

MAZDAZKAN

HEALTH
SCIENCE
PHILOSOPHY

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20.

APRIL

1936

*ALL THE WAY
MY SAVIOR LEADS ME*

"All the way my Savior leads me;

What have I to ask beside,

When His love and tender mercy,

Here on earth has been my guide.

Heavenly peace, divineth comfort,

Pere on earth in Him to dwell

And to know what e'er befalls me,

Abba doeth all things well!"

MAZDAZNAN

Dr. O. Z. Hanish, Editor

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In Eternal Gratitude

to

Our Master

Rev. Dr. Otoman Zar-Adusht Ha'nish

December 19, 1844

February 29, 1936



Official Statement

ALTHOUGH our Master, the Reverend Doctor Otoman Zar-Adusht Hanish, is no longer with us to lead by His material presence, we have the comfort and assurance that His spirit will continue to shed its light upon our path.

This April issue was written by our Master and in His last writings He has definitely outlined the path to be pursued and has disclosed the plan to carry on the Message of Mazdaznan. The Board of Directors, formerly established by our Master, met on Monday evening, March 9, 1936, at the Bungalow and in conformity with established order carried out the wishes of our Master. A resolution was passed by the Board that this Infallible Science of Life and Absolute Transcendental Philosophy of Eternity, *Mazdaznan*, will continue to be broadcast as a "*Call to the World*," offering means that lead to individual Salvation, Redemption and Emancipation.

The Mazdaznan Press continues to print its periodicals, the monthly "*Mazdaznan Magazine*" and the weekly "*Ye Gossip*," also the reprinting of Master's books and literature.

Palm Sunday

THE Fifth of April is Palm Sunday, reminding the observant and wise man, ever on the alert, that "Even with fate no lasting truce can be made." Although surrounded by corteges, admirers and followers, one must not "trust in the arm of flesh" as the latter is "heir to disease" and given to decay. Furthermore, to every one of us comes a time when our fondest hopes and most cherished anticipations, expectations, turn to naught and are scattered by the north wind of human uncertainties.

The Day of the Palms is to remind us that great men or women attract much envy and jealousy from the lesser breed, the latter aspiring to positions of honor, incapable to fill. Great men never stoop to underestimations, vainglory, petty notions.

Palm Sunday suggests recapitulations upon the life and works of Our Savior seeking parables and correspondences in history or the daily walks of life, ever learning the greater lessons: "That with the powers of fate no lasting truce can be made" and that even at best we must not put our trust in the claims of flesh. Laud, praise, favors and promises should never be taken too seriously lest we experience disappointments; for as time changes, folks change, too. Remember the words of Napoleon, when passing the streets of Paris, hundreds of thousands in exaltation and tip-top voices shouted, "Vive l'Em-

pereur," the premier turning, saying: "Your Majesty must surely be proud at the outburst of the people," and Napoleon answered: "People would shout just as loud were I on the way to the guillotine." This alone immortalizes Napoleon, and if we but remembered this great truth we would fare better in the daily walks of life.

Our Blessed Savior, too, received quite an ovation on the Day of the Palms. Enthusiasm ran a race and thousands sang:

"Hosiannah, Prince of Peace,
Come His people to release;
Shout aloud, Jerusalem,
Let the Prince of Salem reign!"

Was our Savior elated, was He convinced of the sincerity of the outburst? We only need to remember, that the very night before, He gazed at the city at His feet and cried aloud, saying: "O Jerusalem, Jerusalem, how often have I tried to gather thee as a hen would her brood, but *thou wouldst not!*"

How much we may rely upon fate, circumstances, environment, we may learn from the great event—the Day of the Palms. We must ever and anon be on the alert, and think, reason and reflect; cherish every lesson, appreciate every revelation and follow our better promptings, born of conscience. May the Day of the Palms continue to echo its lessons through-

out every day of the year and carry us through years to come, ever guiding and directing our footsteps through the weary abyss of uncertainties, conscious of the goal ahead, the focalizing point of a heavenly calling. Ah, leave what is behind thee; forget the past with all its aches and sorrows and look forward to a brighter day, a day free from the entanglements of suggestions, influence and authority.

Passion Week

WE all have our passion week; some early in life; some not until the twilight of our journey through life has been reached; yet all experience a passion week. If we have it imposed upon us the burden becomes great, if we choose it voluntarily we pass through the ordeal with joy and profit.

Read and study the life of the greatest Savior, and profit by His life and mission. Whether He be an historical figure or just one of fiction prompted by an idealistic mind matters not, just so we can entertain the thought that everything thinkable is possible—even for man to become perfect and akin to the Supreme we choose to call God.

Study the Life of Christ and with it find correspondences in the lives of all great men and women, individually and collectively. Do not halt at parables, incidents, occurrences, embellishments, but cherish the Truth worded by the Savior, for such

“Truth shall make us free!” Collect all the scientific announcements and string them up into a necklace of perfection, ever citing the golden texts, clinging to these as a talisman guiding us through life.

Remember, “Verily, verily, I say unto you: ye are the Temple of the Living God!”

“Ye are God and Gods!”

“Be ye as perfect as the Infinite in consciousness is perfect!”

Easter

EASTER comes to every redeemed soul, conscious of conversion from error, sanctified in spirit, conscious of one's relation to the Infinite Source. Whatever one's beliefs and dogmas in the past may have been, resurrection leaves them all in oblivion; the bonds of a sepulchre behind us—a new earth; a new heaven before us, prompted by life everlasting. We no longer deal with historical dates which at best are conjectures tinged with limitations or concepts; we now deal with morals to be gained and the truth applied to the daily walks of life, attended with success—for profit.

With the thought of Resurrection all is forgiven and needs to be forgotten, for “I shall remember their sins no more”; and “in the weak, I shall be mighty!” With such an armor of protection we

safely launch into the haven of endeavors and follow the advice outlined to us by conscience.

As to the historical side of events it matters little whether we may rely upon their relation. If the moral is gained, the story is worth telling.

Easter, then, is a red-letter day pointing out possibilities to all who wish to live the life of individualization, free from entanglements and free from vain glory and undue ambitions. Easter is the inspiration unto a perfect life, demanding no sacrifice, no further attainment but the realization of *at-onement* with the Infinite, the source of our being, conscious of Life everlasting. For "therein lies life eternal—to know God!"

*Allelujah! Raise the strain,
Christ the God-man lives again;
He hath burst the tyrant's pow'r,
Yea, He lives this very hour.*

*Then let ev'ry Easter bell
To the world this message tell,
I live, I live again,
And walk, and talk with men.*

Sermonettes

THE average life of man may be compared to the seasons, following one another with regular succession, differing according to the law of correspondences.

Never place your trust in weather for it is liable to change; so do men.

Even the best of us are open to influence and change.

“As it was in the beginning, is now and ever shall be.”—Certainly, always making some concessions.

Whatever is—is best; just so we know the rest.

Be wise as well as otherwise.

Age must not be considered as an excuse.

Mental capacity is not gauged by age.

“Life is as we take it, heaven as we make it!”—Yet some of us prefer the reverse.

Even at best interference is a criminal act, for it is contrary to natural designs.

All peddlers are meddlers and should be treated with silent contempt.

Busy in pursuits of profit keeps one out of mischief and helps to mould character.

To build character is a nobler task than building cathedrals.

“Know ye not, that ye are the Temples of the Living God?”

“God does not live in Temples made by hands!”

Terrifying it is to wake the lion; bloodthirsty is the tiger's tooth; but the fiercest of all terror is man in his mania for vain glory.

Man has wrought more death to his own kind in one generation, than the whole of the animal kingdom since the world began.

The Lord spoke to the prophet: “*I am sorry I made man.*” Wonder what He would say now!

Season Hints

THERE is springtime, there is springtime, springtime in my heart today!

Springtime is upon us. The clod of soil is burst asunder and the glume and sprouts are busy to collect sunshine, air, moisture and chemical compounds from the earth to induce growth, development, unfoldment and maturity.

Whatever the field and the garden offers us we should accept it as a gift from heaven to quicken the body and restore our soul.

Every green blade and leaf has healing within its wake.

Include dandelion leaves in your salad and dande-

lion roots for a drink. It will prove an invigorating panacea and decrease ailments.

Sorrel, cress, lambsquarters, charlottes, chives, yarrow, mustard leaves, foenucky, radish, white and red, black radish, tender lettuce leaves, fresh peas, and strawberries, all go to make up delicious salads, exuberant and delightful, adding plenty of olive oil to aid assimilation and elimination.

Every day use four to five sticks of fresh asparagus, either raw or steamed with a little oil, and no water.

Day by day have half an artichoke, parboiled for twenty minutes and thereafter steamed with two tablespoons of vinegar and a clove, steaming for twenty minutes; add peeled potatoes tilted in hot oil for a few minutes, adding chopped parsley, charlottes, chives or fennel seeds. With a cup of tea, will make a meal, salad preceding.

All folks having kidney or bladder troubles, bothered with stones or calcareous deposits, kindly remember that the highest potencies are to be obtained from black radish. Take two tablespoons of grated black radish and mix with two tablespoons of French or Spanish olive oil. Take it every morning on an empty stomach. Breakfast may follow twenty minutes later consisting of fruit, cereal, raw egg and roastum or mild black coffee. Keep it up for five or more weeks and note the change for the better. In

all kidney troubles there should be a few adjustments to the lumbar region and the neck.

Every night have a cup or two of sassafras and a few senna pods in your tea. Limes or lemons may be used.

Eat onions in every style for the next six weeks and enjoy richer blood.

Every Wednesday and Friday night use a clove of garlic on your slice of hot toast. To eliminate the taste use parsley or a few slices of apple.

Garlic may also be used in soups, stews, gravies or added to the water when boiling noodles, spaghetti, macaroni, ravioli, dumplings.

Boiled onions in cream are soothing to the stomach lining, fried onions are for the catarrhal cases, baked onions for all sufferers from membranous and pulmonary troubles, raw onions for the anemic to enrich the blood. Use a radish or two with the latter to obtain immediate effects.

If cold or catarrh still clings to you discard all breadstuffs, and keep in your mouth a dried prune, chewing gently. Take a prune every hour and within a few days the trouble is eliminated. Drink flaxseed tea flavored with licorice and rock candy. Keep bowels open, using senna pod tea at night.

Let up on nuts. Use more fresh rhubarb, use it raw mostly or in pies.

Use leaf lettuce only for toning the blood and charging the nervous system.

Discard the fibrous strings from celery if you need a nerve tonic.

Young beets, turnips and carrots should be used more freely in salad. Steam them in very little water; better still, bake them in oil.

New potatoes should be boiled with caraway or fennel seeds. Use peeled potatoes only if potentiality is desired. Otherwise bake them, no matter how small. When boiled, peel them and put them into hot cream gravy, mushrooms or lebkuchen sauce.

Use fried chopped parsley, chives and yarrow quite freely in all your dishes for at least one week.

Use savories, herbs and mountain sage sparingly in your symposia, fritters and patties now.

The less steamed, fried or boiled dishes the better. Use raw foods in all salads and what cannot very well be eaten raw then bake it in the oven or a dutch pan, under cover.

Muffins, miners inches, doughgoods may be baked in a medium hot frying pan with a heavy lid. Taste is better than baked in oven.

In most cases berries should be freed of the seeds, to avoid inconveniences.

All kinds of berries are coming in, especially strawberries and raspberries. Should be used with sweet cream but no sugar.

In rhubarb stew or pie, use brown sugar or maple sugar only.

Yeast bread is to be discarded during the *R*-less months, like May, June, July, August.

Milk diet is in order and the use of fresh buttermilk and clabber is recommended.

New small potatoes and clabber or hot buttermilk go well at this season.

Fresh peas should be used with a mint sauce to develop the biochemic salts.

Orange or grapefruit juice is still in order and pineapples are on the market, too. Use them freely for breakfast.

Use violets and nasturtiums freely with your salads if there is a scrofulous condition, fibroids, cancer.

All kinds of fresh sprouts are edible and remedial agents.

A good spring remedy consists of grated fresh carrots, plenty of anise seeds and spigelia.

Fresh raw rhubarb is a tonic and eliminator. Use freely in salads.

Chicory endive is very valuable in salads; it is a tonic and eliminator; use small quantities daily.

Strawberry shortcake is in order.

Mazdaznan Science

THERE is but one science—Mazdaznan—Master thought or Thought that masters all things. Mazdaznan is the exoteric method of application in thought, word and deed; the only infallible science of life and absolute transcendental philosophy of Eternity, considering life to be but one of the attributes of Infinite Intelligence manifesting in relation to time and space with corresponding aggregations in matter. For this reason the entity of being whether in the lower rounds of evolution, whether in its zenith, is identical, the end of endeavor equal. The individualized entity of God remains separate from the entanglements of magic illusions, be the entity in the bug, the beast or man. In each and every form experiences pave the way to higher attainments, the purpose or object of life showing corresponding aims. Inferiority and superiority are fluctuations, equal to ebb and flow, the waves rising and falling according to the current induced.

Man is simply the culmination of all aggregations in matter and as such through recapitulations of former states and conditions, repenting of all the suggestions in matter, enters conversion and with it makes matter subservient to his divine will demonstrating the fact that everything thinkable is possible and that to the operations of divine thought no barriers can be set as God is the only inexhaustible

thought of creation, be it in the abstract or be it in the objective.

Everything emerges from the atomic, everything merges in the atomic; for this reason in matter alone we may find lines of demarcation, and with it discover the bridge between crystallization and tissue formation. Here, then, we find the reason why the entity cannot come to the understanding of the object of life if expecting reinforcements from the mineral or from the animal. Either are but the extreme points in the processes of evolution. Thus in the vegetable kingdom with its limitlessness of variety and complexity we may find the means promoting perpetuity and realization, ever and anon consciously drawing upon the universal, inspiring the mind to renewed operations, conscious of its unlimited applications in the daily walks of life, realizing one's fondest hopes, longings and desires, leading to success in every undertaking, realizing possibilities in undreamed realities.

“There is no end to matter,
There is no end to space;
There is no end to endings,
There is no end to grace!”

Thus spoke the Blessed Ainyahita thousands of years ago, realizing that “what we are in spirit, we are to be in matter.” It is in matter we need to

realize our relation to God, the Infinite. In matter we must show what lies imbedded in our being, our consciousness. In matter we must attain. Thus we need to apply to the daily walks of life our Intelligence to the extent conscious of, so as through manifestations, realizations, we demonstrate our understanding of the "*Truth that makes us free*" from all the magic illusions of suggestions and delusions.

MAZDAZNAN
Is the Only
Infallible Science of Life
And the Absolute
Transcendental Philosophy
Of Eternity

The Aryan Or White Race

THE Aryan race is the sixth fundamental race in the category of human unfoldments and known as the White race. The White race evolved from the Mongolian or lemon-colored race, endowed with exceptional calculative powers. The Mongolian evolved from the Paria or dusk race, of which the East Indian is the descendant, although largely mixed and miscegenated, yet especially endowed with spiritual propensities blending into vivid imagination, consequently given to mysticism and occultism, magic illusions predominating. There is less of the moral or the ethical current.

The Hindu or Paria evolved from the Olive-green; once occupying the now submerged continent of the great Pacific; characteristics were exceptional perceptives balanced with intuition and imagination, strong assertion in the exercise of self-preservation, consequently inventive. These people had the most ingenious aircrafts, navigating the air with exceptional swiftness, using a force still insufficiently known to the White man. Very few specimens of the Olive-green type are to be found.

The Olive-green or Malayan race has evolved from the copper-colored or brown race occupying Aetalia, a continent once covering the Atlantic waters, submerged since, leaving but few of its people scattered about the West Indies and the continent Al-

gonquin. No doubt most of the South Americans came from Aetalonia and the Central Americans from Malaya, the North Americans from Asia.

What is now the North American continent was a mass of smaller and larger islands, now joined into one solid terra firma, with lakes and bounding rivers here and there.

The copper-color or brown race, or Aetalonians, evolved from the Negro race after many modifications and because of their acquisitions and mathematical acquisitions became bold in all their movements, exercising autocratic assumption. Fate submerged the small continent, leaving nothing but a few islands in the Atlantic to point to the once cherished splendor.

The Aetalonians evolved from the Negro race, which was the first to mark the culmination of the whole of the animal kingdom, after exhausting all the lines of demarcation, clothing the powers that be in all the magic illusions conceivable, realizing that throughout creation the created lacks power of perpetual value or perfection, such remaining within the province of Infinite Intelligence alone. For this reason there had to be a final turn—that of the manifestation of the Infinite individualized to demonstrate his or its limitlessness in the application of Intelligence and its inexhaustibility in matter. According to law and order man could not appear conscious of limitlessness or Infinite Intelligence; he has to begin in the lower stratas of evolution and thus through

guidance, direction, application grow conscious of the presence of being, or the reality of entity governing eternity.

Recapitulation And Memory

THE old Zoroastrians, Guebers, Friends, Mazda-yaznians, Mazdaznan, Associates of God or the early Aryans in general, laid much stress on daily recapitulation and memorization, and for this reason were able to traditionally perpetuate exactness of dates historical, biographical and events, with preciseness as dependable as our encyclopedias of today. Patriarchs and the learned, as a rule, were practically walking encyclopedias. It even became the duty of every faithful to recite at night all the occurrences of the day and associate them with what transpired in former days. The faithful were duty-bound to recall all the names of one's lineage and thus cite the whole of their genealogy, adding all the places and their names associated with it, including the visualization of all the rivers, lakes, mountains, valleys, living in and surrounded by, not to forget the heavenly canopy with all the planets and their relation to longitude and latitude as well as altitude on terra firma, thus growing alive to the relation of the objective world and one's cosmic consciousness. In the early morning the faithful were to tax their mind

to recall visions, dreams, visitations, etc., experienced during the hours of repose, adding invocations and prayers for restoration and guidance in meditation. Such practices are admirable indeed and should be followed by all who desire to grow alive and become animated by interest in the daily walks of life drawing upon the storehouse of nature with profit.

Systematic recapitulation is one of the best and surest means to reinforce memory and with it enjoy associative thinking, reasoning and deductiveness.

We all more or less are acquainted with people who enjoy good memory. Actors, as a rule, have a splendid memory to memorize parts. We know of people who by reading a page but once can relate every word, even giving punctuations. Again we know of individuals who can repeat a lecture once heard, verbatim. True, with some it is a natural gift; others attain to it by practice.

While in a small town in Missouri some years ago we met a grocer running a country store who never kept books. He carried on his extensive business relying upon memory. In those days most of the business was barter and exchange on credit, often running over a period of a year and until crops came in. He was able to tell dates, hours of the day, when articles were procured and all that was given or taken in exchange. He remembered scores of people and all their transactions with him. He never failed even under the most strenuous tests.

“What method do you follow to be able to rely upon your memory?” we asked. He said: “Every night when the family has retired I recapitulate, recalling to mind every customer and all the transactions with them. I ascertain the actions of one person at a time. I visualize and cite them and all transactions into my presence. When through with one, I consider the other. Once a week I go over the ground thoughtfully and make a double entry in my memory of all that transpired in months and associate everything related thereto.” “Ah, yes,” we said, “but then how about the prices of things, do they not fluctuate?” “Sure,” he said, “prices fluctuate but four times a year; springtime, summertime, autumn and winter.” Names, dates and prices were his particular trend of thought. He was also a biblical scholar and was able to recite whole chapters by the score with absolute preciseness. Of course, he admitted that anything not profitable should never be entertained.

Concentration

CONCENTRATION is not a blessing; it is a mental requisite necessary in the pursuit of happiness. Folks lacking concentration also have a poor memory and a poor memory only too frequently becomes the cause to much annoyance and trouble.

To enjoy concentration is to have presence of mind. Some folks possess presence of mind by nature, others have to practice before they can acquire it.

To concentrate make a point first of all to dismiss from your mind all that your mind is open to, by looking steadily at one object the size of a quarter. Have a disk that size to look at. While eyes are fastened to that disk about seven feet distant, put your mind on the current of inhalation, the momentum of arrestment, the current of exhalation and arrestment. Make exhalation and inhalation even, that is, count mentally to *seven in* and *seven out*. Keep it up for three minutes at a time. Repeat this frequently during the day. Allow nothing to suggest itself to the eyes or the mind. Keep strictly to your count and the current of the breath. By keeping up this exercise day by day you will enjoy better concentration, presence of mind, and memory will improve.

The Mistakes Of My Life

THE old song has it: "The mistakes of my life are many." There is no doubt about it. But why are there mistakes; what is the cause for mistakes? The savage makes no mistakes because his demands are limited owing to limited supply, a supply not imposed upon him. The Indian and semi-civilized make no mistakes unless it be scalping a pale face in whom he sees an enemy to his freedom and a robber of his free hunting grounds. The Arab and Hindu make no mistakes since they are self-satisfied and follow the promptings of their morale.

Not until we deal with civilization of an authoritative nature, where the thought of possession enlarges and we see nothing but shortcomings in our fellow men, do mistaken ideas grow upon us and mistakes become inevitable. The more we get away from individualization, the more we socialize and co-operate for profit of the filthy lucre, the greater are our mistakes, for it becomes a difficult task to be just without robbing ourselves of what is rightfully ours. The more we organize, the more injustice is being meted out to one or the other. The more laws the greater the dependence upon interpreters of law, the more technicalities, the less ethical, the less moral, the less spiritual our lives; we simply grope in uncertainties and a maze of intellectuality that knows no heart.

Character

IN England it was customary for a servant to have a booklet containing attested recommendations given by former employers. A girl seeking a new position was asked by the lady to whom she applied, "And your character?" The girl looked into her purse, her bag, and disturbed she said: "I have lost my character!" Of course, she could not be engaged; she lost the job.

But that is not the character we want to talk about; we mean the character man is endowed with, the character that is his by birth, as are his gifts and talents, his attributes and endowments, a character that cannot be jeopardized, cannot be defaced or be lost. A character is a person that possesses qualities and properties all his own as a virtuoso possesses music par excellence.

Character is the foundation to one's being. Everything noteworthy and praiseworthy make up character. There is but *one* character, a character for good; a character to be relied upon; a person who is considerate, ethical, just; one whose judgment is right and whose counsel we may follow safely. Such characters may be found the world over; we only need to look for them and we shall find them and, having found them, we wish to make them our beacon light and follow the ray of their light so as to reach the haven of safety.

One of the greatest characters is Our Savior. There are others equally as great but they may not be known to us and for that reason we should at least pattern after the one we know.

To Muse Or Meditate

TO muse is one thing and to meditate is another. To muse, one's thought is not arrested but allowed to follow whatever trend suggests itself to the mind and runs upon objective lines largely, prosaic or poetic. To muse demands the use of eyes and feeling.

In meditation our mind is inverted—we introspect. Frequently the object of our thought is in the abstract. We propose to stir the psychic portion of our being in addition to our mental aspect. The purpose of meditation is to fathom the abstract and to realize the higher state of consciousness. Through conscious meditation it is possible to attune one's senses to a point of clairvoyancy visualizing objects and occurrences in the distance. It is possible through practice and perseverance, developing the gift of second sight to send and receive messages via the wireless and be able to read sealed letters or read out of books placed at a distance. What is possible to a phonograph, a radio, a cable, a telegraph, a telephone, a wireless, is possible to the man attuned to the laws

of terra firma, the universe, the Infinite.

Yet it is not enough to gain the gift of wave control, cosmic and otherwise, we need to practice cosmic consciousness to listen in upon matters expedient to our welfare, be conscientious about it all and never trifle with gifts, talents, attributes and endowments.

To succeed, go into silence—for five minutes a day!

Memnotechnique

MEMNOTECHNIQUE is the science of memorizing, and to memorize reinforces the faculty of memory. In the days gone by Sunday school children memorized the golden text of the respective Sunday. Within a year a child was able to cite fifty-two and more biblical texts. It is a statistical fact that Sunday school children enjoy a better memory than those going to movies, where the mind only too often becomes scattered. One may become witty but in thought very superficial, lacking concentration.

In the study and practice of memnotechnique make it a law unto yourself, every night upon retiring, to recapitulate every occurrence from the time of arising to the present moment. Visualize every step and every deed, even all you have heard, all you have said. Recall it all to your memory according to routine; be systematic, orderly and according to program. Keep this up every night. Having recapitulated

cease further thinking. Retire for the night following the current of inhalation, then exhalation, the exhalation to be four to more times the length of inhalation. In fact, try it over and over again to lengthen the exhalation night upon night a few more seconds until you are able to exhale up to one hundred and eight. Do not force, tense or strain. Relax more and more. Success comes through constant attempts and when tired simply take a few *staccato* breaths.

I am here upon the earth
To reclaim the earth;
To turn the deserts into a
paradise
A paradise most suitable
Unto God and His Associates
To dwell therein.

The Triune Principle Of The Body

THE triune principle of the organic body is the circulatory, the nervous and the glandular systems. Good health depends upon the equilibristic operations of the three functions. If the gravity of circulation is balanced then the ganglionic operations of the nervous system will follow suit and the glandular systems adjust themselves, carrying the required amount of volatiles into the venous blood for further bio-chemicalization. To the extent the one or the other system suffers defeat to that extent the organic operations fail to perform the work assigned to them, and even though the organic side does not experience immediate and conscious discomforts, the condition revenges itself upon the mental horizon depriving the intelligences within the brain cells to apply themselves, thus retarding mental and psychic unfoldments, keeping man from realizing the real purpose of life, curtailing him in his acquisitions for knowledge and understanding.

To charge the circulatory system, quicken the nerves and reinforce the glands we need to pay attention to rhythmic breathing so as to increase the dynamic supply. The dynamic supply not only increases the operations of the circulatory system, the nerves and glands, it also tends to refine the volatiles

of the glands and turn them into organic ether so necessary to charge gray matter and pave the way to the intelligence hidden within the brain cells to amalgamate with the epiphysis and thus enlarge the scope of our understanding.

Remedial Agents

THERE are all kinds of remedies offered in apothecary shops and trading posts, all more or less of some virtue as stimulants, panaceas, alleviators, soothing but not curative. Even the drug acts enforced by law are an undeniable admission that there are no curatives, potential, proprietary or essential. A remedy may arrest a trouble from advancement and thus nature has a chance to revert its operations and turn things into channels of health. Health proper depends upon systematic living, according to constitution and temperament, age, seasons, conditions and environment; giving some thought to low or higher altitude, wet and dry climate. The reason there are so many different remedies offered for one and the same ailment is due to the fact that there are different temperaments owing to the difference in base, first and second inclination, high, medium or small, often turning unicum. Thus a remedy stimulative in one temperament may turn irritative and even disastrous to another temperament. Even change in physicians is often advisable, for if the

patient lacks confidence in the physician the remedy accordingly loses its charms. It matters not whether we have faith in God or faith in a physician, or in a remedy—faith is the remedial agent that animates, enlivens, quickens. Faith gives zest to a stimulant; directs it into channels conducive to arrestment and then a change in current. Faith and Science operating collectively accomplish the desired end.

If we placed our Faith in the Universal supply of cosmic consciousness as assured by rhythmic breathing and followed the simple life, selecting the foods conducive to vitaminization and production of bio-chemic salts, we would enjoy good health, a happy disposition and be financially a success.

World's Advance

EVERY day brings new surprises in the world of inventions; in fact, tens of thousands, if not millions, tax every fibre of the inventive genius, scheming upon lines of least resistance in the labor market. Every field of production is well covered. The kitchen of today is practically an electric shop. Everything conceivable is present to make the culinary department a place of science and art. The home enjoys every conceivable convenience and comfort, so that there is nothing more to do but to press the button.

Launches, motorboats, are equipped with all the latest devices, offering home-comfort and business connection. The auto has heat, cooling systems, radio and even telephone connections to talk to folks at home while traveling. The train system is undergoing great changes; from Denver to Chicago in sixteen hours; from Chicago to New York in twelve. Ere long we shall go from Los Angeles to New York in two days by train and by air in less than ten hours. True, with the new aircraft now in the experimental stage we are to make a trip around the world in twenty-two hours, thus outwit Khorshed for two hours; without "commanding the sun to stand still."

Albino, the inventor of the death ray, is engaged in making a disk that will visualize all the departed at a beckoning and make them talk to us "as a friend talketh with another."

Germany, France and England vie with one another, quietly, secretly, devising the most murderous instruments calculated to annihilate their enemies. Of course, that is all "in the designs." To enjoy the better, the more modern, elevating—we must destroy the old. As long as we know of no better way we have to use instruments of destruction.

Again the words of the Blessed Savior are borne out: "Greater things than these ye shall do!"

The coming war, which is in accordance to natural laws of adjustment, will not be a cruel one, for it will do short business, or a big business on a big scale, not leaving any debris, nor mangled bodies—it will turn everything into a heap of dust.

Mother's Counsel

WOMAN

IN woman is vested the greatest power and force; she holds within her being the representative powers to be—the power to bring forth the greatest and grandest civilization that has ever blest this Earth. For this reason woman holds the great balance wheel in her hands which is to equalize the two factors that control the visible and invisible worlds. From the highest realms of divine intelligence she calls forth souls, as she weaves for them an indestructible garment of “sweet smelling manifestation.”

Woman may not yet fully realize her great trust which the Infinite Creator has given her, but everywhere woman is rising and thousands in every land are awakening to the profundity of their great mission. Naturally, as the light seeks to break through the veils of obscurity, a myriad of obstacles present themselves, each clamoring for recognition and here is where woman must be on the alert, or before she is aware of it she will be swept on with the resistless tide, and finding the path of least resistance easier and smoother, she is tempted to give way to it, thus the better way of life becomes lost.

The woman of the “coming race” will have the privilege of choosing the father and protector of her children. Understanding the harmonic laws of na-

ture, she then establishes congenial relations with man, thus laying a firm foundation that endures unto the end. The magnetic radiations of her nature are ever expanding, as she establishes her kingdom of love, where joy and felicity reign supreme throughout all time.

What is life? Life is a gift direct from the hand of the Creator. And what is nature? Nature is the manifestation of life in matter, governed by inexorable law. Still, the majority of mankind are mere creatures of circumstance, blind, ignorant and unenlightened—a heterogeneous mass—and unless awakened, will be swept away as debris. How strange it is that the White man, with all his privileges and opportunities is the one to ignore and violate with impunity the sacred laws of nature. Yet mankind should know that they cannot trifle with the laws of life, without inviting the revenging forces of nature.

What is Truth? Truth is the revelation of life, made manifest in matter through breath, therefore breath is life—life is God—God is all in all!

What is religion? Religion is the consciousness of Truth, as revealed through the heart; therefore the Savior said: "Howbeit when the spirit of Truth is come, ye need not that man should teach you, for ye have all knowledge."

WOMAN'S HOME

AS woman awakens more and more to her true, rightful position, she will realize that she, and she alone, has the power to right the errors, miseries and troubles that are weighing down upon humanity today.

Home is the sanctuary and woman is the altar of the home; she is to reign through love and reason. As she maintains her dignity and rules through her majestic presence, she will soon bring salvation to man. Man faces today enormous problems and the more he endeavors in his feebleness, to devise ways and means of extricating himself from the dilemma in which he has environed himself, the more do his errors stand out before him, until in fear and trembling he rises and recognizes woman to be his deliverer.

Woman in her kind and loving nature, must grasp man by the hand and lead him gently out of the engulfing shoals of past mistakes into the open path of reason and understanding, where harmoniously they may pursue their life's work with delight and pleasure. The influence of woman over man is great, whether for good or evil; the malignant influence of an evil woman is fearful to contemplate. Because of the high position in which nature has placed woman, when she falls, she sinks to a lower level than fallen man, for she is assisted downward by the misuse of

all her marvelous faculties, powers and forces, that in their rightful place made her the incomparable creature that she is. Woman must not be deceived by wrong ideas and notions that fill the air spaces about her; she must be able to weigh and measure nature in her entirety. Woman must never allow herself to be psychologized by the glitterings of a deceptive world but under all conditions and environments realize her true mission and purpose in life and under all circumstances, however intricate, hold the perfect balance of the mind, always retaining in her thought and heart the superiority of her trust and of her kinship with God. Then with Our Savior she may say: "As I am lifted up, I will draw all my kind and kin unto Thee, O Lord." Drawing out the love element of her soul-being, woman is able to express love for all humanity, whatever their station in life may be. As woman enters the freed and emancipated state she cannot rest until she brings all related to her into that divine state with her. Such is the nature and mission of woman on earth.

There is but one Christ, but one Truth, one law, one eternal principle and these are made manifest through life; or life is the manifestation of these principles. God is my Father, I am His child. No power in heaven or earth can change this law.

—*Maria E. R. Hilton.*

Easter Service

IF we had come together for no other purpose than to be reminded that we live and live again, it would be worth our while to know that life is everlasting and eternal—not a mere creation or production of time. Life is by itself, with itself, consequently it is applicable, manifesting, demonstrating, proving its reality in accordance to the direction taken, prompted by Infinite Intelligence that alone has power to direct, control and manifest, whether considered complexedly or individualized.

If the stories given in the Scriptures are historical or fictional, matters not, for to a thinking mind fiction does not limit itself to any phase appertaining to matter. The thinking, reasoning and thoughtful mind considers propositions, possibilities, application, utility, so to us it would be immaterial as to whether or not the Gospels are in consequence of historical facts. It suffices to prove the wisdom and guidance of an Infinite Intelligence, proposing to depict the concept and character of the highest possible type, encouraging the lowly ones, the fallen ones, those in distress, those who have become prey to conditions and environments with all their limitations.

The Story of the Blessed Savior proposes to instill hope, new encouragement, ever and anon keeping before us a goal with all its great possibilities in the daily walks of life. It is the limited mind, it

is a mentality still within the bonds of materiality, void of morals, ethics and spirituality, it is the quarrelsome mentality, that lacks the understanding of correspondences, ever creating and finding fault with itself by reflecting undue thought-waves. Writers when proposing morals choose time, place, characters and embellishments which are the principal themes in a story or play or presentation. The same as in the case of Moses; to make it more effective, they made thunder and lightning appear, with all the unchained elements playing havoc, while Moses writes his Ten Commandments. Embellishments are used throughout writings to this present day; yet we do not question them; we simply desire to gain the great lessons that impart useful morals in everyday life, assisting in calling out the hidden powers from within.

The same is likewise true in regard to revival services; the object is to bring to the mind a religion in its original power, paving the way to heart, mind, soul, spirit and divine spark. So we do not question as to whether a Savior, as depicted in the Gospels, ever lived, whether He went through all the experiences detailed, whether He really was crucified and died, and then most mysteriously came out of the grave alive and went before His disciples to Golgotha or other countries to meet His friends. It is enough that the subject matter recorded in those Gospels is not only of inestimable value but contains the great-

est, the most glorious morals, that were ever thought or conceived by mortal mind.

We all admire Confucius, the greatest moralist that ever lived. All his ethics, all his morals, have been copied and recopied but never improved upon, never added to, but rather subtracted from. His thought disclosed morals and ethics to the highest possible expression of reason, clothing it all in a most beautiful poetical language that will ever appeal to linguists and moral thinkers. Yet with all that great mentality as a moralist and as an ethical teacher spiritualized and although a statesman, he was one of the greatest religionists of his time—a follower of Laotze—holding to this supreme thought that there is only one Ta-o, the Path that draws the heart to the Ruby Heart of God; that there is no other way to ever come to an understanding of the Truth or attain to the highest possible morals but by following that *one path*, that direct way, that *Ta-o*. Still with all his depth of thought he never proposes the worth and value of being; he proposes no plan by which man may find the *Way*; he points out no way that will make it possible for the lost ones of humanity to take hold of the thread, that divine thread, that will lead them through the labyrinth of uncertainties.

It takes the writers of the Gospels to present a Hero to the world, a Savior, with all the endowments of absolute perfection conceivable by a human mind, a human heart, soul and divine spark, presenting a

perfect Man who is capable and able of enduring anything and everything that may come into his path. To make it possible for one to realize the spiritual side of things, the writer and writers have conceived most mysteriously, miraculously (and mysterious it is, mystic, beyond concept) that from out of the Universe there should come forth a being of perfection in the daily walks of life endowed with Infinite Intelligence and Infinite possibilities.

The Gospel Writers weave their spirituality, their ethical and moral propensities, talents, gifts and attributes around that Babe, the Christ-child, who grows up to be a pride and honor to his parents. They endow him with all the conscious propensities and talents, gifts and attributes that are to be expected only from a full-grown individual. As a child the Savior already shows great intelligence and interest in all the affairs of the daily walks of life. He travels about, acquiring knowledge of races and nations. He acquires knowledge of all the educational systems, and then he determines that he will give his knowledge to the world at large. He instructs, teaches, assists, helps in every possible way and manner. He exercises his arts and sciences merely to lift up the fallen ones, helping them in every possible way and manner to attain to a better form of life. He continues, step by step, to reveal to his pupils and followers the joys of life, not only the daily life but the joys of life everlasting. He pro-

poses to lead them out of ignorance and superstition as did Moses who led Israel out of the Egyptian darkness. He proposes to show them the "Promised Land" that beckons unto each and every one with its continuities of Eternity.

But such an undertaking attracts the envy, jealousy and hatred of all those in the lower cannibalistic and savage stratas of life. Matter grows heavily upon Infinite Intelligence. Even the Lord God Almighty is powerless in the presence of ignorance. He cannot do anything with ignorance, he can do nothing with superstition. He simply has to retire and wait until these limitations become dispelled. To do so, is not an act on the part of God or Gods; this is an act depending upon the wish, will and desire of the individual. Thus with all the power and ability developed in the daily walks of life, with all the wonderful moral and ethical teachings on the part of the great Savior, and the desire to help, assist, guide and direct, all this eventually availed Him nothing, because of the material thought of those around Him. Fear is still the governing factor, not only on the part of those who still walk in the lower stratas of life, but that same fear, because of materialistic tendencies, continues to cling as a flaw in creation.

In the scriptural account the writers depict the Savior as experiencing every agony, and to make it more realistic, the linguistic side enters with all its

embellishments. There is a courtroom, there are judges and doctors of learning. They do not have Him tried in a country court; they try Him right there among the highest possible authorities. Among all those thousands of followers, confessioners and so-called faithful worshipers and disciples, among all those doctors of learning and priests, not one stood for the Blessed Savior, no one testified in His favor. The whole crowd followed the suggestions of the priest caste, every voice was mingled in that one thought: "*Crucify Him, crucify Him, crucify Him!*"

Yet, in the midst of it all, Pontius Pilate stepped out, testifying, "But I find no fault with this man, I find no fault with Him!" No thinking, calculating, reasoning mind, bent to justice, will ever find fault with that Man. "I find no fault; he is innocent of all the charges made; He is a perfect man, '*ECCE HOMO.*'" Yet all Pontius Pilate's testimony and his finesse in laws and calculations failed him. He could not persuade the crowd, the doctors of learning or the priests. They all came to the same understanding, and there remains that little tiny flaw existing in Pontius Pilate as a perfect Roman character. He, too, was being taken advantage of; he feared to lose his position before a Caesar and the authoritative world; he just had to give way; and the crucifixion took place. That is the only thing that appeases the world: to have its desires, its unhealthy desires, its diabolical desires materialized.

If we follow closely the drama of the Savior's trial, we may read between the lines and words. Is He really to die? Must death always end life's possibilities? Is there no future? Is there no adjustment anywhere? Although the writers of the Gospels allow Him to be crucified, they also cause Him to be taken down from the cross. According to the law He was supposed to remain upon the cross until bone upon bone, bleached by the rays of the hot sun, dropped to the ground and covered the "Hill of the Skulls," known as Golgotha. But nay, only three hours passed upon the cross when the Savior's body was removed. He was not alone taken down by ordinary individuals, there were several prominent men and doctors of learning among the common folk who assisted greatly in the restoration process. Nicodemus, the court physician of the Sanhedrin and court physician to Caiaphas, was present and Yousef of Arimathea, one of the most wealthy men of his time who owned the vast estates known as the "Garden of Olives," "the Garden of Arimathea," with its many grottos. In one of these grottos, connected with the home of Yousef, the body of the Savior was laid. First, satisfying the curiosity-seekers that "*He is dead!*" the story states further that the side was opened to show that water and blood came together which is a sign of death, but quickly the wound was covered and the body was rolled in linen and carried to the grotto. What happened

there, no one knows. We may have our ideas about it all; it is sufficient to know that the Savior's body was placed in the sepulchre, where He remained unmolested all Friday night. Apparently even on Silent Saturday no one dared to visit the grave or grotto, the sepulchre; they all had to wait until the next day, which was Sunday morning, the first day of the week, so there was ample time to work toward results. To make sure that there was no doubt as to whatever was heralded to the world, the Faithful Ones brought influence to bear upon Pontius Pilate.

If the Savior should revive and come out of the sepulchre, the world may claim illusions, may claim that means are being used for revival, so they secretly placed that stone door with hinges leading to the sepulchre or grotto. They had it sealed by a seal of authority and well guarded besides, so as to prove that it would be utterly impossible to steal the body. The story says an earthquake occurred. There is no earthquake necessary when you deal with superstitious minds. Individuals who believe in ghosts, spooks, influences, super-naturalities and the many more phases of an ever-illusiv and delusiv nature, can be easily mystified and frightened; so when the door falls out of the hinges from within toward the soldiers who were supposed to keep guard, they were frightened, and in their fright they went before the authorities, declaring that they had seen the dead Savior rise. When the common folk came early in

the morning to pay homage to their great Master, the story says, while on the way they asked themselves how they would be able to gain entrance to the sepulchre because that stone door was very heavy. Yes, they wondered, and while they were still wondering and arguing how to bring their spices to the One resting in Peace, they beheld the door fallen upon the ground. What had happened, what was wrong? With this discovery they saw "men in white clothing" (members of the Order of the Men in White Clothing), and a voice said to them, "*Why do you seek the living among the dead?*" "But we thought that the Savior was dead; we thought that He had been placed in the sepulchre." "*No, He is not dead! He liveth!*"

The same is true with us today; no matter how low, how great the discouragement, no matter what conditions and environments may be, no matter how great the depression may be imposed upon us, it cannot hold us down; we are not dead, we are all alive to the great possibilities held out to us day by day. "*He is not dead, He liveth!*" How? That does not matter, just as it does not matter when all else seems to fail us, when everything is lost and the way looks dark and dreary—never mind. Just hold to this one thought, that life is everlasting and with that thought of Eternity, there is One everlasting, eternal, divine Intelligence, to guide us, direct us; for we all live because *He liveth!* "*I live,*" He said, to His dis-

ciples, "I really and truly live, and Ye may live also!"

Consequently on that glorious, illumined morning, the first day of the week, Easter Day, there dawns upon each and every one the thought of life eternal—life with all its great and endless possibilities.

*"The strife is o'er, the battle is done,
The victory of life is won;
And now our triumph has begun.*

*Death, where is thy sting; grave, where is thy toll?
Free from the law is body and soul;
Salvation gained, now heaven is our goal.*

*"Then let every Easter Bell
To the world this Message tell:
I live and live again—
And walk and talk with men!"*

• —South Coast, April 21, 1935.

*The golden Lights within world's
ether bright,*

*That moved before, still move,
reflecting light;*

*While in this World we for a
time appear,*

*To disappear at morning with the
night.*

• • • •

**OMAR KHAYYAM IN HIS
RUBAIYAT**

