to your subconscious mind to do the rest.

When Jesus adjured His disciples—“Whatsoever ye desire, when ye pray, believe that ye RECEIVE it,” He was not only telling them a great truth, but he was teaching what we moderns would call excellent psychology as well. For this “belief” is what acts upon the sub-

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conscious mind. It is through this "belief" that formless energy is compressed into material form.

Every man wants to get out of the rut, to grow, to develop into something better. Here is the open road—open to you whether you have schooling, training, position, wealth, or not. Remember this: Your subconscious mind knew more from the time you were a baby than is in all the books in all the colleges and libraries of the world.

So don't let lack of training, lack of education, hold you back. Your mind can meet every need—and will do so if you give it the chance. The Apostles were almost all poor men, uneducated men, yet they did a work that is unequalled in historical annals. Joan of Arc was a poor peasant girl, unable to read or write—*yet she saved France!* The pages

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of history are dotted with poor men, uneducated men, who thought great thoughts, who used their imaginations to master circumstances and became rulers of men. Most great dynasties started with some poor, obscure man. Napoleon came of a poor, humble family. He got his appointment to the Military Academy only through very hard work and the pulling of many political strings. Even as a Captain of Artillery he was so poverty-stricken that he was unable to buy his equipment when offered an appointment to India. Business today is full of successful men who have scarcely the rudiments of ordinary education. It was only after he had made his millions that Andrew Carnegie hired a tutor to give him the essentials of an education.

So it isn't training and it isn't educa-

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tion that make you successful. These help, but the thing that really counts is that gift of the Gods—*Creative Imagination!*

You have that gift. *Use it!* Make every thought, every fact, that comes into your mind *pay you a profit*. Make it work and produce for you. Think of things—not as they are but as they MIGHT be. Make them real, live and interesting. Don't merely dream—but **CREATE!** Then use your imagination to make that CREATION of advantage to mankind—and, incidentally, yourself.

XX

What Do You Lack?

"I read the papers every day, and oft encounter tales which show there's hope for every jay who in life's battle fails. I've just been reading of a gent who joined the has-been ranks, at fifty years without a cent, or credit at the banks. But undismayed he buckled down, refusing to be beat, and captured fortune and renown; he's now on Easy Street. Men say that fellows down and out ne'er leave the rocky track, but facts will show, beyond a doubt, that has-beens do come back. I know, for I who write this rhyme, when forty-odd years old, was down and out, without a dime, my whiskers full of mold. By black disaster I was trounced until it jarred my spine; I was a failure so pronounced I didn't need a sign. And after I had soaked my coat, I said (at forty-three), 'I'll see if I can catch the goat that has escaped from me.' I labored hard; I strained my dome, to do my daily grind, until in triumph I came home, my billy-goat behind. And any man who still has health may with the winners stack, and have a chance at fame and wealth—for has-beens do come back."

—WALT MASON.*

* From "Walt Mason—His Book." Barse & Hopkins, Newark, N. J.

DO you know why it is that the Bolsheviki are so opposed to religion?

Because religion, as it is commonly accepted, teaches man resignation to conditions as they are—teaches, in effect, that God created some men poor and some rich. That this unequal distribution is a perfectly natural thing. And that we must not rail against it because it will all be made right in the next world.

Napoleon, in his early Jacobin days, denounced religion for that very reason. But when he had won to power, when he planned to make himself Emperor, then he found he had need for that religion, and re-established the Church in France.

For, he reasoned, how can people be satisfied without religion? If one man is starving, near another who is making

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himself sick by eating too much, how can you expect to keep the starving one resigned to his fate unless you teach him it will all be made right in some indefinite future state?

Organized society could not exist, as he planned it, without some being rich and some poor, and to keep the poor satisfied, there must be an authority to declare—"God wills it thus. But just be patient. In the hereafter all this will be different. YOU will be the ones then to occupy the places of honor."

Religion, in other words—as it is ordinarily taught—*is a fine thing to keep the common people satisfied!*

But Christianity was never meant for a weapon to keep the rich wealthy and secure, the poor satisfied and in their proper place. On the contrary, Christianity as taught by Jesus opened the way

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to all Good. And Christianity as it was practiced in its early years was an idealized form of Socialism that benefited each and all. No one was wealthier than his neighbors, it is true—but neither was any poverty-stricken. Theirs was the creed of the Three Musketeers—“All for one, and one for all!”

“Ask and ye shall receive,” said Jesus. “Seek and ye shall find.” That was not directed to the rich alone. That was to ALL men.

Providence has never made a practice of picking out certain families or certain individuals and favoring them to the detriment of other people—much as some of our “leading families” would have us believe it. It is only man that has arrogated to himself that privilege. We laugh now at the “divine right of Kings.” It is just as ridiculous to think that a few

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have the right to all the good things of life, while the many have to toil and sweat to do them service.

To quote Rumbold's last words from the scaffold—"I never could believe that Providence had sent a few men into the world ready booted and spurred to ride, and millions ready saddled and bridled to be ridden."

There is nothing right in poverty. Not only that, but there is nothing meritorious in poverty. The mere fact that you are poor and ground down by fear and worry is not going to get you any forwarder in the hereafter. On the contrary, your soul is likely to be too pinched by want, too starved and shrivelled to be able to expand.

"The Kingdom of Heaven is within you." To me that means that Heaven is here and now. That if we want any

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happiness from it we've got to get it as we go along. I've never been much of a believer in accepting these promissory notes for happiness. Every time one of them falls due, you find you just have to renew it for another six months or a year, until one of these days you wake up and find that the bank has busted and all your notes are not worth the paper they are written on.

The Cumæan Sibyl is said to have offered Tarquin the Proud nine books for what he thought an exorbitant sum. So he refused. She burned three of the books, and placed the same price on the six as on the original nine. Again he refused. She burned three more books, and offered the remainder for the sum she had first asked. This time Tarquin accepted. The books were found to contain prophecies and invaluable directions

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regarding Roman policy, but alas, they were no longer complete.

So it is with happiness. If you take it as you go along, you get it in its entirety. But if you keep putting off the day when you shall enjoy it—if you keep taking promissory notes for happiness—every day will mean one day less of it that you will have. Yet the cost is just the same.

The purpose of existence is GROWTH. You can't grow spiritually or mentally without happiness. And by Happiness I don't mean a timid resignation to the "Will of God." That so-called "Will of God" is more often than not either pure laziness on the part of the resigned one or pure cussedness on the part of the one that is "putting something over" on him. It is the most sanctimonious expression yet devised to excuse some condition that

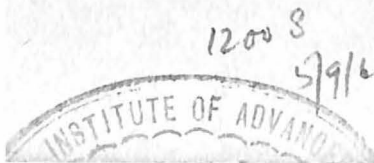
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no one has the energy or the ability to rectify.

No—by Happiness I mean the everyday enjoyment of everyday people. I mean love and laughter and honest amusement. Every one of us is entitled to it. Every one of us can have it—if he has the WILL and the ENERGY to get out and get it for himself.

Joyless work, small pay, no future, nothing to look forward to—God never planned such an existence. It is man-made—and you can be man enough to unmake it as far as you and yours are concerned.

God never made any man poor any more than He made any man sick. Look around you. All of Nature is bountiful. On every hand you see profusion—in the trees, in the flowers, in everything that He planned. The only Law of Nature



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is the law of Supply. Poverty is unnatural. It is man-made, through the limits man puts upon himself. God never put them there any more than He showed partiality by giving to some of His children gifts and blessings which He withheld from others. His gifts are just as available to you as to any man on earth. The difference is all in your understanding of how to avail yourself of the infinite supply all about you.

Take the worry clamps off your mentality and you will make the poverty clamps loosen up from your finances. Your affairs are so closely related to your consciousness that they too will relax into peace, order, and plenty. Divine ideas in your spiritual consciousness will become active in your business, and will work out as your abundant prosperity.

As David V. Bush says in "Applied

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Psychology and Scientific Living"—
“Thoughts are things; thoughts are energy; thoughts are magnets which attract to us the very things which we think. Therefore, if a man is in debt, he will, by continually thinking about debt, bring more debts to him. For thoughts are causes, and he fastens more debts on to himself and actually creates more obligations by thinking about debts.

“Concentrate and think upon things that you want; not on things which you ought not to have. Think of abundance, of opulence, of plenty, of position, harmony and growth, and if you do not see them manifested today, they will be realized to-morrow. If you must pass through straits of life where you do not outwardly see abundance, know that you have it within, and that in time it will manifest itself.

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“I say, if you concentrate on debt, debt is what you will have; if you think about poverty, poverty is what you will receive. It is just as easy, when once the mind becomes trained, to think prosperity and abundance and plenty, as it is to think lack, limitation and poverty.”

Prosperity is not limited to time or to place. It manifests when and where there is consciousness to establish it. It is attracted to the consciousness that is free from worry, strain, and tension.

So never allow yourself to worry about poverty. Be careful, take ordinary business precautions—of course. But don't center your thought on your *troubles*. The more you think of them, the more tightly you fasten them upon yourself. Think of the *results* you are after—not of the difficulties in the way. Mind will find the way. It is merely up to you to

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choose the goal, then keep your thought steadfast until that goal is won.

The greatest short-cut to prosperity is to *LIVE IT!* Prosperity attracts. Poverty repels. To quote Orison Swett Marden—"To be ambitious for wealth and yet always expecting to be poor, to be always doubting your ability to get what you long for, is like trying to reach East by travelling West. There is no philosophy which will help a man to succeed when he is always doubting his ability to do so, and thus attracting failure."

Again: "No matter how hard you may work for success, if your thought is saturated with the fear of failure it will kill your efforts, neutralize your endeavors, and make success impossible."

The secret of prosperity lies in so vividly imaging it in your own mind

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that you literally exude prosperity. You feel prosperous, you look prosperous, and the result is that before long you ARE prosperous.

I remember seeing a play a number of years ago that was based on this thought. A young fellow—a chronic failure—was persuaded by a friend to carry a roll of \$1000 counterfeit bills in his pocket, and to show them, unostentatiously, when the occasion offered. Of course, everyone thought he had come into some legacy. The natural inference was that anyone who carried fifty or a hundred thousand dollar bills in his pockets must have a lot more in the bank. Opportunities flocked to him. Opportunities to make good. Opportunities to make money. He made good! And that without having to spend any of this spurious money of his. For most

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business today is done on credit. I know many wealthy men who seldom carry anything but a little change in their pockets for tips. Everything they do, everything they buy, is "Charged." And big deals are put through in the same way. If a man is believed to have plenty of money, if he has a reputation for honesty and fair-dealing, he may put through a transaction running into six or seven figures without paying one cent down. The thing that counts is not the amount of your balance at the Bank, but what others THINK of you, the IMAGE you have created in your own and in others minds.

What do you lack? What thing do you want most? Realize that before it or any other thing can be, it must first be imaged in Mind. Realize, too, that when you can close your eyes and actu-

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ally SEE that thing, *you have brought it into being*—you have drawn upon that invisible substance all about you—you have *created something*. Hold it in your thought, focus your mind upon it, “BELIEVE THAT YOU HAVE IT”—and you can safely leave its material manifestation to the Genie-of-your-Mind.

God is but another name for the invisible, everywhere-present, Source-of-things. Out of the air the seed gathers the essences which are necessary to its bountiful growth; out of the invisible ether our minds gather the rich ideas that stimulate us to undertake and to carry out enterprises that bring prosperity to us. Let us see with the eye of the mind a bountiful harvest; then our minds will be quickened with ideas of abundance, and plenty will appear, not only in our world, but everywhere.

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“As the rain cometh down and the snow from heaven, and returneth not thither, but watereth the earth, and maketh it bring forth and bud, and giveth seed to the sower and bread to the eater; so shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it.”—Isaiah.

XXI

The Sculptor and the Clay

"Eternal mind the Potter is,
And thought the eternal clay.
The hand that fashions is divine;
His works pass not away.
God could not make imperfect man
His model Infinite, Unhallowed thought
He could not plan—Love's work and
Love must fit."

—ALICE DAYTON.

WHEN you step into your office on Monday morning, no doubt you have dreams of wonderful achievement. Your step is firm, your brain is clear and you have carefully thought out just **WHAT** you will do and **HOW** you will accomplish big things in your business. Perhaps the very plans you have in mind will influence your whole business career, and

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you have visions of the dollars that will be yours rolling into your bank account.

But do these dreams come true?

Are you always able to put through what you had planned to do—does your day's work have the snap and power you imagined it would have? Are you ever forced to admit that your dreams of big accomplishment are often shattered because of "fagged nerves" and lack of energy, because you have not the "pep"?

How easy it is to think back and see how success was in your grasp if only you had felt equal to that extra bit of effort, if only you had had the "pep," the energy to reach out and take it. The great men of the world have been well men, strong men. Sickness and hesitancy go hand in hand. Sickness means weakness, querulousness, lack of faith, lack of confidence in oneself and in others.

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But there is no real reason for sickness or weakness, and there is no reason why you should remain weak or sick if you are so afflicted now.

Remember the story of the sculptor Pygmalion? How he made a statue of marble so beautiful that every woman who saw it envied it? So perfect was it that he fell in love with it himself, hung it with flowers and jewels, spent day after day in rapt admiration of it, until finally the gods took pity upon him and breathed into it the breath of life.

There is more than Pagan mythology to that story. There is this much truth in it—that any man can set before his mind's eye the image of the figure he himself would like to be, and then breathe the breath of life into it merely by keeping that image before his sub-

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conscious mind as the model on which to do its daily building.

For health and strength are natural. It is ill-health and weakness that are unnatural. Your body was meant to be lithe, supple, muscular, full of red-blooded energy and vitality. A clear brain, a powerful heart, a massive chest, wrists and arms of steel—all these were meant for you—all these you can have if you will but *know*, and *feel*, and *think aright*.

Just take stock of yourself for a moment. Are your muscles tough, springy and full of vim? Do they do all you ask of them—and then beg for more? Can you eat a good meal—and forget it?

If you can't, it's your own fault. You can have a body alive with vitality, a skin smooth and fine of texture, muscles

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supple and virile. You can be the man you have always dreamed of being, without arduous dieting, without tiresome series of exercises, merely by following the simple rules herein laid down.

For what is it that builds up the muscles, puts energy and vitality into your system, gives you the pep and vigor of youth? *Is it exercise?* Then why is it that so many day laborers are poor, weak, anæmic creatures, forced to lay off from one to three months every year on account of sickness? They get plenty of exercise and fresh air. Why is it that so many athletes die of tuberculosis or of weak hearts? They get the most scientific exercise year in and year out.

Just the other day I read of the sudden death of Martin A. Delaney, the famous trainer, known all over the country as a physical director. He taught

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thousands how to be strong, but "Athletic Heart" killed him at 55. Passers-by saw him running for a car, then suddenly topple over dead.

"Exercise as a panacea for all human ills is dangerously overrated," Dr. Charles M. Wharton, in charge of health and physical education at the University of Pennsylvania, said today (March 20, 1926), according to an Associated Press despatch.

Dr. Wharton, who has been a trainer of men for thirty years and was an all-American guard on the Pennsylvania football team in 1895 and 1896, declared the search for the fountain of youth by exercise and diet has been commercialized to a point of hysteria.

"Some one should cry a halt against this wild scramble for health by unnatural means," said Dr. Wharton. "This

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indiscriminate adoption of severe physical training destroys the health of more people than it improves."

Dr. Wharton said he was appalled by the amount of physical defects and weaknesses developed by overindulgence in athletics by students in preparatory schools.

"I know I am presenting an unpopular viewpoint, and it may sound strange coming from a physical director.

"In gymnasium work at the University of Pennsylvania we try to place our young men in sports *which they will enjoy*, and thus get a physical stimulation from *relaxed play*."

Is it diet? Then why is it that so many people you know, who have been dieting for years, are still such poor, flabby creatures? Doesn't it always work, or is it merely a matter of guess-work—and

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those were the cases where no one happened to guess right? Why is it that doctors disagree so on what is the correct diet? For years we have been taught to forswear too much meat. For years we have been told that it causes rheumatism and gout and hardening of the arteries—and a dozen or more other ailments.

Now comes Dr. Woods Hutchinson—a noted authority, quoted the world over—and says: “All the silly old prejudice against meat, that it heated the blood (whatever that means) and produced uric acid to excess, hardened the arteries, inflamed the kidneys, caused rheumatism, etc., has now been proved to be pure fairy tales, utterly without foundation in scientific fact.

“Red meats have nothing whatever to do with causing gout and rheuma-

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tism, because neither of these diseases is due to foods or drinks of any sort, but solely to what we call local infections. Little pockets of pus (matter) full of robber germs—mostly streptococci—around the roots of our teeth, in the pouches of our tonsils, in the nasal passages and sinuses of our foreheads and faces opening into them; . . . Our belief now is: 'No pockets of pus, no rheumatism or gout.' Food of any kind has absolutely nothing to do with the case.

"On the other hand, the very worst cases on record in all medical history of hardening and turning to lime (calcification) of the arteries all over the body, and in the kidneys and intestines particularly, have been found in Trappist and certain orders of Oriental monks who live almost exclusively upon starch and

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pulse—that is, peas, beans, and lentils, and abstain from meat entirely.”

Then what is right? *Is it the combination of diet and exercise?* But surely the patients in sanitariums and similar institutions would have every chance to get just the right combination, yet how often you see them come out little, if any, better off than when they went in.

No. None of these is the answer. As a matter of fact, the principal good of either diet or exercise is that it keeps before the patient's mind the RESULT he is working for, and in that way tends to impress it upon his subconscious mind. That is why physical culturists always urge you to exercise in front of a mirror. If results are achieved, it is MIND that achieves them—not the movements you go through or the particular kind of food you eat.

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Understand, I don't ask you to stop exercising. A reasonable amount of light, pleasant exercise is good for you mentally and physically. It develops your will power. It helps to impress upon your subconscious mind the image you want to see realized in your body. And it takes your mind off your troubles and worries, centering your thoughts instead upon your desires. Just where your thoughts should always be.

Outdoor exercise, tennis, horseback, swimming—any sort of active *game*—is the best rest there is for a tired mind. For mental tiredness comes from a too steady contemplation of ones problems. And anything that will take ones mind completely off them, and give the subconscious time to work out the solution, is good. That is why it so often happens that you go back to your work after

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a day of play—not merely refreshed, but with so clear a mind that the problems which before seemed insurmountable are but as child's play to you.

You who envy the rosy cheek and sparkling eye of youth, who awake in the morning weary and unrefreshed, who go to your daily tasks with fagged brain and heavy tread—just remember that Perfect Youth or Perfect Health is merely a state of mind.

There is only one thing that puts muscles on your bones. There is only one thing that keeps your organs functioning with precision and regularity. There is only one thing that builds for you a perfect body. That one thing is your subconscious mind.

Every cell and tissue, every bone and sinew, every organ and muscle in your entire body is subject to the control of

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your subconscious mind. As it directs, so they build or function.

True, that subconscious mind accepts suggestions from your conscious mind. Hold before it the thought that the exercise you are taking is building muscle upon your arms or shoulders, and your subconscious mind will fall in readily with the suggestion and strengthen those muscles. Hold before it the thought that some particular food gives you unusual energy and "pep," and the subconscious mind will be entirely agreeable to producing the added vigor.

But have you ever noticed how some sudden joy (which is entirely a mental state) energizes and revitalizes you—*more than all the exercise or all the tonics you can take?* Have you ever noticed how martial music will relieve the fatigue of marching men? Have you

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ever noticed how sorrow (which is entirely a mental state) will depress and devitalize you, *regardless of any amount of exercise or health foods you may take?*

Each of us has within him all the essentials that go to the making of a Super-Man. But so has every acorn the essentials for making a great oak tree, yet the Japanese show us that even an oak may be stunted by continual pruning of its shoots. Negative and weak thoughts, thoughts of self-doubt, of mistrust, continually prune back the vigorous life ever seeking so valiantly to show forth the splendor and strength of the radiant inner self.

Choose what you will be! Your responsibility is to think, speak, act the true inner self. Your privilege is to show forth in this self, the fullness of peace and plenty. Keep steadfastly in

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mind the idea of yourself that you want to see realized. Your daily, hourly, and continual idea of yourself, your life, your affairs, your world, and your associates, determines the harvest, the showing forth. Look steadfastly to your highest ideal of self, and your steadfast and lofty ideal will draw forth blessing and prosperity not only upon you, but upon all who know you.

For mind is the only creator, and thought is the only energy. All that counts is the image of your body that you are holding in your thought. If heretofore that image has been one of weakness, of ill-health, change it *now*—**TODAY**. Repeat to yourself, the first thing upon awakening in the morning and the last thing before going to sleep at night—"My body was made in the image and likeness of God. God first

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imagined it in its entirety, therefore every cell and bone and tissue is perfect, every organ and muscle performing its proper function. That is the only model of me in Universal Mind. That is the only model of me that my Subconscious Mind knows. Therefore, since Mind—God—is the only creator, *that is the only model of me that I can have!*”

XXII

Why Grow Old?

"And Moses was an hundred and twenty years old when he died: his eye was not dim, nor his natural force abated."

REMEMBER how you used to plough through great masses of work day after day and month after month, cheerily, enthusiastically, with never a sign of tiring or nervous strain? Remember how you used to enjoy those evenings, starting out as fresh from your office or shop as if you hadn't just put a hard day's work behind you?

No doubt you've often wondered why you can't work and enjoy yourself like that now, but solaced yourself with the moth-eaten fallacy that "As a man grows

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older he shouldn't expect to get the same fun out of life that he did in his earlier years."

Poor old exploded idea!

Youth is not a matter of time. It is a mental state. You can be just as brisk, just as active, just as light-hearted now as you were ten or twenty years ago. Genuine youth is just a perfect state of health. You can have that health, and the boundless energy and capacity for work or enjoyment that go with it. You can cheat time of ten, twenty or fifty years—not by taking thought of what you shall eat or what you shall drink, not by diet or exercise, but solely through a right understanding of what you should expect of your body.

"If only I had my life to live over again!" How often you have heard it said. How often you have thought it.

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But the fact is that you CAN have it. You can start right now and live again as many years as you have already experienced. Health, physical freedom and full vigor need not end for you at 35 or 40—nor at 60 or 70. Age is not a matter of years. It is a state of mind.

In an address before the American Sociological Society a few months ago Dr. Hornell Hart of Bryn Mawr predicted that—"Babies born in the year 2000 will have something like 200 years of life ahead of them, and men and women of 100 years will be quite the normal thing. But instead of being wrinkled and crippled, these centenarians will be in their vigorous prime."

Thomas Parr, an Englishman, lived to be 152 years old, and was sufficiently hale and hearty at the age of 120 to take unto himself a second wife. Even at

152, his death was not due to old age, but to a sudden and drastic change in his manner of life. All his days he had lived upon simple fare, but his fame reaching the King, he was invited to London and there feasted so lavishly that he died of it.

In a despatch to the *New York Times* on February 14th last, I read of an Arab now in Palestine, one Salah Mustapha Salah Abū Musa, who at the age of 105 *is growing his third set of teeth!*

There is an ancient city in Italy which can be approached by sea only through a long stretch of shallow water full of rocks and cross currents. There is one safe channel, and it is marked by posts. In the days of the Sea Rovers the city used to protect itself by pulling up the posts whenever a rover hove in sight.

Mankind has taken to planting posts

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along its way to mark the flight of time. Every year we put in a new one, heedless of the fact that we are thus marking a clear channel for our Arch-Enemy, Age, to enter in from the sea of human belief.

But the fact is that there is no natural reason for man to grow old as soon as he does, *no biological reason for him to grow old at all!*

Why is it that the animals live eight to ten times their maturity, when man lives only about twice his? Why? Because man hastens decrepitude and decay by holding the thought of old age always before him.

Dr. Alexis Carrel, Noble Prize winner and member of the Rockefeller Institute, has demonstrated that living cells taken from a body, properly protected and fed, can be kept alive indefinitely.

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Not only that, but they *grow!* In 1912 he took some tissue from the heart of an embryo chick and placed it in a culture medium. It is living and growing yet.

Recently Dr. Carrel showed a moving picture of these living cells before the American Institute of Electrical Engineers. They grow so fast that they double in size every twenty-four hours, and have to be trimmed daily!

The cells of your being can be made to live indefinitely when placed outside your body. Single-celled animals never die a natural death. They live on and on until something kills them. Now scientists are beginning to wonder if multi-cellular animals like man really need to die.

Under the title, "Immortality and Rejuvenation in Modern Biology," M. Metalnikov, of the Pasteur Institute, has

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just published a volume that should be read by all those who have decided that it is necessary to grow old and die.

Here is the first sentence of the concluding chapter of the book: "What we have just written forces us to maintain our conviction that immortality is the fundamental property of living organisms."

And further on:

"Old age and death are not a stage of earthly existence. . . ."

And that, mind you, is set forth under the aegis of a scientific establishment that has no equal in the world, and of a scholar universally respected.

As the *Journal of Paris* says in reviewing the article:

"Most religious and philosophic systems assert the immortality of the soul. But the positive sciences have shown

themselves more skeptical on this point. This idea seems to them quite contradictory to all that we know, or think we know, of animal life. Animal life originates as a tiny germ, which becomes an embryo, developing into an adult organism, which grows old and finally dies. This means the disappearance of all the faculties of life that so clearly distinguish it from an inanimate object. There is no scientific evidence to show that at this moment the 'soul' does not disappear with the body, and that it continues its existence separately. Biologists cannot even conceive the possibility of separation of soul and body, so strong and indissoluble are the bonds that unite all our psychic manifestations with our bodily life. For them an immortal soul only can exist in an immortal body. What if it were so? What if our organ-

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ism is really indestructible? It is this that M. Metalnikov attempts scientifically to prove.

“Death is a permanent and tangible phenomenon only in the case of man and the higher animals. It is not so for plants and for the simpler forms of animal life, the protozoans. These last, composed often of a single cell, just observable under the microscope, are however without the chief faculties that characterize the higher animals. They move about by means of vibratory hair-like processes, sustain themselves, seek their food, hunt animals still smaller than themselves, react to irritations of different kinds, and multiply. But this multiplication is not effected by means of special organs, as among the higher animals, but by the division of the whole organism into two equal parts. The

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common infusoria which abound in fresh water thus divide once or twice every twenty-four hours. Each daughter cell continues to live like the mother cell, of which it is the issue; it feeds, grows, and divides in its turn. And never, in this constantly renewed cycle in their lives, do we find the phenomenon of natural death, so characteristic and so universal in the higher animals. The infusorium is subject only to accidental death, such as we can cause by the addition of some poisonous element to the water in which it lives, or by heat.

“Experiments along this line were made long ago. The first were by de Saussure, in 1679. Having put an infusorium in a drop of water, he saw it divide under his eye. Four days later it was impossible to count the number of creatures. However, some authors

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thought that this reproductive facility was not unlimited. Maupas himself, who made a minute study of it forty years ago and succeeded in observing 700 successive generations of a single species, thought that it was finally subject to old age and to death.

“But the more recent works of Joukovsky at Heidelberg, of Koulaghine at Petrograd, of Calkins in England, of Weissmann, and still others, lead to an opposite opinion. The degeneration observed by these workers was due to auto-intoxication, caused by not renewing the culture-medium.

“Decisive experiments were made in Russia, dating from 1907, by Woodruff and by M. Metalnikov himself. Begun at Tsarskoe Selo, they continued until the tragic hours of the 1917 revolution, and were renewed at the University of

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Crimea. These investigators took an infusorium found in an aquarium, the *Paramoecium caudatum*, whose characteristics are well determined, and in thirteen years, in 1920, they had obtained 5,000 successive generations. . . .

“Thus we are bound to say that a unicellular body possesses within itself the power of immortality.

“And we ourselves are made up only by the juxtaposition of simple cells.”

The Fountain of Youth

Four hundred years ago Ponce de Leon set sail into the mysteries of an unknown world in search of the Fountain of Youth, when all the time the secret of that fountain was right within himself.

For the fact is, that no matter how many years have passed since you were

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born, *you are only eleven months old today!* Your body is constantly renewing itself. The one thing about it you can be surest of is CHANGE. Every one of the millions of cells of which it is composed is constantly being renewed. Even your bones are daily renewing themselves in this way.

These cells are building—building—building. Every day they tear down old tissue and rebuild it with new. There is not a cell in your body, not a muscle or tissue, not a bone, that is more than eleven months old! Why then should you feel age? Why should you be any less spry, any less cheerful, than these youngsters around you that you have been envying?

The answer is that you *need not*—if you will but realize your YOUTHFULNESS. Every organ, every muscle,

tissue and cell of your body is subject to your subconscious mind. They rebuild exactly as that mind directs them. What is the model *you* are holding before your mind's eye? Is it one of age, of decrepitude? That is the model that most men use, because they know no better. That is the result that you see imaged upon their bodies.

But you need not follow their outworn models. You can hold before your mind's eye only the vision of youth, of manly vigor, of energy and strength and beauty—*and that is the model that your cells will use to build upon.*

Do you know what is responsible for the whole difference between Youth and Age? Just one thing. Youth looks *forward* always to something better. Age looks backward and sighs over its "lost" youth.

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In youth we are constantly growing. We KNOW we have not yet reached our prime. We know we can expect to continually IMPROVE. We look forward to ever-increasing physical powers. We look forward to a finer, more perfect physique. We look forward to greater mental alertness. We have been educated to expect these things. Therefore we BELIEVE we shall get them—and we GET them!

But what happens after we get to be thirty or forty years of age? We think we have reached our prime. We have been taught that we can no longer look forward to greater growth—that all we can hope for is to “hold our own” for a little while, and then start swiftly downward to old age and decay. History shows that no nation, no institution and no individual can continue for any length

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of time to merely "hold his own." You must go forward—or back. You must move—or life will pass you by. Yours is the choice. If you will realize that there is never any end to GROWTH—that your body is constantly being rebuilt—that perfection is still so far ahead of you that you can continue GROWING towards it indefinitely—you need never know age. You can keep on growing more perfect, mentally and physically, every day. Every minute you live is a minute of conception and rebirth.

You may be weak and anæmic. You may be crippled or bent. No matter! You can start today to rebuild along new lines. In eleven months at the most, every one of those weak and devitalized cells, every one of those bent and crippled bones, will be replaced by new, strong, vigorous tissue.

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Look at Annette Kellerman—crippled and deformed as a child—yet she grew up into the world's most perfectly formed woman. Look at Roosevelt—weak and anæmic as a young man—yet he made himself the envy of the world for boundless vigor and energy. And they are but two cases out of thousands I could quote. Many of the world's strongest men were weaklings in their childhood. It matters not what your age, what your condition—you can start now renewing your youth, growing daily nearer the model of YOU that is imaged in Universal Mind.

Arthur Brisbane says that at the age of 85 George F. Baker is doing the work of ten men.

That is what every man of 85 ought to be doing, for he should have not only the physical vigor and strength and enthusiasm of 21, but combined with them

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he should have the skill and experience, the ripened judgment of 85.

There is no more despairing pronouncement than the belief of the average man that he matures only to begin at once to deteriorate and decay. When the actual fact is, as stated in a recent utterance by the eminent Dr. Hammond, *there is no physiological reason* why a man should die. He asserted—and the statement is corroborated by scientists and physiologists—that the human body possesses inherent capacity to renew and continue itself and its functions indefinitely!

Your body wear out? Of course it does—just as all material things do. But with this difference—your body is being renewed just as fast as it wears out! Have you damaged some part of it? Don't worry. Down inside you is a chemical

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laboratory which can make new parts just as good or better than the old. Up in your subconscious mind is a Master Chemist with all the formulas of Universal Mind to draw upon, who can keep that chemical laboratory of yours making new parts just as fast as you can wear out the old.

But that Master Chemist is like all of us—like you. He is inclined to lazy a bit on the job—if you let him. Try to relieve him of some of his functions—and he won't bother about them further. Take to the regular use of drugs or other methods of eliminating the waste matter from the body, and your Master Chemist will figure that your conscious mind has taken over this duty from him—and he will leave it thereafter to your conscious mind. Lead him to believe that you no longer expect him to rebuild your

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body along such perfect lines as in youth—and he will slow down in his work of removing the old, worn-out tissues, and of replacing them with new, better material. The result? Arteries clogged with worn-out cells. Tissues dried and shrunken. Joints stiff and creaky. In short—Old Age.

The fault is not with the Master Chemist. It is with you. You didn't hold him to the job. When a business or an enterprise or an expedition fails, it is not the rank and file who are to blame—it is the directing head. He didn't give his men the right plans to work on. He didn't supply the proper leadership. He didn't keep them keyed up to their best work.

What would you think of an engineer who, with the best plans in the world, the best material with which to build, threw

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away his plans when he was half through with the job and let his men do as they pleased, ruining all his early work and all his fine material by putting the rest of it together any which way?

Yet that is what you do when you stop **LOOKING FORWARD** at 30 or 40, and decide thereafter to just grow old any which way. You throw away the wonderful model on which you have been building, you take the finest material in the world, and let your workmen put it together any way they like. In fact, you do worse than that. You tell them you don't expect much from them any more. That any sort of a patched-up job they put together after that will be about as good as you can look for.

Man alive! What would you expect from ordinary workmen to whom you talked like that? Your inner workmen

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are no different. You will get from them just what you look for—no more, no less.

“Your time of life” should be the best time you have yet known. The engineer who has built forty bridges should be far more proficient than the one who has built only a few. The model you are passing on to your Master Chemist now ought to be a vastly more perfect model than the one you gave to him at twenty. Instead of feeling that your heart is giving out and your stomach weak, you ought to be boasting of how much better a heart you are now making than a few years ago, how much more perfectly your stomach is functioning than before you learned that you were its boss.

Of one thing you can be sure. God never decreed a law of decay and death. If there is any such law, it is man-made—and man can unmake it. The Life

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Principle that came to this planet thousands or millions of years ago brought no Death Principle with it. For death is like darkness—it is nothing in itself. Death is merely the absence of life, just as darkness is merely the absence of light. Keep that life surging—strongly.

In the Book of Wisdom, of the Apocryphal writings, you read:

“For God made not death; neither hath He pleasure in the destruction of the living.

“For He created all things that they might have being; and the generative powers of the world are healthsome, and there is no poison of destruction in them, nor hath death dominion upon the earth.

“For righteousness is immortal:

“But ungodly men with their works and words called death unto them.

“For God created man to be immortal,

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and made Him to be an image of His own proper being.

“But by the envy of the devil came death into the world.”

“Whosoever liveth and believeth in me (understandeth me),” said Jesus, “shall never die.”

And again—“If a man keep my saying, he shall never see death.”

Universal Mind knows no imperfection—no decay—no death. It does not produce sickness and death. It is your *conscious* mind that has decreed these evils. Banish the thought—and you can banish the effect. Life was never meant to be measured by years.

I remember reading a story of a traveler who had journeyed to a land of perpetual sun. Since there was no sunrise and no sunset, no moons or changing seasons, there was no means of measuring

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time. Therefore to the inhabitants of that land, time did not exist. And having no time, they never thought to measure ages and consequently never grew old. Like organisms with a single cell, they did not die except by violence.

There is more truth than fiction to that idea. The measurement of life by the calendar robs youth of its vigor and hastens old age. It reminds me of the days of our grandparents, when a woman was supposed to doff her hat and don a bonnet at 40. And donning a bonnet was like taking the veil. She was supposed to retire to her chimney corner and make way for the younger generation.

Men and women ought to *grow* with years into greater health, broader judgment, maturer wisdom. Instead of becoming atrophied, and dead to all new ideas, their minds should through prac-

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tice hold ever stronger images before them of youthful vigor and freshness. The Psalmist says—"But thou art the same, and thy years shall have no end."

No one need retire to the chimney corner, no matter how many years have passed over his head. Years should bring wisdom and greater health—not decrepitude. Many of the world's famous men did their greatest work long after the age when most men are in their graves. Tennyson composed the immortal lines of "Crossing the Bar" at the age of 80. Plato still had pen in hand at 81. Cato learned Greek at the same age. Humboldt completed his "Cosmos" in his ninetieth year, while John Wesley at 82 said—"It is twelve years now since I have felt any such sensation as fatigue."

You are only as old as your mind.

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Every function, every activity of your body, is controlled by your mind. Your vital organs, your blood that sends the material for rebuilding to every cell and tissue, the processes of elimination that remove all the broken down and waste material, all are dependent for their functioning upon the energy derived from your mind.

The human body can be compared to an electric transportation system. When the dynamo runs at full power every car speeds along, and everything is handled with precision. But let the dynamo slow down and the whole system lags.

That dynamo is your mind, and your thoughts provide the energy that runs it. Feed it thoughts of health and vigor and your whole system will reflect energy and vitality. Feed it thoughts of decrepitude and age, and you will find it slow-

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ing down to the halting pace you set for it.

You can grow old at 30. You can be young at 90. It is up to you. Which do you choose?

If you choose youth, then start this minute renewing your youth. Find a picture—or, better still, a statuette—of the man you would like to be, the form you would like to have. Keep it in your room. When you go to bed at night, *visualize* it in your mind's eye—hold it in your thought as *YOU*—as the man *YOU ARE GOING TO BE!*

The Journal of Education had the idea in their story of "The Prince and the Statue" in a recent issue:

"There was once a prince who had a crooked back. He could never stand straight up like even the lowest of his subjects. Because he was a very proud

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prince his crooked back caused him a great deal of mental suffering.

“One day he called before him the most skilful sculptor in his kingdom and said to him: ‘Make me a noble statue of myself, true to my likeness in every detail with this exception—make this statue with a straight back. I wish to see myself as I might have been.’

“For long months the sculptor worked hewing the marble carefully into the likeness of the prince, and at last the work was done, and the sculptor went before the prince and said: ‘The statue is finished; where shall I set it up?’ One of the courtiers called out: ‘Set it before the castle gate where all can see it,’ but the prince smiled sadly, and shook his head. ‘Rather,’ said he, ‘place it in a secret nook in the palace garden where only I shall see it.’ The statue was

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placed as the prince ordered, and promptly forgotten by the world, but every morning, and every noon, and every evening the prince stole quietly away to where it stood and looked long upon it, noting the straight back and the unlifted head, and the noble brow. And each time he gazed, something seemed to go out of the statue and into him, tingling in his blood and throbbing in his heart.

“The days passed into months and the months into years; then strange rumors began to spread throughout the land. Said one: ‘The prince’s back is no longer crooked or my eyes deceive me.’ Said another: ‘The prince is more noble-looking or my eyes deceive me.’ Said another: ‘Our prince has the high look of a mighty man,’ and these rumors came to the prince, and he listened with a queer

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smile. Then went he out into the garden to where the statue stood and, behold, it was just as the people said, his back had become as straight as the statue's, his head had the same noble bearing; he was, in fact, the noble man his statue proclaimed him to be."

A novel idea? Not at all! 2,500 years ago, in the Golden Age of Athens, when its culture led the world, Grecian mothers surrounded themselves with beautiful statues that they might bring forth perfect children and that the children in turn might develop into perfect men and women.

Eleven months from now *you* will have an entirely new body, inside and out. Not a single cell, not a single bit of tissue that is now in you will be there then. What changes do you want made in that new body? What improvements?

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Get your new model clearly in your mind's eye. Picture it. **VISUALIZE** it! Look **FORWARD** daily to a better physique, to greater mental power.

Give that model to your Subconscious Mind to build upon—and before eleven months are out, that model *WILL BE YOU!*

