

15-1

PASC

GR 25

Box 25 File 5

YOUR MIND AND BODY

A MONTHLY PAPER DEVOTED TO PSYCHOLOGICAL AND DIETETIC ADVICE

VOL. 1, No. 2.

VANCOUVER, B. C.

SEPTEMBER, 1942

WHAT YOU EAT MAKES OR BREAKS YOU

No Man Quarrels With His Job If He Thoroughly Enjoys It.

Royal Inspiration



H.R.H. the late Duke of Kent

TO THOSE who hold rigid ideas on the subject of class distinctions, the death on active service of His Royal Highness the Duke of Kent, must have come as a tremendous shock. Here was one from Great Britain's first family who took his place in the line of duty—knowing full well he could have sat in his honored chair and directed his share of the campaign from comfortable surroundings. Nor did he have the authority vested in him by older and more experienced men were available—he deliberately took the lower place. Here, then, is an inspiration for us to take our place honestly and without fanfare. To live right, to be ready to go, to give, to help as opportunity comes our way. More than ever we appreciate the fact that the success or failure of a man or woman does not lie in his or her social strata, but comes from within. What contribution are you making to a better living?

Go to Church Sunday, September 6th.

Every citizen is asked to go to church on the above day, which has been proclaimed as a National Day of Prayer.

Today, more than at any time in the history of the world, Freedom-loving peoples need to be unified with the Spiritual Force of the Power of God.

Those interested in a metaphysical approach to the great question of prayer, and the unification of God's Power with that of the human race, are invited to attend the services to be held in the Tower Room, atop the VANCOUVER BLOCK, at 11 a.m. and 8 p.m., Sunday, September 6th, and every Sunday.

Proper Diet Cures Colds and Defeats the Old Age Bugaboo

POVERTY, suffering, old age—the three greatest afflictions known to man—can now be overcome by correct diet, and positive thought. This is the statement now being made by scientists in the realm of food chemistry and mind training.

Far reaching results are now being obtained as a result of the application of the amazing discoveries being recorded almost monthly in the realm of scientific research into the consumption of human food.

Eminent Scientists

Leading in the search to prolong age, through the correct use of food, is Professor Henry P. Sherman, one of the greatest nutrition scientists in the world today, and Dr. J. Arthur Thompson, world famous scientist of the University of Aberdeen. As early as 1937 Professor Sherman said, without any qualifications, that the human life span can be extended, that humans can live longer and live with a greater measure of life in the longer time that they live, by eating the right kinds of food.

Since 1937 rapid strides have been made and knowledge now being made available indicates that with the right study of diet, combined with constructive and progressive thought, the average individual can not only throw off

long-standing ailments, but can preserve youth, and demonstrate a greater energy and efficiency than was ever dreamed possible in years past.

Cause of "Old Age"

Dr. Thompson describes the approach of old age as "cell smothering." A principal reason for old age can be found in the slow accumulation of waste products within the system. These are the result of incomplete combustion of bacterial activity, and through them the fire of life may be smothered in its own ashes. Dr. Thompson states that there is no necessity for this. He quotes Alexis Carrel, who, before the New York Academy of Medicine in 1936, declared "Tissues age because of the presence of certain chemical substances and the lack of elimination of waste products," and suggests that the elimination of these chemical substances, plus the preservation of tissues providing the body re-building elements, will correct this series of conditions which in themselves produce old age.

Common Cold Preventable

It has been determined that the conditions referred to by both Dr. Sherman and Dr. Thompson contribute to the production of the common cold, which is curable by diet, and which is one of the direct causes of advancing (Continued on page 2)

Psychological Tests Proven in American Army Same Tests Being Used Here.

AS A RESULT of the experiences of the past 12 months, the United States Army has adopted a uniform principle of psychological tests for the purpose of determining the fitness of candidates for commissions. These tests are carried out over a rigid program and carry the enquirer into every phase of the subject's life. Emotional fitness, inhibitions, faults, character foundation, aptitude, degrees of reliance, personality, and habits are all studied singly. The results are all co-related on a series of tabulation forms. At the end of this tabulation these results are studied, and co-related one with another in order to provide a complete pattern of the individual as

he or she now is, and to provide also a pattern of what this individual is capable of.

As a result of this form of analysis it is possible for the analyst to indicate almost with uncanny certainty the exact development program that the person must follow in order to obtain the utmost efficiency and success from his or her life.

This system is now being studied for utilization in the Human Adjustment Institute in Vancouver, where a large number of persons are undergoing analysis at the present time. Those interested in this form of analysis should phone the Institute for further information.

BUY WAR SAVINGS CERTIFICATES --- IT IS YOUR DUTY !

e In to . . .

CJORon your Dial
ays 5:45 p.m.**Room Services
racting Many**

PHYSICAL Services held
wer Room, atop the Van-
ock, are attracting many
eeking a sound spiritual
h which to face the in-
problems of war.

services are held every
t 11 a.m. and 8 p.m., and
form of service that is
many. A spiritual healing
is incorporated in the
service and an inspiring
is given by the Director-
or a guest speaker.

nday, September 6th, the
Day of Prayer, a special
s to be held at 11 a.m.,
those who have loved
l friends serving in the
re particularly invited to
nt. The subject will be
ayer of Protection."

ublic are cordially invited
l these services, and will
t, from this room, the
the city is an inspiring

Dietetians For Jap Internees**Great Need Is For Dietetians For Workers' Children****Trades Council Voice Protest**

Complaint was voiced at the meeting of the Trades and Labour Council on Tuesday night last of the provision by the B. C. Securities Commission of three dietetians who care for welfare of the Japanese internees at Hastings Park. One of the delegates from the floor strongly criticized the move on the part of the Commission and enquired whether dietetians were being provided to care for the welfare of the workers' children.

Without entering into the controversy, it might well be considered as a possible social plan for the immediate future that well trained dietetians should be provided as a part of the general public health system, to advise not only the working mothers, but all mothers, on the proper diet that their children should have. With the return of children to school, with the increased tension under which all normal activities are being carried out, and with the need for the conservation of food to secure the greatest energy from it. The indirect voiced proposal of the labour delegate could well be given serious consideration, there is a need for dietetic advice for everyone. The time will come when it will be a

public service offered without charge. Until that time, the Human Adjustment Institute offers, for a very minimum fee, to carefully analyze and advise any individual on his or her dietetic requirements.

NEW OFFICES

Miss L. S. Sheridan, formerly with the Physio-Therapy Institute, Dominion Bank Building, has announced the opening of a new consulting rooms in the Standard Bank Building, Vancouver.

Miss Sheridan has installed in her consulting rooms the very latest equipment for radioclast analysis. This equipment, with uncanny certainty, is capable of analyzing every part of the human body to determine its physical deficiencies, and the presence of disease.

The opening of these new consulting rooms is one more welcome addition to the modern form of treatment for human ailments.

Day Special Courses in Dietetics, Psychology and Healing.

World Fellowship Educational Plan commences its new series of classes during September and October, with Three Courses. The first will be on Friday, September 8 p.m., and will be on dynamics, the science of new power and energy and tal action. This course consist of six lessons, and continue on Monday, Sept. 14 day, Sept. 18th. In this course lessons are given each

invited who desire to learn the fundamental technique that is applied by mental healing practitioners. Third course is the popular Course on Dietetics. "The Science of Body Rebuilding" is the title of this course, and in the six lessons the basic rules for the new phases of dietetic science will be discussed. Every student of diet is urged to consider attending this course. It will be held on October 2nd, 5th and 7th. One of the interesting phases of the World Fellowship Educational Plan is that registration is with-

THE TOWER ROOM**Metaphysical Services Every Sunday**

11 a.m.—Inspirational Service
Metaphysical Healing Service
Address.

8 p.m.—Instructional Service with Address by
Alfred G. Hall, D. D., Ph.D., on Current Outstanding Problems.
Music.

You are invited to hear the outstanding addresses of Dr.