15 NUM KOMANDMENTS OF THE NATUR MAN

Formulated by F. W. Darling, "The Nature Man"

1. Gradually turn off your body (by your will) and take thine food mostly in the open air.
2. Live always in the open air.
3. Visit the tropics.
4. Eat mostly on very rare foods; nuts, seeds, fruits—bananas, plantains, peppers, papaya, pears, apricots, sweet, sour, and spices, peppers, etc.

But, dear reader, please remember

that a green banana may not be as good as a brown one for your digestive system.

5. Eat-slogging.
6. The zeedle of your body.
7. Undress.
8. Eat for pleasure of the taste, not for the sake of the food.
9. Go to the tropics.
10. Eat the food from the wild.
11. Eat the food that grows on the ground.
12. Eat the food that grows in the air.
13. Eat the food that grows in the water.
14. Eat the food that grows in the sun.
15. Eat the food that grows in the earth.

R. W. Darling, "The Nature Man"