

MAZDAZNA



A TRANSCENDENTAL
PHILOSOPHY
OF LIFE

1960

NOVEMBER

25 CENTS

Wherefore

Be Ye

as PERFECT

as your Father

in Heaven

IS PERFECT!

MAZDAZNAN

Transcendentalism:—Is that which transcends—rises above mundane concerns.

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Mazdaznan

The Thought that Masters

WHAT is it and where did it come from? Such and many other questions bearing upon the same subject are only too frequently asked. As to what it is, hardly needs any further analysis except that it stands for "Master-Thought" or "Thought that Masters." No one is conscious of his own thought unless he recognizes the harmony in the unit of *Thought Infinite* and learns thus to master all things for good through a worthy appreciation of the objects of sense as emanative from the source of the One Thought.

Where did it come from? Such when answered invites questions of interest that necessitates going through the pages of history until we find what would be the first answer: Mazdaznan is the master-thought that comes to us from out of the remote ages of the past like unto the rising of a glorious sun from out of the darkness of a night to bring light unto the slumbering world and awaken the hearts of men to renewed activity. Mazdaznan is the sun of the soul of him who awakens to the realization of a higher consciousness.

Although Mazdaznan is so old that even encyclo-

pedic works admit their efforts fruitless in finding a beginning to it, and thus simply declare "it is shrouded in mystery and too obscure in its history to place it within the range of ordinary comprehension," the message appears throughout cycles, dispensations, eras, epochs, and from generation to generation, independent of any authoritative ties. Its promoters are at liberty to engage in any movement destined to answer the demands of time furthering means unto accomplishments of better ends. Thus, whenever an opportune moment would show signs unto a change from the ordinary trend, those of the order of "Men in White Garments" or "Man Immaculate" would appear in the diverse equally pulsating countries to add their share of quiet work assisting any noble movement. At times they would be tutors to private individuals in whom they foresaw probabilities of useful agency, or they would be the "stranger" that calls in a most mysterious manner upon groups in whom possibilities toward advancement seemed quite plausible.

At the end of an old and the beginning of a new century these men would make it a point to watch the signs of the times, and as of old, conscious that "we saw his star," that of the spirit of the times,

no obstacle was too great, no hardship too severe, that they would not encounter.

Perhaps the greatest move ever made was the one at the end of the eighteenth century and the beginning of the nineteenth century, sowing the seed of thought broadcast through every land, giving rise to an awakening destined to culminate in the best of all good, the diversity whereof at present is but the means of bringing man to man closer to one another and through common association and exchange arrive at the mutual understanding that there is but One—Mazda. We as his offspring are not only at one with Him in spirit, but even upon planes of matter, the meeting place of the Saints of God, we are to become conscious of this divine relationship and thus recognize the handiwork of collective achievements.

In Europe and America this unselfish movement took root, from which sprang many a plant bearing fruit in accordance with class consciousness and understanding, not to forget prenatal laws and acquired scruples peculiar to the individual's temperament.

In the year 1844 these workers ceased their operations and left most of the countries leading in philosophic trend, not to forget the sociologic spirit they knew to inculcate with the ingenuity peculiar to their class that seems to keep them aloof from any other

ever followed, that quietly they may watch their handiwork.

England seemed their focusing point and up to 1823 in a most perfect way they succeeded to induce a new trend of thought. Although the work was of a private nature tracts and leaflets found their way into the homes of the more thoughtful class. As all things or subjects are but means to an end, they adopted methods that seemed somewhat out of the ordinary. To direct attention to talks or literature, subjects on natural philosophic and scientific topics were introduced. "Chats with Nature" were tracts of wholesome topics, considering insects, plants, precious metal and stones, and the relation of planets and their probable habitations in a way to arouse contemplation and meditation. At the same time in Austria, France, Poland and Germany these "strangers" would do their quiet work, the last of their tracts in Germany appearing up to 1840, entitled "Morgenländische Studien und Plaudereien," wherein the fly, mosquito, spider, diverse birds and beasts were considered as topics of thought, while the planets found a worthy consideration from a standpoint one would have thought the overthrow of the nebulae theory close at hand.

As movements popped up like mushrooms after a

warm rain upon all the continents, these "Men in white garments" were duty bound to assist individuals here and there from time to time. Satisfied that the spirit of the times will direct all things toward a culminating point of highest achievement for the good of all, these men again work, but in concealment, even as God, who works in most mysterious ways His wonders to perform.

(Continued)

MAZDAZNAN SCIENCE OF DIET-ETICS is available through the Press. Order your copy now of this amazing book of diet and nutrition. Price is \$3.95 for the bound book and \$2.95 for the paper cover edition. Add 4 per cent sale's tax in California.

Harmony

(Continued from October Magazine)

SINCE this is a study of the inner realm of higher forces, it is necessary to pay attention to this study of Harmony according to the law that governs those powers and forces, and to follow up the gradual development systematically. We begin with the muscles of the face, to work on these muscles, making them more and more flexible, and more conscious through the power of the will being sent through the brain to the face as a whole. The mind thus becomes able to express the finer shades of vibratory action on and through the muscles of the face. It also becomes possible to reach the spinal cord through vibratory action brought under the control of the will. Through this action the psychic forces of our being will begin to awaken; arousing these psychic functions will in turn act upon the heart and enlarge its innermost cavity, that the spirit may be set free. The spirit force will be able to make itself known by and through the psychic forces of the soul realm and the mental powers. These forces when brought under the control of the will and those forces already in operation will in turn awaken the still higher ones, such as the thought forces within the Entity, and finally

the connection will be made with the Infinite and the universal realms. Step by step we become conscious. In furthering our own development we realize more and more that the real powers, forces and attainments of man are limitless and inexhaustible.

We now realize that it is not a matter of looking outside of ourselves to come into harmony with the outside world and its beings and objects, but it is rather a development from within, so as to awaken to a conscious realization of the corresponding senses within ourselves. By means of this awakenment, or of our becoming conscious of the essence within that corresponds to the thing and the object outside, we behold the whole world panorama before us. When we know ourselves and have all the powers and forces that constitute our being under full control, we do not need to analyze the grassblade as the outside entity, but we can simply come into conscious recognition of the essence of the grassblade within ourselves. When the universal spirit will reveal unto the finite spirit, then the God-thought will answer unto thought, the soul will speak unto the mind, and the world within us will respond to the whole world without us. This will be the establishing of harmony between the outer and the inner, and all we have to do is to bring about the great consciousness of becoming ac-

acquainted with our true selves, the true being that we are in reality.

This cannot be accomplished as the occultist attempts it by developing one faculty at the expense of another, thus losing himself and, as it were, killing or denying the body. The instrument, the body, must serve a great purpose in this work of raising the lower faculties to meet the higher, to answer the demands of the higher and the finer powers and forces. Even with the instruments of music we do not attempt to tune the piano to the violin, if the latter should be a half tone higher, but we tune the violin to the piano, because the piano is the more set and a finer adjusted instrument than the violin. Thus it is true as regards the higher and finer forces of our being; the finer they are, the more set and the less flexible they are. The faculties of the mind are quite flexible, the psychic qualities less so, and the still finer powers and forces are less flexible as we rise within the scale of being. The lower side must be attuned to the higher, so that the entire being is brought up and up, until the body becomes sensitized and conscious of its intelligent forces. The possibility of discrepancies then becomes impossible.

It is from this standpoint that the human body becomes a mirror to reflect the world and its conditions.

We know that ordinary pieces of glass cannot reflect anything desirable, but put a piece of cloth back of the glass and the reflecting power is somewhat improved, yet the image is not a good one. Silver the glass over and the reflecting power becomes better. As you keep on improving this reflection when you glaze the back of the glass, and as you improve the quality of the glass itself, you and other reflections become more and more true and clear.

This is also true in relation to the human being: he can reflect the world and all that it represents only to the extent that he becomes a true reflector. This can be accomplished mainly by the process of attunement, until the whole man has become a conscious activity. The average being cannot see or realize the full truth because he has not learned how to become a perfect mirror. He can see things only in shreds and patches, only in spots, as one sees objects through a mirror that is not perfected but only glazed in spots. Being limited, he cannot see things as a whole and does not even realize that he has not seen the perfect reflection of a composite whole.

Having learned the value and meaning of sounds on the scale of our being, we can now place and understand anything that may come to us through any other human being, through any creature or object,

but we cannot be deceived thereby. Our progress, however, depends on the faithfulness and the intelligence of our daily practices, likewise, somewhat on our temperament and previous development. The more we listen and learn to place the vowel sounds of this Harmony Study, the more rapidly will we gain our ground. Even while humming, we should be aware of the distant sounds and form them in the mind, and thus attempt to express them with our lips, even moving the lips according to the formation of the sounds, although we are shutting our front or back teeth. All this helps us to become more highly conscious more rapidly.

Exercise

ANOTHER exercise to enable us to get better control of our hands and feet is as follows:

Stand back of a straight-backed chair. Place the palm of the right hand on the top of chair; then take a long breath and bend the little finger down as far as you can without bending any of the other fingers. Hold it there for a little while; then as you breathe out, let it come into position slowly and under control of the will. If you would allow it to come up rapidly the exercise would not be of benefit, for it is

the control by the will over the fingers that is desired by this exercise. Take another deep breath and repeat the same procedure with the next, then the next until the index finger is reached. Follow up with the thumb. Let the thumb remain down the longest time. Let it come up so that the control of the will is perfect. Do the same with the left hand. After this, stand against the wall, but do not lean, and stretch out your arms against the wall holding hands with palms outward. Do the same thing with the fingers, with both hands at the same time; for instance, bend in both little fingers toward the palms of the hands, and take them in the same order as with hands on the back of chair. The thumbs are last; bend them down toward the palms. When they are all in place, with the thumb resting against the palms, then bring the hands up and let the tips of the fingers rest on the shoulders close to the neck. Then, breathe again and do the same thing with the fingers and at the same time do it with the corresponding toes. Move the little toe with the little finger, the thumb with the big one. Do this first with one hand and one foot, and then with the other. If you cannot bend in the toes readily, bend them in the mind at least, for it is the mind control we are desirous to establish.

Through these little exercises we get such control

of our extremities that we can send a thought through our body like a flash and make it realize what we are thinking. Make it all alive in thought in a flash. These exercises will also help us wonderfully if we are practising on a musical instrument. It is of great advantage to have the full control of the fingers. All these little things done with thought and intelligence make us eventually a master over our own being.

(Continued)

Some people's conscience is more flexible than others.

He who holds back heart promptings and heeds not omens has a path of trials to endure.

The best people on earth are those who mind their own business and never ask a favor of another.

To be true to oneself is equal to the living for the sake of others.

Life on earth proposes to disclose variety in complexity and complexity in variety that the illusionary may prove limitlessness even in the phases of phenomenal existence.

There is a point of honor in the life-chain of everyone as they advance in years which is by far greater than all the increase of wealth and honor, and which is the consciousness of absolute truth.

Daily Affirmations

IN addition to recapitulations engaged in upon retiring, i.e., mentally depicting all the important occurrences of the day from the time of awakening to that of retiring, we may memorize daily one of these affirmations in regular order, beginning with Sunday morning, on every morning thereafter, and ending with Saturday morning. Again repeat the same week upon week, to the end of the month. If possible, take these stanzas, or repeat them, according to the musical scale. Such exercises when conscientiously and religiously pursued will encourage memory and develop our reasoning faculties, and will also improve calculation and develop perception so necessary for the concept of academic or scientific measures now current, and many more to be revealed. The Saviour said, "What eyes have never seen, ears have never heard and heretofore never has entered the mind of man shall be revealed to you."

1. *At every hour
Proceeds a shower
Of life divine
To soul of mine.*
2. *While I breathe
And keep at ease,*

- I see unfold
Treasures of gold.*
3. *Just where I am
I find a gem.
Piles of success —
What blessedness!*
4. *Though walking miles
I wear sweet smiles,
Impart my hand
And fortunes land.*
5. *Yea, climb I must
And thus I trust
In God's own will;
I conquer still.*
6. *Though blindly planned,
God's eager hand
With wise decree
Can set me free.*
7. *Though tangling nets,
Many regrets,
Encompass me —
Truth sets me free.*

(Continued)

Pray Without Ceasing

THESE words by the Blessed Christ are clearly elucidated now that we know that they referred to the scientific understanding of the application of *prayer on the breath*. In other words it was a command to let the thought, the desire, the aspiration, the prayer, be carried forth on the outgoing breath, holding the mind tenaciously to the meaning embraced within the words. Such a method pursued with persistency will work marvels in the short space of a few months, and where the eyes were dim they become bright; where ears were dull, they are quickened and respond with acute activity; where the brain action was weighted, uncertain and heavy, it is now positive, alert, strong and shows an equilibrium never experienced before. Thus the Ancients *proved* the powers of *Mind, Soul* and *Spirit* by calling out their latent propensities, talents, gifts and endowments by the scientific use, knowledge and application of "Prayer on the Breath," which method is so beautifully elucidated in the last two paragraphs of our confession as follows:

"With mine eyes lifted beyond the mountain-tops and my heart fixed by the burning fire of love I shall daily join in harmonious accord the prayer of the

faithful worshipers; the prayer thrice spoken distinctly and with the presence of mind fixed upon the meaning of every word; the prayer that heals the body and assures tranquillity to the mind; the prayer that gives solace to the soul and whispers to the spirit Peace: the prayer that will work all the charms mentioned in the Avesta; the prayer breathed in tuneful measure with fervor, zeal and the spirit of assurance on one single expiration :

May Mazda be rejoiced and His Associates continue to be victorious. May obstinacy in this home be destroyed through the virtue of obedience, discord by peace, avarice by generosity, vanity by wisdom, false witness by truthfulness, that the immortals may long bless it with goodly maintenance and friendly help; never the splendor of prosperity or progeny be distinguished, that we may truly shine with purity and see Thee face to face, O Mazda, attaining attributes leading unto worlds without end. May Peace come to one and all, and may there be given to this country purity, dominion, profit, majesty and splendor. This is my wish. Be it so!

* * * * *

Breath is Life

THE exhaustless study of Breath and how to control and apply it to the needs of our daily life will continue to form the basis of our never-ending research. It is one thing to breathe and quite another thing to breathe *intelligently*. To breathe intelligently we must do so consciously, thus controlling the *rhythmic* action of breath, for in conscious breathing alone man is able to break the fetters of the lower nature setting his higher nature *free*. It is *through* scientific breathing, rhythmic breathing, that man becomes *conscious* of *himself*, entering upon paths of delight and pleasure. Emancipated from all that bound and enchained him to a miserable existence of enslavement *through* ancestral and prenatal influences, he arises a kingly-born being, no more to eat the bread of sin, sickness, sorrow and adversity. To such a man life is a *joy* and in the beauty of holiness (wholeness) he climbs majestically the progressive ladder of light and truth, while the influence of such a life sheds a radiance divine upon one and all, uplifting and inspiring the struggling ones of earth to higher, nobler things. May man continue to hold one single prayer and desire, namely: that every *thought, word and deed* may be for the *Glory of his Creator-God*.

Announcements

Ritual and Songs:

Sundays, 11:00 a.m.
Mazdaznan Center, 1159 So. Norton Ave.,
Los Angeles 19, California.

Classes:

Self-Diagnosis: Advanced Course,
Tuesday, 7:45 p.m. Beginners—Introductory Class
Wednesdays.
Mazdaznan Center, 1159 So. Norton Ave.,
Los Angeles 19, California. RE. 4-4359.

Breath and Posture Exercises:

Thursday, 7:45 p.m.
Mazdaznan Center, 1159 So. Norton Ave.,
Los Angeles 19, California.

Classes:

Mondays: 7:30 p.m.
Veteran's Memorial Center, Culver Blvd. and Over-
land Avenue, Culver City, California.

Breath and Posture Exercises:

Mondays, 7:45 p.m.
Palisades Playground, Pacific Palisades, California.

Distilled Water Regime

OFTENTIMES the blood becomes tainted and needs to be purified. There is only one way of washing the blood and that is by means of *dead* water, *undiluted* water, *distilled* water which contains no life organism, chemicals or similar substances. It has to be *dead water*, i.e. *water condensed from steam*.

Distilled water, by virtue of its weight, effects a consistent pressure upon the minerals and acids which clog the bloodstream; it presses them right through the system. Even in a short time it eliminates appreciable quantities of impurities from the blood.

There is no hard and fast rule as to how to follow this regime; it may be taken quickly or slowly, hot or cold. It is left entirely to the individual to decide according to temperament and physical condition.

The main thing is to obtain the necessary pressure and to ensure that *two glasses* are always taken at one time—a total of seven pints per day. This is quite easy of accomplishment if the quantity is systematically regulated as follows:—

1. On awakening take two glasses.
2. Another two glasses shortly before breakfast.
3. Two glasses in the middle of the morning.

4. Two more 20 to 30 minutes before the mid-day meal.
5. Two glasses in the middle of the afternoon.
6. Another two glasses 20 to 30 minutes before dinner.
7. The last two glasses in the evening shortly before retiring.

If desired, two more portions may be taken—one, two hours after lunch, and the other two hours after dinner.

As regards eating and drinking, it is a matter of individual choice. Nothing is forbidden and there is no need for fasting nor privation. One may eat and drink according to individual needs. One eats only moderately after having taken two glasses of distilled water.

The principle of this Distilled Water Regime must be maintained, i.e., *seven times per day two glasses* of water, making sure to take two glasses shortly before each meal.

It will soon be discovered that even at breakfast time one eats very moderately after having taken two glasses of distilled water. After three days one observes a loss of taste for this and that, and quite different desires assert themselves for dishes which

one may have previously disliked. If really desirous of becoming rid of ailments, take with each meal one tablespoonful of Agar-agar. To quicken the process, take also at night one tablespoonful of Irish Moss broken up in a cup on which boiling water has been poured; drink both the moss and the liquid.

Day by day one eats less; soon only half and then only a third of what one normally takes. After three days the complexion becomes clearer and more rosy and a feeling of lightness is experienced. After two to three weeks, the eyes become clearer and more penetrating; one is able to think more clearly and one becomes less easily irritated. After three weeks the thin ones become a little stouter and the stouter ones a little less corpulent. In case of sufferings of an acute nature, the regime need last but three weeks; in other cases five weeks.

If the regime be resorted to from 5 to 12 weeks in succession, sixty-five per cent of all ailments becomes alleviated, and the other thirty-five per cent will be eliminated if one continues afterwards with a correct diet.

As water which has been distilled is deprived of its iodine content, it is desirable to take, during the period of the regime, various sea-weeds such as Agar-agar, Irish Moss, etc., in order to replace this defi-

ciency. Sea-weeds possess many curative properties and they should find a place in the ordinary diet.

By the time one has almost completed the regime, one has become so accustomed to the drinking of water that one likes it and takes regularly a couple of glasses before each evening meal. The adoption of this habit wards off disease. The body is already composed of 85 per cent water, and by adding thereto two glasses of water regularly each evening, all acids and crystals are eliminated therefrom in a natural way and the bloodstream is not burdened thereby.

Three highly important effects are assured through the Water Regime :

1. The blood becomes washed and made free of all foreign substances.
2. It effects a proper working of the individual organs and thereby that of the whole organism.
3. It provides a youthful freshness in a measure that often youth does not possess, as the whole glandular system becomes normalized, thereby increasing the brain power, and life becomes more joyous.

Always remember, therefore, to resort at intervals to the Water Regime. If feeling unwell, start again for a few days or even weeks.

Take the Water Regime for five to seven weeks every three, five, seven, nine years, as it purifies the whole organism, and, becoming thus renewed, continuous progress is assured. Distilled water is therefore of the greatest value for the individual as well as humanity at large.

Where distilled water is not available, use water—preferably rain water, having boiled it twice for ten minutes, allowing it to cool in between each boiling. Use an enamel pan. Avoid aluminum utensils.

After a few weeks on the regime, one learns to choose the food that nature requires to build up the system; one begins to live anew. Even after three days the purification and renovation of the bloodstream is noticeable.

One does not necessarily gain or lose weight by taking the regime. The purer the blood, the more normal the cells of the body become. If one gains too much one simplifies the diet by discarding butter and oils.

The great advantage of the Water Regime is that one need ask no questions; one just takes it; everything comes by itself so long as one resorts thereto.

As a result of the Water Regime, one begins to think for oneself instead of asking questions; one becomes a thinking human being. The regime is so simple one

cannot make a mistake, not even a mistake diet. The wonderful feature of it is that no efforts are required and yet the maximum of benefit is obtained.

All ailments have to give way to Distilled Water, and in the ordinary way nothing needs to be added thereto.

When taking a hot drink of any kind for relief purposes, make it a point to breathe in full and take a swallow of it on the breath; then breathe out slowly and to the limit before taking another breath, and with it a sip on the breath. In the first place one can take a hotter sip, and secondly, one derives immediate results.

Health, real health of body and mind, is more to be desired than wealth, for health is the true creator of wealth.

The children of God may see visions depicting the golden age of perfection but the children of earth have greater power of application to make dreams come true on an earth plane.

Attributes and virtues may be trained at will.

Creeds and beliefs are hurtful only to the extent that they interfere with our conscience.

Conscience fluctuates in accordance with age and conditions.

Seasonable Hints

November has come and with it comes the call of the north wind.

Cranberries are healthful and may be prepared in diverse ways. In many troubles of infection they will be found of inestimable value.

Raw grated turnips, horseradish or black radish served with cream on salad dish make new life elements.

Fresh asparagus is still to be had in California. The salts contained in asparagus are of value to the tissues of the body.

Potato pancakes continue to be seasonable. Cranberry or apple sauce, grated apple, brown gravies or raw salads combine well with potato pancakes.

Vegetable pot-pies are seasonable. Selecting one or two different vegetables and covering with a dough layer, one may have a different pot-pie daily.

Red beets, turnips or oxheart carrots make fine salads, grated raw or steamed. Though salts are rather sparingly present, yet when combined with nutritious bread or potato dumplings and browned flour gravy, the salts will develop.

Make changes from vegetables to fruits; from fruits to vegetables, increasing quantity of gruels or cereals.

When out of sorts, take to breathing exercises, change the diet and leave the rest to God in prayer.

It is well to remember to use hot Australian Eucalyptus drinks during the winter months.

As food is a necessary evil, we should at least curb the appetite and eat only what is truly wholesome to the tissue life of the body.

Mucilaginous drinks are in season. Okra served in diverse ways adds to the dinner menu and to one's well being, also tapioca or sago puddings are healthful.

Foods properly compounded call to action vitamins, otherwise these vitamins remain dead where the combination is wrong for the individual temperament.

If salts are the factors unto tissue life then the food selected should be of a nature supplying that want, and the digestives should be trained to retain the salts for vitaminic operations.

Sugarless hot lemonades every three hours and constant chewing of licorice will assist a cough, in most instances. Honey or rock candy may be used to sweeten lemonades.

In cases of cold: when hungry eat baked onions, sweetened with homeopathic sugar before putting into the oven. Two onions at a time will do. This may be followed by the beaten yolks of eggs, sweetened with as much homeopathic sugar as the yolks will take.

Leucocytes are carriers of salines, recharging weakened or starving tissues, assisting the circulatory system in general. In cases of danger, frequently red corpuscles turn into white to assist the latter in warding off bacilli, saving the situation, if not entirely redeeming it.

Dried fruits may be soaked in cider, grape juice, or distilled water for at least six hours before cooking. If sugar is to be added, it is best to use natural sugar, brown or maple sugar. A stick of cinnamon or a few cloves will add to the taste as well as the remedial value of dried fruit preparations.

The safest, quickest and most effective method creating leucocytes is to change the rhythm in breathing frequently and arrest the breath action, or practice retentment of the breath. Drinking hot soft water copiously after ten minutes' exercise will help to start proper circulation of the blood.

Flaxseed tea is best made by adding to two and a half cups of slowly boiling water, three level teaspoons of flaxseed, and allow it to boil ten minutes on the dot. Have a cup ready containing the juice of a baked lemon and thumbthick rock candy. Pour the tea through a sieve and hold cup closely to the face so as to breathe in the hot steam, sipping the tea slowly and with the thought well centered.

Some foods are congenial to white corpuscles in the bloodstream and are thus effective in the culture of leucocytes, a process necessary to insure proper gravity, texture, consistency and purity of the blood.

GLAND CULTURES

Sea water has a great healing and stimulating effect upon the body, and seaweeds absorb out of the ocean brine the salts, tonics and vitamins so invigorating to the physical constitution.

The spring is the most appropriate season for taking the treatment of cultures like Agar-Agar, Irish Moss and Iceland Moss, inasmuch as nature at this time responds more readily to any and every change in diet.

AGAR-AGAR

Agar-Agar is a seaweed which is invaluable in all cases of organic disorders, including cancer, consumption, gout, tuberculosis, ulcers, etc., and acts mildly upon the liver. It contains organized potash and iodine which assist elimination and regulate bowel action. It should be taken dry to obtain the best results.

Take every morning for a while a tablespoonful of dry agar-agar followed by a glass of hot water or other

liquid; also a similar quantity between meals. Gradually all the organs will adjust themselves and one becomes invigorated despite all weaknesses.

Agar-agar may be sprinkled over vegetable or fruit salads, or used in hot milk; also to thicken soups. Owing to its gelatinous properties, it may be used for making fruit or milk moulds; also puddings of various kinds, with the addition of eggs, if so desired.

IRISH MOSS

Irish Moss is a seaweed rich in iodine and sulphur and is excellent in all cases of intestinal affections, pulmonary complaints, kidney and bladder disorders. It causes peristaltic action to commence and cleanses the intestinal tract. Irish Moss may be taken freely and is more agreeable to the taste when orange or lemon juice is added thereto. It should be thoroughly cleansed and drained. Afterwards take a cupful of moss to a quart of distilled water and simmer slowly until the gelatinous substance is extracted, then strain through a sieve. The dregs should be preserved in order to obtain a second extraction or for dry use in salads.

ICELAND MOSS

Iceland Moss is similar to Irish Moss except that it contains a bitter principle known as cetraric acid. It may be used in precisely the same manner as Irish

Moss. Iceland Moss is excellent in chronic pulmonary affections, catarrh, coughs, digestive disturbances, dysentery and general weakness; it will be found invaluable for toning up the glandular system, especially the gonoidal glands. In the case of pulmonary affections linseed tea should be taken in conjunction therewith.

The above mentioned seaweeds are the best substances for quickening the flow of the glandular secretions necessary for re-energizing cell tissue and toning up the system generally. They are invaluable in warding off aging tendencies.

“ORGANIZED” MINERAL SALTS

Pure salts, organized by nature, from natural mineral-bearing water, just as it flows from one of nature's own hot springs.

NON LAXATIVE

Many years ago, a source of natural mineral water was discovered among the isolated rocky crags of the High Sierras of Northern California. By using a process of evaporation it is possible to bring this product in a convenient powder form, right into your

own home.

NOTHING IS ADDED

Only the water is removed, leaving only the natural mineral residue or mineral salts. These salts are then finely ground and packaged under the trade name of Drokel Formula No. 7, ready for use.

A COMPLETE MINERAL COMBINATION

Formula No. 7 is a natural mineral combination containing only water-soluble mineral salts.

Write to or call GL. 4-4134.

Harvest House—868 Via De La Paz, Pacific Palisades, California.

Life is a continuous song, and existence its musical accompaniment.

Before we can attain the highest we must keep a watchful eye on the lowest.

When we complain about others it is because we ourselves are in the wrong.

Continued happiness depends upon harmonious surroundings.

Mutual understanding removes the barriers imposing unhappiness, and heals the wounds once inflicted.

If we remove the obstacle of our sorrows, peace and happiness shall rule the heart.

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