

**COLLEGE OF NATURAL THERAPIES (S.A.)
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CONSTITUTIONS AND MINERALS.

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CONSTITUTIONAL MEDICINE.

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1. THE INHERENT CONSTITUTIONS.

Originally, the only classification system of human diversity in use in the West was the system of the four humoral temperaments: Choleric, Sanguine, Phlegmatic and Melancholic, which had been originated by the classical Greeks. As we have seen before, this system dealt with acquired physiological characteristics, which alter in time in any given individual due to internal physiological factors (e.g. diet, aging), or external environmental influences (e.g. the climate); little research was done on the influence of genetics on health and disease until the end of the 18th. century.

During the 19th. century, several attempts were made to classify the genetic physical traits of the human population into a system of genotype constitutions which correlated with the original system of phenotype temperaments of the ancients.

There were a number of reasons for this.

Firstly, new scientific discoveries were being made, and there was some considerable opposition against the four element theory and the four humors and their temperaments, because they were seen to be 'unscientific'; indeed, scientific research had failed to discover the humors. The one thing, unfortunately, that had been overlooked in this case, as it has been in so many similar cases, was the fact that few adherent of the doctrine of the humors - except perhaps some medical people in the middle ages - would have ever claimed that the humors were material entities which could be physically separated by chemical or any other means. The humors were rather viewed as 'vital essences' or 'energetic fluids', which represented the metabolic activity of the body. Thus the doctrine of the naturals espoused a working hypothesis to a system of medicine, and provided the necessary foundation for the treatment of disease by means of the correction of the complex patterns of biochemical interactions of the metabolism. Additionally, both Hippocrates and Galen indicated in their writings that they themselves did not consider the four humors to be 'physical fluids', but rather that they perceived the humors as invisible vital essences with a functional role and an observable activity (like electricity). The doctrine of the four humors represents the philosophical and empirical approach of a medicine that has stood the test of time, and is still being practiced by traditional healers in the East and in the West. Therefore, to reject it simply because it is 'not modern' represents the ultimate of all follies.

The second reason why these attempts to classify the genetic physical traits of the human population into a system of genotype constitutions became important, was the discovery of the macro and micro nutrient chemicals, which appeared to expand knowledge beyond the simple system of the temperaments, although this information did fit in remarkably well with the metabolic model represented by the functions of the humors.

The third reason was the development of Homeopathy in the 18th. century, and its popularisation as a Western ethnic medicine. Homeopathy placed much emphasis on the inherent traits, and although it also addressed the temperaments and dystemperamental syndromes, it generally ignored the humors, nor was it easy to fit the humoral principles in with the concepts of Homeopathy. Towards the end of the 18th. century and in the early part of the 19th. century a number of attempts were made to overcome this shortcoming in Graeco-Arabic lore, through the introduction of a system of genotype constitutions.

The first researches in the area of human genotype classifications were undertaken by Dr. Francis Gall (1757 - 1858) of Austria. He commenced practice as a physician in Vienna in 1785, and immediately set out to follow what had been an interest since boyhood, namely the development of a system of classification that would provide a psychosomatic connection between the mental faculties and physical characteristics. Subsequently he began to lecture on Phrenology (the science of cerebrocranial physiology) and on the genotype constitutions in 1796. Originally he proposed two psychosomatic constitutions: the Mental Motive and the Vital constitutions.

Over a period of years however, he and his student Spurzheim expanded upon these constitutions in their writings, and stimulated the interest of many others by their development of a comprehensive system of genotype constitutions. Francis Gall and Spurzheim collaborated on a number of books, one of which: "Introduction au Cours de Physiologie de Cerveau" (Introductory course on brain physiology), was published in 1808, and is perhaps their best known work.

Another outstanding early 19th. century researcher into the human genotype classification was Dr. Jacques, who published a book titled "Jacques' Temperaments" in which four basic character types were proposed, which he termed the Sanguine, Lymphatic, Biliary and Nervous types. What made Dr. Jacques' researches particularly interesting was that he based his constitutions upon the Graeco-Arabic Medicine four element theory, and upon the doctrine of the four temperaments and their associated four humors. In the wake of his work, Dr. Mary O. Stanton developed a system of five constitutions, the rationale and application of which she published in the mid to late 1800's. She divided human genotypes into five basic physiological systems: the Vegetative (or Vital) System, the Thoracic System (corresponding to Jacques' Sanguine), the Muscular System, the Osseous System and the Brain and Nervous System.

None of these systems eventually flourished, because they either introduced little that was of any direct practical use, or because they were too far outside the European Traditions, and therefore lacked any continuity with the past.

Victor G. Rocine was familiar with the works of all these people and read them with interest. His background in Graeco-Arabic Medicine and his studies and work in nutrition and Homeopathy, however, gave him a somewhat different perspective.

He and his pupils collected a vast amount of information on human genetic variability, and used this to further develop the work done by the earlier researchers.

By 1908 he had developed and implemented an inclusive genotype system of classification, which contained twenty distinct inherent constitutional types, and which correlated perfectly with the classifications of the classical temperaments of Graeco-Arabic Medicine. It was not until Victor Rocine produced this comprehensive system of the five primary constitutions and the twenty Genotype crases that a system became available that expanded in detail on the Graeco-Arabic medical concepts, and fitted them for the twentieth century and thereafter.

Rocine's normal primary constitutions are four in number, and are: The Mental, the Muscular, the Vital and the Osseous constitutions.

Firstly the Mental primary constitution is the genotype form of the Choleric phenotype temperament and corresponds to the Fire element. The Mental primary constitution consists of four Genotype crases: the Neurogenic, the Nervi-Motive, the Exesthetic and the Pathetic types.

Secondly the Muscular primary constitutional type is the genotype of the Sanguine phenotype temperament and corresponds to the Air element. This primary constitution consists of three Genotype crases: the Desmogenic, the Marasmic and the Myogenic types.

Thirdly the Vital primary constitution is the genotype of the Phlegmatic phenotype temperament; it corresponds to the Water element. The Vital primary constitution in turn consists of six Genotype crases: the Carboferic, the Hydripheric, the Nitropheric, the Oxypheric, the Lipopheric and the Pallinomic.

Fourthly there is the Osseous primary constitution that is the genotype of the Melancholic phenotype temperament; it corresponds to the Earth element. The Osseous primary constitution consists of four Genotype crases: the Calciferic, the Isogenic, the Sillevitic and the Barotic.

Rocine also established a fifth, non-elemental and extra primary constitution, the Pathogenic primary constitution, which consisted of the three Genotype crases: the Atrophic, the Medeic and the Pargenic.

These genotype constitutions allowed the Homeopathic miasms to link in with the Traditional concepts of the four elements. Rocine integrated with his genotype constitutions a comprehensive system of biochemical and nutritional approaches. This system has been proven most effectual by the practitioners who use his principles. With this in mind, we will now commence to look at his system more closely.

1.i. Introduction to the Genotype Constitutions.

Biological diversity within a species is one of the most obvious facts of Nature, and bears considerable relevance and importance to the naturopathic physician.

Graeco-Arabic Medicine presents a holistic method of maintaining health and treating disease, a Practitioner of Graeco-Arabic Medicine is therefore required to assess each case on its own individual merits, and to provide the appropriate treatment accordingly. It is easy to comprehend that it is not only the assessment of the acquired temperamental type that is important in the formulation of a successful treatment procedure, but that the influence of the inborn characteristics or inherent constitution of any given case which may come before a physician must also be given due consideration.

Humans, as all other species of life on this planet, are biologically diverse; this means, that the effect from a given treatment, remedy or therapeutic agent that may be observed in one person, may be different or even of an opposite nature in another, due to basic individual genetic variations. That this natural variance represents a fundamental law of nature which must be observed in the application of therapeutics, has been recognised since the earliest days in all systems of Traditional Medicine, and has led to the formation of a number of paradigms by various cultures. In the West this paradigm developed into a distinctive system of treatment based upon a Doctrine of the Constitutions; the greatest of which, and the one that is most firmly founded on the ancient Graeco-Arabic medical traditions, is without any doubt that compiled by Victor G. Rocine D.Sc.

1.ii. The Inherent Constitutions.

A constitution is a system of organs, functions and faculties adapted to carry on the processes of life. A constitution is also called a 'crisis'. Every man, woman and child possess the four great body systems: bones, muscles, vital organs and brain, including the nerves.

The reason that some people's statures are large and others are smaller, is because the larger people inherently build bulkier systems of the body, viz.: the bones, muscles and vital organs; while those of smaller size build the brain and nerves which are the smaller parts of the body. Therefore, each constitutional type has its own particular inborn development and the inherent dominance of certain physiological structures; this in turn provides for individual needs and requirements in order to maintain health and normalcy, and to keep himself or herself the normal weight and size.

The Organic Basis for the Four Primary Constitutions.

Determination of the primary constitution initially starts with the determination of the dominant physiological system of the individual. The development of specific organs groups or systems in a person is generally based on two aspects:

- 1) The genetically acquired structure, and,
- 2) The learned preference of use of organs or systems.

In studying the information below, it is important to remember that pure primary constitutions are rare indeed, most individuals are a combination of several of the primary constitutions, it is therefore the task of the physician to determine the most dominant of the constitutions in his patient, and the strength and significance of the others, and in this manner to derive at the correct constitution for the type of the patient.

The Specific Functions and the Primary Constitutions.

REASONING AND EMOTION originates from the BRAIN, which is the higher part of the NERVOUS SYSTEM. If this system is dominant, it gives a distinct character and a specific physiology and constitution to the individual. Everything about such a person is subordinate to the brain and the nervous system. We readily recognise such an individual as one in whom thoughts and emotions play a cardinal role. These types have an intellectual look and delicacy, a sensitiveness, and an air of thoughtfulness, which will determine their traits, tone, and whole character. Here the functions of the nervous system are uppermost. Hence it is proper to say they have a *Mental or Nervous Primary Constitution*.

STRUCTURAL STRENGTH originates from the skeleton and thus the BONES, which also represent the system of locomotion. The bones function as the basic framework for the body, as well as for the protection of the vital organs. The bones are important in many other ways apart from their strength; they are the prime mineral storage receptacle of the human physiology. The red blood cells needed for the transport of oxygen, and the white blood cells needed as a defense against infection, are generated within the core of the bones, in the bone marrow. If the bony structure is the most dominant, the bones and joints will be large and prominent. Persons in whom the bony structure is dominant, move in a slow and deliberate way. Strenuous physical and mental work are important to them, as this stimulates the development of the locomotor system; they therefore tend to seek out employment or involvement in these areas. This constitution is called the *Osseous or Bony Primary Constitution*.

GENERATION OF ENERGY is accomplished by the combined action of the LUNGS, HEART, and CIRCULATORY SYSTEM. LIVER and DIGESTIVE SYSTEM, which organs produce the vital energy and essences for the body, by means of the exchange of diverse elements. The organs for these functions are located in the CHEST and ABDOMEN. A person in whom the production of energy is dominant and who has an exchange of vital elements which is proportional to other functions, and is characterised by great activity, a generous supply of red blood, and full and bounding energy. If however they become indolent, they may become overfed and may then become preoccupied with food and eating. In such a case, the habits, the appearance and the character are all Phlegmatic and sluggish. Thus the vital activity provides their tone and character, and shows that this is the *Vital or Vegetative Primary Constitution*.

PHYSICAL STRENGTH is derived from the MUSCLES and the LIGAMENTS, as these are the instruments by which body moves. If these instruments are the most dominant, then the kinetic capacity is more highly developed than the functions of the other systems. This person usually has a large frame, is broad across the shoulders, has high physical endurance and moves in an energetic manner. The whole presentation of the person is one of mental alertness, strength and solidity of frame and muscle. This is the *Muscular or Locomotive Primary Constitution*.

The above deliberations give us four constitutions, as follows:-

1. **The MENTAL PRIMARY CONSTITUTION** is denoted by large brain, high mental activity, sensitivity, small stature and general delicacy of structure. The nervous system is active and there is much reliance upon the mental functions: mentation, emotion, sense perception, speech and communication. This constitutional type is responsive to the secretions of the adrenal medulla and consists of the brain, nerves, ganglia, nerve plexuses and skin.
2. **The OSSEOUS PRIMARY CONSTITUTION** is indicated by straight stature and a heavy, well-developed bony frame, with large joints, and a rugged, angular facial appearance. The person deals with life in a slow and deliberate way, and has considerable physical and mental endurance and a propensity to hard work. This constitutional type is responsive to secretions of the pituitary gland and consists of the body's basic framework, which includes the bones, joints, nails and teeth and the white blood cells of the immune system. It also includes the spleen, the cerebral motor centers and the spinal cord.

3. **The VITAL PRIMARY CONSTITUTION** is denoted by a large development of the trunk and abdomen and a round face. This type generates much heat and energy, and there is a fondness of high living. These people are usually energetic, and tend to expend much energy in one way or another. This constitutional type is responsive to the secretions of the thyroid gland and consists of the vital organs and vital fluids, including the blood serum and the lymph fluid. The organs it represents are the lungs, kidneys, stomach, intestines, digestive aspect of the liver, pancreas and endocrine glands. It also includes the lymphatic system, and all secretions.
4. **The MUSCULAR PRIMARY CONSTITUTION** is indicated by a large muscular frame, broad shoulders, an oval head and face, and well-developed limbs. It produces a structure of great power of movement and endurance. Mental alertness, practicality and balance of judgement are hallmarks of this constitution. This constitution is responsive to the secretions of the gonads and consists of all the muscles in the body, the tendons, ligaments, fascia and hair and also the heart, the metabolic aspect of the liver and the oxygen carrying function of the blood as represented by the red blood cells.

2. MEDICATION AND THE INHERENT CONSTITUTIONS.

The object of dealing with the constitutions, is to provide an understanding of the principles upon which the prescribing of remedies and the determination of treatments are to be adapted for each individual case. The good physician will, in prescribing and treating a patient, always keep the inherent constitution in mind.

2.i. Constitution, Disease and Medication.

1. Persons of a **Mental Primary Constitution** cannot tolerate powerful remedies, particularly drastic laxatives or purges. Their fine, delicate and sensitive constitution would be severely damaged by doses that would hardly be sufficient in a fully developed Muscular or Osseous constitution. This should always be borne in mind in prescribing for persons of this type. In this primary constitution, there is often an underlying deficiency in the power to resist disease, through depletion of the vitality by nervous over-activity. Therefore there is a tendency for fevers to take on the nature of the low typhoid type, rather than running a high and fiery course; the patient thus becomes pale and shows a constant tendency to deteriorate. Because of their heightened nervous sensibility, powerful treatments such as purging, cupping, sweating and fasting would present the gravest danger to them when they are in the throes of a feverish disease. They need instead the gentler approaches, such as tonics, stimulants and any other kind of support which the case will permit.
2. Those of an **Osseous Primary Constitution**, are most liable to wear and tear of the joints and to the effects of both recent and past injuries because of their involvement in much hard physical activity. They are generally robust in health, but their diseases are like their movements, slow and progressive, and they may have a disease like arthritis, for many years, but otherwise be in excellent health. Sometimes these people have numerous health problems, but will suffer in silence for many years, and thus add mental stress to their condition by their withdrawal from their complaint. The diet of these people should be high in minerals, and as they often tend to produce much acidity and metabolic ash, tissue cleansing and pain relieving remedies will assist them greatly. Local applications of heat and massage will also be beneficial to them. Individuals of this primary constitution can often take large doses of a medicine without much effect, and yet respond remarkably to the minutest dose of another.

3. Persons of a ***Vital Primary Constitution*** have a rapid circulation, and a high production of energy and heat, and therefore are most liable to inflammatory diseases. When fever attacks them, they get a high fever. If they get rheumatism, it comes in its acute form. Disease takes hold of them suddenly and quickly. Just as they do everything with emphasis and energy when they are well, when they are ill they are sick with all their might. This type needs sedatives, diaphoretics and cold or tepid baths. If, however, they become indolent, as is often the case, their energy will turn against themselves. They then become prone to affections of the alimentary canal and the liver. As these persons have now become slow in all their habits, their diseases will also run a slow course, and they become more prone to chronic and degenerative conditions, and can only be cured with difficulty. To externalise their energies once more, they need exercise, restricted diets, hot baths and steam baths, stimulants and blood and tissue cleansers.
4. The interests of those of a ***Muscular Primary Constitution***, are mainly focused on an active lifestyle, and thus they often overstress their systems. Though they are usually strong and healthy, they can be broken down by personal neglect and by continually overstressing their constitution. Therefore, when any kind of condition does get a hold of them, it may cause serious problems due to their system having been worn by the stresses of their lifestyle, and may affect them very badly. These persons can bear strong doses of medicine, and when sick, need to be treated with an energy appropriate to the strength of their constitution. They often suffer severely from rheumatism.

2.ii. Consideration of the Acquired Temperament.

In determining your treatment for any condition, it is of course of utmost importance to also consider the acquired temperament. This is clearly a different matter than the inherent constitutions: persons of the same constitution are often quite unlike in the quality and strength of their vital force (Thymos). And those having strong inherent constitutions, frequently abuse them by a poor lifestyle and diet, and eventually end up with broken and very feeble health. The tissues of some individuals are put together as though they were never intended to come apart. Like the wood of the Oak tree they are fine grained and tough, and do not easily acquire a poor temperament. Others, even though they may appear to be equally strong and well proportioned, have very little endurance, and readily acquire a poor temperament from hard work and illness, and may thus readily lose their vital resistance through apparently trifling causes.

The acquired temperament therefore, should always be ascertained prior to commencing any treatment, and before giving any medicine, for what is necessary to restore the health of a person of a strong temperament, may be adverse to the life force of a feeble person, even though they may both belong to a strong inherent constitutional type.

LIFESTYLE.

The lifestyle should also be considered. Those who use stimulants such as coffee, tea, tobacco, alcohol, etc., require more powerful treatments and larger doses of medicine than those of more temperate habits. Those that do much physical work or exercise, may also need larger doses than those who are primarily involved in mental pursuits. While those who take much Allopathic medicine may have an unpredictable response to a given dose.

CLIMATE.

Medicines act differently on the same persons in summer than in winter. Sedatives and hypnotics act more powerfully in hot weather and warm climates than in cold weather and cooler climates, and must therefore be given in smaller doses in the first case. Treatments with heat lose most of their effectiveness in hot weather, as indeed do cold baths in cold weather. Electricity stimulates more in winter, and gentle massage sedates more in summer.

IDIOSYNCRASY.

Some mild medicines or treatments, may act very powerfully, or even violently in some individuals. This is due to an individual peculiarity of the constitution, which is called idiosyncrasy. Another idiosyncrasy that may occur is where a person has the opposite response to the normal action of a medicine, i.e.: the person may sleep more soundly after drinking a strong stimulant such as coffee. Persons who react in this manner, are exceptions to the general rule. A physician can never predict beforehand if and when an idiosyncrasy will manifest. Most patients, however, already know of their own idiosyncrasies, and should be questioned about this before any treatment or remedy is given for the first time.

THE GENDER.

The tendency for the different sexes to elicit a different response to a given treatment or remedy should never be overlooked.

Males generally have a heavier frame than females, and the response of their nervous system is therefore not as sensitive as that of females; males therefore often require stronger treatments and remedies, especially for conditions that affect the nervous system. The treatment of females requires the observation of special care when they are being treated during menstruation and pregnancy, as during these times physiological sensitivity is much greater.

INFLUENCE OF AGE.

We will in this section, for the purpose of classifying the administration of treatments, divide human life into infancy, childhood, youth, maturity and old age. Each of these periods has special and individual characteristics, which will modify the response to treatment, medicines and disease.

CHILDHOOD.

The period is usually divided into two parts:

- i. Infancy and
- ii. Childhood proper.

Infancy, the first part, is considered to commence at birth and continue until the age of seven. Infancy is marked by impressionability, sensitivity and excitability; the child is therefore strongly affected by all things, including any irritation. During this time teething and other disturbances occur and require careful management as they may undermine the child's ability to fight off disease.

Childhood proper commences, at the conclusion of infancy, and lasts until the majority of growth has been completed and reproductive capacity has been established (usually between 12 and sixteen years of age). The permanent teeth form during this time, while infections, parasites and other minor ailments are common. During these periods there is little sexual differentiation and considerable emotional sensitivity which requires constant and careful observation.

YOUTH.

This period follows on from childhood; it marks the completion of physical development, including that of the secondary sexual characteristics. During this stage the frame acquires its mature form, proportion, and strength, while the mind completes its development of character. Any latent hereditary tendencies to disease will tend to manifest at this time and adherence to a proper diet, healthy lifestyle and high morals are essential in order to ensure that constitutional strength develops to its fullest extent and the foundations for a healthy life are properly established. This period concludes around 25 years of age, when physical development has been fully completed.

ADULTHOOD.

This period follows youth and embraces the vigorous time of life, when the powers of body and mind are at their summit and the physical and mental functions have become fully established. It is during this period that the woman is most subject to any feminine ailments. Indeed these problems are so common, that the physician who is able to treat them with the greatest skill and appropriate sensitivity, may be said to be at the head of their profession.

MATURITY.

This is the period when the functions begin to gradually decline, and the weight of the years starts to tally. The time of the commencement of maturity is different for everyone, and will depend much on the constitutional strength and the past lifestyle. Many ailments are common to this period, and these will require their particular and specific management, which must take into account the decreasing resilience of frame and constitution, and the slower physical response.

The Law of Frequency of Treatment and Dosage.

Each succeeding treatment or dose of any remedy should be given before the effect of the previous one has gone. If this rule is not strictly followed, there will be no progress in the cure. What is gained by each dose is lost by the weakening of the constitution in the interval. Care must be taken, however, not to apply this rule too strictly with some powerful types of treatment, or to medicines capable of causing an accumulative effect, and to certain high potency Homeopathics.

3. ROCINE'S SYSTEM OF GENOTYPE CONSTITUTIONS.

The system of Genotype Constitutions developed by Rocine, is one of the most complete available to us. Its principles have been used in the development of the Iridology types and in the determination of Homeopathic constitutions. Indeed, this system has had a greater influence on the traditions and method of treatment of Holistic Medicine than any other, and has been the basis of diagnosis and treatments of some of the most renowned and successful Natural Healers in this century.

The first part of this volume consists of an outline of the Rocine constitutions and their mineral analogues. In the second part, notes which have been collected from the lectures given by Rocine in the early 1920's have been compiled and somewhat edited and updated, with every effort having been made to preserve in these notes the essence and quality of his original teachings.

We will therefore now commence to explore Victor Rocine's ideas by considering his system, and his definitions, analyses, and by means of a discussion and a comparison of the 20 types, each of the five groups headed by an outline of their primary constitutional types.

3.i. Classification of the Rocine Constitutions.

Mental Primary Constitutional type.

Types: Neurogenic, Nervi-Motive, Exesthesic and Pathetic.

Dominant structures: Brain, nerves, ganglia, nerve plexuses, adrenal medulla and skin.

Temperamental Predisposition: Choleric.

Physical response: Poor endurance, cannot take strong medicines, fevers tend to be low and typhoid, require tonics and stimulants.

Body Structure: Fine, delicate appearance, small or light frame, intelligent and thoughtful appearance.

Movements: Quick, restless.

Miasmatic Propensity: Sycotic.

Health: Easily affected by stress and overwork; nervous or digestive problems common.

Mental Constitutional type 1: NEUROGENIC.

Physical Characteristic: They are short of stature and of slender built, have a prominent forehead, and appear lively and restless.

Nature: Tactful, well-mannered, creative and gifted speakers; easily become anxious, apprehensive or irritable

Temperamental Predisposition: Choleric/Melancholic/Phlegmatic.

Health: Sensitive, easily affected by stress and worry.

Keynote Remedy: Humulus.

Special Requirements: Phosphorus foods and tonics, vitamin and mineral supplementation when run down; especially needs adequate sleep. Warm baths and fresh air exercise and invigorate, as does deep massage.

Mental Constitutional type 2: NERVI-MOTIVE.

Physical Characteristics: Small face and head with angular features, often small, short, bony body which is lean and desiccated and has long limbs; often appear prematurely aged and wrinkled; appear austere or severe.

Nature: Positive, optimistic and courageous, alert, organised and honest; can be curt, irritable and quarrelsome.

Temperamental Predisposition: Choleric/Sanguine/Melancholic.

Health: Spasmodic, but generally good; a good immune system; may be prone to allergies.

Keynote Remedy: Scutellaria.

Special Requirements: Appetite may be deranged, and must be attended to, diet should be alkaline. Cold baths and relaxation are helpful.

Mental Constitutional type 3: EXESTHESIC.

Physical Characteristics: Tall and slender, gesticulate when talking and are continually mobile. The face is oval and chubby and rarely ages, appearing pale in the morning and rosy later in the day; the appearance is gentle and serious.

Nature: Active, sensitive, sympathetic and anxious. Memory is poor for details.

Temperamental Predisposition: Choleric/Sanguine.

Health: Life force is good, but has little endurance; both the life force and the digestive system are readily affected by illness or worry.

Keynote Remedy: Ceanothus.

Special Requirements: Sulphur foods should be avoided, as these may exacerbate mental conditions; cool baths, outdoor walks and exercise are helpful.

Mental Constitutional type 4: PATHETIC.

Physical Characteristics: Bones small, muscles flabby, arms short, hands and fingers long and tapered, torso lean, waist set low; appear frail, youthful with a rosy complexion, stout but not obese; appear aristocratic and professional.

Nature: Amicable, kind-hearted, congenial, affectionate, tenacious, somewhat slow and deliberate, poor self-esteem.

Temperamental Predisposition: Choleric/Phlegmatic.

Health: General life force weak and has little endurance, nervous system also weak.

Keynote Remedy: Hypericum.

Special Requirements: Must avoid stress and heavy work, avoid fats, too much protein, and ensure adequate sleep. Tepid baths, gentle massage and light exercise are helpful.

The Osseous Primary Constitutional type.

Types: Calciferic, Isogenic, Sillevitic and Barotic.

Dominant Structures: Bones, joints, nails, teeth, white blood cells, spleen, pituitary, brain motor centers and spinal cord.

Temperamental Predisposition: Melancholic.

Physical Response: Good physical and mental endurance, propensity for hard work, nature is slow and deliberate, effects of doses and medicines unpredictable.

Body Structure: Straight stature, heavy, well developed bony frame, large joints, angular and rugged looking features.

Movements: Slow and deliberate.

Miasmatic Propensity: Psoric.

Health: Healthy when young, suffer mainly chronic and 'slow' diseases, often suffer from osteoarthritis in old age, often quiet, depressed and introverted types.

Osseous Constitutional type 1: CALCIFERIC.

Physical Characteristics: Tall and broad, thin when viewed from the side, bony with large joints; look old, even when young, are sanguine with little skin pigment and appear clumsy and awkward.

Nature: Stable, unemotional, slow but active; disciplined and self-sacrificing; pioneering type.

Temperamental Predisposition: Melancholic/Choleric/Sanguine.

Health: Good, easily affected by dampness, alcohol.

Keynote Remedy: Salix.

Special Requirements: Need plenty of fluids for kidneys, must avoid constipation, fats, refined starches and alcohol; should avoid obesity and cold damp weather. Exercise improves organic function.

Osseous Constitutional type 2: ISOGENIC.

Physical Characteristics: Heavy build, with large bones, often fleshy. Elongated face with a serious expression and a prominent forehead. Ruddy complexion.

Nature: Practical, independent, indifferent, conservative, tenacious, dependable and cheerful.

Temperamental Predisposition: Melancholic/Choleric/Phlegmatic.

Health: Strong constitution, with a good life expectancy; toxic accumulations may cause problems; prone to arthritis, kidney and liver problems.

Keynote Remedy: Ruta.

Special Requirements: Need vitamin supplements, iron, potassium and silicon; should practice proper breathing, avoid overwork. A warm, dry climate is best for this type.

Osseous Constitutional type 3: SILLEVITIC.

Physical Characteristics: These are based on the tonic effect of silicon; they appear lean, slender and flexible; the face shape is square or long and narrow; the skin is youthful and unwrinkled.

Nature: Full of fun, optimistic, friendly, never timid or reserved, selfless and generous.

Temperamental Predisposition: Melancholic/Sanguine.

Health: Good, maintain youthful appearance into old age. May suffer nervous problems from fatigue; over-exercise may cause structural damage.

Keynote Remedy: Withania.

Special Requirements: Must avoid too much sugar, starches and fats; take small amounts of fluids frequently; have adequate sleep, avoid over-exercise.

Osseous Constitutional type 4: BAROTIC.

Physical Characteristics: Nervous metabolism slow (Choleric-) Vital metabolism high (Sanguine and Phlegmatic+). Body fleshy, bony and muscular, thick set but proportional; face large, forehead and eyes small; movements powerful, but slow and awkward.

Nature: Sturdy and reliable, good sense and judgement, fair; lacks self-confidence and holds grudges; difficulty in expressing thoughts and feelings, harbours deep and powerful underlying impulses.

Temperamental Predisposition: Melancholic/Phlegmatic.

Keynote Remedy: Guaiacum.

Health: Powerful life force, usually has excellent health; brain is physically weakest part.

Main problems: Nervous and rheumatic disorders.

Special Requirements: require brain and nerve support and foods such as magnesium, sodium, iodine and sulphur. Avoid fried foods, sweets, alcohol, purines, too much phosphorus and protein. Outdoor exercise, saunas and spas are helpful.

The Vital Primary Constitutional type.

Two basic types: 1. The active, happy type and
2. The sluggish, Phlegmatic type.

Types: Carboferic, Oxypheric, Hydripheric, Nitropheric, Lipopheric and Pallinomic.

Dominant Structures: Fluid metabolism, hormones and adipose tissue foremost; also the vital organs and vital fluids, including the blood serum and the lymph fluid; the lungs, kidneys, stomach, intestines, pancreas, endocrine glands, especially the thyroid, lymphatic system and all secretions.

Temperamental Predisposition: Phlegmatic.

Physical Response: Variable, doses of medicines may give exaggerated results or response may be very slow.

Body structure: Fleshy, rotund, full in body build; usually has a short neck and double chin.

Movements: Type 1: Energetic;
Type 2: Sluggish.

Miasmatic Propensity: Tubercular (Scrofulous).

Health: Liable to inflammatory disorders, especially in youth; the indolent prone to chronic degenerative diseases.

Vital Constitutional type 1: CARBOFERIC.

Physical Characteristics: Tendency to putting on weight from carbohydrate consumption. If they have too much carbon the tissues become flabby, the nature phlegmatic.

Nature: Kind and compassionate.

Temperamental Predisposition: Phlegmatic/Choleric/Melancholic.

Health: Mental and physical health poor; nerves sensitive; affected by climate and weather; prone to diabetes; produce acid e.g.: in stomach and perspiration; lack free oxygen.

Keynote Remedy: Pulsatilla.

Special Requirements: Metabolism must be stimulated; avoid acid forming foods; high altitude and refined air helpful.

Vital Constitutional type 2: OXYPHERIC.

Physical Characteristics: Tall and portly, with a commanding appearance; they look healthy and proportionately build.

Nature: Joyful, active, energetic; restless and impulsive and gesticulate a lot.

Temperamental Predisposition: Phlegmatic/Sanguine/Melancholic.

Health: Generally good, full of vitality, but may have appetite problems; prone to hypertension and acute and inflammatory disorders.

Keynote Remedy: Crataegus.

Special Requirements: Plain food, vegetarian diet is best; must avoid too much animal protein in diet.

Vital Constitutional type 3: HYDRIPHERIC.

Physical Characteristics: Hands, feet and torso broad; face cubic and padded; lymphatic system active; retain fluid, and hold this and adipose tissue mainly around the hips and upper thighs. Much inner heat, but externally cold. Most of this type are female.

Nature: Distant and detached, serious, reserved or shy, do not smile much, Are unselfish.

Temperamental Predisposition: Phlegmatic/Melancholic/Choleric.

Health: Delicate health in childhood, but stronger later in life; poor nerve force, prone to anaemia and fatigue; also prone to tumours and oedema.

Keynote Remedy: Astragalus.

Special Requirements: Avoid cold or moist food and remedies; hydrotherapy treatments useful; mild climatic conditions, not too hot or cold also of assistance.

Vital Constitutional type 4: NITROPHERIC.

Physical Characteristics: Two basic types:

1. Tall, slender, brunette, professional type.
2. Short, stocky, business type.

Lower abdomen padded; feet are small and the weakest part and fatigue easily.

Nature: Reliable, tactful, reserved, introverted; a real homebody.

Temperamental Predisposition: Phlegmatic/Sanguine/Choleric.

Health: Vitality is low, body health and life expectancy poor, nerves are easily upset; prone to stroke, heart disease, blood disorders.

Keynote Remedy: Hydrastis.

Special Requirements: Should eat plenty of vegetables, especially cruciferae, have exercise and fresh air; avoid chilling and damp air; avoid too much animal protein, starches and fats.

Vital Constitutional type 5: LIPOPHERIC.

Physical Characteristics: heavy body, overlarge trunk with short arms, small fat hands, short tapering fingers, heavy thighs and small feet. They have a fat ball on their cheeks and at the back of the neck.

Nature: Charming, extrovert, friendly, well groomed.

Temperamental Predisposition: Phlegmatic/Sanguine.

Health: Must avoid intemperate diet and promiscuity; prone to lung and heart problems, digestive disorders and obesity, especially to putting on "solid" fat.

Keynote Remedy: Scrophularia.

Special Requirements: Plenty of exercise, fresh air, skin brushing.

Vital Constitutional type 6: PALLINOMIC.

Characteristics: Portly and aristocratic appearance, with a large body, which is well proportioned. Hair is usually brunette, and stiff in texture.

Nature: Relaxed type, sincere, stable, serious, reserved and positive; movements are slow and deliberate.

Temperamental Predisposition: Phlegmatic/Melancholic.

Health: Generally good; nerves good. Prone to chest conditions, digestive disorders.

Keynote Remedy: Bryonia.

Special Requirements: Must avoid sweets, as these cause wind; vegetarian diet not well tolerated, normally require animal protein and vitamin supplements later in life.

The Muscular Primary Constitutional type.

Types: Desmogenic, Marasmic and Myogenic.

Dominant Structures: Muscular development, blood circulation, red blood cells, heart, liver and gonads.

Temperamental Predisposition: Sanguine.

Physical response: Good aerobic endurance; often suffer from injuries and wear and tear; can take strong medications.

Body structure: Large, muscular body: 'triangular', wide and broad at the shoulders, narrower at the waist.
Oval shaped head and face.

Characteristics: Quick, active, energetic and adaptable type. Likes to have an active lifestyle.

Mentally alert and practical in nature.

Movements: Quick and powerful, indicative of good endurance.

Miasmatic Propensity: Syphilitic.

Health: Usually good, strong and healthy; may suffer from problems due to physical neglect or oversteering the body.

Muscular Constitutional type 1: DESMOGENIC.

Physical Characteristics: Three basic types:

1. Tall and thin,
2. short and thin, and
3. stocky type.

The frame is unusually wiry and ligamentous, cheekbones are prominent and cheeks sunken.

Nature: Tough, serious and determined; sometimes extremists; may harbour long-term grudges.

Temperamental Predisposition: Sanguine/Choleric.

Health: Appear weak as children, but are tough, have good nerves, are usually healthy. Health may give out suddenly.

Keynote Remedy: Serenoa.

Special Requirements: Sodium may be in excess or deficient, needs protein, calcium, phosphorus and trace minerals; strongly affected by weather changes; needs high fibre foods, warmth and exercise.

Muscular Constitutional type 2: MARASMIC.

Physical Characteristics: Very lean and haggard appearance: skin is wrinkled, dry and dark: they look old even in youth.

Cheekbones prominent, cheeks and eyes are sunken.

This is the leanest of all the types.

Nature: Honest, ethical, loyal, patient, industrious, uncommunicative, impassive and melancholic; they respect elders and are patriotic.

Temperamental Predisposition: Sanguine/Melancholic/Choleric.

Health: Health is good, but strongly dependent on the mental and emotional state; may have appetite problems (anorexia, bulimia); nerves are weak.

Keynote Remedy: Sarsaparilla.

Special Requirements: Has a low metabolism of fats, sugars and water.

Must eat chlorine foods but avoid excess.

Has poor water retention, but must not drink too much water.

Must avoid drug abuse, spices and sweets.

The element sodium balances the metabolism.

Muscular Constitutional type 3: MYOGENIC.

Physical Characteristics: Typical Sanguine type, youthful, ruddy-brown complexion, flushes easily; has sloping cheekbones and slightly rounded cheeks; chest large, strong muscular development.
May look solid, but this is due to muscular development.

Nature: Physically active; pleasant, optimistic, idealistic, practical, curious and excitable; they do not show deeper feelings.

Temperamental Predisposition: Sanguine/Phlegmatic.

Health: Health very good, even when they abuse their body; healthy appearance may hide underlying developing weaknesses, which may appear suddenly and shorten life.

Keynote Remedy: Echinacea.

Special Requirements: They have good assimilative capacity, and often do well as vegetarians. They require plenty of vegetables for potassium and other minerals. Must avoid over exercising, discord in life and high living.

The Pathogenic Primary Constitutional type.

Types: Atrophic, Medeic and Pargenic.

Dominant Structures: Variable.

Temperamental Predisposition: Variable.

Physical Response: Determined by pathogenic dominance.

Body structure: Always unbalanced, disproportionate, e.g. long limbs, short torso (Atrophic), deformed or dwarfish (Medeic), heavy body, thin limbs (Pargenic).

Characteristics: Inherent predisposition to disharmony.

Movements: Unbalanced, ungainly, awkward, nervous.

Miasmatic Propensity: All.

Health: Mainly suffer from autotoxic, degenerative and congenital disorders.

Pathogenic Constitutional type 1: ATROPHIC.

Physical Characteristics: Stature short or tall, torso is flat and short; limbs long; face is either square or angular, and has fine wrinkles.
The hair is oily, often matted or even odorous.
They grow too fast between the ages of 10 and 20.

Nature: Serious, intelligent, quiet, unresponsive, non-committal introspective, indifferent; may be cranky and irritable.

Temperamental Predisposition: Choleric/Melancholic.

Health: Physical vitality and healing capacity poor.

Prone to bronchial, tubercular, and lymphatic disorders and bone defects.

Keynote Remedy: Thuja.

Special Requirements: Digestion, assimilation and oxidation are poor, thus they must breathe properly and have a varied diet.

They need vitamin supplementation, calcium and trace minerals.

They should avoid hot and humid weather.

Pathogenic Constitutional type 2: MEDEIC.

Physical Characteristics: They are lean, square shaped in body and head, slender, sometimes emaciated. Body of medium size, usually has some deformity. Upper jaw larger than lower jaw, mouth often crooked.
They look awesome and fearful; dwarfs are an extreme Medeic example.

Nature: Self-confident, tenacious, suspicious, critical or sarcastic, quick witted, intelligent but eccentric, melancholic; may be fanatical or rebellious.

Temperamental Predisposition: Choleric/Melancholic/Sanguine.

Health: Health periodic and erratic due to erratic body functions and effects from melancholy; Vital energy nevertheless strong, they are wiry and tough; prone to nervous and mental disorders.

Life expectancy unpredictable.

Keynote Remedy: Phytolacca.

Requirements: They are assimilators of phosphate, in Potassium Phosphate form. Should cultivate a positive attitude; watch the appetite, which is often depraved; eat a good, easily digested diet; avoid craved foods; avoid over-exercise.

Pathogenic Constitutional type 3: PARGENIC.

Physical Characteristics: Heavy and wide torso, disproportionate limbs, abdomen large and heavy, legs misshapen; face is fleshy and cheeks puffy, skin flaky and scaly; appearance is rough, unkempt and overweight.

Nature: Emotions are intense, but repressed; they are cautious, sensible, stubborn, conceited, resentful, sarcastic, melancholic and often sulky and withdrawn.

Temperamental Predisposition: Choleric/Phlegmatic/Melancholic.

Health: They easily get obese. Digestion good, but elimination is poor, Causing autotoxaemia. Health is superb until chronic illness sets in which lasts for life. Prone to disorders of the skin, liver and immune system.

Keynote Remedy: Dulcamara.

Special Requirements: Must avoid fatty and oily foods, non-complex carbohydrates. Keep elimination channels open. May need vitamin supplements. Sunshine and outdoor exercise essential.

3.ii. Determining the Rocine Constitution.

In order to determine the constitution of an individual, a number of other considerations must be taken into account. Firstly, the physical appearance of a given constitutional type changes during different stages of life, this is the result of differences in the metabolic rate at different ages which produce changes in the acquired temperament. These changes may cause an individual to appear to be a different constitutional type than they truly are, and should be taken into account when determining the inherent constitutional type, as follows:

CHILDHOOD. During childhood the metabolism is unusually high, due to the rapid growth and accelerated physical development of the individual. Thus the individual will tend to look more Vital than they really are, and this propensity should be subtracted from their general appearance. The conclusion of childhood usually occurs around fourteen years of age and is marked by a clear change in physical appearance which occurs at the completion of growth.

YOUTH. During youth the secondary sexual characteristics develop, but it is also the time when the mental and emotional development focuses on the external environment rather than upon the direct influence of the parents and family, and also focuses upon the processes of mentation, emotion, sense perception, speech and communication. This is therefore the time of greatly enhanced mental and nervous activity, and consequently the individual appears lankier and will tend towards the appearance of the Mental Primary constitution.

ADULTHOOD. During adulthood, from twenty-five years of age onwards, the physical strength is at an optimum and the muscles and ligaments at their highest development. This stage hallmarks the most physically active period of life, which also further contributes to the development of muscles and ligaments. During this period therefore, an individual will appear more ruddy and muscular than their inherent type and will tend towards the appearance of the Muscular Primary constitution. Towards the end of this period, usually between forty and fifty years of age, reproductive hormone production diminishes, which produces a slowing of the metabolism; the physical effects from this slowing may be further augmented because of a reduction in physical activity because the fruits of experience and personal achievement have brought about the a more sedentary lifestyle. This usually results in a greater propensity towards weight gain, and the individual will now tend towards the appearance of the Vital Primary constitution, which should be subtracted from the physical traits to arrive at their true constitutional type.

MATURITY. In maturity the metabolism slows down further, and assimilation of nutrients gradually diminishes in efficiency. The individual often also starts to suffer from a decline in the activity of the Vital force (Thymos).

Hence, if the Vital Primary constitution is not a dominant inherent quality, the metabolism will now be too slow to maintain the physical attributes which are representative of it. Thus any gained weight together with most of the Vital properties is gradually lost, and an individual's appearance temporarily returns towards that of the Muscular Primary constitution.

Usually this period will last for but a few years, but this may be longer if a person has a great deal of inherent constitutional strength and enjoys robust health. At the conclusion of this period, the strength starts to wane, muscles lose their tone and bulk, the joints become more prominent, and the physical response becomes slower.

Gradually these processes lead to an appearance which is more Osseous in type than the true inherent constitution.

The Determination of the Inherent Constitution.

When determining the constitutional type, the first thing to be observed is the body shape. This means noting whether any part of the body is dominant or the shape is relatively straight with little waist shown and the frame has a light bony structure (Mental Primary constitution); or is straight with heavy bones and prominent joints (Osseous Primary constitution).

Whether the neck is relatively short and whether there is much space for the abdominal organs, which manifests as either an 'hourglass' figure or a large abdomen (Vital Primary constitution); whether the torso tapers from the shoulders down and the musculature is prominent (Muscular Primary constitution); or whether the body is disproportionate or uneven from left to right (Pathogenic Primary constitution).

The second aspect to observe is the face shape. This is often an important factor in determining the constitution, as the body shape may appear to vary from the true constitutional type of the individual due to age, changes in body weight, and the health state of the individual. First the general head and facial shape should be observed, whether it is round, elongated, square, triangular, angular, regular or irregular. The colour and relative smoothness of the facial skin in relation to the age should be observed next, as should the contours of the cheeks. This should now be followed by more specific observations of the facial features, such as the size, shape and direction of the eyebrows, the prominence or lack of prominence of the cheekbones and the shape and size of the mouth and of the lips.

The third aspects to be observed relate to the personal attributes of the person. The mannerisms: whether the person moves often, or remains in place; whether they gesticulate and are facially expressive or whether they keep their face and hands still; whether their movements are quick or slow; fluid or awkward; powerful and large or small and reserved. The voice: whether it is deep, high-pitched, strong, weak, musical, harsh, modulated or nervous. Also the character should be taken into account: whether the person appears happy or unhappy; is pleasant or gruff; friendly or hostile; or excitable, nervous or calm.

If all these aspects are carefully observed and correlated in the light of the acquired temperament, the inherent constitution may be determined readily and with great confidence.

REFERENCE CHART TO THE ROCINE CONSTITUTIONS.

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PRIMARY CONSTITUTION – MENTAL.						
CONSTITUTION	KEYNOTE	BODY	FACE	APPEARANCE	VOICE	CHARACTER
MENTAL	Quick	Small frame, large head, body "straight up and down".	Forehead prominent.	Active, quick hurried.		Poor physical endurance for heavy work.
NEUROGENIC (Mental/ Osseous)	Pleasant	Short, slender stature, stoop shouldered, old looking.	Forehead prominent, sharp, chiseled features. Look old, often sad.	Always changing position and facial expression.	Gentle and pleasant.	Polite, but gets tired easy and then gets irritable.
NERVIMOTIVE (Mental/ Osseous)	Irritable	Short, slender stature with small face and head, Long limbs and short torso.	Angular features, often look desiccated and wrinkled.	Erratic, awkward and jerky movements.	Squeaky or gruff.	Alert and optimistic, easily irritated, then bed tempered and suspicious.
EXESTHESIC (mental/ Muscular)	Fretful	Tall, slender and in proportion, always looks young and graceful.	Oval face, prominent forehead. Youthful. Pale, colour improves during the day.	Alive, full of energy, always uses gestures.	High pitched.	Worries over everything. Pleasant in public, irritable at home.
PATHETIC (Mental/ Vital)	Sensitive	Fine bone structure, rounded body contours.	Rounded face, prominent forehead, rosy cheeks, smooth skin.	Movements are slow and deliberate.	Rich and well modulated.	Kind-hearted, sympathetic and sensitive.

PRIMARY CONSTITUTION – OSSEOUS.						
CONSTITUTION	KEYNOTE	BODY	FACE	APPEARANCE	VOICE	CHARACTER
OSSEOUS	Deliberate	Straight, bony frame with large joints..	Rugged, angular face.	Slow and deliberate in all movements.		Good physical endurance for heavy work.
CALCIFERIC (Osseous/ Mental)	Stable	Tall, lean, broad and bony, broad shoulders.	Flat or concave deep creases, chin square, nose large and bony, look old.	Movements slow and awkward, manner serious and heavy.	Strong, low and empathic.	Stable, slow but active, self disciplined, self sacrificing.
ISOGENIC (Osseous/ Mental/ Vital)	Tenacity	Heavy and large boned, often overweight and fleshy.	Elongated, appears lean relative to body, cheekbones and forehead large.	Ordinary or awkward and clumsy, care little for appearance.	Strong, quiet, low when passive.	Cheerful and strong, tenacious, dependable, independent, academic.
SILLEVITIC (Osseous/ Mental)	Flexible	Bony and slender body, waist and shoulders narrow long arms and feet flexible joints.	Long and narrow with sunken cheeks or rounded and short face. Innocent look.	Light footed, quick and lively dance – like movements.	Rapid and high pitched.	Optimistic and active mind, friendly and familiar, interest changeable.
BAROTIC (Osseous/ Vital)	Heavy	Thick set, heavy but proportional build is fleshy, bony and muscular.	Elongated, flat large and wide, small eyes, large mouth nose and ears.	Expression sober, movement powerful and slow gestures calm restrained.	Unhurried and reflective, low.	Slow and careful in action. Philosophical. Not expressive in word and face.

REFERENCE CHART TO THE ROCINE CONSTITUTIONS.

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PRIMARY CONSTITUTION – VITAL.						
CONSTITUTION	KEYNOTE	BODY	FACE	APPEARANCE	VOICE	CHARACTER
VITAL	Energy	Abdomen large in comparison to rest of body rounded contours.	Round and fleshy.	Energetic movements.		Dynamic attitude to life, average physical endurance.
CARBOFERIC (Vital)	Lethargic	Large torso compared to limbs, stout, large abdomen, hips and thighs largest.	Fleshy, broad circular or conic, lower part heavy, double chin.	Graceful when not moving, clumsy when moving, sleepy and lethargic.	Weak, squeaky, hoarse or pleasant. Feminine.	Extrovert, non-aggressive and good hearted.
OXYPHERIC (Vital/ Muscular)	Impulsive	Tall and portly, prominent chest straight back, prominent abdomen	Round or cubic rounded cheeks broad cheekbones, jaw large and meaty.	Movement rhythmic, positive and graceful, gesticulate with open hands.	Pleasing, musical and modulated	Happy, dynamic and excitable.
HYDRIPHERIC (Vital/ Osseous/ Mental)	Deep	Body, hands and feet broad, hips very wide.	Cubic, fleshy and masculine, rounded cheeks, large soulful eyes.	Movements slow and ponderous, but if exited very quick.	Soft and modulated, gentle.	Calm, serene, non talkative, unselfish. Easily moved to tears.
NITROPHERIC (Vital/ Mental)	Reliable	Heavy, fleshy, dark, short neck fleshy abdomen. Small feet tire easily.	Full and fleshy, rounded cheeks, lack of wrinkles. Silky hair and small nose.	Movements calm, relaxed, unhurried, but not fluid. Likes to put feet up.	Low, easily strained.	Calm, confident and relaxed, often distant. Reliable, domestic, studious.
LIPOPHERIC (Vital/ Osseous)	Cheerful	Heavy, rounded, flabby. Arms and legs short, Small fat hands, fingers short.	Large, unwrinkled, circular or conic. Fat ball on cheeks, Lips full.	Well groomed. Movements animated, lively, light, sparkling.	Powerful, high pitched, loud.	Socially optimistic, lively and happy. Often more moody at home.
PALLINONIC (Vital)	Diligent	Portly, well proportioned, large, stiff ankles, heavy feet, long legs.	Features sharp and regular. Broad especially at the prominent cheekbones.	Movements are slow and deliberate.	Deep, resonant, strong.	Controlled, conservative attitudes, look thoughtful and grave.

PRIMARY CONSTITUTION – MUSCULAR.						
CONSTITUTION	KEYNOTE	BODY	FACE	APPEARANCE	VOICE	CHARACTER
MUSCULAR	Power	Broad shoulders triangular torso muscular limbs.	Oval head and face.	Alert attitude and movements.		Good physical endurance, faster than Osseous.
DESMOGENIC (Muscular/ Mental)	Controlled	Tall and thin or short and stocky. Appear too thin almost haggard, always wiry.	Cheekbones prominent, sunken cheeks. Mouth small, lips thin. Brows straight.	Stern, striking oldish, lithe, powerful. Gestures forceful. Often slouches.	Deep, powerful or coarse. Female: rough or squeaky.	Crusader, serious, love freedom. Can turn their power on and off at will.
MARASMIC (Muscular/ Osseous/ Mental)	Impassive	Broad, flat chest. Small hips. Muscular, lean emaciated body, long legs.	Very wrinkled. Long prominent cheekbones, concave cheeks. Head elongated.	Movements are rigid, not graceful. Rarely gestures.	Low pitch, nasal, slow, often nervous.	Very respectful of authority. Calm, impassive and apathetic. Self confident.
MYOGENIC (Muscular)	Poised	Good proportions. Muscular with large chest. Masculine. Dignified. Much body hair.	Features even. Sloping cheekbones, rounded cheeks, flushes easy. Youthful.	Movements are active, flexible and poised. Gait elastic and easy.	Amiable, gentle, clear, medium pitch.	Very charming, relaxed and level, headed. Eloquent and persuasive.

REFERENCE CHART TO THE ROCINE CONSTITUTIONS.

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PRIMARY CONSTITUTION - PATHOGENIC.						
CONSTITUTION	KEYNOTE	BODY	FACE	APPEARANCE	VOICE	CHARACTER
PATHOGENIC	Disharmony	Variable, but never balanced, always some physical oddity.	May be fleshy, lean or bony. Shape never in balance.	Restless and slow movements often clumsy, Look unhappy.		Physical endurance variable. Unpredictable and unhappy.
ATROPHIC (Osseous/ Mental)	Cold	Long angular body or long and lank with long hands and feet. Lean and irregular.	Long and angular or short and square, bony. Forehead large, irregular shape.	Movements awkward. Gait measured. Restless when standing.	Husky, hoarse, not strong.	Indifferent, noncommittal, cold, sometimes irritable.
MEDEIC (Muscular/ Mental/ Osseous)	Erratic	Tall, slim, with broad, angular and bent shoulders. Long limbs. Sometimes dwarfs.	Face and head narrow and elongated. Broad forehead. Small nose and chin.	Stooped, appear rushed. Nervous movements of hands and head. Look fearsome.	Deep, loud harsh and guttural or husky and nasal.	Energetic, intense and unpredictable. Can be sarcastic, antisocial.
PARGENIC (Vital/ Osseous)	Detached	Rigid, inflexible. Torso wide and heavy, large lower abdomen heavy hips.	Heavy and fleshy, irregular. Eyebrows bristly. Nose large and wide. Look old.	Clumsy and ungainly when walking. Gestures few, clumsy and powerful.	Nasal, emphatic, deep, guttural, sarcastic.	Pessimistic and melancholy with fixed moods. Independent, secretive.

4. OCURRENCE AND REQUIREMENTS OF MINERALS IN MAN.

The constituent minerals are important because they compose the major part of our physical body and because they play a cardinal role in all human functions, and are the primary underpinnings of physical biochemistry.

Both the exact quantity present in the body and the requirements for different minerals varies from person to person and from time to time, and are particularly affected by our inherent physiological constitution. Health problems in any given constitution can often be traced to an imbalance or a deficiency in the required elements, therefore the understanding of the Constitutional Minerals and their application provides a fundamental system which enables us to deal with the most common cause of chronic disease, namely long term anomalies in the uptake of the elements required for proper function. Additionally, clear understanding of the 'Starstuff of which we are made', the constitutional minerals, will also provide us with an insight into how diet may affect health, physical structure and mental and emotional function.

The following pages will provide an overview of these minerals, and their relationship to the inherent constitutions.

Mineral constituents of a person weighing 72 Kg.

Oxygen	44.80 Kg.	Sulphur	0.10 Kg.
Carbon	12.95 Kg.	Sodium	0.07 Kg.
Hydrogen	6.76 Kg.	Magnesium	0.04 Kg.
Nitrogen	1.87 Kg.	Silicon	0.03 Kg.
Calcium	1.75 Kg.	Iodine	0.01 Kg.
Phosphorus	0.70 Kg.	Manganese	0.01 Kg.
Potassium	0.25 Kg.	Iron	0.006 Kg.
Chlorine	0.12 Kg.	Fluorine	0.001 Kg.

The Chemical Elements in various Physiological systems.

Protein: Carbon, hydrogen, oxygen, nitrogen, phosphorus, and often sulphur and iron.

Body Fat: Carbon, hydrogen, oxygen.

Muscles: Potassium, magnesium, chlorine, manganese, calcium, phosphorus, selenium.

Bones: Calcium, phosphorus, magnesium, fluorine, silicon, copper, manganese.

Cartilage and Ligaments: Sodium, iron, silicon, manganese.

Skin: Silicon, sulphur, sodium, manganese, copper.

Hair and Nails: Silicon, calcium, iron, sulphur, zinc, chlorine.

Nervous system and Brain: Phosphorus, magnesium, potassium, sodium, iodine, sulphur, silicon, calcium, manganese.

Blood: Iron, copper, zinc, sodium, potassium, calcium.

Blood vessels: Magnesium, silicon, sulphur.

Heart: Magnesium, iron, potassium, calcium, phosphorus.

Spleen: Iron, copper, fluorine, sodium, potassium, magnesium.

Pancreas: (Excluding the Islets of Langerhans) Carbon, sodium, potassium, copper, magnesium, zinc.

Liver: Carbon, zinc, selenium, sulphur, iron, potassium, magnesium.

Kidneys: Potassium, chlorine, fluorine, manganese, magnesium, calcium, iron, silicon.

Lungs: Phosphorus, manganese, silicon.

Digestive system: Sodium, potassium, hydrogen, chlorine, fluorine, iodine, calcium, iron.

Anus: Silicon.

Bladder: Silicon, fluorine.

Pituitary: Iodine, phosphorus, sulphur, manganese, bromine.

Pineal: Phosphorus, sulphur, manganese.

Adrenal Medulla: Phosphorus, sulphur, manganese, iodine.

Adrenal Cortex: Calcium, sodium, fluorine, iron, silicon.

Thyroid, Parathyroids, Thymus: Sodium, potassium, chlorine, magnesium, iodine.

Islets of Langerhans: Zinc, manganese, potassium, chromium.

Ovaries: Silicon, manganese, magnesium, phosphorus, zinc.

Uterus: Silicon, iron, magnesium, potassium, manganese, calcium, fluorine, selenium.

Testes: Silicon, magnesium, phosphorus, zinc.

Prostate: Zinc, silicon, magnesium.

Inner Ear: Magnesium, fluorine, iron, chlorine.

Eyes: Sulphur, fluorine.

Cell Metabolism: Iron, phosphorus, sodium, potassium, calcium, magnesium, sulphur, manganese, copper.

Percentage water in tissues:

Fat-20%,
Blood-80%,
Bone-25%,
Kidneys-80%,
Liver-70%,
Muscle-75%,
Skin-70%,
Brain-85%,
Nerves-70%.

4.i. The Constitutional Minerals.

Constitutional Mineral: CARBON.

Nature: Carbon is the basis of life on earth. Is found in carbohydrates.

It is most active in the muscles and creates heat with oxygen.

Carbon is Negative sleepy, depresses the mental functions.

Constitutions Active: Carboferic, Lipopheric, Myogenic.

Constitutions excessive: Carboferic, Hydripheric, Lipopheric, and Pargenic.

Constitutions deficient: Nervi-Motive, Neurogenic, Marasmic, Calciferic, Sillevitic, Atrophic, Medeic.

Temperaments excessive: Phlegmatic.

Temperaments deficient: Melancholic.

Health effects: Excess: fatigue, poor immunity, flatulence, dullness.

Deficiency: hardening, sclerosis, calcification.

To Increase Carbon: Eat sugars and starches.

To Decrease Carbon: Eat calcium, iron, potassium and sodium foods.

Constitutional Mineral: HYDROGEN.

Nature: Hydrogen is part of water, and combines readily with oxygen; it is inflammable, expansive, diffusive, penetrative, and the transporter of life; soothes nerves, purifies and cools.

Constitutions excessive: Carboferic, Hydripheric, Lipopheric, Nitropheric, Oxypheric and Pallinomic.

Constitutions deficient: Marasmic, Calciferic and Medeic.

Temperaments excessive: Phlegmatic.

Temperaments deficient: Melancholic.

Health effects: Excess: spongy tissues, slow wound healing, puffiness, acuteness of senses. Deficiency: desiccation, insomnia, aggression, glandular stasis.

To Increase Hydrogen: Eat watery foods.

To Decrease Hydrogen: Eat high calcium, silicon and chlorine foods.

Constitutional Mineral: OXYGEN.

Nature: Oxygen is the most abundant element in our environment.

It is associative, restless, active, unstable, impulsive, spontaneous and transmutative. It stimulates circulation, metabolism and the mind.

Constitutions excessive: Oxypheric, sometimes Myogenic.

Constitutions deficient: Atrophic, Neurogenic, Desmogenic, Marasmic, Carboferic and Nitropheric.

Temperaments excessive: Plethoric (Sanguine).

Temperaments deficient: Phlegmatic.

Health effects: Excess: excessive temperament, appetite, heat etc.; skin diseases, plethora, insanity; deficiency: pale face, blue veins, sterility, toxaemia, low and poor metabolism, pain, oedema, anaemia.

To Increase Oxygen: Eat foods high in oxygen, iodine, iron, potassium.

To Decrease Oxygen: Eat foods rich in nitrogen and fluorine.

Constitutional Mineral: NITROGEN.

Nature: Nitrogen is strong, independent, non-associative, cooling, preserving and negative; it is opposite to oxygen. It vitalises and builds tissue.

Constitutions excessive: Functional: Nitropheric, Pathetic;

Organically: Calciferic, Desmogenic, Myogenic.

Constitutions deficient: Functional: Oxypheric, Lipopheric, Exesthesic, Sillevitic; Organically: Nitropheric, Pallinomic, Pathetic, Nervi-Motive.

Temperaments excessive: Phlegmatic.

Temperaments deficient: Melancholic.

Health effects: Excess: cold skin, dark complexion (Nitrogen increases pigmentation), pride, difficult character. Deficiency: impulsive, enthusiastic, exaggerative, does not assimilate albumen.

To Increase Nitrogen: Eat nitrogenous and alkaline foods.

To Decrease Nitrogen: Eat foods containing sulphur, potassium, sodium, calcium, silicon, oxygen and ferrum.

Constitutional Mineral: SODIUM.

Nature: Sodium is a constituent of salt. It is electrically positive, alkalising and drying; it dissolves calcium and holds it and albumin and fibrin in solution; it plays an important role in digestion.

Constitutions excessive: None.

Constitutions deficient: Desmogenic, Nervi-Motive, Marasmic, Atrophic; all fat retaining constitutions, old people, infants and children.

Temperaments excessive: Choleric, Melancholic.

Temperaments deficient: Phlegmatic.

Health effects: Excess: cannot carry oxygen, slow metabolism, sugar craving, toxicity, infections. Deficiency: nervousness, poor mental performance, fear of the dark, tearyness.

To Increase Sodium: Eat high sodium foods.

To Decrease Sodium: take in more potassium and calcium.

Constitutional Mineral: FERRUM.

Nature: Ferrum is the most common metal in the universe. Iron has a strong affinity to oxygen; it is astringent, magnetising, animating, tonic, youthful and strong.

Constitutions excessive: Myogenic and Oxypheric.

Constitutions deficient: Neurogenic, Pathetic, Desmogenic, Carboferic.

Temperaments excessive: Sometimes Sanguine.

Temperaments deficient: Phlegmatic.

Health effects: Excess: mind, emotions and senses dull, plethora, haemorrhages, headaches, sleepiness. Deficiency: lack of energy, dullness, cold extremities, weepy moods, mental dullness.

To Increase Ferrum: Eat foods with iron, magnesium, chlorine, potassium, sodium, calcium, silicon, oxygen and iodine.

To Decrease Ferrum: Eat foods containing sulphur, carbon, hydrogen and nitrogen.

Constitutional Mineral: CHLORINE.

Nature: Chlorine is a constituent of salt. It is electrically negative, has an affinity for hydrogen, is drying, increases metabolic heat, increases digestion, aids urination, and makes tissues dense and elastic.

Constitutions excessive: Marasmic (especially), Nervi-Motive, Medaic.

Constitutions deficient: All lean individuals (due to high chlorine metabolism).

Temperaments excessive: Choleric, Melancholic.

Temperaments deficient: Phlegmatic.

Health effects: Excess: emaciation, ulceration, poor muscle, power, curvature of limbs, neurasthenia, bowel problems; deficiency: slow digestion, low urinary specific gravity, much mucous formation, bone pain, starvation.

To Increase Chlorine: Eat high chlorine foods.

To Decrease Chlorine: Eat high carbon, hydrogen, nitrogen, and oxygen foods.

Constitutional Mineral: CALCIUM.

Nature: Calcium is an important part of bone, nerves cannot function without it, it enhances intelligence, gives courage and conviction.

It is ductile and associative.

Constitutions excessive: Nervi-Motive, Calciferic, Atrophic organically, sometimes Medaic, old bony people.

Constitutions deficient: Neurogenic, Pathetic, Carboferic often, Hydripheric, Lipopheric, Atrophic.

Temperaments excessive: Sometimes Choleric or Melancholic.

Temperaments deficient: Phlegmatic.

Health effects: Excess: hardens arteries, scarring, epilepsy, stiffness, obsessive philosophies, stubbornness, melancholy, vengefulness. Deficiency: poor blood clotting, scarring, spasms, nocturnal cramps, poor memory and intellect, spinal curvature, timidity.

To Increase Calcium: Eat high calcium foods, no sugar, starches or sodium.

To Decrease Calcium: Eat starches, sugar, and sodium.

Constitutional Mineral: POTASSIUM.

Nature: Strongly alkaline, promotes growth, prevents disease, is cooling, drying and antiseptic. Gives food a bitter taste; helps wound healing; facilitates correct metabolic functions.

Constitutions excessive: Myogenic.

Constitutions deficient: All constitutions except Myogenic.

Temperaments excessive: Sometimes Choleric.

Temperaments deficient: Phlegmatic, sometimes Sanguine.

Health effects: Excess: hyperkinesia, poor reflexes, flatulence, poor coordination, melancholy, impulsiveness.

Deficiency: baldness, digestive fermentation, oedema, cancer, diabetes, sensitivity to pain, foot odour, muscle atrophy.

To Increase Potassium: Eat high potassium foods.

To Decrease Potassium: Eat high chlorine and sodium foods.

Constitutional Mineral: SILICON.

Nature: Strongly electrical, holds alkalis, is firm and elastic.

Constituent of ligaments, hair, nails and skin.

Imparts vigour and makes the body more alkaline.

Constitutions excessive: Sillevitic, sometimes Nervi-Motive.

Constitutions deficient: Neurogenic, Pathetic, Carboferic, Hydripheric, Lipopheric, Nitropheric, Atrophic, sometimes Pargenic.

Temperaments excessive: None.

Temperaments deficient: Melancholic, sometimes Choleric.

Health effects: Excess: excess appetite, weight loss, mania, hyperactivity, exaggerations, enlarged lymph glands.

Deficiency: hysteria, anxiety, impotence, drug addiction, stiff joints, mental fatigue, pus formation, catarrh, excessive perspiration.

To Increase Silicon: Eat high silicon foods, do mental exercises.

To Decrease Silicon: Eat foods high in carbon, hydrogen, nitrogen and oxygen, do meditation.

Constitutional Mineral: MANGANESE.

Nature: Manganese is a purifier, it is antiseptic and germicidal, counteracts toxicity and malignancy and is strongly tonic.

Manganese is the element of affection.

Constitutions excessive: None.

Constitutions deficient: Almost all.

Temperaments excessive: Choleric (rarely).

Temperaments deficient: Melancholic, sometimes Phlegmatic.

Health effects: Excess: anxiety, changeable emotions, poor coordination, hyperaesthesia, excessive appetite, cold food disagrees.

Deficiency: poor memory, organ spasms, confusion, stammering, sleepiness, sense delusions, oily skin.

To Increase Manganese: Eat foods rich in manganese, fresh air exercise.

To Decrease Manganese: Cut down on manganese foods, work at night.

Constitutional Mineral: FLUORINE.

Nature: Fluorine has a strong affinity with calcium. It gives hardness to bone and elasticity to tissues. It is anti-toxic, anti-aging and antipyretic.

Constitutions excessive: Perhaps: Exesthetic, Nervi-Motive, Calciferic or Sillevitic.

Constitutions deficient: Neurogenic, Pathetic, Marasmic sometimes, Carboferic, Lipopheric, Atrophic, Pargenic.

Temperaments excessive: Melancholic (rarely).

Temperaments deficient: Phlegmatic, sometimes Choleric.

Health effects: Excess: hypersexuality, unreliability, excessive appetite, craving for junk food, thirstlessness, red bloated skin.

Deficiency: fevers, infections, soft tumors, prolapse, motion aggravates, schizoid tendencies, falling hair.

To Increase Fluorine: Eat high calcium and fluorine foods.

To Decrease Fluorine: Omit high fluorine and calcium foods.

Constitutional Mineral: IODINE.

Nature: Iodine is important for thyroid function, and hence for the reduction of metabolic toxins. It stimulates brain function, is germicidal, and assists in the break down of proteins and fats.

Constitutions excessive: None.

Constitutions deficient: Almost all, except: Calciferic, Oxypheric, Myogenic.

Temperaments excessive: Sometimes Melancholic.

Temperaments deficient: Phlegmatic, sometimes Choleric.

Health effects: Excess: Neurosis, nervous problems, protrusion of the eyes, hyperopia, faintness, tachycardia, restlessness. Deficiency: thirst, stiff neck, clumsiness, restlessness, palpitations, left sided symptoms.

To Increase Iodine: Eat iodine rich foods.

To Decrease Iodine: Avoid iodine rich foods, eat a high protein diet.

Constitutional Mineral: SULPHUR.

Nature: Combustible, very acid, drying; sensitive to air currents, electricity, heat, cold and moisture. Stimulates the liver, nerve regulator yet slightly narcotic, depuritant, powerful alterative, agitative, expulsive, compulsive.

Constitutions excessive: Exesthesic, Nervi-Motive.

Constitutions deficient: Calciferic, Carboferic, Nitropheric, Pargenic; Exesthesics use too much sulphur.

Temperaments excessive: Choleric.

Temperaments deficient: Phlegmatic, sometimes Sanguine.

Health effects: Excess: moody, changeable emotions, temper outburst, fermentation, bloating, sodium craving. Deficiency: Hysteria, very emotional, changeability, dizziness.

To Increase Sulphur: Eat raw sulphur foods.

To Decrease Sulphur: Eat high magnesium, manganese, sodium, potassium and iron foods and avoid cooked sulphur foods.

Constitutional Mineral: MAGNESIUM.

Nature: Alkaline, cooling, tart or pungent, laxative, flexibility producing, nerve calming, antispasmodic, anodyne, promotes brain action, purifying, cools liver, antipyretic.

Constitutions excessive: None.

Constitutions deficient: Almost all, especially Exesthesic, Nervi-Motive, Neurogenic, Pathetic, Desmogenic, Marasmic, Calciferic, Isogenic, Sillevitic, Carboferic, Oxypheric, Atrophic, Medeic and Pargenic.

Temperaments excessive: None.

Temperaments deficient: All.

Health Effects: Excess: dulls nerves and brain, sleepiness, ill tempered, menstrual abnormalities. Deficiency: mental exhaustion, restlessness, poor eyesight, weather sensitivity, nervousness, neuralgia, cramps on exertion, pica.

To Increase Magnesium: Eat magnesium foods, avoid sugar, do meditation.

To Decrease Magnesium: Avoid magnesium drugs, do mental work.

Constitutional Mineral: PHOSPHORUS.

Nature: Electrical, luminous, nerve nutrient, increases bone density, helps immune function, involved in higher mental functions, component of lecithin. Most important form: Sodium Phosphate.

Constitutions excessive: Neurogenic, due to excessive phosphorus consumption.

Constitutions deficient: Carboferic, Atrophic, all children, adults with mental impairment.

Temperaments excessive: None.

Temperaments deficient: Choleric, Melancholic.

Health Effects: Excess: excitability, restlessness, fantasy, idealism, esotericism, fatty organ and tissue degeneration. Deficiency: changeable appetite, sexual weakness, nervous collapse, neuralgia, localised numbness, premature aging.

To Increase Phosphorus: Eat phosphorus rich foods.

To Decrease Phosphorus: Avoid phosphorus rich foods, starches, fats, sweets, meat. Eat magnesium, calcium, fluorine, silicon and potassium foods.

Constitutional Mineral: CHROMIUM.

Nature: Electrical, facilitates energy utilisation and sugar metabolism, component of G.T.F. (Glucose Tolerance Factor).

Constitutions excessive: None.

Constitutions deficient: Desmogenic, Marasmic, Atrophic, all Vital constitutions.

Temperaments excessive: None.

Temperaments deficient: Phlegmatic and old people.

Health Effects: Excess: skin problems; deficiency: loss of weight, fatigue, yeast infections, nasal polyps, slow wound healing, arthritis, hyperglycaemia, diabetes.

To Increase Chromium: Eat foods high in chromium, low in iron and carbon.

To Decrease Chromium: Avoid foods high in chromium.
Eat high iron and carbon foods.

Constitutional Mineral: COPPER.

Nature: Electrical, conductor of heat, acid, enters into respiration.

Constitutions excessive: Myogenic, Oxypheric. May become excessive in all Other constitutions if intake is high.

Constitutions deficient: Isogenic, Hydripheric, Atrophic.

Temperaments excessive: Melancholic, sometimes Sanguine.

Temperaments deficient: Phlegmatic.

Health Effects: Excess: anaemia, colic, mania, spasmodic conditions, weakness, psoriasis, skin ulcers, skin sores, shocks of body when sleeping.
Deficiency: poor blood quality, cyanosis, dyspnoea, sagging skin, poor bone growth, fractures do not heal, osteoporosis, loss of hair and skin colour.

To Increase Copper: Eat foods rich in copper, avoid processed foods.

To Decrease Copper: Avoid foods rich in copper, eat processed foods.

Constitutional Mineral: SELENIUM.

Nature: Protective, immune system nutrient, reproductive system nutrient, prevents chromosome damage and slows aging.
Most important form: Sodium\Selenite.

Constitutions excessive: None.

Constitutions deficient: Exesthetic, Desmogenic, Marasmic, Atrophic, all elderly people and those with weak immune systems.

Temperaments excessive: None.

Temperaments deficient: Phlegmatic, Melancholic.

Health Effects: Excess: debility, alopecia, garlic breath, painful liver, black nails, nails are brittle, eruptions in the palms.
Deficiency: debility, sexual weakness, lascivious thoughts with impotency, hydrocele, melancholy, hoarseness, incontinence, acne, oily skin.

To Increase Selenium: Eat foods high in selenium, eat whole grain foods.

To Decrease Selenium: Avoid selenium rich foods, and tuna. Eat refined starches and sweets.

Constitutional Mineral: ZINC.

Nature: Electrical, a blue-white lustrous metal, healing, enters into the composition of bones, teeth, hair and skin; involved in growth, sugar metabolism and production of male hormones.
Most important form: Zinc sulphate.

Constitutions excessive: None.

Constitutions deficient: Calciferic, Desmogenic, Marasmic, Atrophic, Pargenic, all children.

Temperaments excessive: None.

Temperaments deficient: Phlegmatic, Melancholic.

Health Effects: Excess: drowsiness, light-headedness, staggering, restlessness, difficulty in writing; deficiency: loss of taste and smell, poor growth in children, hair loss, skin rashes, glossitis, stomatitis, sterility, poor wound healing, enlarged liver or spleen, recurrent infections, swollen lymph glands, weight loss and fever.

To Increase Zinc: Eat foods rich in zinc, oysters and pumpkin seeds.

To Decrease Zinc: Avoid zinc rich foods; Eat refined foods.

Acid and Alkaline reactions of the Constitutional Minerals.

Minerals have, apart from their nutritional and supportive action, also an Alkaline or an Acid reaction in the body. Minerals normally rarely manifest this reaction in any prominent way, because they interact closely with each other in the human organism. This reaction can however become clearly manifested when they are ingested in amounts that are relatively large compared to their requirements and compared to the normal intake of other minerals, such as might take place through special diets or by means of supplementation. In this case the consideration of the alkaline/acid reaction of a mineral may become important or even of vital significance in determining its overall effect on the human metabolism.

ALKALINE/ACID CHART FOR THE CONSTITUTIONAL MINERALS.

ALKALINE

Hydrogen
Oxygen
Sodium
Ferrum
Calcium
Potassium
Manganese
Magnesium
Zinc
Chromium

ACID

Carbon
Nitrogen
Chlorine
Silicon
Fluorine
Iodine
Sulphur
Phosphorus
Copper
Selenium

REFERENCE CHART TO THE CONSTITUTIONAL MINERALS.

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<u>MINERAL</u>	<u>EXCESS SIGNS</u>	<u>DEFICIENCY SIGNS</u>	<u>CRASES EXCESS</u>	<u>CRASES DEFICIENT</u>
<u>CARBON</u>	Fatigue, poor immunity, flatulence, dullness.	Hardening, sclerosis, calcification.	Carboferic, Hydripheric, Lipopheric, Pargenic, Phlegmatic.	Nervi-Motive, Neurogenic, Marasmic, Calciferic, Sillevitic, Atrophic, Medeic, Melancholic.
<u>HYDROGEN</u>	Spongy tissues, Poor wound healing, puffiness, acuteness of senses.	Desiccation, insomnia, aggression, glandular stasis.	Carboferic, Hydripheric, Lipopheric, Nitropheric, Oxypheric, Pallinomic, Phlegmatic.	Marasmic, Calciferic, Medeic, Melancholic.
<u>OXYGEN</u>	Excess temperament, excess appetite, excess heat, skin diseases, plethora, insanity.	Pallor, blue veins, sterility, toxemia, low/poor metabolism, pain, oedema, anaemia.	Oxypheric, Myogenic, Plethoric.	Atrophic, Neurogenic, Desmogenic, Marasmic, Carboferic, Nitropheric, Phlegmatic.
<u>NITROGEN</u>	Cold skin, dark complexion, pride, difficult character.	Impulsive, enthusiastic, exaggerative, poor protein assimilation.	Nitropheric, Pathetic, Calciferic, Desmogenic, Myogenic, Phlegmatic	Oxypheric, Lipopheric, Exesthetic, Sillevitic, Pallinomic, Nervi-Motive, Melancholic.
<u>SODIUM</u>	Cannot carry oxygen, slow metabolism, sugar craving, toxicity, infections.	Nervousness, poor mental performance, fear of the dark, tearyness.	Non inherently, Choleric, Melancholic.	Desmogenic, Nervi-Motive, Marasmic, Atrophic, children, fat and older people, Phlegmatic.
<u>FERRUM</u>	Mind dull, dulled emotions, senses dulled, plethora, haemorrhages, headaches, sleepiness.	Adynamia, dullness, cold extremities, weepy moods, mental dullness.	Myogenic, Oxypheric, Sanguine.	Neurogenic, Pathetic, Desmogenic, Carboferic Phlegmatic.
<u>CHLORINE</u>	Emaciation, ulceration, poor muscle power, curved limbs, neurasthenia, bowel problems.	Slow digestion, low urinary Specific Gravity, mucus formation, bone pains, starvation.	Marasmic, Nervi-Motive, Medeic, Choleric, Melancholic.	All lean types, Phlegmatic.
<u>CALCIUM</u>	Arteriosclerosis, scarring, epilepsy, stiffness, obsession, stubbornness, melancholy, vengefulness.	Poor blood clotting, scarring, spasms, night cramps, intellect and memory poor, spinal curvature, timidity.	Nervi-Motive, Calciferic, Atrophic, Medeic, Choleric, Melancholic, old bony people.	Neurogenic, Pathetic, Carboferic, Hydripheric, Lipopheric, Atrophic, Phlegmatic..
<u>POTASSIUM</u>	Hyperkinesia, poor reflexes, flatulence, poor coordination, melancholy, impulsiveness.	Baldness, digestive fermentation, oedema, cancer, diabetes, pain sensitivity, foot odour, muscle atrophy.	Myogenic, Choleric.	All inherent constitutions except Myogenic Phlegmatic, Sanguine.
<u>SILICON</u>	Excess appetite, weight loss, mania, hyperactivity, exaggerations, enlarged lymph glands.	Hysteria, anxiety impotence, drug addiction, stiff joints, mental fatigue, pus formation, catarrh, hyperhidrosis.	Sillevitic, Nervi-Motive	Neurogenic, Pathetic, Carboferic, Hydripheric, Lipopheric, Nitropheric, Atrophic, Melancholic, Choleric.

REFERENCE CHART TO THE CONSTITUTIONAL MINERALS.

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<u>MINERAL</u>	<u>EXCESS SIGNS</u>	<u>DEFICIENCY SIGNS</u>	<u>CRASES EXCESS</u>	<u>CRASES DEFICIENT</u>
<u>MANGANESE</u>	Uncoordination, anxiety, changeable emotions, hyperaesthesia, excess appetite, cold food disagrees.	Poor memory, organ spasms, confusion, stammering, sleepiness, sense delusions, oily skin.	None inherently, Choleric.	All inherent constitutions, Melancholic, Phlegmatic.
<u>FLUORINE</u>	Hyper-sexuality, unreliability, excess appetite, craves junk food, thirstlessness, bloated red skin.	Fevers, infection, soft tumours, prolapsus, motion aggravates, schizoid tendencies, falling hair.	Exesthetic, Nervi-Motive, Calciferic, Sillevitic, Melancholic.	Neurogenic, Pathetic, Marasmic, Carboferic, Lipopheric, Atrophic, Pargenic, Phlegmatic, Choleric.
<u>IODINE</u>	Nervous problems, neurosis, protrusion of eyes, hyperopia, faintness, tachycardia, restlessness.	Thirst, stiff neck, clumsiness, restlessness, palpitations, left-sided symptoms.	Non inherently, Melancholic.	Phlegmatic, Choleric and all constitutions except: Calciferic, Oxypheric and Myogenic.
<u>SULPHUR</u>	Moody, changeable emotions, temper outbursts, fermentation, bloating, sodium craving.	Hysteria, very emotional, changeability, dizziness.	Exesthetic, Nervi-Motive, Choleric.	Calciferic, Carboferic, Nitropheric, Pargenic, Phlegmatic, Sanguine.
<u>MAGNESIUM</u>	Dulled nerves. Brain dull, sleepiness, ill tempered, menstrual abnormalities.	Mental exhaustion, restlessness, poor eyesight, weather sensitivity, neuralgia, nervousness, pica exertion cramps.	None.	Carboferic, Oxypheric, All Vital constitutions except Barotic, all Pathogenic, all Mental, all Temperaments.
<u>PHOSPHORUS</u>	Excitability, restlessness, fantasy, idealism, esotericism, fatty organ and tissue degeneration.	Changeable appetite, sexual weakness, nervous collapse, neuralgia, localised numbness, premature aging.	Neurogenic.	Carboferic, Atrophic, children, mentally impaired adults, Choleric, Melancholic.
<u>CHROMIUM</u>	Skin problems.	Weight loss, fatigue, yeast infections, nasal polyps, slow wound healing diabetes.	None.	Phlegmatic and old people, Desmogenic, Marasmic, Atrophic and all Vital constitutions.
<u>COPPER</u>	Anaemia, colic, mania, spasmodic conditions, weakness, skin sores, psoriasis.	Poor blood, cyanosis, dyspnoea, sagging skin, poor bone growth osteoporosis, loss of pigment.	Myogenic, Oxypheric, Melancholic, Sanguine (sometimes), all others if intake is high.	Isogenic, Hydripheric, Atrophic, Phlegmatic.
<u>SELENIUM</u>	Debility, alopecia, garlic breath, painful liver, nail problems, eruptions on the palms.	Debility, sexual weakness, impotence, hydrocele, melancholy, hoarseness, acne, oily skin.	None.	Exesthetic, Desmogenic, Marasmic, Atrophic, Phlegmatic, Melancholic, all old people.
<u>ZINC</u>	Drowsiness, light headed, staggering, restlessness, difficulty in writing.	Loss of taste and smell, poor child growth, hair loss, skin rashes, sterility, poor healing	None.	Calciferic, Desmogenic, Marasmic, Atrophic, Pargenic, Phlegmatic, Melancholic, all children.

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THE ROCINE GENOTYPE CONSTITUTIONS.

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5. ROCINE'S GENOTYPE CONSTITUTIONS.

MENTAL PRIMARY CONSTITUTIONAL TYPES.

These are four in number, all using phosphorus and sulphur mainly in their make-up:

1. Neurogenic - Neuro (nerve), genic (produce), nerve-producing.
2. Nervi-Motive means combination of nervous and motive constitutions.
3. Exesthetic - Exe (out), esthetic (feelings), one who expresses feelings.
4. Pathetic - Pathos (emotions), ic (relating to).

OSSEOUS OR BONY PRIMARY CONSTITUTIONAL TYPES.

Those who are large in bones, slow and hardworking.

1. Calciferic - Lime carrying.
2. Isogenic - Iso (balance or harmony) in constitution.
3. Sillevitic - Sil (silicon), levis, Latin for light or easy (in motion).
4. Barotic - Baros (Greek) meaning heavy.

VITAL PRIMARY CONSTITUTIONAL TYPES.

Those who are fleshy, rotund, full in body build.

1. Carboferic - Carbon (sugar), feric (carrying).
2. Oxypheric - Oxy (oxygen) pheric (carrying).
3. Hydripheric - Hydrogen (water) carrying.
4. Nitropheric - Nitrogen carrying.
5. Lipopheric - Lipo (fat) carrying.
6. Pallinomic - Pallas (wise) omen (destined).

MUSCULAR PRIMARY CONSTITUTIONAL TYPES.

These people are quick, active and adaptable.

1. Desmogenic - Desmo (band), genic (producing), the ligamentous structures.
2. Marasmic - Marasmos, Greek meaning lean, emaciated.
3. Myogenic - Myo (muscle), genic (producing).

THE PATHOGENIC CONSTITUTIONS.

This refers to those who are born with an inherent predisposition to disharmony and disease (which can be overcome, however, by understanding and developing the vitality).

1. Atrophic - A (not) trophic (nourish), or not able to digest food and nourish the body easily or sufficiently.
2. Medaic - Greek word Medea (Magic or able to enchant), so named because the first man of this type whom we studied was a magician, although all are not magicians, of course.
3. Pargenic - Para (wrong), genic (birth) or tainted by birth.

There are therefore:-

Four Mental Primary Constitution Chemical types,
Four Bony (Osseous) Primary Constitution Chemical types,
Six Vital Primary Constitution Chemical types,
Three Muscular Primary Constitution Chemical types, and
Three Pathogenic types.

The four primary constitutions work together, and yet each separate and the significance is that each has its particular effect upon talent, disposition, character and state of health of the individual. The constitution is innate, and each person is born with a tendency to develop such a body. From these four primary constitutional divisions, which are fundamentally chemical in structure, we build our system of the Twenty Chemical.

Types of People.

The Brain and the Nerves of the Mental Primary Constitution utilise and call for phosphorus and sulphur.

The bones, teeth, nails and solid structures throughout the body require primarily calcium, fluorine and silicon.

The muscles call for potassium, sodium and chlorine.

The Vital System develops from the elements oxygen, hydrogen, nitrogen and carbon.

5.i. THE MENTAL CONSTITUTIONS.

NEUROGENIC CONSTITUTION TYPE OUTLINE.

CONSTITUTION, NEUROGENIC:

CAUSE:

1. Lack of physical vitality.
2. Lack of brain and nerve nutrition.
3. Lack of Calcium, Nitrogen, Carbon, Silicon, Magnesium, Sodium, and Oxygen, and an excess of Phosphorus.
4. These are the principal causes of the Neurogenic Constitution.

DEFINITION:

1. The word "Phosphorus" is the Greek word for this element, and means - Bearer of Light.
2. "Neuro" means "the nerves";
3. "Genic" means "generated by, or originated from";
4. "Neurogenic" means: "Generated by the nerves".

ACID OR ALKALINE:

1. Usually acid nerves and tissues, because of excessive Phosphorus Metabolism; hence, these people often suffer from neuralgia and nervous diseases.
2. They are subject to Phosphorus acid generation, due to the rapid consumption of Phosphorus in brain and nerve.

APPEARANCE:

1. Sadness in expression is common to the Neurogenic lady.
2. Neurogenics appear old at an early age become hollow-chested and stoop-shouldered.
3. They are refined and exclusive in appearance.
4. They are active and move the body continually.
5. They are very responsive to the looks, words, and actions of people.
6. Their facial expressions change much, and they show keen interest in what goes on around them.
7. They are among the shortest and most slender people there are.
8. They are always refined, neat and dainty in dress and appearance.
9. They have good taste.

ATTITUDE:

1. Positive - Aristocratic, proud, exclusive, when they have a square form of face.
2. Negative - When they have a pyriform type of face.
3. Neutral - In healthy people of this type.
4. As a general rule, the attitude is neutral in Neurogenics, for they are not interested in this world.
5. They assume a mystical attitude.
6. They are not interested in people, but they are interested in what happens around them.

BODILY HARMONY OR PROPORTION:

1. The body is out of harmony in all its parts, organs and functions.
2. The Vital and Motive systems are insufficiently developed, hence, the body is frail and small.

BUILD:

1. Frail and slender; built upon the principle of a lady's watch.
2. They cannot tolerate heavy blows or rough treatment.
3. They are easily injured and lack physical endurance.

CELL ACTIVITY (RATE OR VIBRATION):

High, but not so high as in the Exesthetic, Nervi-Motive and Desmogenic people.

COMPOSURE:

1. They are conventionally controlled people.
2. They have cultured manners and carry themselves well in society, but they do not possess constitutional composure.
3. They are irritable when they are tired, and they tire easily.

DENSITY OF STRUCTURE:

The cell structure is loose, soft, plastic and easily moulded or changed in form, i.e., the cell is responsive and so is the entire organisation.

FACE:

1. Prominent forehead, widest at the temples, lower part narrow and small.
2. Cheekbones are small to medium, cheeks small and concave.
3. Features are sharp, chiseled, angular and aristocratic, with a fine network of wrinkles covering the face.
4. Appearance is idealistic, exclusive and refined.
5. Appears cultured, even if born in a sylvan hut.
6. Expression is lively; eyes bright and sparkling with vivacity when they are healthy.

GENERIC TYPE:

1. They are almost invariably masculine in Generic Type.
2. They are quite short and slender in stature, but the waistline is always high, or else normal in height, but never low.
3. They usually have square, flat shoulders, and the shoulders - the widest part of the body - taper down to the feet.

GESTURES:

1. Body - Lively.
2. Talks as much with gestures, as with the tongue.
3. Feet - Are restless in movements.
4. Hands - Are subject to many little nervous and unconscious motions, and still many more conscious, voluntary motions.
5. Head - Restless in motion, the same as with the eyes, nerves and mind.
6. Remarks - He is restless with his arms when he converses and makes all kinds of motions with the fingers and arms.
7. He beats the air and talks with eagerness.
8. As an orator, his eyes, features and hands move upwardly like wings.
9. He elevates his arms as though soaring in high altitudes when deeply interested in a subject.

HANDSHAKE:

Weak and cold, but always conventional.

HANDWRITING:

Delicate, with many graceful curves and flourishes.

HEIGHT:

From 4 feet 8 inches (1.42 meters), to 5 feet 10 inches (1.78 meters); usually about 5 feet 2 inches (1.58 meters).

LIFE FORCE:

Low, His Life Force is limited, because the base of the brain is not well developed.

MAGNETISM:

Psychic, intellectual, altruistic, conventional.

MENTAL CHARACTERISTICS:

1. Tactful, well mannered, refined, mentally prolific.
2. They are gifted speakers; and are creative, occult, mystical, metaphysical.
3. Will is weak, memory to feelings and ideas good.

NERVE FORCE:

1. When Nerve Force is low the heart mechanism suffers, nerve function is weakened, and thinking is nearly impossible.
2. When the nerves run short of lecithin, and the brain lacks vitality, the man is not himself.
3. They lose Nerve Force over little things, worry about insignificant things that live with them and make them nervous, until they become physical wrecks.
4. Anxiety, uncertainty, doubt, apprehension, idleness, morbidness, self-pity, despair, irritability, annoyance - all characterise the Neurogenic.

POISE:

Delicately poised.

POSITION, STANDING:

Standing on a broad base, and often seek support with hands, body, shoulders; weak but graceful.

QUALITY OF CONSTRUCTION:

Fine, soft, responsive.

RESISTANCE:

1. They are resistive but do not say much, unless they are dealing with a negative person.
2. But usually they are what might be called, set or stubborn when opposed.

CONSTITUTIONAL TYPE:

Mental.

PRIMARY CONSTITUTIONAL COMBINATION:

Mental-Osseous, with all the other primary constitutions subordinate.

VOICE:

1. Soft, pleasing, refined; gentle, but the mind strongly occult.
2. High-keyed.

WALK:

1. Gait or Swing - Lively, but lacks force and momentum.
2. Speed - Great for a few minutes, but lack endurance.

WEIGHT:

95 lbs. to 125 lbs. (43 Kg. to 56 Kg.)

COMMON AILMENTS:

Brain deterioration, mental impotence, insomnia, catalepsy, dementia, seizures, nervous prostration, neuralgia, neurasthenia, paralysis, myelosclerosis, asthma, pneumonia, anaemia, heart disease, haemorrhages, colic, gas pressure, jaundice, albuminuria, myasthenia, scrofula, emaciation, pus formation, fatty degenerations.

CONSTITUTIONAL BIOCHEMICALS:

Phosphorus.

BIOCHEMICAL REQUIREMENTS:

Phosphorus. Silicon, calcium, carbon, fluorine, iron, magnesium, free oxygen organic elements and blood salts may be excessive.

SPECIAL REQUIREMENTS:

1. Phosphorus foods, together with vitamin and mineral supplementation are required.
2. Adequate sleep is important.
3. Fresh air and warm baths are useful, as are deep massage and outdoor exercise.
4. Best climate: Cold or cool, with altitudes of 1400 to 3400 meters, and plenty of fresh, unpolluted air.

NERVI-MOTIVE CONSTITUTION TYPE OUTLINE.

CONSTITUTION, NERVI-MOTIVE:

CAUSE:

Great consumption of the combined action of the chemical elements: Phosphorus, Calcium and Sulphur.

DEFINITION:

1. "Nervi" - means Nerve; "Motive" of the Latin "Movere", means - to move; it is the Constitution in which the nerves are equally active as compared with the bones. It is a nerve and bone type combined.
2. Remarks - In the Exesthetic Constitution, the nerves and the emotions are the most active, and Sulphur consumption is the greatest.
3. In the Calciferic, the Will forces are predominating and bone-building (tri-Calcium phosphate) is the greatest; but in the Nervi-Motive, Phosphorus, Calcium and Sulphur consumption is great, and the emotive and volitive forces predominate.
4. There is great nerve action, nerve heat, great bone metabolism and heat and energy in the bones, and the brain is comparatively speaking, on fire.
5. This is the reason that Nervi-Motive people are so high-tempered, ardent, dogmatic, intolerant, industrious, energetic, "nervous", irritable, ill-natured, choleric, vindictive, even mean and cruel when there is anything wrong, and even when there is nothing wrong.

ACID OR ALKALINE:

Acid, due to excessive work.

APPEARANCE:

1. Aged and wrinkled for their years, but long-lived.
2. Sanguine-lime-gray and slightly pale.
3. Small face and head, often small bony body.
4. Angular features.
5. Usually lean and desiccated.
6. Curt in manners to people in general, and quick to quarrel with, and abuse others. May be agreeable for a few days, weeks, or months, then suddenly turn against you. Disposition often ferocious, countenance often fierce, severe, skin wrinkled. Some have a milder face, especially in their younger days; others have a face like a pawnbroker or may have a hangman's physiognomy.

ATTITUDE:

Positive.

BODILY HARMONY OR PROPORTION:

Disproportionate; rather plain in appearance, sometimes homely features.

BUILD:

1. Medium in build, sometimes very small, but always angular, bony and lean, with long arms and lower limbs, and a short torso.
2. Some may also be tall.

CELL ACTIVITY (RATE OR VIBRATION):

Extremely high, producing excessive intensity and pressure in nerve, bone and brain.

COMPOSURE:

1. They lack composure.
2. They are fiery, uneasy, emotional, nervous.

DENSITY OF STRUCTURE:

Stiff, dense.

FACE:

1. Long and narrow.
2. Cheekbones are high, cheeks concave.
3. Lips thin, harshly set, with numerous wrinkles.
4. Expression is severe, stern, austere, often wild, frantic, sinister.
5. They appear as if offended.

GENERIC TYPE:

Medium stature, or small, yet always Andromorphic, with long limbs and a short body.

GESTURES:

1. Body - Erratic movements and gestures of body.
2. Feet - Moving awkwardly.
3. Hands - Moving awkwardly.
4. Head - Jerky, and movements suspicious.
5. Remarks - All their movements, or gestures, are jerky, sudden, spasmodic and awkward.

HANDSHAKE:

Quick, lifeless, else crushing, if deeply interested.

HANDWRITING:

Angular.

HEIGHT:

1. From 4 foot (1.21 meters) up to 5 feet 7 inches (1.70 meters).
2. Some may be taller.

LIFE FORCE:

Medium, but nerve, brain and bone energy great, but spasmodic in action.

MAGNETISM:

Repulsive.

MENTAL CHARACTERISTICS:

1. Positive, optimistic, courageous, not easily intimidated, attentive, diligent, prompt and patient.
2. They are determined, active, combative, expedient, alert, creative, expressive, emotional, quick tempered and inquisitive; they are also studious, organised, obedient, scrupulous, honest and security oriented.
3. They have a good memory for legal matters.

NERVE FORCE:

Wonderful, but vibratory ("nervous").

POISE:

Lacking. (See Composure).

POSITION, STANDING:

Non-static.

QUALITY OF CONSTRUCTION:

Strong.

RESISTANCE:

Wonderfully resistive, will strong.

CONSTITUTIONAL TYPE:

Motive.

PRIMARY CONSTITUTIONAL COMBINATION:

Mental-Osseous, rarely Osseous-Mental.

VOICE:

Tubular (squeaky), bronchial, guttural, whining in children;
gruff when displeased.

GAIT:

Jerky, spasmodic, with the head rolling and jerking in the air,
in all directions, head often ahead of the feet.

WEIGHT:

From 80lbs.(36 kg.)to 140lbs.(63Kg.); the male occasional heavier.

COMMON AILMENTS:

Cerebral problems, meningeal problems, phobias, hysteria, alcoholism,
insomnia, obsessions, migraine, nervous problems, neuratrophia,
neuritis, sciatica, falling hair, hay fever, coryza, toothache,
cyanosis, angina pectoris, venous problems, anaemia, blood disorders,
digestive disorders, pancreatic problems, urinary problems, uraemia,
ovarian and uterine problems, proctitis, bleeding haemorrhoids, fungi,
exostosis, swellings, inflammations.

CONSTITUTIONAL BIOCHEMICALS:

Calcium, phosphorus, sulphur; calcium, chlorine.

BIOCHEMICAL REQUIREMENTS:

1. Carbon, manganese, magnesium, iodine, sodium and nitrogen.
2. Sulphur and silicon may be excessive.

SPECIAL REQUIREMENTS:

1. The appetite is often deranged, and needs attention.
2. Diet should be alkaline.
3. Cold baths, deep massage and exercise which allows for relaxation,
will be helpful, as will be a low altitude and humid climate.

EXESTHESIC CONSTITUTION TYPE OUTLINE.

CONSTITUTION, EXESTHESIC:

CAUSE:

1. Mental-Muscular Primary Constitution, which gives it intensity,
electrical ferments, and a great deal of activity with limited
physical strength and endurance.
2. Sulphur and Phosphorus compounds are generated by intense
feelings and active nervous system.
3. Phosphorus, Sulphur and Iron Produce intense electrical action.

DEFINITION:

1. The word "Exesthetic" means: "throwing out feeling".
2. "Ex" means "out";
3. "esthetic" means feeling.

ACID OR ALKALINE:

Acid, because of sulphur products.

APPEARANCE:

1. They appear young, even in old age.
3. They prefer not to use spectacles even when needed, because they do not want to appear old.
4. The face is paler in the morning, and more rosy in the evening; they appear better in the evening than in the morning; they change their colours like a chameleon.

ATTITUDE:

Negative. - They act in a positive manner under Sulphur influence.

BODILY HARMONY OR PROPORTION:

They are especially known for their proportion and shapeliness of body.

BUILD:

Tall, slender, proportionate, giving a graceful beauty.

CELL ACTIVITY (RATE OR VIBRATION):

Always a high rate of vibration.

COMPOSURE:

Composed in public, but explosive and changeable in private, especially when tired.

DENSITY OF STRUCTURE:

They have fine, flexible cell structure.

FACE:

1. Oval with regular features, forehead is prominent, face widest at the temples.
2. Cheekbones are not prominent, but padded with flesh.
3. Appearance is serious, gentle, refined, showing quality, character and fineness of feeling.

GENERIC TYPE:

Mostly Andromorphic, or Neutral; in rare instances Gynemorphic.

GESTURES:

1. Body - They gesticulate with the whole body and all the muscles.
2. Feet - are ever active.
3. Hands - They use their hands in conversation or talking to help convey their meaning.
4. Head - The head and face is eloquent in changing movement and expression.
5. Remarks - They are natural born actors or actresses, able in expression and gesture.

HANDSHAKE:

1. The handshake is not warm or close, as they do not like the bodily contact of strangers.
2. They shrink from familiarity, and are rather cold to strangers at first.

HANDWRITING:

Usually large and high, rather extravagant with space, indicating ambition for position, and a strong love for the beautiful.

HEIGHT:

More or less about 5 feet 6 inches (1.68 meters).

LIFE FORCE:

They are full of life and energy, very much alive.

MAGNETISM:

Attractive, but not magnetic, although electrical.

MENTAL CHARACTERISTICS:

1. Refined, flawless, active, sensitive, sympathetic, aesthetic, forgiving, responsive, emotional and agile.
2. Negative aspects: They may suffer from anxiety, delusions and irritability (when tired).
3. Memory is poor for details.

NERVE FORCE:

1. They fret their nerve force away.
2. They use up their nerve force too fast; hence, are subject to gastrointestinal difficulties, nervous ailments, neurasthenia, neuritis, backache, and gloom.
3. They use much nerve force; hence, they need much Sulphur.

POISE:

Very poised in repose, but their poise is easily disturbed.

POSITION, STANDING:

Graceful and proper.

QUALITY OF CONSTRUCTION:

Fine in structure.

RESISTANCE:

They are full of resistance but usually lack Combativeness (not always), and this lack prevents them from strong or persistent resistance.

CONSTITUTIONAL TYPE:

1. Mental.
2. They appear a Vital type to the superficial observer, but they are not Vital in Constitution, neither do they manifest Vital characteristics in any way.
3. They are quite different in characteristics from Vital people.

PRIMARY CONSTITUTIONAL COMBINATION:

Mental-Muscular, or sometimes Mental-Muscular-Vital,
Or Mental-Vital-Muscular, or Vital-Mental-Muscular.

VOICE:

The throat and vocal organs are small and tense, giving a high-keyed voice.

GAIT:

1. Their elastic tissue gives them a springy walk.
2. They have a graceful movement; they fall easily.

WEIGHT:

1. They are compact and weigh heavily on the scale, although they are slender.
2. Many can easily put on flesh, but they are usually lean, slender and nervous.

COMMON AILMENTS:

Cerebral congestion, mental aberration, delusions, hypersensitivity, hysteria, headache, fainting, nervous problems, neuralgia, nervous exhaustion, numbness, eye problems and pain, throat constriction, chest oppression, haemorrhages, gastrointestinal problems, indigestion, inflammation of the spleen, swelling, prolapsus, haematuria, scalding urine, miscarriages, menstrual problems, sexual problems, neck and back weakness and pain, weak ankles, spasmodic rheumatism.

CONSTITUTIONAL BIOCHEMICALS:

Sulphur, phosphorus, potassium, magnesium, carbon.

BIOCHEMICAL REQUIREMENTS:

Magnesium, manganese, nitrogen.

SPECIAL REQUIREMENTS:

1. Digestion is sensitive and must be watched, sulphur foods are often craved, but will aggravate negative mental aspects.
2. Extreme emotion and nervousness can lead to health problems.
3. Cool baths and deep massage are often beneficial, as is walking and other outdoor exercise.
4. Climatic conditions most suitable for this type, are: cool, dry and breezy climate, and an altitude of 700 to 1700 meters.

PATHETIC CONSTITUTION TYPE OUTLINE.**CONSTITUTION, PATHETIC: Cause:**

1. When the three elements; carbon, hydrogen and phosphorus, unite as predominating factors in the organism of man, it creates difficulty in the assimilation of the organo-metallic salts, because will power and internal functional energy is lacking.
2. The mind of the Pathetic type is so sentimental that their chemistry is one-sided.
3. They lack willpower, power of concentration and power to metabolise the stronger or metallic chemical elements for body structure.
4. Hence the tissues are flabby.
5. Yet they appear so healthy that every physician will not hesitate to pronounce them a perfect specimen of health.
6. If the body chemistry is not balanced then they will suffer from nerve complaints and chronic diseases later.
7. The chronic ailments that arise usually medical science seems to be unable to cope with.

DEFINITION:

1. "Pathetic" is derived from the Greek term "patheticus," meaning - full of feeling or pathos (emotion, suffering).
2. Remarks - The Pathetic type is the most amicable, kind hearted, genial of the twenty types, 95 percent of the Pathetic types are female and only 5 percent are male.

ACID OR ALKALINE:

Acid, but more so later in life.

APPEARANCE:

Is healthy, well proportioned, tidy, professional, well dressed, youthful, stout but not obese, well mannered, friendly, polite, rosy complexioned, of medium height.

ATTITUDE:

1. The Pathetic type is the most amicable, kind hearted, genial of all the types.
2. She possesses a passive determination, in favour of her strong emotions which may be mistaken for will.
3. Her chemistry favours faith, hope and love.
4. Her influence is in her tears and not in her will.

BODILY HARMONY OR PROPORTION:

Bones are small and muscles lack tone; countenance is pleasant, responsive; body is calm; vital energy is high though the individual seems passive, well poised, subdued.

BUILD:

1. The body is frail in bone structure but well rounded (soft in women) and well proportioned.

2. External features include average size abdomen; feeble ankles; short, fleshy arms; attractive, well-formed back; weakness in small of back; lean torso; waistline set low on body; well developed but not large chest; small, well-formed feet; long, symmetrical, tapered hands and fingers; medium size hips; small, weak knees; long, shapely, symmetrical legs; large thighs relative to the lower legs; long, symmetrical neck; regal, aristocratic, artistic, professional looking physique.

CELL ACTIVITY (RATE OR VIBRATION):

1. High.
2. There is no reserve of body chemistry.

COMPLEXION:

Youthful, soft, fine, sensitive, rosy attractive skin that seldom develops wrinkles.

COMPOSURE:

Calm, passive, sympathetic, understanding.

DENSITY OF STRUCTURE:

Frail in bone structure.

FACE:

1. Rounded, pleasant, responsive; with a prominent forehead; cheekbones are obscure, cheeks rosy and fleshy.
2. Features are regular, finely moulded, lips are well shaped, full; mouth is short.
3. Face is rarely wrinkled.

GESTURES:

1. Body - Well poised, coordinated.
2. Feet - Walk is quiet and short in stride.

HEIGHT:

Between 5 feet (1.52 meters) and 5 feet 5 inches (1.65 meters).

LIFE FORCE:

Lack stamina, persistence, and force.

MAGNETISM:

Not magnetic.

MENTAL CHARACTERISTICS:

1. Function slow and deliberate, even sluggish; there is a lack of leadership, execution, confrontation, resolution, self esteem, courage, initiative, stability, stamina, persistence and force; there is a fear of violence; the person is resigned, tenacious, adaptable, bendable, sensitive, placid, devoted, affectionate and self critical.
2. Memory best for emotionally meaningful things.

NERVE FORCE:

1. Nerves appear to be under control but are actually acutely sensitive and responsive; nerve activity is steady but easily disrupted; nerve shock and nervous collapse are possible.
2. Violence affects this type severely.

POISE:

Individual seems passive, well poised, and subdued.

POSITION, STANDING:

1. Aristocratic, artistic, and professional - looking physique;
2. She is naturally polite, cultured, refined, gracious, even when poor and untrained.
3. Breeding is natural to her, refinement and culture is inherent.

QUALITY OF CONSTRUCTION:

The body is frail in bone structure but well rounded.

RESISTANCE:

1. Because the health level is low and constitution somewhat weak, good health is difficult to maintain.
2. This type is not suited for great responsibility, high pressure or extremely hard work.

CONSTITUTIONAL TYPE:

Mental and Vital.

PRIMARY CONSTITUTIONAL COMBINATION:

Mental-Vital or Vital-Mental.

VOICE:

Rich, well modulated, soft, sympathetic and understanding.

GAIT:

Quiet and short in stride.

WEIGHT:

Proportioned to small bone structure, well rounded, but rarely obese.

COMMON AILMENTS:

Depression, insomnia, nervous ailments, neurasthenia, neuralgia, paresis, headaches, fatigue, heart problems, haemorrhages, blood ailments, anaemia, anergia, muscular problems, disturbances of the sexual apparatus, dislocations, ruptures.

CONSTITUTIONAL BIOCHEMICALS:

Phosphorus, hydrogen and carbon.

BIOCHEMICAL REQUIREMENTS:

1. Calcium, potassium, iron, lecithin, manganese and iodine.
2. Nitrogen is sometimes excessive.

SPECIAL REQUIREMENTS:

1. Avoid fats, stimulants, too much protein, and ensure adequate sleep.
2. Tepid baths, gentle massage and light to moderate exercise useful.
3. Recommended climate: warm and arid; altitude 700 to 1200 meters.

5.ii. THE OSSEOUS CONSTITUTIONS.

THE CALCIFERIC AND EXESTHESIC CONSTITUTIONS COMPARED.

(They are opposite in the following ways.)

1. A Calciferic and an Exesthesis are often attracted to each other in partnership or matrimony, but they disagree on every question. They are distant affinities.
2. The strongest part of the Calciferic is the sexual system.
The weakest part of the Exesthesis is the sexual system.
3. The skin of the Calciferic is rough.
The skin of the Exesthesis is velvety
4. The Calciferic likes long lessons and deep studies.
The Exesthesis likes short lessons, variety and change.
5. The Calciferic is peaceful in times of peace, but warlike in times of war.
The Exesthesis is irritable in times of peace, peaceful and steady in times of war.
6. The Calciferic is patient. The Exesthesis is fitful.
7. The Calciferic works steadily and patiently from morning until night.
The Exesthesis works by spells.
8. The Calciferic can work early and late.
The Exesthesis must work, rest and exercise by spells.
9. The Calciferic works steadily and patiently from morning until night.
The Exesthesis works in spells.
7. The Calciferic is steady and continuous.
The Exesthesis is unsteady and spasmodic.
8. The Calciferic is unceasing in effort.
The Exesthesis is periodical and full of changes, like a variety show, or like a panorama of changing scenes.
9. The Calciferic is economical, industrious and saving.
The Exesthesis is extravagant, thoughtless and lover of luxury, travel and good living.
10. The Calciferic likes one thing. The Exesthesis must have a variety.
11. The Calciferic likes hot meals. The Exesthesis cold meals.
12. The Calciferic likes animal food. The Exesthesis is a vegetarian.
13. The Calciferic retires early and arises early.
The Exesthesis retires late and arises late.
14. The Calciferic wants abundant bed covering.
The Exesthesis wants no covers in the evening, but much covering toward the morning.
15. The Calciferic keeps the feet well covered at night, because they are cold and moist.
The Exesthesis uncovers the feet at night, because heat is generated in them after retiring.
16. The Calciferic gets too warm towards the morning.
The Exesthesis gets cold towards the morning, but in the evening they are usually warm, even hot, due to the fact that the Cerebellum generates heat when they retire, but when they fall asleep the blood becomes slow and easy and the Cerebellum stops generating heat.
17. The Calciferic wants the windows closed during the night.
The Exesthesis wants them open.
18. The Calciferic dislikes wind, cold, baths, and cold air.
The Exesthesis is a lover of wind, storms, cold, moisture, and air and ocean scenery.
19. The Calciferic may prefer to take one bath a year.
The Exesthesis may take three baths a day.
20. The Calciferic may prefer to live in the basement.
The Exesthesis suffocates in a basement, and prefers to be at a high altitude.
21. The Calciferic wants to stay at home.
The Exesthesis wants to go out and take trips to the mountains, and travel over hill and dale, land and sea.
22. The Calciferic lives in the future.
The Exesthesis lives in the present.
23. The Calciferic is an acutalist.
The Exesthesis is an idealist.

CALCIFERIC CONSTITUTION TYPE OUTLINE.

CONSTITUTION, CALCIFERIC:

CAUSE:

1. Because Calcium phosphate predominates in this type, it influences character, talent, faculties, disposition, brain and soul.
2. Calcium stimulates certain faculties to greater action, viz., the more scientific and volitive; and restrains others, viz., the more emotional, sentimental, idealistic, appetitive and vital.

DEFINITION:

1. "Calci" means "lime"; "fer" means "carry";
2. "ic" means "relating to". "Calx" is Latin for lime;
3. the word "Calciferic" means "lime carrying".
4. Remarks - Calcium and lime are not exactly the same.
5. Calcium is that brilliant, silver-white element, which is the basis of lime and limestone, characterised especially for its great affinity for Oxygen, and its difficulty of isolation; and lime is the popular name for Calcium oxide.
6. Lime, therefore, is oxidised Calcium, or Calcium that has combined, chemically, with Oxygen.

ACID OR ALKALINE:

Alkaline in youth; acid in old age.

APPEARANCE:

1. They have an oldish appearance even in youth, i.e., they look older than they are.
2. They are sanguine lime white in skin pigment.
3. Relatively tall, broad in the body, and thin from front to back.
4. Tall, lean, broad and bony.
5. They appear clumsy, awkward, serious, threatening, dull, uninteresting, and less learned than they really are.
6. They are always bony, tall, broad shouldered, wrinkled, poorly nourished, usually emaciated, cold, unsociable, even dangerous looking; grim, stern, angry.

ATTITUDE:

1. Positive - When aroused.
2. Negative - Appearance negative; mind positive.

BODILY HARMONY OR PROPORTION:

1. They are relatively tall, commanding, angular, broad-shouldered and lean.
2. Built like a wedge, tapering from the shoulders down; always flat in the body like a plank from shoulder to shoulder, or flat behind and in front.
3. They have large bones, bulging joints, are strong and prepared to work like mules when it is necessary.

BUILD:

Bony, angular, lean, yet heavy in the scale, because of large, heavy bones.

CELL ACTIVITY (RATE OR VIBRATION):

Slow, but strong.

COMPLEXION:

Mostly blond; many intermediate; many brunette.

COMPOSURE:

Reposeful.

DENSITY OF STRUCTURE:

Compact, hard, dense, stiff.

FACE:

1. Cheeks are often concave or flat, with deep facial creases.
2. Chin is square and powerful, nose is prominent and bony.
3. Expression is serious, earnest, positive, stern, and grim.

GENERIC TYPE:

Almost always Andromorphic.

GESTURES:

1. Body - Steady.
2. Feet - Slow, awkward, heavy.
3. Hands - Clenches hands in emphatic gestures and uses them directly with sledgehammer blows.
4. Head - Poised, but uses it in gestures, comes forward and to one side with it and shakes it similar to a bulldog.
5. Remarks - They are awkward in their gestures, direct and angular in their movements, emphatic and to the point, but slow and still until aroused.

HANDSHAKE:

Firm grasping, almost crushing at times, but always brief and cold.

HANDWRITING:

Small, mechanical, angular, with heavy strokes and crossbars, also plain, indicating detail and order.

HEIGHT:

1. Maximum may be - 7 ft. or more.
2. Minimum may be - 5 ft. 7 inches.

LIFE FORCE:

Energy of life low, but inherent force great.

MAGNETISM:

Positive, or physical, almost hypnotic, or compulsive.

MENTAL CHARACTERISTICS:

1. Stable, slow but active.
2. This type has a pioneering spirit, self discipline and self sacrifice;
3. It is unemotional, slow to anger and impassive.
4. They may, however, bear grudges and be argumentative and dogmatic; exhibit hopelessness; be reckless, domineering and self destructive.
5. There is a lack of verbal control when angry.
6. Both sensuality and alcoholism, may present problems.

NERVE FORCE:

Wonderful, volitive, directive.

POISE:

Usually poised, though often bent forwardly with the upper body and arms, indicating bashfulness in repose, but not when aroused.

POSITION, STANDING:

Steady, still and upright, with one foot forward, indicating a strong attitude, as seen in Abraham Lincoln.

QUALITY OF CONSTRUCTION:

Coarse, compact, positive, unresponsive; excellent working quality for hard work.

RESISTANCE:

Wonderful resistance to every agent, except moisture.

CONSTITUTIONAL TYPE:

Osseous.

PRIMARY CONSTITUTIONAL COMBINATION:

Osseous-Mental or Mental-Osseous.

VOICE:

1. Strong, low in repose, emphatic and loud when aroused.
2. Sometimes pectoral, bronchial, deep and harsh.

GAIT:

Steps long, measured, mechanical, may at times sway from side to side in walking; in some, the steps are dragging, indicating great dependence upon masters and leaders.

WEIGHT:

1. Maximum may be - 325 lbs. (147 Kg.)
2. Minimum may be - 160 lbs. (73 Kg.)
3. Remarks - Heavy in proportion to lack of flesh but not in proportion to height.
4. Charles the Twelfth of Sweden weighed heavily in the scale, and stood head and shoulders taller than the tallest of his soldiers, and was so strong, that he could hold himself and his horse suspended by his arms. He was Calciferic in type, an iron man with an iron soul.

COMMON AILMENTS:

1. Apoplexy, arteriosclerosis, thrombosis, brain shrinkage, cranial growths, daytime drowsiness, cataracts, difficulty of hearing, indigestion, bone tumors, calcium and phosphate deposits, calcification and ossification of tissues, swelling of joints, gout, chondroma, contractions of tendons and ligaments, urethritis, urinary deposits, gravel, seminal obstructions, lithaemia, emaciation.
2. Types of illnesses: Ocular, sexual, pulmonary, gastrointestinal, apoplectic, mesenteric, congestive, rheumatic, alcoholic, catarrhal, calcic and chronic.

CONSTITUTIONAL BIOCHEMICALS:

Calcium.

BIOCHEMICAL REQUIREMENTS:

1. Sodium.
2. Calcium may often be excessive.

SPECIAL REQUIREMENTS:

1. Plenty of fluids should be taken to flush the kidneys, constipation must be avoided, as must fats, refined carbohydrates, strong spices and alcohol.
2. Obesity will cause serious diseases for this constitution.
3. The cold generally aggravates health problems in this type, and an altitude of 1300 to 3200 meters will often bring health benefits.
4. Vigorous exercise will improve organ function.

ISOGENIC CONSTITUTION TYPE OUTLINE.

CONSTITUTION, ISOGENIC:

CAUSE:

1. Toxic substances in the blood press upon the brain and arouse Combativeness, Destructiveness, Approbativeness, Amativeness, Cautiousness, Vitiativeness to strong action; producing irritability, temper, disgust, contempt, dark and unfavourable states of mind.
2. These have, of course, an unfavourable and an indirect influence on the haematogenic function, producing that pathogenic condition - the Isogenic Constitution.

DEFINITION:

The word "Isogenic" means - even production.

ACID OR ALKALINE:

1. Alkaline in youth, acid when old.
2. Eating too much sugar, starch and fat is the cause of the acidity when old.

APPEARANCE:

1. They appear leaner in face than in body.
2. They are ordinary in appearance, perhaps awkward and clumsy, even homely, but made of good material.
3. Many appear like farmers and act like them, even when they are Professional Isogenics who are highly educated and trained.
4. They care but little for appearance.
4. They appear young even in old age, but the decline is sudden once their vitality begins to fail.

ATTITUDE:

1. Positive - Positive during disharmony.
2. Negative - Negative during harmony.
3. Remarks - They are never as weak as they appear to be.

BODILY HARMONY OR PROPORTION:

1. Rather heavy and well proportioned.
2. Harmoniously developed in constitution, but not in bodily proportions.

BUILD:

1. Rather heavy and large boned.
2. Weigh heavily in proportion to size of body.
3. They may become unduly stout without seeming cause.
4. They are usually rather fleshy.

CELL ACTIVITY (RATE OR VIBRATION):

The rate of vibration is slow, strong and unresponsive.

COMPLEXION:

1. Ruddy, red, or yellowish white.
2. Mostly Blond; Many Intermediate; Many Brunette.

COMPOSURE:

They are wonderfully reposeful, because they are indifferent, and they are indifferent because they are practical, and because they know.

DENSITY OF STRUCTURE:

1. Is not always pronounced, on account of Carbon being one of the leading chemicals.
2. Density means that the cells are hard and dense.
3. Isogenics with strong density of structure, work more as executives.
4. Their structure is strong, like heavy, solid steel.

FACE:

1. Elongated, masculine, large, broad; forehead is prominent, especially above the eyes; cheekbones are massive and cheeks often sunken or thin.
2. Eyes are small, tip of nose may be bulbous and large.
3. Chin is broad, bony, and large; lips are thick.
4. Facial wrinkles are deep and straight.
5. Their expression is serious, positive, but not severe.

GENERIC TYPE:

Gynemorphic in body; Andromorphic in head shape.

GESTURES:

1. Body - They keep the body still.
2. Feet - Still; strong position.
3. Hands - Still or awkward in movement.
4. Head - Move the head and smile a good deal in talking.
5. Remarks - They are more or less awkward in all gestures.

HANDSHAKE:

Hard.

HANDWRITING:

1. Very heavy and angular, stiff, not flowing.
2. Sometimes small, always angular.

HEIGHT:

1. Maximum may be - 5 feet 10 inches (1.78 meters).
2. Minimum may be - 5 feet (1.52 meters).
3. Normal may be - 5 feet 4 inches to 5 feet 9 inches (1.60 meters to 1.76 meters).
4. Remarks - Relatively short, never very tall.
5. They appear short when they stand up, and tall when they sit down.

LIFE FORCE:

Always abundant.

MAGNETISM:

Magnetic; they are able to impart to others an impression of strength and warmth, as well as dependence.

MENTAL CHARACTERISTICS:

1. Cheerful, strong.
2. This type has endurance, tenacity, and dependability; is knowledge seeking, independent and creative.

NERVE FORCE:

1. Their liver, and nearly all eliminative organs, receive their nerve force from the faculty of Bibativeness.
2. Anything that weakens the central nerve force of this faculty which travels to the liver, weakens the liver and eliminative functions, and reduces their reserve nerve force, but in spite of this, Isogenics usually have a good supply of nerve force, because of their conservative habits, and they usually live long because of this.

POISE:

They are still, quiet, indifferent, attractive and poised, though awkward.

POSITION, STANDING:

Still and poised.

QUALITY OF CONSTRUCTION:

1. Quality of organisation varies in each Isogenic.
2. The expression of the eyes and the voice indicate the quality.
3. They usually have strong organisation, though not so fine.

RESISTANCE:

1. Very great.
2. They are slow, but the more they are resisted, the stronger they grow.

CONSTITUTIONAL TYPE:

Approximately harmonious, Osseous, Muscular, Vital and Mental developed, with Osseous in the lead.

PRIMARY CONSTITUTIONAL COMBINATION:

1. Vital-Osseous-Mental, or Mental-Osseous-Vital, almost equal.
2. They have an Osseous, Mental and Vital Constitution almost equally developed.

VOICE:

Strong, quiet, low, when passive.

GAIT:

Methodical, though decided.

WEIGHT:

1. Maximum may be - 200 lbs. (91 Kg.)
2. Minimum may be - 130 lbs. (59 Kg.)
3. Normal may be - 165 lbs. (75 Kg.)
4. Remarks - They weigh heavily in the scale in proportion to the size of the body.

COMMON AILMENTS:

Dual personality, absent-mindedness, insomnia, apoplexy, paralysis due to congestion, seborrhea, head colds, rhinitis, blood stagnation, pneumonia, flatulent dyspepsia, liver problems, liver tumours, gastric ulcer, pancreatic problems, diabetes, kidney problems, dysuria, Bright's disease, haemarthrosis, periostitis, gouty deposits, gouty arthritis, stiff joints, hip problems, influenza, malaria, sepsis, typhoid fever, dropsy, boils.

CONSTITUTIONAL BIOCHEMICALS:

Calcium, phosphorus, carbon and organic elements.

BIOCHEMICAL REQUIREMENTS:

1. Sodium, magnesium and chlorine.
2. Calcium may be excessive.

SPECIAL REQUIREMENTS:

1. Foods rich in the biochemical requirements, in addition to foods rich in iron, potassium and silicon.
2. Vitamin supplementation generally desirable.
3. Proper breathing techniques to obtain oxygen, important.
4. Overwork must be avoided, too many sweets in diet will cause acidity And autointoxication.
5. Hydrotherapy with warm water is beneficial, as is deep massage.
6. The best climate for this constitution is warm and dry, and at an altitude of 1700 to 4000 meters.

SILLEVITIC CONSTITUTION TYPE OUTLINE.

CONSTITUTION, SILLEVITIC:

CAUSE:

1. Silicon, through its tonic, stimulating action upon the functions, organs and chemical elements and compounds in this organisation; also through its action upon Calcium and Phosphorus, upon protein, or upon vegetable tissue at large.
2. The cause of the Sillevitic Constitution is also hereditary, as is largely the case with every Constitution, for there is an underlying cause behind the chemistry of the body, which acts more strongly upon certain chemical elements, inducing them to act in certain combinations.
3. The organic elements are secondary in this organisation, for Sillevitic people are almost always lean and slender.

DEFINITION:

1. "Sil" meaning - silex, or flint; "ic" meaning - relating to; relating to silex, or flint.
2. Remarks - The word "Sillevitic" is taken from the word "Silicon" the name for Silex, or flint, in its abbreviated form, and from the Latin root "Levis" - light, easy.
3. Hence, the word "Sillevitic" means that the word relates to that Constitution in which Silicon is very active, to that type of people, which are light, easy, quick, nimble in action and in movements.

ACID OR ALKALINE

Alkaline.

APPEARANCE:

1. They are interesting at first sight, free in manners.
2. They laugh and talk, as if they have known you for years, even if you are a stranger to them.
3. They are lean, slender, as a rule, often bony, light-footed, nimble-fingered, nimble-witted.
4. They appear ordinary, plain, simple, never affected, constrained, stiff and formal.
5. They are never bashful.
6. They move as easily as if every joint is oiled, loose and free, as if they were automatons.

ATTITUDE:

Positive.

BODILY HARMONY OR PROPORTION:

1. They are relatively slender.
2. They look bony, but their bones are long but not thick, and never heavy.
3. They are built upon the principle of speed and activity, like the greyhound.
4. They are not harmonious in build, for they are too slender and lean for their height.

BUILD:

1. Flat and narrow in the body from front to back, slender all the way up from the feet, narrow in the shoulders, relatively long in the arms and feet.
2. The body is narrow and their abdomen is sunken, chest only medium, neck long, all the bodily members supple.
3. They look like the Calciferic, except that they are happy minded, quick, supple, lithe, flexible in joints, bones and muscle, narrow in body, slender in build, free in manners, optimistic in disposition, quick to see, hear, think, speak, act quick-witted, thin in limbs and bone, narrow-waisted, slender-necked, and comparatively even from the feet up.
4. They are often pronounced as being of the Motive Constitution, which they are, but it is the slender Motive.
5. Their general characteristics, however, are diametrically opposite from those of Calciferic people, neither are they built the same as Calciferics.
6. Many of them look scraggy, lank, lean and spindle shaped, yet always interesting, full of fun, laughter, jokes, witty sayings, being always happy minded and interested in that which you, or anyone, has to say, never bashful, nor timid in private, nor in public, no matter whether the people present are their superiors.
7. They are as innocent little children.
8. People usually like them because of their unsophisticated manners and actions, speech and conduct.
9. They appear childlike, but are not.

CELL ACTIVITY (RATE OR VIBRATION):

High, but easy.

COMPLEXION:

1. Light, rarely wrinkled, features regular.
2. Mostly Brunette; Many Intermediate; Many blond.

COMPOSURE:

1. They appear as if everything inside and outside had been turned loose, released and oiled for action.
2. They do not appear composed, for a composed man appears calm, tranquil, serene, self-possessed, unconcerned, aristocratic, and has perfect control over himself.
3. Sillevitic people never worry about self, nor about appearance and conduct.
4. They are unrestrained, as apparently free as the bird in the woods, as innocent in appearance as a jumping squirrel on the prairie.
5. No, they are not composed, neither are they disconcerted.
6. They are simply free in action.

DENSITY OF STRUCTURE:

Supple structure, yet compact.

FACE:

1. Variable: - Long, narrow face, or short and rounded face with Rounded cheekbones - wide square face with prominent cheekbones - sunken cheeks in long face or regular face.
2. Lips are normal size and shapely, mouth is wide and mobile.
3. Face has few wrinkles, unless it is withered.
4. Appearance is innocent, idyllic, mobile, cheerful, and merry.

GENERIC TYPE:

1. Andromorphic build, always.
2. Mind is homomorphic.

GESTURES:

1. Body - Easy and instantaneous, but neutral, at times violent.
2. Feet - Rapid, swift.
3. Hands - In constant easy and lively action, making gestures indicative of sudden and changing states of mind, always easy, instantaneous and rapid.
4. Head - The head, especially the face, always acts on the impulse of the mind, adapting itself to imitative or natural attitudes, or to violent gesticulations, postures, or attitudes, are usually original, comical, humorous, and the actions, or movements, or both, are skillfully, easily and instantaneously executed, as rapidly and adroitly acted out as if executed by an expert prestidigitator, or by a nimble monkey.

HANDSHAKE:

1. Intimate, but commercial.
2. The business man's handshake is short.
3. We call it commercial.

HANDWRITING:

Style is flowing; letters are usually large and plain, denoting intimacy and extravagance and a happy-go-lucky nature.

HEIGHT:

Varies much. Some short and slender; others medium and slender; others tall and slender; still others unusually tall and slender.

LIFE FORCE:

Buoyant, undulating.

MAGNETISM:

Effusive, ecstatic, exhilarative, pleasurable, or pleasant, but never overpowering; often optimistic.

MENTAL CHARACTERISTICS:

1. Brain is quick and agile; mind is optimistic, transient, entertaining, merry, amiable, familiar, selfless, generous; sometimes excessive speed of speech and brain cause problems, as does lack of concentration, conceit, boasting and exaggeration.
2. Memory is excellent for facts.

NERVE FORCE:

Remarkable.

POISE:

Lacking. Never in repose, too active for poise.

POSITION, STANDING:

1. Changing positions often; uneasy in motion, but not in mind.
2. They are not restless, but rather heedless, or unrestrained.

QUALITY OF CONSTRUCTION:

Flexible, supple, dense, fine.

RESISTANCE:

Usually elastic; sometimes positive; occasionally stubborn, stormy in resistance.

CONSTITUTIONAL TYPE:

Motive.

PRIMARY CONSTITUTIONAL COMBINATION:

Osseous-Mental, or, Mental-Osseous.

VOICE:

Expulsive, aspirate; explosive, cumulative accent; high pitch; vibratory, volume of voice; elevated degree; rapid voice with high pitch, vibratory volume, cumulative accent, and elevated degree denoting optimism, the very opposite of the voice of the Nervi-Motive.

GAIT:

Rapid, easy, forward (progressive) strides.

WEIGHT:

1. Varies much, but never heavyweights; seldom above 165lbs.(75Kg.) not even when they are unusually tall.
2. One who was 5 feet 8 inches (1.73 meters) tall weighed 117lbs.(53Kg.)
3. A lady who was 6 foot 1 inch (1.85 meters) tall, weighed 157lbs.(71Kg.).
4. They range from 87lbs. (40Kg.) up to 165lbs. (75Kg.) according to height, but are always lightweights, according to height and Constitution.

COMMON AILMENTS:

Accidents, neurasthenia, collapse, mucous degenerations, fevers, glandular indurations, malnutrition, necrosis, visual illusions, paresis, psychentonia, bone dyscrasias.

CONSTITUTIONAL BIOCHEMICALS:

Silicon, calcium, protein, phosphorus, oxygen, manganese.

BIOCHEMICAL REQUIREMENTS:

1. Carbon, chlorine, iodine, magnesium, nitrogen and potassium.
2. Silicon may be excessive.

SPECIAL REQUIREMENTS:

1. Avoidance of excessive sugar, starches and fats.
2. Fluids must not be taken in large quantities, but in small frequent amounts.
3. Must have adequate sleep and avoid over-exercise.
4. Best climate: Cold to cool, altitude 2000 to 4000 meters.

BAROTIC CONSTITUTION TYPE OUTLINE.

CONSTITUTION, BAROTIC:

CAUSE:

1. The Barotic is slower than the Calciferic and more clumsy than the Isogenic.
2. He has in the lead the vital chemicals - Carbon, Nitrogen, Hydrogen, also Calcium, with Sulphur.
3. The brain and nerve metabolism is below par and bone and vital metabolism is in the ascendancy.
4. Therefore he is a physical type, but a superintendent of workers rather than one who does the work.
5. No one, not even himself, ever knows his strength until his own exhaust valves open up from terrific emotion or temper, and then he is primitive in his lack of control or restraint.
6. Push the Barotic man until he explodes and then all of the pent-up strength of Calcium, and his powerful cerebellum is back of the outburst.
7. There is a tremendous impulse locked up in this man, waiting to be released.

DEFINITION:

1. "Baros" means "heavy" in Greek; "ic" meaning - "relating to", "having to do with".
2. Remarks - The Barotic type is the tallest of the types.
3. 90 percent of Barotics are male, 10 percent female.

APPEARANCE:

1. His body is thickset and in spite of the massiveness the body is proportionate; build is fleshy, bony, heavy, vital and muscular.

ATTITUDE:

1. The Barotic man is sturdy, reliable, and possesses good common Sense and judgement.
2. He is fair and just unless he is prejudiced by his own dislikes, for he is much disposed to take strong likes and dislikes, and cannot overcome them.
3. His is slow to forgive; meek and docile in his attitude towards others, for he is sadly lacking in self-confidence.
4. He works best under superior leaders, business geniuses, or else for the Government.
5. He does his own thinking.
6. He is slow in school and in psychological tests he would not show to advantage, for the simple reason that he is mentally slow and lacking in powers of expression.

BODILY HARMONY OR PROPORTION:

1. The word heaviness describes this type in every particular.
2. He is serious and ponderous in mind, profound in reason as well as large and heavy in body, slow and awkward in movements.
3. His skill is not in the muscles, bones and nerves of his body, but in his slow moving, powerful brain cells.
4. He is a born executive.

BUILD:

1. The body is often so large that it seems disproportioned.
2. Bones are well developed.
3. Physical characteristics include: large ankles; elongated, massive and powerful arms; wide, strong, fleshy straight back; well-developed chest; massive heavy, bony, fleshy feet; strong, fleshy, bony massive fingers; wide, thick, bony, inflexible hands; massive fleshy, bony hips (larger in women); strong knees; long, bony, fleshy, massive legs; large, bony, muscular neck; wide, strong, masculine shoulders; large, forceful, strong, bony, fleshy thighs.
4. Men of this type are large-waisted and women more slender.
5. Skin is rough, raw, thick, resilient and pigmented - dull, muddy or yellowish-red; skin is dry and rigid on individuals who spend considerable time outdoors.

COMPLEXION:

1. Course and rough.
2. Hair is thick, coarse, bushy, unmanageable; colour ranges from medium brown to dark; men may bald in later years from excessive study and thinking.

COMPOSURE:

1. The type is identified by simple actions, slow functions, slow and reflective speech; passive, quiet and good-natured.
2. He often appears forgetful, seemingly dull or perplexed, to have an aversion to haste, shy in manner, practical in perception, silent and slow in mind.

DENSITY OF STRUCTURE:

Massive; solid.

FACE:

1. The face has a sober expression.
2. It is elongated, especially below the eyes; massive, flat, large and wide (indicating great latent power).
3. The eyes are usually small and deep-set and the expression is quiet, passive, good-natured.
4. Face is fleshy, but firm; cheek bones are very wide; the nose large and wide at the wings; chin is strong, large and square; mouth is large, wide and masculine.
5. The lips are full; ears are large, often thick and square on the top.
6. Deep creases and lines may appear on the face, denoting a powerful will and strong emotions; these are different from wrinkles indicating emaciation.
7. His skin is dusky, and there may be broken veins in the face because his blood is thick and does not flow freely through muscles and solid structures, while drainage of the brain and face are also not perfect.

GESTURES:

1. Body - The body is often so large that it seems disproportioned.
2. Its massiveness causes movement to be slow and deliberate.
3. Feet - Massive, heavy, bony feet that tread heavily.
4. Hands - Move in a repressed, calm and relaxed manner.

HANDSHAKE:

Powerful.

HEIGHT:

Medium to tall (up to seven feet, 2.13 meters).

LIFE FORCE:

Is tenacious and powerful; death overtakes reluctantly.

MAGNETISM:

1. Not magnetic.
2. Requires external stimuli to call out his slumbering powers.
3. Slow; lacking powers of expression.

MENTAL CHARACTERISTICS:

1. Positive: self-suffering, passiveness, inventiveness, constructiveness, love of nature, love of the athletics, competitiveness, religiousness, philosophical.
2. Negative: Confusion, sluggishness, indifference, lack of forgiveness, gullibility, experimentation, prejudice, superstition, submissiveness, shyness, inability to express oneself, forgetfulness, poor spelling, rage, self condemnation, intolerance to crowds and noise, alienation, poor sense of smell and touch. Memory is poor.

NERVE FORCE:

Nervous system is powerful but susceptible to toxins and acids; motor nerves are most active in this type.

POISE:

Appears calm, relaxed, quiet, serious, poised.

QUALITY OF CONSTRUCTION:

Massive, heavy body.

RESISTANCE:

1. Weaknesses are principally mental, due to brain congestion and inflammation and unbalanced mental faculties.
2. The constitution and general health are superior; the mind is the source of troubles.
3. This type is long-lived, stalwart, vigorous and hardy.

CONSTITUTIONAL TYPE:

Osseous constitution.

PRIMARY CONSTITUTIONAL COMBINATION:

This type is rather balanced in Constitutions, but the Osseous constitution is slightly in the lead, with the vital constitution almost equal.

VOICE:

Unhurriedness; slow and reflective speech, and a baritone or low voice that roars when enraged.

GAIT:

Walk is with long strides and heavy steps.

WEIGHT:

1. Heavy because of large bones.
2. (Calcium builds large bones and protein forms the well-developed muscles.)

COMMON AILMENTS:

1. Chief complaints are nervous and rheumatic disorders.
2. Also may be affected by: Mental confusion, forgetfulness, insanity, neurosis, brain problems, drowsiness, shyness, mania, rage, vindictive moods, indifference, paralysis, nervous prostration, nerve toxicity, neuritis, dulling of the senses, deafness, earache, thrombosis, varicose veins, congestion, lust, calcium deposits or hardening, cysts, rheumatism, swelling, ulcers, abscesses, autointoxication.

CONSTITUTIONAL BIOCHEMICALS:

1. Protein, phosphates, hydrogen, nitrogen, calcium, carbon, sulphur and vegetable phosphorus active in solid tissue.
2. Chlorine, iron, magnesium, potassium and silicon are normally active; free oxygen and animal phosphorus are less active.

BIOCHEMICAL REQUIREMENTS:

Elements most often deficient are manganese, iodine and sodium; phosphates and proteins are often excessive.

SPECIAL REQUIREMENTS:

1. Bone metabolism dominates that of nerves and brain, which may be subnormal; brain and nerve foods are therefore recommended.
2. Foods which contribute to uric acid formation should be avoided, as should high proteins and phosphates which will crystallise in the joints and bones.
3. Foods high in magnesium, sodium, iodine and sulphur are recommended.
4. Fatty foods, heated oils, condiments and alcohol are extremely harmful.
5. Outdoor exercise, sauna baths, mineral waters are helpful.
6. Hilly and forest areas are suggested.
7. Carbon dioxide should be at a minimum.

5.iii. THE VITAL CONSTITUTIONS.

CARBOFERIC CONSTITUTION TYPE OUTLINED.

CONSTITUTION, CARBOFERIC:

CAUSE:

1. Carbon as a chemical element is very abundant in all vegetable life, constituting about one-half of the entire vegetable kingdom.
2. It is very susceptible to the presence of the vital impulse; therefore, The individual who has an affinity for and who loves carbonaceous food is bound to bulky in build.
3. No method of reducing in the world will help them unless they give up sweets and starchy foods.
4. The system in the fleshy Carboferic Type is full of carbon products - acid and gases.
5. They lack free oxygen.
6. Whatever the Carbon Type suffers from, the underlying cause is always the same, namely, acid.
7. Leading elements are carbon, hydrogen, and oxygen.
8. Calcium, fluorine, iodine, magnesium, iron, manganese, phosphorus, oxygen, silicon; potassium and sulphur are often deficient.
9. Carbon and hydrogen are the only elements likely to be excessive.
10. When the compounds of carbon are in excess, the body tissues are flabby, the mind is dull and lethargic.
11. They need a high altitude and rare air, so that the excess of carbon compounds are continually burned up and will not accumulate in the system.

DEFINITION:

1. The term "Carboferic" means carbon carrying.
2. Remarks: Carboferic individuals are highly valued for their kindness and compassion; they make the best domestic companions of the twenty types.

ACID OR ALKALINE:

Acid.

APPEARANCE:

1. When immobile Carboferics appear natural and graceful; when in motion, they appear awkward.
2. Young Carboferics have a favourable appearance, however as age advances, clumsiness, obesity and laxness often set in.
3. Due to an excess of carbon they have a sleepy, lethargic, dull expression.
4. The body tissues are flabby and the mind is dull and sluggish.
5. The build is stout, chubby, short; equilibrium and composure are easily disturbed; the fingers are energetically used when explaining something.

ATTITUDE:

Valued for their kindness and compassion.

BODILY HARMONY OR PROPORTION:

1. In youth he may be energetic, solidly built, attractive, even beautiful; but his strength is deceiving, for this is the weakest of the twenty types.
2. The build is stout, chubby, short; they have a circular head and face and regular features; tall, heavy bodies, stately bearing, and have a still, passive countenance.

BUILD:

1. Because carbon and carbohydrates build fleshy tissues, this type is prone to severe overweight; the greatest weight is carried in hips and thighs.
2. Feeble bones and muscular system promote lack of physical vitality.
3. The abdomen is massive, often bloated and puffy.
4. Ankles are small and often swollen; wrists are weak; arms heavier near shoulders, narrowing toward hands; feeble small of back; plump, rounded, very heavy body; massive chest; tiny, sensitive feet, with much foot trouble; tiny feeble, soft hands; large, often bloated hips; feeble, easily quivering knees; short legs; thick neck; voluptuous physique; massive fleshy shoulders; large torso in contrast to appendages waist set low on body.

COMPLEXION:

1. Skin is milky white in youth, but has a muddy cast in illness.
2. Wrinkles are rare, no matter what the age.
3. Hair is plentiful; long and abundant and lovely; many lose hair while still young.
4. Most are blond, a few are brunette, but they are rarely dark.

COMPOSURE:

1. They appear poised, and seemingly controlled, though internally they may quiver with fear.
2. Equilibrium and composure are easily disturbed, for they are one of the most negative types of all.

DENSITY OF STRUCTURE:

Flabby in the tissues.

FACE:

1. Face is fleshy, broad-circular or conic in shape and heavier in the lower part.
2. Forehead is low and face is short from mouth to eyes.
3. Mouth is usually open, and lips are full and large.
4. Cheekbones are small, cheeks are convex and ample; often has a double chin.
5. The face seldom wrinkles. Facial expression is shy and credulous.

GESTURES:

1. Body - They have a still, passive appearance, movements often clumsy.
2. Feet - Are tiny, sensitive and give much foot trouble.
3. There is a restlessness of the feet when sitting down.
4. Hands - Fingers are used energetically when explaining something.

HEIGHT:

Medium.

LIFE FORCE:

Health level is generally low, especially after menopause; mental health is also low.

MAGNETISM:

Make better followers than leaders.

MENTAL CHARACTERISTICS:

1. This type is charitable, appreciative, kind, good-hearted, receptive, non-aggressive, faithful, forgiving, complementary, soft spoken.
2. He is extrovert with friends and family; is intuitive and sensitive; has lofty ideals and philosophy, and grand intentions.
3. Negative aspects are: Poor judgement and imagination, mental processes slow, easily afraid and confused; is weak willed, and often suffers from self condemnation and depression.

NERVE FORCE:

Nerves are sensitive and weak; nervousness and nervous collapse are common.

POISE:

Appear natural and graceful; when in motion, they appear awkward.

QUALITY OF CONSTRUCTION:

1. Bulky in bodily build.
2. Weakness and flabbiness.

RESISTANCE:

1. Health level is generally low, especially after menopause; mental health is also low.
2. Life expectancy is average or short; old age and obesity may begin early.

PRIMARY CONSTITUTIONAL COMBINATION:

Vital primary constitution. Combinations include (infrequently) Vital-Mental or Vital-Osseous types.

VOICE:

Is weak, sometimes squeaky, hoarse or pleasant, feminine.

GAIT:

Is unsteady.

WEIGHT:

Stout to obese (200 pounds or more).

CONSTITUTIONAL BIOCHEMICALS:

Carbon, hydrogen, hydrogen, oxygen.

BIOCHEMICAL REQUIREMENTS:

1. Calcium, fluorine, iodine, magnesium, iron, manganese, phosphorus, oxygen, silicon, potassium and sulphur are often deficient.
2. Carbon and hydrogen are likely to be in excess.

COMMON AILMENTS:

1. Mental deficiency, fear and shyness, sleepiness, paralysis, alcoholism, migraine, auditory and optical distortions, throat problems, arterial degeneration, blood disease, carbonaemia, carboluria, carbonic acid poisoning, overeating, glycosuria, nephritis, phosphaturia, sugar induced acidity (saccharic acidosis), sugar in the urine, sexual disorders, spermatorrhoea, torpor, tympanitis, prolapsus, myalgia, nervous rheumatism, boils, bruises.
2. Ailments of the Carboferic are related to climate and seasons.

SPECIAL REQUIREMENTS:

1. Overeating especially of starches, alcohol, sweets etc. must be striven against, as will power is low.
2. Vitamins are not needed to supplement the diet, unless wrong diet has led to exhaustion, obesity or illness.
3. Suitable foods are those high in, iodine, calcium phosphorus, potassium, silicon, manganese, magnesium, sodium and iron.
4. Ailments of the Carboferic are related to climate and seasons.
5. A cold arid, hilly climate is most beneficial; much sunlight, high altitude, and sandy and rocky soil are helpful.
6. Sun-baths are suggested. Heavy and continuous exercise in conjunction with breathing exercises are vital.
7. The mind needs to be developed in the directions of science, mathematics, technology, intellectual subjects.

OXYPHERIC CONSTITUTION TYPE OUTLINE.

CONSTITUTION, OXYPHERIC:

CAUSE:

Oxygen as a chemical element being in the lead, results in the development of certain faculties and the weakness of others, and influences the character, talent and disposition.

DEFINITION:

1. "Oxy" means "Oxygen"; "pheric" means "carrying"; Oxygen carrying. Remarks - The word "Oxygen" means acid producer.
2. Formerly scientists thought that Oxygen was an acid producer, but it was later found that Hydrogen is the real acid producer, and that other elements may facilitate such production.

ACID OR ALKALINE:

Acid.

APPEARANCE:

1. They have a youthful, healthy appearance, even in old age.
2. They are, mainly speaking, red-faced people.
3. They appear symmetrical, yet large sized.
4. They appear professional, interesting, and more learned than they really are.
5. They are always fleshy, well nourished, young appearing, animated, pleasing, sociable.

ATTITUDE:

Positive - Positive at times and at times negative.

BODILY HARMONY OR PROPORTION:

1. Having aspects of both the Muscular and Vital Primary Constitutions, they are tall and portly; usually possess a commanding appearance, with a prominent chest, straight back and prominent abdomen.
2. They are large and proportionate in bodily build, except that the bones are relatively small, making them less inclined for heavy, laborious work.

BUILD:

1. They are heavy in build, and the bodily build develops at an early age.
2. Some Oxypheric people, without any apparent reason suddenly become very stout, then rapidly lose flesh.

CELL ACTIVITY (RATE OR VIBRATION):

High.

COMPOSURE:

1. They are restless, uneasy and lack composure.
2. They are the most impulsive people we have.

DENSITY OF STRUCTURE:

Elastic and soft, not dense.

FACE:

1. Face and head are large, head is broad, round or cubic; cheekbones are broad and cheeks rounded.
2. Eyes are large and lively.
3. Lower jaw is large and meaty; chin is strong and jutting, often cleft, seldom receding.
4. Mouth is large, pliable and moist.
5. Appearance is large, youthful; expression is confident and full of self-esteem, lively, animated and responsive.

GENERIC TYPE:

1. Sometimes both tall and heavy in build, being both andromorphic and gynomorphic in generic type.
2. They are sometimes short-limbed, but always possess a long and heavy torso.
3. In other words, their generic type is always gynomorphic and sometimes both gynomorphic and andromorphic.

GESTURES:

1. Body - They are rhythmic in motion, as well as strong and positive
2. Feet - Restless.
3. Hands - Constantly moving. Spread the hands wide open in gesticulation.
4. Head - Alert, looking about, watching; move the head in imitation of what they talk of.
5. Remarks - They gesticulate vehemently when they speak; they mimic as they talk.
6. They are like actors.
7. Graceful and elastic movements; a graceful dancer, elastic athlete.

HANDSHAKE:

Warm and hearty.

HANDWRITING:

Usually small, regular, neat, flowing rhythmically, showing practicality combined with a romantic and poetic nature.

HEIGHT:

Usually about 5 feet 7 inches tall (1.70 meters); sometimes they are 6 feet 2 inches tall (1.88 meters).

LIFE FORCE:

1. They are overflowing with life, energy and vitality.
2. Full of vim and enthusiasm.

MAGNETISM:

1. They possess an abundance of physical magnetism.
2. People like to be where they are, for their presence inspires hope, optimism, and a pleasant sensation of well-being.

MENTAL CHARACTERISTICS:

1. Joyful, active, energetic, aggressive, optimistic, positive, magnetic, outgoing; this type shows interest, excitability, faith, hope and adaptability.
2. Negative aspects are: Lack of confidentiality, impulsiveness, lack of concentration, morbidity, fear of disease and lack of willpower.

NERVE FORCE:

They possess a vast storehouse of nerve force, upon which they draw recklessly, going into extremes of feeling over trivial things.

POISE:

They lack poise, but when they are in repose they appear to be poised, because of their abundant nervous energy.

POSITION, STANDING:

They hardly ever stand still, but walk up and down or move about the room.

QUALITY OF CONSTRUCTION:

Never very fine, but it is a practical working quality.

RESISTANCE:

They are loud and positive in resistance, always ready for a struggle, mental or physical.

CONSTITUTIONAL TYPE:

Vital and Muscular.

PRIMARY CONSTITUTIONAL COMBINATION:

1. Vital-Muscular, Muscular-Vital, with the Osseous often well developed, making them somewhat harmonious in nature.
2. The Vital, Vital-Muscular, and Muscular-Vital, always predominates.

VOICE:

Their voice is always pleasing, euphonious, musical, modulated, except when angry, when it becomes harsh and strident.

GAIT:

Usually walk with long strides and like to take the lead, walking slightly ahead and gesticulating as they talk.

WEIGHT:

1. Depending upon the height, but always heavy.
2. From 170lbs. (77Kg.) to 225lbs. (102Kg.).

COMMON AILMENTS:

1. Brain lag or collapse, convulsions, epilepsy, psychosis, neurosis, cerebral haemorrhages, mental illness due to nerve pressure, vertigo, epistaxis, hypertension, plethora, internal haemorrhages, heart disease, hyperaemia, liver problems, anorexia, bulimia, acute colic with flatus, kidney problems, spontaneous albuminuria, sexual disorders, acute arthritis, psoriasis, skin eruptions, abscesses, septicaemia, inflammations, acute fevers, malarial fevers.
2. Note: Many illnesses in this type are sudden and acute, but they are rarely chronic.

CONSTITUTIONAL BIOCHEMICALS:

Oxygen, iron, potassium and lipids.

BIOCHEMICAL REQUIREMENTS:

1. Calcium.
2. Oxygen may be excessive.

SPECIAL REQUIREMENTS:

1. Seasoned, fried and rare animal protein foods are often craved, but should be avoided.
2. Foods high in phosphorus, sulphur, chlorine, sodium, calcium, silicon, potassium and vitamins, the latter may also have to be supplemented.
3. A vegetarian diet is best for this type.
4. Excessive exposure to the sun must be avoided.
5. Warm baths and deep massage is useful.
6. Sleep helps this type to recuperate from illness.
7. Best climate: Warm and humid, altitude from 30 to 300 meters.

HYDRIPHERIC CONSTITUTION TYPE OUTLINE.

CONSTITUTION, HYDRIPHERIC:

CAUSE:

1. Lymphatic system strongly active, excessive absorption of Hydrogen, lack of solids and Oxygen.
2. Strong Bibativeness and base of brain (faculty of Amativeness).
3. Vital Primary Constitution; much heat in the body leading to
4. Excessive absorption of moisture because of a strong water absorbing impulse (faculty of Bibativeness).

DEFINITION:

1. "Hydric" means "water"; "pheric" means "carrying".
2. The word "Hydripheric" means "likes water".
3. Remarks - 80 percent of Hydripherics are female, 20 percent are male.

ACID OR ALKALINE:

Acid, because of the excess Hydrogen in the system.

APPEARANCE:

1. Hydripheric ladies appear strong and healthy, but they are almost as delicate as a child.
3. Most Hydripheric ladies are beautiful in youth, but coarse appearing when older.

ATTITUDE:

1. Distant and seemingly detached.
2. Look serious.
3. Do not smile much; not easily approached by strangers.

BODILY HARMONY OR PROPORTION:

They are disproportionate in build, obese usually, slow and awkward in movement.

BUILD:

1. Broad in build of body, very wide across at hips.
2. Hands, feet, torso and the whole body is broad.

CELL ACTIVITY (RATE OR VIBRATION):

Sluggish.

COMPOSURE:

They are still and placid when in repose, but jerky and excitable when aroused to fear, anxiety, or self-preservation.

DENSITY OF STRUCTURE:

1. Structure of cells spongy, porous and loose, soft and yielding.
2. Flesh is pendant when obese.

FACE:

1. Eyes are large, calm, and even soulful.
2. The face is cubic, padded with flesh, masculine; the lower part being
3. The larger, and the central portion being curved inwards, with the eye and chin regions being more convex.
4. Cheekbones are mildly prominent; cheeks are rounded.
5. The chin is wide, podgy and heavy.
6. There may be bags under eyes.
7. The mouth, nose and ears are small.
6. At all times the face is calm and sad, and the expression is mild, affectionate, pleasing, reposeful, and patient.

GENERIC TYPE:

1. Gynemorphic.
2. They have a large, broad and long torso.

GESTURES:

1. Body - Still and reposeful.
2. Feet - Still.
3. Hands - Jerky in movement when active.
4. When in repose they are held quiet.
5. Head - Not much movement.
6. Remarks - Movements are usually slow and ponderous until excited, when they are surprisingly quick.

HANDSHAKE:

Limp and indifferent, usually.

HANDWRITING:

1. Often large and heavy in stroke, but they are not extravagant with space and margins.
2. They are usually always economical people.

HEIGHT:

Usually short, about 5 feet 6 inches (1.68 meters).

LIFE FORCE:

Plenty of Life Force when it is aroused, but it is inhibitive - like the ocean, calm and hidden, all at once tremendous in active power.

MAGNETISM:

They are cold, indifferent and distant, not magnetic.

MENTAL CHARACTERISTICS:

1. Calm, serene and quiet.
2. They are sharing, gregarious, unselfish and helpful.
3. Although rarely talkative, they are interesting when they do talk.
4. Sometimes they are exclusive, wary, observant, shy and easily moved to tears, though they usually hide their emotions from others, and express them in private.
5. Memory is better for past than for recent events.

NERVE FORCE:

1. Not a great supply.
2. They use up a great deal of Nerve Force in excitement, at times.
3. They are serious minded people and worry.

POISE:

1. Seemingly perfectly poised in appearance, but there may be a storm raging beneath.
2. They are still and deep, or stormy and rough.
3. When they turn loose they rave.

POSITION, STANDING:

Still.

QUALITY OF CONSTRUCTION:

Medium.

RESISTANCE:

1. Powerful in resistance, but passively so.
2. Usually tactful, amiable, but persistent.

CONSTITUTIONAL TYPE:

Vital.

PRIMARY CONSTITUTIONAL COMBINATION:

Vital, Osseous and Mental.

VOICE:

1. Soft and modulated.
2. Pleasing, gentle, until very angry, and then harsh.

GAIT:

Dignified.

WEIGHT:

1. From 170 (77Kg.) to 300lbs. (136Kg.) more in obesity.
2. There is a persistent increase of the glands, abdomen, and hips.
3. Hydripherics absorb water in excessive quantities, and in a moist country they grow to weigh from 300 to 500lbs. (77kg. to 227Kg.).

COMMON AILMENTS:

1. Catalepsy, anaemic convulsions, exhaustion and collapse, nervous plethora, humid asthma, hydric dyspnoea, heart disease, enlarged heart, haemorrhages, mesenteritis, venous stagnation, hypothermia, bone decay, dental caries, spasms, eczema, sores, cysts, moist tumours, effusions, fevers, dropsy, hydric obesity.
2. Constitutional weaknesses: fluid retention and fluid infiltrations, anaemia of the tissues, lack of oxygen and excessive body heat.

CONSTITUTIONAL BIOCHEMICALS:

Hydrogen; this element is often excessive.

BIOCHEMICAL REQUIREMENTS:

Silicon, potassium, oxygen, calcium, sodium.

SPECIAL REQUIREMENTS:

Hydrotherapy is most effective for this constitution, a mild climate with not too much sunshine is recommended, while the intake of too many watery foods should be avoided.

NITROPHERIC CONSTITUTION TYPE OUTLINE.

CONSTITUTION, NITROPHERIC:

CAUSE:

1. There are two types of the Nitropheric, one of which is seldom encountered; this is the tall, slender-bodied brunette; the most handsome, dignified and poised individual.
2. He has loose joints; soft, long bones; long, slender hands and feet; a controlled and pleasing personality; and dignified bearing.
3. He is about 5 feet 10 inches (1.78 meters) to 6 feet (1.83 meters) tall or over.
4. He is not interested in business, but likes to spend money, especially on books, art, education and training.
5. He is inclined for public service or professional work.
6. He may be a teacher or professor, or a surgeon, lecturer, preacher, artist, dress or art designer, lawyer or real estate dealer.
7. He is sure to choose a dignified occupation.
8. He has a large head, high and square forehead, large face, small nose, soft, dark, wavy hair, large dark eyes.
9. His expression is smiling but distant.
10. He carries his body very straight, almost bending backwards.
11. The other Nitropheric type is short, stocky, more practical and
12. businesslike.

DEFINITION:

The term "Nitropheric" means nitrogen carrying.

APPEARANCE:

1. The body is well rounded and padded with flesh.
2. Neck is short; there may be a double chin.
3. Abdomen is large; fat often pads the lower portion.
4. They appear poised, composed, serene, unhurried, stately; they move more quickly as night approaches; their movements lack grace and fluidity; their countenance is meditative, distracted, pensive but does not mirror their feelings.
5. They gesture little when speaking; hands and feet remain still.
6. He has low vitality, a lack of constitutional fortitude, a proud and aristocratic bearing, and a slow, measured, swinging, straight carriage.
7. Eighty percent of Nitropherics are female; twenty percent male.

ATTITUDE:

1. Due to the influence of nitrogen, this type is diplomatic, conservative, clannish, slow, deliberate.
2. He is well-qualified for high posts requiring diplomacy, honesty and refinement.
3. Their countenance is meditative, distracted, pensive but does not mirror their feelings.

BODILY HARMONY OR PROPORTION:

They have a proud, aristocratic bearing; slow, measured, swinging, straight carriage.

BUILD:

1. This type is heavy, fleshy, dark eyed, with black hair.
2. More than usual weight is carried on the hips and abdomen; chest is large, back straight; central body is largest of the types; obesity increases with age.
3. Other characteristics include small, feeble ankles; short arms which are carried regally; large upper arms, tapering in lower arms toward wrist; wide, flat back in hip region.
4. Large, corpulent, moist, fleshy body which cannot tolerate tight clothing; large, deep upper chest; tiny, easily fatigued feet with feverish soles; small, rounded, narrow, fleshy hands; ample, rounded hips; feeble, easily tired knees; short legs and healthy thighs (often feels cold from hips to ankles); sloping shoulders in females, broader and squarer shoulders in males; massive thighs; small waist when young, enlarging after age 38; waist set low on females, higher on males; elongated, heavy torso.

COMPLEXION:

1. They have a dark ivory skin tone; velvety, fine-textured skin.
2. Hair is soft, wavy, silky, glossy, dark brown or black and generally abundant.

COMPOSURE:

1. The Nitropheric type has a calm, relaxed appearance; he is pensive, reliable, tactful, reserved, only subtly aggressive and commanding.
2. He is studious, domestic and home loving; a better listener than conversationalist; rarely quarrelsome; exclusive in associations; generally introverted.

DENSITY OF STRUCTURE:

Heavy, fleshy; obesity increases with age.

FACE:

1. The face is full and fleshy, often concave; seldom wrinkled because the mind is not fretful or overly active.
2. Cheekbones are of medium size; cheeks are rounded, especially in the lower section.
3. The nose is small and the lips are shapely.
4. Features are small, and evenly distributed.
5. He has a calm relaxed appearance.

GESTURES:

1. Body - Appears poised, composed and unhurried; lacks grace in movement.
2. Feet - Tiny easily fatigued feet; like to put their feet up.
3. Hands - Both hands and feet remain still.
4. Head - Usually kept still, or inclined a little when listening.
5. Facial features appear distant.

HEIGHT:

Medium to tall.

LIFE FORCE:

Low vitality and lack of constitutional fortitude.

MENTAL CHARACTERISTICS:

1. Calm confident and relaxed; he is pensive, reliable, tactful and reserved; studious, domestic, a good listener, not quarrelsome and introverted.
2. Misfortune will drive him into seclusion; grief is suppressed within; change is disliked; habits are fixed.
3. He may feel alienated from the world (when nitrogen is in excess); weep without apparent reason; and be highly affected by stressful situations; emotions have more power than the reason.
4. Negative characteristics are: Phobias, fears, illusions, lack of concentration, slow thinking and obstinacy.
5. Will power is weak.

NERVE FORCE:

Motor nerves are strong; a sudden disturbance causes shaky nerves; nerve exhaustion and collapse is likely, as are nervousness and highly sensitive nerves.

POISE:

Appear poised, composed, serene, unhurried, stately; they move more quickly as night approaches; their movement lacks grace and fluidity; their countenance is meditative, distracted, pensive but does not mirror their feelings.

QUALITY OF CONSTRUCTION:

The abdominal region is massive and active in function; assimilation is powerful but slow; venous and arterial action is sluggish.

RESISTANCE:

1. Body health is subnormal and constitutional strength is lacking.
2. This type prefers the advice of natural healers to medical methods.
3. Life expectancy is below average; they frequently do not reach old age.

PRIMARY CONSTITUTIONAL COMBINATION:

Vital, Vital-Mental or Vital-Muscular-Mental.

VOICE:

Low, easily strained;

GAIT:

Slow and measured swinging, straight carriage.

WEIGHT:

Stout to heavy, determined by roundness of body.

COMMON AILMENTS:

Apoplexy, aphonia, asthenia, coma, numbness, macropsia, involuntary muscle ailments, lethargy, choking, heart failure, impoverished blood, blood fungi, blood poisoning, contusions, phlebitis, enteralgia, distensions, dislocations, involuntary muscle ailments, rheumatism (muscular), contractions of joints, infections, blisters, excoriation, abscesses, necrosis.

CONSTITUTIONAL BIOCHEMICALS:

Nitrogen, carbon, hydrogen, oxygen.

BIOCHEMICAL REQUIREMENTS:

1. Hydrogen and nitrogen are most often excessive.
2. Calcium, iron, iodine, nitrogen, potassium, oxygen, silicon, sulphur, sodium, fluorine may be lacking.

SPECIAL REQUIREMENTS:

1. Starch assimilation is high; protein metabolism is poor.
2. Beneficial foods for this type include those high in sulphur, phosphorus, iodine, chlorine, manganese, magnesium, silicon, potassium, sodium, iron.
3. To be avoided are animal proteins, milk, water, fats, starches, stimulants, sugars, chilled foods;
4. Vitamin supplementation is not usually required.
5. Tepid water is best for bathing.
6. High altitudes, Humid climate beneficial; chilling, damp air is unfavourable.
7. Light exercise, particularly walking, isometrics and stretching are helpful; a change of scenery may be of benefit.
8. Sleep should not be excessive (Nitropherics are very heavy sleepers.); fresh air is needed in the bedroom.

LIPOPHERIC CONSTITUTION TYPE OUTLINE.

CONSTITUTION, LIPOPHERIC:

CAUSE:

1. There are eight different and distinct causes of avoirdupois but there is only one "fat" Type.
2. Hydrocarbons mainly, are absorbed in this type to make them heavy.
3. Fatty tissue is a compound of carbon, hydrogen and oxygen, being insufficient to convert the hydrogen into water.
4. Adipose tissue is composed of fat lodged in the meshes of areolar tissue, well supplied with blood vessels and lymphatics, but having no nerves.
5. Hence fatty tissue is nerveless tissue.
6. Such tissue is hard and oily.

DEFINITION:

1. "Lipo" means "fats"; "pheric" means "carrying".
2. Lipopheric means carrying fats.
3. Remarks - The word "Lipopheric refers to those people who carry much fatty tissue, they are jovial, sensual, and lovers of luxury.

ACID OR ALKALINE:

Usually acid, but alkalinity is required for conception.

APPEARANCE:

1. They are well groomed, charming, open and familiar with associates.
2. Charm and friendliness are impressive.
3. Their body is built disproportionately, with too much flesh and an overly large trunk, especially in the lower abdominal area, near the shoulders, in upper chest, neck and cheeks.

ATTITUDE:

1. These people are noted for their pleasing, cheerful, social, gracious manners in public, but are prone to changeable moods; they may be happy and affectionate and then are depressed or angry.
2. They always show their best sides to strangers.
3. They are naturally dictatorial.
4. They are quarrelsome, but mean no harm unless deeply offended.

BODILY HARMONY OR PROPORTION:

The physique is generally corpulent, fleshy, loose, flabby.

BUILD:

1. The entire body is heavy, thick, rounded, tapered from shoulders down.
2. They have short arms, small fat hands, short tapering fingers, heavy thighs and short legs tapering down to very small feet.
3. There is a pronounced fat ball on the cheeks and at back of neck.

CELL ACTIVITY (RATE OR VIBRATION):

Cell activity low, causing storage of surplus energy as fat.

COMPLEXION:

1. Skin is pale, white, rosy, creamy, gray-white or muddy-white, but always whitish; skin is smooth or coarse and cool and may feel greasy.
2. Hair is straight, coarse, (sometimes fine), greasy, very thick, bushy and brittle; it may be dark, light brown or blond.
3. When healthy, they have a good deal of red colour in cheeks and lips, and the hair has a rich bronze or reddish tinge, whether they are dark or medium dark in complexion.

COMPOSURE:

1. They appear poised, but are not.
2. They have changeable moods - cheerful, social, affectionate; then are depressed or angry.
3. They are always inclined to show their best side to strangers.

DENSITY OF STRUCTURE:

Generally corpulent, fleshy, loose, flabby.

FACE:

1. The face is circular or conic-round, long, wide, flat, full and convex, usually large, very fleshy in the lower part and usually unwrinkled; head is wide, with a low forehead; eyes are large; lips are full, and optimistically curved.
2. They have a heavy double chin and a small fleshy nose.
3. Cheekbones are small, cheeks are massive, baggy, often bloated, with a pronounced fat ball on them.

GESTURES:

1. Body - Animated and vigorous.
2. Feet - Their step is generally light and lively.
3. Hands - Movements animated, often with palms uppermost.
4. Head - They carry the head well back and look at people with laughing, sparkling, flirtatious eyes.

HANDSHAKE:

Soft, flabby, energetic.

HEIGHT:

Varies from short to tall.

LIFE FORCE:

A high natural capacity for a strong life force.

MAGNETISM:

Very magnetic and persuasive when dealing with others.

MENTAL CHARACTERISTICS:

1. Optimistic, lively, positive, fun loving, playful, agile, abstract, mysterious, occult.
2. Inclined to pleasure, service and accomplishment.
3. Deficient judgement, discrimination, and willpower; sentimentality powerful.

NERVE FORCE:

Nerves are well fed as is brain tissue; joy facilitates efficient nerve activity.

POISE:

They are noted for their pleasing, social, gracious manners in public.

QUALITY OF CONSTRUCTION:

Generally corpulent, loose and flabby.

RESISTANCE:

1. The Lipopheric type has a high natural capacity for health of both body and mind. Correct diet, climate, work, habits, friends, study, breathing exercises, home life and love life help maintain this health.
2. Weaknesses result from intemperate diet and sexual activity.

PRIMARY CONSTITUTIONAL COMBINATION:

Vital, Vital-Osseous and Vital-Osseous-Mental

VOICE:

Their voices are powerful, high-pitched, loud.

GAIT:

Their step is generally light and lively.

WEIGHT:

200lbs. (90 Kg.) or more.

COMMON AILMENTS:

Dizziness, injuries, throat problems, dyspnoea, heart problems, anaemia, acidosis, congestion, acoria, constipation, indigestion (the latter two usually due to too much fat consumption), wind, heartburn, ulcers, liver problems, haemorrhoids, blood sugar imbalances, menstrual disturbances, miscarriages, foot and joint problems, weak legs, sleeping sickness, seborrhea, abscesses, ulcers, torpidity, fatty degenerations, obesity.

CONSTITUTIONAL BIOCHEMICALS:

Carbon, oxygen and hydrogen.

BIOCHEMICAL REQUIREMENTS:

1. Oxygen, silicon, calcium, iron and potassium.
2. Carbon and hydrogen often excessive.

SPECIAL REQUIREMENTS:

1. Refined carbohydrates and fats should be avoided.
2. Active exercise is beneficial.
3. Fresh air important.
4. Skin brushing with warm, pulsing showers are beneficial, as are outdoor activities.
5. Best climate: Warm, breezy, fresh aired and cloudy.
6. They need little sleep.

PALLINOMIC CONSTITUTION TYPE OUTLINE.

CONSTITUTION, PALLINOMIC:

CAUSE:

1. Leading biochemical elements in the Pallinomic type include carbon, potassium and less strongly calcium.
2. Unless ill, no elements are lacking; during illness alkaline salts may be deficient.
3. Carbon is sometimes excessive.

DEFINITION:

1. The term "Pallinomic" comes from two Greek words Pallas and osmen;
2. Pallas" being the Greek goddess of wisdom, crafts and the arts;
3. "osmen" meaning from os, mouth, refers to an omen or significant warning from a god.

APPEARANCE:

Aristocratic, stately, courageous, wise, serene, serious, defensive or offensive; the body is corpulent or portly and well-proportioned but large with much flesh; the skin is dark, olive, swarthy; manners are grave, reserved, modest, respectful, sedate, independent, disciplined, well-mannered, composed; his countenance is pensive, grave.

ATTITUDE:

1. Very diligent, constructively critical and positive in attitude, sincere and stable, a better listener than conversationalist.
2. They show a forced, emphatic style with a tendency to clip words and sentences.
3. They feel strong, even unconscious of their own ailments, and "carry on" until almost ready to die.
4. They live in strength and die in courage.
5. Vitality does not give out, their physical strength intact, their mind is dynamic, their judgement is sound, their will is like cast iron, even on the death bed.

BODILY HARMONY OR PROPORTION:

Portly body which is well-proportioned but large with much flesh.

BUILD:

1. Torso is wide, a mixture of vital and muscular build.
2. Abdomen is well-developed but not prominent.
3. Other external features include well-developed, stiff ankles; normal size arms; broad back; fair chest development; broad shoulders; wide, flat, heavy feet; bony but soft hands; wide but not deep hips; large knee joints; long legs in relation to body; short and stocky neck; strong, portly, large-chested physique; normal size thighs; long torso with larger-than-average but balanced waistline; at times set slightly high.

COMPLEXION:

1. Dark, swarthy, ivory-rosy or whitish.
2. Hair is stiff, bristly, strong, wiry, coarse, and usually brunette.

COMPOSURE:

1. They usually appear serene, thoughtful, fearless, penetrative, sharp though honest.
2. They have powerful concentration and self-control, though their emotions are dynamic, lion-like and thunderous when aroused.

FACE:

1. Face broad and wide at the cheekbones, which are large and prominent; cheeks often concave.
2. Forehead is wide, square and prominent; features usually small, sharp and regular.
3. Mouth is wide and masculine, and lips are medium in size and set,
4. They usually carry a serene, thoughtful, direct, fearless, penetrative, sharp though honest expression.

GESTURES:

1. Body - Movements slow and deliberate.
2. Feet - Relaxed and still, move slow and ponderous when walking.
3. Hands - Usually kept still, otherwise moved in a slow and deliberate way.
4. Head - Held low when listening, moved slowly and powerfully.

HEIGHT:

Under six feet (1.83 meters).

LIFE FORCE:

Strong.

MAGNETISM:

Not magnetic to others but has a strong vital force and good mentality.

MENTAL CHARACTERISTICS:

1. Mental faculties are dynamic and well controlled.
2. He is diligent, constructive, critical, positive, sincere and stable.
3. His power is mighty, decided, unswerving, and persistent.
4. Likes and aversions are pronounced; he is punctual, realistic, practical frugal, solid; he may be intolerant of nomadic habits or radical ideas of others.

NERVE FORCE:

Nerves are well-nourished, strong and smooth in function; their activity is slow and powerful; they are well controlled, as are mental faculties.

POISE:

1. Well known for their portly appearance and thoughtful expression.
2. Manner is grave, reserved, modest, respectful, sedate, independent, disciplined, well-mannered, composed; his countenance is pensive, grave.

POSITION, STANDING:

Stately, aristocratic.

QUALITY OF CONSTRUCTION:

1. Appearance is not attractive, the nature is somber, melancholy, dark.
2. Noted for their stiffness in lower joints.
3. Portly or corpulent body.

RESISTANCE:

1. Health is fair and life expectancy is not long.
2. Feel strong, even unconscious of their own ailments, and "carry on" until almost ready to die.
3. Their vitality does not give out, their physical strength is intact, their mind is dynamic, their judgement is sound, their will is like cast iron, even on the death bed.

CONSTITUTIONAL TYPE:

Somber, melancholy, dark. Vital type.

PRIMARY CONSTITUTIONAL COMBINATION:

Harmonious type with Vital system predominant.

VOICE:

Deep, well controlled, subdued, resonant, and strong.

GAIT:

Walk is ponderous, heavy, slow and with long strides.

WEIGHT:

Usually between 145 and 200 pounds.

COMMON AILMENTS:

Depression, pleurisy, pneumonia, emphysema, haematesis, haemorrhages, varicose veins, sour stomach, colic, enteralgia, cramps, rheumatism, jaundice, proctitis, bladder disturbances.

CONSTITUTIONAL BIOCHEMICALS:

1. Leading elements are nearly balanced.
2. Carbon, potassium and less strongly calcium.

BIOCHEMICAL REQUIREMENTS:

1. Unless ill, no elements are lacking; during illness alkaline salts may be deficient.
2. Carbon is sometimes excessive.

SPECIAL REQUIREMENTS:

1. The appetite is generally exceptionally vigorous, though there may be periods where appetite vanishes entirely.
2. Abnormal cravings are unexplainable; craving for sweets causes flatus.
3. Animal proteins are better digested than an exclusively vegetarian diet. Foods to avoid include canned and adulterated foods, acidic fruits and vegetables, refined starches, sweets, gravies, potatoes, fatty meats, fried foods, sugary drinks.
4. Suitable foods include veal, young fowl, alkaline fruits and vegetables, foods rich in potassium, dairy products, iron rich foods, laxative foods and drinks, lamb, fish, mint and other herbal teas, low carbohydrate foods.
5. Vitamins are also recommended, especially with advancing age.
6. Warm baths, deep massage and moderate exercise is helpful; as are sunshine, breezy weather, oxygen, a high altitude and pure air.

5.iv. THE MUSCULAR CONSTITUTIONS.

DESMOGENIC CONSTITUTION TYPE OUTLINE.

CONSTITUTION, DESMOGENIC

CAUSE:

1. Desmogenic is the sodium type.
2. Sodium in the chemical laboratory of the body builds ligaments, or bands, that hold bones firmly attached at the joints, producing that flexible strength necessary for the most efficient use of the bones.
3. This is the chief use of sodium in the body, and it is the reason that this type is so strong in motor development, and strong in the will section of the brain, as it takes strong impulses to extract sodium from food.

DEFINITION:

1. Desmo meaning - Band; Genio - Produce.
2. The word "Desmogenic" means: To hold together.
3. Remarks - 60 percent are male, 40 percent female.

ACID OR ALKALINE:

Their system is acid because it lacks Oxygen and has an excessive amount of structural protein.

APPEARANCE:

1. They appear very stern and striking.
2. Some appear like a living corpse.
3. They appear to be older than they actually are.
4. Being thin, they appear smaller than they are.
5. They are compact, lithe, powerful and ready.
6. Desmogenic children appear feeble; having vomiting spells, bilious headaches; but do not die easily.

ATTITUDE:

1. Positive, but lax and watchful, then suddenly galvanized into lightning-like rapidity to the surprise of others.
2. Always independent.

BODILY HARMONY OR PROPORTION:

Too thin, almost haggard, especially in face and legs.

BUILD:

Mostly lean, slender - unless puffed up by gouty deposits, poison, viruses, etc.

CELL ACTIVITY (RATE OR VIBRATION):

Very high.

COMPOSURE:

Internal strength, power and intensity, externally controlled; when they break their control, they are able to carry everything before them.

DENSITY OF STRUCTURE:

Very dense and fine.

FACE:

1. Area of forehead above the eyes is widest, the upper part being narrower.
2. Cheekbones prominent; cheeks are sunken.
3. Mouth usually small; lips thin and taut.
4. Eyes are expressive and alert.
5. Ears low, brows horizontally straight.

6. Face often has deep wrinkles, is short and wide at the cheekbones, widest at the level of the auditory opening; and may be given a pan expression at will.
7. Some have a scornful, discontented, bold and haggard expression.

GENERIC TYPE:

1. There are three distinct Desmogenic Generic types:-
 - a. Very tall and slender, especially long arms, legs and neck, with short, wide face. The shape of face is typically short and wide, but body may be very tall.
The tissues are dense and fine.
 - b. Another type of Desmogenic is small in bodily build. Short, slender, wiry and thin, still having a wide and short face. Comparative great muscular strength and mental endurance. (Japanese)
 - c. There is still another build of body among people of this Constitution, viz.; those having a short, gynemorphic body, a stocky built of strong and dense muscles. This type has wonderful power of tensity and relaxation, and are powerful physically. They are the pugilistic types; they are almost invincible.

GESTURES:

1. Dynamic.
2. If they are speakers or orators, they pound the table and not only stretch out the hands and arms, but the whole body to its utmost capacity.
3. They are dynamic; their emotions instantaneous.

HANDSHAKE:

1. Quick, indifferent and cold, as a rule, but sometimes cruelly strong.
2. Their social faculties are not indicated in the handshake, but there is more strength in their grip than even they realise.
3. Jerky in movements.

HANDWRITING:

1. Shows haste and is very irregular.
2. There are often three or four different angles in the same word.
3. Handwriting differs to correspond with individual combination of faculties possessed.

HEIGHT:

1. Usually - 6 feet (1.83 meters) in tall type.
2. 5 feet 2 inches (1.58 meters) in short type.

LIFE FORCE:

Very wiry and tenacious but may give out all at once.

MAGNETISM:

They are not magnetic.

MENTAL CHARACTERISTICS:

1. Serious, intense, crusading, devoted, determined, disciplined, sincere, lover of freedom.
2. May be an extremist, revengeful and unforgiving.
3. Memory good.

NERVE FORCE:

1. They have wonderful power of nerve control when they are well and when they want to.
2. They can turn on and off their nerve power and energy, suddenly and at will.

POISE:

Slouches and uses his body in any position.

POSITION, STANDING:

1. Changes position often.
2. Restless.

QUALITY OF CONSTRUCTION:

Medium in many; fine in some.

RESISTANCE:

Extreme and positive.

CONSTITUTIONAL TYPE:

Motive.

PRIMARY CONSTITUTIONAL COMBINATION:

Motive-Mental; Mental-Motive; Ligamentous-Mental; Muscular-Mental;
Ligamentous-Motive- Mental.

VOICE:

1. Very deep, powerful, tremendous, coarse, pectoral.
2. Often becomes squeaky, hoarse, rough, especially in women.

GAIT:

1. Sure-footed, positive, skilful, easy, heavy.
2. Puts feet down heavily, uses them with grace and skill.

WEIGHT:

1. Maximum - may be 200lbs. (90Kg.)
2. Minimum - may be 110lbs. (50Kg.)
3. Average or normal - may be 135lbs. (61Kg.)

COMMON AILMENTS:

Accidents, mental inadequacy, insomnia, heat and sunstroke, alcoholism, drug addiction, infections, tinnitus, ear congestion, hoarseness, tonsillitis, asthma, pleurisy, pneumonia, lung congestion, muscular weakness, cramps, lumbago, rheumatism, arthritis, infantile and geriatric paralysis, haemorrhages, hunger with emaciation, colic, peritonitis, autointoxication, gallstones, biliousness, haemorrhoids, kidney problems, bladder problems, cystitis, strangury, dropsy, miscarriages, nymphomania, enlarged prostate.

CONSTITUTIONAL BIOCHEMICALS:

Sodium, cartilaginous substances, potassium, structural proteins, calcium, phosphorus, albumin, lipids.

BIOCHEMICAL REQUIREMENTS:

Sodium (may be excessive or deficient), structural protein, potassium, oxygen, iron and magnesium.

SPECIAL REQUIREMENTS:

1. Change of weather and acidity are things that affect this constitution strongly, proper eating habits, massage, cheerfulness and outdoor exercise are important.
2. Warm climates, and an altitude 1250 to 2000 meters are the most suitable for this type.

MARASMIC CONSTITUTION TYPE OUTLINE.

CONSTITUTION, MARASMIC:

CAUSE:

1. The Marasmic type is based on a high chlorine consumption.
2. The unique body chemistry; low metabolism of fats, water and sugar; heredity; an impassive, stoical personality.
3. The Marasmic type mirrors the qualities of the element chlorine.
4. The appetite is chaotic; starvation or fasting alternates with overeating; there may be excessive drinking but lack of moisture retention; stimulants, drugs, narcotics may be craved.
5. Chlorine combines energetically with the metals and attracts humidity from all bodies, the human body included.
6. For this reason all Marasmics are lean, haggard and heavily wrinkled, and have a very dark skin.
7. Picture a dark, lank Chinese, unsociable, silent, secretive, and you have the idea of the Marasmic Type.
8. They are the very opposite of the Sillevitic and myogenic types, for they are as pessimistic as they are optimistic.
9. Most Marasmic (Eldic) types are found among the oriental races.
10. They are generally honest, ethical, loyal, hard working, and they contribute much to the food of others.

DEFINITION:

1. "Marasmos" and "marainein", Greek words meaning "to grow lean".
2. "Marasmic" therefore means "to grow lean".
(The term Eldic also refers to the Marasmic type).
3. Remarks - 90 percent of this type are men, 10 percent are women.

APPEARANCE:

1. The general appearance is withered, emaciated, aged, wrinkled.
2. Bones are small and unpadded; skin is dry, yellow-brown, tawny soft, wrinkled, appearing almost scarred (as if burned).

ATTITUDE:

1. Unconcerned, calm, apathetic, impassive.
2. He is a creature of habit and sticks to his work without change, rest or recreation.
3. He is willing to work early and late.
4. A work that requires slowness, steadiness, accuracy and long, lonesome hours - nothing but work and monotony - calls for the Marasmic.

BODILY HARMONY OR PROPORTION:

1. The physique is too slim to be well proportioned.
2. Bones are light, slim without flesh (weight cannot be gained).
3. The body is generally plain and unrefined, looks old even in youth, dehydrated, wrinkled.

BUILD:

1. The Marasmic appears similar to other muscular and mental types, leaning towards the muscular.
2. Characteristics include; sunken abdomen; normal size ankles; long, slim, bony arms; short, narrow and concave back; broad shoulders and narrow hips (body is wedge-shaped); flat emaciated, narrow-waisted body; broad but flat chest; narrow hips, thin from front to back; average size knees; long thin feet and legs; small, sometimes long neck.
3. The body is generally plain and unrefined.
4. They are the leanest of all the types.
5. Shoulders are wide, thighs small; largest part of body appears too short for length of legs; especially small waistline is set high on torso.

CELL ACTIVITY (RATE OR VIBRATION):

Oxidation is average.

COMPLEXION:

1. Skin is dry, yellow brown, tawny, soft and wrinkled.
2. Hair is dry, matted, unkempt, and often falls out; may be black, brown, gray-brown or silvery, occasionally blond.

COMPOSURE:

The individual gives the impression of unconcern, calmness, confidence, even apathy, impassivity.

DENSITY OF STRUCTURE:

Muscular, but dry.

FACE:

1. The head appears narrow and elongated with medium size features; face usually very wrinkled (more so than any other type) with long and conspicuous cheekbones and concave cheeks; eyes are elongated and sunken.
2. Mouth is usually expansive, lips are tight and thin; chin small, and sometimes receding.
3. Features impart an enduring quality; are flawless, but result from impassiveness and indifference.
4. The countenance is unyielding, frozen, uncommunicative, reserved.

GESTURES:

1. Body - No body gestures are used when speaking.
2. Feet - These remain still and rigid.
3. Hands - Movement and fluidity are lacking.

HEIGHT:

Ranges from short to medium.

LIFE FORCE:

Low vitality.

MAGNETISM:

No personal magnetism.

MENTAL CHARACTERISTICS:

1. The individual gives the impression of unconcern, calmness, even apathy, impassivity; he has immense respect for elders and established customs; he is patriotic; he has a feeling of great self worth, prefers functioning behind the scenes, is serene and soft spoken, but may be plagued by nagging dread; he is honest and ethical, unemotional, strong willed and tenacious, a hard worker.
2. Mind is slow, ponderous, sluggish.
3. Memory is excellent.
4. Positive qualities of this type are: Philosophy, imagination, patience, restraint, conservatism, stoicism, frugality, strategies, and seriousness.
5. Negative qualities are: Apprehension, preoccupation, obscenity, antisocial behaviour, vindictiveness, prejudice, dishonesty, melancholy, reclusiveness, avarice and nonconformity.

NERVE FORCE:

Erratic Nerve force.

POISE:

His poise and composure seem flawless but result from impassiveness and indifference.

POSITION, STANDING:

Upright, rigid; lacks grace and fluidity.

QUALITY OF CONSTRUCTION:

Blood and organs below normal, muscles and bones normal, tendons highly developed and strong.

RESISTANCE:

1. Life revolves around the inner nature rather than outer reality.
2. His will power has good endurance and is tenacious.
3. Old habits are not easily relinquished.

CONSTITUTIONAL TYPE:

Motive.

PRIMARY CONSTITUTIONAL COMBINATION:

Motive type. Fibrinous-Mental.

VOICE:

Low-pitched, nasal, slow, bronchial or nervous voice.

GAIT:

Shuffling walk.

WEIGHT:

Approximately 100 pounds or more, according to height.

COMMON AILMENTS:

Mental depression, phobias, meningitis, syncope, involuntary muscle paralysis, poliomyelitis, catarrh, Bright's Disease, hernia, itching haemorrhoids, spinal defects, spinal curvature, bone decay, sexual disorders, priapism, cholera infantum, meningitis, myelitis, diphtheria, fibroma, glioma, stenosis, boils, neuroma.

CONSTITUTIONAL BIOCHEMICALS:

Choline and its compounds, fluorine and phosphorus.

BIOCHEMICAL REQUIREMENTS:

Chlorine and fluorine are commonly excessive; most often deficient are carbon, hydrogen, iodine, manganese, magnesium, potassium, oxygen, sodium.

SPECIAL REQUIREMENTS:

1. The appetite must be watched, it is chaotic; starvation or fasting alternates with overeating; there may be excessive drinking but lack of moisture retention; stimulants, drugs, narcotics may be craved.
2. Great quantities of chlorine are required throughout life.
3. Tiny meals should be taken often; spices, stimulants, condiments, alcohol should be shunned.
4. Diet and nutrition should be studied to improve well-being.
5. Hot baths followed by deep massage are helpful.
6. Warm humid climates with low altitude is best, moderate exercise is advised.
7. An alkaline diet, energising foods, social interaction, perspiration reducing foods, development of friendliness and sympathy, brisk walks, much sleep, avoidance of reclusive behaviour, companionship and vitamin supplementation are needed.

MYOGENIC CONSTITUTION TYPE OUTLINE.

CONSTITUTION, MYOGENIC:

CAUSE:

1. Leading biochemical elements are: potassium, sodium, manganese, protein, glycogen, myohaematin, fibrin or albumin.
2. Elements most often excessive are: potassium, iron, nitrogen and sometimes oxygen.
3. Elements are, except for iodine, rarely deficient.
4. This type is so balanced that sickness should be rare.
5. Calcium, chlorine and fats are metabolised less efficiently than are other elements, but the constitution is not likely to suffer.
6. Potassium is assimilated readily and foods high in potassium are preferred.
7. He makes a successful vegetarian because of his excellent digestive ability and protein assimilation.

DEFINITION:

1. "Myo" meaning - Muscle; "genic" meaning - producing.
2. Myogenic therefore, means a type in whom muscle development is pronounced.

ACID OR ALKALINE:

System is balanced; neither acid nor alkaline.

APPEARANCE:

The general appearance is youthful with ruddy-brown complexion, tending toward fleshiness, resembling the Oxypheric type overall.

ATTITUDE:

Optimism is the general tone; pessimism is rare.

BODILY HARMONY OR PROPORTION:

1. The body is generally well proportioned; chest is large, arms elongated and slim; muscle development overshadows bone development; weight and build are in proportion.
2. This is an active type because vitality and nerve force is high; muscular energy is almost boundless; they are always ready for action.

BUILD:

1. The body is very muscular and well proportioned.
2. Physical characteristics include; average size abdomen; strong ankles; average arm development; well-proportioned back, concave at waist; normal chest expansion; long feet; average sized hands, slightly long, soft, pliable, fleshy; medium size hips in men, larger in women; small boned knees with average strength; average development of legs; long, medium size neck; sturdy build.
3. General physique is well proportioned, balanced, masculine and dignified.
4. There is much body hair.

CELL ACTIVITY (RATE OR VIBRATION):

Good.

COMPLEXION:

1. Skin pigment is brownish or ruddy or crimson.
2. Hair is often wavy, full bodied, thick, heavy and dry; colour ranges from blond to light brown to dark.

COMPOSURE:

Poise is maintained under any circumstances.

DENSITY OF STRUCTURE:

1. Muscular structure is good but not necessarily strong.
2. This type rarely becomes obese; stoutness is due to muscle development.

FACE:

1. The head and face are regular, and well proportioned.
2. Cheekbones are sloping, and cheeks are moderately rounded.
3. Mouth is medium sized, and lips are balanced accordingly.
4. Wrinkles only appear in this face after the age of 50.
5. The countenance is youthful, lively, vigorous, sunny, shining, open and inviting.
6. It does not reveal true state of emotions or mind.
7. The face flushes easily from exercise or excitement.

GESTURES:

1. Active, flexible, mobile.
2. Body - Poised.
3. Feet - Gait is elastic, striding easy.
4. Hands - Movements active, but non-threatening.
5. Head - Flushes easily.

HEIGHT:

Ranges from five to six feet (1.52 to 1.83 meters).

LIFE FORCE:

Very good and balanced however this type tends to abuse their bodies, so are often short lived.

MAGNETISM:

Popularity is great; although this is not the universally magnetic type.

MENTAL CHARACTERISTICS:

1. This type is congenial, level-headed, curious, expectant, inspired, exalted, candid, superficial, idealistic and excitable.
2. He is optimistic, comforting, relaxed, charming, persuasive and sociable; and is an eloquent speaker.
3. He is able to relax at will, and charm others into following his wishes.

NERVE FORCE:

High.

POISE:

Poise is maintained under any circumstances.

POSITION, STANDING:

Gestures are active, flexible, and mobile.

QUALITY OF CONSTRUCTION:

Variable, well proportioned, masculine.

RESISTANCE:

1. The Myogenic enjoys good health even when abusing his body but is generally not long lived; life-span is average.
2. Influenza finds him an easy target in spite of his strength.
3. Overall, however, this is an exceptionally healthy type.

CONSTITUTIONAL TYPE:

Muscular.

PRIMARY CONSTITUTIONAL COMBINATION:

1. Vital-Muscular, Muscular-Vital is usually sturdy and generally Oxypheric;
2. Muscular-Mental, is slim, speedy and highly intelligent;
3. Mental-Muscular is generally nervo-fibrous and Exesthetic.
4. Other variations exist.

VOICE:

Amiable, gentle, clear, of medium pitch; pronunciation is good.

GAIT:

Elastic, striding easy.

WEIGHT:

Around 160lbs. (72Kg.) (more in tall athletic types).

COMMON AILMENTS:

Concussions, neurosis, optical problems, haemorrhages, cardiac problems, hernia, bone disturbances, traumas, acute illnesses; fevers such as: malaria or influenza (these may develop complications in the liver, kidneys, blood or mesentery). Septic disturbances, subacute disturbances, toxic accumulations, tumefaction.

CONSTITUTIONAL BIOCHEMICALS:

Potassium, oxygen, and iron.

BIOCHEMICAL REQUIREMENTS:

1. Leading biochemical elements are potassium, sodium, manganese, protein, myohaematin, fibrin, albumin or glycogen.
2. Elements most often excessive are potassium, iron, nitrogen and sometimes oxygen.

SPECIAL REQUIREMENTS:

1. Appetite and cravings are normal.
2. Vegetables should predominate in the diet, Vitamin supplementation is recommended.
3. They tend to overestimate strength and endurance.
4. Health problems, are preventable by a happy domestic life, temperance in eating, limited drinks and tonics, a dry sodium diet, less rigorous participation in sports and athletics.
5. Best climate: Pleasant, breezy, cool with plenty of fresh air.

5.v. THE PATHOGENIC CONSTITUTIONS.

ATROPHIC CONSTITUTION TYPE OUTLINE.

CONSTITUTION, ATROPHIC.

CAUSE:

1. The cause of the Atrophic constitution is not because of germs and miasms, but because of a weak physical brain, poorly constructed circulatory vessels, malnutrition, slender Mental-Osseous Primary Constitution, active nerves and brain, large forehead; poor oxidation, circulation and elimination - because they lack Calcium phosphates, blood salts, Phosphorus, lipids, the proper climate, work, environment, altitude, temperature, soil and air pressure.
2. The Atrophic man or woman is naturally weak in the Medulla or "Chest brain", which means that he is limited in his functions and powers of respiration and oxidation, digestion and assimilation.
3. He is predisposed to malnutrition, and is unable to secure sufficient Oxygen for tissues and blood by reason of a too weak action of the lungs.
4. Consequently, he is unable to burn up, destroy and carry out of the system, germs and impurities.

DEFINITION:

1. "A" means "not"; "trophic" means "nourished".
2. "Atrophic" means "not nourished".

ACID OR ALKALINE:

1. Acid. The reason for the acidity is the acid tendency.
2. Their appetite tends toward a one-sided diet, mainly meat, potatoes and gravy, fats and sweets.

APPEARANCE:

1. Many appear saint-like, yet they may be cranky and irritable, which shows more in the privacy of the home than elsewhere.
2. Haggard appearance of face and angular body.

ATTITUDE:

1. Neutral.
2. They appear indifferent and noncommittal.
3. They seldom show much sensuality, and when they do, it is feverish and unnatural.

BODILY HARMONY OR PROPORTION:

1. They lack bodily harmony.
2. Sometimes they may have an extremely long and angular face and body.
3. At times the face may be short and square in shape while the body is long and lank with very long hands and feet.

BUILD:

1. Usually tall and slender or short and slender, but always slender.
2. Sometimes irregular, more strongly developed in some parts than in other parts; not harmonious.
3. In childhood they may be very tall and slender, or short and slender, too lean, too large, too small; delicate.
4. It would seem that all their life force goes to the growth of bone and nothing is left over for vital economy.
5. People say of these people when between the ages of ten to twenty: "They grow too fast".

CELL ACTIVITY (RATE OR VIBRATION):

Not great.

COMPLEXION:

1. Facial skin has a fine network of wrinkles.
2. Hair is mostly blond; many intermediates; many brunette, some black haired; and hair is often matted, oily and odorous.

COMPOSURE:

They usually are slow, deliberate and composed.

DENSITY OF STRUCTURE:

Closely knit, plastic.

FACE:

1. Long and narrow, irregular, angular or bony, with a large forehead; eyes appear dull and lusterless.
2. Appearance may often appear to be fatigued, and is usually serious, intelligent, quiet, unresponsive and introspective.

GENERIC TYPE:

1. Extremely masculine or andromorphic.
2. They have a flat, short torso, and very long limbs.

GESTURES:

1. Body - Awkward in movements.
2. Feet - May be restless and uneasy.
3. Hands - Slow and more or less stiff in movement.
4. Head - May be restless.
5. Remarks - They are inclined to be prosaic in movements, gestures and speech.

HANDSHAKE:

1. Lax and indifferent.
2. Their handshake often feels damp and cold and unmagnetic to the touch.

HANDWRITING:

It varies, although it usually always it is regular and legible, even artistic and beautiful.

HEIGHT:

5 feet 10 inches to 6 feet 4 inches (1.78 to 1.93 meters), or taller.

LIFE FORCE:

Life force is low, which makes them appear uninteresting, lifeless and without enthusiasm.

MAGNETISM:

1. They lack magnetism, because the Cerebellum and the base of the brain is weak.
2. Health and physical strength have much to do with magnetism, although not all.
3. Atrophics are weak in the social feelings also.

NERVE FORCE:

They have poor physical vitality, but plenty of nerve force, although it is weak.

POISE:

1. Their nerve force is weak, therefore it is difficult for them to maintain poise.
2. They are easily excited.

POSITION, STANDING:

Restless.

QUALITY OF CONSTRUCTION:

Very fine and plastic.

RESISTANCE:

They do not have resistive power, nor good blood organisation for healing purposes.

CONSTITUTIONAL TYPE:

Osseous and Mental, never Muscular or Vital.

PRIMARY CONSTITUTIONAL COMBINATION:

Slender Mental-Osseous, or Osseous-Mental.

VOICE:

1. Husky, coarse, bronchophonic, caused by rattling mucus in throat and chest.
2. They never have a strong voice.

GAIT:

Measured.

WEIGHT:

They weigh light on the scale according to their height, and it is difficult for them to maintain a normal weight.

COMMON AILMENTS:

1. Conjunctivitis, earache, lymphatic enlargements, malnutrition, lung haemorrhages, tuberculosis, night sweats, gastritis, pus generation and pustular eruptions.
2. Skeletal problems: Bone tumours, dental caries, spinal curvature, rickets, bone decay, dislocations, arthritis, and Pott's disease.

CONSTITUTIONAL BIOCHEMICALS:

Phosphorus and calcium.

BIOCHEMICAL REQUIREMENTS:

1. Calcium, carbon, fluorine, chlorine, iron, magnesium, manganese, oxygen, phosphorus, potassium, silicon, sodium.
2. Calcium sometimes excessive.

SPECIAL REQUIREMENTS:

1. Watch out for malnutrition, ensure proper breathing patterns and open air activities to facilitate oxidation, ensure adequate intake of vitamins, essential fatty acids, calcium, trace minerals.
2. Fresh aired, arid climate is most suitable for this type.

MEDEIC CONSTITUTION TYPE OUTLINE.**CONSTITUTION, MEDEIC:****CAUSE:**

1. Phosphorus especially in the form of Potassium Phosphate, is the leading element in the Medeic type and is the only element likely to be excessive.
2. Hydrogen, manganese, carbon and sodium are most often deficient.
3. The Medeic is generally wiry, tough, tenacious, stalwart; his vital energy is strong.
4. He is however constantly besieged by health destroyers largely due to his inherent pessimism and his body's erratic functions.
5. Health fluctuates, largely because of the morbid mind.
6. Life expectancy is unpredictable; some reach old age while others die young.

DEFINITION:

1. "Medea" a Greek word meaning - magic, or to enchant.
2. "Medeic" is derived from this and means: enchanting.
3. Remarks - 90 Percent are male, and 10 percent are female.

APPEARANCE:

1. Is tall, slim, emaciated, but has broad shoulders.
2. Expression is sober, sad, and mysterious.
3. Arms and legs are long, shoulders are bent and angular; giving an awesome or fearsome impression.
4. Countenance looks disturbed, troubled, apprehensive and unhappy.

ATTITUDE:

The individual is earnest, often secluded or reclusive, unpredictable.

BODILY HARMONY OR PROPORTION:

1. They are lean, square shaped, square headed.
2. They are always slender, sometimes emaciated, with medium size body; sometimes deformed, either in features, arms, legs, teeth, ears or Skull sutures.
3. Dwarfs are an exaggeration of the Medeic type, and an extreme product of many generations of Medeics.
4. The general impression is awesome or fearsome.

BUILD:

Generally medium to tall, with short torso and longer arms and legs; back is short and flat; chest is hollowed by poor posture, stooped shoulders; feet large and unattractive; hands long and slender and appear inflexible and bony, but are actually pliable and soft; hips are narrow and lean with sunken pelvic area; knee joints are well developed.

CELL ACTIVITY (RATE OR VIBRATION):

Erratic due to inherent pessimism.

COMPLEXION:

1. Varies from dull to muddy to rosy.
2. Hair is dark or black and unmanageable, turns grey early.
3. May be blond and blue-eyed.

COMPOSURE:

1. They are self-confident, yet at the same time timid.
2. They do not believe much in others and may be disrespectful to people, their beliefs, religion and customs.
3. The mirth faculty is well developed, which is an asset to their naturally morose disposition.
8. They are usually sarcastic and satirical, prone to ridicule the things most people believe sacred.
9. They are quick-witted, sometimes oratorical, dramatic, tragic.
10. Again so close to being a genius that they are on the border of insanity.

DENSITY OF STRUCTURE:

Emaciated, tall and slim.

FACE:

1. Head and features are narrow and elongated.
2. Features are often plain and homely, with puckering wrinkles.
3. Cheeks may appear hollow; cheekbones are medium in size, and prominent.
4. The upper jaw is more strongly developed than the lower jaw; the nose is usually well formed or small; the eyes large or medium; forehead is broad; mouth often pulled down to one side or crooked; lips appear pessimistic, tight or snarling.
5. Expression of eyes is generally hostile, serious, unhappy, attentive, sober, alert, sad, mysterious or unhappy.

GESTURES:

1. Body - Head is carried in front of body, giving rushed appearance and stooped body.
2. Feet - Forceful, spontaneous, steps heavily, nervous foot movements.
3. Hands - Forceful, spontaneous and nervous movements.
4. Head - Jerking movements of head.

HEIGHT:

Medium to tall; rarely taller than 6 feet (1.82 meters).

LIFE FORCE:

Is usually strong, however, this is constantly besieged by health destroyers, due largely to his inherent pessimism and erratic body functions.

MAGNETISM:

1. They live their lives in defiance of law and order.
2. Dr. Jeckyl and Mr. Hyde characters.

MENTAL CHARACTERISTICS:

1. Energetic, active, athletic, diligent, wiry, intense and deep; sometimes reclusive and unpredictable.
2. Wit may be caustic, biting or critical.
3. The mind is deep, fiery, periodic, energetic; imagination is morbid and suspicious; negative tendencies may include sensation, cruelty, mistrust, pessimism, vindictiveness, disobedience, irritability, desperation, evasiveness, drama, seduction, hostility.
4. Also: abuse, rebellion, fanaticism, neurosis and psychosis.
5. Will power is strong though periodic; reason is often lacking.
6. There is a lack of mental tranquillity.

NERVE FORCE:

Individuals are predisposed to insomnia, overwork, nervousness.

POISE:

1. Self-confident yet at the same time timid; autointoxication facilitates chaotic mental states, apprehension, restlessness, even harmfulness.
2. Body looks emaciated; expression is ominous.

POSITION, STANDING:

Head is carried in front of body, giving rushed appearance.

QUALITY OF CONSTRUCTION:

Slender, emaciated.

RESISTANCE:

1. The Medec is generally wiry, tough, tenacious, stalwart; his vital energy is strong.
2. However, he is constantly besieged by health destroyers, due largely to his inherent pessimism and his body's erratic functions.

CONSTITUTIONAL TYPE:

Muscular.

PRIMARY CONSTITUTIONAL COMBINATION:

Mental, Muscular and Osseous.

VOICE:

Deep, harsh, loud, guttural, sometimes husky or nasal.

GAIT:

Heavy steps and stooped appearance.

WEIGHT:

100lbs. to 150lbs. (45Kg to 68Kg.)

COMMON AILMENTS:

Depression, hysteria, apoplexy, paralysis, paresis, headaches, alcoholism, astigmatism, mastoiditis, colds, chills, fevers, pneumonia, cardiac failure, pericarditis, blood disorders, anaemia, mastitis, bowel trouble, colic, periodic constipation, catarrhal conditions, spasms, backache, arthritis, spinal curvature, lameness, cystitis, miscarriages, oophoritis, itch, fissures, atrophy, glioma, chondroma, osteoma, scirrhus, ossifications, adhesions.

CONSTITUTIONAL BIOCHEMICALS:

1. Potassium phosphate.
2. Phosphorus is the leading element.

BIOCHEMICAL REQUIREMENTS:

1. Deficient are hydrogen, manganese, carbon and sodium.
2. Phosphorus is sometimes excessive.

SPECIAL REQUIREMENTS:

1. Health is periodic and erratic, due largely to a morbid mind.
2. Appetite is generally good but capricious, and thus must be watched.
3. Stimulants and alcohol may be preferred to foods; narcotics may also be desired, as may condiments and sauces, pepper, animal proteins.
4. A good, easily digestible diet must be adhered to in order for health to manifest and for talents to be fully developed.
5. Foods that are craved should be avoided.
6. Warm baths and showers, followed by vigorous, deep massage are recommended.
7. Over-exercising should be avoided.
8. Warm balmy climate with plenty of fresh air is preferred.

PARGENIC CONSTITUTION TYPE OUTLINE.

CONSTITUTION, PARGENIC:

CAUSE:

1. Leading biochemical elements are carbon and calcium.
2. Fluorine is most often deficient; silicon, sodium, potassium, sulphur and chlorine are rapidly precipitated; fat accumulation is excessive and weight tends to get out of control.
3. Metabolism is exceptional, and the body is well nourished.
4. Digestion is good, but the elimination channels are often defective, encouraging toxins to invade the body; and making auto-intoxication possible.
5. Perspiration is active, and emotions are intense.

DEFINITION:

1. "Par" or "para" means "side, beside" or "incorrect wrong";
2. "genic" means "producing or begetting";
3. The Pargenic type therefore bears a taint of "wrong birth".
4. Remarks - 65 percent of Pargenics are female, the rest are male.

APPEARANCE:

1. Rough, unkempt, fat, ungraceful, fleshy, strong, clumsy.

ATTITUDE:

1. Pessimistic and melancholy attitude with fixed moods.
2. He has still and sulky spells and may sulk for weeks for no seeming reason.
3. He may sit and listen for some time saying nothing; then, all at once, he arouses and converses in a critical, sarcastic, bitter, caustic and cynical manner.
4. As a rule, he makes no effort to please people and has very few friends, except those he gains through admiration of his mental capacity.
5. He comes and goes when he pleases; acts, speaks, studies and writes according to his own notions, keeping his plans to himself.

6. He is close-mouthed, especially about his own affairs, and people know nothing about his soul life, his internal worries, his struggles with others and with himself, his disappointments, secret plans and intentions, and repressed emotions.
7. He is morose, abstract in mind.
8. His dislikes are eternal; his hatreds, notions, suspicions, fears, delusions and latent diseases always prevail.
9. He is inordinately conceited and thinks no one so great as he.
10. He feels he is a law to himself and to others.
11. He never asks advice.
12. He learns more from his own reasoning than he can learn from books.

BODILY HARMONY OR PROPORTION:

1. The body is imbalanced and the manner is unrefined and common, coarse.
2. The torso is heavy and wide, causing limbs to appear disproportionate; body is rigid, inflexible.
3. He has an aged appearance; he appears rough, unkempt, fat, ungraceful, fleshy, strong, clumsy.

BUILD:

External features include massive lower abdomen; weak ankles; heavy, plump arms, especially at shoulders; massive, wide lower back, long from neck to tailbone; healthy looking body; deep-barreled, broad, long chest; flat, wide, often odorous feet; rigid, unattractive fingers and hands; wide, fleshy hips; well-developed but not strong knee joints; misshapen, possibly crippled, legs; thick neck; broad, heavy shoulders; mottled, flaky, scaly, parched skin; large thighs; large waist, set low to middle.

CELL ACTIVITY (RATE OR VIBRATION):

1. Normal, and exceptionally good.
2. Metabolism is excellent.

COMPLEXION:

1. The face is heavy and fleshy, even bloated; features are irregular; complexion is ruddy with earthy cast or inflamed with bluish tint, or it may be pale, reddish and yellowish.
2. Hair is unmanageable, coarse, bristly, often greasy, oily, dirty; hair colour is usually dark or brown.

COMPOSURE:

He lacks poise and composure;

DENSITY OF STRUCTURE:

Heavy, dense, rigid.

FACE:

1. Heavy and fleshy, even bloated; features are irregular; eyebrows are bristly, stiff and unmanageable; cheeks are heavy and puffy; nose is large and wide; mouth is wide, with normal size upper lip, and thick lower lip, which may be parched, ruddy or red-blue.
2. Deep furrowed wrinkles give an aged appearance.
3. Expression is sulky, resentful or indifferent; threatening, primitive, vicious.
4. Eyes are distrustful, cautious or secretive.
5. The mouth is pessimistic, unyielding.

GESTURES:

1. Body - When he communicates he uses powerful, clumsy gestures.
2. Feet - Usually kept still when at rest, moving in an ungainly and clumsy manner when walking.
3. Hands - Gestures are few and infrequent, but when they occur, they are careful, slow and deliberate.

HEIGHT:

Medium to tall (six feet - 1.82 meters).

LIFE FORCE:

The life force is good.

MAGNETISM:

He has little or no magnetism, he makes no effort to please people; has little or no friends.

MENTAL CHARACTERISTICS:

1. Mind is slow, but good, sometimes diabolical.
2. Knowledge is absorbed slowly, memory is good in events, but poor in details.
3. This type is independent and not impulsive; cautious, wary, very serious, sober, and wise; and often sports-minded.
4. Negative aspects of this constitution are: immorality, evasiveness, secretiveness, distrust, pride, haughtiness, sarcasm, sulking, disobedience, treachery, unresponsiveness, stubbornness, rebelliousness, gluttony.

NERVE FORCE:

1. His nerve force is slow but efficient.
2. Nerves are powerful and well nourished; disruption by miasms, heat and fatty acids may cause extreme nerve irritation resulting in psychopathic or psychotic behaviour, mania, alcoholism, or seizures.

POISE:

Lacking.

QUALITY OF CONSTRUCTION:

Course, solid, fat.

RESISTANCE:

The health of the Pargenic is superb until illness strikes; illness may then last for the duration of the lifetime; the mind is questionable and unstable.

CONSTITUTIONAL TYPE:

Vital.

PRIMARY CONSTITUTIONAL COMBINATION:

Osseous-Vital or Vital-Osseous.

VOICE:

Is nasal, emphatic, deep, guttural, sarcastic.

GAIT:

1. His walk is ponderous, clumsy, rigid, jarring, slow.
2. Clumsy and awkward.

WEIGHT:

Often heavy, overweight.

COMMON AILMENTS:

Epilepsy, mania, homicide, suicide, convulsions, paralysis, headaches, hair problems, visual problems, blindness, nasal problems, catarrhal problems, mastoid problems, salivary disorders, bronchitis, asthma, congestion, venous problems, lymphatic problems, enlarged liver, biliousness, sexual problems, impotence, menstrual problems, ovarian disorders, bone ailments, skin eruptions, pustules, ulcers, warts, tumefaction, boils, degenerations, scrofula, phlegmatic problems, fatty degeneration, swellings, vaccinosis, gangrene.

CONSTITUTIONAL BIOCHEMICALS:

Carbon and calcium.

BIOCHEMICAL REQUIREMENTS:

1. Fluorine is most often deficient; silicon, sodium, potassium, sulphur and chlorine are rapidly precipitated.
2. Lipids are excessive.

SPECIAL REQUIREMENTS:

1. This type should avoid all fatty foods, shellfish, oily fish, refined starches and sweets, stimulants, spices liquors, wines.
2. Watch weight, avoid autointoxication.
3. Suitable foods include foods high in formic acid, fluorine, chlorine, sulphur, potassium, and silicon.
4. Vitamin supplementation is usually necessary.
5. Vigorous outdoor exercise is indicated.
6. Sunshine helps to expel carbon dioxide.
7. Hot baths, packs and air baths are helpful; a breezy climate and a high altitude near the ocean are recommended.