

The Wisdom of the Vegetarian Diet

Most people feel that a meal without meat is incomplete, for from time immemorial it has been regarded as an axiom that meat is the most strengthening food we have. All other foodstuffs have been looked upon as mere accessories to the one or more kinds of flesh on the menu. Nothing could be more erroneous; science has proven by experiments that invariably the nourishment obtained from vegetables has a greater sustaining power, and the reason is easy to see when we look at the matter from the occult side.

The Law of Assimilation

The Law of Assimilation is that "no particle of food may be built into the body by the forces whose task that is until it has been overcome by the indwelling Spirit." The Ego must be absolute and undisputed ruler in the body, governing the cells as an autocrat, or they would all go their own ways as they do in decay when the Ego has fled.

The level of the consciousness of the cell determines its power as a unit. The lower its consciousness, the easier it is for the Ego to act as the governing head of the bodily functions. Cells taken into the body also have their individual and collective consciousness. Therefore, the level of their spiritual attainment is a factor to be considered when food is to be used by the organism. The different kingdoms have different vehicles and consequently a different consciousness. The mineral has only its dense body and a consciousness like the deepest trance. It would, therefore, be easiest to subject foods taken directly from the mineral kingdom. Mineral food would remain with us the longest, obviating the necessity of eating so often; but unfortunately we find that the human organism vibrates so rapidly that it is incapable of assimilating the inert mineral directly. Salt and like substances are passed out of the system at once without having been assimilated at all. The air is full of nitrogen which we need to repair waste; we breathe it into our system, yet cannot assimilate it, or any other mineral, till it has first been transmuted in Nature's laboratory and built into the plants.

The plants have a dense and a vital body, which enables them to do this work. Their consciousness is as a deep, dreamless sleep. Thus it is easy for the Ego to overpower the vegetable cells and keep them in subjection for a long time, hence the great sustaining power of the vegetable.

Animal Food

In animal food the cells have already become more individualized, and as the animal has a desire body giving it a passionate nature, it is easily understood that when we eat meat it is harder to overcome these cells which have animal consciousness resembling the dream state, and also that such particles will not stay long in subjection. Hence a meat diet requires larger quantities and more frequent meals than the vegetable or fruit diet. If we should go one step farther and eat the flesh of carnivorous animals, we should find ourselves hungry all the time, for there the cells have become exceedingly

individualized and will, therefore, seek their freedom and gain it so much the quicker. An excess of meat is burned up, but leaves poisonous uric acid, and it is being more and more recognized that the less meat we eat, the better for our well-being.

It is natural that we should desire the very best of food, but every animal body has in it the poisons of decay. The venous blood is filled with carbon dioxide and other noxious products on their way to the kidneys or the pores of the skin to be expelled as urine or perspiration. These loathsome substances are in every part of the flesh and when we eat such food we are filling our bodies with toxic poisons. Much sickness is due to our use of flesh foods.

There is plenty of proof that a carnivorous diet fosters ferocity. We may mention the well-known fierceness of beasts of prey, while the prodigious strength and the docile nature of the ox, the elephant, and the horse show the effect of the herb diet on animals.

Healthy Foods

As soon as we adopt the vegetarian diet, we escape one of the most serious menaces of health: the putrefaction of particles of flesh embedded between the teeth. Fruits, cereals, and vegetables are from their very natures slow to decay; each particle contains an enormous amount of ether which keeps it alive and sweet for a long time, whereas the ether which interpenetrated the flesh and composed the vital body of an animal was taken away with the Spirit thereof at the time of death. Thus the danger from infection through vegetable foods is very small, and many of them are actually antiseptic in a very high degree. This applies particularly to the citrus fruits: oranges, lemons, grapefruits, etc., not to speak of the king of all antiseptics, the pineapple. Instead of poisoning the digestive tract with putrefactive elements as meats do, fruits cleanse and purify the system, and the pineapple is one of the finest aids to digestion known to man. It is far superior to pepsin and no cruelty to sentient life is used to obtain it. Some modern nutritionists advise that for full benefit of the nutrients, citrus fruits should not be mixed with other foods.

Cell Salts

There are twelve salts in the body known as cell salts; they are very vital and represent the twelve signs of the zodiac. These salts are required for the building of the body. They are not mineral salts as generally supposed, but are vegetable. The mineral has no vital body, and it is only by way of the vital body that assimilation is accomplished. Therefore, we have to obtain these salts through the vegetable kingdom.

Raw or Cooked?

Heat destroys the vital body of the plant and leaves only the mineral part. Therefore, if we desire to renew the supply of these salts in our bodies, we must obtain them from the uncooked vegetable. Since cooking destroys the valuable cell salts, our diet should contain a large percentage of raw food. Herb teas, which should be steeped and not boiled, are also very rich in vegetable salts.

But we must not jump to the conclusion that everyone should stop eating meat and live entirely on

raw plant food. At the present stage of evolution there are very few who can do so. We must take care not to raise the vibrations of our bodies too rapidly, for we, to continue our labor in the present conditions, must have bodies fitted for the work.

Occultists know that there is a flame in the skull at the base of the brain. It burns continually in the medulla oblongata at the head of the spinal cord, and is of divine origin. This fire emits a singing sound like the buzz of a bee and is the keynote of the physical body. It builds and cements together that mass of cells known as "our body."

Harmless as Doves

The fire burns high or low, clear or dim, according to how we feed it. There is fire in everything in Nature except the mineral kingdom. It has no vital body and therefore no avenue for the ingress of the Life Spirit, the fire. We replenish this sacred fire partly from the forces from the Sun entering the vital body through the etheric counterpart of the spleen, and from there to the solar plexus where it is colored and then carried upward through the blood. We also feed this fire from the living fire we absorb from the uncooked food which we eat and thus assimilate.

Looking at the matter of flesh-eating from the ethical side also, it is against the higher conception to kill to eat. We have a heavy debt to pay to the lower creatures whose mentors we should be, but whose murderers we are; the good law which works ever to correct abuses will in time relegate the habit of eating murdered animals to the scrap heap of obsolete practices.

Man, in his earlier stages of unfoldment, was like the beasts of prey in certain respects. However, he is to become God-like and thus he must cease to destroy in order that he may commence to create. Flesh food has fostered human ingenuity of a low order in the past; it has served a purpose in our evolution; but we are now standing on the threshold of a New Age, when self-sacrifice and service will bring spiritual growth to humanity. The evolution of the mind will bring a wisdom beyond our greatest conception, but before it will be safe to entrust us with that wisdom, we must become harmless as doves. Otherwise we would be apt to turn it to such selfish and destructive purposes that it would be an inconceivable menace to our fellow men. To avoid this, the vegetable diet must be adopted.

Practical Considerations

From the purely practical standpoint, too, the vegetarian diet is advantageous. The ever more prohibited price of meat is causing housewives to turn to substitutes, and people are gradually being taught that the God-given food, the vegetable, is most delicious and healthful. Many people who have been eating more fruits and vegetables are coming to realize that they are gaining in health and, in many cases, that this physical betterment has been accompanied by moral and mental improvement. It has been claimed that it takes twelve acres of pasture to raise the meat sufficient to feed one man. If these twelve acres of land were used for truck gardening, they would produce enough to feed several fair-sized families. With the population increase all over the world, it will soon become necessary to discontinue stock raising and devote the acreage to wheat and vegetable growing.

In this changing age, when more advanced Egos are born, many of them are naturally vegetarians; a new race having a higher consciousness is coming to birth, especially on the Pacific coast. The coming

age will be a vegetarian age, and all who are progressive will naturally fall in line and become vegetarians--the others will remain behind and be classed among the stragglers of humanity.

The Newer Hygiene of Living

Spiritual Healing

Spiritual healing is an important phase of the work of The Rosicrucian Fellowship. Healing is accomplished with the aid of the Invisible Helpers, who are sufficiently advanced in evolution to be able to leave their physical bodies and function on the spiritual planes at night. They are under the guidance of the Elder Brothers of the Rose Cross.

The Healing Department is the office of The Rosicrucian Fellowship through which healing requests are channeled, and any person in any part of the world may apply for healing to the Healing Department. He contacts the healing force through his application and through successive weekly letters which maintain his connection with the Invisible Helpers.

This work is conducted on the freewill offering basis. To be placed on the Healing List, address as follows: The Rosicrucian Fellowship, Healing Department, P.O. Box 713, Oceanside, California, 92054-0112 U.S.A.

The New Hygiene

The Rosicrucian motto, "A sane mind, a soft heart, a sound body," implies the harmonious coordination of mind, soul, and body in a balanced whole, so that sound mentality, brotherly love, and good health combine to make life a continual adventure of buoyant hopes and aspirations to live according to the highest ethics.

One writer and physician defines health as a condition that makes possible the highest enjoyment of life and the greatest constructive work, and that shows itself in the best service to the world. He adds, "It involves keeping the body and mind at the highest levels, living at one's best and not being satisfied with mere absence from sickness. Health may be defined as the quality of life that renders the individual fit to live most and serve best."

Health is a quality that lifts, inspires, and urges one on toward effort and achievement. To develop this balance, the three primary factors -- right thoughts, right actions, and right foods -- must become part of daily life.

Factors Determining the Selection of Food

Many factors determine the selection of food. No two people are alike; hence, "One man's food is another man's poison." The kinds and amounts of foods required are influenced by many conditions,

such as height, weight, climate, season, rate of metabolism, state of health, condition of the glands, individual temperament, age, rate of growth of children, amount of exercise, and amount of sleep.

Another important factor which is often called "the psychology of digestion" includes the state of mind at the time of eating and the enjoyment derived from the food. Never eat solid food while under emotional strain such as worry, fear, or anger, or while very tired, cold, or otherwise uncomfortable. Food, to be beneficial, must be thoroughly assimilated. While tastes for certain foods must often be acquired, an aversion to any particular food is sometimes a natural warning against that food or combination of foods. It must be remembered, however, that taste is the result of training and habit, and every healthy person can and should learn to eat all vegetables and fruits.

As the science of dietetics progresses, more diseases are being included in the class of nutritional disorders. It is now a well-recognized fact that chronic cases, for example, of asthma, hay fever, catarrh, skin diseases, etc., respond to correct diet. No diets can be given offhand, however, as "food tests" must be made and the diet planned according to the patient's needs and idiosyncrasies. A well balanced diet is safest for healthy people, as it contains combinations of all elements necessary for maintaining health.

Food Requirements of the Body

The average proportions of food principles in a good diet are: carbohydrates, 60 percent; fats, 25 percent; and protein, 15 percent. In addition, for the regulation of body processes, there must be minerals, vitamins, water, and cellulose. The general outline given below may prove helpful in planning a balanced diet according to individual needs.

Food Constituents

I. CARBOHYDRATES

1. Function: to produce heat and energy.
2. Sources: sugars and starches; sugar cane, beets, sweet fruits, honey, cereals, breadstuffs, potatoes, and starchy vegetables.

II. FATS

1. Function: to produce heat and energy.
2. Sources: butter, cream, vegetable oils, olive oil, nuts, nut products, cotton seed oil products, chocolate, coconut, avocado.

III. PROTEIN

1. Function: to build and repair tissue.
2. Sources: milk, cheese, eggs, nuts, legumes, cereals, avocados.

Minerals (Cell, Tissue, or Food Salts)

Minerals are vital for health and well-being. Although only small quantities are found in the physical body, each has special functions of importance. They promote life in every cell and fluid. Indeed, without minerals, vitamins cannot perform their work and good health cannot be maintained. In preparing grains and vegetables it is essential to avoid excessive heat. Use a minimum of water and cover saucepans with air-tight lids to prevent oxidation during cooking and retain nutrients and precious minerals.

CALCIUM: promotes cell life and growth; forms matrix for tooth and bone development; supplies endurance and vitality; keeps water in the body, sunshine necessary for proper utilization. Sources: fruits, vegetables, cheese, egg yolk, milk, kelp, walnuts, sesame seeds.

CHLORINE: body cleanser, purifier, digestive aid, waste eliminator. Sources: cheese, coconut, cow milk, goat milk, salt.

FLUORINE: germ killer; forms tooth enamel, bone knitter; strengthens entire body. Sources: Brussels sprouts, cabbage, cauliflower, cheese, egg yolk, goat milk, tomatoes, watercress.

IODINE: active in stimulating normal cell and gland action; beneficial to nerves. Sources: asparagus, carrots, dulse, garlic, grapes, Irish moss, mushrooms, pineapple, baked potatoes, watercress.

IRON: body's janitor; carries oxygen from lungs to blood - forming part of the hemoglobin molecule; gives vitality, magnetism and "pep." Sources: dried fruits, leafy green vegetables, legumes, brewers' yeast, whole grain cereals, egg yolk, blackstrap molasses, nuts.

MAGNESIUM: nature's laxative; promotes building of nerve cells; steadies nerves-aids well-being. Sources: whole grains, wheat germ, berries, corn, coconut, figs, dandelion, barley, grapefruit, oranges, peanuts, nuts.

MANGANESE: acts as brain and nerve food; coordinates proper transmission of nerve impulses. Sources: bananas, dandelion, eggs, endive, leafy vegetables, mint, nearly all nuts, parsley, peas, honey, senna leaves, watercress, whole grains.

PHOSPHORUS: builds brain and bone; thought builder; aids hair and teeth growth; stimulates body functions. Sources: beans, cheese, cloves, corn, dulse, egg yolk, grapes, honey, Irish moss, kelp, lentils, lima beans, milk, nuts, agar, onions, pineapple, sage, sugar cane juice.

POTASSIUM: necessary for proper functioning of the blood, liver and spleen; controls muscular system; promotes sleep. Sources: fruits, whole grains, leafy vegetables, figs, grapes, green peppers, lima beans, honey, green lettuce, mint, parsley, Swiss chard, watercress, watermelon, tomatoes.

SILICON: powerful antiseptic -- acts as body's surgeon; promotes resistance to infection; sharpens hearing; polishes and hardens bones and teeth; gives sparkle to eyes, gloss to hair. Sources: apricots, asparagus, barley, cabbage, cucumbers, figs, lettuce, oats, parsnips, rice, spinach, strawberries,

tomatoes.

SODIUM: maintains elasticity of the connective tissue; alkaline and curative agent, dissolves mineral deposits, blood purifier and builder; promotes digestion; gives strength and endurance. Sources: asparagus, beets, black figs, carrots, celery, cheese, cucumbers, egg yolk, honey, lima beans, okra, pumpkin, turnips, strawberries, string beans, wheat germ.

SULPHUR: promotes good skin tone, strengthens hair and nails; nervous system benefic; increases bile flow; Amuses liver Sources asparagus, beans, bran, Brussels sprouts, cabbage, figs, carrots, cauliflower, celery, chestnuts, kale, kohlrabi, leeks, mustard greens, onions, peas, radishes, rutabagas, wild rice.

Vitamins

Vitamins serve as body regulators They are not food elements but permeate and vitalize foods which otherwise lack health-promoting qualities. These substances have a special affinity for organic minerals carrying the Sun force -- the life principle of food. Each vitamin performs specific functions --only small quantities are required but a deficiency may prove disastrous and it is essential to eat unrefined quality foods which supply the nutrients known to aid in better health and strength. Vitamins are not substitutes for vitamin- rich foods. A balanced diet of fruits, grains, and vegetables is necessary for greatest benefit from vitamin and mineral supplements. Vitamins are found in greatest concentration beneath the skin of fruits and vegetables and are unnecessarily lost when these skins are not utilized in food preparation.

VITAMIN A gives a smooth skin; normal vision; resists and disease; promotes growth and longevity; stored in the body for use as needed; depletes rapidly under strain and stress. When cooking, it is imperative to use a pan with a tight-fitting lid; season just before serving to retain vitamin. Sources: fruits, green and yellow vegetables, leafy greens, peas, prunes, egg yolks, pumpkin, green beans, soybeans, squash, tomatoes.

VITAMIN B COMPLEX best known of this family are:

Vitamin B-1 (Thiamine) spark plug or "pep" vitamin.

Vitamin B-2 (Riboflavin) for longevity; skin and eye beauty.

Niacin -- for healthy skin, blood and digestion.

Vitamin B-6 (Pyridoxine) nerve soother; restful sleep.

Pantothenic Acid -- prevents tooth decay; delays age changes; food allergies.

Folic Acid -- anti-anemic vitamin.

Inositol -- keeps arteries and hair young.

Biotin -- for energy and mental health in later life.

Cholin -- for liver health; aids fat digestion and gall bladder.

Thus we realize the importance of each vitamin in the B complex and their correlation to better health. Sources: bran, buttermilk, cheese, yellow corn meal, dried dates, egg yolk, honey, green lima beans, mushrooms, nuts, peanuts, raisins, beet greens, leafy greens, whole-grains, rice bran, rice polishings, buckwheat-cotton-seed-peanut-soybean-whole wheat flours.

VITAMIN C (Ascorbic Acid) promotes growth; maintains connective tissue; aids tooth and bone formation; protects blood cell walls; overcomes infections. Needs replenishing daily; lost rapidly in exposure to room temperature -- less when refrigerated. To prevent vitamin loss, cook in a tightly-covered container over a low heat using small amounts of liquid; never use soda when cooking and refrain from thawing frozen foods before cooking. Acid fruits and vegetables lose less vitamin C than non-acid, even during canning; non-acid lose nearly all vitamin C in that process. Sources: fruits including citrus, leafy green vegetables, turnips, pure honey, pineapple, rose hips, tomatoes, yellow vegetables.

VITAMIN D is an essential for metabolism of calcium and phosphorus; promotes growth during childhood; aids growth, bone and teeth; nerve relaxer. Sources butter, egg yolk, milk. Non-food sources: sunshine and irradiation. Vitamin D is needed daily to supply the minimum requirement. Non-dairy sources: sprouted seeds, mushrooms, sunflower seeds, green leafy vegetables.

VITAMIN E (Tocopherol) is indispensable to growth and function of reproductive glands and organs; strengthens heart muscles; believed to destroy scar tissue; repairs and strengthens cells; good for skin. Vitamin E is not harmed in cooking or storing, but is quickly destroyed when rancid. Sources: germ of all cereal grains, alfalfa, avocado, carrots, whole corn, egg yolk, leafy vegetables, coconut-olive-wheat germ-soybean oils.

VITAMIN F (Fats) provide energy; carrier of vitamins; surrounds, protects, and holds in place kidneys, heart, liver, etc. Preserves body heat in temperature changes; prolongs digestive process. An excess causes weight gain, obesity, and indigestion by slowing digestion and absorption. Best stored in covered containers away from direct light in cool place. Sources: avocados, eggs, cotton-seed -- peanut -- safflower --sesame-soybean oils.

VITAMIN G assists in prevention of pellagra and its symptoms. Sources: legumes, milk, green vegetables.

VITAMIN K is necessary for blood coagulation. Sources: leafy green vegetables, beet and carrot tops, yogurt, acidophilus, Swiss chard.

VITAMIN P (Rutin) gives healthy skin and arteries; normal blood pressure, prevents strokes. Sources: lemon and orange peel, green peppers.

VITAMIN U is so named for its beneficial action on ulcers. Sources: raw cabbage juice, celery, fresh greens, raw egg yolk, some vegetable fats. Sensitive to heat, none in cooked foods.

Water

1. Functions: to dissolve nutritive materials thus making absorption possible; to prevent constipation; to keep mucous membranes soft; to aid in regulating body temperatures; to form an essential constituent of tissue cells and body fluids, such as blood, lymph, and digestive juices.

2. Sources: distilled water and fruit juices are the best sources. Only water that is free from lime and magnesia compounds should be used, as the deposit of these in the system causes hardening of the arteries and tissues, commonly known as "old age." If much mineral deposit has been going on in the past one meal a day should be omitted and buttermilk or grape juice substituted, as both act as solvents of calcareous material. Drink plenty of pure water between meals.

Cellulose (Roughage)

1. Function: to produce bulk for cleaning intestines by stimulating peristalsis.

2. Sources: bran, whole cereals, fresh vegetables, fruits.

Nutrition

Good nutrition implies a moderate food supply which furnishes every essential substance needed by the body in the right proportions. Some of the factors which result in poor nutrition are:

1. Insufficient amounts and improper kinds of foods.

2. Physical defects, such as poor teeth, infected tonsils, enlarged adenoids.

3. Faulty habits of eating and living which include: lack of fresh air and sunshine; inattention to personal cleanliness; unpleasant surroundings; unwholesome mental attitudes; too little recreation; improper elimination

Menu Planning

A carefully planned and balanced menu for each meal may consist of the following:

BREAKFAST -- Orange juice or fresh fruit and a few almonds may form the morning meal for persons of sedentary habits who rise late and lunch early. Those who lead a strenuous life may fortify themselves by a well-selected breakfast consisting of fruit or fruit juices, cereal, alternating with egg and whole wheat bread, and a beverage. The fruit should be preferably oranges, grapefruit, or fresh

fruit in season. Stewed or dried fruit may be substituted frequently.

DINNER -- Soup, a meat substitute, one cooked vegetable, potato or whole rice, raw salad, and a light dessert may compose the dinner. The dinner soup is usually a clear soup or consomme, but may be omitted altogether unless there is special need for stimulating the appetite or for warmth.

LUNCHEON OR SUPPER -- Soup, raw salad, cottage cheese, one slice whole wheat toast, and a dessert may constitute the supper; or, such foods as compensate for any dietary deficiency which may have occurred in the other two meals may be used.

The following classification of foods will be found helpful in planning meals:

Body Builders

MUSCLE-FORMERS (Protein): Milk, eggs, cheese, nuts, legumes (Peas, beans; lentils).

BONE-FORMERS: Milk, whole cereals, vegetables, fruits.

BLOOD-FORMERS: Vegetables, especially green leafy ones, egg yolk, bran and whole cereals, fruits.

Fuels (For Heat and Energy)

FATS AND OILS: Butter, cream, olive and other oils, nuts.

STARCHES: Cereals, potatoes, breads.

SUGARS: Cane, beet, maple, fruits, sweets.

PROTEINS: Milk, cheese, eggs, nuts, legumes.

Body Regulators

VITAMINS: Whole cereals, milk, eggs, vegetables, fruits.

BULK (Cellulose): Coarse vegetables, bran, and whole cereals.

Meat Substitutes

Foods that may be used in place of meat include legumes, nuts, cheese, eggs, milk and avocados. Vegetables and cereals contain protein in lesser amounts. Nuts, with the exception of pecans, are very rich in this food principle, while pine nuts and almonds contain protein in larger percentage than does meat itself. The soy bean is more than a substitute for meat. It is rich in lime, and contains vitamins that meat lacks; its protein is "complete."

It is very evident that one need have no fear of suffering from lack of protein when meat is left out of the diet.

Reasons for Abstaining from Meat

1. The lower animals are evolving Spirits, have sensibilities, and are animated by the life of God. We must help instead of hinder their evolution.
2. Vegetables have greater sustaining, strengthening, and energy-giving power than meat, and require less energy for assimilation.
3. Meat is full of toxins and products of decay, also quantities of waste products of the slain animal, such as uric acid.
4. Vegetable proteins are not subject to putrefaction within the intestines as are meat proteins.
5. Our cells are built from the food we eat, and we partake of the characteristics of that material of which our physical bodies are composed.
6. Spiritual development is much more difficult with the lowered vibrations caused by the utilization of the flesh of animals.

Food Additives and Stimulants (Coffee, Tea, Cocoa)

A dogmatic statement in regard to the use of these beverages may antagonize many persons, as views concerning the effect often are conflicting. It is unquestionably true that to some persons coffee is a poison, causing toxic conditions, disordered digestion, and nervous disturbances. On the other hand, some persons drink it without any bad effects. The same may be said of tea and cocoa. It is unwise to say that these products will harm no one. The methylated purines found in coffee are approximately 3 to 9 grains, in tea, 6 to 8 grains, and in cocoa more than 4 grains per ounce.

Alcohol

Many years ago nearly all medical authorities taught that alcohol was a food, a stimulant, a remedy of the highest value. Today all this is changed. The result of laboratory researches conducted to deter mine

the nature of alcohol and its effects upon the human body has completely upset and reversed the old beliefs and teachings.

Alcohol presents a social problem and will be settled only by education. What are the facts regarding its effects upon health? They are seen in the nervous system; the digestive tract and circulatory system show impaired changes from its use. The external effects of alcoholism show in irritability, increased susceptibility to disease, and lowered vitality. Alcohol is not a food (it burns too fast for the human machine); it poisons the highest centers and sets free the lowest instincts in man by impairing the controls of the brain.

Esoteric students know that those who use alcohol cannot function in the higher worlds because with the lowered vibrations produced by its use the pituitary body and pineal gland cannot be set in motion, as they function through the higher ethers.

Tobacco

It has been shown that there are other constituents than nicotine to consider when viewing tobacco from a health angle. There are, for instance, gases of ammonia, pyridine derivatives, and carbon monoxide -- all harmful -- although nicotine is probably the most injurious. The youth who looks forward to excellence in athletics, achievement in business or professions, or to self-control, will select his habits as carefully as he does his friends, his food as carefully as his facts, and will not do anything that he knows is injurious to body and mind. Smokers find that they become nervous, lose their appetite for wholesome food, show a distinct loss in efficiency, and a loss of spiritual powers.

Spices and Condiments

The taste for condiments is altogether an acquired one. It is true these substances may be used in extremely minute quantities for a long time without apparent injury, but their free use finally irritates the stomach, damages the liver and kidneys, and many contribute to high blood pressure and hardening of the arteries. Spices and condiments are not foodstuffs in the ordinary sense, but stimulate the desire body and passions. Those that contain irritating oils are mustard, horseradish, pepper, and other spices.

Salt

When salt is used in small quantities no evidence of serious injury is apparent; however, when used too liberally it produces various disorders of nutrition and overworks the kidneys. In certain forms of disease salt may be wholly excluded from the diet by order of the physician.

Acid-Base Balance in Foods

Foodstuffs may yield either an acid or a basic ash. Acidity or alkalinity of foods means the reaction which they will ultimately yield after being burned in the body. The acids of most fruits are so utilized in the body that an alkaline or basic ash results. Some other foods, such as cereals and meat, not acid in taste, are strongly acid when their final products reach the blood.

The human body always maintains a slightly alkaline reaction in the blood and tissues regardless of the diet. If the food has been potentially acid, however, the disposal of the excess will result in a strongly acid urine. This indicates an excess of acid in the blood and tissue-fluids which is likely to cause kidney and blood vessel disease, a tendency to common colds, gout, and other ailments.

To keep the body in a state of health and high resistance to disease, the normal alkalinity of the blood and tissue-fluids must be maintained. This can be done by a neutral or slightly basic diet, which means avoiding an excess of acid-producing foods. By referring to the following list a diet may be so selected as to balance the acid-base factors.

Alkaline-Producing Foods

Lima Beans, Dates, Spinach and other Greens, fresh Beets, Milk, Molasses, Raisins, Almonds, Parsnips, Coconuts, Pineapple, Sweet Potatoes, Plums, Cabbage, Bananas, Oranges, Tomatoes, Lemons, String Beans, Peas, Cottage Cheese, Watercress, Carrots, Figs, Rutabagas, Turnips, Cucumbers, Apples, Pears, Radishes, Onions, Peas, Celery, Melons, Squash, Lettuce, Potatoes, Peaches, Mushrooms, Grape Juice

Acid-Producing Foods

Meats, Corn, Fish and Shell Fish, Walnuts, Poultry, Cheddar Cheese, Cereals, Breads, Flour Products, Egg Yolks, Barley, Rice, Spaghetti, Butter, Lentils, Peanuts, Cranberries, Prunes, Rhubarb, Pastry, Macaroni

Neutral Foods

Tapioca, Cream, Cornstarch, Honey, Natural Syrup

Acidosis

Acidosis relates to a condition of the body in which acids are predominant.

There are two forms of acidosis: true acidosis which is often called acid condition, referred to above; and relative acidosis, caused by improper combustion and assimilation of fats, which is counteracted by

a low fat diet.

The ash results of prunes, cranberries, and rhubarb are alkaline in nature, but because of the unoxidizable acid they contain, increase the acidity of the body.

(Although The Rosicrucian Fellowship advocates a vegetarian diet, meats and fish included under they proper listing of acid-producing foods, as a matter of general information.)

Mental Health

A healthy mental Age can be developed just as surely as firm, strong muscle. though R b not easy, most persons can so direct their thoughts and order their lives to gradually build a high order of self-control.

Mental training means a training in control, in removing unwholesome states, and in substituting wholesome plans and purposes and gratifying interests.

The most common abnormal mental function is worry. Worry jangles the vibrations and actuary frustrates the plans one wishes to achieve. Again we call your attention to the fact that "Christ exhorted us to be unconcerned about material things, for He knew the effect of fear and worry in retarding progress. When we do our duty and faithful work to day to day, we are planning sufficiently for the morrow, and may depend upon that to the cue a Self."

A wholesome mental attitude cannot be acquired suddenly. It is not a gift, but must be gained by persistent and determined effort to see straight and keep the values of life clear. All our experiences can be stepping stones; worry makes them stumbling blocks.

In view of the above, we see that functional diseases of the nervous system frequently are caused by worry. Both hysteria and neurasthenia are direct results.

To train oneself in small things is to begin to build a power which, when crises arise, will enable one to be strong and self-sufficient. Children should be encouraged to face their problems without always expecting to be rescued.

Open-mindedness and breadth of view favor a sound mind with ability to see new relationships, to understand new meanings, and to find new values, making for variety, interests, and health.

Health Habits

Health laws are the laws of proper living. However, health can be affected by outside influences, such as one's home surroundings and community environment.

The achievement of health and the overcoming of latent weaknesses depend upon building up well-ordered habits of thought and daily living. Habits need to be flexible in order that they may help us to

change and improve our mental and physical modes of living. Unhygienic habits like taking unwholesome stimulants, entertaining depressing thoughts, etc. are definitely destroyers of health. By analyzing our health schedule we may find ways to improve it, such as adding an hour's daily exercise out of doors, making certain additions and omissions in the diet, modifying sleeping arrangements for better air circulation, etc.

Correct habits of eating and hygienic living include fresh air and sunshine, daily outdoor exercise, personal cleanliness, cheerful and pleasant surroundings, wholesome mental attitudes, recreation, and proper elimination.

Elimination

Careful attention should be given to elimination through the bowels, kidneys, and skin, as health and nutrition are to a great extent dependent upon the prompt and regular disposal of the body wastes.

The bowels can be regulated best by following certain rules regarding habit formation, diet, drinking water between meals and exercise.

The habit of evacuating the bowels at a regular time each day will prevent constipation among nearly all healthy people. Before or after breakfast and after the evening meal are times considered most favorable. The drinking of a glass or two of water immediately upon rising will stimulate peristalsis and assist greatly in the formation of a prompt, regular habit of elimination. In fact, drinking water freely all during the day is important for this purpose. Irregularity of meals and overeating, or the continued use of concentrated foods, especially carbohydrates, contribute greatly to constipation.

Spiritual Healing

In spiritual healing, in order to facilitate the work of the Invisible Helpers, the patient must cooperate on all planes, for in the final analysis true health is dependent upon a harmonious coordination of Spirit, mind, emotions, and body. Often the cause of ill health exists in the finer invisible vehicles of a patient. For instance, anger, malice, or worry, will defeat the purpose of the most careful diet, generating toxic conditions, while faith, hope, love, and cheerfulness stimulate rhythm and harmony of the body, promoting the free flow of vital forces. Perhaps the most powerful way in which each person can help himself is to cultivate constructive emotions, which promote good health or aid in its restoration.

The patient who asks for Divine help and healing must prove his ability to receive this blessing. We note that Christ always gave the person to be healed something to do. Disobedience brings disease; obedience, no matter whether it involves washing in the Jordan or stretching forth a hand, shows a change of attitude, and the person is thus in a position to receive the healing balm which may come through Christ from our Heavenly Father, Who is the Great Physician.

One need not neglect physical methods because he asks for spiritual healing. The spiritual law must become operative in daily affairs or the physical vibrations cannot be raised in harmony with the law of

health.

If physical treatment or a doctor's advice are required, we should remember that the doctor, too, with his knowledge, is a channel through which the Divine Physician works to further physical perfection. Good health depends primarily upon right relationship with God, in Whom we live and move and have our being. Therefore, the right attitude towards life is as much a health factor as is the condition of the body used by the indwelling Ego.

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The Acid-Base Balance

Extensive research has shown that foodstuffs differ in relation to their acid and basic contents. In certain foods, bases or alkalis predominate, while in others the mineral acids predominate.

A proper acid and base balance is essential for health and is maintained where a normal condition exists in the body fluids. The alkalinity of the blood depends entirely upon residues left by the foodstuffs in the body. Certain foods leave alkaline, or basic residues and help to maintain the alkalinity of the blood, while others leave acid residues which tend to lower the blood alkalinity.

All flesh foods leave highly acid residues and lessen the alkali reserve of the blood to a marked degree. Meat extracts, broths, bouillon, and gravies all belong in the group of acidifying foods.

Eggs are also acid but less so than meats.

Cereals of all sorts, including breads of every description, contain a preponderance of acids, though much less than meats.

Milk is slightly alkaline.

Nearly all fruits, also green vegetables and root vegetables of all sorts, are strongly basic and tend to alkalinize the body fluids. They produce alkaline ash.

A few fruits, such as cranberries, plums, and prunes must be placed in the acid-producing group because of the presence of benzoic acid, which is not oxidized in the body.

The foods producing an acid ash are: cheese, eggs, fish, meat, bread, cereals, pastry, rice, dried corn macaroni, spaghetti, white flour, chocolate, lentils, and nuts (except almonds).

Neutral foods are: butter, cream, honey, unrefined sugar, and natural syrups.

In general it is better to select foods which provide a large basic (alkaline) margin so as to add to the alkali reserve of the body.

Commercial anti-acids or alkalizers and baking soda tend to a condition of alkalosis. These inorganic minerals, for the most part, do not become an actual part of the alkali reserve of the body.

Mineral Salts

Too often the organic Food Salts or Mineral Elements are treated as unimportant substances, when in reality they play a most important part in our nutrition.

That the blood may be supplied with these necessary elements in balanced proportion, a correct understanding of the foods supplying these essentials, as well as a knowledge of the nature of them is necessary.

Calcium and Phosphorus are very apt to be deficient in the average American dietary. Calcium stands for strength and durability. If there is a deficiency of this mineral, the gelatin of the bones loses its chemical support and begins to decompose. It is utilized in bone and teeth formation, coagulation of blood, and aids in regulating mineral metabolic. Phosphorus is an important constituent of all cells; it is necessary for the utilization of organic foodstuffs, and is also required in bone and teeth formation.

Iodine is found in small quantities in many leafy vegetables and fruits, particularly in sea lettuce, radishes, strawberries, pineapple, green kidney beans, asparagus, cabbage, and garlic, if grown in non-goiterous regions. It is essential for the formation of the organic iodine compound-Thyrosin-which regulates some of the metabolic functions of the organism. A lack of this element causes goiter.

Iron occurs in the organism as a complex organic compound. In the soil the iron is carried to the leaves where it takes part in the formation of the chlorophyll granules, or green coloring matter. The body can use this mineral only in organic form; it serves the distinct purpose of producing the hemoglobin of the red blood corpuscles. It is the hemoglobin that carries oxygen through the blood to all parts of the body. Iron is perhaps the most active element in the organism and needs, therefore, to be renewed oftener than some of the other elements. All green leafy vegetables always contain the largest amount of iron compounds; fruits and nuts contain an appreciable amount, strawberries and walnuts ranking highest. In eggs, iron is mostly contained in the yolk.

Manganese, like iron, is an oxygen carrier. It is antagonistic to calcium. Very necessary for mineral balance in the body. Traces of this element are found in most vegetables.

Sodium, Potassium, and Magnesium are supplied quite generously in most vegetables, fruits, and cereals. These salts in solution in the blood and lymph are responsible for maintaining the osmotic pressure between cells and surrounding fluid. Sodium also serves to make the lime and magnesium salts more soluble for perfect assimilation, otherwise lime and magnesium would soon be deposited in the body. Potassium serves as the mineral basis of muscular tissues, giving them their characteristic pliancy, and magnesium has a peculiar vitalizing power.

Sulphur is most often found in combination with protein, and to some extent in asparagus, cauliflower, onions and radishes. It is a necessary constituent of every cell and especially characteristic of the hair and nails. Like silicon, it gives to the body softness, elasticity, and pliability.

Vitamins

Science has definitely proven that nutrition and growth are profoundly affected by the vitamins in food. Not only do specific diseases develop if the vitamins are absent, but malnutrition of all grades occurs when they are not in sufficient amounts.

The vitamin family now consists of eight and probably nine vitamins. Those with which we are most familiar are known as A, B, C, and E. At first it was believed that vitamin B was a single factor, but research has broken it up into six parts. It is known in England as B1 B2 B3 B4 B5 B6. In America B2 is called vitamin G.

In studying the vitamins it seems better to consider them individually because their physiological and chemical properties are quite distinct.

Vitamin A is the growth and anti-ophthalmic vitamin. Deficiency of this results in malnutrition, stunted growth, and low resistance to infections. Foods rich in this vitamin are butter, cream, egg yolk, spinach, carrots, pineapples, prunes, alfalfa, and avocados.

Vitamin B is the anti-neuritic factor that protects against polyneuritis. Deficiency results in loss of appetite, constipation, nervousness, muscle fatigue, anemia, and abnormal heart action. Foods rich in vitamin B are whole grains, nuts, yeast products, cereal germs, spinach, tomatoes, asparagus, egg yolk, milk, alfalfa, and beet leaves.

Vitamin C. The omission of this vitamin from the diet produces scurvy, sore mouth, stiff joints, tooth defects, malnutrition and retarded growth. Foods rich in C are oranges, lemons, tomatoes, pineapples, raspberries, apples, bananas, cabbage, lettuce, onions, potatoes, turnips.

Vitamin D is the so-called antirachitic factor, and controls the metabolism of calcium and phosphorus in bone-building and teeth formation. It prevents rickets, poor teeth, and possibly lung diseases. This vitamin may be called the Sunshine Vitamin because foods can be increased in vitamin D by exposing them to ultraviolet light, a process called irradiation. This proved that it is not exclusively a function of the rays of the sun acting on live tissues. Foods rich in D are vegetables, whole milk, egg yolk, and cod-liver oil.

Vitamin E. This vitamin appears most abundant in the oil of the wheat germ, but is also found in seeds and green leaves, and in several vegetable oils. It is necessary for reproduction and lactation.

Effects of Alcohol, Drugs, and Tobacco

Through the Western Wisdom Teachings, related to us by Max Heindel, we are taught that this life is one of many in which man as a Virgin Spirit prepares himself for the part that he is to assume in the cosmic drama as a co-worker with God. Many lifetimes have been spent preparing ourselves for the level of consciousness we now occupy, and our continued progress depends upon the use we make of our present physical bodies in their relationship to the growth of our spiritual vehicles.

Effect on Future Incarnations

A weak body cannot maintain the higher vibration which accompanies any spiritual growth, and it is only through spiritual growth that the present generation can prepare itself for the coming Aquarian Age. Since our next embodiments may take place during this Age, it is necessary that we make this preparation or we will be unable to compete with beings incarnating on the new higher level, since they will have prepared themselves for this coming event. Failure, in this life, could mean that we will incarnate in the next as members of a lower race group.

Many factors are involved in spiritual development. This discourse will be limited to the discussion of those whose continued use is detrimental to the upward progress of the individual, namely: alcohol, drugs, and tobacco. Their importance lies in the fact that they may impede or even reverse the evolution of the individual. Volumes have been written about the effects these substances have upon the physical body, and articles appear daily in newspapers and periodicals warning of the problems which may result from their continued use. It is the purpose of this writing, however, to point out the spiritual implications which must be considered after all aspects of the physical have been studied.

We learn in the Western Wisdom Teachings that the desire body and the mind are in the early stages of evolutionary development. Our growth depends upon the work that we do to gain control of these important vehicles. The use of any substance which weakens our control of these bodies prevents us from exercising the needed discipline to learn the lessons for which we incarnated at this time -- lessons which must be learned if we are to continue our upward progress. This means that we must put forth every effort to gain control of the desire body and the mind.

Occult Purpose of Alcohol

Throughout the descent of the human Spirit into matter, substances were introduced into the diet of man to enable him to proceed to the next and successive steps in his evolution. Alcohol was one of these substances. Prior to the fifth, or Aryan, Epoch of the Earth's revolution, man retained some of the spiritual sight that was his heritage as an evolving Spirit, and so he was aware of his spiritual being. Up to this time water had been used as the principle beverage; now it became necessary for man to lose his spiritual sight so that he would be unable to have an awareness of his spiritual existence. Only in this way would he be able to conquer the physical world and learn the lessons of the matter-oriented individual. To fulfill this part of man's destiny, "Bacchus," a God of Wine, appeared, and under his sway even the most advanced nations forgot that they were also subjects of a higher life. Later, we are told, Christ Jesus turned water into wine, which at this time was being used by evolving humanity. Christ Jesus Himself was a much more highly evolved being and did not need to learn the lessons which were so necessary for evolving humanity. He did not need the wine, and there is no place in the Bible where it states that Jesus drank the wine.

Alcohol Retards Evolution

It is now time for man to start on the upward path of evolution and move toward the Christ Consciousness -- which is to say, to develop his lost spiritual sight. Since alcohol was used to enable man to forget his higher self, no one who feeds the body with alcoholic liquor (the product of fermentation and decay) can ever know anything about the spiritual realms. The coming Aquarian Age will demand that man have knowledge of the higher self, and anyone who does not prepare for future incarnations by attempting to develop spiritual insight will be unable to cope with the higher man incarnating at that time and will have taken a step backward in evolution. All forms of alcohol must, therefore, be eliminated from the diet of those who wish to continue on the upward spiral. Anyone today who is fortunate enough to have gained occasional insights of the spiritual world jeopardizes the level of being he has attained by work in previous incarnations with the continued use of alcohol and will arrive in the Aquarian Age unable to occupy the place he has worked so hard for in past ages.

Drugs and Addiction

The use of drugs takes its place as a companion of alcohol when the spiritual development of man is considered. Exploring the widespread use of drugs in society today, we find that the need for their use revolves around three factors: 1) the relief of pain; 2) boredom; and 3) the hope of experiencing spiritual revelation. In the [*Cosmo-Conception*](#), Max Heindel tells us that the purpose of life is not happiness but experience. In our struggle for what we consider to be the best of the material side of life, we let our desires lead us into paths of pleasure, ease, and comfort. Thus we often fail to fulfill the purpose of our existence,

namely, to gain experience.

When we abuse our bodies we incur pain, Nature's way of telling us that misuse has gone far enough and that it is time to reverse the conditions which have resulted in our discomfort. Many of us ignore Nature's warning and, preferring the comfortable way out, resort to the use of drugs. The tragedy is that, being unwilling to make an honest attempt to search for and correct the causes we do not stop here. We accept the temporary relief afforded and permit our bodies to build up a greater accumulation of toxins. Thus we create a condition which requires more frequent use of drugs until we are forced into action by a highly toxic and drug-oriented vehicle, one which has little chance of making spiritual growth in this life. It requires a pure and wholesome physical body and mind to give our spiritual vehicle the discipline needed as a preparation for the work ahead. Only the individual himself can bring about the conditions which will assure him of continued growth. He must, therefore, refrain from the use of drugs or any other substance which will interfere with the work of the brain.

Stimulants and Depressants

Our society today is afflicted by a self-imposed condition called boredom, which has become one of man's problems as he attempts to fulfill the destiny of this incarnation. The use of tranquilizers, sleeping pills, and pep pills has developed into a way of life for a large group of the human family. This use could be eliminated if the individual involved would endeavor to live as a contributing member of society. Instead of wallowing in his own self-pity, he must open his heart to his fellow men and seek to find the peace he wants in the service of mankind. On a simple level coffee and tea, used as beverages, are examples of drugs since they produce a mild effect on the emotions. At higher levels, the barbiturates (sedatives) and the amphetamines (stimulants) produce a more potent effect. That these affect the central nervous system is well established. Unlike animals, who are governed by Group Spirits, and therefore react to drugs in a similar manner, man is individualized and there is no way of ascertaining for certain the side effects on the body. These may be minor or serious, depending upon the level of one's spiritual development. We can be certain, however, that in every instance the effect will be to slow or retard present and future spiritual growth.

Long Term Effects of Drugs

Drugs such as marijuana, heroin, and LSD, used especially by the younger generation to produce a so-called "high" or "trip," are by far the most dangerous. To understand why the young person is susceptible to the use of these mind-boggling drugs, it is necessary to understand that he recently may have acquired the desire body (at about age 14) or the mind body (at about the age 21). This is

a time for him to determine the limits of his ability and to see how far he can challenge the status quo. Many young people are wilting to test the limits of their adaptability. Others desire spiritual revelation, which they believe can be induced by the use of drugs. At this critical period in the life of the individual, he often lacks the confidence and warmth of an elder companion, one who can guide him through this trying time. For too many of today's youth it is a time of trial and error, a period of blind growth. Drugs offer a way out, but as time will reveal, it will be the wrong way. Being hallucinatory, they do not bring about the desired results; instead, they put the aspirant in danger of being controlled by undesirable spirits, of undermining the physical body, and of exposing himself to extremely harmful effects on his spiritual bodies. Any damage to these vehicles may require many lifetimes to restore them to the adaptability they originally had. This means a decided setback in evolution. A person, therefore, who made much progress in former embodiments could lose the value of previous hard work by seriously affecting the present life instruments.

Tobacco and Soul Growth

The third member of the trio is tobacco, a complex mixture of gases, liquids, and solid particles. Not only do we find many chemical compounds in tobacco but also many more are created by the burning of the substance. Any of these can produce harmful effects upon the body; together they can spell disaster. As with our previous discussions, our concern is not only the effects upon the physical body but also upon the spiritual bodies. Our evolution as spiritual beings depends upon the acquisition of the Golden Wedding Garment, which is constituted from the development of the higher ethers. No progress can be made on these ethers unless we raise the vibrations of our dense physical bodies, and this can only be accomplished by maintaining as pure a body as our present development will permit. No athlete or any other person requiring a deft vehicle for excellence in his work should do anything that he knows to be injurious to the body and the mind. For the person who elects to follow the spiritual path, the need for abstinence is much greater, since every faculty of the brain is needed to learn control of the mind. No one with a muddled brain can hope to achieve any lasting success regardless of the effort he exerts to raise his level of consciousness. Not only should the seeker abstain from the use of tobacco, but also he must try to avoid, if possible, areas which smokers habituate, since non-smokers are exposed to the many compounds which are produced by the burning substance as well as the material exhaled by the smoker.

In summary, let us reiterate that, as incarnate beings, we should be concerned with the development of the instruments of the Ego, namely: the dense physical body, the vital body, the desire body and the mind. The quality and condition of these instruments will determine how much or how little the Ego can accomplish in its work of gathering experience in the school of life. Alcohol, drugs, and tobacco have a harmful effect on these vehicles to the extent that the spiritual

growth of the individual and his progress in evolution can be seriously retarded by their use.

Menus for Seven Days

BREAKFASTS

Monday

Unsweetened Concord Grape Juice-Before Breakfast

Cooked Whole Wheat with Honey and Top Milk

topped with 1 tablespoon Wheat Germ

Unsulphured Dried Figs

Coffee Substitute

Tuesday

Grapefruit-Before Breakfast

Parslied Omelet

Whole Wheat Rusks with Butter

Applesauce

Wednesday

Fresh Prune Juice-Before Breakfast

Shredded Whole Wheat Biscuit with

Raisins and Cream

Sliced Bananas

Coffee Substitute

Thursday

Orange Juice-Before Breakfast

Baked Apple with Currants or Fresh Fruit in Season Blanched Almonds

Friday

Juice Half a Lemon in 8 oz water-Before Breakfast

Poached Egg on Whole Wheat Toast

Stewed or Fresh Apricots

Coffee Substitute

Saturday

Pineapple Juice, unsweetened-Before Breakfast

Baked Russet Pears

Cornmeal Waffles with Maple Syrup

Coffee Substitute

Sunday

Fresh Raspberry Juice-Before Breakfast

Large Bowl of Ripe Bananas and Cream

Sun-dried Raisins

LUNCHEONS

Monday

Black Ripe Olives

Salad: Fresh Watercress with Shredded raw Beet

topped with Sieved Hard-Boiled Egg Yolks

Lemon and Olive Oil Dressing

Cornsticks and Butter

Dates and Nuts

Tuesday

Salad: Avocado with Sliced Tomato garnished with Chopped Parsley

Soya Muffins , Lemon Jelly, Honey

Wednesday

Salad: Cabbage Slaw topped with Shredded Carrot Chopped Olive and Egg Sandwich

Fresh Fruit in Season

Thursday

Potassium Broth

Celery and Ripe Olives

Romaine Lettuce

Cream Cheese

Rye Bread

Buttermilk

Friday

Salad: Sliced Tomato and Cucumber garnished with Avocado slices

Hot Toasted Cheese Sandwich

Fresh Fruit in Season

Saturday

Lima Bean Puree Soup

Pear and Cottage Cheese Salad

Rye Crisp, Butter

Grated Raw Apple Whip

Sunday

Split Pea Soup

Salad: Vegetable Gelatin Aspic with Diced Green Vegetables and Sour Cream Dressing

Whole Wheat Toast

Fresh Fruit in Season

DINNERS

Monday

Cocktail: Tomato and Sauerkraut Juice

Baked Soy

Beans

Spinach

Savory Parsnips

Salad: Sliced Orange and Grapefruit topped with Coconut

Buttermilk

Tuesday

Cocktail: Carrot and Parsley Juice, 6 oz.

Salad: French Endive and Artichokes with Tomato and Onion Juice Dressing

Walnut Roast

Baby Beets with Tops

New Potatoes Parslied

One Crust Fresh Blueberry Pie

Wednesday

Cocktail: Fresh Celery Juice with Lemon, 6 oz.

Dandelion Salad

New Potatoes and Fresh Peas

Shredded Green Beans

Lemon Sherbet

Thursday

Cocktail: Fresh Cucumber and Celery Juice, 6 oz.

Salad: Quartered Tomatoes with Water Cress

Eggplant Breaded and Fried

Shoestring Carrots,

Baked Potatoes

Pumpkin Surprise

Friday

Cocktail: Grape Fruit Sections with Fresh Mint Juice

Green Leafy Salad garnished with Asparagus Tips

Fresh Vegetable Roast

Steamed Fresh Shredded Beets,

Baked Squash

Fresh Berries

Saturday

Cocktail: Fresh Fruit Cup

Shredded Romaine Lettuce and Cabbage Slaw

Brown Rice, Celery, and Mushrooms Croquettes

Fresh or Niblet Corn

Okra

Prune Whip with Lemon Sauce

Sunday

Cocktail: Combination Melon Balls with diluted Lemon Juice

Salad: Stuffed Prunes with Cottage Cheese,

Apricot Halves on Lettuce Leaf

Zucchini Squash Patties

Potatoes in Jackets

Cauliflower with Melted Butter

Steamed Fig Sauce