

HOW TO STAY YOUNG

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How to Stay Young by Christian D. Larson

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CHRISTIAN D. LARSON

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STAY YOUNG**

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BY
CHRISTIAN D. LARSON

*What The Prophet Has Dreamed The Scientist
Will Prove To Be True*



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HOW TO STAY YOUNG.

INTRODUCTION.

Conclusive Reasons Why Man Should Learn To Stay Young.

The world is changing its thought; in the past, those who believed in the perpetuation of youth were among the isolated few, and were looked upon with suspicion by the many; in the present, the great majority desire to perpetuate their youth, and most of these believe it is possible.

This change of thought is due to two great causes: first, we are fast eliminating the term "impossible" from our vocabulary, and second, we have made several important discoveries in the chemical life—both physical and metaphysical—of the human system.

We are living in an age of wonders, and have come to the conclusion that almost anything is possible, especially if it can add to the welfare, the beauty, the joy and the advancement of human existence.

We are convinced that life is not made for sorrow; we now believe that sorrow is but a temporary creation of man gone astray. We do not believe that this

world is a "vale of tears," nor that we must suffer in the present in order that we may gain bliss in the future. We do not gather figs from thistles, neither can a life of pain be the direct cause of a life of pleasure. It is an immutable law that like causes produce like effects, and we are beginning to intelligently use this law in shaping our life and destiny.

The thinking world today is convinced that life is intended by the creator of life to be "a thing of beauty and a joy forever"; we therefore conclude that anything that can add to the joy and the beauty of life must be possible.

That the perpetuation of youth can add to the joy and the beauty of human life is a self-evident fact; and to be consistent in our thinking we must conclude that the perpetuation of youth is possible. An ideal life—the life we picture as the real life—is unthinkable in a world where the age-producing process is constantly at work. To live life as we believe the Creator of life intended life to be lived, this process, therefore, must be removed.

To live as he should live, man must learn to stay young; this is becoming a world-wide conviction, and in consequence thereof, many minds of many modes of research are diligently at work trying to find the great secret of eternal youth.

Many of these are working in the belief that the secret is to be found in the world of material elements, while a constantly growing number are working in the belief that the power of mind alone can perpetuate the youth of the body.

The great facts in nature, however, are never one-

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sided; they are invariably both physical and metaphysical; they have soul as well as form, spirit as well as substance, and act through physical as well as mental laws.

The secret of eternal youth can not be found through a study of the body alone, nor the mind alone; it does not have its sole existence in the elements of the earth, nor does it exercise its power exclusively through those forces of nature that can not be seen.

That something that produces youth, can, under natural conditions, perpetuate youth; and as this something is an inseparable part of life itself, it can be found only through a study of the process of life as expressed through the whole man. For the same reason, the law through which the perpetuation of youth may be promoted, can be applied only through the living of life as life is intended to be lived.

That something that produces youth, and perpetuates youth, has been discovered; and like all great facts in nature, it is not only very simple, but abides at our very feet. We did not see it, however, because there is a tendency in man to look afar off whenever he is in search of the great and the wonderful. The wonders at his own feet and in his own immediate world are therefore overlooked, at least for a time; but for that something that produces youth the time of enforced seclusion is at an end; it has been found, and is being incorporated as a part of exact science.

The fundamental law through which the perpetuation of youth may be promoted is one of the basic laws in nature, and being basic, it is a law that man will not be required to apply; nature already applies