

Fundamental Rules
of
Natural Dietetics



The Rosicrucian Fellowship
OCEANSIDE, CALIF.

Rosicrucian Christianity Series

The price of these lectures is 10 cents each, post paid.

No. 1. "*The Riddle of Life and Death.*"

Presenting a solution which is both scientific and religious.

No. 2. "*Where Are the Dead?*"

No. 3. "*Spiritual Sight and the Spiritual Worlds.*" Showing that we have a latent "sixth sense," and what it opens up to us when cultivated.

No. 4. "*Sleep, Dreams, Trance, Hypnotism, Mediumship and Insanity.*"

No. 5. "*Death and Life in Purgatory.*"

Describing the method of death and purgation, also how immutable law and not an avenging Deity transmutes the evil acts of life to everlasting good.

No. 6. "*Life and Activity in Heaven.*"

Showing how the Human Spirit assimilates the Good of its past life and creates its environments for a future rebirth, also how it prepares a new body.

NOTE: There are 14 other lectures in this series.

Fundamental Rules of Natural Dietetics

FLESH FOODS DESTROY HEALTH AND LIFE.

ALL flesh foods including fish, fowl, meat broths and lard should be eliminated from the diet. Why? Because animal flesh is not true food. Because man is not a flesh eater by nature. Because flesh eating shortens the duration of man's life. Because the majority of all diseases are caused through flesh eating. Because flesh eating fosters the liquor, tobacco, and drug habits.

MEAT, CONTAMINATED.

Animal flesh is not true food; it is a polluted, second-hand product. The slaughtered animal, whose decaying body man mistakes for food, has used for its own manifold purposes the nourishment and life-sustaining energy contained in the grain and vegetable foods on which it lived. Only the minor part of these substances has been built into the animal tissue consumed by man as "meat," so small a part in fact that the best meat contains not more than between 20 per cent and 30 per cent of

food value, namely protein and fat; the necessary mineral salts and the all-important vitamins have been lost, and the remaining 70 to 80 per cent is water. This water for which the ignorant man pays such a high price in money, life, and health is contaminated with uric acid and other poisonous excretions from the animal body which were on their way to elimination when death arrested the process.

MEAT BROTH, NOXIOUS.

Do you know that meat broth is a noxious extract composed almost entirely of these excretions, and that it is they which give to meat its peculiar flavor and odor? You are afraid of bacteria; do you realize that every piece of meat and every drop of meat broth introduces putrefactive bacteria into your system? If you want truly clean and healthful food, you must procure it first hand from nature's own stores: it is as foolish as it is dangerous to have nature's pure foods spoiled and poisoned on the long way through the animal body and the slaughterhouse.

MAN IS NOT CARNIVOROUS

Man is not a flesh eater by nature. Man's organism is that of a fruit, grain, and vegetable eater. The constitution of his stomach, liver, kidneys, intestines, tongue, teeth, saliva, and

skin testifies to this fact. Flesh foods are alien and therefore detrimental to his system, which can neither assimilate nor eliminate them sufficiently.

NATURAL DIET AND LONGEVITY.

Flesh eating shortens the duration of man's life, for the daily effort to take care of food for which he is not constitutionally fitted overworks his organs, wears them out before their time and causes premature old age. The average duration of human life should be at least 100 years. Instead of that the average age limit nowadays is 39. Return to a natural diet, teach your children how to eat right, and you will lengthen your life and theirs. Grains, vegetables, fruits, and nuts are man's natural foods and contain all the substances needed for his nourishment in a pure form and in right proportions. If to these products from the vegetable kingdom he adds those obtained from the *living* animal, namely milk, eggs, and honey, he has wholesome, palatable, life sustaining, health giving food in abundance.

If you labor under the widespread delusion that you cannot be "strong" without meat, just remember that the only two food substances you receive from meat, namely protein and fat, are provided for you in a pure and unpolluted

form by the whole grain cereals, nuts and pulses; further by milk and eggs. The pulses or legumes, that is, beans, peas, and lentils in their dry state contain a considerably higher percentage of protein than meat; so do the nuts, which besides are six times as rich in fats as the richest flesh foods. Rightly prepared whole grain bread has a greater food value than meat.

MEAT ENGENDERS DEADLY DISEASES.

The majority of all diseases are caused through flesh eating. Most maladies are due to the accumulation in the system of unexpelled putrid waste matter which causes fermentation, generates poisonous acids and toxins, and breeds disease germs. These morbid waste materials are mostly the remnants of the daily food, the "end and by" products of digestion, and therefore it is true that by far the largest percentage of all diseases is the result of wrong eating. Amongst the many harmful foods by which man shortens his life, flesh foods are the most destructive ones. Bright's disease, arterio-sclerosis, arthritis, appendicitis, tonsillitis, cancer, and a score of other diseases are caused through flesh eating.

Meat is carrion. Every piece of animal flesh which you eat, no matter how "fresh" you suppose it to be, is in a state of decay, for de-

composition sets in immediately after the life principle has left the animal body. The organism of the flesh eater must therefore expel not only its own waste matter which is constantly produced in the process of digestion, but also the decaying substances already present in the animal flesh, for instance uric acid, carbonic acid, ptomaine or corpse poison, and many equally destructive ones. The organs of elimination are not equal to this twofold task; gradually the body becomes laden with poisons, every meal adds to their quantity, and thus a flesh diet instead of "strengthening" the system greatly reduces its endurance and vitality and makes it an easy prey to the germs of infectious and other diseases. Germs thrive wherever putrefaction is. Keep your system clean by means of pure, natural food and disease will not attack you.

MEAT RESPONSIBLE FOR DRINKING.

Flesh eating fosters the liquor, tobacco and drug habits. Why? Because the irritating acids and poisons introduced into the system by flesh foods call for strong counter irritants. Avoid flesh foods and you will not crave poisonous stimulants.

TEA AND COFFEE, POISONOUS STIMULANTS.

Tea and coffee should be abstained from. Why? Because they have no food value what-

ever and contain poisons similar to uric acid and equally dangerous in their effects. They are particularly harmful when taken with meals through their retarding influence upon the digestion. Milk and cereal beverages and drinks made of fresh (not bottled) fruit juices should be used instead of tea and coffee, but the fruit beverages must not be taken with the meals.

EGGS AND BEANS TO BE TAKEN WITH CAUTION.

Eggs and the legumes or pulses, that is dried beans, dried peas, and lentils should be eaten sparingly. Why? Because they are very powerful protein foods, (the eggs in addition containing fats, the legumes containing starches) and all proteins, fats, and starches, after their nutritive elements have been extracted in the process of digestion, liberate certain morbid waste materials which form poisonous acids and noxious gases, and if allowed to accumulate in the tissues of the body endanger life and health. Not more than one egg a day should be eaten, including those which are used in the preparation of the other foods. Children should have less. In their green state peas and beans belong to the vegetable class, with a low percentage of protein and a high percentage of organic minerals.

PHYSICAL WORKERS REQUIRE NUTS.

Nuts are an excellent food and indispensable

to the physical worker, but on account of their extreme richness in fats and proteins they also should be taken in small quantities and always in combination with fruits or raw vegetables.

PIES ARE NOT FOOD.

Pies, pastries, doughnuts, and such like should not be included in the daily food. Why? Because they consist mainly of devitalized white flour and chemicalized white sugar, and therefore have little food value and load the system with the poisonous by-products of starch and sugar digestion.

BEWARE OF WHITE FLOUR PRODUCTS AND REFINED CEREALS.

Avoid the habitual use of white bread, white flour products and all of those cereals which have gone through a refining process. Eat whole meal bread and whole grained cereals instead. Why? Because the hull and outer layers of the grain which are removed in the modern process of milling, contain the tissue forming proteins, the bone, nerve and blood building organic minerals, and the life giving vitamins. In consequence of a foolish and ignorant demand for "snow white" flour and "polished" grains, modern machinery meddles with nature's wise provision and "refines" the perfect grain, which in its natural state contains all the substances needed for human nutriment, until all the true food elements are

extracted and nothing but starch remains.

When in conjunction with the other component parts of the grain, starch has its important function as a tissue builder and heat producer; it needs those other elements to balance it and to aid in its digestion; when torn from them it is robbed of vitamins and forms no longer a part of a natural organism, but has become an artificial, devitalized product, almost a chemical, which owing to its extreme slowness of digestion is a dangerous source of fermentation and acidity. In company with meat and white sugar, the excess of starch introduced into civilized diet by means of the white flour products and refined cereals is responsible for constipation and acidity of the stomach, and all manner of catarrhal conditions.

HOW TO AVOID CONSTIPATION.

The bran which man wrongly removes from the grain in his conceited attempts to improve upon nature also has the important function to serve as a broom for the intestines, to sweep offensive remnants away, to stimulate the peristaltic action of the bowels, and thus to act as a natural laxative. Eat whole grain bread, whole grain cereals, bran foods, fruit and green vegetables, and you will not be troubled with constipation. Fresh fruit juice or the water in which dried prunes or figs have been soaked, taken in the

early morning before breakfast stimulates the bowel action.

RICE.

Rice is a very recommendable cereal combining nutritive value with cleansing properties, but the white polished rice generally in use is not good. When you buy rice insist upon procuring the whole rice, unpeeled and unpolished, which is light brown in color.

BREAKFAST FOODS.

Cracked wheat makes a perfect breakfast food and is very economical. Why pay high prices for the valueless and harmful refined preparations while a small outlay in money procures you the wholesome natural product, together with a large profit in health.

Do not neglect to eat the crisp, dry breakfast foods, such as shredded wheat, corn flakes, etc., always provided that these foods are made of the *whole* grain. Do not dissolve them in hot milk; use cold milk or fruit juice sparingly on them and no white sugar. Avoid thin and pulpy "mushes." Why? Because starchy foods, before all others, have to be salivated before they can be digested, and mastication is necessary to liberate the saliva. If you eat soft boiled cereals, do not fail to eat a crust or a piece of toast with them.

DANGERS OF WHITE SUGAR AND CANDY.

Avoid the use of the commercial white sugar.

Why? Because the white sugar, which has been extracted from cane or beet and refined over and over again, has been devitalized to such a degree that it has become a chemical, which ferments in the system and changes into alcohol. The effect of white sugar, candy and all those preparations in which white sugar predominates is similar to that of alcoholic poisoning. When you foster or tolerate the candy habit in your children, you injure them much as if you were giving them liquor. Cultivate in them the taste for fruit, teach them to appreciate its delicious flavor and to prefer its wholesome natural sugar to the injurious artificial sugar products. Ice cream, soda fountain drinks, and most candies contain harmful chemicals in addition to the white sugar; if you wish to give your children a "treat" without doing them an injury, buy fruit for them instead of those dangerous concoctions and teach them to spend their pennies on fruit.

NATURAL SUGAR.

Dates, figs, bananas, and raisins are particularly rich in sugar; oranges contain a fair amount. All fruits and many vegetables answer the system's need of *natural* sugar which is easily digested, energy producing, and gently stimulating.

Banish white sugar from your household; use unrefined brown sugar, molasses, maple syrup, and honey.

MASTICATION.

Always remember that digestion begins in the mouth. Eat slowly and masticate your food thoroughly. Teach your children how to chew carefully. Mastication causes the flow of the gastric juice which helps the digestion of the food in the stomach. All raw food calls for careful mastication and this is one of the many reasons why uncooked food should play an important part in our daily diet.

WATER DRINKING.

Water, which dilutes the gastric juice, interferes with the digestive process if taken with meals. Do not drink water with your food but do not neglect to take it between meal times. Take it in moderation, however, and do not follow the "flushing" fad which may thin the blood too much and cause obesity and watery anaemia. The purest water is contained in fresh ripe fruit and the leafy green vegetables. If you eat freely of both these foods, especially in their raw state, you require less drinking water.

A certain amount of liquids is necessary in the digestive process, but re-

member that the water provided in the fruits and vegetables answers this need in a much more wholesome and effective manner than mere drinking water. If you omit fresh fruit and raw green vegetables from your diet, the gallons of water with which you may "flush" your system will not add to your health. Why? Because apart from the fluid, the eliminative properties of the *organic minerals* present in fruit and vegetables are required to dissolve the remnants from the other foods and to neutralize their acids. The minerals contained in water which are inorganic cannot accomplish this task. Furthermore, the bulk furnished by the skins and fibre of the fruit and vegetables serves in the aforementioned capacity of a broom for the removal of waste matter.

HOW TO BALANCE THE DAILY FARE.

The food substances needed by the human body for its perfect nourishment and the maintenance of its health and strength can be divided into five groups, namely proteins, starches, fats, sugars, and organic minerals. The last group is as important as the four others taken together. Two-thirds of our daily food should consist of the first four groups, in about equal proportions, the other third of the last group. Mark this well and remember it when regulating your diet: *thirty-three per cent of your daily*

food should consist of food containing a large percentage of organic minerals. Since the organic minerals (iron, sodium, calcium, magnesium, etc.) predominate in fruit and vegetables, you will realize the enormous importance of these two foods.

THE IMPORTANCE OF FRUIT AND VEGETABLES.

The proteins, starches, fats, and sugars build muscle and tissue, produce heat and energy; the organic minerals build bones, nerves and blood, endow the muscles with stamina, and the tissues with firmness of fibre. Rickets, bad teeth, and premature baldness are amongst the many detriments due to a diet deficient in fruit and green vegetables and consequently in organic minerals.

FRUIT A NECESSARY DAILY FOOD.

Fruit is not a luxury, as many people wrongly surmise, but a most necessary food without which the health of the body cannot be maintained. If you say that fruit does not agree with you, this is a sign that other unnatural food has left in your system certain poisons upon which the poison expelling, medicinal qualities of the fruit immediately begin to act, and the discomfort experienced is due to the battle fought for you by your friend, the fruit, against your enemies, the putrefying remnants of other foods. Are you not foolish to blame your friend and to continue your alliance with your enemies, the flesh foods, white bread, devitalized

starches, and commercial sugar? If the purest, cleanest, and most luscious food grown for your greatest benefit in nature's own garden seems to disagree with you, there is something wrong with your system. Heed the warning given by nature herself and remove the causes of this wrong condition, by abstaining from the acid-forming unnatural foods, and you will realize that only benefits can result from fruit eating.

FRUIT DOES NOT CAUSE ACIDITY.

Mark this, acidity of the stomach is not caused by fruit, but by flesh foods, white flour products, white sugar, tea, coffee, or an over amount of vegetable proteids.

FRUIT AND VEGETABLES PREVENT ACID DISEASES.

Fruit and vegetables, especially the green, leafy vegetables, are the natural preventatives of acid diseases. Why? Because the proteins, starches, fats, and sugars, which in the process of digestion liberate poisonous waste matter, are acid-forming substances, whereas it is in the nature of the organic minerals to neutralize and eliminate acids and to clear the system of the by-products left by the other substances.

FRUITS ARE NATURE'S MEDICINES.

Fruits are natural tonics and stimulants, medicines, blood purifiers, and antiseptics.

In case of a cold, it is advisable to abstain from all food for a day or two, with the ex-

ception of fruit and fruit juices. Pineapple and pineapple juice are to be recommended for their beneficial effect on the throat and respiratory organs.

SUN DRIED FRUIT.

Do not spoil the wholesomeness of fruit by canning and jammaking. Next to the fresh ripe fruit, the dried fruit is the best, but only the sun dried fruit should be used, not the harmful sulphur-dried kind.

FRUITS AND CEREALS.

For some people it seems to be better not to combine cereals with tart fruits, which are wrongly called "acid" fruits, at the same meal. They should eat sweet fruits only in combination with cereal foods, and partake of the other fruits or their juices between meal times, preferably at arising or before retiring.

APPLES.

The apple, which can always be obtained even in northern climates, is amongst the most valuable of all fruits.

NO WASTE IN NATURAL FOODS.

Vegetables in order to retain as much as possible of their food value should either be steamed or boiled in the smallest possible amount of water and served in their own juices. The vegetable peelings, the coarse outside leaves of the green vegetables, the hard parts of the roots, should be used for the making of soups. To-

matoes and cucumbers should not be peeled. Potatoes should be boiled in their skins, preferably baked in them, and the skins eaten, if not too tough.

VEGETABLE FATS.

Besides butter, only vegetable fats should be used and these sparingly, since all natural foods contain natural oils.

SEASONING HARMFUL.

Strong spices, highly seasoned dishes, condiments, pepper, and vinegar should be avoided, and salt used very sparingly and never with raw foods. Use lemon juice instead of vinegar. Lemon juice promotes digestion, vinegar retards it.

SIPPING LIQUIDS.

Acquire the habit of sipping all liquids, water included, instead of gulping them.

MILK.

Buttermilk or thick clabbered milk is often more easily digested than sweet milk, and is to be recommended for its cleansing qualities.

Milk combines with all natural foods. About one pint of milk a day is the right quantity for an adult, one quart for children one year to fourteen years of age. Some people are sensitive to milk and cannot take it.

EAT RAW VEGETABLES.

Amongst the many vegetables to be eaten raw

are lettuce, cos lettuce or romaine, chicory, endive, cabbage (cold slaw), watercress, mustard cress, dandelion, New Zealand spinach, dock, sorrel, parsley, celery, radishes, cucumbers, tomatoes, raw grated or flaked carrot, raw grated or flaked beet, onion, etc.

ONION SANDWICH.

The raw onion is not only an excellent blood purifier but also a nerve tonic, and has a beneficent influence on the breathing organs. In cases of nervousness, insomnia, colds, and throat and lung trouble an onion sandwich at night before retiring is to be recommended. Soak the raw onion in salted water, then chop finely and spread in a thick layer between buttered slices of bread.

LETTUCE AS A TONIC.

On account of their richness in organic minerals and vitamins the leafy green vegetables are important above all other vegetables, and lettuce is the foremost. It should be eaten daily and form the chief constituent of all raw salads. Lettuce is your natural iron tonic.

Artificial tonics in which the iron or other minerals contained, even though extracted from vegetables, are inorganic, instead of organic, cannot be assimilated and are harmful.

ONE UNCOOKED MEAL A DAY.

Make it a strict rule to have one meal a day

composed entirely of uncooked food, that is of fresh raw fruit, or fresh raw vegetables. Why? Because these foods which help you digest the other foods, purify your system, and build your nerves, blood, and bones, are much more potent in their raw state. Cooking does not destroy the organic minerals and vitamins, but it diminishes their potency.

As in the outer layers of the grain, so the vitamins prevail in the skins and close to the skins of fruits. Therefore it is important that fruit should not be peeled.

VITAMINES BRING YOU SUN FORCE.

What are vitamins? They are subtle, rarefied substances which chemistry cannot analyze, yet which are present in all natural, living foods. The word means *living substance*. Vitamins are not food elements, but they permeate and vitalize every food element. Without their life-instilling presence a food product becomes dead, inorganic, and devoid of its health promoting qualities, as we have seen in the case of refined cereals and the white sugar. The vitamins have a particular affinity for organic minerals, and all foods abounding in the latter are also rich in vitamins. They are carriers of the sun force and represent the life principle of our food.

NOTE: This pamphlet may be had for \$2.50 per 100

The Rosicrucian Philosophy

by

Correspondence

Among other activities the Rosicrucian Fellowship has a preliminary correspondence course of twelve lessons upon the philosophy, using the *Cosmo-Conception* as the text book.

This course being completed, the student may apply for admission to the regular student course. This includes a monthly letter and lesson by Mrs. Max Heindel, devoted to a study of the philosophy in its practical aspects.

These courses are designed to prepare the student for more advanced work which will enable him to probe more deeply the mystery of Life and Being.

If you wish to be admitted to these courses, address.

THE ROSICRUCIAN FELLOWSHIP,

Oceanside, California.

Correspondence Courses in Astrology

To us, Astrology is a phase of Religion. We teach it to others on condition that they will not prostitute it for gain, but will use it to help and heal suffering humanity.

We conduct two correspondence courses in astrology, the Junior and the Senior.

Anyone who is not engaged in fortune telling or similar methods of commercializing spiritual knowledge may be admitted to instruction in either of these courses.

If you are interested, address,

THE ROSICRUCIAN FELLOWSHIP,

Oceanside, California.

THE ROSICRUCIAN FELLOWSHIP

Mt. ECCLESIA

Oceanside, - - - - - California



Date.....192

Enclosed you will find \$2.00. Please enter my subscription to "*Rays from the Rose Cross*," the Rosicrucian Fellowship Magazine, for one year.

N.....

Street.....

City.....

State.....

**Rays From the Rose Cross,
The
Rosicrucian Fellowship Magazine**

PRICE \$2.00 PER YEAR

Those who desire spiritual knowledge and guidance on the Path, will find what they seek in the Western Wisdom Teachings (the Rosicrucian Philosophy) which throw a light upon the problems of LIFE and DEATH that is far-reaching and soul satisfying. The *Rosicrucian Fellowship Magazine* expounds this Philosophy in an interesting and entertaining manner, and in addition covers the general field of an occult magazine. Its general contents are as follows:

**CHRIST AND HIS MISSION
THE MYSTERIES OF THE BIBLE
OCCULTISM MYSTICISM
ASTROLOGY
QUESTIONS AND ANSWERS ON
MYSTICAL SUBJECTS
NUTRITION—HEALTH—HEALING
CHILDREN'S DEPARTMENT
OCCULT STORIES**

You will find this magazine of inestimable value to you. You should be a subscriber to it. Please pass the word regarding it to your friends.

The Rosicrucian Fellowship
Mt. ECCLESIA
Oceanside, - - - - California