The Mazdaznan

Truly the Light
Is sweet, and
A pleasant thing
It is for the eyes to
Behold the Sun.



And the Light
Shineth in dark-
ness and the dark-
ness comprehended
It not

Vol. III. Chicago, April, 1904. No. 4.

All the reading matter in this magazine is written by the editor, Otoman Zar-Adusht-Hanish, except when signed otherwise.

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Two Big Meetings

The Mazdaznan.

Vol. III. Chicago, April, 1904. No. 4.

Little Sparks from the Anvil.

The "signs of the times" are pointing more and more to the wholesale destruction of the race and the cleansing of the earth from the vermin and parasitic life in human form. Let us not lament over those running into destruction but rather follow the well-directed advice of the Great Master who said: "Think of yourself and your children."

* * *

WE ARE TOLD that our country is a Christian nation. Would it not be well for our highest executive member of this nation to define the term Christianity? If a Christian country must be as the New Covenant pictures Christianity we cannot recognize our country as a Christian one, but if Christianity or to be "Christian" is not analogous with "Holy Writ," then what does Christianity base its teachings upon?

* * *

THE DESIRE of man expresses the things of nature to the extent of the ability of the latter. We may demand, and such demands, if persistent about it, are granted, but as to whether they will be for our good remains to be seen. Only too often, instead of a blessing, the answer to our demands proves a curse. Israel demanded of Samuel to be given a king like unto other nations. The position of Samuel was such that in accordance with the law of free agency he could deny Israel the king no longer, and he gave them the king with this understanding, that "it shall be to your condemnation."

Honey is now being made from corn by means of sulphuric acid and lime. Used in large quantities or daily for a length of time, it will prove an excellent means in producing a teethless race, and—there will be more work for the dentist and more work for the undertaker.

* * *

"Ask and you shall receive." Only too true—you shall receive, but will it be for your good? Israel yearned after the flesh pots of Egypt; manna was too mild for their carnivorous teeth. They had slaved for Egypt so long that they could not understand the beautiful gospel of Mosi declaring unto them: "Every *herb-bearing seed* which is upon the *face* of all the earth, and every *tree,* in which there is the fruit of a tree-yielding seed, *shall be meat for you,* while to every beast of the earth, and to every fowl of the air, and to everything that creepeth upon the earth, wherein there is *life,* I have given *every green herb for meat.*"

* * *

"I HAVE followed your class instructions and succeeded in growing a heavy crop of new hair. What can I do to get new teeth?" Thus writes a class member, one of the many who voice the same in proof of the teachings of Mazdaznan, that in obedience to the simple regulations of Nature we not only enjoy perfect health but beauty and talent as well. Thousands have saved their bodies from the cold grip of death and thousands have been saved a pauper's grave. Many have even raised a third set of teeth, although the rule is that not until eighty will man get his third set. Still there are exceptions where between the ages of forty to sixty full sets have been raised. Change of diet and the observance of fast days and fasting seasons coupled with a well-centered mind—all things are possible to him who confides in Him who is the source of all.

Current Thought.

Kentucky prides itself of possessing a mother who gave birth to a quadruplet, giving them the names of Cleveland, Hanna, Roosevelt and Bryan.—What a combination!

* * *

The rage of London society at the present is the "veiled prophetess," a woman well posted on society matters and its shadows. She "tells things" for which she makes a charge of $50 a sitting.—Good for her.

* * *

THE RUSSIAN GIANT, Machnoff, is supplied with three square meals a day—for breakfast, eight rolls, one pound of butter, cheese and two quarts of tea; for lunch, five bowls of soup, four pounds of meat and ten pounds of potatoes; for dinner, four pounds of rye bread, one pound of bacon and two quarts of coffee. Still he claims that upon this ration he is starving to death, and is suing his manager for starving him.

* * *

The principal diet of Russian soldiery consists principally of rye bread, alternated with wheat upon special occasions, peas, potatoes and cabbage. Meat is but seldom served, and then beef is more readily allowed than hog, the beef selling less than five cents a pound. It would be a hard proposition to sell Russia "embalmed beef," and much harder to unload hogs on her, as according to an ukase of 1873 the importation of foreign hog products is prohibited.—Can't we make Russia take our hog and beef as England makes an attempt of forcing Thibet to take *her tea?*

The town of Huntington, Oregon, and north thereof was struck by a rain of volcanic ashes, at places to one inch in thickness. The rain continued for hours. The ashes were very light and came in flakes. No noise preceded nor followed it, and this mystifies the scientific world all the more, which loves to make a great deal of racket about small things.

* * *

BEFORE the Medical Society of Chicago Dr. Bevan declared that "so far as medicines are concerned physicians can be of no assistance in the fight against disease. The sooner the profession will acknowledge this to the public and set to work to discover some specific the better for all concerned. While many cases are *fatal* from the start, in other instances physicians *can influence* the patient to recovery. Fresh air, a good nurse, nourishment and stimulants *assist the resisting power* of a patient."

* * *

Various colored crosses of small size called "Magic Crosses" are laid in a straight line and a magnet passed over them. These crosses, clinging to the magnet, become the means for the initiate to "tell and foretell," and "society" is much taken up with this "occult cult." All shades of men consult these "magic crosses," as the ancients did of the oracle at Delphi. So much confidence is placed in these crosses that executive members of nations and divines of religious institutions seek the "crosses" to be "nailed" on.—"What fools these mortals be!"

Life of Jesus, from cradle to grave, revealing all of the missing links, completing the story of the greatest of men in a most natural manner, as it would appeal to every thinking mind. Written in fourteen chapters. The first number all out of print, but you can have all the other numbers beginning with the life proper. Ushers will be around with the complete set of 13 numbers at $1.25

Adam Finding His Rib

Judging from the size of a cenotaph one hundred and forty feet long, built of masonry about four feet high and narrowing to a point at the top, a recent writer for the press, with the object of enlightening the reading world of his discoveries upon his travels, concluded that Eve, unto whom the tomb is dedicated, that she as a Mother of Us All was of that enormous size. To add to the story as if authentic he says: "I never knew before where she was buried, but it is a comfort to know that Jiddah contains the tomb of our Mother Eve. It will surprise her living relatives to know that she was 140 feet tall—a very large woman to be created from a single rib."

This is simply another squib proving "how history is made." The tomb, although of this exceptional size, does not denote the life size of the saint unto whom dedicated, no more than the monuments in *our parks* erected in honor of our heroes are supposed to instil us with the idea that the stature exemplifies the size of the individual represented.

According to the legendary of the Moslemites our First Parents, falling from Grace in Paradise, the third dimension of space, gradually descended to the earth, which was then a desolate country, grown over with hawthorn brush and thistles, henbane and dogfennel. In their flight from the sight of the Angel of Anger they separated, so that Adam was born in the mountains of Ceylon, while Eve in her fury landed in the plains of Jiddah. Adam felt his loss when arriving at maturity and in feeling about his ribs found his heart beating for one he had not yet met with his eyes of flesh. He thus set out to seek her and to invite her sharing his hard-earned bread, which he had accumulated to quite an extent. After years of wandering the two

met at the site of the present Khaaba, the Holy Mosque of Mecca. It was toward eve, the day well spent, and Adam looking about for a place where to lay his head, he spied the young beauty carrying a basket of rose-cheeked apples to the distant tent to prepare a repast for her aged folks. Eve recognized in Adam a handsome man, Adam in return found in her the fallen beauty of Paradise still blossoming, although she had seen better days. Adam was so happy that he at once constructed a tabernacle at the very spot, considered to be exactly beneath God's throne in heaven. The temple, of course, has disappeared since, but the rock which was the corner-stone to the structure is still there, exposed to the kisses of the pilgrims. The stone is as black as coal, but his counterpart in heaven is whiter than snow, which the faithful may be able to see if they but turn their eyes unto Allah, who will "push them clouds away" for the benefit of him who has eyes to see with.

The Run of Things

A Columbia University professor has actually discovered an apparatus which with the aid of "Radium" *will* run a slender pendulum of gold. The pendulum, in a vacuum tube, is attached to a wire running through a glass to the ground. Another wire is attached to the tiny glass and aluminum tube holding the radium, and when the gold touches the "radium tube" the wires cause a discharge of the attracting ray current and the pendulum swings back to its former position, and then is gradually drawn back again to the tube. The action is caused by the two known rays of radium—the positive and the negative—working upon the gold. Many others have experimented with a pendulum but only got as much as

one swing in twenty minutes, while the latest discovery makes one move in sixty seconds, and that with regularity. The discoverer is not willing to claim that the instrument will run perpetually, but this much is certain, that he can run the pendulum while his "better half" *runs* him.

A Place to Lay His Head

When here below Jesus had not where to lay his head. This shall be not so any longer, for Johnson Wright and Eliza Jane Wright of Darksville, Mo., have deeded their 120 acres of land in 1850 to "Jesus Christ, King of Righteousness, Fountain of Life." Just think of the fun we would have if all the Jesus Christs on earth today should get to know of it and come to claim the farm and home. There would be legal proceedings as to *which is which* and these Jesuses would call each other "impostors" and many other names not recorded in the Gospels. We have personally met twenty-seven Jesus Christs ourselves, and there are many more, besides the thousands claiming to be "vicars" of Christ. I wonder, I wonder, if it would not be as well for some of these "vicars" to claim the farm for Christ, as the farm pays well, relatives of the deceased making a comfortable and profitable living. Any other pointers on legal technicalities to insure possession will be cheerfully furnished to "vicars" or "Christs" themselves.—Now is your chance.

A Man of Right Living

New York and other metropolitan cities are much elated over Brother Solomonson, who has come from across the waters to tell of the possibility of living four hundred years. He lives on fruits, vegetables and flowers, takes dew baths, walks upon grass, sand, gravel and sidewalks, and "does

all kinds of strange things," as the reporters tell. If the people studied Nature just a little they would soon fall in line with Mazdaznan and enjoy the morning dew sparkling in the sunbeams of Early Sol by far more than the diamonds of blood-stained Transvaal and the pearls snatched from the hands of tear-drenched fishermen. We would soon discover that the dawn of the morning precedes as many wonderful lightning changes in color and subjects in one part of the world as in another and love our home, wherever it may be, whether its surroundings be covered with the thickest of virgin forests or rugged mountains, abounding with an expanse of tremendous waters, or covered with the hot and dry sands of a Sahara. "The earth is full of the glory of God."

The Leading Society

THE MAZDAZNAN CENTRAL SOCIETY of Chicago has introduced a feature that speaks well for it and pleases the Doctor very much. Every Wednesday afternoon there is a tea-party, to which not only members of the Society but all class members are invited to participate in these innocent repasts. The teas are those as generally used by Mazdaznan, Elder, Rose, Linden, Violet and other simple yet when properly prepared very refreshing and toning. Some of the ladies begin to catch the Doctor's idea by bringing their needlework with them, doing their mending and darning while others do the testifying. These socials are conducted by those previously appointed and two or more clubbing together to bear the modest expense. This gives them all an opportunity to return favors and be amply repaid for all the little trouble by having a generally enjoyable time. All such occasions remind us vividly of the "days gone by" and the "First Love" of dispensational times "when they had things common among themselves, breaking the bread in houses here and there."

Example of Gratitude.

"I BLESS the day I heard your voice," a young class member said, entering our sanctum. "It was like old-time religion to me. I felt the nearness of God and the day of Redemption dawning upon my faltering heart. Bless you; thousand times, bless you! I was then ready to commit a rash act, to hoist my soul to the great beyond, but on hearing you say, 'Any fool can die, but it takes grit to live and fight the battles of life'—this saved me, and it has saved many of my companions, and all I have come in contact with since unto whom I have given this glorious lesson. I was poverty-stricken and heart-broken. Since then two years have passed. I have done as you teach, exercised *economy* in all things. Today I am well-to-do and have vowed it unto myself this day to impart one-tenth of all my earnings unto you every year of my life, and here is my first installment for the past year." With this he laid $200 upon the table. We refused to take it. But he insisted, saying it would make him unhappy if we did not accept what is given from the very heart of his being. "But we cannot accept tithing, according to Mazdaznan principles, for the reason that the tithes are a law of priest caste and a condemnation unto the people." But the young brother's eyes flashed like a set of diamonds and with a smile he retorted: "I have exercised Mazdaznan teaching long enough to know how to whip the devil around the bush; if I cannot give tithes, then accept this small gift as an occasional present to be used for your own personal garments to be chosen according to your own bidding, for this offering is like Mazdaznan teachings—*non-obligatory.*" We accepted at last and decided to put it into the private vault until the day we shall once more wear the "veil of the Temple."

Home Talk.

LENT has been a rather busy season for the Doctor and his household. The house has undergone some renovations and an Oriental dinner was planned for, which took place March 12th, besides a performance by MAZDAZNAN vaudevillers on March 19th. Between his class work, the Magazine, copy for the Cook Book and additions to the new edition of "Inner Studies," and many other business transactions, the Doctor had his hands full. Still, with all that, he has been seen taking it easy when advising and counseling his callers, of whom there are many in spite of his repeated declarations that he will not talk to people outside of his class work.

Since our last writing Henri has met with an accident which would have laid up the ordinary man for many weeks. To get to this point of the story, we have to begin with Bro. Dittmann, whose fancy for an automobile has grown upon his bumpological region for several years, but for various reasons best known to himself, he abstained from putting into realization the dream of his fondest hopes. But there was his birthday coming, which, by the way, occurred March 10th, and for some time previous to the event he began to show unmistakable signs of a nervous trouble characteristic, in our present day, of mechanically inclined individuals, ordinarily called automobilities. Henri's tastes may be considered modest, but Bro. Dittmann's aspirations are ofttimes even beyond the summit of Pike's Peak; consequently when overtaken by nervous fevers, the dose to be administered must be one worthy of the case.

At any rate, the household decided that in consideration of the approaching birthday, Bro. Dittmann have his

pick, and he decided on the Thomas Touring Car. One bright Saturday the three, Dittman, Henri and Max, in company with Raymond Waite, rode in Henri's Cadillac to the Thomas barns to get the car. On their way home something happened to the car, which is a common occurrence with cars. Henri is ever ready to remedy stubborn inclinations of automobiles with his head and hand, and in cranking up the new car got a kick of eight horse-power on hand and wrist that ordinarily would lay up the most robust man. It was a terrible shock, and all bystanders admitted that it turned them sick when they saw Henri stagger. Henri was helped into his own automobile, and Max brought him home. At home he at once put on hot-water applications for five minutes, at the same time taking the longest breaths he ever took in his life. He would not allow anything else to be done for him. As he had an appointment with the Doctor which he felt he could not break, he took to his car and ran down town, handling all of the appliances with one hand. He would not even have the injured arm covered, saying he wanted to air it. Down town he was persuaded to have a handkerchief tied around, and then he rode off in company with the Doctor to pay visits. He ran his car as if nothing had happened. Later in the evening he submitted to the Doctor in making a few more hot applications and next day the oiling of the upper arm and back to draw the inflammation from the hand and wrist. He was bound to have it that the trouble could be breathed off and he proved it, for even though badly swollen and the fingers absolutely lifeless he allowed no bandages. He suffered, but would not admit it, and would allow no questioning. In three days his arm was getting so he could use his hand, and after a week's time there was neither trace nor sign of any injury.

Mr. Dittman has his car and seems to enjoy it. Max

now has an opportunity as to the car to ride in, and he earns his rides by polishing the brass work of both cars, and there is no hour of the night too late for him to go to the barn to do the cleaning. Bare-headed and in shirt sleeves, he will go out in snow or rain to the several blocks distant barn and work, polish and shine up and, as he terms it, almost goes "nutty" over the privilege of his job. Max is a type of Mazdaznan training and possesses "the smile that never comes off." He sets type, makes up forms, prints, staples, does mailing and trimming work, attends to classes, makes himself generally useful, practices on his piano, and besides all that studies "diseases of automobiles" and how to remedy them. He was going to take a fast during Passion week, but decided for it sooner and went through it better than anticipated. He thinks a boy that cannot abstain absolutely from food and drink for five days can't have any "grit" about him.

April will be a busy month for the Mazdaznan household owing to the preparations for the summer and the overland trip by the "Twins," for such are Henri and Max, who, it seems, can no longer be thought of separately. Max has not had any cold nor anything of a troublesome nature except one day when against the food regulations of the house he ate a cheese sandwich and a piece of apple pie, which gave him an "empty feeling," as he termed it, and he promised to break the law no more, as his own intuition at the time told him not to do it. He is happy to be numbered with the Saints looking forward toward a time of great expectations, and the last he was heard to say to Henri was he would pattern after the Doctor and never think of "marrying," as his soul was wedded to the work which is his only *Love*. That suits Henri, as he is of the same opinion, and the Doctor, of course, thinks this amply repays him for all his labors with this world.

Pre-Natal Duty.

Complete in Four Chapters.

By Mary Barteau.

CHAPTER FOUR.

THE subject of Pre-natal Duty, although but little considered by the ordinary mind, seems at a first glance quite a study. Still it becomes greatly simplified when we awaken to the fact that it pertains to the occurrences of every-day life calculated to promote the perpetuation of race and racial tendencies. Let us drop the ideas of ancestral suggestions and verify by deeds the noble, lofty ideas of our soul, so often fancied, but so little expressed at moments of opportunity. If the beautiful ideas entertained as to a noble race may not be applicable as to our own self, it is our duty to at least impart these ideas upon the generation to come, *and at a time* when it is our opportunity to do so.

Gird thyself with the armor of faith in thine ability, O woman, and bid him who is to be the father of thine own child, to pay thee due respect in the hour of unity that the aspirations of thy own heart and the nobility of thy protector's mind may be realized in the one who shall stand proof before thine eyes as to thy thought and actions.

"A diseased mother may bring forth a strong and healthy child, when her mind is being concentrated in that direction and conditions are made suitable, by following a better regime of living and a more rigid method in the application of change of breath and diet.

"Nature is ever ready to respond to the will, but can exercise its response only in accordance with the circumstances made.

"Thought is the only factor we deal with in manifestation, and, as thought is limitless, it requires on our part to understand its use or misuse by directing or harmonizing its vibrations with the desire expressed in our heart, always determining to secure the best results. Controlling our ideas then as they are being set into vibration by thought, we would soon learn that nature is very simple in all its operations; all it necessitates on our part is attention and proper direction and application.

"Everything in nature abounds in sex expression and everything from the molecular to the cellular is dual in itself, whether it be air or water, mineral or plant.

"The expression of one sex or the other, male or female, is due to the strongest inclination entertained at the time of conception.

"There is not anything in this universe, however infinitely small, that does not contain the dual sense of sex individualized. It then follows that the spermatoza contains sex expression, as well as the ovum entertains the dual sex manifestation. As the controlling power is the directing one and the only one that wins, it is but natural to conclude that in the determination of sex, the thought controlled and directed would be the greatest factor we come to deal with.

"For the period of six weeks man and woman are to abstain from all foods and drinks of a stimulative or irritative nature previous to the time of participation. Live upon grains, nuts and fruits, using vegetables sparingly. Sex must be decided upon during the six weeks of life of abstinence. Entertain thought strongly during marital embrace.

"To endow the child with great mental powers and special faculties, thought should be concentrated on the particular subject or subjects during the embrace."

The foregoing paragraphs under quotation we have copied from "Inner Studies," written by Dr. Hanish, the Mazdaznan philosopher, and I wish to call the attention of my readers to the fact that of all the studies in the lines of mental and spiritual thought as well as in matters of a physical nature the studies under the direction of the Doctor have been of inestimable value.

The "Inner Studies" sums up the food question for mothers as follows: "To have good and plenty of nourishment for the child, eat the best of wheat preparations procurable, and use one cupful of whole wheat soaked over night and then boiled for four to seven hours over slow fire; also use rolled sun-cooked wheat in small quantities every day, plenty of fresh fruit, very little vegetables. Use barley gruels and grain drinks. Avoid fermented breads, canned goods and cakes. Use raisin syrup and prunes occasionally.

"It remains now with the prospective mother to elaborate upon those particular subjects and further the development of the child's brain activity by living a very simple life during the first three months of gestation, subsisting principally upon wheat preparations of a varified nature, eating almonds and nuts in general quite freely and plenty of fruit.

"During the second period of three months, from the fourth to the sixth, inclusive, she should add to her diet preparations containing rye in small quantities, using fruit of a sweet nature largely.

"The last three months should be indulged in foods of a more oily consistency, using barley, corn and oats in small quantities additional to the wheat. Vegetables of an eliminating nature, like raw cabbage, celery, beets, plenty of spinach, some lettuce and carrots should be used quite freely."

Dr. Hanish further advises in his lectures that for weeks

previous to the deliverance mothers should beware of starchy, fattening foods, to keep their weight medium or a trifle below, to move about freely, but not ride, dance or go through vigorous exercises; to keep their bowels in perfect condition, and, where of a constipative nature, to eat vegetables or fruit that will keep the bowels open. The child will not be heavy, although strongly and solidly built, consequently the deliverance will be easy and painless, and there will be no risk as to the quick recovery of the mother.

In the severing of the cord it should be remembered that it neither be cut too short nor left too long, as in either case the digestive organism will be impaired thereby to a degree. The foreskin of a male child is to be drawn back as far as possible without delay and such process to be continued for some time while the child receives its daily bath. A female child must be manipulated along the groins, from rectum up to the hips. In all such cases where the foreskin of the male organ will not withdraw readily, that circumcision be resorted to without delay, and advises parents to take their boys to an operator at once where organic disturbances of a sex nature are noticeable, saving much anxiety to parents and sufferings to the child.

As we think, compare the objects of our immediate surroundings, we are impelled to reflect upon them and wonder why we have thought so little upon subjects determining our conditions for good or evil.

Is it not a singular mental phenomenon that though man has learned that the perfection of the animal can only be accomplished through the functional activities of the animal organism, he has not perceived that the same law holds in regard to the more complex activities and higher qualities and powers of his own kind? That man must complete

himself is the mightiest truth of human existence. Intelligent motherhood co-operating with the universal law that moves on toward completion all forms of life, is the *creative agency* to accomplish the completion of human being and its manifold powers and possibilities. What a desecration of the capacities and powers of human soul as illustrated in the grand and noble lives of a Washington and Lincoln, and in thousands of great and grand heroic lives unsung and unrecorded, that as progenitors of their own type of being they sink to the level of the brute creation! No human being is great or grand as a physical organism merely, though that be ever so beautiful and perfect. Man and woman are great, grand or beautiful in proportion to their capacities of mind and soul and their wise, beneficent exercise.

As race producer, woman is invested by nature with the capacities and powers to give potency and direction to the threefold nature of man. The pre-natal culture of the child includes physical perfection and mental and moral endowment. Of all lines of education and art, none equals or compares with the far-reaching results of pre-natal direction and culture by a wise motherhood. The supreme artist is the intelligent consecrated mother. We cannot become a civilization worthy the name, we cannot become a truly free and enlightened people, until all our systems and institutions, social, educational and economical, are an environment calculated to promote the highest use and purpose of intelligent parenthood, the production of the best developed humanity. It is *quality*, not quantity, that should be the aim of individual parenthood and of *all* social forces.

When woman understands the powers she possesses, and controls herself in order to transmit the power of self-control to her child, the dominion of appetite and passion will no longer master her children. When she is no longer

mastered by unruly, selfish passion as a wife, and enters upon her creative office from the deep soul impulse of untrammeled love, her boundless love and aspiration will bring into existence children ready for the kingdom of heaven.

Our educational systems are woefully deficient in not providing for youth any instruction that may help them in assuming the mightiest responsibility of life—parenthood.

Woman has through the centuries been compelled to bring offspring into existence to be made the victims of wholesale murder in the slaughter of war. It has been prophesied that in some future Russia would rule the world. This prediction is based upon faith in the might of armies and powers that represent force and savagery. Could the mothers of *our* country recognize and understand the power within themselves and enter upon their creative work in the spirit of that perfect love which is the prerogative of motherhood, human brotherhood and fraternity would become a far mightier force and protection for our country's welfare than all the armies and battleships can ever become.

The greatest conquering power in the universe is *Love.* The mightiest agency to produce in human beings this power is *motherhood.* Mother love will some day rule the world. The battleship and bullet will be no more.

Awake, O woman, and recognize your glorious mission, to produce sons and daughters who will create a social state of harmony, peace and good-will and fraternal love, that will actualize the now perfunctory prayer, *"Thy kingdom come, thy will be done on earth as it is in heaven."*

PRE-NATAL DUTY, by Mrs. Mary Barteau, will appear in book-form shortly. Send your orders now. Give the book to your friends. Price 25c.

Body Culture.

"Not Muscle but Nerve and Brain."—Prince of Adusht

ARTICLE SIX.

It is by far more sensible to take a wash machine into the parlor and have the members of the family turn the crank, while the housekeeper gives her orders, than to have an expensive Physical Culture machine in the library exerting one's nerve and brain to gain muscle strength. When you come to think of the amount of energy expended upon a useless object, don't you think it about time to quit this waste of time and direct it toward more useful pursuits? If you need exercise, you will find plenty of occasion for it about the shop, the office, the store, the yard, the house and all about you, if you but "lift up thine eyes." The cultivation of man does not necessitate weight and size of muscle, but its ability in the performance of useful labor that will prove of general good. The heavy looking man is not always the strongest nor the healthiest, by any means, and as far as usefulness is concerned, he would fall short when compared with one much inferior as to appearances, but all the more superior as to activity. The ant seems to be but an insignificant looking creature as to size, but think of the enormous amount of labor it performs. Think of the obstacles it must ingeniously overcome. See how it labors, builds and cares to sustain its own life and the species it represents. What a useful factor it proves even to that of vegetation by preparing opportunities to the latter to improve through its contact with its own kingdom! But little muscle is to be found in this little ant, but all the more energy is present to set into operation every fibre that makes up its delicate form. Intelli-

gence and energy are the factors of the untiring operations of the ant. Then look, yes, gaze at the clumsy motions of a hippopotamus as he lazily moves his head, reaching out for a mouthful to eat where he has neither prepared the ground nor sown! There is enormous muscle, but to the size of the same very little intelligence, yet still less energy.

If the purpose of man's life is that of the cultivation of the hippopotamus or elephant nature of his being, it may be well to direct his mind toward his muscles and have his heart delight in the expansion of his flesh cells, and may God grant that "where his treasure is there be his heart also," the heart which is the spirit of substance. When man forgets his true station in life and forgets the goal lying before him, he turns his eyes downward and looks backward to the "fleshpots of Egypt." He wants *muscle,* he wants the slickness of the hog, the weight of an elephant, the comfort of a hippopotamus, the gall of a hyena, the cunningness of the fox, the bloodthirstiness of a tiger—yes, the characteristics of the whole menagerie of God's animal kingdom. But nature will it not that man impose upon it contrary to law, consequently man can only aim toward one object at a time, and if the hog tendencies are fancied to a greater extent than any other, he may succeed in the development of a goodly "pair of hams" and a protruding "bay window," yet he only has disfigured his species by chasing after strange gods unto whom he pays tribute as he joins their ranks of hog nature, grunting: "Just as I am."

The propehcy of old that by the seed of Abraham all nations shall be blessed is coming true and truer every day, for the golden calf of Israel is being imitated lively, even if it does turn out to be but a bulldog most of the time. Israel lusted after the fleshpots of Egypt to such an extent that they exercised their muscles into a "fatted calf."

Yes, their highest ambition was that of the *bull* of the Phœnicians, but their intelligence left them a "dying calf." Around this *calf* nature they danced and displayed their desire and ambitions. If you want to make a *hog* of yourself, you are welcome indeed, and if you end as a *pig* you prove your desires ended.

Don't make a fool of yourself even if the examples of your surroundings are but masks of antediluvian times. Pick up the broken plates of Mosi upon Mount Sinai and follow him up to the mountain top that you might see the glory of your God. Then get down into the valley of dark and dreary nights and labor and till the ground which will repay you for your well directed exercise with fruits of joy and manna of life on the sun-clothed day of the great harvest. Hard manual work is physical exercise for the health of the body and the sowing of the seed of self-respect by due conduct unto all food unto the soul, that living soul, which reaches unto the bosom of Him who is the source unto all.

Stop your fooling about punching bags and Indian clubs and get a move on you for the creation of commodities of life and the service of mankind, and you shall never know of your muscles to give out, for the inspiration of the Breath of Him who gave it will perpetuate the living soul, and with every indrawn breath bestow blessings upon our heads.

Remember the little ant about the ant-hill, rolling stones for the building of its walls, and remember the thriftiness of the bee as she darts from flower to flower, gathering its mites that she may enrich the common hive, and then as your day's work is done, mingle your own sweet voice with the inspiring melodies of the winged messengers of the air—the birds—and give glory to the dying day which sheds its last rays upon your head as you bow it toward the fast sinking west.

The Messengers of Truth

OUR VINEYARD is being cultivated by our most ardent students who have proven unto themselves the Power of the Gospel of Liberty as defined by MAZDAZNAN—the master thought and thought of masters. To give an idea of the wonders and marvels wrought by MAZDAZNAN would be equal to an attempt of exploring the realms of the infinite. MAZDAZNAN is not definable—*it must be lived.*

Sister Mary Elizabeth Ruth Hilton of Lowell, Mass., tells us of quite an awakening in her own town and the success she meets imparting knowledge to the souls that weep and the minds that seek the fountain of youth and life. Sister Hilton and Dr. Hilton are two noble souls, ever reaching out toward the great goal insuring emancipation with the Divine. To this end they let their light so shine before men by the good work that the Father in Heaven may be glorified.

Everywhere the same request is made, "Give us more light." Yes, more light upon our path, more light to brighten our ways. The Sisters Montague Myers, Mrs. Dixon, Dora Singletary and others, of Denver, Colo., give very nice reports as to their individual work and the work with the Society in general. Denver is one of the older forts, and although many attempts have been made to overtake it, the fort has proven too strong for the enemy. All attempts have proven in vain, and Denver is destined to become one of the centers of telepathic communications for the struggling world to save the latter from destruction. "Lift up your eyes to the mountain top, from whence cometh salvation." "Yea, flea into the mountain to save thy soul from death, and listen to the voice of the many saviors upon the mountains of Zion."

Word comes quite frequently from Sister Brownie Rath-

bone Weaverson, of New York, telling of the great work accomplished there, and she thinks with one accord of her many followers that, in view of the noble and untiring work done, New Yorkers ought to be entitled to a visit from the Doctor. And the Doctor has promised he would, even if it takes him twenty years to redeem his promise.

Then there comes word from Los Angeles, Cal., by way of Dr. Frank Newland Doud and Sister Jeanette Smith, two of the lights of MAZDAZNAN thought, who will swear by MAZDAZNAN—although MAZDAZNAN prohibits all use of superfluous language—that they owe their life to MAZDAZNAN. Both are in the field, and they merely regret that they are not endowed with a thousand tongues, eyes, ears and hands to impart to the many hungry souls the bread of heaven. They want the Doctor, and the Doctor said he would come quickly to designate the spot where to cast the net, for there is to be a big haul.

Sister Chambers, of North Pasadena, Cal., formerly of Denver, is heard from often, and she delights in her own way of spreading the good tidings to the many about her who clamor around her for the precious words as they proceed from her inspired mouth as if the mouth of God. Her life, her battles, fights and conquerings, have proven that she has attained to a position worthy of adoration, and now she can conscientiously declare unto the world that he who abideth truthful and obedient unto the end faileth not to attain to the Supreme.

IT IS THOUGHT that our "Encyclopedia on Dietetics and Cook BOOK" will be ready for distribution in two weeks. Over 150 pages contemplated. Cooked and uncooked dishes for the sick, the well, the weak, the strong, the fat, the lean and everybody. Every department considered seperately; concise and to the point. A book much needed and asked for. The price will be 75c. in paper cover, $1 in binding.

Cross Cuts.

The oldest legislator in the world is said to be David Wark of Fredericton, N. B., Canada. He was one hundred years old on Feb. 20th and is as hearty as if but fifty. Since his term as a Senator he has not missed one session at Ottawa. He is a man of moderate habits, great faith, determination in the performance of his duties, and of absolute tactics.

* * *

At the home of his daughter in Del Rio, Texas, Raffael Gurzman, of Mexican birth, passed out at the goodly age of 115. His general health failed him for the past two years, and ever since he longed for the abode of intelligences insuring him the exercise of his will and wishes. He was of small stature, never very strong or robust-looking, but wiry and of great endurance.

* * *

Rev. James Worden, who was an active minister for sixty years, has asked for admittance into the almshouse of Baltimore. He is one hundred and two years of age and until recently was in quite favorable circumstances, but intrusted his savings to a friend, who took advantage of his advanced years and simply swindled the unfortunate man.

* * *

J. G. Myers, a prominent farmer of Carthage, Mo., declared having received a message from his wife at borderland, urging him to come to her in Glory, and as a result he put himself upon a fast, breathing shorter and shorter, until after the forty-ninth day his life ebbed away to join the treasure of his heart.

O. W. Johnson of Springfield, who was operated upon in Chicago last fall, "never felt just right" after that performance, although he has been assured the operation to have been a scientific success. He had his case examined, and upon examination six yards of gauze have been removed from his body since. The gauze was left in his body by an oversight at the time of the operation. It is a wonder they did not leave the usual "grog shop" in his body in their professional hurry.

* * *

Noah Raby, who would have been 131 years of age this month, passed to the great beyond from whence there is no return. Knowing no one and known by no one in particular, he has spent his last days at the Piscatawny Farm, N. J. His sight began to fail for the past few years and he turned blind of late. Still he would take his daily exercise and make himself generally useful. He had two love attacks in his life, and failing in both, vowed to remain single, which promise he kept as a man of word and honor to the last. He loved to bask in the sunshine, and even on cold days, when weather would not permit him to take his walks, he would sit by the window and absorb the life-spending sunbeams emanating from the bosom of the Infinite. His mind remained clear to the end, recalling all of the incidents of the revolutionary war. He was born in 1773 in North Carolina. His weight at the time the angel of death laid his cold hand upon his forehead was 100 pounds.

MAY number will contain full accounts of total abstinence from food and drink by our saints who have fasted for twenty-five to forty days and who are now on a light diet for from 3 to 9 months.

Exchanges.

The following magazines have been received for the month. Subscriptions are filled at The Mazdaznan office at reduced club rates. Write or call.

"Soundview," Olalla, Wash.
"People's Press," Chicago, Ill.
"Boston Ideas," Boston, Mass.
"The Philosophical Journal," San Francisco, Cal.
"George's Weekly," Denver, Colo.
"The Sun-Flower," Lily Dale, N. Y.
"Co-operative Commonwealth," San Francisco, Cal.
"Mental Advocate," Chicago, Ill.
"Higher Thought," Kalamazoo, Mich.
"Vegetarian," Chicago, Ill.
"Now," San Francisco, Cal.
"Health Culture," New York.
"Naturopath," New York.
"Betieros Oriental Mysteries," Chicago, Ill.
"Health," Burke, Cal.
"Fred Burry's Journal," Toronto, Can.
"Stuffed Club," Denver, Colo.
"The Liberator," Minneapolis, Minn.
"Dominion," Brooklyn, N. Y.
"Brotherhood," London, England.
"Exodus," Chicago, Ill.
"The Philomathian," Union City, Mich.
"Nautilus," Holyoke, Mass.
"English Magazine of Mysteries," London, England.
"The Natural Life," Boston, Mass.
"Mind," New York City.
"Our Home Rights," Bedford, Mass.
"Bible Review," Applegate, Cal.
"Occult Truth Seeker," Lawrence, Kan.
"Brann's Iconaclast," Chicago, Ill.
"Biblia," Meriden, Conn.
"Vaccination," Terre Haute, Ind.
"Unity," Kansas City, Mo.
"The Herald of the Golden Age," Paignton, England.
"Good Health," Battle Creek, Mich.
"Weltmers Magazine," Nevada, Mo.
"Eltka," Corry, Pa.
"Logos Magazine," Applegate, Cal.
"Words of Faith," Philadelphia, Pa.
"Century," Adelaide, Australia.
"Christian", Denver, Colo.
"Realization", Washington, D. C.
"Progress", Minneapolis, Minn.
"Interpreter", Williams Bay, Wis.
"Leaves of Healing", Zion City, Ill

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Books we Recommend to the People

"Perfect Health," How to Get it and How to Keep it. By one who has it. True Scientific Living. By Haskell. 1.00
"True Science of Living," the New Gospel of Health. 2.25
"New Era for Women." Health Without Drugs. A Plain Pathway to Health. . 1.25
"Know for Thyself" by Dr. Dutton, an encyclopedia of knowledge. $4.00
"Consumption and Rheumatism," a certain method of cure, by Dr. Dutton. . . 2.00
"How to Cure Constipation," by Pigott. A Sure Thing. 25
"Return to Nature" by Just. The Latest Out. Full of Revelations. . . 1.50 and 2.00
"Right Generation" Dr. Conger. Nature Cure. Word to busy people. . . . 50
"Why I am a Vegetarian," 25

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