

Rays from the Rose Cross

June 1913

1950

NO. 1



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Issued on the 5th of each month. *Change of Address* must reach us by the 1st of month preceding any issue. Address ALL correspondence and make ALL remittances payable to The Rosicrucian Fellowship.

The Rosicrucian Fellowship
Oceanside, California, U.S.A.

Thoughts for the New Year

Lasting peace and freedom cannot be achieved until the world finds a way toward the necessary government of the whole.

—Henry L. Stimson

I am convinced that the achievement of world federation is the most urgent and important problem of our time. It is not too much to say that the survival of civilization depends upon this solution.

—Albert Einstein

Every citizen who has the "far vision" needs to apply to the present a "near look." He is needed in the immediate effort to gain the kind of world where peace prevails and where men live as brothers. This is the call to action. This is the way to a more perfect union.

—Warren R. Austin

We see before us vast changes taking place not only in the political and economic spheres, but even more so in the minds of men. Asia is becoming dynamic again and is passionately eager to progress and raise the economic standards of her vast masses. This awakening of a giant continent is of the greatest importance to the future of mankind and requires imaginative statesmanship of a high order. The problems of this awakening will not be solved by looking at it with fear or in a spirit of isolationism by any of us. It requires a friendly and understanding approach, clear objectives, and a common effort to realize them.

—Pandit Jawaharlal Nehru

I am confident that the United Nations, with all its imperfections and weaknesses, is the sole force in the world today which can issue reliable peace and freedom insurance. The United Nations, by dint of ever-persistent effort, is slowly moulding the kind of peaceful and free world that you and I wish to live in and wish to hand down to our children and grandchildren.

—Ralph J. Bunche

One belief of my childhood I have preserved with the certainty that I can never lose it: belief in truth. I am confident that the spirit generated by truth is stronger than the force of circumstances. In my view no other destiny awaits mankind than that which, through its mental and spiritual disposition, it prepares for itself. Therefore I do not believe that it will have to tread the road to ruin right to the end.

—Dr. Albert Schweitzer

Without universal education the ideal of freedom is no more than an unpaid debt, a dangled deceit. The problem of illiteracy is of course one of education. But it is more than this: it is a universal tragedy which affects us all directly and which is at once economic, political, and social in character.

—Dr. Jaime Torres Bodet

The Current Outlook

FROM THE ROSICRUCIAN VIEWPOINT

Looking Forward

By KITTIE S. COWEN

"TO every thing there is a season, and a time to every purpose under the heavens: a time to be born, and a time to die; and a time to plant, and a time to pluck up that which is planted a time for every purpose and for every work." So says the author of Ecclesiastes; and Max Heindel, messenger of the Brothers of the Order of the Rose Cross, told his students that the first and sixth decades of each century are particularly propitious times for the promulgation of new projects. The year 1900 was the beginning of a new century, and the year 1950 marks the sixth decade of that division of time. Hence we are now entering into a decade most auspicious for the beginning of explorations and advancement along all lines of endeavor.

It is a well-known fact that every new discovery, every step in progress, whether material or spiritual, passes through a very severe test, often amounting to ridicule, or even persecution, before it is accepted by the people. Robert Fulton's steamboat was sneeringly alluded to as "Fulton's Folly;" Edison, inventor of the telephone and all sorts of electrical appliances, was spoken of most disparagingly until he was a nearly grown man; the telephone was considered a fake and altogether impracticable for some time after it was invented; television and telepathy were pronounced absolutely absurd and impossible; the Wright brothers with their Kitty Hawk airplane were considered a great joke; submarines just weren't feasible, and of what value could they possibly be? All of this opposition had to be met and overcome by our most prominent inventors; and spiritual discoveries have had a still more distressing opposition to meet, in many cases amounting to real persecution, and not infrequently—death. Yet despite all such deterrents evolution has moved steadily forward, and as Max Heindel points out, the marvels of scientific discoveries are now beginning to vie with the wildest and most fantastic claims of the ancient and much scorned magicians; for note that now there are invisible forces which are known actually to reproduce the human voice. We now know that messages are flying through the air and around the world without even a wire to guide them. Levitation, too, has been accomplished by mechanical means, and many other modern wonders, due in part to the discovery of electricity, are forcing a belief in the invisible worlds and the Spirits that live thereon. Electricity, we know is a force that is invisible, intangible, imponderable, yet it is capable of exerting the most tre-

—∞ The Current Outlook ∞—

mendous powers; able to take life, and to destroy every work of the human hand in a moment of time. Electricity—a power that accomplishes practically everything that has been claimed by ancient magicians in performing what we call miracles.

It is well-known by students of ancient history, that the priests in the Egyptian temples, and others, created the most awe-inspiring effects, such as producing a human voice speaking out of the void, and even today the same phenomenon may be contacted at so-called trumpet seances where disembodied Spirits are heard to speak through a trumpet. Note, however, that we now have in the most of our homes similar instruments—the telephone, the phonograph, and the radio, each of which is operated by an unseen voice. Then there is wireless telegraphy which by means of electrical vibrations carries messages completely around the world without hindrance, over mountains, deserts, and all other natural obstructions. This being similar to the telepathic messages and communications which have been recorded as feats of the ancient magicians, which magicians were simply men who had developed faculties and powers that in time will be evolved by all mankind.



What are these powers, and when they are developed just what results may we expect to obtain?

Man's three primary powers, will, wisdom-love, and activity, at the present time are far from being perfected; but as they gradually develop, among the first things, we may expect what is known to the occult scientist as etheric sight to manifest. Etheric sight is the result of a slightly higher vibration of the optic nerves. This sight is able to penetrate all dense substances except glass. This sight will necessitate a drastic change in the composition of our building materials as well as in our clothing where malleable glass will of necessity be used to a considerable extent; and it is worthy of note that already a material containing glass is being used in the wall construction of houses, and in some kinds of wearing apparel. Etheric sight will be a tremendous aid to doctors who will then be able to penetrate the physical body and see exactly what is wrong when disturbances occur. Scientists also will be able to study all kinds of dense organisms and watch the varied processes taking place within them.

The four ethers, chemical, life, light, and reflecting, will be discovered by the scientists in this New Age, and their use in promoting assimilation, digestion, elimination, and the distribution of the Sun's forces. Scientists will also discover the Memory of Nature records in the reflecting ether and will then be able to get a correct account of man's evolution up to the present time. They will learn how it is possible to leave the physical body consciously and function in a new vehicle composed of light and reflecting ether, visit worlds less tangible than our own, and there contact those whom they have long since considered dead; in fact they will discover to a surety that there are no dead, but that those they have considered so, are simply functioning in worlds and vehicles less dense than their own. Etheric

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vision will do away with X-Ray instruments.

Man's next development in the New Age will be clairvoyance. Clairvoyance works independently of the optic nerves. It depends on the positive activity of the pituitary body and the pineal gland, which glands are attached to the brain. With this added extension of sight man will see equally well what is happening on the other side of the globe as he will that which is happening where he lives. The trained clairvoyant can direct his gaze when and where he wills. Solid objects are seen by him both inside and out, and distance and solidity are no hindrance to his observation. Clairaudience, or clear hearing, will also be developed during this New Age. In fact, this extension of hearing is already regarded by scientists as an objective reality. Clairaudience will do away with the use of the telephone.

It is only a matter of time until man will develop the power to convey thought from brain to brain without intervention of speech, writing, or any other of the present known methods of communication.



Man has scarcely begun to develop and exercise his thought power, which is a growing energy within each individual; and this is the power that must be cultivated, directed, and controlled before humanity can take the next great step in advancement. True, great and marvelous discoveries lie ahead of us in the future exploitation of the forces that we already possess, but the next truly *Great Step* depends upon the discovery and preparation for the use of this powerful force within, the use of which does not depend on out-

side machinery of any kind, but which is always in good condition and can be used at will. No need for streetcars or railways when everybody can move about swiftly and easily by means of his own inherent thought force; no need of ships when man can move through the air without such cumbersome contrivances, nor of aeroplanes when he can fly through the air propelled by his own thought power.

When we turn our attention within we do not have to look very far before we discover this incipient energy developing, this force that even now is directing our various activities, this power that sets man apart from the lower kingdoms, this power to *think* and develop the things that his imagination conceives; and whether man knows it or not, every hour, every day, he is learning lessons in thought development; and as he learns to develop his inner powers, he gradually becomes more and more a creature like unto his Creator who built and sustains the solar system in which man is evolving.

How much material and spiritual development will be attained during the first decade of the sixth epoch remains to be seen; but certain it is that now is a most propitious time to develop along all lines of endeavor if we will but take advantage of the great opportunities presented to us in our daily lives. Furthermore, if man will endeavor to guide his material activities by the light of his spiritual perception, he will accomplish far more in a great deal less time.



THE MYSTIC LIGHT



The Christ Mystery

By HERBERT MERRILL

A EONS and æons ago in God's timeless evolutionary plan, a certain great Sun Being fulfilled so perfectly the laws of His sphere of activity that He became the Highest Initiate of His (the archangelic) life wave. The lowest vehicle in which He ordinarily functioned was made of the material of the World of Life Spirit. As the most highly developed of the Archangels, His work became correlated to that of two other high Initiates (of other life waves) who were assisting in the creative work of the God of our solar system. This great Sun Being was the Cosmic Christ.

As time passed in our septenary scheme of evolution, it was found (shortly after the beginning of the fourth or Earth Period) that some of the Spirits who composed our own life wave progressed less rapidly than did the majority. Because of their hindrance to the progress of the group as a whole, a separation had to take place. Consequently the planet Uranus was differentiated and thrown out toward the edge of the field of activity away from the high vibratory rates of the center. A number of backward Spirits were sent with this planet, thus making it possible for them to develop without interfering with the progress of the more advanced.

After another period of activity had elapsed, it was found that additional Spirits were lagging behind, and the

planet Saturn was cast out into space as a field for their evolution. Shortly after this, Jupiter was differentiated and became a field of evolution for certain advanced Spirits. Later on Mars, Earth, Venus, and Mercury were thrown off, each with the Spirits that would find suitable evolutionary conditions on it.

We, the present humanity of the planet Earth are thus stragglers, far, far behind the beings yet on the Sun. Even after we began our evolution here, some lagged so far behind that a Moon had to be thrown off from the Earth to accommodate them and prevent their retarding the advancement of the other Spirits.

At first the planet Earth was guided and controlled by the third manifestation of the Godhead—Jehovah, the Highest Initiate of the angelic life wave. He gave race religions and laws to humanity to guide them. He worked from without the earth and from without man to aid him in his development, being aided by the Angels and some of the Archangels. As man was still conscious only on the inner planes, it was necessary that his physical activities be directed by these outside forces.

At this stage (the Lemurian Epoch) of man's development, a new factor entered the picture. As there had been stragglers in the human life wave who had been separated from the main body

of humanity, so there were stragglers from the angelic life wave who had been separated from the main body of Angels. These angelic stragglers are called the Lucifer Spirits.

The Angels helped man to build a brain, but could not contact him through this brain. The Lucifer Spirits, being of the angelic life wave, could not take a dense body but could not advance without a physical brain. They therefore, being lower than the other Angels, could contact man through his brain and could advance by gaining experience through the physical brain of mankind.

For the purpose of gaining experience through man's brain the Lucifer Spirits began by calling man's attention to his outward shape, which he had not heretofore perceived. They told him how he could cease being simply the servant to external powers, and could become his own master and like unto the gods—"knowing good and evil." They also taught man how to create other physical bodies without submitting to the guidance of Jehovah and His associates.

After a time the mind of man in a part of our life wave coalesced with the desire body and man developed cunning and a "lower will," or the will of the lower self. The coalition caused man to become rebellious against the laws and restrictions of Jehovah, who then found it necessary to prescribe severe penalties for disobedience to law. We can read of many of these laws and penalties in the Old Testament of the Bible, which is one record of a Jehovistic law religion. Jehovah also divided man into races and nations and used one race or nation as a punisher of another race or nation on the physical plane. Angels and Archangels cannot function directly on the physical plane in the Chemcial Region, and since Jehovah and His assistants use human beings as their instruments in the outer manifestations of the Physical World we find throughout history that every

nation which turned against its own religion was destroyed by another nation.

As man evolved, with his mind wedded to his desire body instead of the spiritual self, and having fallen under the sway of passion and cunning, he began to build up karmic debts to monstrous proportions. Jehovah and the Archangels worked directly on the desire bodies of humanity in an attempt to prevent evolution from being terribly delayed, but in spite of all they did the mass of humanity became more and more enmeshed in their lower desires.

Humanity builds their own individual physical bodies and also the body of the



Earth by working on the archetypes in the heaven regions between earth lives. Consequently because of their sinful activities, humanity crystallized their physical bodies more and more. Had man's sinful condition continued, the Earth and human bodies would have crystallized until they became as unresponsive as the Moon, beyond the possibility of progress in this Day of Manifestation.

To escape such a calamity it became necessary that some extra help be rendered to humanity. Therefore Christ, the great Sun Spirit, decided to make the great sacrifice and personally limit Himself to three dimensional matter to work from within the Earth as an indwelling Spirit.

This great Sun Spirit, Christ, could not enter into the three dimensional world directly because He had not evolved suitable vehicles, but a door was voluntarily opened for Him. Three

high initiates among humanity, Joseph, Mary, and Jesus, volunteered to provide the required bodies. The Joseph Spirit incarnated in a male body and the Mary Spirit incarnated in a female body. They protected and kept pure their bodies.

In the Western Wisdom Teachings it is stated that "When the prospective parents prepare themselves by prayer and lofty aspirations to perform the act as a sacrament, regardless of self-gratification, the conception is immaculate. It is evident that it is not the physical virginity that counts as a virtue, for everyone is at that stage during the early years of life. It is the purity, the chastity of soul, which makes the



pure virgin, both father and mother."

So the high initiates, Joseph and Mary, provided a pure body for the Jesus Spirit. Jesus is one of the highest initiates of the earth people and knew of his mission. During his youth he was trained by the Essenes, an exceedingly devout order of mystics and mystery students, and his lower vehicles were perfected and prepared for the great event: the surrender of his physical and vital bodies to the Christ.

Thus his bodies were attuned to very high rates of vibration. The vital and physical bodies of an ordinary human being would collapse under the terrific vibrations of the great Sun Spirit.

When the time came for the Christ to take on the limitations of physical matter, Jesus was ready and the change is described in the Bible as the Baptism. At that time Jesus stepped out of his vital and physical bodies and the Christ entered into them. Thus

Christ Jesus became unique among all beings in all seven worlds. He alone possessed twelve vehicles. None save He could feel such compassion, so fully understand the position and needs of humanity; none save He could bring the relief that fully meets our needs.

However, the tremendously high vibrations of the Christ were very detrimental to the dense and vital bodies of Jesus, and consequently He had from time to time to release these bodies to the Essene brothers so they could restore their equilibrium. After about three and one half years the time came for the Christ to take the final step in becoming the indwelling Planetary Spirit, and thus occurred the Crucifixion. The body of Jesus was pierced in five places and the pressure of the crown of thorns caused blood to flow from a sixth point, all centers in the vital body.

When the blood flowed from these centers the Christ Spirit was liberated from the physical vehicles of Jesus, and through the blood spilled upon the ground, at last found Himself within the earth—an indwelling Spirit. In a twinkling He diffused His own desire body over the planet and took away the sin of the world—not of the individual. That is, He cleansed the contaminated Desire World from the vile influence which had become so detrimental to man.

At this sudden release of the powerful Christ vibrations within the Earth sphere, such a brilliant luminosity took place that all mankind was rendered instantly blind, and the Bible says there was darkness over the face of the land. The universal blindness was so sudden that people thought that light had been withdrawn and thus told of the great darkness.

At the same instant the Christ took over the control and direction of the planet Earth from Jehovah, and as control shifted from the outside to the inside of the earth, it trembled and quaked, and cracks developed on its surface.

This is described in the Bible, and it is also stated that the veil of the temple was rent, which meant that from then on initiation into the inner mysteries would be open to all, and there would be no inner secrets withheld from any who were worthy.

The great Sun Spirit, Christ, is now in the cramped position of being the indwelling Earth Spirit. St. Paul tells us that the Earth Spirit is groaning and travailing, waiting for the Day of Liberation. He is sensitive to all the hurts of the Earth. He is conscious of all the hate and discord which we as



humanity generate from day to day. All life expression is through and by love, and similarly, death comes through hate. Were the hate and discord which we generate in our daily lives in our transactions one with another, the deceit, the infamy, the selfishness, left without antidote, this Earth would be swallowed up in death.

Christ and His helpers gather all the darts of hate and anger and transmute them by the power of His own life forces; but every evil thought or act brings Him its own proportion of pain, and therefore becomes a part of the Crown of Thorns. We add to or detract from His suffering by our every thought and act.

Each September the Christ Ray returns from Its heavenly home and enters into our planet Earth. By December 24 this Ray has reached the center of the Earth, and at midnight the Ray turns outward. Therefore all students of the mysteries enter a period of meditation and prayer at the midnight period of December 24, the best time to make contact with the Christ Within.

The Christ has done so much for us, and at the price of so much pain and limitation to Himself! How can we repay in some small measure? By living a life of purity and kindly helpfulness to each other, for this hastens His Day of Liberation. Therefore, the central idea of all Rosicrucian activity is loving service to mankind.

As man becomes motivated by service he becomes attracted to the teachings of a mystery school. Under the training of the Rosicrucian Mystery School, man is taught how to contact the Christ Ray more perfectly and bring about the Virgin Birth of the Christ Principle, within. Eventually we each will become a Christ, working completely in harmony with the great Sun Spirit.

The incarceration of the Christ within the limitations of the planet Earth is only temporary. When enough individuals of the human life wave have gone through the mystic experiences of the personal Virgin Birth, and built the golden wedding garment, which is the soul body, another great change will come over the Earth. It will be floated in space by the combined soul bodies of human beings. When the combined force of the advanced members of the human life wave is sufficiently strong to support the Earth without assistance, the Christ Spirit will be permanently released from His present painful restrictions and humanity will guide and control the planet as it should. Let us pledge ourselves to this noble work, now at the beginning of a New Year and a New Decade.

ERRATUM—We regret that an error was made in the name of the author of a quotation in the first Mystic Light article in the December issue of our Magazine. On page 535, column 2, line 1, the name should be Willa Cather.

The New Age Upsurge

By HASMICK VEE GOODELL

MANY signs today point to the gradual but certain oncoming of a New Age. One aspect of this can readily be found in numerous newspapers and magazines where space is given to reports of extraordinary occurrences and accomplishments, instances which indicate the presence of a guiding Power greater than the human mind. We read also of various movements and organizations which have come into being specifically to promote a heightened sense of world-wide brotherhood, irrespective of creed or color, showing the trend toward a global consciousness.

A constantly growing number of individuals in the world today are devoting themselves to raising the general level of thought and deed—the lights heralding the imminence of a New Age. To better conditions both physical and moral, to awaken people to their divine heritage, to provide constructive entertainment for young and old—what a joyous and inspiring service this is! The few examples of such groups and individuals mentioned in this article have been selected simply because the writer happens to be acquainted with them and with the activities in which they have made accomplishment worthy of note. Though most of them are local people their influence for good has spread to the far corners of the earth, brightening countless lives, and without a doubt any discerning person could write of many such servers of humanity in his or her own locality.

* * *

Of interest to all parents is an item which appeared recently in a Los Angeles newspaper:

"Parents may send their children to any of the thirty-two Ralph's stores with the assurance that the environment will be as wholesome as in their own

homes. To this end Ralph's stores have adhered to a policy which does not permit liquor of any description to be sold. We believe that everyone is entitled to his own special privileges, but we don't like to see liquor sold in stores to which children are frequent visitors. Therefore our shelves contain no alcoholic beverages of any kind, not even beer."

Surely the management of this firm is to be highly commended for a policy which provides clean, well-ordered stores where young and old may shop for their "daily bread."

* * *

Our attention has also been called to a group which goes by the name of *Smart Set International*, among whose members are a number of individuals prominent in the various professions. For obvious reasons they prefer to remain anonymous. The following is quoted from the pledge which every member is required to sign:

"I believe that a big percentage of all alcohol drunk is used by normally intelligent people who have allowed their judgment to be swayed by liquor advertising and propaganda, and that most of these people do not like the taste of alcohol nor its effect, but drink just because it is considered the thing to do, and that many of them would welcome any plan that places the stigma of non-intelligence on the drinker rather than on the non-drinker."

* * *

Apropos of the foregoing, there is a new community now being established twenty-five miles east of San Fernando, California, where no smoking or drinking will be permitted. Known at the present time as "Eden City Camp Grounds," and located in the midst of scenic mountain beauty, cabins and

homes for year-round use are now being built there. The writer was informed that only persons of good moral character will be allowed to own property in this community. Unfortunately, these people do not espouse the cause of vegetarianism, which seems a pity since their aims are so worthy otherwise.

* * *

Of special interest to occult students is a certain news item which appeared early this year. At a meeting of the Regis College Chemistry Club, the chief speakers predicted that "It won't be long before thought waves can be recorded." Radio scientists, he pointed out, are working on ultrasonic studies, and already thought waves have been detected. "Basing convictions on the scientific belief that matter and energy cannot be destroyed," he concludes, "it may be possible some day to recover thought waves stimulated by Plato and Christ." We rejoice that the time is coming closer when science itself will prove conclusively that great thoughts and noble deeds are immortal.

* * *

Everywhere people are turning more and more to simpler modes of enjoyment during their vacation periods. Authorities estimate that recreational facilities, national and municipal parks and playgrounds, attracted in 1948 the largest number of visitors since the inception of such facilities in California alone. It seems that mankind, weary of the noise and confusion of city life, seeks solace in the wider horizons and peaceful atmosphere of the great out-of-doors, renewing both Spirit and body.

We believe that this increasing urge to seek recreation far from the congestion of metropolitan areas accounts for the fame of the song hit of 1948—*Nature Boy*. Critics rated it far above the average popular number, in both music and lyric, with a rare, mystical quality that most of them gave recognition to as being its outstanding feature.

Eden Ahbez, composer of *Nature Boy*,

has for years chosen to live close to Nature, finding there the inspiration and inner harmony to bring forth creative melodies foreshadowing the music of the New Age. What most people find in the presence of natural beauty and peace as found in the unspoiled atmosphere of the great outdoors is given musical expression through *Nature Boy*. Its composer remains true to his ideals of simplicity, sincerity, and the living of a harmless, vegetarian life. He bases his philosophy on the unity of all life, for he believes in One Life—Eternal; One World—Universal; and One Law—Love. Like the sages and mystics of old, he finds joy in devotion to things of the Spirit, balanced by wisdom in outer activity.

* * *

Another New Age server is Tim Kelly, author of *Knights of the Vege-Table*, one of the most instructive, yet entertaining books for children in recent years. Though intended for children, its appeal has no limit as to age. Anyone with a spark of imagination is fascinated by this story about the army of little Vitamins and the Vege-Table Knights—a modern version of the legend of the Knights of the Round Table. For example, this is what the author writes about lettuce:

"It's no wonder that Prince Lenny Lettuce looks so proud! He has more Vitamins than any other Vegetable Knight. That's why he's always used in sandwiches and salads, and he's never cooked.

"Prince Lenny is all dressed up to-day in his finest armor for the Crusade. And of course, all three of his little Vitamin helpers are going with him. Vitamin A will keep everyone healthy. Vitamin B will make children grow. And Vitamin C will give them strong, healthy teeth and bones."

The closing page sums up the purpose of this book: "There go the Knights and the Vitamins marching off . . . to visit *you*! On your lunch and dinner

plates, they'll be popping up every day . . . The lively Vitamins are too small to be seen, but they are always with the Knights, working hard to make you healthy and happy. So, eat your Vegetables and the Vitamins will make you grow strong and tall with bright skin and white teeth."

Knights of the Vege-Table is beautifully illustrated with pictures in full color, showing the busy "knights" in action. The cheerful animated expression of their faces should delight any child—or grown-up. After reading this book, you will find it easy to remember the particular vitamin value in each of the vegetables so abundantly provided by our wise Creator. We believe *Knights of the Vege-Table* deserves a place in every home and school.

* * *

Food being a subject of universal interest, it seems fitting at this point to present Clifford E. Clinton, founder-president of the two world-famous Clinton Cafeterias in Los Angeles, known as "Pacific Seas," and "Brookdale."

For several years Mr. Clinton has sponsored the "Meals for Millions" Foundation, Inc., which raises funds to provide Multi-Purpose-Food, developed at the California Institute of Technology, to accredited relief agencies. Twenty-one countries are now receiving this nutritious, concentrated food, which provides minerals, vitamins, and proteins to hopeless people, thus rehabilitating them for the important task of reconstruction so essential in Europe.

Multi-Purpose-Food is one hundred per cent of vegetable origin; it can be eaten anywhere, any time, and keeps indefinitely. It is quite appetizing when prepared with chopped vegetables, tomato sauce, and the addition of a little soy or olive oil. Appropriately, the emblem for Meals for Millions Foundation is a life-saver with the slogan *SOS—Stamp Out Starvation*.

* * *

Ninety-four-year-old Phoebe Marie

Holmes, internationally known lecturer and healer, instead of retiring to carpet slippers and rocking chair, has taken up vocal studies under the guidance of Professor Bernard Landino, who considers her his most remarkable pupil. Recently she appeared as guest soloist on a Sunday morning church service in Los Angeles; and in due time expects to sing over the radio and have phonograph records made.

"The voice never ages," declares Mrs. Holmes, who actually looks younger than when we first met her ten years ago. "Age is all in the mind, anyway. With God's help, one can accomplish anything constructive."

In that last sentence is the secret of her vitality and longevity. On several occasions she has been known to speak for as long as three hours consecutively on the lecture platform—a feat that would wear out most people half her age. And during the past forty years her activities as a teacher, writer, and lecturer on New Age subjects have increased rather than decreased. Truly, Phoebe Marie Holmes should be an inspiration and a challenge to all who are past the threescore and ten mark. Like George Bernard Shaw, she is an outstanding vegetarian, having abstained from meat in any form for fifty years.

Anyone may adopt the regime of life she advocates for keeping fit on all planes: live foods, plus the active use of the Golden Rule, for harmony and health; then ask for divine guidance in all things, and consciously breathe in the spirit of God. Though given up to die at the age of forty, Mrs. Holmes is still going strong at ninety-four—busier than ever, and greeting each new day with joyous enthusiasm.

* * *

Versatility is also the keynote of Paul Leonard, who has been a featured artist on major radio networks. A musician, Mr. Leonard is famed for his whistling solos, trumpet solos, and bird calls, but even more so for his exceptional per-

formance on the strangest instrument in the musical world—the “Theremin.”

This unique electronic instrument reproduces the glorious tones of a pipe organ, bass fiddle, violin, and the melodious effect of a symphony orchestra. The Theremin has no keyboard, strings, reeds, valves, or keys to manipulate, and is played without being touched by the hands. Outwardly, a hoop-like metal rod is attached to the left panel of the plain case, while a slender vertical rod emerges from the top panel. After switching on the electrical current, the music is produced by moving the hands in the air, or rather, the force-field surrounding the instrument. The right hand controls the pitch, while the left hand, by changes of its position, in-



creases or decreases the volume. This sounds like a simple procedure, but it takes infinite skill and years of practice to reproduce a recognizable tune from beginning to end. To hear the Theremin as played by Paul Leonard brings one face to face with the fascinating realm of sound of vibrations set into motion without direct physical contact.

Mr. Leonard's bird calls over the radio and on phonograph records are so amazingly authentic and accurate that experts and talent agents have frequently asked him: “How long did it take you to train those birds to make those records?”

It is worthy of note that Mr. Leonard neither smokes nor drinks, and that his musical solos, whether on the Theremin, the trumpet, or the whistling obligatos, are most pleasing and harmonious. He refuses to play any of the so-called music popularly known as “swing” or

“boogie-woogie,” which real music lovers prefer not to hear anyway! Since his programs are often given for children, his choice of numbers is a wise one.

Mr. Charles C. Hirt, Director of Choral Organizations for the University of Southern California, has this to say about Paul Leonard: “I have recently had the pleasure of hearing Mr. Leonard in a program and commend him highly to any organization desiring unusual entertainment. Indeed, it is rare to find a person capable of not only delighting the audience with his versatile talents, but as equally adept at inspiring his listeners in the realm of Christian idealism and citizenship.

* * *

Last, but certainly not least, we present to you Joel V. Striegel, editor of a young but lively magazine, *Vegetarian News Digest*, the pages of which are devoted to humane living, reasons for a vegetarian diet, news and views on health, and related subjects. Recently, in collaboration with another vegetarian, Mr. Striegel compiled an *Open Letter to Ministers of the Gospel*, containing such pungent paragraphs as the following:

“DO YOU KNOW that in the year 325 A.D., the Roman churchmen at Nicea omitted all references to vegetarianism found in the original Christian Gospels because their emperor, Constantine, refused to accept Christianity until vegetarianism was deleted?”

“DO YOU KNOW that this truth has been carefully hidden from churchgoers for many, many years?”

“DO YOU KNOW that . . . a New York cancer and gangrene specialist stated that in all his 35 years of constant practice, no vegetarian ever came under his observation or treatment for these dread diseases.”

The letter closes with a plea that this subject be given prayerful consideration by ministers of the gospel. May it serve to rouse many of them out of their indifference and lethargy!

Auroratone, Wonder Instrument

By ALEXANDER JONES

*The murmuring wind, the moving leaves,
Lulled him at length to sleep
With mingled lullabies of SIGHT and SOUND.*

From *Thalba*, by Southey.

COLOR and Music are two means of universal expression. The graphic artist and the musician in any country can tell a story and stir people with nothing more than pigments and music. The psychiatrist and the psychologist have both explored music and color and have made startling discoveries relative to the tremendous power of these two avenues of expression over personality.

Some people are not particularly conscious of color, although these same folks may appreciate music; nor do most people know about the scientific work that has been going on for a number of years and which has proved how thoroughly therapeutic, correctly combined music and color can be. This fact has been most powerfully demonstrated and perfected by one of our present day scientists, Dr. Cecil Stokes, a keen student of physics, psychology, and philosophy, and whose hobby is color photography. It is interesting to note how this scientist received the inspiration which resulted in the material construction of an instrument which would demonstrate the power of music and color to heal human disorders.

It was twenty years ago that the basic idea of the instrument which he named the Auroratone was born in the midst of a glorious tropical sunset off the Florida coast. Dr. Stokes was a guest aboard the yacht of a friend and while listening to phonograph records being played on the deck of the boat, he was gazing intently at the beautiful colorful sunset reflected in the slowly rising and falling waters of

the Gulf Stream. This blazing symphony of color seemed to glide down from the sky, making a track of flowing color patterns which extended from the horizon to the boat.

The colors took on fantastic shapes in the swell of the ocean; strange scenes seemed to come and go, fuse and overlap, recede and advance, only finally to melt away, much as the mists which gather in the night yield to the rays of the sunrise. Gradually it dawned on Dr. Stokes that there was a mental and indeed spiritual tonic in all this, for he himself experienced a sense of great inspiration, and yet there was also a calming effect in the experience. Strangely enough, the tempo of the music being played on the phonograph fitted the pulsations of the unusual color patterns reflected on the sea; the colorful pageant and the music became as one, and perhaps this was prophetic, for this experience altered the entire course of the doctor's life.

Suddenly the scientist became aware of a great and subtle change within himself. Complete relaxation came over his body; as he mused, all worries and cares were forgotten for a few minutes. In reflecting on this experience he said that those few moments provided the welcome relaxation comparable with the rest periods announced by a gong and which come between periods of extreme exertion. The doctor had been wrestling with a major problem for days and was becoming more and more confused as he dwelt on it; after this experience on the boat, he enjoyed the

first sound and refreshing night's sleep he had experienced in several weeks, and awakened in the morning with a perfect solution to his problem.

It was fortunate that Dr. Stokes recognized the relationship that existed between the tempo of the music and the rhythm of the color patterns reflected in the waves, for out of this rich experience, nearly two decades later there was finally conceived the amazing therapy of AURORATONE, for then and there was born a discovery laboriously developed in the physics laboratory which is a technical process combining those very same factors of *music*, *flowing color patterns*, and *moods*, as experienced on the Gulf Stream so many years ago.

After Dr. Stokes built his first music and color apparatus, he travelled over the country giving "color concerts" and the results were most encouraging. However, it was the second World War that was responsible for the recognition of the tremendous therapy that lay in Auroratone. It was also at the beginning of the war that Father Hubbard, the famous "Glacier Priest" and Alaskan explorer, visited Hollywood and met Dr. Stokes. Father Hubbard saw a demonstration of Auroratone and asked Dr. Stokes what the name of the process was. On being told that no name had as yet been decided upon, he said. "This is the nearest thing I have ever seen to Mother Nature's grandest display, the Aurora Borealis; why don't you call this process Auroratone—the Aurora indicating a wavelike motion of color, and Tone signifying a musical tone; thus AURORATONE would mean *music visually expressed and interpreted on the screen.*" And so the name was copyrighted and has been in use ever since Father Hubbard's visit.

Soon from its first use for cultural and educational entertainment, the Auroratone was taken into governmental psychology, religion, and special services, its effect making a valuable contribu-

tion to the morale and also the health of the armed forces; it literally became a ministry, and this is not a matter of opinion; it is official history.

Fighting men on every battle front were introduced to Auroratone and as soon as this new media was received and shown at the various outposts and on ships at sea, the chaplains lost no time in requesting prints for their use in hospitals and chapels, and this is where it was demonstrated that Auroratone could render the greatest service.

The original Auroratone apparatus which Dr. Stokes developed and took on tour across the country was bulky and required a three-quarter ton truck to transport it. Only those who could come to the place where the apparatus was set up could enjoy the relaxing and inspiring effects it made possible, and this was obviously impractical during wartime. So in 1941, shortly after Pearl Harbor, Dr. Stokes and his friend and co-worker, Eddie Hutton, began the long tedious experiments with the motion picture cameras in an effort to record successfully and faithfully the ever-changing color patterns on motion-picture color film. Early in 1942 they came up with the photographic technique perfected to the extent that an entire Auroratone presentation of "Music in Color" could be recorded on 16 mm. Kodachrome film, which included the music also; thus anybody who had access to an ordinary 16 mm. motion picture projector could enjoy the beauty of Auroratone. This was a tremendous step forward and the first showing in Hollywood aroused a sensational response among the technicians of some of the major studios.

As soon as the word got around of the unusual camera work being done by the two men, Hollywood, always on the search for novelty, and for new things which might have the possibility of attracting large crowds, sent scouts to Dr. Stokes' laboratories to try to discover what this new technique was

and just how it could be used by the studios to increase their box office receipts. The scouts saw demonstrations by the score but never could penetrate the barrier between projection-room and laboratory, although every device and artifice was tried. So the executives of some of the major studios were informed that there was something "sensational," "scintillating," "colossal," and "with great promise" going on in the Hollywood laboratory of an "odd" person by the name of Dr. Cecil Stokes, who did not "seem to know the value of what he had developed." The scouts came back to the strange laboratory, bringing studio executives with them, and they, too, saw AURORATONE and tried in vain to impress Dr. Stokes with promises of "millions of dollars," "international publicity," "fame," et cetera. However, they were the ones to be amazed, for the inventor coolly informed them that he was interested in therapy and not tinsel, and so they went away to spread the report of a strange and peculiar man who had a wonderful idea but who had no money left with which to develop it, but who turned down lucrative cash offers.

True—the lack of money for new apparatus, new cameras, salaries, rent, et cetera, made the progress pitifully slow, but the doctor held on somehow, and soon friends, neighbors, and some business firms were voluntarily making contributions so as to get the Auroratone films to hospitals here and abroad, and it was not long before thousands of letters were pouring in from all over the world, expressing appreciation for the therapy and inspiration the films were bringing to millions in the armed forces.

Then one day the war ended and again Hollywood turned to Auroratone in an effort to cash in on wartime medical records and publicity; but this time the scouts found a "for lease" sign on the Stokes laboratory door. As the prophet Jonah had fled Ninevah, Dr. Stokes had become tired and an-

nnoyed at the continual interruptions, and had packed up his equipment and literally lifted laboratory, cameras, and projection apparatus and gone in search of a peaceful, quiet place, where he could remain for a time, "breathe clean fresh air," and work without so many interruptions.

With the advent of Auroratone there is ushered in an amazing new approach to therapy in connection with body, mind, and Spirit. All through the twenty years of experimentation and research with the use of music and color in healing, Dr. Stokes has had three major points in mind: (A) to influence and inspire the Spirit to rise above circumstances and environment; (B) to reach the inner recesses of the mind and replace thoughts of guilt, despondency, and sadness with thoughts of health, wisdom, encouragement, and happiness; (C) to bring about the complete relaxation of the body through the use of appropriate music, color patterns, and the spoken word. How will he be able to accomplish all this? Well, let us carefully examine army medical records relative to the use and application of Auroratone films during the war.

Since the early part of the war, Auroratone had been sent to army, navy, and marine corps hospitals all over the world, and this is being continued right up to the present day. It was not surprising therefore, that a flood of enthusiastic reports should find their way to the Surgeon General's office in Washington, D.C. So consistent were these reports, that recently the Office of the Surgeon General gave special permission for an Auroratone project to be set up at the Crile General Hospital in Cleveland, Ohio, which hospital had been taken over by the government as an army general hospital.

The experimental project was set up in charge of Drs. Herbert Rubin and Elias Katz, of the psychiatric and psy-

chological departments respectively. The procedure extended over a period of several weeks, and was used exclusively with very serious cases in the locked wards. At the conclusion of the project, a complete report was submitted to the Surgeon General's office where it was authorized for publication in recognized medical and psychological quarterlies. In this report the doctors said: "When the patients contacted Auroratone motion pictures, two avenues of approach were opened into their inner life by means of auditory and visual channels. It was possible to set up new association patterns in these patients. Emotional catharsis took place, and this led to greater susceptibility to suggestive therapy. In this condition new and more desirable concepts could be introduced and selectivity for the appropriate could be developed in order to speed the patient's rehabilitation. Repeated experience of Auroratone motion pictures rendered them more accessible to positive therapy."

THE CASE OF PATIENT "A"

Several clinical and factual reports of case histories were included in this medical report to Washington. One, the case of patient "A", states that:

This 26-year-old patient was admitted to the Crile General Hospital for surgical treatment of a gunshot wound of the right arm.

MENTAL EXAMINATION:

The patient is very confused, agitated, restless, untidy about his person, and shows a regression to an infantile type of speech which is barely coherent. Apparently he is sad, depressed, and considerably upset. At times he is retarded and blocked. He is disturbed and belligerent and has made two attempts at suicide.

TREATMENT AND RESULTS:

On October 5th, the patient was taken into the projection room in

WRIST RESTRAINTS. Prior to the Auroratone showing it is reported that he tried to strike another patient. His first reaction to the Auroratone film was marked belligerence so that it required the efforts of the two attendants to keep him restrained. This continued with varied intensity during the showing until he was finally quiet, looking at the screen and listening quietly. During the last selection, Schubert's Ave Maria, as sung by Bing Crosby, his agitation ceased completely. HIS RESTRAINTS WERE REMOVED. After the showing he was accessible to the psychiatrist who evoked positive responses from him. Occasionally the patient would enter into a discussion with the psychiatrist. At the conclusion of the session, he docilely left the room and returned to his ward with the other patients.

What tremendous healing powers are unlocked by Auroratone! It is useless to speculate too much on just how it is done or on exactly what has taken place within the body, and in the deep hidden recesses of the mind, for the doctors and psychologists are still puzzled over the startling results. Sufficient to say that here was a boy raving mad, violent and unable to talk coherently, that in less than twenty-five minutes was sane, quiet, and able to talk intelligently about his problems with the hospital staff. A boy who had to be dragged down the hospital corridor handcuffed to two husky guards in order for him to be restrained, and who continually had to be restrained during the first part of the showing of the Auroratone, but whose handcuffs were ordered removed by the psychiatrist in twenty-one minutes of music and color. Even a casual observer can see the tremendous field that lies ahead for the motion picture technique discovered by this humanitarian Dr. Cecil Stokes, and for such constructive, healing work.

(To be continued)

Let Go

Let go of the old superstitions,
Anxieties, worries and fears.
Let them pass into nothingness, knowing
In love's light the dark disappears.
Then take hold of the good that is reaching
For you to accept and retain;
You will marvel at all that it offers,
So free, so abundant and plain.

But unless you let go of your burdens,
First step in attaining your goal,
You will never know all of your blessings
And comfort and peace for your soul.
"Let go and let God" be your motto;
Place your hand in His hand and be calm,
New vision will come and resources,
Relief with its healing and balm.

—Della Adams Leitnér

An Unexpected Journey

By HELEN VAN CLEVE

(Conclusion)

WHEN I could collect my wits, I realized that there had been a train wreck. Our car, being the last one, had not gone over the embankment with the others, but it was lying on its side. All about were wreckage and bodies, bodies and wreckage. The air was filled with people in bodies like my own, and suddenly I realized that they were released Spirits in their higher bodies.

"Oh God!" one of them cried. "What has happened and where am I?"

I looked in the direction from which the voice came and saw the figure of one of the university men.

"There has been a wreck," I said, wondering what else I should say.

"Yes, of course," he groaned, "but where am I? Things seem so different. There lies my body—but I seem to be up above it."

I tried to explain, but suddenly I realized that my knowledge of the other world and the after life was still like that of a child. Oh, the horror of being in a position like this and without preparation, without knowledge. Everyone must die sooner or later, and most of us do not know any more about it than those people about me. I was grateful, so very thankful, for even the slight teaching I now had.

"We know so little of the really worthwhile things of life," I lamented, "and we think we know so much. It is our Spirits that live and really matter, not money, or fame, or even our bodies."

"Are you frightened?" someone asked me. She was radiant as the sun and I could hardly look at her for her beauty. She must be one of the helpers of the Great White Brotherhood, I thought,

for Hattie Jenkinson's book had described them.

"No, I am not frightened," I replied.

"Then come and help me, please. There is much work to be done, and so few to do it. Help me with this mother. She is hunting for her children."

"What can I do?" I asked.

"Calm her and explain things to her."

"What shall I explain?" I asked.

"My understanding is so slight."

"Oh?" the beautiful one looked at me in surprise. "I thought from your attitude that you had the teaching. Well, help as best you can. Try to keep these poor souls from being so frightened. Few of them know that they are dead, and are trying to reach those who still live on earth. The sooner we can help them to understand that they are no longer in the physical world the better."

Just then I thought of Mrs. Hill and a great desire to see her filled me. I asked about her. My companion pointed to a figure lying near us and at the shining figure standing above the body. I looked down at the earthly body, caught under a bar of the platform. A man, still in the earthly body, was leaning over her.

"Poor woman," he was saying. "Nothing to be done for her. She is quite dead. What a tragedy for one so young. Gosh, but this is a frightful thing."

I was surprised to hear a light laugh follow those somber words. "Poor mortal man," the voice said, though the man could not hear. "How little he knows."

I looked into Mrs. Hill's happy face. She saw me and when I smiled she came to me. "Have I seen you before?" she asked, puzzled. "Somehow you seem familiar."

"No," I answered, "but I have been

near you." I didn't explain.

"Are you frightened?" I asked her.

"Oh no, this is heaven for me," Mrs. Hill replied as a man's astral form drew near. She introduced him as her husband. "He came to meet me," she explained. "We will go on together now. It seems that there is so much more on this side than we had thought, and he came to show me the way. I guess that is why he had to go first. That and" she looked at her glowing soul body, "and to make my soul stronger through carrying my own earthly burdens and learning my lesson of life—patience and faith. Will you come with us?" she asked, changing the subject abruptly.

"I can't, thank you. I must go home, but don't ask me about it," I begged. I felt, somehow, as though I did not belong there.

"I know," Mr. Hill said. "I understand."

I looked at him enquiringly.

"You are not entirely separated from your body," he explained. "The cord has not been broken, as in death. You are in some form of trance, or illness, perhaps. Yet there is little difference between that and sleep as far as the released consciousness is concerned. My wife used to come to me at night, but I feel sure she did not remember it in the morning. Sometimes she remembered faintly, as of a fading dream."

I knew I was not dreaming. This experience was real, tragically real. But now, suddenly, Mr. and Mrs. Hill were gone and I turned to the distracted souls about me.

Someone near me spoke my name. The voice was almost shy, not the one I would have connected with Nancy Spencer, yet there she stood, a soft lovely light about her.

"Hello," I said, and smiled.

She smiled in return and said, "There seems to be something to explain. I hardly know what it is, though."

"To explain?" I asked. "You mean

about your present condition?"

"Oh, no. I'm dead, of course. That is, I am supposed to be," she corrected herself with a laugh. "I mean about you."

I was silent for a minute, then I tried to explain the best I knew how. I was glad of the opportunity for she had seen me on the boat twice, during sleep, and had heard Jack speak of me during the day.

Nancy came close and put her arm around me. That friendly act was almost more than I could stand, remembering how jealous of her I had been.



"What a terrible experience this must have been," Nancy said understandingly. "I hope you and Jack will be very happy."

We stood in silence for a minute. Then I said, "I must go back now," for I felt a strange urge and longing for my body. "My life there is not yet over. In fact, I think it is just beginning. But you?"

"Mine is just beginning, too," she smiled. "Oh, I'm happy, happy to be so free. My friends, those I met on this trip, were not injured. Will you try to make them understand? They can't see or hear me now. Perhaps you will have better luck. They are crying and their tears hurt my heart."

How beautifully expressed, I thought. "I will try to make everyone understand," I answered with meaning, "not only here and now, but later."

Just then a being robed in white—or white light—came and took Nancy by the hand. "I have come for you," said the Helper. "Will you come with

me?" Without asking where, Nancy smiled as though she knew, and said, "Oh yes, gladly." She kissed me and promised to come to me sometime if she could, and if I were able to know that she had come.

Other Helpers of the Great White Brotherhood had arrived and they were helping everywhere. They seemed so competent and well trained, and I noticed how gentle and compassionate they were. I realized for the first time what was really meant by a big soul: an advanced Ego with strength yet tenderness, compassion and love without weakness.

A force was pulling me and I turned my thoughts toward home and the Vida Holmes lying there. I had almost forgotten about her, she seemed so unimportant compared with all this. Then a voice startled me. The voice was different. It didn't reach me as a thought but it had volume, sound. It was alive!

"Extry! Extry! Great train smash-up. Read all about the train wreck."

I opened my eyes, startled, and saw a strange woman in a nurse's uniform. But it was Hattie's voice that spoke to me soothingly as I tried to sit up. I looked around the room in a daze and was surprised to find that I was in my own room. I couldn't collect my thoughts at first, and wondered what had happened to me. My body felt queer, all tingly.

"Extry," a second boy came calling. "Extry! All about the train wreck."

"Buy a paper," I said, rather faintly. Hattie protested, of course, but I was so insistent she thought it better to humor me. She held it so I could see the headlines. They shrieked the news of a train wreck between Seattle and San Francisco. Then I knew that it was the same train I had been on. Train I had been on? Was I crazy, or delirious? For I obviously had been very sick. I was too weak to raise my head.

I looked around the familiar room again. Why, I hadn't been on any train. What did it all mean? What on earth was I thinking of? "Hattie," I begged, "read the names."

"The names, dear? What names?"

"The casualty list," I answered. Hattie looked at me queerly, but I insisted, in a weak, excited voice, so she read the names aloud. Suddenly she came to a name that brought me to shocked attention: "Mrs. James A. Hill." The name was certainly familiar. Where had I heard it? A little later Hattie read "Nancy Spencer."

I lay there puzzled, trying to clear the fog from my mind, and get to the meaning of it all. Had I really been on that train? But how?

Hattie put her hand on my forehead. "What is the matter, dear? Are you in pain, or has this news been too much for you? I shouldn't have read it."

"Two of those names," I answered. "Hattie, I know those names, I know those people. I was on the train with them, *in that wreck!*"

Hattie looked worried again and said she would call the nurse, but I asked her not to. "Let me explain," and I told her what I could remember.

"I think you have had a very real experience," she admitted, "a remarkable experience."

"I know," I agreed. "I wasn't ready for it but I think the Higher Ones may have taken advantage of my illness to give me greater light. Now I won't strive for phenomena before I am spiritually ready to make proper use of it. I will be glad to wait for my own normal development. I want to go along with Jack, step by step, in our own world."

We were silent for a few minutes, each with her own thoughts, then I added, "But there is much work for us to do."

"Yes, dear," responded Hattie. "No doubt that is why this experience came to you."

MAX HEINDEL'S MESSAGE

Taken From His Writings

Gleanings of a Mystic

(FOURTEENTH INSTALLMENT)

The Coming Christ

WE have previously seen how infant humanity in Atlantis lived in unity under direct guidance of divine leaders, and how they were eventually brought out of the water into a clear atmosphere where the separateness of each individual from all others became obvious at once.

"God is Light"—the Light which became life in man. It was dim and achromatically diffused in the misty atmosphere of early Atlantis, as colorless as the air on a densely foggy day in the present age, hence the unity of all beings who lived in that light. But when man rose above the waters, when he emerged into the air where the godly manifestation, Light, was refracted in multitudinous hues, this variously-colored light was differently absorbed by each. Thus diversity was inaugurated, when mankind went through the mighty arch of the rainbow with its variegated and beautiful colors. That bow may therefore be considered an entrance gate to "the promised land," the world as now constituted. Here the light of God is no longer an insipid, single tint as in early Atlantis. The present dazzling play of color tells us that *the watchword of the present age is segregation*, and therefore so long as we remain in the

present condition under the law of alternating cycles, where summer and winter, ebb and flow, succeed each other in unbroken sequence, so long as God's bow stands in the sky, an emblem of diversity, it is yet the day of the kingdoms of men, and the kingdom of God is held in abeyance.

Nevertheless, as surely as the Edenic conditions upon the fire girt islands of ancient Lemuria ended in separation into sexes, each expressing one element of the creative fire, and making the union of man and woman as necessary to the generation of a body as is the union of hydrogen and oxygen to the production of water; and as surely as emergence from the watery atmosphere of Atlantis into the airy environment of *Aryana*, the world of today, promoted further segregation into separate nations and individuals, who war and prey upon one another (because the sharply differentiated forms which they behold blind them to the inalienable unity of each soul with all others); just as certainly will this world condition give place to a "new heaven and a new earth, wherein dwelleth righteousness."

In early Atlantis we lived in the deepest basins of the earth where the mist was densest; we breathed by means of gills and would have been unable to live in an atmosphere such as we have now. In the course of time de-



sire to explore beyond caused the invention of airships, which were propelled by the expansive force of sprouting grain. The "ark" story is a perverted remembrance of that fact. Those ships actually did founder upon mountain tops where the atmosphere was too rare to sustain them. Today our ships float upon the element in which the Atlantean ships were at one time immersed. We have now contrived various means of propulsion able to carry us over the highlands of the earth which we occupy at present, and are commencing to reach out into the atmosphere to conquer that element as we have subjected the waters; and as surely as our Atlantean ancestors made a highway of the watery element which they breathed *and then rose above it to live in a new element*, just as certainly shall we conquer the air and then rise above it into the newly-discovered element which we call ether.

Thus each age has its own peculiar conditions and laws; the beings who evolve have a physiological constitution suited to the environment of that age, but are dominated by the nature forces then prevailing until they learn to conform to them. Then these forces become most valuable servants, as for instance, steam and electricity, which we have partially harnessed. The law of gravity still holds us in its powerful grip, although by mechanical means we are trying to escape into the new element. We shall at a not distant time attain to mastery of the air, but as the ships of the Atlanteans foundered upon the mountains of the earth because their buoyancy was insufficient to enable them to rise higher in the light mist of those altitudes, and because respiration was difficult, so also will the increasing rarity of our present atmosphere prevent us from entering the "new heaven and the new earth," which are to be the scene of the New Dispensation.

Before we can reach that state,

physiological as well as moral and spiritual changes must take place. The Greek text of the New Testament does not leave us in doubt as to this, though lack of knowledge of the mystery teachings prevented the translators from bringing it out in the English version. Did we but believe the Bible even as we have it, we should be spared many delusions and much uneasiness concerning the time of this. Whole sects have disposed of their belongings in anticipation of the advent of Christ on a certain day, and have suffered untold privations afterwards. Schemers have passed themselves off as Christ or even as God, have married, raised families, and died, leaving their sons, who were supposed to be Christs, to fight for the kingdom. A temporal government was forced to banish one of these militant "Christs" to an island in the Mediterranean, and another to an Asiatic city where he is now under military supervision. Nor is there any sign that the future will lack similar claimants; rather, the sacrilegious imposture is spreading.

We may rest assured that the divine leaders of evolution made no mistake when they gave the Christian Religion to the Western World—the most advanced teaching to the most precocious among mankind. It may therefore be regarded as a detriment when an organization undertakes to graft a Hindu religion (which is excellent for the people to whom it was divinely given) upon our people. The imported Hindu breathing exercises have certainly sent many people to insane asylums.

If we believe Christ's words: "My kingdom is not of this world," (*kosmos*, the Greek word used for "world" meaning "order of things" rather than our planet, the earth, which is *gaea*) we shall know better than to look for Christ today.

(To be continued)

Studies in the Cosmo-Conception

This department is devoted to a study of the Rosicrucian Philosophy by the Socratic Method, the material being taken from The Rosicrucian Cosmo-Conception.

Desire Body in Man and Animal

Q. Where is the desire body connected to the physical body?

A. The desire body is rooted in the liver, as the vital body is in the spleen.

Q. How do the currents in the desire body operate?

A. In all warm-blooded creatures, which are the highest evolved, and have feelings, passions, and emotions that reach outward into the world with desire—which may be said really to live in the fuller meaning of the term and not merely to vegetate—in all such creatures the currents of the desire body flow outward from the liver.

Q. What course do these currents follow?

A. The desire stuff is constantly welling out in streams or currents which travel in curved lines to every point of the periphery of the ovoid and then return to the liver through a number of vortices, much as boiling water is continually welling outward from the source of heat and returning to it after completing its cycle.

Q. How does this apply to plants?

A. The plants are devoid of this impelling, energizing principle, hence they cannot show life and motion as can the more highly developed organisms.

Q. Can there be a desire body without red blood?

A. Where there is vitality and motion, but no red blood, there is no separate desire body. The creature is simply in the transition stage from plant to animal and therefore it moves entirely in the strength of the Group Spirit.

Q. Is this also true of cold-blooded animals?

A. In the cold-blooded animals which have a liver and red blood, there is a separate desire body and the Group Spirit directs the currents inward, because in their case the separate spirit (of the individual fish or reptile, for instance) is entirely outside the dense vehicle.

Q. What causes the currents to flow outward?

A. When the organism has evolved so far that the separate Spirit can commence to direct the currents outward, and we see the beginning of passionate existence and warm blood.

Q. What is the effect of these outgoing currents?

A. It is the warm, red blood in the liver of the organism sufficiently evolved to have an indwelling Spirit which energizes the outgoing currents of desire stuff that cause the animal or the man to display desire and passion.

Q. Is the Spirit indwelling in the animal?

A. In the case of the animal the Spirit is not yet entirely indwelling.

Q. When does it become indwelling?

A. It does not become so until the points in the vital body and the dense body come into correspondence.

Q. How does this affect the animal?

A. For this reason the animal is not a "liver," that is, he does not live as completely as does man, not being capable of as fine desires and emotions, because not as fully conscious.

Reference: *Cosmo*, 68-69

WESTERN WISDOM BIBLE STUDY

"An Entrance Shall Be Ministered unto You"



According as his divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of him that hath called us to glory and virtue:

Whereby are given unto us exceeding great and precious promises: that by these ye might be

partakers of the divine nature, having escaped the corruption that is in the world through lust.

And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge.

And to knowledge temperance; and to temperance patience; and to patience godliness;

And to godliness brotherly kindness; and to brotherly kindness charity.

For if these things be in you, and abound, they make you that ye shall neither be barren nor unfruitful in the knowledge of our Lord Jesus Christ.

For he that lacketh these things is blind, and cannot see afar off, and hath forgotten that he was purged from his old sins.

Wherefore the rather, brethren, give diligence to make your calling and election sure: for if ye do these things, ye shall never fall:

For so entrance shall be ministered unto you abundantly into the everlasting kingdom of our Lord and Savior Jesus Christ.

II Peter 1:3-11

"All things that pertain unto life and godliness" are fruits of the Spirit, that divine spark within every man which links him to his divine Creator. The unfolding of the latent capacities of this individualized Spirit into dynamic powers is the purpose of our repeated embodiments upon the earth, and throughout the universe the law of service operates so that the more evolved assist those of lesser strength to ascend the spiral ladder of evolution toward God.

Such an act of assistance—the supreme Sacrifice—was performed by the Christ, for His becoming the indwelling planetary Spirit of the earth was indeed that

which "called us to glory and virtue." Motivated only by the unselfish will to serve, this mighty Ray of Cosmic Love began at the time of the Crucifixion its purpose of cleansing the Desire World about the earth, and impelling mankind from within to unfold the heart qualities and build purer and better bodies. This gave us "exceeding great and precious promises," for it provided the urge to master the lower nature engendered by the Lucifer Spirits, and thus to escape "the corruption that is in the world through lust." The attainment of these "exceeding great and precious promises" is the high hope of every true disciple of Christ.

The acceptance of the divinity of the Christ may be regarded as the first step on the Path, but unless His precepts form the basic pattern of our everyday activities, we are not really Christians. We must, indeed, believe in and have faith in Christ as the Son of God, but we must do more than have faith. We are admonished to live so that virtue, or strength, is added to faith, and to those, knowledge. The acquiring of knowledge is a part of the process of unfolding the powers of the Spirit, hence essential to the highest development. Virtue and innocence (or ignorance) are not synonymous. True virtue is the result of knowing the difference between right and wrong and consciously using the will to do that which we know is right.

The other qualities which Peter mentions: temperance, patience, godliness, brotherly kindness, and charity, are all of the heart, and "he that lacketh these things . . . cannot see afar off." He who diligently cultivates these fruits of the Spirit earns for himself the highest of rewards: entrance into "the everlasting kingdom of our Lord."

TODAY'S SCIENCE

Evolution

OCCULT tradition largely substantiates the theory of evolution insofar as it deals with the form side of nature and man. In regard to the prehuman development of the physical body, there is general agreement both among scientists themselves and occultists that about 350 million years ago, our ancestors had fishlike bodies and that these bodies reached a primitive mammal-like stage about 70 million years ago. There is no agreement regarding the appearance of man on earth, however. Science claims that the first creature deserving the name of man appeared about 200,000 years ago, and bases its conclusions on fossils such as that of the so-called Pekin man. Occultism states that man is almost a thousand times 200,000 years old, and that the first semblance of human consciousness appeared almost 20 million years ago.

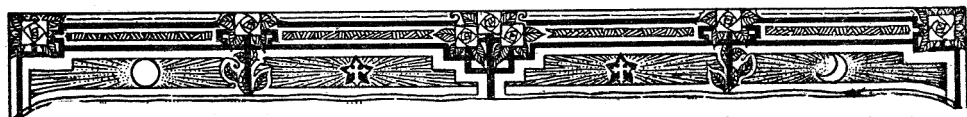
To the occultist, form is ever of secondary importance. A creature is regarded as being human during the stage wherein the unit of Life, the Spirit, no longer merely hovers over its form, but becomes indwelling and therefore a *self-conscious* entity. Actually, the form may be of almost any substance or shape, often resembling nothing we today would recognize as human. This explains why human beings can and do live on every planet as well as in caverns deep within the earth. The human state is one through which the Life within every particle of matter will pass in some far-off future. Also, it is one our God and the Gods of other solar systems have known in ancient systems long past. Being human is but a step on the endless way, of no real importance in itself.

In our humanity, three streams of

evolving life meet: the animal, the human, and the divine, causing man to partake of the qualities of all three. That almost identical factors are required by both animal and man if both are to maintain health and vigor is among the things which make their relationship so obvious that it hardly needs elaboration. Unless man has a sound animal-like body, he is quite incapable of living the full, useful life in the physical world which God intends that he should. Man is more than merely a thinking animal, as the materialistically minded would have us believe. He has been endowed with the germ of mind that he must develop during this stage of evolution until it becomes capable of completely dominating the animal part of his being, taming and blending all its conflicting forces with a mastery which can direct the whole towards an intelligently chosen goal. Man then possesses a coordinated personality, powerful and self-controlled. Only then can he be regarded as being truly human and not semi-animal as are the vast majority even today.

In the coming major evolutionary step, man's divinity begins to dominate, manifesting both within and through that threefold form called the personality. Following the countless ages during which he differed but little from the animals among which he lived, man became first a savage and then a barbarian as his glimmering consciousness slowly responded to the impact of evolutionary urges. As his intelligence became increasingly apparent and as he became more successful in coping with nature, civilization came into being.

(To be continued)



Astrology Department

Can Astrology Help Our Schools?

By ANNE PHILLIPS

PERHAPS the most surprising thing that happened to me at college was the discovery that modern science condemns astrology without even the pretence of a hearing. It happened that my sociology professor had the reputation of being a very open-minded man—so open-minded that religion could not find even a corner to hide itself in—which amused me but shocked most of the girls I knew. Not that I was irreligious—but I admired the man's moral courage and intellectual honesty, which allowed him to imperil his position in this citadel of the conventions. His job depended on his conforming. But he did not conform. I admired him for that, without in the least agreeing with his point of view.

It was to this man I went for an explanation of why science had made an outcast of astrology. To my astonishment, he had only one argument: that if astrology were true there could be only twelve kinds of people in the world. I explained that that statement applied only to the Sun sign, and showed him how a horoscope is cast, depending on the exact hour of birth, so that horoscopes for different times were bound to differ. He conceded this, and shifted his argument to the basis that if astrology were true at all it had to be true 100 times out of every 100. Otherwise it is not a science, he said. I might now ask if medical science were correct 100

times out of every 100. At that time this did not occur to me. But truly, if, to be a science, diagnosis must be right 100 times out of every 100, there is no medical science, either. I well recall a doctor who, in answer to a question, said "But nothing in medicine is 100 per cent."

The sociologist was unable to parry my arguments, and when he realized it he became dogmatic, so that the discussion ended in a "'Tain't so"—"'Tis" deadlock.

I was honestly open to correction, but there was no correction offered, only dogmatic assertions without a shred of evidence to support them.

I realized, with some melancholy, that this fine man was as ready to persecute heterodox scientific beliefs as others were to persecute his atheism. How slowly we learn! This man, who had been hounded from job to job because—with an Aries ascendant—he refused to pretend to religion against his intellectual convictions; this man had learned nothing at all of compassion or tolerance for others. Even so the militant atheists of Russia, who themselves would have suffered persecution under Russian orthodoxy, have learned only this: to persecute as they would be persecuted! We can't get away from human nature. Intolerance, no matter what its source, always culminates in persecution. In-

tolerance in the name of science is no exception.

Another of the arguments which scholastics advance against astrological theory is the fact that, by the time the light from the stars reaches our globe, the stars themselves have advanced to a different position: for the galaxy of lights we see in our skies is not the sky as it really is, but as it was countless æons ago. What, then, carries the astrological influence? Surely the answer ought to be obvious in view of modern discoveries of the nature of light: It is the light itself which does the work, impressing the sensitive mechanism of the etheric body which molds (so to speak) the physical. A fellow student puts it this way: When a bullet is fired from a gun at a target, the force of the bullet is not altered if, after it has left the gun, the gun is moved to another position. The stars fire their light-bullets and then move on; but the astrological missile continues on its way to the horoscope of some individual born upon the earth.

There is also the contention that the Hipparchian astronomy nullifies the astrological theory, Hipparchus having introduced to the west the method of calling the Sun's vernal crossing 0 degrees of Aries, regardless of its position relative to the fixed stars. Certainly the precession of the equinoxes must be taken into consideration, and it is true that a certain amount of rectification may be necessary in modern astrology. Already we see a movement in this direction in the increasing interest in the influence of specific fixed stars in the horoscope, which are "read" independently of the sign in which they are found.

It is astonishing, however, that Gali-

leo's rediscovery of the earth's rotation on its axis and revolution about the Sun should ever have been advanced as "exploding" astrology. But so it is. Yet it is almost too obvious that whether our globe turns on its axis or the celestial sphere turns about our globe, the relationship between the two spheres is not altered in the slightest degree. The same applies to the relationships between the various planets and the Sun. The relativity has not changed with the change from geocentric to heliocentric astronomy. It is the relativity of the heavenly bodies which determines astrological influence.

All of which is introductory to our theme: Can astrology help our schools? For without some clearing away of intellectual deadwood, the situation cannot be made clear.

It is unfortunate but true that few people know the exact time of their birth, and this militates against accuracy in reading their charts: besides giving the astrologer an all too easy excuse for his errors of interpretation! A

friend of ours speaks laughingly of "hind-sight astrologers"—they can always predict an event with uncanny accuracy, after it has happened!

But, conceding that we face this difficulty, conceding that our data must be in many instances inaccurate or incomplete, can astrology, as it is popularly understood and practiced, be helpful in modern education?

We cannot say honestly that in 100 cases out of 100, the horoscopes of children and teachers will be found helpful. Like medicine, astrology is not "100%", and we should thank God that this is so, for if it were otherwise we would all be in the position of cosmic puppets, without initiative. But the

FREE WILL VS. ASTROLOGY

The arrangement of the planets in the natal horoscope of a person constitutes a pattern of activities and events for his ensuing life, a day in God's great school of life. Its general nature is the result of previous lives on earth. Since the stars *impel*, but do not *compel*, the exactness with which this pattern is followed depends upon the *free will* the person exercises in living according to spiritual law and *ruling his stars*.

astrologer declares that, on the contrary, there is one element which is never shown in the horoscope: the Spiritual Will. It is this fact which caused the more fanatical of the early Church Fathers to declare against astrology; but Mary Baker Eddy represents a fairer point of view when she says, "Astrology is well in its place, but that place is secondary." Secondary, that is, to the Spiritual Will, to the Wisdom of the Christ Power.

Nevertheless, even granting its obvious limitations, astrology can be of the greatest help to the teacher, provided of course, that she, or he, can obtain the needed data; although even the Sun sign is a help, or a flat chart for the day of birth, general as that may be.

I collected about a hundred charts of college girls and men who planned to teach. It was interesting to note that the sign Cancer was conspicuous among these, either by position of the Sun, Moon, or Ascendant; or by stelliums in the sign. Mercury in good aspect to Venus was frequent in the horoscopes of the Romance Language majors, and when I see that aspect in a chart I never hesitate to recommend the study of languages. Virgo and Gemini produce "clever" teachers, but they do not have the sympathetic approach of the Cancer teacher; and Leo can become very impatient with "fractional" students, a bit given to the use of the "big stick."

Now if anyone thinks that the Cancer teacher takes a back seat, with Leo in the driver's place, he is much in error. It is true that the Cancer teacher loves to teach: to him it is not merely a job, it is a life work. He feels himself to be on the side of the gods. As long as he is left free to carry out his ideas of good teaching he may seem docile and obedient; but let any Leo administrator try to compel the Cancer teacher to teach contrary to his own idea of right and wrong and he is asking for trouble! For, as Max

Heindel has pointed out, the Cancerian is no moral coward. He loves peace, but he will fight to the death for a cause. Two great fighting teachers may be mentioned: Mary Baker Eddy, with her Sun in Cancer; H. P. Blavatsky, with Cancer on the Ascendant. Cancer rules the ocean. The ocean encircles all the continents of the globe, and there is something oceanic in the breadth of mind and depth of the sympathy of the Cancer native, whether he is Cancer by Sun sign or Ascendant. Which of course is of the greatest help to any teacher, whose sympathies must be broad enough to embrace all types of personalities.

Cancer is pre-eminently the sign of the scholar: the young Cancer child is often a prodigy, and it is by no means true that the Cancerian outgrows this childhood brightness. Ellen McCaffery, M.A., the noted New York astrologer, mentioned in a lecture that a surprising number of Cancer people become famous, and it is becoming increasingly recognized that people born under this sign, although ordinarily shy and sensitive, may be almost alarmingly aggressive when a principle is at stake, and they are far from shy in public work. Quiet and unobtrusive socially, they are not afraid to speak out for the cause that is closest to their hearts. For this reason they sometimes become effective public speakers, and, as the Moon signifies the public, they attain to power over public opinion.

None of this ought to surprise us. Cancer is the sign of Cosmic Motherhood, and we think of Vivekenanda's comment on mother love: that the madien who timidly darts from door to door, frightened of her own shadow, will be found at the lion's mouth if her child is attacked by a lion. The Cancer man is not as timid as his feminine counterpart, but he is equally sensitive and peace-loving, and shows the same ardor for Causes, with a capital C.

There is perhaps nothing that sur-

prises the Leo or Aries native so much as the discovery that the quiet "mousey" Cancerian will not be pushed around! His grievance is comical to behold when, advancing upon the quiet Cancerian with banners flying, he is brought to a sudden halt by the meek obstinacy for which Cancer is famous, and his glorious colors bite the dust.

If Cancer children are bright scholars, however (perhaps because there are so many Cancer teachers), there is another group of children which has a very bad time of it in the public school. This is the Saturn group, for Saturn is the sign of old age, and the child of Saturn is not well adjusted to childhood in the body. This is the child of whom we say that he is "born old." The teacher will recognize him easily. He sits at his desk looking up into the teacher's face with eyes that are not the eyes of a child. He does not play easily with other children. Some teachers feel a chill run down their spine when they look into these old little faces, which are not what they think a child's face ought to be.

It might be supposed that these old children are fine scholars, but that is not always the case. They are too much set apart from the other children to feel happy among them, and they often sense the teacher's disapproval. Capricornian and Aquarian children generally fall into this class, and three supposedly "retarded" children known to me personally, were under Capricorn or Aquarius. Of course, where it is the Sun which occupies these signs, the Ascendant may mitigate the difficulties, if it is a vital, aggressive sign. But usually the Capricorn-Aquarius child, or a child with Saturn on the Ascendant, is a misfit in the schoolroom, and his childhood is a generally miserable period, to which he looks back with bitterness and resentment all his life. Where Mercury conjoins Saturn this is especially true, for then there is the most painful timidity, which the average teacher

simply cannot cope with, under our present educational system. The progression of Mercury to a conjunction or parallel of Saturn during the school years will produce a similar effect.

What can the teacher do with these "old" Saturn children, who, because of emotional and personality difficulties, simply cannot adjust themselves to the group? Under our present system—very little. Much would have to be done on the teacher's own time, and any teacher will tell you that that is a very difficult proposition. In the school room, he can do this: he can treat this little oldster like a mature person. To the teacher we say: talk to him as you would talk to your contemporary. Forget the child body. Talk to the mature Ego. Talk to the Spirit, which is ageless. Respect this child. He craves affection, but it is respect which really draws out all his hidden potentialities. Never "talk down" to the Saturn child. He will resent it, for he feels that he is just as old as you are. Indeed, when he arrives at the age of seventy he will feel younger than at seventeen, or even seven. He is at his best in his old age.

Perhaps the most difficult of all problem children are these Saturnians, these old youngsters. They do not always look aged, although some of them actually do look like little old men and women. Sometimes they look even younger than their years, depending on the rising sign. And yet the key to the problem is right at hand: *respect* these children! You may be rewarded many years afterward, for the Saturn child never forgets his friends—or his enemies. Be not sparing of praise, either. You will not spoil the Saturn child by praising him—but be sure that the praise is sincere. You may find it somewhat trying to have to search for praiseworthy qualities in a child who gives no sign of being your most brilliant student and who does not "mix" with his class-

(Continued on page 47)



The Children of Capricorn, 1949-50

Birthdays: December 22 to January 21

CAPRICORN, the earthy-cardinal sign of the zodiac, is also the 10th house sign, and those born while the Sun is in this part of the heavens are usually imbued with a deep, underlying ambition to rise to a position of eminence and authority in the world. Practicality and persistence are also outstanding traits of those born under this Saturn-ruled sign, and consequently many of them are to be found occupying high positions in government and industry. Some, having transmuted their natural affinity for the things of the material world into spiritual aspiration, will be found among the spiritually elect.

The Capricornians are usually deliberate and tireless in action, realistic in their views, able to make the most of whatever aids their upward climb, seeming to discern instinctively wherein lies the greatest advantage. The higher type believe in impartial justice, and will seek through persistent, self-reliant effort to merit success. Personal wants may be few, the nature apparently unaffected

by scarcity and hardship, and there is little desire for worldly pleasures or unprofitable social activities.

Sober, impersonal, coolly rational, and not given to much warmth or sentiment, they prefer the respect and esteem of others to sympathy or love.

When the negative side of the Capricorn nature manifests the native is prone to suspicion, jealousy, greediness, and malicious conduct. If in a position of authority he is apt to be self-willed and dictatorial.

This year as the Capricorn solar month opens the Sun is square Mars, and continues so until January 1. This vibratory pattern indicates an abundance of energy and the faculty of leadership, but these are apt to be used in a destructive way. There is a fiery temper, a resentful attitude, and an innate opposition to constituted authority. Accidents in which fire and violence play a part are probable. Training in deliberate action and poise will enable children with this aspect to transmute it into a more harmonious pattern.

The Sun is also in opposition to Uranus from December 22 to January 1, accent-

uating the need for careful training in control of the mind and emotions. Parents who direct these children calmly but firmly, and maintain a pleasant, harmonious atmosphere in the home, will be a boon to their offspring. High moral ideals should be stressed, also, in dealing with these natives, for they will be inclined toward unconventional conduct.

A favorable Venusian aspect lasts all the solar month: the trine to Neptune. This configuration indicates the inspirational musician. The imagination is fertile and the emotions deep, and the nature is basically pure and chaste.

A fortunate mental vibration is in effect as the solar month opens and lasts until December 28: the trine to Saturn. This aspect acts as a brake on the flighty mind and gives it a seriousness, depth, and power of concentration which are of inestimable value in life. There is caution, diplomacy, and the ability to reason and serve in responsible positions.

A less fortunate aspect to Mercury, the square to Neptune, begins also on the 22nd of December and lasts until the 27th. Those with this aspect need to cultivate orderly thinking, the memory, and decisive action. All negative psychic influences should be avoided.

The square of Mars to Uranus is another vibratory pattern in effect as the solar month opens, and lasts until January 18. Children born with this configuration will need careful training in unselfishness, cooperation, and kindness. Otherwise they are apt to create unpleasant destiny for themselves because of their temper, resentment, stubbornness, and cruelty.

Beginning December 24 and lasting until January 21, there is a more salutary aspect to Mars: the trine from Jupiter. This vibration gives a sincere honest, and straightforward side to the nature. Financial prosperity is also favored, and the native is ingenious and

possessed of much constructive ability. A love for travel and out-of-door sports is likely.

Another favorable aspect to Mars, the trine from Mercury, begins December 28 and lasts until January 14, giving a keen, sharp, and resourceful mentality. The native is witty, fond of debate, and able to turn his hands to whatever task is allotted. Accomplishment in literature or the mechanical arts is particularly favored.

From December 29 to January 18, Mercury trines Uranus, bestowing an original, independent, and progressive mind. The ideals are lofty, and the native is attracted to literary, scientific, and inventive pursuits.

The Sun squares Neptune from December 1 to January 16, a negative psychic vibration which indicates the need for positive spiritual training. Purity of life, along with positive, constructive thought and action, should be stressed in the training of children born during this period.

A more desirable solar aspect, the trine to Saturn, begins January 2 and lasts until January 21. Method, foresight, organizing and executive ability, as well as moral stamina, are indicated by this vibratory pattern. Success in political and judicial positions is favored.

From January 2 to January 12, Mercury is in conjunction with Jupiter, giving a cheerful, optimistic disposition. The mind is broad, versatile, and able to reason correctly, and there is ability in law and literature.

On the last two days of the solar month, January 20 and 21, Jupiter is in conjunction with Venus, and trines Neptune, excellent auguries for the accumulation of wealth, a happy marriage, social prestige. The nature is optimistic, generous, honorable, tolerant, inspirational, mystical. Experiences during the sleeping hours are apt to be remembered clearly.

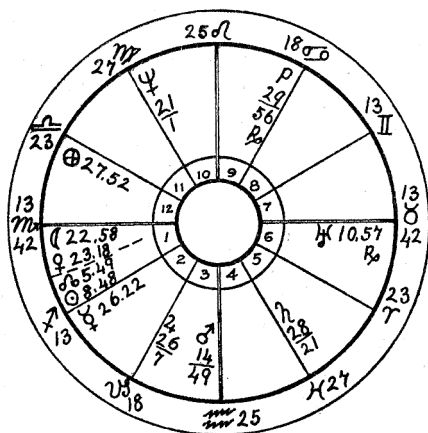
Reading for a Subscriber's Child

BERNICE A. M.

Born December 1, 1937, 4:50 A.M.

Latitude 44 N.

Longitude 70 W.



With fixed signs on all the angles, Scorpio rising, Moon and Venus in Scorpio, sextile Jupiter, and trine Saturn and Pluto, this child has quite a strong fixed personality, though more pleasing because of the presence of Venus near the Ascendant than would otherwise be the case. The emotional nature is intense, the imagination vivid, and there is a love for music, pleasure, and art. Bernice has a strong sense of independence, is not apt to submit to imposition nor coercion by threats, but is singularly amenable to kindness and sympathy.

The Sun in Sagittarius in the 1st house, sextile Mars in Aquarius in the 3rd, gives lofty ideals and an aspiring disposition. The nature is cheerful and optimistic, trustworthy and benevolent. There is much physical vitality, and the nature is cheerful, optimistic, trustworthy, courageous, and determined. There is also a liking for travel, and the probability of much of it.

Mercury in Sagittarius in the 2nd, square Neptune in Virgo in the 10th, and Saturn in Pisces in the 5th, indicates

the desirability of stressing in the training of this child a respect for law, order, truthfulness, and honesty. The semi-sextile of Mercury to Jupiter, Moon, and Venus will be of some help in harmonizing the processes of the lower or concrete mind.

Jupiter in Capricorn in the 3rd, sextile Saturn, Moon, and Venus, and trine Neptune in Virgo is a splendid influence, giving self-reliance, self-control, and resourcefulness. The mind is optimistic and ingenious, and there is an inspirational, mystical side to the nature. Parents who are students of the occult can be of tremendous help to this little girl in encouraging her to understand and follow the spiritual side of life. This configuration also favors short journeys, relations with neighbors, brothers, and sisters, etc.

Mars in Aquarius in the 3rd, sextile the Sun, square Uranus, Moon, and Venus (the last two distant), accentuates the independent spirit of this little girl, as well as her ambition and ingenuity. The square to Uranus in Taurus indicates the need for special training in high moral standards and conduct.

Saturn in Pisces in the 5th, sextile Jupiter, trine Moon, Venus, and Pluto, favors dealings with houses, lands, mines, education, etc., and indicates the possibility of appointment to a position of responsibility in these fields. The opposition to Neptune brings an element of deception into all 5th house affairs, warning Bernice that she should maintain the highest ideals in courtship, entertainment, and in all other 5th house relations.

Music can be used to great advantage in training this child. If at all possible, she should be given lessons on the piano, organ, or violin, and encouraged to study music from the spiritual standpoint as well as from the standpoint of technique.

VOCATIONAL GUIDANCE ADVICE

This page is a free service for readers. Since advice is based on the horoscope, we can give a reading ONLY if supplied with the following information: full name, sex,

place of birth, year, day of month, hour. No readings given except in this Magazine and ONLY FOR PERSONS 14 to 40 YEARS OF AGE.—Editor.

Nurse, Physician

EDITH W. F.—Born November 14, 1908, 5:21 P.M., Lat. 42 N., Long. 83 W. The progressive, humanitarian sign Aquarius is on the Midheaven of this chart, and one of its rulers, Uranus, is posited in Capricorn in the 8th, sextile the Sun in Scorpio in the 6th, trine Jupiter in Virgo in the 4th, square Venus in Libra in the 5th, and opposing Neptune in Cancer in the 2nd. Saturn, co-ruler of Aquarius, is intercepted in Aries in the 11th, and trine the Moon in Leo in the 3rd. Mercury is in Scorpio in the 6th. The versatile, adaptable sign Gemini is on the Ascendant. This native has the ability to fill an executive position in commercial pursuits, but she could give her best service as a nurse, masseuse, or physician in an establishment of her own.

Manufacturer, Minister

DON B.—Born December 14, 1931, 3:31 A.M., Lat. 33 N., Long. 117 W. The benevolent planet Jupiter is posited in Leo near the cusp of the 10th house in this young man's horoscope, and trines the Sun in Sagittarius in the 2nd, trines Uranus in Aries in the 5th, and opposes the Moon in Aquarius in the 4th. The planet of spirituality, Neptune, is also in the 10th, in Virgo, and trines Mars and Mercury in Capricorn in the 2nd. The Sun sextiles the Moon and trines Uranus. The fixed sign Scorpio is on the Ascendant. Don could succeed as an executive in the automobile, publishing, banking, or theatrical business, but he could also give a very high type of service as a statesman or minister.

Lawyer, Librarian

JAKOB G.—Born September 4, 1929, 4:30 P.M., Lat. 47 N., Long. 8 E. The martial sign Scorpio is on the Midheaven of this nativity, and its ruler, Mars, is in Libra in the 8th, in conjunction with Mercury, sextile Venus in Leo in the 7th, trine Jupiter in Gemini in the 5th, and opposing Uranus in Aries in the 2nd. The Sun is in Virgo in the 8th, square Jupiter. The Moon is also in Virgo in the 8th, square Jupiter in Gemini and Saturn in Sagittarius. The saturnian sign Capricorn is rising, with Aquarius intercepted in the 1st house. The Dragon's Tail is in conjunction with the Midheaven. This native could do well as a lawyer, or in secretarial work for a law firm. He could also give competent service as a school librarian, ticket office man, or music dealer.

Physician, Engineer

RICHARD C. H.—Born November 14, 1910, 2 A.M., Lat. 43 N., Long. 88 W. The 25th degree of the versatile, literary sign Gemini is on the Midheaven of this chart, and its ruler, Mercury, is in Scorpio in the 3rd, in conjunction with the Sun and Venus, sextile Uranus in Capricorn in the 4th, and trine Neptune in Cancer in the 10th. Pluto is in conjunction with the Midheaven. The Moon is in Aries in the 7th, square Neptune. Jupiter, Mars, and Venus, as well as the Sun and Mercury, are in Scorpio. The health-minded sign Virgo is on the Ascendant. This man has the innate ability to be a physician, engineer, credit manager, mortician, or secret service worker.

Monthly News Interpreted

Music Mends Emotions of Vets in Hospital

Despite the efforts of some to paint it in bright colors, life in a veterans' hospital can never really be a pleasant place. It is too full of pain and uncertainty.

The moods of the patients are a never-ending problem to the hospital's rehabilitation staff. Even top-notch psychologists frequently run into trouble.

When this happens a sure-fire weapon is music.

The powerful vibrations inherent in music are being used today on many fronts to straighten out people's emotional kinks; but nowhere is it of more therapeutic aid than in the wards of veterans' hospitals.

A large amount of this music is supplied by an organization heart and soul for the hospitalized veteran, the armed forces radio service.

Through a listening device shaped to fit snugly against a pillow and called a "hush-atone," bed patients can tune in on AFRS' "bedside network" at all hours of the day and night.

This service has proved to be of very definite moral value to the patient. It relaxes him and enlivens his interest in things generally.

And it doesn't do so badly in the physical conditioning department either.

Scientific tests have disclosed that music has a direct effect on pulse, respiration and blood pressure.

Mostly, though, it gives patients a mental change of pace, lifting them out of the hospital atmosphere for some precious moments.

Los Angeles Examiner, Oct. 27, 1949

Up to the present time the tremendous power of music has never been understood by the masses of mankind. In fact, most individuals have looked upon it chiefly as a source of pleasure, amusement, and recreation, all of which represent very little of its real importance. One, if not the greatest of its values, is its relation to the healing of diseases, which is a science all by itself.

Every organ in the human body has its own particular vibration, and the combination of these vibrations constitutes the general keynote of the body as

a whole. Each organ of the body is keyed to one certain tone which is the keynote of one particular scale in music. When an organ becomes diseased it is because its vibratory key has been thrown out of tune and this discord tends to disarrange and disintegrate the atoms composing that particular organ. If the normal vibration is not restored, in time the Ego is forced to give up its physical vehicle in what is termed death.

The zodiacal sign Aries has general control of the head and the various organs within it, also the eyes. Accordingly a disease of any of these organs, including the eyes, will be benefitted by music played softly in the key of D \flat major. Aries diseases are headache, neuralgia, coma and trance conditions, diseases of the brain, and cerebral hemorrhages. The zodiacal signs ruling the various parts of the body can be found in the front of many almanacs, and the musical keynote of each of these signs has been given out by Max Heindel, as follows: Aries, D \flat major; Taurus, E \flat major; Gemini, F \sharp major; Cancer, G \sharp major; Leo A \sharp major; Virgo, C natural; Libra, D major; Scorpio, E major; Sagittarius, F major; Capricorn, G major; Aquarius, A major; and Pisces, B major. Music played in the keynote of any zodiacal sign has healing power over the organs of the body ruled by that particular sign.

Music in order to heal must be composed of melody, harmony, and rhythm, and unless these three parts are there in perfect balance the vibration becomes discordant and its effect detrimental to the extent that it has the power to disintegrate. Therefore it has been truly said of music that it has the power either to heal or to destroy, and not only does this apply to the physical body but to the mind as well. One

cannot be too careful in the selection of the music to which he desires to listen, for its powers are almost unlimited.

Alcoholism and Mental Cases Linked

The president of the Women's Christian Temperance Association today placed part of the blame for over-crowded mental institutions on the increasing number of alcoholics.

Mrs. Leigh D. Colvin of Evanston, Ill., WCTU president, released a survey. It showed the number of alcoholics newly admitted to mental institutions has increased to 15 per cent of all new mental patients.

She also pointed out that in Illinois, 23.2 per cent of all new mental patients are alcoholics. Mrs. Colvin said:

"It is estimated that about one out of 20 drinkers becomes a chronic alcoholic, and about one out of every 22 chronic alcoholics become an institutional mental case.

"This is, indeed, a high price to pay for the 'personal liberty' to drink touted by the alcoholic traffic in defending its legal privilege to create alcoholics."

Los Angeles Examiner, Oct. 21, 1949

Among the known facts about alcohol are: Alcohol is a poison. Alcohol has a definite poisonous affect upon the brain and nervous system. Alcohol is neither a food nor a stimulant. Alcohol is a depressant. Alcohol is a narcotic drug. The brain is more affected by alcohol than is any other organ. Alcohol enfeebles the reason. Alcohol lessens the will power. Alcohol causes loss of self-control. Alcohol causes congestion of the blood vessels of the brain. Alcohol deprives the blood of its proper supply of oxygen. Alcohol causes delirium tremens. Alcohol causes enlargement of the liver. Alcohol interferes with the appetite. Alcohol delays and causes imperfect digestion. Alcohol causes diseases of the stomach and the other organs of digestion. Alcohol increases the work of the heart, and thereby exhausts its power. Alcohol relaxes the small arteries, and unfits them for work. Alcohol interferes with the burning of

waste matter in the capillaries, which poisons the blood, and prevents it from feeding the body. Alcohol injures the substance of the brain and thus impairs its thought-producing power. Alcohol affects the size, shape, and color of the cells of the brain, and produces insanity. Alcohol absorbs water from the nerves, and paralyzes their action. Alcohol causes the blood to become impure and thereby produces a direct tendency toward disease of the lungs. Physicians find that pneumonia is nearly incurable and most frequently fatal in persons addicted to the use of alcoholic drinks. Alcohol produces more insanity than all other causes combined. The excerpts used here are all taken from reliable textbooks on physiology.

Dr. Robert A. Millikan states that according to official statistics of the Department of Commerce for the year 1947, the United States spent \$9,640,000,000 for alcoholic beverages, but somewhat less than \$3,000,000,000 on educational institutions. And now the *Christian Herald* of November, 1949 gives to its readers this enlightening bit of news: "One beer firm announces a new bottle for juveniles, a tiny replica of the real thing that will contain 'a low-content drink to attract the children of the community.'" The editors of this excellent magazine are quite as much appalled by the brazen effrontery and the diabolical conscienceless wickedness of this latest atrocity aimed directly at the destruction of the children of the world, as are its readers.

One wonders when the decent law-abiding people are going to wake up to the great danger which is now threatening the very foundation of their homes and start to do something about it. The liberty to wreck the human race is not the kind of liberty the people of the world have cherished since the beginning of time. Great civilizations are not built by drunken men and women, and any drunken nation carries within itself the seed of its own disintegration.

READERS' QUESTIONS

Age of the Earth

Question:

In a recent magazine it was stated that the earth may be between two and two and a half billion years old. Does that refer to the time which has elapsed since the earth was separated from the Sun during the Hyperborean Epoch of this Revolution of the Earth Period?

Answer:

We do not know just what statement you refer to, but any reference to the age of the earth as a separate planet should, as you indicate, be based upon the time which has elapsed since the earth was thrown off from the Sun in the Hyperborean Epoch. Prior to that time the substance which became the earth was a part of the Sun. (See page 261 of the *Cosmo-Conception*.)

al uncomplimentary opinion of Solomon, as may be gained from a purely literal interpretation of the Old Testament story. However, when studied in the light of occult teachings, the Bible is found to be largely symbolical. At least the deepest truths contained in the Holy Scripture are wrapped in symbology, so as not to be evident to the profane.

Actually, Solomon was a high initiate, one of the elect of his time. Otherwise he could not have done enough work between lives to have been born as perfect as was the man Jesus.

Freemasonry and Catholicism by Max Heindel gives much enlightening information concerning the real nature and symbology of Solomon. There is also much helpful material in Corinne Dunklee Heline's books on *New Age Bible Interpretation*. Volume 2 of the Old Testament Series deals chiefly with Solomon and the other Old Testament characters and prophets.

Character of Solomon

Question:

The statement that Solomon was reborn as the perfect Jesus shocked me greatly. In the light of your teachings I would think such a man would be reborn as a poverty-stricken, paralyzed idiot. Did he do an immense amount of work between lives?

Answer:

Evidently you have the rather gener-

Character of Wagner

Question:

You speak of Wagner, the initiate. He is often spoken of in modern literature as the "musical monster." Did he reform in his later years and improve sufficiently to become an initiate, or don't I understand?

Answer:

Before accepting the statements of people about other individuals, it is

well to recall that each person sees others through his own aura, and often what he sees in another is but a reflection of what is in himself. Even Christ Jesus was accused of being a pretender, a wine-bibber, etc. Every person who earns a worth-while position in the world has his enemies—because of the jealousy and envy of those having less ability.

However, Richard Wagner was undoubtedly an unusual character, and did many things which were not in accordance with conventional standards. As to the actual extent of his disobedience to God's laws—which is all that really matters from the larger viewpoint—who can say? Anyone who produced the music he did could hardly have been less than an initiate.

A well-known occult writer has this to say of him:

“Much has been written about Wagner's quixotic habits, his irritability and nervous disposition. These are weaknesses to be sure, but until perfect, full-rounded mastership has been attained in the whole of man's nature, it could scarcely be otherwise with a sensitive artist such as Wagner when one considers the intense force and power of his inspiration. To keep a physical instrument in tune with celestial harmonies and at the same time sufficiently insulated to withstand the discordant impacts of the outer objective world has always constituted a serious problem for the highly sensitized, creative artist.”

The Kingdom of the Father

Question:

Will the Seventh Epoch, the Kingdom of the Father, be the last one in this particular Revolution of the Earth Pe-

riod? You speak of the retardation in the next Revolution. Why are such recapitulations necessary for our evolution? Also, do you attempt to estimate what percentage of the present humanity on the earth will complete its evolution before that retardation?

Answer:

Yes, the Kingdom of God will be the Seventh Epoch of this Revolution of the Earth Period.

As to why recapitulations are necessary for our evolution, it seems logical and sensible that God, in His infinite wisdom, would arrange a plan of evolution which would make it possible for us to use to advantage all the opportunities for progress offered by our three-dimensional universe. On pages 151-152 of *The Rosicrucian Cosmo-Conception* you will find these statements:

“Evolution is ‘the history of the progression of the Spirit in Time.’ Everywhere, as we see about us the varied phenomena in the universe, we realize that the path of evolution is a spiral. Each loop of the spiral is a cycle. Each cycle merges into the next, as the loops of the spiral are continuous, each cycle being the improved product of those preceding it and the creator of those more developed states which succeed it.

“Natural progression does not follow a straight line such as these two theories imply; nor even a circular path, for that would imply a never-ending round of the same experiences and the use of only two dimensions in space. All things move in progressive cycles and in order to take full advantage of all the opportunities for advancement offered by our three-dimensional universe, it is necessary that the evolving life should take the three-dimensional path—the spiral—which goes ever onward and upward Examine the vaulted arch of the sky and observe the fiery nebulae or the path of the solar systems—everywhere the spiral meets the eye.”

NUTRITION AND HEALTH

ROSICRUCIAN IDEALS—The Rosicrucian Teachings advocate a simple, harmless, and pure life. We believe that a vegetarian diet is most conducive to health and purity; that meat of all kinds, as well as alcoholic drinks, tobacco, and stimulants, is injurious to health and spirituality.

As Christians we believe it is our duty to refrain from sacrificing the lives of animals and birds for food, and so far as possible to refrain from use of their skins and feathers for wearing apparel. We consider vivisection diabolical and inhuman.

We believe in the healing power of faith and prayer, but we sometimes advise the use of material means to accelerate recovery and to clear the channel for the inflow of higher forces. Our motto is: *A sane mind, a soft heart, a sound body.*

Mineral Metabolism

By EDYTHE F. ASHMORE, D.O.

WHEN we consider the chemical composition of the body, we name the essential elements minerals, and we know that they are constituents of the rigid parts of the body. We may not know that they are equally essential in the formation of the soft tissues and also that, existing as they do in solution in the fluids of the body, they are regulatory, influencing the irritability and elasticity of muscles and nerves, rendering the juices of the digestive tract acid or alkaline, as may be best suited to the purpose of the part.

The two elements with which we are most familiar are hydrogen and oxygen because water is composed of these two. Practically every one who reads knows the symbol of a molecule of water, H_2O . It should not be necessary to say that about 67 per cent of the weight of the body is water, but, judging by the number of people who drink less than two per cent by weight in their daily intake of food, it would seem that this is the place to discuss the value of drinking water each day to replace what is lost through perspiration, through the kidneys, lungs, and intestines. Neither do people stop to realize that a great deal of temperature regulation in the body is dependent upon the moist condition of the skin.

If waste products accumulate in the system because the individual will not

drink water or other fluids, it is not to be wondered that illness follows. A reader has asked what are the proportions of fluid and solid wastes in the excreted fluids of the kidneys daily, and my answer is that it averages 96 per cent water and four per cent solids. The excretions from the intestinal tract should average 65 per cent water. The percentage of mineral salts is very small because so much other waste, dead bacteria, cellulose, etc., makes up the large part of the solid contents of the fecal matter. Altogether the daily need for water is very great and regardless of the soups, beverages, and sauces, no one should omit drinking water. The rule is six glasses a day.

The third of the minerals we know well by name is carbon, which is excreted by the lungs as carbon dioxide. Carbon, oxygen, and hydrogen make up the carbohydrates. When I hear laymen talking about eating no carbohydrates, I think it fortunate that the All-Wise has concealed the amount of carbon in many foods from the knowledge of the ignorant. The carbohydrate free diet, which is sometimes prescribed in epilepsy, leads to acidosis, which is premonitory of death. Faddists talk glibly of acidosis as though it were quite a common condition following the ingestion of acid foods. Instead, acidosis is a highly technical term which should never

be used by the layman.

Because the old physiologies emphasized the presence of nitrogen and sulphur in the proteins, these minerals are well-known as constituents of the body. Inasmuch as there is no known life without proteins, the foods which contain them should be of the greatest interest to the reader. Formerly it was supposed that the intake of the mineral salts could be left to chance. Sulphur was about the only one that the pioneers took in the inorganic form. They combined it with molasses which has parts of iron, manganese, and calcium, and not only obtained some laxative effects but a minimal amount of quite necessary minerals. I am sorry that molasses is a neglected food today because it truly is valuable.

Sodium and chlorine are supplied to us chiefly in table salt, containing some



starch, some calcium compounds, and occasionally iodine. The hydrochloric acid of the stomach forms a medium in which the pepsin can digest the protein food, and if it is diminished in quantity or absent, there will be functional or organic disease and there will be no way of checking the growth of micro-organisms in the stomach. People do not realize that too little acid in the stomach may give rise to excessive fermentation of lactic acid and butric acid, which is a most unpleasant smelling gas and is easily detected on the breath. An excess of salt in the food is not good as it often encourages drinking an excessive amount of fluid and for that reason and others it may add a strain to the kidneys. Some forms of obesity are characterized by the excessive use of salt. These persons are advised by physicians to take strong salt baths, immersing the body for a half hour or longer. When the layman hears that

epsom salt baths reduce fat, it is time to say that all the bath does is to draw out from the body temporarily the excess amount of water.

Manganese and zinc are found in very small percentages in the human body, zinc usually in those foods which contain iron, and manganese in bananas, string beans, cauliflower, celery, cranberries, egg plant, beets, buckwheat flour, cucumbers, lettuce, huckleberries, kale, peas, green peppers, watercress, and entire wheat cereals. We can find many other reasons for eating these foods, so we may assure ourselves that whatever the value is of manganese in the body chemistry, we are getting the advantage of it when we eat a diet that is rich in vitamins B and C. There are traces of silicon, aluminum, fluorine, and other minerals, and whether they are there by accident or whether they have a function in the chemistry of the body, no one seems to know. Louis Berman quotes Dr. McCollum as saying that without manganese in the food, the lower animals have no maternal instinct, so that the young are totally neglected. It might not be a bad idea to prescribe the proper foods, such as those mentioned above, for some mothers who seem to be quite irresponsible in the bringing up of their children.

The function of iron in the transportation of oxygen in the blood makes this element one of the most important minerals in the body. As there is no particular storage of this element, the foods that contain it are a necessity in the diet. At least seventy per cent of the iron in the body is found in the blood in a compound which is called hemoglobin. It is found in some of the other body tissues, in the liver, spleen, and kidneys, for instance. It is one of the constituents of the red blood cells, the erythrocytes, whose relationship to each other is measured by a color index, or in other words the percentage of hemoglobin is compared to the percentage of red blood cells.

When the color index is not normal, we usually call the condition anemia. The first of the anemias we might be interested in is that which is truly nutritional, or where the diet contains too little iron-bearing foods. More iron is being used in the body and excreted than is being introduced through the food. Thus, nutritional anemia is a deficiency disease.

The technical term for this class of anemia is becoming so common that it should be used here, hypochromic anemia. The prefix hypo, meaning less than, is the keynote to the situation which is a deficiency of some substance or substances, such as iron, copper, and



certain organic factors, and which is shown in the laboratory as a low color index. The number of red cells in the blood may be quite nearly normal. Sometimes the adjective idiopathic is used because it differs from the other anemias and is often associated with a lowered acidity of the gastric juice. It occurs most frequently in women between the ages of thirty and fifty and especially in those who eat only the vegetarian diet. A reader has asked me why she has seen so much pallor in the faces of the vegetarians with whom she mingles. The next paragraph should answer that question. We may remember that vitamin C seems to be absolutely essential to the production of hemoglobin, and in fact it has been found to influence the regeneration of the corpuscles. At the same time a Canadian biochemist observed that children suffering from anemia made a greater recovery when fed in addition cereal embryo which probably contained one of the **factors of B complex**. Perhaps this was

due to an improvement in assimilation, one of the benefits to be obtained by eating a diet containing plenty of vitamin B. Assimilation is also benefited by vitamin A which preserves the integrity of the epithelial cells lining the alimentary tract. The lack of acidity in the gastric juice is probably due to a long term failure of securing the necessary mineral salts, chlorine, and sodium. Vegetarians are prone to believe that the other vegetable salts are better food, an idea which has been fostered by the food faddists. It is hard to see where the cranks got some of their absurd ideas because textbooks of physiology for decades have taught the truth. If some fanatic reading that meat and blood contain sodium chloride, decided that this chemical compound was the cause of the taking of life, he certainly was ignorant of the habits of the herbivores who are always seeking salt-licks.

The tables giving iron values in use up to 1937 are not of very much value because they have been compiled from ash analyses, too often overestimating the residues due to incorrect methods in the laboratory and, again, due to recent findings relative to the amount of iron actually needed in the day's dietary. It must be remembered, too, that any percentages given in dried foods, like beans, peas, prunes, entire **wheat grain**, and oatmeal, are naturally higher than those foods which are moist, like egg yolks, fresh string beans, spinach, kale, and potatoes. Cheese, beets, carrots, bananas, and oranges are also mentioned as containing iron.

It is a fallacy to regard fruits and fresh vegetables as having a low nutritive content because they have so much water and their protein and fat values are less, because, as Dr. Sherman points out, they can be added to the diet without replacing the staple foods of high calorie and protein value and without making the total food consumption excessive.

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The Rosicrucian Fellowship

Oceanside, California, U.S.A

Milk is the one universally used food that has so little iron as to make it dangerous as a single item of diet except in the early months of infancy when it is supposed that the babe shall have taken from his mother enough of a store of iron to last him until he can get it from orange juice and pureed vegetables. Yet milk is an essential addition to the diet of the one seeking an increased amount of iron for it has been found that when the blood has enough calcium, iron is better assimilated.

The presence of copper and manganese is thought to be essential also from the experiments made with children who have more or less accidentally received a small percentage of these minerals in their food. Evaporated milk has risen in the estimation of the nutritionists since it was discovered that through the machinery there is given to it a very small amount of copper which most favorably affected the children of certain orphanages in growth and well-being. We might sum up the sources of these two minerals by saying that whatsoever foods contain adequate amounts of vitamins and iron will also have an ample content of copper and manganese.

SUMMARY

The human body is made up of cells, tissues, and organs, structurally speaking, and these are composed of different chemical elements which are combined in many varied forms of chemical compounds.

The mineral output must be met with an adequate intake of minerals. This intake is chiefly through air, water, and food. The blood carries these minerals to the cell and tissue needing them.

The correct amounts of the minerals needed in the daily regimen should not be left to chance but should be planned to meet the requirements of the body.

THE ROSICRUCIAN MAGAZINE,
September, 1937



Releasing Our Inner Powers

Part 2

DESTRUCTIVE habits of thought react unfavorably upon the physical organism, create unhealthy and unhappy conditions in people's lives and affairs, while right thinking and living produce health, happiness, and prosperity as unfailingly as the tides ebb and flow. People who indulge in negative thinking are those who are "overcome by evil."

The only way to "overcome evil with good" is to cease thinking of undesirable circumstances altogether, and to visualize and work for their opposites. By doing this consistently the desired conditions are automatically produced in our bodies and affairs. Constructive, creative thinking corrects abnormalities in the physical organism and gives rise to actions that tend to bring success in all phases of life.

Therefore it is advisable to ignore unfavorable conditions as much as possible and to contemplate and work unceasingly for the ideal state or condition desired. Those who are weak and ailing, regardless of the symptoms of adverse bodily conditions, should form a mental picture of bodily health and perfection they desire and need for living more abundantly. It is undoubtedly true that thousands of children, now in a state of chronic ill-health, could be quickly restored to well-being by changing the mental atmosphere that surrounds them.

To visualize health, while obviously suffering from illness, is not mere self-deception, as it may appear to the uninformed. On the contrary, it is the most reasonable and logical course to pursue, since sickness and disease are due in the main to faulty mental conceptions and their emotional reactions. Perfection of mental concept naturally precedes perfection of physical manifestation.

—V. May Cottrell

(To be continued)

• • •

Visible helpers are just as necessary as Invisible Helpers, and our friends and patients may share in a high privilege, as well as add much to the power of liberated healing force, by joining us in prayer for the sick. Our Healing Service is held every evening in the Healing Temple at 6:30, and in the Pro-Ecclesia at 4:45 P.M. when the Moon is in a cardinal sign on the following dates:

December	7—13—20—26
January	3— 9—16—23
February	6—12—19—27

Relax, close your eyes, and make a mental picture of the pure white rose in the center of the Rosicrucian Emblem on the west wall of our Pro-Ecclesia, and concentrate on *Divine Love and Healing*.

Children's Department



Lily-Bell and Thistledown

By LOUISA M. ALCOTT

(Conclusion)

THEN the wondering bees led him to their Queen, and when he had told his tale, and begged their forgiveness, it was gladly given; and all strove to show him that he was loved and trusted. Then he asked if they could tell him where the Air Spirits dwelt, for he must not forget dear Lily-Bell. To his great joy the Queen said "Yes," and bade little Hum guide Thistle to Cloud Land.

Little Hum joyfully obeyed, and Thistle followed him, as he flew higher and higher among the soft clouds, till in the distance they saw a radiant light.

"There is their home, and I must leave you now, dear Thistle," said the little bee, and, bidding him farewell, he flew singing back. Thistle, following the light, soon found himself in the Air Spirits' home.

The sky was gold and purple like an autumn sunset, and long walls of brilliant clouds lay around him. A rosy light shone through the silver mist, on gleaming columns and the rainbow roof; soft, fragrant winds went whispering by, and airy little forms were flitting to and fro.

Long Thistle wondered at the beauty round him, and then he went among the shining Spirits, told his tale and asked a gift.

But they answered like the Earth

Spirits. "You must serve us first, and then we will gladly give you a robe of sunlight like our own."

And then they told him how they wafted flower seeds over the earth, to beautify and brighten lonely spots; how they watched above the blossoms by day, and scattered dew at night, brought sunlight into darkened places, and soft winds to refresh and cheer.

"These are the things we do," said they, "and you must aid us for a time."

Thistle gladly went with the lovely Spirits. By day he joined the sunlight and the breeze in their silent work; by night, with Star Light and her sister spirits, he flew over the moonlit earth, dropping cool dew upon the folded flowers, and bringing happy dreams to sleeping mortals. Many a kind deed was done, many a gentle word was spoken, and each day lighter grew his heart, and stronger his power of giving joy to others.

At length Star Light bade him work no more, and gladly gave him the gift he had won. Then his second task was done, and he flew gaily back to the green earth and slumbering Lily-Bell.

The silvery moonlight shone upon her, as he came to give his second gift, and the Brownie spoke more kindly than before.

"One more trial, Thistle, and she will awake. Go bravely forth and win your last and hardest gift."

Then with a light heart Thistle journeyed away to the brooks and rivers, seeking the Water Spirits. But he looked in vain, till, wandering through the forest where the Brownies took him captive, he stopped beside the quiet lake.

As he stood there he heard the sound of pain, and, looking in the tall grass at his side, he saw the dragon fly whose kindness he once repaid by pain and sorrow, and who now lay suffering and alone.

Thistle bent tenderly beside him, saying, "Dear Flutter, do not fear me. I will gladly ease your pain, if you will let me; I am your friend, and long to show you how I grieve for all the wrong I did you, when you were so kind to me. Forgive, and let me help comfort you."

Then he bound up the broken wing, and spoke so tenderly that Flutter doubted him no longer, and was his friend again.

Day by day did Thistle watch beside him, making little beds of cool, fresh moss for him to rest upon, fanning him when he slept, and singing sweet songs to cheer him when awake. Often when poor Flutter longed to be dancing once again over the blue waves, the Fairy bore him in his arms to the lake, and on a broad leaf, with a green flag for a sail, they floated on the still water, while the dragon fly's companions flew about him, playing merry games.

At length the broken wing was well, and Thistle said he must seek again the Water Spirits. "I can tell you where to find them," said Flutter. "You must follow yonder little brook, and it will lead you to the sea, where the Spirits dwell. I would gladly do more for you, dear Thistle, but I cannot, for they live deep beneath the waves. You will find some kind friend to aid you on your way, and so farewell."

Thistle followed the little brook, as it flowed through field and valley, growing ever larger, till it reached the sea. Here the wind blew freshly, and the great waves rolled and broke at Thistle's feet, as he stood upon the shore, watching the billows dancing and sparkling in the sun.

"How shall I find the Spirits in this

great sea, with none to help or guide me? Yet it is my task, and for Lily-Bell's sake I must not fear or falter now," said Thistle. So he flew hither and thither over the sea, looking through the waves. Soon he saw, far below, the branches of the coral tree.

"They must be here," thought he, and, folding his wings, he plunged into the deep, cold sea. But as he saw only fearful monsters, and dark shapes that gathered round him, he struggled up again, trembling with fear.

The great waves tossed him to and fro, and cast him bruised and faint upon the shore. Here he lay weeping bitterly, till a voice beside him said, "Poor little Elf, what has befallen you? These rough waves are not fit playmates for so delicate a thing as you. Tell me your sorrow and I will comfort you."

And Thistle, looking up, saw a white seabird at his side, who tried with friendly words to cheer him. He told him of all his wanderings, and how he sought the Sea Spirits.

"Surely, if the bee and blossom do their part to aid you, birds should aid you too," said the seabird. "I will call my friend, the Nautilus, and he will bear you safely to the Coral Palace where the Spirits dwell." So, spreading his great wings, he flew away, and soon Thistle saw a little boat come dancing over the waves, and wait beside the shore for him.

In he sprang. Nautilus raised his little sail to the wind, and the light boat glided swiftly over the blue sea. At last Thistle cried, "I see lovely arches far below; let me go, it is the Spirits' home."

"Nay, close your eyes, and trust to me. I will bear you safely down," said Nautilus.

So Thistle closed his eyes, and listened to the murmur of the sea, as they sank slowly through the waves. The soft sound lulled him to sleep, and when he awoke the boat was gone, and he stood among the Water Spirits, in their strange and lovely home.

Lofty arches of snow white coral bent above him, and the walls of brightly tinted shells were wreathed with lovely sea flowers, and the sunlight shining on

the waves cast silvery shadows on the ground, where sparkling stones glowed in the sand. A cool, fresh wind swept through the waving garlands of bright sea moss, and the distant murmur of the dashing waves came softly on the air. Soon troops of graceful Spirits flitted by, and when they found the wandering elf, they gathered around him, bringing pearl shells heaped with precious stones, and all the rare, strange gifts that lie beneath the sea. But Thistle wished for none of these, and when his tale was told, the kindly Spirits pitied him, and little Pearl sighed, as she told him of the long and weary tasks he must perform ere he could win a crown of snow white pearls like those they wore. But Thistle had gained strength and courage in his wanderings, and did not falter now when they led him to a place among the coral workers, and told him he must labor here till the spreading branches reached the light and air through the waves that danced above.

With patient hope that he might yet be worthy of Lily-Bell, the Fairy left the lovely Spirits and their pleasant home to toil among the coral builders, where all was strange and dim. Long, long, he worked, but still the waves rolled far above them, and his task was not yet done. Many bitter tears poor Thistle shed, and sadly he pined for air and sunlight, the voice of birds, and breath of flowers. Often, folded in the magic garments which the Spirits gave him, that he might pass unharmed among the fearful creatures dwelling there, he rose to the surface of the sea, and, gliding through the waves, gazed longingly upon the hills, now looking blue and dim so far away, or watched the flocks of summer birds, journeying to a warmer land. They brought sad memories of green old forests and sunny fields to the lonely little Fairy floating on the great, wild sea.

Day after day went by, and slowly Thistle's task drew toward an end. Busily toiled the coral workers, but more busily toiled he; insects and spirits daily wondered more and more, at the industry and patience of the little Elf, who had a friendly word for all, though he never

joined them in their sport.

Higher and higher grew the coral boughs, and lighter grew the Fairy's heart, while thoughts of dear Lily-Bell cheered him on, as day by day he steadily toiled. When at length the sun shone on his work, and it was done, he stayed but to take the garland he had won, and to thank the good Spirits for their love and care. Then up through the cold, blue waves he swiftly glided, and, shaking the bright drops from his wings, soared singing up to the sunny sky.

On through the fragrant air went Thistle, looking with glad face upon the fair, fresh earth below, where flowers looked smiling up, and green trees bowed their graceful heads as if to welcome him. Soon the forest where Lily-Bell lay sleeping rose before him, and as he passed along the cool, dim wood paths, never had they seemed so fair.

When he came to where his little friend had slept, it was no longer the dark, silent spot where he last saw her. Garlands hung from every tree, and the fairest flowers filled the air with their sweet breath. Birds' gay voices echoed far and wide, and the little brook went singing by beneath the arching ferns that bent above it. Green leaves rustled in the summer wind, and the air was full of music. But the fairest sight was Lily-Bell, as she lay on the couch of velvet moss that fairy hands had spread. The golden flower lay beside her and the glittering robe was folded round her little form. The warmest sunlight fell upon her, and the softest breezes lifted her shining hair.

Happy tears fell fast, as Thistle folded his arms around her, crying, "O Lily-Bell, dear Lily-Bell, awake! I have been true to you, and now my task has been done."

Then, with a smile, Lily-Bell awoke, and looked with wondering eyes upon the beauty that had risen round her.

"Dear Thistle, what mean these fair things, and why are we in this lovely place?"

"Listen, Lily-Bell," said the Brownie King, as he appeared beside her. And then he told all that Thistle had done to show his love for her; how he had wandered far and wide to seek the Fairy

gifts, and toiled long and hard to win them; how he had been loving, true, and tender, when most lonely and forsaken.

"Bird, bee, and blossom have forgiven him, and none is more loved and trusted now by all, than the once cruel Thistle," said the King as he bent down to the happy Elf, who bowed low before him.

"You have learned the beauty of a gentle, kindly heart, dear Thistle, and you are now worthy to become the friend of her for whom you have done so much. Place the crown upon her head, for she is Queen of all the Forest Fairies now."

And as the crown shone on the head that Lily-Bell bent down on Thistle's breast, the forest seemed alive with little forms, who sprang from flower and leaf, and gathered round her, bringing gifts for their new Queen.

"If I am Queen then you are King, dear Thistle," said the Fairy. "Take the crown, and I will have a wreath of flowers. You have toiled and suffered for my sake, and you alone should rule over these little Elves whose love you have won."

"Keep your crown, Lily-Bell, for yonder come the Spirits with their gifts to Thistle," said the Brownie. And, as he pointed with his wand, out from among the mossy roots of an old tree came trooping the Earth Spirits, their flower bells ringing softly as they came, and their jeweled garments glittering in the sun. On to where Thistledown stood beneath the shadows of the flowers, with Lily-Bell beside him, went the Spirits; and then forth sprang little Sparkle, waving a golden flower whose silvery music filled the air. "Dear Thistle," said the shining Spirit, "what you toiled so faithfully to win for another, let us offer now as a token of our love for you."

As she ceased, down through the air came floating bands of lovely Air Spirits, bringing a shining robe, and they, too, told their love for the gentle Fairy who had dwelt with them.

Then softly on the breeze came distant music, growing ever nearer, till over the rippling waves came the singing Water Spirits, in their boats of

many colored shells; and as they placed their glittering crown on Thistle's head, loud rang the flowers, and joyously sang the birds, while all the Forest Fairies cried, with silvery voices, "Lily-Bell and Thistledown! Long live our King and Queen!"

(The end)

CAN ASTROLOGY HELP OUR SCHOOLS?

(Continued from page 30)

mates. But try! The diamond is Saturn's stone: great skill and patience are required to bring out its hidden brilliance. But the lapidary knows the final result is worth the labor.

The Aquarian child, although inclined toward shyness in childhood, is often hail fellow, well met, when he reaches adulthood. He is often not talkative as a child (unlike the Cancerian), but having reached maturity he will talk to anyone anywhere, for he takes a genuine interest in his fellow men, and his backslapping proclivities are not as false as they sometimes appear to natives of other signs.

The Aries child is aggressive, the Leo child shows self-confidence. The Jupiter or Venus child (Sagittarius-Pisces; Libra-Taurus) is easy to approach, loving and affectionate. The Cancer child is the star pupil; the Gemini child is witty and attractive. But the Virgo child, although Mercurian, is also inclined toward timidity, and needs much, much praise from the teacher. The Sun in Virgo is highly critical, and gives to these children a false appearance of self-confidence and pugnacity, but the truth is that the criticalness of Virgo is a direct result of the timidity of the Virgin of the zodiac. She seeks to build herself up by tearing other people down, and since this is a mental sign she is often very clever in the way she

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A spiritual Religion cannot blend with a materialistic Science any more than oil can mix with water. Therefore, because the Great Leaders of humanity saw the tendency toward ultra-materialism which is now rampant in the Western World, they took steps to counteract and transmute it at the auspicious time. They did not wish to kill budding Science as Science had earlier strangled Religion, for they saw the ultimate good which will result when an advanced Science has again become a co-worker with Religion.

Centuries have rolled by since a high spiritual teacher having the symbolical name Christian Rosenkreuz—*Christian Rose Cross*—appeared in Europe to commence this work. He founded the mysterious Order of Rosicrucians with the object of throwing occult light upon the misunderstood Christian Religion, and to explain the mystery of Life and Being from the scientific standpoint, *in harmony with Religion.*

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does it. To take the Virgoan to task for being too critical is to attack the symptom instead of the cause: Virgo wants praise and affection, then she will be less acid-tongued. The Scorpio child, strangely enough, is also sensitive under the protective sting of his sarcasm.

Gemini always makes a good appearance, and is popular with teachers. The Geminian can take care of himself. His sparkling wit lays his opponents low, and he needs nothing but his tongue to protect himself from enemies.

Thus, although Gemini is not necessarily athletic (yet it has excellent capabilities, having quite often a finely built body in the best Greek tradition of that era when Hermes, not Mars, was the Grecian ideal of manhood), he is not badgered by his athletic classmates.

Any one of these points can be expanded to show how a knowledge of the horoscope can aid the teacher, both in understanding himself and in understanding his pupils. But, even a sketch such as this serves to indicate the possibilities, and the teacher who makes astrology a part of his pedagogical background will have his reward.

Lists of Dealers and Centers

We publish in alternate issues of this Magazine complete lists of dealers carrying The Rosicrucian Fellowship publications; also lists of the Study Groups and Chartered Centers of the Fellowship, both in the United States and abroad. These lists are omitted in the intervening issue in order to make the space available for our articles and notices. This applies to the present issue. Anyone wishing to obtain the name and address of any Dealer or the address of any Center or Study Group will find them in the December issue. They will also be printed in the February number.