

## V

### *Life and Energy*

Living is a continuous change of energies. We take in certain forms of energy in our food, drink, and air. We make these over into new forms and store them in the liver, the blood, and various tissues. Whenever we do anything—be it dreaming or running a race—we tap these energies and change them all over again, first into new electrochemical patterns and then into motions of the body.

So, you see, all living combines at least four major techniques of energizing. They are:

1. Storing up energies for immediate and future consumption;
2. Tapping these, when needed;
3. Stopping energy flows, when necessary; and
4. Patterning many flows, both parallel and in series; that is, simultaneously and in well-timed sequences, for the execution of plans.

Here, then, are the topics of this book. You find each, first of all, stated as facts; then again, summarized in the form of useful rules. So far as space permits, each major rule is stated in a special form for people of different ages,

levels of culture, and types of ability. But no attempt could be made to adapt every rule to every type of reader.

Anybody under medical care must beware of our rules. They have been cast into a mold suited to healthy, close-to-average people. Hence they are also of little use to geniuses and giants. And they are mere rubbish for the man who is sincerely satisfied to drift aimlessly through life, having just enough to eat, attempting nothing beyond subsistence, and ending up like a gutted candle, all asputter and then a smoldering wick.

Among average healthy people, there is a large class at whom these pages are specially aimed. They are those who, through mere youthfulness or through inexperience, have never awakened to the tremendous fact that, from birth to death, each man jack of them must manage on a quota of energy as fixed as the courses of the stars. They have not yet discovered that life as a whole is not what it seems to Sweet Sixteen. As soon as they see the laws of energy, they profit thereby and reorganize their affairs. To all such, let the following summary of man's everlasting problem serve as a fillip of conscience!