240)

We are also taught that during each Revolution, of which there are seven in each period, a repetition of this recapitulatory process is gone through, so that during this fourth Revolution of the Earth period, our progress is marked by "Epochs," beginning with the Polarian epoch, then Hyperborean, Lemurian, Atlantean, and the present Aryan epoch. On page 265 we are told that in the Lemurian epoch appeared the Archangels (the humanity of the Sun period), and the Lords of Mind (the humanity of the Saturn period). They helped man to build his desire body, and were assisted by the Lords of Form, who were given charge of the Earth period.

The Lords of Mind took charge of the higher part of the desire body (see article on desire body in the November and January issues), and the germinal mind, impregnating them with the quality of separate self-hood, without which no separate, self-contained beings such as we are today would be possible.

We owe to the Lords of Mind the separate personality, with all the possibilities for experience and growth thus afforded. And this point marks the birth of the Individual.

Upon page 266 we read that the **Spirit** came down from the higher Worlds during involution; and by concurrent action, the bodies were built upward in the same period. It is the meeting of these two streams in the f**ocusing Mind** that marks the point in time when the individual, the human being, THE EGO, is born—when the spirit takes possession of its vehicles.

Yet we must not suppose that this at once raised man to his present status in evolution, making him the self-conscious, thinking being he is today. Before that point could be reached a long and weary road had to be travelled, for at the time we are considering, **organs** were in their most rudimentary stage, and there was **no brain** that could be used as an instrument of expression. Hence the consciousness was the dimmest imaginable.

In short, the man of that day was very far from being as intelligent as our present-day animals. The first step in the direction of improvement was the building of a brain to use as an **instrument of mind** in the Physical World. That was achieved by separating humanity into sexes. (p. 267)

Contrary to the generally accepted idea, the Ego is bi-sexual. Were the Ego sexless the body would necessarily be sexless also, for the body is but the external symbol of the **indwelling spirit**. The sex of the Ego does not, of course, express itself as such in the inner worlds. It manifests there as two distinct **qualities**—Will and Imagination.

The Will is the male power, and is allied to the Sun forces. Imagination is the female power, and is linked to the Moon forces. This accounts for the spe-

cial power which the Moon exercises over the female organism. (p. 267)

When the matter of which the Earth and the Moon were afterwards formed was still a part of the Sun, the body of man-in-the-making was yet plastic, and the forces from that part which **afterwards** became Sun and that part which is **now** Moon worked readily in all bodies, so that the man of the Hyperborean epoch was hermaphrodite—capable of producing another being from himself without intercourse with any other.

Man at this stage of his development was spherical in shape and bent **inward**, as illustrated in diagram 12 on page 267 of the *Cosmo*. At the present time he is upright, and in future he will once more resume the spherical form, but will be bent **outward**.

We are told upon page 269 that when **red blood** developed, in the latter part of the Lemurian epoch, the body became upright, and the time had come when the Ego could begin to dwell within the body and control it. But to **dwell within** is not the end and aim of evolution. It is simply a means by which the Ego may better express itself through its instrument that it may manifest in the Physical World. To that end the sense organs, the larynx, and above all a **brain**, must be built and perfected.

(To Be Continued)

The Rosicrucian Motto: A Sane Mind, A Soft Heart, A Sound Body

WISDOM

The shrewd men are instructed by reason, men of less understanding by their experience, the most ignorant by keen necessity.

All inorganic substances, save water and oxygen, that we find in the body, from the supposedly innocuous sodium chloride on up to the evidently toxic carbon dioxide, are purely waste products, and being more or less deleterious, must be promptly expelled from the precincts of vitality, or else a corresponding amount of damage will most likely be experienced.

—Thomas Powell, M. D.

If, in comparison with the rest of his hand, the end joint of a man's thumb is relatively short and otherwise small, ninety-nine times in a hundred he is halting, vacillating, unsteady and lacking in will power. Such a thumb is a sure sign of a weak will, an appetite or passion governed will.

—Sir F. Galton

If any medical fact can be considered soundly established, it is that prayer often contributes to the restoration of health, and should be encouraged, as a therapeutic measure.

—William James.

Nutrition and Health

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CARBOHYDRATES

Herman Haugland

(Continued)

Lactose is the only animal sugar. It is found in the lacteal secretion of all animals. That of the cow contains about five per cent. It is probably formed in the mammary glands from the glucose in the blood. It is much less sweet than cane sugar, otherwise milk would have a decidedly sweet taste and would tend to clog the appetite. Commercially, it is used for the preparation of medicines, for the coating of pills and as a constituent in infant's and invalid's foods. This product is drawn from the whey left from the curds in the manufacturing of cheese, the greater part of the sugar of the milk remaining in the whey.

Polysaccharides

Polysaccharides are so called because they are made up of many molecules of the simple sugar. They are uncrystallizable, some of them being soluble in water, others insoluble. The principal carbohydrates in this group are starch and its relatives, glycogen, dextrin, cellulose and some gums. Cellulose is the most abundant member in this group, but starch is the most abundant of the nutritive constituents.

Starch. Next to cellulose and water, starch is the most abundant constituent in the grass family, collectively known as cereals. It is also stored in the roots, tubers, and other parts of plants.

Heat has a marked effect upon starch. It ruptures the cellulose covering setting free the granules in much the same way that apples are set free from a bag when the string is cut. When moisture is present the granules absorbs it, swells and form a gelatinous mass. If the moisture is insufficient to satisfy each granule, or if the granules are surrounded by other granules of starch so that the moisture cannot be obtained, the starch particles agglutinate and form hard masses or lumps. The housewife in using materials such as flour or corn starch, mixes the starch with a sufficient amount of water (cold) to surround each particle, so that when heat is applied each granule will receive at least a sufficient amount of moisture to prevent sticking.

Hot water changes starch materially converting it from an insoluble com-

pound to a soluble one. Starch boiled in this liquid form is changed into amylodextrin, the first step of starch digestion. When cooked under steam pressure it may be changed into erythrodextrin, the second step in digestion. When subjected to a temperature of about 300 degrees dry heat starch is changed to achroodextrln which is the third step in digestion. A fourth step may be accomplished by the malting process, by which the maltose is formed, but this change usually takes place in the body. The fifth step is the conversion of maltose into dextrose or glucose, the end product of starch digestion.

The digestive juices concerned in this change are the **saliva**, the active principle of which is ptyalin, which converts cooked starch into dextrin and maltose; **pancreatic juice**, the active principle of which is amylopsin, which also changes the cooked or raw starch into dextrose or maltose; the **intestinal juice**, which changes maltose into glucose.

Artificial starch digestion may also be accomplished by boiling with a dilute acid; this process is used in the manufacture of commercial glucose.

Glycogen, (liver or animal starch), is a sweet and odorless powder formed from the digested carbohydrates of food. The sugars taken from the digestive tract enter the portal circulation and are converted into glycogen, which is stored temporarily in the liver, in the muscles, and to some extent in other parts of the body. Owing to the fact that the carbohydrates enter the circulation at irregular intervals, nature has provided for the regulation of the quantity to be supplied to the blood by making use of the liver as a storehouse from which the glycogen can be taken as needed by the body.

Cellulose. Cellulose is the hard woody portion of plants that form the framework, corresponding to the skeleton of the animal. Cotton fiber is an excellent example of almost pure cellulose. Many vegetables and fruits contain a large quantity of liquids, and if it were not for the cellulose which forms cells and compartments throughout the plants in which the liquids and nutritive constituents are deposited, they would not be able to hold together.

Cellulose is insoluble in both hot and cold water, but softens by boiling. Cooking of most cereals, vegetables and fruits has for its purpose softening of the cellulose which would sometimes form an almost impenetrable barrier to the digestive juices. In such cases the cooking of many foods makes them digestible. Until recent years cellulose was considered an entirely indigestible substance, but science has now demonstrated that the tender cellulose of young plants is at least partially digested. Grantier states that about fifty per cent of the cellulose of young shoots is digested by man. Cellulose, however, plays an important part in the dietary notwithstanding its indigestible qualities.

As it is not digested and therefore unabsorbed, it forms bulk or ballast in the intestinal tract and acts as a stimulant to peristaltic action. Someone has described it as "the broom of the stomach," and one might add, the intestinal tract as well. Because with the almost complete absorption of a diet rich in meat, eggs, milk, cheese and fine flour products, it is very important that every day's dietary should contain one food, at least, rich in cellulose.

Pectin. In many fruits there is a substance known as pectin, which has the power of producing jelly, especially when cooked. Little is known of its chemical composition or of its nutritive value, but it is of great convenience to the housewife who wishes to store some of the delicious fruit juices in a more concentrated form for winter use. The presence of pectin is indicated by the alcohol test. In this test an equal quantity of 95 per cent alcohol is added to the same amount of cooked fruit juice. When cooked, if pectin is present, a jelly-like substance appears which may be lifted up by the aid of a fork. This test may often save the housewife the loss of a quantity of sugar, fuel, and time when the fruit juice happens not to contain the pectin. Unripe fruits contain more pectin than ripe ones, hence are better for jelly-making than ripe ones.

Acids. The organic acids formed in foods, though of a low nutritive value, are valuable for their antiseptic and antiscorbutic qualities. They are found abundantly in many fruits and a few vegetables. The natural food acids are malic, tartaric, citric and sometimes oxalic. **Malic acid** is found abundantly in apples, apricots and currants. **Tartaric acid** is found abundantly in grapes. **Citric acid** is found in all fruits belonging to the citrus family. **Oxalic acid** is found in rhubarb, spinach and sorrel.

True food acid is not the result of fermentation. **Acetic acid, found in vinegar**, is produced from fruit juice by the processes of fermentation and oxidation. It is not found in the natural foods.

Lactic acid is produced by fermentation from lactose and other forms of carbohydrates.

Organic acid (true food acid) is usually combined with alkali, such as potash, sodium, etc. For this reason organic acid alkalinizes the blood and is helpful in the condition called rheumatism. Oxalic acid is prohibited in rheumatic conditions and people subject to renal calculus.

A MENU FROM MOUNT ECCLESIA

Breakfast 7:30 a. m.

Sliced Oranges

Waffles and Maple Syrup

Graham Gems

Coffee or Milk.

Dinner 12 Noon.

Macaroni Croquettes
Browned Potatoes Baked Onions
Rye Bread and Butter
Milk

Supper 5:30 p. m.

Amsterdam Salad
Coconut Cheese Custard
Hot Corn Bread and Honey
Tea and Milk

RECIPES

Macaroni Croquettes

Boil one-fourth pound macaroni in salt and water until done, then drain. Slice one onion fine and fry until brown in a skillet with two tablespoons of butter; pour the boiled macaroni into this skillet and fry for fifteen minutes till it becomes light brown. Add one-half ounce of grated cheese, put the macaroni in a shallow dish, set a weight thereon and let stand until perfectly cool and hard. Then cut into strips one inch across by three Inches long making them round. Roll in a mixture of grated cheese, beaten egg and cracker crumbs, and fry until brown in hot oil; drain and serve hot, with tomato sauce.

Browned Potatoes

Pour a tablespoon of cooking oil in a frying pan and heat; slice one medium sized onion in this pan and fry until brown. Stir in a heaping tablespoon of flour until this has browned, then strain. Take six fair sized potatoes, peel and cut lengthwise in quarters, lay them in baking dish, sprinkle with salt, pour the brown gravy over them and bake in a moderate oven until done, basting occasionally so that the potatoes may be browned all over.

Baked Onion

Boll six medium sized onions in hot salt water until about half done, place them in a shallow baking pan with a small piece of butter on the top of each onion, pour one-half cup of water into the pan, place in the oven and allow them to bake until light brown. If you add a little cream or milk to the water it will help to brown them. Serve while hot.

Amsterdam Salad

Place the following vegetables in fresh cold water to make them crisp. One onion, one carrot, one turnip, one beet, one large radish and small bunch parsley, cut the parsley fine with a knife, and run the rest separately through the vegetable grinder. Chop one egg fine and mix with the ground vegetables. Place this on plates and garnish with watercress and olives. Put a teaspoon of mayonnaise dressing in the center of each plate.

Coconut Cheese Custard

Take one-half cup of fresh cream cheese. After softening and whipping

with a little cream, put in one-half cup of grated Coconut, beat three eggs and add to the cheese, use enough sugar to suit your taste. Filling individual custard cups with this cheese and Coconut mixture, sprinkle with cinnamon and cracker crumbs; place in oven and bake until brown. Allow them to become cold, then place them, top down, on sauce dishes. Mix tablespoon of jelly with enough cold water to make sauce and pour this over the molds. Serve cold.

RELIGION AND ANIMALS

However fully we may recognize the human spirit transmitted to the world in the form of legends from the saints of the desert, it must not be forgotten that the inculcation of humanity to age; that the Mohammedans and the Brahmins have in this sphere considerably surpassed the Christians and that Spain and Southern Italy, in which Catholicism has most deeply planted its roots, are even now, probably beyond all other countries in Europe, those in which inhumanity to animals is more wanton and most unrebuked.—Lecky's *History of European Morals*

HEART THROBS

It is a demonstrable fact that the heart of the habitual meat eater beats from seventy-two to eighty beats a minute, while that of the person living on a pure diet of fruits, nuts, etc., will be ten times less per minute. Fifteen thousand extra heart strokes every twenty-four hours makes a very appreciable strain upon the vital forces.

—W. R. C. Latson, M. D.

TRUE VEGETARIAN TEETH

Cleveland, O., Nov. 16.—Just to show common ordinary meat eaters what actual, sure enough vegetarian teeth can do, Prince Saul Troubetskoy, sojourning in Cleveland, today chewed a dime until it resembled a spitball. And it was no thin dime, either. In two crunches the jaws that never touch meat bent the perfectly good two Jitney piece double and then, to all intents and purposes, that once perfect and unsullied dime became a mere bit of chewing gum to the prince.

Too much food sets up a state of general inflammation throughout the body, which you interpret as a call for more food, when in reality it means there is already too much on hand. A stomach that is generating ferments calls for more, more. And another meal piled in gives temporary relief.

—Elizabeth Towne

A glass of cool water half an hour before meals is the best appetizer and stimulant of the gastric secretions.

Healing Department

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AUTO SUGGESTION AS A CURE FOR DRINK, DRUGS, DISEASE, AND BAD HABITS

Adele Oakdale

The first great step towards cure is the desire to be well and free from the slavery to a tyrant sickness or habit. Who would not wish health and happiness? Yet there are those so lost that they do not even care. In that case friends must wish, and will, and act for them. Even they are not always available. But those who long to be well have next to decide to be well, that is, they must will to learn what to do and then put into practice the actions that lead to health; for **healing oneself is one thing and learning to keep well is another**. The two are companions, and it is small advantage to be cured, and then through a repetition of old faults in living to fall again into the rut of disease.

You cannot will yourself well. You may break your body and brain and soul violently, but it will end in a worse state than the first. You have to will to do the needful work and that is simple when you understand it.

It is in fact the same method as that long in use by different school of healing, from the Christ to modern times. Some call it faith cure, some mind cure, some mental healing, others divine healing, others, as I do, **auto suggestion**. That is, self-suggestion.

Any help a person can give himself by other means, he should take advantage of, for many, quite willing and eager to be well, are unable to do abstract thinking and need something more concrete and definite to anchor thought to.

So I advise any hygienic measure, bath, diet, exercise, even harmless medicines, to accompany auto suggestion. For it is in the mind that the real work is done. Dr. Rose calls it the automatic mind. The mind that acts for one as soon as it gets permission or orders. It is in fact the inner god, the power behind the throne of the ordinary working mind. This automatic mind awaits your pleasure, will do what you tell it to do, and will begin today to heal you. You must make the connection. Set up the connection and the process will go on. Dr. Rose calls attention to the trolley car. One moment it stands still, one little move of the conductor with his hand on the wheel, the car shoots ahead and goes where it is sent. That is the idea. You start the automatic mind, and it goes

where you send it. For a long time you have been on the wrong mental track, thinking you were sick, talking about sickness, and all your automatic processes worked on that track.

Now switch on another track by saying, "I'm well" or "I'm getting well," and at once this power, this servant in your brain, works throughout your body to heal you, to carry out your orders. If you do not talk of your troubles, if you think of them as lightly as you can, if you ponder over your mercies and feel thankful for them, you are making use of these principles of Christian Science, which are of practical value and real help. That is the very idea. **It stops bad thoughts to think happy ones**.

But to make it plainer I will quote a few words of Dr. Rose, because a child could understand his statement, "All your bad traits are of your own making, as well as those you got from your ancestors, and animal beginnings are all stored up in brain cells. And your good traits are in another set of brain cells. Whatever thought you have spreads from one thought to all the others of the same quality, so that drink, for instance, sets up all the animal qualities of the mind; and true religion sets up all the good qualities. The brain cells may be said to have little feelers which touch each other. Now, whatever thought is sent to the mind it arouses a certain cell according to its kind, and this cell starts the next one in motion and so on until all the bad traits are in motion; a low, animal, discouraged or fearful thought, painfully shows how cowards and sick people become more cowardly all the time.

"You must crowd out all the weak and discouraged thinking by replacing it with brave, hopeful thoughts, for no two thoughts can be in the same place at the same time."

A great lusty Negro once came to my class and heard me talk about purity exactly as I am now talking about disease. I offered to help anyone who was in earnest and who wanted to live a pure life. So the black boy came full of life and quite childlike in his willingness to do right. "I never knew," he said, "that man could live without women. I am going to be a Christian and if I can I want to be pure, how shall I do?"

I told him just what I have been telling you, "push away the impure thought by keeping in mind the pure one." This man, who was 27 years old, said, "I always spent my money on whiskey and women," but he switched off the wrong track and got on to a new clean one, and saved all his wages from that time on. He became the one reliable man of his regiment. And later when I asked him, "Do you have trouble to keep clean?" he answered, "No, ma'm, I never think about the old habits. I read and learn a verse, or run a mile or do something to keep my mind away from my own thoughts when they bother me."

Any habit will yield to this plan. It strengthens every day the new track until the old one gets rusty and goes out of commission.

So I have seen men with the craving for drugs, the most binding habit known, think the slavery off, when they had been fairly started with the help of friends.

You can cure yourself of drink, tobacco, drugs, of disease, of any kind of affliction by just following these lines. "**Wish it, will it, and act on it**." In short get the order to your mind and don't let any other order get in sideways. The order will go to every part and healing will take place.

The next great step towards health is relaxation. A letting go, a resting from all the nervous strain and anxiety. Think of yourself as a baby in your mother's arms. It does not think of the next meal or the future. It knows nothing, but feels love. Love then is the great thing to realize for "not a sparrow falls to the ground without our Father," and "He careth for all." Also, "In Him is life and He came that we might have life abundantly." In Him is Life and His Life is the light of men. "It lighteth every man that cometh into the world."

This does not mean that you are to do nothing, it means that you must relax, and rest in the ocean of love, of vitality that floods the world, and which is enough for all.

That **health is natural and sickness is a shame and a sin**, and always comes from ignorance of the laws of health. Not always our fault at first, perhaps the fault of our fore-parents, but ignorance on the part of somebody started the wrong and we must begin the right.

If we are only a little sick by our own fault, perhaps by the fault of our mother or father, we may soon get right, overcome the trouble and be well, be far stronger than ever before or than they were. But we have to begin by finding where the fault is and connecting it.

Up to the present we may have been careless and even criminal in mistreating our body. We forget it is not our own to abuse; "Know ye not that ye are a Temple of the Holy Spirit? If any man defile the Temple, him will God destroy." That does not mean that God is angry with a man and punishes him. It means that Nature (which is the Mother side of God) can bear only just about so much violation of her law; then she strikes and man pays the penalty. He pays dearly for his merry life, his wild oats, his foolish over-feeding, his reckless loss of sleep, or whatever his sin is, or has been.

Then, if he is to get well, he must beat a back track, start over right, undo the wrong and build anew. That is exactly what happens when you overdraw your bank account of cash, when you are bankrupt you must save penny by penny, dollar by dollar, till you get a new start; the money makes itself. Nature will do