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# MAZDAZNA



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· SCIENCE ·  
PHILOSOPHY

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# MAZDAZNAN

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Monthly Publication of the Mazdaznan Association, a non-conformist institution promoting the self-attainment of MAN. Printed by the MAZDAZNAN PRESS, 1159 S. Norton Ave., Los Angeles 6, California, U. S. A. Copyrighted 1950 by MAZDAZNAN PRESS.

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## An Open Letter

*SINCE the departure of Mother Gloria Gasque and Mr. and Mrs. Henry Sorge for an extensive lecture tour in Europe for the past summer months, their friends and associates here have followed with interest the course of their travels. Therefore, we take great pleasure in publishing a most interesting letter which was written by Mother Gloria, describing in part their tour up to the point of writing.—THE EDITORS.*

**Y**OU will doubtless be glad to know that all is going on very nicely. We arrived in London June 4th by air after holding fine meetings in Chicago and New York City. We enjoyed a nice garden party in London, Saturday afternoon, following our visit to Manchester and to Leeds. Everywhere the Saints were rejoiced at the visit of those from headquarters. Several of them came down to London to be with us Saturday and Sunday, both morning and evening, to hold fine gatherings, also Tuesday evening. Then we left at the week-end for Denmark by boat with car, where we motored to Copenhagen. Mrs. Moellmann had prepared happy occasions for us for a few days. We were very glad to be able to observe her fine success in her splendid efforts on behalf of the Greatest Work, both in her platform work, her personal and private contacts, and her splendid work in translating and publishing the Mazdaznan works into Danish, which she has been doing for twenty years. We realize that

her splendid efforts also strengthen the Vegetarian Movement in Denmark. All is very commendable in that beautiful country under the leadership of our dear Ambassador of Mazdaznan in Denmark, Mrs. Maria Moellmann. From Copenhagen we motored via ferry and road to Hamburg. There we were rejoiced to meet the faithful and valiant Associates of that part of the country. We had a fine meeting and were happy to observe the courage and fortitude of those who knew the Master and who are upholding the Spirit of Truth. Next we motored to Berlin, stopping on the way to visit friends in Hannover. Their fine spirit of love and faith was a joy to feel and to behold. We left our luggage there and went on to Berlin where we met the ever vital and loyal Mazdaznan hearts—the Associates of that city. They had arranged everything for our comfort and pleasure. A beautiful meeting was held in the same hall where Master had lectured several times. This building still stands, where all around it has fallen. After a few days we departed early, but first were entertained at a delightful breakfast by a dear and loyal teacher of the Work. After passing out through “the corridor” we then returned to Hannover, where we were most happily entertained by the friends there. Other pleasant entertainments were provided by the faithful, also a very fine meeting, after which we all went to the station to partake of

a light meal together. We were something like a hundred in number. All countenances were radiant and eyes aglow; from thence we went to Bremen. There we were most royally looked after by the friends and enjoyed a fine reunion, followed likewise by a very enjoyable repast in a first class private dining-hall. Many from other cities fairly near joined us at these various meetings. The spirit everywhere was one of courage, confidence, assurance and faith, all of which attributes seemed to have grown strong through their victory over untoward circumstances. Our love and admiration went out to them in their Spirit of Divine Progress in matters of an eternal nature. On July 4th we motored from Germany into Holland, to the Family Sypkens in Amsterdam. We were honored to be the guests in their private home which was a great pleasure to us all. With all these dear friends, it is such a joy not to have to feel concerned about the food as we are always sure of its being pure and properly prepared for our well-being, as well as for our enjoyment. The dear Sypkens family had arranged fine meetings in Amsterdam, Rotterdam, Le Hague and Arnheim, besides delightful evenings with the faithful in charming homes, as well as an evening at Sweningen, on the sea, where again other friends joined us. On July 10th we motored to the International Vegetarian Congress at Oosterbeek, the Sypkens also going

along with us, and where Mother Sorge joined us. Thus we all added our strength and upholding thought to the fine work with all of its importance, the Movement of the International Vegetarian Union. Many of these visitors were Mazdaznan and had known Master, having heard him at various centers as he had toured the countries of Europe. Two delegates, Dr. and Mrs. Edal Behram, of the Family there, had come from Bombay, India, and were very happily received and added to the definite success of the occasion. We of the Mazdaznan Family, being delegates to this Vegetarian Congress, felt that considerable progress was made along the right direction. A great deal was said about all the various spiritual families who are vegetarian (either in practice or in theory), that they should now unite their forces in this regard, to bring about a greater consciousness of the meaning of life and the value of human life. Our group upheld this thought. A delightful phase of this Congress was the presence of the youth who had bicycled from far and wide to be in attendance at this gathering. There were thirty-three of them, all joyous and full of life, with one of their fathers among them as chaperon, (as is the custom in Europe), who had his guitar over his shoulder and who gave them music whenever the moment called for it. Their encampment was in tents which they had brought with them and which they

pitched among the trees on the grounds where the home had formerly stood of the dear family Sypkens. Some of the flooring is still remaining (the invasions having passed through just there), but the youth were happy to now enjoy the grounds through the welcome given them by Mr. and Mrs. Sypkens "to those who are vegetarian." All this created a consciousness of the love of Mazdazkan for the vegetarian people. We visited Breda, in Holland, to attend a meeting for school-officials of Holland, Belgium and France, where children were doing exercises according to Mazdazkan science of breath and of relaxation. They were six, seven and eight years of age. Their writing was absolutely perfect and they had an atmosphere of joy and happiness. The psychologist who has organized this method attended our Gahanbar in Paris, 1937, where she and I had a long talk about it at that time. From there she has made her outline, conferring with physicians and other psychologists. The teacher with the children is a Mazdazkan young woman of Holland. Afterwards, I had an interview in Paris with the lady-founder, Mme. Bugnet, and we talked further about this matter of Mazdazkan in schools—and further exercises for the following years of education. From Holland we went to Brussels, Belgium, having an evening meeting in the home of a refined lady of international travel and interests. The next day we went



on to Paris, France, where rooms had been engaged for us in the Continental Hotel, and where we held continuous interviews about the Work. We were very happy to meet again the Family Rickard who are ever eager and willing, as Master had previously indicated, to uphold the Work, and who had been such great friends of our dear Carlos Bunge while he was Kalantar; they had cut short their holidays in Switzerland, to come to Paris in order to be there the days that we were there. This shows their fine spirit and sincerity as to upholding the Mazdaznan Work. The Associates in Paris have been working together to uphold the Teachings and will continue to do so. We were happy about the tenacity and loyalty of the dear friends of Paris, who had kept the flame alive even during times of very great stress. There are many others who are faithful and willing to help however they can, and one, Mme. Lienard, entertained us at a delightful tea upon our arrival in Paris. We left Paris the following Saturday morning and drove five hundred kilometers to Duesseldorf, Germany, through a beautiful country. We saw fine results of reconstruction in many places and were especially happy over the Marshall Plan in Soissons, Laon and Dinant, where in the rebuilt parts, the cities are again fine, clean and neat. This assistance has been a great boon to France and indeed was most seriously needed,

and we were deeply moved in looking at the modern reconstruction to realize that the United States of America had loaned help at a time of great necessity to places in want and need. We had enjoyed the drive with perfect weather, finding the grain everywhere ready to harvest. It seemed like a message to ourselves that "the harvest is ripe—but where are the workers?" In arriving late at the address of our Mazdaznan friends in Duesseldorf, we knew the place at once for there were the sentinels in front of the building to indicate the place, and the dear friends received us with open arms and served us a fine repast for which we were quite in readiness. At a late hour we parted to meet the next day for a Sunday meeting, in the same hotel where we are now stopping. This was a great convenience to us, and when we were called in at the appointed hour we found a fine large lecture room full of the dear Mazdaznan Associates of that city and from many cities round about. All were very happy and most attentive. After the meeting, about a hundred enjoyed refreshments there in a pleasant and copious room, privately used for ourselves. Many friends enquired after those in Los Angeles, and we think actually every Associate in America has been recalled to mind by friends in Europe, each and all sending their thoughts of love. We remembered to deliver the kindly messages from dear ones of the

headquarters and of America and this greatly rejoiced the European friends, to know that they are being remembered. Today the car is being checked, and in the morning we will go on to Cologne for an evening meeting there from where we shall proceed on our way to Switzerland for the Congress of Zurich.

The Mazdaznan International Congress will convene August 12th to August 20th, at Zurich, Switzerland. From there we shall go to Italy and thence to France, where we shall take a boat to England and arrive there August 30th, and later fly from London to New York City.

While in Zurich, Switzerland, we expect to see many of the European friends, for they have all expressed a desire to be there, from all centres we have visited from London to here, and even from cities ahead whose Associates have already attended our other meetings. The Spirit everywhere is very fine indeed, and from everywhere they send their loving and upholding thought to all the Associates who reside in the New Country, in the country which bears the responsibility now of "showing the way," the country which must guide the saints, the sowers and reapers, in all countries toward "gathering in the sheaves," for the dear Master has sown the seeds and—not in vain—for the harvest is unto the Fulfillment of Infinite Designs.

—*Mother Superior Gloria (Dusseldorf, July 23, 1950)*

## Sermonettes

Wise men keep truths to themselves, and reveal to mankind only the crumbs of knowledge.

He who offers his acquired wisdom to the world from out of his heart receives a crown of thorns in return.

Autumn leaves are falling, having performed their duty of the seasons assigned to them.

What at night to death is doomed; at early morning sweetly bloomed.

Still on they will go, the things of nature, the objects of the illusionary, playing their parts as would animated puppet actors upon the stage of life.

What we owe one another depends entirely upon the spirit of reciprocity shown by both participants.

Fate is the product of matter asserting its influence on man wherever intelligence is absent.

He who gives much of his time to others forgets that he owes many things to himself, the negligence of which he will regret some day when it is too late to amend.

To wither and to die, as well as to be carried away by the winds, or even at times to be consumed by flames, are one and all of the last rites performed over the lifeless remains of things once held in their place of life in matter.

If God knows it all, he also seems to be wise enough not to reveal it all.

If we fail to live our own life, then we are mere serfs aiding others to live theirs.

When tired of life, one only just begins to realize how much there is that needs attention and fulfillment.

Every man lives in a sphere created by himself, or he moves in realms prepared for him by others.

If life is a mystery, then man shall never be able to solve it, until he has applied the maxim: "Man, know thyself."

Refinement and culture are evident in the man showing consideration for the matters of life and eternity.

The man of little thought is ever ready to confess the name of the Blessed Saviour but he does not "follow in his lead."

Money and possessions are by no means a measure of human worth and character.

God is near to those who feel his presence and listen to his voice.

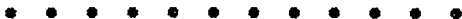
In speaking of another's faults, one always exposes his own, although he may not notice it at the time.

There is happiness even in misery when we have learned to recognize in it a lesson of patience, forbearance and perseverance.

## Health and Breath Culture

**I**NASMUCH as food is necessary for the insalination of the cell tissues, so is deep rhythmical breathing essential to the charging of the circulatory system of the body. If we neglect the selection of proper food, food that is calculated to increase assimilation and create vitamins so needful for insalination, nature will revenge herself upon man through such neglect. If we pay no attention to conscious breathing, to the regulation of the dynamics, the lungs, to the increase of dynamic power, we lay the circulatory system open to invasions of a foreign nature. Acids and minerals will creep into the system, and therewith diminish the operation of leucocytosis. The less leucocytes, the more troubles are there of a varied nature. Where the organic side is impaired, the mental state of the brain often suffers, and further mental growth or development ceases. What mental properties have reached maturity continue in their routine, but no new phase appears to further advancement. There is a standstill. To stir the mental horizon, and to call out the still hidden talents, attributes, endowments, gifts, powers, and forces, we need to increase the dynamic operations. It is not enough that we breathe deeply, and breathe out in the open—we must learn to empty the lungs every three hours, and we must empty them to the

utmost, without doing violence to our physical nature. It is for this reason that the ancients advised the manually engaged person to stand erect, or to kneel down, upon five occasions daily, reciting a prayer upon *one single exhalation, or "without ceasing,"* as the Scriptures express it. For those of a more unfortunate station—the leisure aristocratic class—the sages prescribed hourly prayers on one single exhalation, to keep them out of mischief. Setting all unnecessary ceremonies aside, and following the breathing exercises in a scientific frame of mind, we shall all profit by such observances. It is necessary to empty the lungs to the utmost, making it a rule to observe this self-imposed novena religiously. We then shall fare better in every way and shall at least have better health and be more hopeful. We shall keep the full span of life and add to its length. We shall be able to tide over in cases of emergency and run less risk. Though our constitution may not be the strongest we at least shall have more power of mind *in* matter and become equal to any and every occasion that may present itself. We shall be strong enough to cope with every condition or demand of time and need have no fear of anything as we shall become more positive of our talents and grow more conscious of the means which can inspire us.



## Self-Preservation

**I**F life is a struggle, as some do hold and expound, it may be well to ask to what extent and what are we to struggle with, as well as for whom? Turning to nature, there we see but one struggle; that of self-preservation from the encroachments of unchained elements, converting the elementary nature with its vastness of chemical compounds, powers and forces into channels of growth and usefulness. But can man be compared with any of the phenomenal in nature? Is he not as the sum and substance of self-preservation and struggle to attain the highest possible form, bound for superiority in the pursuit of happiness? Is he to carry the lower strata of existence, picked up in the mineral and carried through the vegetable and the animal into the very state of consciousness—the end of nature's and God's endeavors? Are we, the image of God, to engage in tactics sufficiently played among beasts and reptiles? Are we not, instead of exploiting the field of distinction among our kind, turning our God-given talents into channels conducive to harnessing the unchained elements that they may prove a blessing instead of a curse? It will keep us busy to think on lines constructive. It will sharpen our wits to scheme how to catch the winds to labor for us; how the ocean of waters can be made to run our machinery;



how the atomic powers can be controlled to give us light, heat and power; how the soil will yield her treasures into enormous crops; how the hidden precious stones are to be drawn to the surface free from any catastrophes; how to recreate the whole of the vegetable kingdom that the fruits will be indeed of the spirit to keep the body well and the mind in a state of receptivity to eagerly direct all its mental waves toward fields of untiring operation! There is no end to the possibilities of bettering life in all its phases when man becomes awakened and conscious of his divine relationship to his Creator while in manifestation. In this felicitous state life is not a struggle for survival but it is a continuous spiral of higher progression; thus, self-preservation becomes a natural consequence and an established fact.

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## Announcements

Sunday Services: 11.00 A.M.

Sunday, October 29

Halloween Celebration

Classes and Lectures

**MAZDAZNAN TEMPLE**

1159 S. Norton Avenue

Los Angeles 6

California

## Base and Inclinations

### DIAGNOSIS

**I**N this study of Base and Inclinations it may be of some assistance to know that it is quite safe to say that there are more people of the spiritual-physical class than of any other temperament. The next type largest in number is the physical-spiritual. The third in number is the physical-intellectual. In the fourth class is the intellectual-physical. In the fifth category is the spiritual-intellectual, and in the sixth class is the intellectual-spiritual. This order of category is found mostly in Anglo-Saxon countries. Yet needs modification when applied to the study of people in foreign countries, where the types differ, though only to a slight degree.

By the determination of the base as well as the first inclination, the student is assisted considerably in arranging a diet corresponding to the demands made at various periods of life. It must be remembered that beginning with babyhood and on through childhood, and thereafter youth, nature prescribes certain combinations to further development. Furthermore, nature considers temperament and characteristics which can be furthered or curbed as the case may be. Then again with the advance of years nature has her particular rules. In accordance with the constitution

there are to be radical changes in diet every five, seven or nine years. In many cases a more frequent change needs to be considered. Living up to such rules will warrant and ensure a greater health of body and power of mind.

In children the determination of the base assists to select the food called for by nature to further growth, and it reveals the means unto higher developments, as well as the curbing of mistakes, or the coach of talents insufficiently awakened during the process of early growth. Child study is as much a branch in the study of diagnosis as is dietetics. In finding the base, we are able to select the fundamentals in food necessary to uphold basic factors, while with the knowledge of inclinations we can do much in giving nature an opportunity to adjust matters to our advantage and to keep the system well balanced, consequently normal. Diagnosis deals with the babe, the child, the youth, the mature, the prime, and the advanced in years.

The development or unfoldment of the mind depends as much upon the dynamics as does the whole of the constitution with its circulatory system. For this reason attention has to be given to breathing as much as to diet. Nature prompts one within the course of development to induce dynamic action by virtue of abdominal, diaphragmatic and chest force. Correspondingly with such operations, the mind responds and

either confines itself to a small radius of mental emanations or seeks to enlarge its scope. The matter depends entirely upon the conscious control on the part of the individual. For this reason we should begin higher culture with the babe, and in addition to the food administered, devise ways and means conducive to breath regulations. The very position of the body needs to be adjusted from time to time so as to induce a better rhythm in breathing. It is not enough to simply give regular baths and oiling of the body with enough salt to make the oil penetrate. It is necessary to roll the body, pull the limbs gently, massage the body and move the joints. There may be light slapping, stretching, pounding, frotating, kneading, rocking, swinging, bouncing, throwing up in the air so as to induce momentums of catching breaths, as well as to induce arrestment and retentment of the breath, all of which takes watching and paying attention to take baby unaware, as it were. The babe should pass through a daily routine of exercises inducing sobs, sighs, laughter and surprise. All of these and many more forms of exercise and culture are needful, devising opportunities that will bring baby in contact with other babes for the purpose of mutual exchange, taking care that neither of the little ones play with objects liable to inflict injury, and in case of temper to immediately curb such outbursts, learning through

such demonstrations further care and attention as well as change in diet or probable medication.

Where a private home cannot afford a nursery the community should devise such a place, where babes may be given social interviews under the supervision of mothers, not strangers, except when other duties call mothers away. Natural mothers are prompted by love and duty to devote their time to their little ones and find no time to frequent clubs, card parties and outings, except when the whole of their family can be present. Clubs may be for youth and bachelors, for the purpose of mutual interests or business exchange. As to normal fathers, they too are expected to spend a certain part of their leisure time at home, if for no other purpose than to get acquainted with the family. Instead of devoting all their spare time to initiations furthering degrees, it would be found more wholesome for all fathers to be initiated into household duties, giving every member the degrees due them. In this way many problems confronting society would find solution, while greater unfoldment would come to one and all, paving the way unto higher attainments.

Attention should be given to food if we are to be spared many annoyances. In babyhood milk and cereals are the staff of life. Fruit juices are to serve as a tonic or to prompt elimination. To the latter

category we add figs, raisins, locust bread, and the juice obtained from steaming dried fruits. In youth, especially school age, less dairy foods are used, and in their stead, vegetables and fruits are added. Eggs and fermented cheese are permitted, and in many cases are a necessity. Vegetables should be used in the form of salads, and others baked. It is not wise to use soups frequently, unless the temperament calls for more liquid foods. Salads should be served twice a day; fruit also twice and not less than once a day. In some instances more fruit, in others more vegetables, are called for. Pulses in limited quantities will be found a builder, but care should be taken not to overdo a good thing. The seasons too, should be used as a guide, so as to assure the best results in a dietary regime.

In cases of lethargy and skin eruptions, it is best to cut down on pulses as well as tubers, and adhere more closely to gruels, milk preparations, rice, farmers-rice, dumplings, noodles, and such batter foods as need milk in their preparation. Drinking water with meals should not be permitted at such times. Water may be used in any amount before meals and long after a meal. Children of school age require a certain amount of liquids, but it is best to eat more luscious fruits to satisfy nature's demands. At the teen age it is but natural for the system to call for liquids,

even of a more stimulating nature, like cocoa, chocolate, and weak teas; still care should be taken not to make a habit to administer such drinks with meals.

In youth more tuberous foods and a selection of pulses are called for. Yard as well as dairy foods are called for, and in using good judgment and a scientifically prepared menu, good health is assured, as well as a desire for mental development being encouraged. We should remember that with the close of college studies or the absolving from the university, we have by no means reached the end of mental possibilities. If anything, we have only just begun to comprehend that there is no end to higher attainments, and that nature expects of a normally developing mind to reach farther into the domains of mental operations and to answer the purposes of life, as mapped out by a higher Intelligence. We should learn to consider food as the vital factor for laying a foundation for a newer life. We need more of the vitamin and protein laden foods, but in quantities not to exceed the mark of childhood days. Tuberous foods are to be used in quantities corresponding to the temperaments; a great deal of greens are necessary, to continuously flush the alimentaries. Milk is best used in warm weather as buttermilk, fermillac or clabber. Butter too is best discarded, especially where there is a tendency toward catarrh, be it throat, nasal or

stomach catarrh. In cases of partial impotency or kidney affections it is well to discard the use of eggs, except the white of eggs, which may be used to great advantage, especially where there is a tendency toward indigestion. All the brands of cheese need to be considered well so as to select the kind most in harmony with one's temperament. It is quite safe though to always decide upon a ripe cheese, readily dissolving when heated. Do not ordinarily use cheese with pulses, nor have eggs with a meal when pulses are served. Furthermore, do bear in mind that fermented cheese is best not used with the meal that has eggs on the menu. Neither use butter with protein foods.

In middle age the diet needs to undergo frequent changes, and the milk cure should be resorted to at springtime. Dried pulses and baked vegetables, more dried fruits and less cereals, except barley, rice and tapioca; less fried dishes are needed. The system calls for extremes. Plenty of juicy fruits during fruit season, and lots of dried fruits during the non-productive times. In fact, dried apricots, peaches and apples will serve every need. More spices are called for and frequent indulgence in herbal teas. By so living the process of regeneration continues in an unbroken order, and whatever the temperament may be, there is the assurance of good health as well as progress, so needful during a span of life, so as to have the



satisfaction of not only keeping in step with the times, but the assurance of advancement toward a consciousness of eternity.

In advanced years we need to use caution and remember that we require little food, but all the more tonics and eliminators to insure good health, a good appearance and a keen mentality to follow all our inclinations. Small quantities of highly concentrated as well as eliminating foods are necessary. The milk cure should be taken every spring and autumn and plenty of fruit juices, largely of a tropical clime. A change of altitude, too, is sometimes required. Much traveling is conducive to longevity. Herbs are an absolute necessity.

Furthermore it should be borne in mind that the basic colors as well as the colors governing inclinations, should be considered in the selection of foods, especially where certain mental results are to be obtained. Also bear in mind that quantity should not govern the demands, but the quality and its effect upon the general constitution. It is by no means difficult to find our food and the combinations required by nature, if we but cease to cater to appetites, which are acquired through wrong association and ignorance on the subject of diet, on the part of those unto whom we have been entrusted by circumstances and ties of birth.

## Daily Precepts

We should never forget the kind acts received, and ever be ready to take advantage of opportunities to return kindness in the same spirit as we have received it.

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It is well to be wary and watchful of the glittering appearances of habit and fashion, and to avoid those who pride themselves upon the claim or assumption of superior greatness.

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It is well to accommodate the tempers and peculiarities of others so far as to receive their good will, but beyond this we should retain our individuality needful for our own personal guidance.

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When serious evils arise, for which we cannot find an advisable remedy, we may as well wait patiently for time to bring on correction, or until by silence and due reflection we may find means to remove existing evils. Indifference toward questions of a social order is both criminal and wrong, but to urge counsel upon those who will not heed it, or who would refuse to be benefited by it, is equal "to the casting of pearls before swine."

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Father and son, mother and daughter should regard themselves in each other's presence or absence in the same light as they would their most trusted friends, and assist each other in sociability, kindness and counsel, thereby laboring for the interest of one another and the common good of the family unit.

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A roof may answer for a shelter but it does not constitute a building suitable for purposes of every kind if it has no foundation solid enough to support its weight. Thus a child to be characterized with all the virtues of manhood and womanhood must receive its fundamental principle of education while in a state of infancy.

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You should never accept any flattery or listen to any personal matters pertaining to those of your acquaintanceship or the acquaintance of others. It would cause nothing but discontent and belittle you in the presence of those who intend to keep you posted. Give them the cold shoulder for their own sake that they may be spared the trouble of relating their idle talk, and for your own sake that you may use your precious time in a more useful direction.

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Even to those who offend us we should be courteous and kind, as they are not responsible for their actions.

They suffer from unbalanced conditions and would by no means pursue an unjust path were they capable of greater comprehension and were they kept better informed.

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When serving in the interest of the public we should never forget that we owe it to those we represent, as much as to our own welfare, to withhold nothing from their knowledge but manifest unswerving honesty and fidelity to duty, proving our ability and proficiency in holding a position of trust.

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The example of personal worth and obedience to law and order must be manifested by the governing classes with much more precision than is done by the governed classes who are merely expected to follow the example of those who have been placed before them as ideals worthy to be patterned after.

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With a few more little points to serve our desired ends we shall have ample material at hand to command our well-being, and possess means enough to help ourselves in cases of emergency, so as to depend upon our own resources rather than seek the advice of others, who may be too busy in the pursuit of material desires and gratifications to pay attention to our present needs.

## Proper Diet and Eating

**W**HEN speaking of diet and eating, the uninformed and less cultured people shrink and immediately entertain ideas of starvation, denial, fasting and many other kindred suggestions inducing self-hypnosis which is rather unpleasant to the mind and of discomfort to the body. It takes a thoughtful mind, one endowed with reason, logic, judgment, discrimination and the power of deduction to fathom and grasp the full import of the problems of life and to realize that there are two ways in attaining a desired end; that there is a good way, and a still better one, to prove to oneself ease, comfort, delight and satisfaction in life.

There is pleasure in diet, in a diet determined scientifically by the mind that thinks and reasons pro and con. There is a proper season for a wholesome diet, usually in the springtime, a diet for the good to be attained and a diet so as to become better in health of body and to gain power of mind over matter. It is also seasonable to diet when prompted to do so by the still voice within. Man is here on earth to exercise good judgment in the selection of the world's good living. The man of success is the man of science, the man who knows how to select from out of the bulk of human kind the proper help to carry on his business,

and in selecting men he systematizes his work so that there is always the one to take up where another leaves off. Saving time, expense and trouble, success is then assured. The same law of selection holds good in our food and drink as well as the happiness of social advantages depends on the proper selection of our friends and their ties.

The intelligence of the foods partaken of will determine our condition in terms wholly their own. It is an easy matter to pass food into the mouth and while so doing it is not defiling. The food in itself may be good, and it may grow better wherever the atmosphere is congenial to its nature and its kind. But a soil and an atmosphere incongenial become troublesome to the thing itself and the caretaker of the object. For this reason it is well to know just what food to select and how to use it for our own particular temperament.

If manually engaged one needs more of the red colored and red tinted foods. If intellectually engaged—engaged in projects, schemes and work of a speculative nature—it is well to confine oneself largely to the yellow or golden tinted foods. If not in the pursuits of speculation, neither giving the muscles training, one should select the blue tinted or blue colored products of nature, the colors of which shade into the greens, whether they are fruits, vegetables or nuts; or

whether they are leaves, petals, flowers, barks, roots or any other of nature's productions. Remember that as you work, even so should you eat, for he who has no work, whether of mind, body or spirit, surely must not eat as he would be a menace to himself and unto others as well.

There is pleasure in eating if man will confine himself to system, law and order. There is joy in eating the morsel of food well selected and according to one's particular temperament, and our temperament is best determined through the daily vocation and labor. If thus the time is divided between manual, mental and spiritual work, even so should one divide the menu, taking of the one kind of food in larger quantity and the other in smaller measure, as the case may be. Following good judgment and not taste or habit, man will soon see the pleasure of the doing even in the proper selection of his food and the care of his drink.

When we always diet according to the demands of the different seasons and temperamental needs we will soon learn to know the meaning of the maxim, "Man, know thyself."

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The old song still is applicable: "God moves in most mysterious ways his wonders to perform."

Everyone is entitled to their opinions but all ought to keep their personal ideas to themselves.

## Season Hints

October is the harvest month of super-abundance and over-indulgence.

Not how much but how little must I have to gain the best of results: should be our motto when eating.

We neither need to go hungry nor deny ourselves the delicacies of life if we learn to utilize things in a scientific manner.

All kinds of tubers are now in season, and caraway as well as anise seeds, whole and pulverized, play a great factor in the preparing of palatable and nourishing dishes.

One pomegranate a day will help to enrich the blood, and, paying attention to meager fare at the same time, it will prove the best remedial agent in certain blood disorders.

Falling below par simply proves insufficient assimilation, and the diet should be changed at once. Sometimes black coffee will suffice to assist in the processes of digestion and assimilation.

Grapes are now in abundance. There are grapes for every temperament, but the rheumatic and catarrhal person should avoid the heavy, rich and dark varieties. The white grapes are the better kind—the juice separated.



As long as there are fresh fruits it is well to use them with our first meals of the day.

A baked potato is by far more wholesome than if prepared any other way.

Persimmons in small quantities are most efficacious in dyspeptic troubles.

Figs or ripe olives go well with cereals and increase assimilation.

To live on hot water for a few days will make us enjoy our food and aid thereafter in the proper selection of foods.

One half of a mango, eaten slowly, every six hours, and abstaining from food as much as possible, unless it be light gruels, will do more toward toning the nerves than some compounded nerve tonics.

Bread, good bread, is still the question, and its only solution lies in every family making its own bread, or having it made by a communal system that pays attention to wholesomeness and not to financial profit.

Browned flour can be used to great advantage in making delicious sauces and it gives body to roasts, and even to bread and cake. Such flour absorbs much water and adds to the bulk. Various spices and herbs assure an almost endless variety of dishes. The art lies in the proper combining of spices and herbs.



Cassabas and honey dews, cantaloupes and water-melons should be used with dashes of aromatic spices.

Frequent foot baths go a long way in breaking up organic disturbances.

Even the best of us need attention from time to time. No garden thrives without weeding and irrigation.

When mentally distressed abstain from food for a day or two until the mind begins to work and the heart feels calm.

The adversary is busy in nature as well as in man and for this reason we must make our selections wisely and eat with care.

Abstinence from butter, eggs and cheese during early autumn will aid considerably in the cure of catarrhal troubles.

A hot drink seems to stimulate many stomachs, but it does not have to be coffee, as hot water, with a pinch of cayenne, will prove as rousing as anything. A few days' trial will prove it.

Too much thought on food is liable to grow as confusing upon our mind as no thought at all. When the mind is perplexed and the organic nature vexed and taxed, why not become relaxed by abstaining from food altogether and take more exercises, and perhaps purgatives?

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