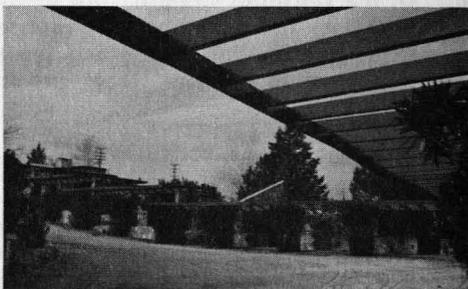


AN INVITATION TO YOU

The valuable truths given in this booklet are only a small part of the teaching of the Science of Mentalphysics, available to any sincere seeker. The complete study of Mentalphysics leads a student to perfection of body, mind, and spirit through his own self-development. The student becomes master of his own life. He lives a life of joy and gratitude. The latent powers within you revealed by the Science of Mentalphysics await only your knowledge of how to command them. Write for free information.

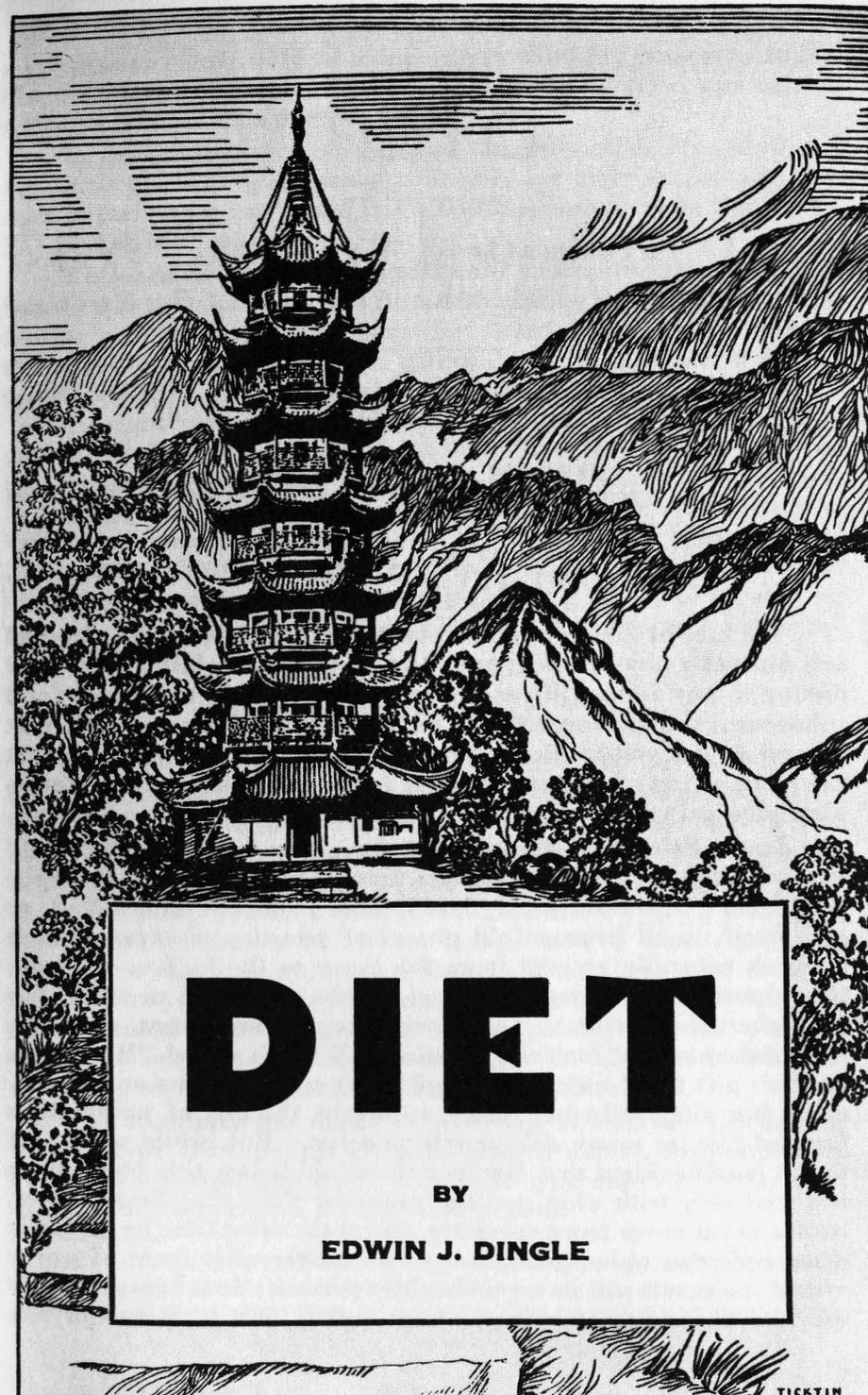
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Like a garden oasis in the hi-desert of Southern California, the Mentalphysics Teaching and Spiritual Center gives refreshment of body, mind and spirit to visiting students. Just 30 miles north of Palm Springs, at 3300 feet altitude, the site enjoys the superb climate of the dry high desert. Master architecture is set off by a great variety of trees and plantings. Students from all over the United States and other parts of the world come to enjoy the unforgettable experience of gathering together with fellow spiritual seekers for personal instruction in the Science of Mentalphysics. They learn how to recharge the body with scientific breathing. They learn about Meditation, Chanting and other practices that open up the channel to the higher self. Ask for free information.



*Photos, from top to bottom:
Cottages for guests
The Caravansary
Dining Hall*

INSTITUTE OF MENTALPHYSICS
P. O. Box 1000
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DIET

BY

EDWIN J. DINGLE

DIET

Useful Information Upon the Proper Fuelling of the Human Body

The Science of Mentalphysics teaches that there are Five Vital Foods, as follows:

- | | |
|-----------------------|---|
| (a) SOLID FOODS | } We deal with each of these foods later on in this publication. Meanwhile, let the idea of Five Foods rest in your mind. |
| (b) LIQUID FOODS | |
| (c) REST as a Food | |
| (d) BREATH as a Food | |
| (e) THOUGHT as a Food | |

We are, of course, aware that this is as much a metaphysical as a distinctly physical interpretation, but anyone who has followed dieting in any form will readily recognize the fact that mere food substances, though correctly taken into the body, are not sufficient to, and do not systematically assure Health. By this we mean that the mere eating of correct material foods does not guarantee complete physical well-being, though they go a long way toward doing so.

In the Science of Mentalphysics, we regard Man as threefold—a self-evident fact: the *Physical Man*, the *Mental Man*, the *Spiritual Man*. One is obviously inseparable from the others; but, as Life Itself, in all its manifold phases of growth and expression, is a march naturally upward from the lower to the higher, we teach the importance of correct *physical* development as a necessity for all *higher* development. The physical organism—yours, mine—is the masterpiece of material creation. What is called “Health” is nature’s gift to *all* men, if they will obey nature’s laws and rightly claim her gift—“Health” is by no means the gift of nature to a favored few, as many sick people imagine. But, while we repeat that it is self-evident that Man is a threefold being, this publication can deal only with what its title indicates—“Diet”. Nevertheless, let a man eat never more correctly, and at the same time be *mentally disturbed*—his unhappiness due to no matter what form of worry—and the result will be an *un-healthy* person. It is comparatively easy for anyone to learn how to eat rightly, but in Mentalphysics

we endeavor continually to induce every thinking person to follow the much more important factor of *how to live rightly* . . . possessing a “perfect mind in a perfect body.”

In the preliminary teaching of the Science of Mentalphysics (and this publication is issued primarily for early students in that science and those interested in its truths), we correlate the “FIVE VITAL FOODS” of *Life*.

To learn of solid foods and liquid foods, and how they may beneficially be taken into the human body for the purpose of sustaining health, is simplicity itself; but to learn the essential need to the physical body of “REST as a Food,” or “BREATH as a Food,” or “THOUGHT as a Food,” is a much higher study. You may be “eating right”—that is, taking into your body both correct solid and liquid foods—but unless you know how to *rest*, and truly do rest, you may easily fall a prey to disease and disharmony of both body and mind (of which the latter is more disastrous). Then even more important than rest is *Breath*: unless you know how to breathe, and do breathe rhythmically and healthfully, all the good foods will have little avail. A human being is not only what he eats, or drinks: he is not alone his breath, but “As a man thinketh” does he become.

YOUR OWN CHEMICAL TYPE

Anyone can see that there are differences between human beings. Indeed, it may be said that there are no two alike. Why? All are made of the same stuff. All “live” in the same way. Yet we have tall, thin men—short, thin men; blondes, brunettes, in-betweeners; long faces—short faces; short, thin, anemic types—short, fat, ruddy types . . . and so on and on. Why? It is obvious that these differences in human beings have a cause, and it is easy to see that it is a chemical cause. Therefore, most students in Mentalphysics, soon after enrollment, are advised to learn to what chemical group they belong. As people differ in their physical structure, so physical dietary needs differ in different individuals, according to chemical and psychological differences.

For example, the needs of a strong pioneering Calcium or Oxygen type are different from those of a dainty, temperamental Phosphorous Animated type—a Sodium type dare not eat as may, to quote one other type, a Fatty Acid person.

*To learn about the 21 different chemical types of human beings, as taught in Mentalphysics, you should study the “Guide to Your Chemical Type”, from which you may ascertain much about human types. It is available from the Institute of Mentalphysics.

Let us take a hypothetical case. Let us suppose that you are a SODIUM type of person. An accurate description of your body would then be:

Outline of Body—Harmonious, lean and slight, but strong and sinewy.

Chest and Shoulders—Broad chest, but slender. Ligaments large.

Arms—Long, thin, dense, strong.

Feet and Hands—Tapering, long, thin, strong hands; nails curved and strong.

Hair—Straight; unmanageable.

Nose—Bridged, long or sharp.

Ears—Very pale.

Lips—Lower fuller than upper.

Neck—Smaller at top than bottom.

Voice—Strong, metallic, often high-pitched.

Now, having determined that you are a Sodium type, then your dietary needs would be “iron, sodium, magnesium, oxygen, phosphorous, potassium, silicon, sulphur, carbohydrates.” How are you to find foods in which these elements are to be found in abundance? Just study, and you will find the following:

Best iron foods are: Grapes, plums, currants, loganberries, nuts of all kinds, raw egg yolk, spinach, parsnips, green peas, cucumbers, egg plant, raisins, peaches, strawberries, oats, bran, celery, onions, lentils, raw carrots, turnips and potatoes.

Not a bad variety to choose from! And so on with the other foods indicated in the dietary needs of the Sodium type of human being.

Moreover, going one step further,—that is, if you are truly desirous of making a scientific study of your own body—we find that the Sodium type of human being is naturally predisposed to certain ailments such as acidity (look back to his dietary needs, and see how many of them are alkalinizing foods), kidney, gall, liver; catarrh, hardening, bladder, membranous ailments. His principal talents are athletics, salesmanship, electricity, construction, singing, art, dramatics, commercial work. This would be a good description of the principal general characteristics of the Sodium type: “Intense, devoted, watchful, critical, changeable, spasmodic, sometimes cold, fault-finding; either dramatic or very silent.”

This is a good way for all thinking human beings to “analyze” themselves; it can be done with the assistance of the Mentalphysics Guide to which we have already referred. Merely to learn about food, while vital and full of interest, is something that a child

can easily do; but human beings are not just peas in a pod. What one can do, another cannot. What one can eat, another cannot—and should not. Find your *chemical type*, and scientifically fulfill the dietary needs of your body, and you soon discover changes so remarkable as not to be classed alone under physical improvement, but you will notice mental and spiritual development as well.

LIFE IS EMBODIED IN ONE SUBSTANCE

Going on a little further, we teach in Mentalphysics that, after all has been said, the human being actually lives *by his breath* and *in his breath*. BREATH IS LIFE. You have never heard that any other one substance is LIFE. Breath is the One Universal Substance of Life.

When we draw into our bodies this One Substance—through food, air and water—we go far to re-establishing the Universal balance of life in Us, that balance in which we live. In other words, when we eat correctly, though it may be a new way of expressing an old truth, we raise the inner forces of life to a subtle plane, which means increasing activity, vastly increased velocity. This, again, means that this increased velocity, this higher rate of vibration, increases the power of the Soul to manifest within the mind and the body of the individual. Actually what we eat determines very largely whether the Soul shall have free play for expression through the body, or whether it shall be dwarfed, overshadowed, forced into slow expression or non-expression—which means death. Your body is not the You, not the Real. Your body is merely a means to an end—an instrument “intended for the culture of the Soul.” The Self is peace: that Self am I. The Self is strength: that Self am I.

It is easy to see, then, that when we eat wrongly, though in ignorance, we clog the channels of life through which the Soul will express to us. When we eat pure food we enter into partnership with that Immortal Partner (the One Substance of the Universe, call it what we will), which is perfection of Mind and Spirit.

Once we come to see that, with right thinking, we are in correspondence with what we eat, we shall then take care individually to discover what foods are necessary to re-establish perfect balance which will bring inward calm and deeper spiritual attainments. There can be no final word on this vast subject. You may take ten presumably identical individuals; feed them the same quantities and combinations, keep them at the same kind of work so that you may say that they are mentally engaged in the same manner, and you will get precisely ten different results. For food is much more

important than some people, even those advanced in spiritual research, believe. Since man is a human electric battery there is not the slightest doubt that he can accomplish much for the regeneration of his body through correct feeding.

The chemical substances of foods are important, but the student of "breath as a food" will discover that "Life" is contained more in his breath than in anything else. Correct breathing will often undo the mischief created by having eaten unwisely. It is nerve-calming and equalizing. It restores the atoms of the body to harmonious activity.

Breathing, moreover, will finally be found to be the center of life from which everything springs and by which everything is regulated. In the mercy of a balanced universe, however, perfect food will create, within the organism, power which of itself will work to bring us nearer to the Universal Balance, and as we progress in our practice of scientific living, we will find that, once we discover The Law, we discover that which will make us free. Start with correct fuelling of the body, and disregard correct breathing—and the balance, though nearer, will never be quite reached. Moreover, you will find that after consistently breathing for a time (the length of time varies, as human beings vary) you will not need as much weight of food as formerly. When one breathes one naturally takes in the same substance as all life (or food) is derived from—for Prana (a Sanskrit word meaning the origin of life) is the substance from which all life is derived. Of course, all occultists will understand that Mind Substance is the first of all emanations, and Prana is the quickening energy.

(1) CHEMICAL VALUE OF FOODS

(1) **CALCIUM:** Lemons, Oranges, Apricots, Figs, Lettuce, Rhubarb, Raw Cabbage, Spinach, Citron, Limes, Milk, Roquefort Cheese, Swiss Cheese, Cottage Cheese, Steel-cut Oats, Whole Wheat, Lentils, Certified Milk; also Bananas, Fish, Bran.

(1) *Calcium is necessary to build teeth and bones and to increase cell life.*

(2) **CARBON:** Breads, Macaroni, Tapioca, Malted Milk, Pancakes, Doughnuts, Crackers, Candy, Polished Rice, Sago, Cookies, Puddings, Ice Cream, Potatoes, Spaghetti, all Starches and Sugar.

It is desirable never to eat carbons unless in their best natural forms; they should be avoided in most of these foods.

Best Carbon Foods Are: Whole Wheat and Rye Breads, Whole Wheat Macaroni, Baked and Cooked Potatoes (with skin), Rye Crisp, Figs, Whole Cereals, Honey, Bananas, Raw Sugar.

(2) *Carbon gives us solid growth in the body. If we have reached our normal size, we do not need much carbon foods and the excess of them will only clog the system, create fat and a sluggish mentality and loss of ambition.*

(3) **CHLORINE:** Egg Yolk, Carrots, Cucumbers, Asparagus, Lettuce, Spinach, Radishes, Lentils, Coconut, Goat's Milk, Goat's Cheese, Organic Salt, "Finnan Haddie," Roquefort Cheese.

(3) *Chlorine is the body cleanser and purifier, squeezing and expelling poisons from the cells, thereby creating and reducing fat.*

(4) **FLUORIN:** Raw Egg Yolk, Water Cress, Brussels Sprouts, Cauliflower, Cabbage, Garlic, Beets, Spinach, Sauerkraut, Roquefort Cheese, Swiss Cheese, Steel Cut Oats and Oatmeal, Cod Liver Oil, Goat's Milk.

(4) *Fluorin preserves youthfulness by acting as a check on Oxygen, thereby preventing the destruction of cartilage and bone. Fluorin is the enamel maker for our teeth and bones.*

(5) **HYDROGEN:** Watery Fruits, Watery Vegetables, Melons, Soups, Fish, Broths.

(5) *Hydrogen promotes elimination and is soothing to the nervous system. An excess, however, creates flabbiness.*

(6) **IODINE:** Raw Egg Yolk in Orange Juice, Strawberries, Green Grapes, Pineapple, Pears, Tomatoes, Peas, Skin of Potato, Onions, Mushrooms, Garlic, Fish, Cod Liver Oil, Irish Moss, Lobster, Smoked Salmon.

(6) *Iodine balances weight and is very necessary for the glandular system. When one is easily upset, nervous or emotional it is an indication that he or she is not taking enough of the above foods. Goitre is also an indication of the lack of Iodine.*

(7) **IRON:** Raw Egg Yolk, Red Cabbage, Carrots, Lettuce, Spinach, Peas, Onions, Beets, Asparagus, Cucumbers, Green Beans, Yellow Corn, Ripe Olives, Lentils, Grapes, Berries, Peaches, Raisins, Apples, Pears, Cherries, Currants, Prunes, Nuts, Whole Wheat, Whole Barley, Shredded Wheat, Unpolished Rice.

(7) *Iron is the Magnetizer, giving creative ability. If you are depressed or discouraged, you are not eating enough of the above foods.*

(8) **MAGNESIUM:** Citrus Fruits, Lemons, Grape Fruit, Limes, Oranges, Raw Egg Yolk, Grapes, Cherries, Peaches, Prunes, Apples, Gooseberries, Peas, Spinach, Corn, Almonds, Chestnuts, Walnuts, Barley, Oats, Rye, Shredded Wheat.

(8) *Magnesium soothes and relaxes the body as well as the brain. If you are tense and anxious or unable to sleep you may not be eating enough of the above foods.*

- (9) **MANGANESE:** Raw Egg Yolk, Almonds, Walnuts, Pignolia Nuts, Beechnuts, Cress, Endive, Parsley, Wintergreen, Peppermint.
- (9) *Manganese gives us coherency of thought by connecting the fibres of the brain. Enough Manganese foods means "thinking straight."*
- (10) **NITROGEN:** Raw Peanuts, Walnuts, Almonds, Butternuts, Cottage Cheese, Lima Beans, Navy Beans, Kidney Beans, Peas. (Should be eaten with acid fruits like lemon, grapefruit, limes, or tomatoes).
- (10) *Nitrogen keeps the body cool and acts as a balance on Oxygen in the tearing-down process of re-building cells.*
- (11) **OXYGEN:** Air, Horseradish, Rhubarb, Cane Sugar, Watery Vegetables (such as celery, spinach, cabbage, lettuce and all the above-ground vegetables), Alcohol, Onions, Watermelon, Radishes, Watery Fruits, Water, Tomatoes, Egg Yolk.
- (11) *Oxygen is the most important chemical in the body; it tears down and re-builds the cellular tissue; stimulating, restorative—gives one "pep" and makes the "Go Getter."*
- (12) **PHOSPHORUS:** Egg Yolk, Prunes, Walnuts, Beechnuts, Cabbage, Peas, Clam Broth, Oyster Broth, Milk, Fish, Barley, Whole Wheat, Rye, Bran Bread, Oats, Lentils.
- (12) *Phosphorus is the necessary chemical for mind development. Phosphorus is the fuel for thought and emotions.*
- (13) **POTASSIUM:** Spinach, Lettuce, Carrots, Asparagus, Cress, Endive, Peas, Lentils, Romaine, Potato Skins, Dried Olives, Dandelion, Coconut, Mint, Oats, Cereals, Bran Bread, Whole Wheat, Blackberries, Figs.
- (13) *Potassium heals by creating greater blood alkalinity. If you do not sleep soundly you will probably find you are not eating enough of the above foods.*
- (14) **SILICON:** Raw Egg Yolk, Peas, Carrots, Cabbage, Cucumbers, Spinach, Endive, Asparagus, Apples, Grapes, Peaches, Strawberries, Cherries, Figs, Gooseberries, Unpolished Rice, Whole Wheat, Shredded Wheat, Barley, Goat's Milk, Nuts.
- (14) *Silicon gives the hair a sheen and a polish to the teeth and nails; it also gives life to the skin.*
- (15) **SODIUM:** Spinach, Carrots, Celery, Raw Turnips, Lentils, Beets, Cucumbers, String Beans, Asparagus, Steel Cut Oats, Okra, Apples, Peaches, Gooseberries, Prunes, Figs, Cheese, Nuts except Peanuts.
- (15) *Sodium keeps Calcium in solution, which prevents stiff joints, arterial troubles. It feeds tissues, cartilage and ligaments.*

(16) **SULPHUR:** Raw Egg Yolk, Carrots, Onions, Cauliflower, Cucumbers, Turnips, Radishes, Kohl-rabi, Horseradish, Hominy, Coconut, Mustard, Almonds.

(16) *Sulphur creates that beauty of skin and coloring we see in fair-haired people. It gives us aggressiveness, energy; but if taken in excess it creates excitability, irritable temper and restlessness.*

(2) TIME TAKEN IN THE DIGESTION OF FOODS

FOODS THAT DIGEST IN ONE HOUR.—Applesauce, blackberry juice, blueberry juice, blueberries, fig juice, grape juice, lemon juice, orange juice, raspberry juice, pineapple juice (without sugar), cherries. Grapefruit and oranges (ninety minutes). Other foods: Almonds (if roasted and ground), but almonds in the natural state take nearly three times as long; soups made of beans, peas or lentils; gruels made of barley, rice or rye; whole rice boiled.

NOTE.—All fruits (indeed all foods) are best eaten alone, for acid is caused in combination with many other foods.

FOODS THAT DIGEST IN TWO HOURS.—Apples (raw, ripe), apples baked, blackberries, raspberries, strawberries, cherries, grapes, peaches, pears, melons, tomatoes. (These should not generally be eaten with starchy foods; this tends to disturb digestion.) Avocado pears, raisins, artichokes, asparagus, string beans, carrots (raw, grated), cabbage (raw, grated), cauliflower (steamed), egg plant, lettuce, mushrooms, onions (steamed), potatoes (baked), squash (steamed); cow's milk (skimmed), buttermilk, whole wheat (flaked and toasted).

Also: Almonds, coconut (grated), pecans and peanuts, eggs (poached), bean puree, pea puree, whole wheat dry toast, all of which take from two hours and a half to three hours.

FOODS THAT DIGEST IN THREE HOURS.—Apricots, sour apples, bananas, cucumbers (grated), dates, figs (dried), prunes (dried), celery (raw and steamed), green peas (fresh), beetroot (steamed), pineapple, nectarines, onions (green).

Also: Boiled—Barley, beetroot (if old), chestnuts, cottage cheese, cream, eggs (whole), macaroni, peas (if old), potatoes (sweet), yams.

Baked—Beans, corn bread, pumpkin, popped corn, potatoes (sweet), rye bread, whole wheat bread, yams.

Canned—Green peas, beans.

Steamed—Corn meal mush, kale, millet, mustard leaves, oatmeal, parsnips, rolled oats, spinach, Swisschard, oysters.

NOTE.—In the above class most of the foods are not the best, for the reason that it requires a strong digestion properly to dispose of them and take from them the most nourishment. They are not the foods that should be taken in great bulk by students of Mentalphysics, though they are necessary in moderate amounts.

FOODS THAT DIGEST IN FOUR HOURS.—American cheese, eggs (fried), Saratoga chips, pies and pastries, rich sauces and gravies.

Also: Fruit puddings, fruit cakes, mincemeat, etc.

(3) GROUPS OF FOODS

The main groups of "Solid Foods" are found below. Most people who are troubled with digestive troubles of any kind generally discover that the cause lies in wrong combinations. They do not *balance* and *combine* their foods rightly. To have a good balance of food, your meals must contain sufficient Carbohydrate, Protein, Fat—and, of course, Minerals. These are the groups:

CARBOHYDRATES: Group No. 1

Starches and sugars, Breads and all products made from grains, Cereals, all Breakfast foods, Cakes, Cane Sugar, Syrup, Condensed Milk, Malted Milk, Macaroni, Spaghetti, Noodles, all Pastries, Sweet Potatoes, White Potatoes, Rye Crisp.

Also Bananas, Dried Figs, Dried Prunes, Dried Apricots, etc.

Dates, Honey, Molasses, Ice Cream. (Remember all Cereals and cereal products are in this group—Whole Wheat, Whole Rice, Whole Barley, Oatmeal, Mush, Noodles, Muffins, Hot Cakes, Waffles, etc.)

EXCESS OF FOODS LISTED IN GROUP No. 1 causes Catarrh, Acidity of the Stomach, Dropsy, Pneumonia, Tuberculosis, Diabetes, Anemia.

PROTEINS: Group No. 2

All Animal Foods, All Sea Foods, Bacon, Cheese (factory), Eggs, Gelatin, Jello, Nuts, Shell-fish such as Clams, Lobsters, Oysters, etc.

The following is a fairly full list of Proteins—animal, vegetable, and dairy:

Vegetable—Nuts (Brazil, Filbert, Pecan, Walnut (both English and black)); Dried Beans and Peas (navy, soy, dried lima); Chestnuts, Coconuts, etc.

Animal—*Fish* (clams, crab, lobsters, shrimps, oysters, etc.); *Meat*—Beef (both fat and lean), Veal, Lamb and Mutton, Pork, Kidneys, Tripe, Ham, All Sausages, Bacon, Poultry.

Dairy—Eggs, Cheeses (all kinds), Milk (both cow and goat), Evaporated milk, etc. (Dairy products, generally speaking, are alkalizing).

The normal demand of the body is for one protein and one starchy food (carbohydrate) at a meal; vegetables and salads, of course, with any or all meals.

IMPORTANT.—This Group should be combined with Group No. 3. Excess of Foods listed in Group 2 causes Acidosis, Bilioussness, Cancers, Tumors, Intestinal Putrefaction, Reabsorption, Rheumatism, Brights Disease, Anemia, Teeth Decay.

ACIDS: Groups No. 3

Tomatoes, Grapefruit, Pineapple, Oranges, Rhubarb, Apricots, Fruit Juices, etc.

IMPORTANT.—This Group should be combined with Group No. 2.

In ADDITION THERE ARE THE FATS—In Alligator Pears (or Avocados), Butter, certain nuts rich in oil (such as coconuts), Cream, Olive Oil (and other oils), etc.

A good rule is to eat about three times as much of foods in Group No. 3 as in the other two groups, so that the blood-stream is always in a healthy alkaline state. By following the simple rule of correct combinations mentioned above, and (particularly if desiring to reduce weight) taking an abundance of foods in Group No. 3, great physical benefit must result.

Vegetables generally may be combined with Group No. 1 and Group No. 2. (You are referred to a further list of Acid and Alkaline foods on page 16.)

As the quality of our blood determines our quality of health, it is wise for anyone truly interested in real living to become acquainted with the manner in which his blood circulates, and learn how he should fuel his wonderful human machine to hold on to nature's first gift—HEALTH. Alkalinity of the blood is essential to health; that is, essential to the life of the cells of the body, as they cannot function in acid surroundings. Errors in eating inevitably cause an acid condition of the blood.

SUGGESTIONS FOR VEGETARIANS

Remember protein should be eaten every day.

- NUTS:** Nuts should be eaten every day; use almonds and not butter with fruit juices.
Peanut butter on whole wheat toast, add flavor to soups. Nuts and raisins or a few dates for dessert.
- GELATINE:** Good for gaining weight (dessert).
- CHEESE:** Cottage cheese, goat cheese, red and white and roquefort cheese are the best and most easy to digest. Use all other kinds of cheese in moderation.
- GLUTEN:** Glutenstak and Glutenburger in tins are obtainable at health food stores and markets.
- LEGUMES:** Soy bean is an ideal protein food; it is extremely alkaline, the protein value of one pound exceeding that of two pounds of meat, and it is much more assimilable. Soy bean products are numerous: flour, cheese, several meat substitutes, delicious drinks (instead of coffee or tea), Soy oil is more inexpensive than olive oil, but is not recommended for frying, as the oil is apt to become sticky. The bean itself and the pulp can be made into many dishes, prepared with tomatoes for flavor. Soy bean bread and cakes have long been on the market and form a good variation from ordinary whole wheat.
Lentils, dried beans, peanuts, dried peas.

In order to maintain good health the intake of food from the various groups is necessary. The amount of food necessary for the individual varies according to age, climate, and work, but for the average adult a days menu may be stipulated thus:

- BREAKFAST:** Fresh fruit juices, with almonds or nuts, or whole grain cereal and fruit.
- LUNCHEON:** Raw vegetable salad, with oil and lemon dressing. Whole wheat bread with nut butter or cheese, or baked potato with skin, or unpolished rice with butter, soy drink, dessert.
- DINNER:** Fruit cocktail or tomato juice, raw salad; two cooked vegetables, protein in form of beans, cheese omelet, nutloaf or fish. Dessert of fruit or dates.

The weight of the blood is about one-eleventh of the body. Everything that you do to improve the quality of your blood and your circulation naturally improves your health. Students in Mentalphysics are taught in their documentary lessons, in a way that we cannot refer to here, how to bring about this desired condition, but if we persist in stuffing our bodies with acid-forming foods we shall inevitably suffer. Therefore, pay particular attention to the group headed "Alkaline Foods."

The world is full of people who are sluggish and ill-tempered, expressionless and without vigor; it is, in ninety-nine cases out of a hundred, due to acidity of their blood. Many people foolishly imagine that what is called "Health" is the special gift of nature to a chosen few, and that what is called *Dis-ease* is the natural lot of the less fortunate. How foolish this all is! *Health* is natural; *un-health* and *dis-ease* are unnatural. It is so very simple to gain back Health even if you have lost it, and to greatly improve the condition of one's health even though one may say, "Oh, I'm well enough—I've never been sick!" To such we would extend the invitation to practice eating scientifically for one month only—rightly combining Proteins, Carbohydrates, Acids and Fats. The change in the energy of such a person will be almost unbelievable.

(4) SOME GOOD RECIPES

A CLEANSING AND ENERGY-BUILDING BREAKFAST

(1) *Cleansing Breakfast*—Two oranges peeled, leaving a little of the skin here and there. Cut oranges in small pieces and over this pour a spoonful of honey. Twenty almonds (unbleached).

(2) *Energy-building Breakfast Cocktail*—Eight ounces of orange juice, yoke of one (or two) eggs, spoonful of honey, spoonful of olive oil, small pitcher of cream. Beat thoroughly with egg-beater. Sip slowly; eat with fifteen or twenty almonds.

HEALTH-GIVING SALADS

These recipes are included here merely for the purpose of allowing you to get variety. It is not by any means to be understood that they comprise a complete meal. If you are on a cleansing regime, you may increase the quantity of any one of these salads, but bear in mind that they should be supplemented by other foods which guarantee to you a liberal supply of proteins and carbohydrates (especially proteins).

SUITABLE FOR SALADS WITH LUNCHEON

- | | |
|---|--|
| <p>(1) One diced Apple
Celery cut up small
Pineapple
Few Raisins
Chopped Almonds
Place on Lettuce Leaves
Dressing—Whipped Cream
or Mayonnaise made with
Lemon</p> | <p>(2) Diced Apple (1)
Oranges (2)
Ground Nuts
Lettuce
Dressing — Olive Oil and
Lemon or Mayonnaise
made with Lemon.</p> |
|---|--|

- | | |
|---|--|
| <p>(3) Bananas
Oranges
White Grapes
Pecan Nuts
Cherries (if in season)
Lettuce
Dressing—Whipped Cream</p> <hr/> <p>(4) Oranges
Apple Diced
Pineapple
Few Raisins
Black Mission Figs (cut
small)
Dates (cut small)
Dressing—Whipped Cream,
or Mayonnaise made with
Lemon</p> <hr/> <p>(5) Grapes
Orange
Dates
Bananas
Pecan Meats
Serve on Lettuce with Dress-
ing—Whipped Cream</p> <hr/> <p>(6) Pineapple
Strawberries
Lettuce
Dressing — Olive Oil and
Lemon or Whipped Cream,
or Mayonnaise</p> <hr/> <p>(7) Cherries (sweet and
stoned)
Apples diced
Lettuce
Whipped Cream</p> <hr/> <p>(8) Apples
Bananas
Grapes
Raisins
Chopped Dates
Lettuce
Dressing—Mayonnaise</p> | <p>(9) Oranges
White Grapes
Bananas
Pecans
Lettuce
Dressing—Mayonnaise or
Whipped Cream</p> <hr/> <p>(10) Grapefruit
Lettuce
Dressing—Mayonnaise</p> <hr/> <p>(11) Apples
Celery
Lettuce
Dressing — Mayonnaise or
Whipped Cream</p> <hr/> <p>(12) Cream Cheese
Blanched Almonds
Ripe Olives
Radishes
Lettuce
With or Without Dressing</p> <hr/> <p>(13) Cabbage, chopped fine
Radishes, cut up
Water Cress
With or Without Dressing</p> <hr/> <p>(14) Pears
Cream Cheese
Ground Almonds
Lettuce
Dressing</p> <hr/> <p>(15) Prunes
Cottage Cheese
Almonds
Mayonnaise
Chop Almonds and Mix
with Cheese; Pit Prunes
and fill with Cheese mix-
ture; place on Lettuce
Mayonnaise</p> |
|---|--|

- (16) Apples (chopped)
Pineapple
Grapefruit
Cherries
Sweeten with Honey and
Serve on Lettuce with
Lemon Juice and Cocon-
nut sprinkled over.

- (17) Bananas
Dates (pitted)
Figs (Black Mission)
Raisins (chopped)
Nuts (chopped)
Cream Cheese
Mix Cream Cheese with
Nuts, Raisins and a little
Mayonnaise; stuff Dates
and Figs; slice Bananas
lengthwise and serve on
Lettuce with Mayonnaise

SUITABLE FOR SALADS WITH DINNER

- (1) Asparagus Tips (cooked)
Tomatoes (cut in small
pieces)
Water Cress
Lettuce
Dressing
- (2) Cucumbers (sliced)
Onions (sliced)
Lettuce
Dressing
- (3) Carrot (grated)
Cabbage (chopped)
White Turnip (grated)
Little Onion
Celery (cut up)
Radishes
Lettuce
Dressing
- (4) Spinach (cut fine)
Celery
Carrot
Tomatoes
Lettuce
Dressing
- (5) Lettuce (shredded)
Spinach (shredded)
Cabbage (cut small)
Carrot (grated)
Celery (cut small)
Tomatoes (cut small)
Nuts
Lettuce
Dressing
- (6) Water Cress
Celery (cut up)
Nuts (cut up)
Tomatoes
Lettuce
Dressing
- (7) Cabbage (cut up very fine)
Carrot (grated)
Celery (cut up fine)
Little bit of Onion
Little Green Pepper (cut
up)
Little Pimento (cut up)
Sour Cream Dressing
Mix and let stand in cool
place for an hour.
- (8) Lettuce (cut up)
Cabbage (cut up)
Tomatoes (cut up)
Beets (cooked and diced)
Carrot (grated)
Little Green Pepper
(grated)
Onion
Asparagus Tips Raw (cut
fine)
Almonds (cut up)
Dressing
Mix and serve on Lettuce

- (9) Tomatoes
Parsley
Onions
Cucumbers
Green Pepper
Cabbage
Flaked Bran
Mix with Dressing and
Serve on Lettuce.

- (10) Tomatoes
Cucumbers
Celery (cut up)
Onions
Dressing

- (11) Cucumbers
Tomatoes
Lettuce
Dressing

- (12) Dandelion
Onions
Water Cress
Lettuce
Dressing

- (13) Tomatoes (cut in eights)
Lettuce
Dressing

- (14) Cucumbers (sliced or
diced)
Lettuce
Dressing

- (15) Cucumbers (diced)
Tomatoes (cut in eights)
Lettuce
Dressing

- (16) Tomatoes (cut small)
Beets (cooked and diced)
Celery (cut up)
Onion

- (17) Cucumbers
Tomatoes
Cream Cheese
Lettuce
Dressing

- (18) Tomatoes
Water Cress
Dressing

- (19) Tomatoes
Green Pepper
Olives
Dressing

- (20) Cabbage
Celery
Onions
Green Pepper
Tomatoes
Lettuce
Dressing

- (21) Tomatoes
Celery
Beets (cooked and diced)
Lettuce
Dressing

- (22) Cabbage (chopped)
Radishes (cut fine)
Green Pepper (cut fine)
Tomatoes (cut up small)
Onion
Parsley (chopped fine)
Cucumbers (chopped)
Lettuce
Dressing

- (23) Cabbage (shredded)
Green Pepper (chopped)
Almonds (chopped)
Apple (cut in small strips)
Pimento (chopped)
Mix with Lemon Juice and
let stand in cool place.
Add Mayonnaise and serve
on Lettuce.

- | | |
|--|--|
| <p>(24) Red Cabbage (cut up fine)
Celery (chopped)
Red Kidney Beans
(cooked)
Onions
Peppers
Lettuce
Dressing</p> | <p>(25) Cauliflower cooked or
raw; if raw is should be
chopped fine.
Peas (cooked)
Carrots (raw, grated)
Celery (raw, cut up)
Spinach (raw, cut up)
Lettuce
Dressing</p> |
|--|--|

(5) SALADS FOR YOUR CHEMICAL TYPE

Many students interested in Bio-Chemistry will appreciate the following Salad Combinations. A deeper understanding on this subject may be had by referring to some of the works of well-known writers on Bio-Chemistry.

CALCIUM SALAD

Cabbage, Raw (cut fine), Spinach (cut fine), Carrot (grated), Cottage Cheese, served on Lettuce with Mayonnaise.

CHLORINE SALAD

Cucumbers (cut up fine), Spinach (cut fine), Radishes (cut small), Tomatoes (cut small), served on Lettuce with Mayonnaise.

FLUORINE SALAD

Water Cress, Cabbage (cut fine), Beets (grated fine), Swiss Cheese (grated fine), served on Lettuce with Mayonnaise and the Cheese sprinkled over.

HYDROGEN SALAD

Oranges (cut up), Grapefruit (cut up), on Lettuce with Whipped Cream.

IRON SALAD

Cabbage Red (cut fine), Carrots (grated fine), Celery (cut up fine), Onion, Beets (cooked and diced), Asparagus Tips (cut small), Cucumbers (diced). Served on Lettuce with Mayonnaise.

IODINE SALAD

Pineapple (diced), Green Grapes, Strawberries (cut small), served on Lettuce with Whipped Cream and Ground Nuts sprinkled on top.

MANGANESE SALAD

Endive, Walnuts (chopped fine). Mix Nuts with Mayonnaise and serve.

MAGNESIUM SALAD

Peaches (cut up), Cherries (sweet and pitted), Apples (diced), Almonds, Walnuts, (chopped fine). Serve with Whipped Cream and sprinkle with Cocoanut.

NITROGEN SALAD

Cottage Cheese, Walnuts (chopped fine). Mix Nuts into Cheese with a little Mayonnaise and serve on Lettuce with Mayonnaise.

OXYGEN SALAD

Cabbage (cut up fine), Carrot (grated), Tomatoes (cut in eights). Serve on Lettuce with Mayonnaise.

PHOSPHORUS SALAD

Cabbage (chopped fine), add Lemon Juice and let soak ten minutes; then add small quantity Grated Carrot, Green Pepper, Pimento. Onion; serve on Lettuce with Mayonnaise.

POTASSIUM PUREE

1 Bunch Celery, 1 Bunch Carrots, 1 Bunch Parsley, 1 Bunch Alfalfa (or Alfalfa Tea), 6 Ripe Sun Dried Olives, Grate Skin of 3 Potatoes, 3 Dandelions and Roots. Add tablespoon Honey, a few drops Maggi Sauce. Nutmeg Seasoning, 1 quart Water.

Put these on stove and cook 20 Minutes.

While this is cooking, prepare by chopping: 1 pound Spinach, 1 Bunch Endive, 1 Bunch Chicory, 1 Bunch Water Cress, Tops of one Beet and one cup Water.

Add this to first batch (or cook separately) and cook ten minutes.

Put through sieve.

Add to this sweet butter and vegetable salt to taste.

(If Endive is unobtainable, substitute Chicory or Lettuce.)

SODIUM SALAD

Cucumbers (diced), String Beans (cooked in Olive Oil and without Water), Beets (grated), Carrot (grated), Celery (cut up). Serve on Lettuce with Mayonnaise.

SULPHUR SALAD

Cabbage (cut fine), Onions, Cucumbers (diced), Carrots (shredded), Figs (Black Mission, cut up). Serve on Lettuce with Mayonnaise mixed with chopped Almonds.

SILICON SALAD

Apples (diced), Grapes, Peaches (cut up), Figs (Black Mission, cut up), Nuts (chopped). Serve on Endive with Whipped Cream or Mayonnaise mixed with Nuts.

HEALTH MAYONNAISE

To the yolks of Two Eggs, beaten very stiff add two tablespoonfuls of Olive Oil and 1/2 Lemon very slowly, beating hard all the while; add a little Brown Sugar or Honey and Vegetable Salt.

SOUR CREAM DRESSING

For Sour Cream Dressing add the same amount of Sour Cream as Mayonnaise and beat together.

CREAM CHEESE DRESSING

One part Mayonnaise, one part Sour Cream, one part Cream Cheese. Add a little Lemon and Honey to taste.

OLIVE OIL DRESSING

To three tablespoonfuls Olive Oil (get first pressing of Olive Oil, which is always the best grade), add a little Vegetable Salt, beating it in; then beat in Lemon to taste. If a little sweetness is desired, beat in a little Honey or Brown Sugar.

AMBROSIA

A delicious in-between meal can be made of Five Black Mission Figs (cut up), about 10 Raisins, 2 Dates (pitted) and about 5 Burnt Almonds (chopped). Pour over this some Sweet Cream.

BANANA HEALTH SNOW

Mash a ripe Banana and beat into it about a tablespoon Olive Oil and a little Honey. Beat it until well mixed.

*When making salad, remember that a little Lemon Juice over cut apples keeps them from discoloring.

ACID AND ALKALINE FOODS

By studying the two lists shown below, and making comparison with the "Index of Natural Foods arranged alphabetically to show their Chemical Contents," one may quite easily and safely make up his own dietary needs especially if he has first determined his Chemical type from the Mentalphysics Guide, about which information may be obtained from the Institute of Mentalphysics.

ACID FOODS

Barley (pearled)	Custard	Olive Oil
Blackberries	Egg (white)	Peanuts
Bread (all kinds)	Egg (yolk)	Pecans
Brown Sugar	Flour	Pine Nuts
Buckwheat	Gooseberries	Rice
Butter	Honey	Rhubarb
Cheese	Jello	Shredded Wheat
Chocolate	Lentils	Strawberries
Cocoa	Maple Sugar	Tomatoes
Corn (Green)	Maple Syrup	Walnuts
Cornmeal	Mayonnaise	Wheat
Crackers and Cookies	Oatmeal	

(All meats and fish are acid; in Mentalphysics they are not advocated as foods, but you must be your own judge.)

ALKALINE FOODS

Almonds	Cauliflower	Lemons	Pears, raw
Apples, raw	Celery	Lemon juice	Peas, canned
Apricots, raw	Celery Root	Lettuce	Peas, dried
Artichokes	Chard	Milk, Condensed	Peas, raw
Asparagus	Cherries	Milk	Pineapple
Bananas	Chestnuts	Molasses	Plums
Beans, dried	Cocoanuts	Melons	Potatoes
Beans, lima (dried)	Cranberries	Okra	Potatoes, sweet
Beans, lima (fresh)	Canteloupe	Olives	Prunes
Beans, string (canned)	Cream	Onions	Pumpkin
Beans, string (fresh)	Cucumbers	Oranges	Radishes
Beans, soya	Currants	Orange juice	Raisins
Beets	Dates	Parsley	Raspberries
Buttermilk	Figs (dried)	Parsnips	Spinach
Bran	Grapes	Peaches, canned	Squash
Cabbage	Grapejuice	Peaches, raw	Turnips
Carrots	Grapefruit	Pears, canned	Watercress

(Care must be taken in determining right combinations; the best way is to take the chemical foods necessary for your particular chemical type.)

INDEX OF NATURAL FOODS ARRANGED ALPHABETICALLY TO SHOW THEIR CHEMICAL CONTENTS

FRUITS

APPLES	contain	Phosphorous, Potassium, Sodium, Oxygen, Iodine, Hydrogen, Iron, Silicon, Magnesium, Manganese.
APPLE CIDER	"	Oxygen (principally).
APRICOTS	"	Calcium (principally).
ALOES	contain	Potassium (principally).
AVOCADOES	"	Phosphorus (principally).
BANANAS	"	Calcium (principally).
BLACKBERRIES	"	Potassium, Iodine, Iron.
BLUEBERRIES	"	Potassium, Iodine, Iron.
CHERRIES	"	Phosphorous, Calcium, Potassium, Hydrogen, Iron, Silicon, Magnesium, Manganese.
CITRON	"	Calcium (principally).
CURRENTS	"	Iron (principally).
ELDERBERRIES	"	Fluorin (principally).
FIGS	"	Calcium, Potassium, Sodium, Carbon, Silicon, Sulphur, Magnesium.
GOOSEBERRIES	"	Sodium, Iron, Silicon, Magnesium, Manganese.
GRAPEFRUIT	"	Phosphorous, Calcium, Oxygen, Hydrogen, Magnesium, Manganese, Nitrogen.
GRAPES	"	Silicon, Magnesium, Manganese.
HONEY	"	Carbon.
LEMONS	"	Phosphorous, Calcium, Oxygen, Hydrogen, Magnesium, Nitrogen, Manganese.
LIMES	"	Calcium, Oxygen, Hydrogen, Magnesium, Nitrogen, Manganese.
LOGANBERRIES	"	Iron (principally).
MOLASSES	"	Oxygen (principally).
OLIVES (dried)	"	Potassium.
" (ripe)	"	Iron.
ORANGES	"	Phosphorous, Calcium, Oxygen, Iodine, Hydrogen, Magnesium, Manganese.
MELONS	"	Oxygen, Hydrogen.
PASSION FRUIT	"	Phosphorous, Calcium, Hydrogen, Silicon.
PEACHES	"	Calcium, Potassium, Sodium, Hydrogen, Iron, Silicon, Sulphur, Magnesium, Manganese.
PEARS	"	Oxygen, Iodine, Iron.
PERSIMMONS	"	Oxygen, Hydrogen, Magnesium.
PINEAPPLE	"	Calcium, Oxygen, Iodine, Hydrogen.
PLUMS	"	Phosphorous, Hydrogen, Iron.
PRUNES	"	Phosphorous, Potassium, Sodium, Iron, Magnesium, Manganese.

RAISINS	"	Iron (principally).
RHUBARB	"	Calcium, Oxygen.
STRAWBERRIES	"	Sodium, Iodine, Iron, Silicon.
SUGAR CANE	"	Carbon, Oxygen.
WATERMELON	"	Potassium, Sodium, Oxygen.

VEGETABLES

ARTICHOKES	contain	Iodine, Manganese.
ASPARAGUS	"	Calcium, Potassium, Sodium, Chlorin, Iron, Silicon, Magnesium, Manganese.
BEANS (lima and white)	"	Phosphorous, Calcium, Iron, Sulphur.
BEANS (string)	contain	Manganese, Nitrogen, Magnesium, Sodium.
BEANS (navy and kidney)	"	Nitrogen, Manganese.
BEETS	"	Potassium, Fluorin, Sodium, Iodine.
BEEF TOPS	"	Potassium, Iron.
BRUSSEL SPROUTS ..	"	Phosphorous, Calcium, Fluorin, Iodine, Hydrogen.
CABBAGE	"	Phosphorous, Calcium, Potassium, Fluorin, Chlorin, Oxygen, Iron, Silicon, Sulphur.
CARROTS	"	Potassium, Sodium, Chlorin, Iron, Silicon, Sulphur.
CAULIFLOWER	"	Phosphorous, Calcium, Fluorin, Iodine, Hydrogen, Sulphur, Magnesium, Manganese.
CELERY	"	Phosphorous, Calcium, Potassium, Sodium, Oxygen, Iron, Sulphur, Manganese.
CELERY SALT	"	Phosphorous (principally).
CELERY ROOT	"	Calcium, Potassium, Chlorin, Silicon.
CHARD	"	Calcium, Sodium, Iodine, Hydrogen.
CHICKORY	"	Potassium (principally).
CORN	"	Iron, Magnesium, Manganese.
CRESS	"	Potassium (principally).
CUCUMBERS	"	Phosphorous, Calcium, Sodium, Chlorin, Iron, Silicon, Sulphur, Magnesium, Manganese.
DANDELIONS	"	Potassium, Manganese.
DILLS	"	Potassium (principally).
EGG PLANT	"	Phosphorous, Calcium, Iron, Sulphur.
ENDIVE	"	Potassium, Silicon, Manganese.
FLAXSEED TEA	"	Sodium.
GARLIC	"	Calcium, Iodine, Iron, Sulphur.
GREEN PEPPER	"	Iodine (principally).
HOMINY	"	Sulphur (principally).
HORSERADISH	"	Oxygen, Silicon, Sulphur.
KALE	"	Iodine, Magnesium.
LEEKs	"	Iodine (principally).

LENTILS	"	Phosphorous, Calcium, Potassium, Sodium, Chlorin, Iron, Nitrogen, Manganese.
LETTUCE	"	Phosphorous, Calcium, Potassium, Chlorin, Oxygen, Iodine, Iron, Sulphur, Manganese, Manganese.
LICORICE	"	Fluorin (principally).
MOSS	"	Chlorin, Iodine.
MUSHROOMS	"	Iodine, Iron, Silicon, Nitrogen.
MUSTARD GREENS ...	"	Phosphorous, Iron, Sulphur, Manganese
NASTURTIUMS	"	Manganese (principally).
OKRA	"	Sodium, Silicon.
ONIONS	"	Calcium, Potassium, Fluorin, Oxygen, Iodine, Iron, Silicon, Sulphur.
PARSLEY	contain	Phosphorous, Potassium, Fluorin, Iron, Manganese.
PARSNIPS	"	Phosphorous (principally).
PEAS	"	Phosphorous, Potassium, Iodine, Iron, Silicon, Sulphur, Magnesium, Nitrogen, Manganese.
POTATO SKINS	"	Potassium, Iodine, Sulphur.
RADISHES	"	Phosphorous, Calcium, Chlorin, Oxygen, Sulphur, Magnesium, Manganese.
ROMAINE	"	Potassium (principally).
RUTABAGAS	"	Sulphur (principally).
SAUERKRAUT	"	Calcium, Fluorin.
SEA SALT	"	Phosphorous, Iodine.
SENNA LEAF TEA ...	"	Potassium (principally).
SPINACH	"	Phosphorous, Calcium, Potassium, Fluorin, Sodium, Chlorin, Oxygen, Iodine, Hydrogen, Iron, Silicon, Sulphur, Magnesium, Manganese.
SORREL	"	Oxygen (principally).
TOMATOES	"	Phosphorous, Calcium, Potassium, Oxygen, Iodine, Hydrogen, Sulphur, Manganese.
TURNIPS	"	Sodium, Iron, Sulphur.
WATERCRESS	"	Potassium, Fluorin, Manganese.

GRAINS AND NUTS

ALMONDS	contain	Phosphorous, Calcium, Sodium, Iron, Silicon, Sulphur, Magnesium, Nitrogen, Manganese.
ARROWROOT	"	Carbon (principally).
BARLEY	"	Phosphorous, Iron, Silicon, Magnesium, Manganese.
BEECHNUTS	"	Phosphorous, Calcium, Iron, Silicon, Magnesium.

BRAN BREAD	"	Potassium, Iron.
BRAZIL NUTS	"	Phosphorous, Iron.
CARAWAY SEEDS	"	Fluorin (principally).
CEREALS	"	Potassium (principally).
CHESTNUTS	"	Fluorin, Sulphur, Magnesium, Manganese.
COCOA (as drink)	"	Phosphorous (principally).
COCOANUT	"	Calcium, Potassium, Chlorin, Magnesium, Manganese.
FLAXSEED	"	Calcium, Silicon.
MACARONI	"	Carbon (principally).
NUTMEG	"	Nitrogen (principally).
NUTS (raw)	"	Potassium, Iron, Magnesium.
OATMEAL	"	Fluorin.
OATS (steel cut)	"	Phosphorous, Calcium, Potassium, Fluorin, Sodium, Carbon, Iron, Magnesium, Manganese.
PEANUTS	contain	Phosphorous, Nitrogen.
PECANS	"	Sodium, Nitrogen.
RICE (brown)	"	Carbon, Iron, Silicon, Sulphur, Manganese.
RYE	"	Phosphorous, Silicon, Magnesium, Manganese.
RYE KRISP	"	Carbon (principally).
SAGO	"	Carbon.
TAPIOCA	"	Carbon.
WALNUTS	"	Calcium, Sodium, Silicon, Magnesium, Nitrogen.
WHEAT (SHREDDED) ..	"	Calcium, Iron, Silicon, Magnesium.
WHEAT (whole)	"	Calcium, Potassium, Fluorin, Iron, Silicon, Sulphur, Magnesium, Manganese.

DAIRY PRODUCTS

BUTTER	contains	Hydrogen (principally).
CHEESE (Cottage)	"	Phosphorous, Calcium, Sodium, Nitrogen, Manganese.
CHEESE (goats)	"	Phosphorous, Fluorin, Sodium, Chlorin.
CHEESE (roquefort) ...	"	Calcium, Fluorin, Sodium, Chlorin.
CHEESE (Swiss)	"	Calcium, Fluorin, Sodium, Nitrogen.
EGG YOLK (raw)	"	Phosphorous, Calcium, Potassium, Fluorin, Sodium, Chlorin, Oxygen, Iodine, Hydrogen, Iron, Silicon, Sulphur, Magnesium, Manganese.
MILK (goats)	"	Phosphorous, Fluorin, Silicon, Magnesium.
MILK	"	Phosphorous, Calcium, Chlorin, Hydrogen, Magnesium.

Soy milk, though not generally known to be so, is an excellent substitute for cow's milk, and extremely rich in vitamins.

(5) NOTES ON GROUPS OF FOODS

CEREALS:—Eat cereals in their dry form, if possible, and *masticate* thoroughly.

MILK:—Sip milk—or better, *chew it!* This applies to both sweet milk and buttermilk. The value of milk as a food is gained only through slow digestion. Assist in digestion before it leaves your mouth.

OTHER DAIRY PRODUCTS:—Cheeses and eggs should be taken with salads. A delicious drink and an ideal food is 2 yolks of eggs, a small pitcher of olive oil, a teaspoonful of honey—that is *real food*.

FRUITS:—Sip fruit juices—the mixture of the saliva with the juices aids digestion. Fruits may be combined with leafy vegetables and nuts.

LEGUMES:—Some people find it difficult to digest the legumes, but if properly prepared, slowly eaten and properly masticated, they are a good food. Eat them with fruit (preferably lemon or grapefruit, or leaf vegetables).

NUTS:—Some food scientists declare nuts to be harmful as foods, but this is because they themselves are “knuts”. Kernels and seeds form one of the finest foods that God has supplied for man. You should eat nuts with breakfast and with the evening meal. They aid digestion and supply important fats and oils.

SUGARS AND CANDY:—Don’t eat them. *If you do, see that you have not had a meal for several hours.*

VEGETABLES:—Let us give thanks for vegetables. Eat vegetables *raw*, if you can easily digest them. If you cannot eat them raw, steam them—do not boil them. Many of the more delicate vegetables lose practically all of their food value when boiled, and are not food at all but merely substances which cause fermentation and autointoxication, gastritis and other troubles. The best way to prepare vegetables when not eaten raw is by the steel pressure cooker. Another good way is by the steel, copper-bottomed utensil, in which case very little water is needed.

(6) THE FIVE VITAL FOODS OF LIFE

In the opening chapter of this booklet we indicated that in Mental-physic we teach the “Five Vital Foods,” and enumerated them as: (a) **SOLID FOODS**; (b) **LIQUID FOODS**; (c) **REST AS A FOOD**; (d) **BREATH AS A FOOD**; and (e) **THOUGHT AS A FOOD**. We feel that sufficient information on the first two foods has already been given, and in this chapter we wish to deal with the last three foods—*Rest, Breath and Thought*. It must be confessed that, from the ordinary point of view of “diet,” few people ever give a thought to rest or breath or thought as “foods”; yet, when properly understood, they are of much greater significance in the general economy of the human body than either solids or liquids.

The human body is a much more marvelous machine than the average person realizes, and, as we grow from a “sick” person to a “well” person, we realize that we live in and are dependent upon a great universal sub-

stance which we call *Life*, much more than we are dependent upon what we call *our own bodies*. It is, of course, true that we all have *our own body*, but, when we grow into a condition of perfect bodily health, we seem to emerge into and dwell in finer forces than mere physical forces, and our estimate of our own body correspondingly rises to a point where we feel that we are a part of the Divine Universal Plan of what men know as **GOD**. We can then regard our physical bodies in this manner (read this reverently—say it to yourself many times a day—memorize it, and you will find that it will become a *part of you*):

“MY BODY! The transcendently beautiful, the infinitely intricate, but the most **GLORIOUSLY ACCURATE INSTRUMENT IN THE UNIVERSE**.

“MY BODY! The Temple of the Living God, the Temple of the God That Lives Within Me.

“I stand in reverence before the Wisdom pent up in the very substance (in the chemistry within the substance) of My Body—and

“I pledge myself, I VOW that from this moment henceforward nothing that I shall eat or drink, do or say or think, shall injure or abuse this Temple of the Living God, MY BODY.”

It is an ancient axiom that “cleanliness is next to Godliness.” There is great wisdom in this saying. Most people suffer from physical uncleanness—from constipation.

BE THOU CLEAN!

“Stop constipation, and you arrest disease!”

Thus writes that most eminent British physician, Sir Arbuthnot Lane, physician to King George of England and President of the New Health Society.

Constipation Almost Universal.—It is a hard thing to say that practically the whole American nation is constipated, but it is nonetheless true. Constipation seems to be something that has come with our civilization, and despite all the “progress” being made by medical science in uncovering disease and all the varied effects of dis-ease of the human body, *practically no thought* (except in the case of forward-looking medical men, and we must admit that they are in the minority) is given to the **CAUSE of Dis-ease—CONSTIPATION**. It would be literally laughable if it were not so tragic. Here we have a condition of affairs in the most scientific country the world has ever known, where the people, while having come practically to the conquest of the material world, *know practically nothing about the world of their own bodies*. Yet, we are highly “educated,” everyone goes to universities—learns all *about* the sciences of the body, biology, anatomy, bio-chemistry, physiology, and so forth—talks glibly *about* the body and what it is and how important it is; but somehow the average human being **DOES NOT KNOW**, or if he knows **IGNORES the needs of the body**.

The Fallacy of Disease.—The whole human race seems to have auto-hypnotized itself into believing disease to be almost inevitable. The same with old age—everybody believes that he must grow old, that it is a natural

thing to do so, *not knowing that there is no such thing as old age*, but that that which we call old age is merely the result of a chemical change in the body. Occasionally we find people who *do* know, or say they know that the only dis-ease there is, is constipation, *that old age does not exist, yet they do not do anything about it*. While they talk quite profoundly, they suffer from Constipation and grow old and die before their time.

Strange creatures, human beings!

Demonstrate Your Knowledge.—Now, as a result of observation, and as founder of the Science of Mentalphysics, the writer takes this view:

To **KNOW** a thing means to demonstrate that thing. If you say that you know that there is but one disease—Constipation—and are yourself constipated, then I say that you do not *know* it and are merely lying when you say that you do. My definition of knowledge is this: Knowledge is that which is *demonstrable by you*; if you cannot *demonstrate* it, that which you say you know is merely information, intellectual pap!

Women Suffer More Than Men.—Women suffer from constipation more than men. A truly healthy woman is a hard thing to find. Constipation is easily correctable—it only requires patient, persistent, reverent effort in properly dieting and exercising the body, interiorly and exteriorly. But the inactivity of women, their wrong eating—white bread, fountain concoctions, candies and various constipating combinations—their abhorrence of properly using their bodies, their ignorance of the need of real breathing, and silly methods of walking, sitting, lying and in other ways throwing their spines out of alignment—all these contribute to establish and maintain **CONSTIPATION—the one cause of Disease**.

Most men are nearly as bad as women. You find nine-tenths of office workers, for example, who never have a natural action of the bowels, being eternally at the mercy of some unnatural and harmful laxative.

Causes of Constipation.—I have mentioned some of the causes of constipation. Let us examine them further. In point of importance they may be enumerated as follows:

- (a) **Improper Diet**—Lack of proper combinations and mixture of foods.
- (b) **Irregular Habits**—Instead of going to stool at regular times of the day—such as immediately on waking and the last thing before going to bed—some people wait for some distinct discomfort of the intestinal tract, which is the only sign that the bowels want to move.
- (c) **Insufficient Exercise**—The great majority of people *never* exercise their bodies. They may stretch in bed in the morning on waking, but this is principally a subconscious affair. It is easy to exercise the body, but if you will use the *Breathings* as taught in Mentalphysics, you will doubtless, as have hundreds of other people, gain great benefit. The Breath is the only method which enables us to exercise the body interiorly.

- (d) **Long Use of Medicines**—So long as you take laxatives regularly, you are inviting constipation to remain with you, ultimately to bring about your own destruction. Give up the physic. Do it Nature's way.
- (e) **Use of Strictly Constipating Foods**—Such as cheese, milk, starches, candies; cut them out and substitute green vegetables.
- (f) **Lack of Green Vegetables in the Diet**.
- (g) **"Bolting" Your Food**—Watch people in restaurants. See how little they masticate. Great chunks of potatoes and white bread and meat go down unchewed—and instead of engaging in even decent mastication, they wash down their throats the unchewed food, with gulps of water.*

"BREATH AS A FOOD"

It is only comparatively recently that the importance of "Breath" has been recognized in the western world. In all Oriental philosophy and religion, the practice of physical and spiritual breathings, such as are taught in the Science of Mentalphysics, has been emphasized for thousands of years, and the mystic sentence "Breath IS Life" has been heard by all. From the first faint breath of the new-born infant to the last gasp of the dying man, life is a series of breaths. Man is born of a breath, lives in one breath after another all through his life, and passes from his physical body when his breath ceases. Breath is the fount of all human power.

We know of no organization in the western world which discloses the sublime secrets of the power of breath as is taught by the Founder of the Science of Mentalphysics in Los Angeles, and, in the final analysis, no matter how much we may say about the mysteries of our breath, the reader can learn but very little until he begins to practice. We would, however, here emphasize that your physical health depends materially upon correct breathing. Further, your mental health, happiness, self-control, clear-sightedness and morale depend very largely upon how you breathe.

The power of breath is explained in much greater detail in "Breaths that Renew Your Life", available from the Institute of Mentalphysics.

"REST AS A FOOD"

We are quite sure that the reader has never heard the idea put forward that "Rest" is a food! Yet, when we think of it, rest is vitally necessary to the human organism. Study statistics, and you will be astounded how great is the increase of deaths in the United States as a result of heart troubles of various kinds. In many—we would say in most—cases, the result of not knowing *how to rest*.

Many people *never* rest. Even when asleep, they are not at rest, nor are they relaxed. Most people are always in a state of physical and mental tension, never at perfect rest, and the rest we are speaking of is as much a mental condition as a physical condition—or one may say it is a condition

*A special booklet on "Constipation" is available from the Institute of Mentalphysics.

seen most frequently in the physical body simply because the mind is never at rest.

We can all see that no matter how healthy and strong the man is, he cannot do without sleep. There are men on this planet who really never sleep as sleep is generally understood; but they are nevertheless always at rest. They *know* what we are trying to talk about here. They *have learned this sublime secret of right living*—how to completely rest the mind and the body, and become revitalized completely, so that, no matter how great the strain they may be called upon to make in their mind and body, they are equal to it. But these men are indeed few and far between. Most people know that they need sleep; they get tired quickly, and they feel that sleep is the only way to overcome their exhaustion.

Here, again, we may write a hundred thousand words *about* this secret of “rest as a food,” and yet be unable to enlighten the reader unless he practices the secrets. The rest we have in mind is that state of entire realization, through feeling, of the complete rhythm of the Divine Universe in which we live. We feel it in our physical bodies so that we grow into conquest over fatigue—we become fatigueless; we feel it in our minds so that we are always happy, content, at peace, in repose, feel the equilibrium of Life Itself, know its inspiration through our own divine imagination, experience its stimulation through clear reasoning of all problems and difficulties, and reach that state of absolute fearlessness of and reverence for the secret forces of Life and of God in which we live. Practical? Nothing could be more practical. It works!

Therefore, we offer here a simple relaxing exercise, which it is confidently believed will be more and more appreciated by the reader if he will practice—it cannot be understood in any other way. Practice it, and you will doubtless discover, as have thousands of other men and women just like you, that many physical advantages will come, and, if you are ready, you may lead yourself near to the still waters of Life, far from which you will never again incline yourself to stray. This is what you must do:

- (1) Lie down, place your right foot over your left foot; place your hands on your body. See that your head is comfortable, and that your neck is not strained. See that your body is quite straight.
- (2) Imagine that your body is very heavy. Say audibly to yourself—“I am still—still—still. I am at peace.”
- (3) When you feel that “lazy” feeling, just quietly turn your attention to your breath, and watch it. Do not try to breathe rhythmically, but simply, like an onlooker, see breath breathing itself in you. (A minute or two of this will cause you to notice your breath becoming longer and smoother, and there will come a corresponding feeling within you of peace and quiet. If you watch reverently, you may notice many little things that you have not noticed before. Your digestion may improve, and any other physical defect that you have been conscious of may improve or disappear.)
- (4) After lying quite still for some time, you will feel that your body is “carrying on” without any help from you—you will feel a little sleep without the slightest change in either your body or your

mind, just sing (but without the slightest effort) the word “P-E-A-C-E P-e-a-c-e p-e-a-c-e”. Rather than singing the words, just feel that the words are coming out from the inmost center of your *feeling*, and that the sound is just riding and floating out on the breath, causing you to feel a deep serenity and a beautiful repose within you physically and mentally.

- (5) After, say, ten minutes or a quarter of an hour, simply wake up slowly; lie still for a moment; see how rested your body feels and how happy you are in your mind.

This, friend, may be your first introduction to the higher things of life. If, after doing it, you desire to learn more of the mysteries of the great faultless philosophy of life which Mentalphysics is, write to the Institute, and we will endeavor to lead you onward and upward to the Truth of Life.

“THOUGHT” AS A FOOD

In speaking of *Thought* as a food, we enter upon the most sacred of all matters affecting human life. What a man thinks, he becomes. A man is the sum totality of what he has thought. You may say that no matter what your life is, it is you, *by your thinking*, who have made it what it is. For some people, this may be a little difficult to grasp; yet we feel it is self-evident.

Man really is MIND—your mind makes you what you are.

The power available through the use of our mind is explained in much greater detail in “Your Mind and Its Mysteries”, available from the Institute of Mentalphysics.

(7) VITAMINS IN FOODS

While it is not essential for the student to follow what is called the Vitamin Theory, it is advisable to know something about vitamins. Vitamins are organic substances in food. They are necessary for the correct and normal functioning of the glands and tissues. Vitamins control the whole economy of foods found in proteins, carbohydrates, fats, minerals and water. The designations of best known Vitamins are A, B, C, D, E and G.

The following is a list of the Vitamins about which there exists definite knowledge:

VITAMIN “A” (Fat-soluble; antiophthalmic):—Increases growth of the body by vitalizing the Ductless Glands; promotes growth of bone and muscle; increases longevity; supplies resistance to the onrush of disease.

Found in: Alfalfa, beans (soya), butter, cabbage, carrot tops, carrots (raw), cauliflower, chard, clover, coconut meal, cod liver oil, corn (yellow), cottonseed, cream, egg yolk, lettuce, milk, oat kernel, orange juice, peas (green and yellow), potatoes, rice (brown), spinach, squash, tomatoes, turnips, wheat, wheat bran.

Physical Troubles due to Lack of Vitamin "A":—Slow and stunted growth of the body; dwarfs, anemia; low vitality; digestive disturbance; loss of weight; poor eyesight; lack of vigor.

It also helps the heart and has good effect on the adrenal, thyroid, pituitary and pancreas; banishes fatigue.

VITAMIN "B" (water-soluble; antineuritic):—Stimulates metabolism; rejuvenates the nervous system; prevents tuberculosis and wasting diseases.

Found in: Alfalfa, apples, artichokes, barley, beans (kidney, navy), beets, cabbage, carrots, cauliflower, celery, chestnuts, clover, chard, corn, cucumbers, dandelions, egg plant, egg yolk, lettuce, lentils, milk, nuts, oats, okra, onions, orange juice, parsley, peanuts, peas, potatoes, prunes, rice (brown), rutabaga, rye, spinach, tomatoes, turnips, wheat. Vitamin "B" is not found in appreciable quantities in fats or oils of either animal or vegetable origin. It is abundant in tomatoes, carrots, turnips and all fresh leaf vegetables.

Physical Troubles Due to Lack of Vitamin "B":—Paralysis of the nerves and general nerve ailments; colitis and intestinal trouble; anemia; acidosis; loss of appetite; malnutrition; constipation.

VITAMIN "C" (water-soluble; antiscorbutic):—Recreates new blood cells, prevents mental disorders, etc.; helps teeth; generally fights the enemy as he comes.

Found in: Apples, bananas, cabbage, carrots, cauliflower, dandelions, endive, grapefruit, lemons, lettuce, limes, milk, onions, orange juice, potatoes, raspberries, rhubarb, string beans, tomatoes, turnips (Swede), watercress.

Physical Troubles Due to Lack of Vitamin "C":—Scurvy, acidosis, pyorrhoea and teeth troubles; extreme inertia; sallow skin; rheumatism; infantile diseases; mental disorders.

VITAMIN "D" (fat-soluble; antirachitic):—Brings physical fitness generally, prevents rickets and similar disorders; its effect is similar to that of sunshine. Works indirectly with calcium and phosphorus. Eighty per cent of children in the United States suffer from rickets—lack of Vitamin "D". If the bone structure is not healthy, the whole body suffers. Many so-called "foods" put up commercially do not contain this important Vitamin.

Found in: Almonds, butter, cabbage, carrots, chard, coconut oil, cod liver oil, egg yolk, lettuce, tomatoes, turnips. Chief source is action of sunshine on the skin. Without sufficient exposure of skin to sunlight ordinary food will not furnish a sufficient supply.

Physical Troubles Due to Lack of Vitamin "D":—bone malformation; rickets; and general debility and restlessness; constipation; spine troubles; retarded growth; general susceptibility to disease.

VITAMIN "E"—also known as "X" (fat-soluble; anti-sterility):—Aids reproduction and promotes fertility in all animals. Men and women who

sense the approach of "old age" through the lessening of the sex desire should take plenty of this Vitamin. There is no need for men to become impotent. With proper exercises, which cannot be explained here, and with the proper fueling of the body, sex power will return, and as sex energy is all energy it follows that when a man loses his sex energy he has come to that state where Death is in the offing. It is the same with women. Female troubles are due, very largely, to a deficiency in the food of Vitamin "E."

Found in: Alfalfa (dried), asparagus, butter, cabbage, chard, corn, cream, lettuce, leaves of most plants, milk, rolled oats, whole wheat.

Physical Troubles Due to Lack of Vitamin "E":—Infertility; degeneration of sex glands in both men and women—with all the resulting ailments.

VITAMIN "G"—The vitamin of the mind; increases red blood corpuscles; gives intellectual alertness.

Found in: Most underground and in all above-the-ground vegetables.

Physical Troubles Due to Lack of Vitamin "G":—Stomach and digestive trouble; poor respiration; eye-trouble; lack of hair; unimpaired growth generally.

The reader will be aware of the rapid growing interest shown in Vitamin Concentrates. Many good products are available. Therefore, you are advised to seek information on vitamins for your own special needs from your medical man or from reputable health food stores. *Fresh*, uncooked foods, taken in sufficient quantity, are the best source of supply for vitamins, because then they are usually accompanied by mineral compounds, without which they are often ineffective. The exception is Vitamin D, the sunshine vitamin. An artificial source of this D vitamin is usually necessary for people who cannot take frequent sunbaths. Except for cod liver oil and similar products, no amount of natural food can supply the deficiency in the absence of sunshine.

ABOUT THE AUTHOR

Edwin J. Dingle was an Englishman who spent 21 years in the Orient, where he built a large publishing company and became an economic and geographic authority on China. Always within him burned the desire for deeper wisdom and his quest led him to a Tibetan monastery, where he was privileged to study under a remarkable Tibetan teacher, a keeper of the Eternal Wisdom. With the deep knowledge that he acquired in years of arduous study, he founded the Science of Mentalphysics, which shows the unity among all great Spiritual Teachings and their ultimate harmony with science. Through the spiritual rebirth of every individual lies the way to spiritual rebirth of every nation and peace throughout the world.