

December 16, 1970.

Ronald W. S. Anstee

6565, 24. Avenue Rosemount

Dear Carol and Darrel.

Montreal 409.

Quebec. Canada.

We were sorry to hear of Darrel's continuing illness, we can only hope that he will get better. You may use any of my writings at any time, because they are meant for anyone who will find them of some use. Before I comment on the text carried out by Mr Mathew, and to explain my own position. It is necessary to point out some simple truths, the three most important aspects of our lives upon which all other things pivot are the Philosophical, the physical and the spiritual. In two of these I am, but a beginner, in the physical after 35 years as a physical culturist I am ^{not} also still learning, one ^{can} get the fundamentals of these three through what is termed as education, but not necessarily the understanding of what is involved, this only comes through the opening of one's mind to the wavelengths of the unwritten cosmic language of communication, that when finally grasped will give one a grasp of all things. These people who live closest to Nature will know what I mean, through their communication or down to Earth contact with life itself, with knowledge and understanding