

# The Scroll of Set

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## [1] Food for Thought, or Pristinians

- by John D. Furcean II°

PRISTINE: 1. Characteristic of the earliest period or condition, original. 2. Uncorrupted, unspoiled.

I believe the questions confronting the individual, the U.S. Food and Drug Administration, and food processing industries are critical ones. Products under current regulations at least list some of the ingredients used. Any shopper who read the labels on the processed food they bought last week knows that lard, for example, is often used now with other heavy oils (cottonseed, palm kernel) in the preparation of pastries, potato chips, etc.

However, don't think you're any better off for just having read the label. The food processors didn't tell you that these types of oils are **completely indigestible!**

The glaring shortcoming of the FDA is what they **don't** tell you, and likewise those ideas of nutrition which have **not** been adopted by that agency.

The Earth is abundant with **whole**, fresh vegetables, nuts, and fruits. These are the birthright and nutritional source of humankind. Altering these **phylloxera** [recall the principle of the Pentagram of Set!] arrangements by cooking, whipping, smashing, canning, etc., further removes the original substance from its state of being **alive**.

Perhaps the grossest abandonment of the natural laws concerning human nutrition is the [little known] concept of **food combining**. Did you know that your human body (stomach) creates a special and different digestive juice for **each** of the general food groups - proteins, starches, fruits, and milk? Digestive juices for any one group of foods do **not** work on the other types of food.

Hence modern, "civilized" man creates his own indigestion/toxemia/disease by mixing all of the food types into one meal, thereby causing gastronomic chaos which prevents assimilation of needed nutrients.

As the mass population suffers needlessly in the 20th century, over-complex recipes are the rage, while naturally hygienic concepts as the "one type of food at a meal is the ideal" are rarely heard - and are not promoted by the food industry, as there is no way to reap/rape a monetary profit from such a

concept.

As Setians we strive for goals "alien" to most common understanding. The process of *Xeper* may include some "un-natural" phenomena, such as bending or warping the universe, projecting the consciousness out of the body, and much more.

However the flesh and bone of the Setian is a natural phenomenon, and therefore we must obey the laws of nature which apply to it. Setians must have a strong physical constitution upon which to rely. The types of experiments and mental gymnastics in which the Setian engages can be very demanding energy-wise. There is little hope in reclaiming this energy through stimulants, drugs, processed food, health food, gimmicks, or needless surgery. A holistic program of proper food combining, sunlight, exercise, pure water and air, proper rest, right thinking - indeed a combination of all these things is the best insurance for staying healthy - and progressing towards a true superman/superwoman status.

I am able to supply further information, books and schematic diagrams about food combining, the natural hygienic system, man's pristine way of life, the hygienic rearing of infants and children, and family planning. I will be glad to supply, free of charge, the primer *Food Combining Made Easy* by Herbert M. Shelton and a schematic related to the work, which is placemat-sized and in color, to all who ask. Questions? Write me, and I will answer promptly.

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## [2] To Give or Not To Give? That is the Question.

- by Margaret A. Wendall IV°

At this time of year our mail boxes are jammed with pleas from organizations asking us to help "those less fortunate than ourselves". How should we as Setians respond to this kind of mail, if at all?

No doubt many of these organizations provide the service they claim. Some may be worth examination, but many are not. Before making a decision to contribute, to throw the plea in the waste basket, or to make an effort to have your name removed from the mailing list [yes, it's possible], here are some ideas to ponder.

Go back and re-read Magister Seago's article "Implications of Elitism," in the February 1978 *Scroll*. These are excellent guidelines for determining whether a person or an organization is worth our time, money, and energy. But if the organization meets these guidelines, there are a few more to think about.

You should ask yourself if you can afford to give. If giving means a dent in your grocery budget, or a poorer-quality gift for a loved-one, you can't afford to give, no matter how worthwhile the cause.

Do you honestly believe in the “cause”? For example finding homes for unwanted kittens wouldn't be “condemned” by Magister Seago's guidelines, but if you don't like cats, do you want to help?

There's something to be said for “psychic vampires”. Before deciding whether or not to give, you should find out how much of your money will go to administrative and advertising personnel, who may be “more fortunate” than yourself, and how much actually gets to the “less fortunate”. Because all of the pleas will attempt to make you feel guilty if you don't give, try to find out whether you could qualify for assistance if you should ever need it. You shouldn't feel too guilty about not giving if you couldn't receive.

You don't have to send money for the pretty stickers or **anything** you receive unsolicited in the mail. If you decide to contribute time or money to an organization, give as a Setian. If you don't give, don't feel guilty about it.

In fact the more “guilt” you feel, the less worthy the organization may be of your gift.