

will find us entirely clear of the sun, and thousands of miles on our way to the nearest planet, Mercury, and in about three minutes we will reach him. Mercury is about thirty-six million miles from the sun, and is about three thousand miles in diameter. His year is equal to eighty-eight of our days; therefore his seasons are only twenty-two days long, if he has any seasons; for you must remember that he receives a vast amount of heat and light from the sun, which to the Mercurians appears two and one-half times as large as to the inhabitants of the earth. Our tremendous velocity carries us by the "Messenger of the Gods" so quickly that we have no time to make a close examination of him, and in less than three minutes we will cross the orbit of Venus.

Here we will find a world surprisingly like our own in many particulars. Venus is only twenty-six million miles nearer the sun than we; and as we are ninety-three million miles distant, this "mansion," with very moderate changes in the condition of her atmosphere, may be as habitable as the earth, to life with which we are acquainted.

Venus is only two hundred miles less in diameter than the earth (all distances and dimensions are given in round numbers), and her year is equal to two hundred and twenty-five of our days; and so far as astronomers know, life is just as probable on Venus as on our planet. But if we find out much about her, we must be sure to tell the astronomers about it; for they are very anxious to know more

than they do of the condition of all the planets.

In an instant Venus is left far in the rear; and looking behind us, we note the sun is growing smaller, while ahead we see two brilliant stars—or what appear to be stars—one of which is wonderfully bright, and the other is close beside it. We draw toward them with lightning speed, and they soon bid fair to rival the sun himself in brightness, for he is less than half the size we saw him from Mercury, and gives us less than one-fourth of the light and heat he pours out on that planet.

In a little over two minutes we reach our two stars, and find this marvelous object to be earth, and the companion star to be the moon. We must be careful here, for if we draw too near we may be drawn upon its surface, like many a venturesome meteorite (popularly called "falling stars") that has approached too near. But our speed is our safety. We may approach almost to the surface, and gravitation will not be able to overcome such velocity as ours.

A Little Station of Interest

A feeling of reverential awe overcomes us as we draw near this tiny speck in God's great universe that we call earth. Here is a little world, perhaps the only one in all our Father's house upon which sin ever obtained a foothold. I believe it to be absolutely unique in this respect, in all the length and breadth of His dominion. To believe otherwise is

to doubt God's wisdom and love. But it is here; it came sometime, somehow, but as a plant to be "rooted up," "not planted by the Father," by the Great Sacrifice, that the earth might be replenished with beings worthy to be called children of the great Creator, and that His Father's house might again become clean, and the universe be restored as it was when it came from the hand of the Great Architect. It is difficult for me to believe that the whole human race was worthy of such sacrifice; but a clean universe is.

We pass the earth reluctantly, for here we have the history of the life and trials of God's Son while upon earth; we have His promise, His teaching, His example; we have everything that the heart of the Christian could wish. Here, too, is being enacted the great drama of sin and righteousness, of life and death. We see the struggle of the saints, and wonder why judgment is delayed so long. But not all we see is black and cheerless; for God has a people here on this little world. Saints are here; here are they that keep all the commandments of God.

The eight minutes in which we are allowed to come from the sun to the earth have passed, and we must haste away if we are to see the glorious dimensions of our Father's house. A bright star looms up ahead, and in less than four minutes we find ourselves at Mars. Our (apparent) star proves to be the little planet Mars, with two little moons only about five and seven miles in diameter—baby mansions, truly.

We find a world four thousand miles in diameter, and the great telescopes that we have left behind can plainly show high seas and continents, his snowy poles, and his equatorial regions in which snow never appears—just like our earth. The Martial day is a little longer than our own, but his year is as long as six hundred and eighty-seven of our days. The sun appears considerably smaller, and his light and heat are only about half as great as the earth receives, according to the data of earth upon which we must base our conclusions.

After hastily noting the above facts, we pass the ruddy planet, and are soon darting through a great number of little worlds called the asteroids. About seven hundred have been discovered, all since the first day of the nineteenth century, and there may be thousands more that have as yet escaped the sharp-eyed astronomers of earth. Their average diameter is probably less than twenty-five miles—more baby mansions!

To keep track of these little worlds has become a heavy task and a great nuisance to astronomers, who are experiencing the same troubles as the old woman who lived in a shoe. But the children must be cared for. We may be sure these tiny planets are all part of the great plan, or they would not be there.

Our Great Near Neighbor

We have no time, however, to look for undiscovered asteroids, for we are now about to visit the "giant of the solar sys-

tem," Jupiter. It will take us over a half-hour to reach him from Mars, or about forty-four minutes from the sun. We will have a little time to look out for comets, as we may come across one almost any time now, on its journey to or from the sun. However, comets don't amount to very much, and we only mention them to show we haven't forgotten these erstwhile terrible visitors. But Jupiter is worthy of our greatest admiration.

Swinging around in a majestic orbit, requiring twelve of our years for one of his, he pursues his stately path, a real giant. His mean diameter is about eighty-seven thousand miles, and he is as large as thirteen hundred and nine (Young) of such worlds as ours put together. He has eight moons, three of which are larger than ours; indeed, one of them is larger than Mercury, and rivals Mars in size.

In passing we note that a great change has come over our sun; he appears to be only about one-fifth the diameter, or one twenty-fifth the area, we saw him from the earth, and he gives only one twenty-fifth as much light and heat to the Jovians (assuming that there are Jovians) as we receive.

We could find much of interest here if we had time to stop, but our tremendous speed carries us by Jupiter in a twinkling, and before we realize it we are crossing the enormous gulf of over four hundred million miles that separates the orbits of Jupiter and his big brother Saturn—our next station.

The Distant Members of Our Family

Saturn is the farthestmost planet easily visible to the unaided eye. His dimensions rival those of Jupiter. His mean diameter is about seventy-four thousand miles. While his day and night is only ten hours in length, his period (year) is twenty-nine and one-half of our years, and his volume is over seven hundred times greater than the world upon which we live. He has nine moons to keep him company in his vast orbit, in addition to his enormous ring system, the outer ring of which is about one hundred and seventy thousand miles in diameter. There is nothing like him in the system presided over by that great autocrat the sun, or in the universe as far as we know, and he is at once the marvel and admiration of astronomers. The sun now seems to be growing alarmingly small, while his light is only about one-eightieth of that received by the earth. We can not tarry, however interesting this "abiding place" may be, but we will hasten on to Uranus.

A distance of nearly nine hundred million miles separates these two planets, and it will require over an hour and a quarter to carry us on to Uranus, buried in space as he is, nearly one billion eight hundred million miles from the sun, from which we have so recently parted company. We will just settle ourselves comfortably for our flight across this mighty span, and—Whiz! What was that?—Why, it is our messenger, the cannon-ball, that left the sun a **hundred**

years ago, while it is less than one and a half **hours** since we left on the wings of light. This is very astonishing—to none more so than to the astronomers. In a single beat of the clock of our messenger is one hundred and eighty-six thousand miles behind us, and we must henceforth go unheralded. When we have crossed this great abyss, we will find Uranus to be thirty-two thousand miles in diameter, and as large as sixty-five worlds like ours. He has four moons, and it requires eighty-four of our years to see his age increase by a single one of his years. We have no time to study the wonderfully peculiar axial rotation of this far-away planet—much to our regret and that of the astronomers on earth, who are so interested in him, and who know so little about him.

Another mighty plunge and we will meet the sentinel—the other guard, so to speak—of our system—Neptune. We would rest here for a few minutes if we could, for we are on the very frontier of the grand scheme of worlds that comprise the majestic family of the sun. After we leave Neptune, we will have passed the last of the planets, so far as now known; and at most we can only hope to meet one of those celestial tramps, a comet, making his regular pilgrimage to or from the sun—for all periodic comets must visit him at stated times, to report, as it were, that they are still faithful, and have not deserted him for one of his mighty neighbors. We would find Neptune eighty-five times as large as the earth, upon which we dwell;

and it requires one hundred and sixty-four of our years to equal one of his. He has but one moon. His vast orbit is five billion five hundred and eighty-four million miles in diameter.

We do not wish to discourage our friend and messenger, the cannon-ball, but it would take him two hundred years to cross the tremendous distance from the sun to Neptune, and a railroad train going a mile a minute—no stops—would require ten thousand years to cross this mighty orbit. We get thoroughly bewildered in dealing with these vast dimensions, and they cease to have a meaning, and, lest we forget, in dealing with the gigantic magnitudes of the planets, it is well to remember that the sun is over seven hundred times as large as all of them put together. Our sun now gives us much concern, for he no longer shows us a disk, but is only a point of light, and **as a sun** we do not recognize him. Of course he is much brighter than any star that we can see, but his light and heat are only **one nine-hundredth part** that we receive on earth. At this rate we fear that we may lose him altogether. About four and a quarter hours have elapsed since we left the sun, and we are so far away that we are getting lonesome, although only on our farthest known planet.

Only a Glimpse Thus Far

Perhaps, reader, we have traveled too fast for you. Maybe you regret it, thinking you have seen God's house. What!

this God's house! Will we call **this** worthy of **Him**?—Not so; for in our Father's house are “**many**” mansions;” and at **this** point we are still standing upon our own threshold.

Let us pause for a moment upon the outermost member of our sun's great family before we take our flight across the vast gulf that separates us from our sun's nearest neighbor, Alpha Centauri, a star that is only about half as far away as our four next nearest neighbors. Looking back, the human mind is overwhelmed by the immense magnitude of the worlds we have passed; the enormous distances that lie between them are incomprehensible to the human mind, and we shrink from the eternity of space before us. Vast as is the system comprised within the orbit of Neptune, it is, as we shall soon see, only as a grain of sand on the shore of this ocean of eternity upon which we are now to launch ourselves.

Until now we have been counting the time of our journey, flying with the speed of light, as we are, by seconds, minutes, and hours. But now this will not suffice us; we must deal with days, weeks, months, years, for our very next stopping place will require over four years for us to reach, while the more remote stars would require centuries and millenniums.

(To be continued)

Be sure and read about the LIBRARIES on the inside back cover.

ARE YOU HELPING YOUR STARS?

One not infrequently hears students of Astrology express their annoyance at the way the stars work. They complain that the evil directions are always on time and marked in their effect, while very often the good directions seem to have little or no influence and they wonder why. Have you ever realized that you cannot possibly get something for nothing, any more than you can create something out of nothing? This holds good whether you want a loaf of bread, a position, favors, or anything else.

If at any time you seem to get something without paying for it, you will have to settle later, and settle with interest, for it is nature's law of Justice that nothing is given for nothing. There must be an equivalent in one way or another; the scales may be tipped in one direction for a long time, but as surely as the pendulum swings equally to each side of the neutral point, so surely will the scales of justice swing, and swing until the balance is reached.

This holds good in Astrology; it is said that “God helps the man who helps himself.” You may also say that **the stars help the man who helps himself**, for they are God's ministers and it should always be remembered that **the stars show tendencies, they mark times when opportunities are ripe, but they never under any circumstance compel any one to act in this, that or the other manner.** But neither are the directions

haphazard events, they are lessons and experiences for us of which we may avail ourselves, or not, as we choose, within certain limits. For instance, the Moon comes to a square of Mars, and it will bring to us an opportunity to lose our temper, and get into trouble thereby; then when the trouble is over and we sit down to reflect on the occurrence, we will most likely say to ourselves, well what fools we are to allow a little thing like that to play havoc with our happiness. On the other hand, if the Astrological student uses his knowledge in the proper manner, then he should know what the effect of the Moon square Mars will be, he should resolve to be calm beforehand and say: Here is an opportunity for me to rule my stars, I am going to keep my temper well under control so that no matter what happens, I am going to maintain my equilibrium. Then, when the opportunity comes along to lose his temper, he may stand firm. Although he may feel the passions surging **within**, he may stand outwardly quiet, keep a cool head and when the danger is past he will have gained a victory and learned the lesson which it was intended that he **should** learn.

Or suppose that it is a square of the Moon to Saturn; this will cause people to worry and look upon the dark side of life, but the astrological student may say to himself when such a configuration is approaching: No, I am not going to worry, worry will not help matters, it hinders, because it takes from me all my

strength, wherewith otherwise I could overcome conditions. I am going to look at the bright side of the matter and see what I can do to remedy this trouble.

As a matter of fact, most of the things we worry about never come to pass, and if the student can learn under this planetary direction to keep his equilibrium, to stop worrying, then he has ruled his stars and learned an important lesson. Thus, if he helps his stars by learning the lessons which they are endeavoring to teach him, the evil directions will not have the same power over him as if he simply sits down and folds his hands saying: "Well I cannot help it, I am under evil directions and naturally things are bound to go wrong in every particular."

There is in the horoscope a dominant factor; namely, the Individual will. Bear in mind, that **the horoscope shows only tendencies and it has no power whatever to compel you; compulsion is from within yourself.** You, in the final analysis, are the dominant factor in that horoscope, and can by an exercise of sufficient will power rule your stars. It is admitted that we are all weak, and therefore not able to exercise the necessary will power at all times, but that is exactly what these evil directions are sent to us to cultivate—a stronger and a firmer will to do the right thing at the right time, and it depends upon ourselves whether we shall be compelled by circumstances from without or by our own will from within. Surely that is the

proper way, and Astrological students, above all other people, ought to be able to guide their lives safely amid the rocks and shoals of existence, because they have proper warning, they know what is coming, and they should prepare for it.

On the other hand it is asked: Why do the good directions not bring a corresponding measure of benefit? And the answer to that question is, for the very same lack of co-operation; it is as absolutely necessary to help our stars in one direction as to hinder them in the other. Are you out of a position with perhaps the family exchequer running low and no means in sight wherewith to replenish it, but your hopes are centered upon a strong favorable direction, such as perhaps a trine of the progressed Moon to the ruler of the sixth house or the Sun; under these conditions you feel sure, from an astrological standpoint, that you are going to obtain a good position which will put you on easy street? Very well, you may be sure that the opportunity will come, but do not expect it to be laid in your lap without a single effort upon your part.

If a thing is worth having it is worth going after, it is worth making the very best efforts to get it. Do not neglect any detail, dress yourself carefully, but not showily when you go to see the person who has it in his power to bestow the favor; remember, first impressions are important. Have all your ammunition ready, in the shape of recommendations and everything else that you would have were you not depending upon an astro-

logical aspect to help you get the position. Use every proper means of impressing the prospective employer with your ability and you may depend that your effort will be successful, for **you have helped your stars**, you have grasped your opportunity.

Or, are you about to embark in a business venture with some one else and you feel very confident because the Moon is trine to the Sun and Venus in the seventh house? Be careful that you do not lay aside your caution on that account, thinking that under such a direction no one can come into your partnership who is not all right. If you do, you neglect your part and you will have no reason whatever to blame the stars if later on it is shown that the person is not all you expected him to be.

Nothing is needed in the world today in the same degree that we need common sense, and this applies to the department of astrology, as well as to every other department of life. Opportunity may be likened to a toboggan slide between ourselves and our desires: It is necessary for us to make an adequate initial effort in order to launch our sled upon this incline; but once we have done our part, then everything will go along swimmingly under favorable directions, for then the stars are with us to impress others in our behalf, or to strengthen our penetrative power so that we may know what is best of us.

If you want to know positively the power of directions, even transits, as we call the actual position of the stars in the

sky, take an ephemeris and note moon aspects given in the extreme right hand column for each month. This magazine will reach you in March. On the 2nd and 29th the Moon is in opposition to Mars, and you will then find in people a general lack of energy and ambition; they would rather tear down than build. On the 15th we have a conjunction of Mars and the Moon. Then people will be active and energetic, but impulse, rather than common sense will govern; hence, they will accomplish little good, and may do harm without intention. But on the 6th and 24th, when the Moon and Mars are trine, there will be a general desire among people to do something of a constructive nature, and they will meet with success in such efforts. And last, but not least, on the 8th and 22nd the Moon square Mars will make people irritable, quarrelsome, destructive, ready to fly at each other, unreasonable and unmanageable.

YOUR CHILD'S HOROSCOPE

Vincent F. Born Feb. 10, 1912, 0:12 p.m. Lat. 85 W. Long. 38 N.

At Vincent's birth we find Mars rising in the intellectual sign Gemini, and Mercury, the ruler of the Asc., is in conjunction with Uranus in the ninth house in Aquarius, another mental sign, trine to Mars on the ascendent. This in itself shows an exceptionally active and efficient mentality. He has not only a splen-

did reason, because of the configuration of Mercury, but he has also a powerful intuition given him by the blending of



the Uranian Ray, and this is particularly strong because the Moon, the other significator of mind, is also sextile to Uranus from an energetic martial sign Scorpio. He will be very quick to form an opinion and if any one disagrees with him he will feel very much annoyed, and will probably show the Scorpio side of his nature, a quick temper. Saturn and Venus are what we call in mutual reception; that is to say, Saturn is in Taurus, a sign ruled by Venus, and Venus is in Capricorn, a sign ruled by Saturn. This makes their aspect, which is trine, stronger than it would otherwise be. Taurus is the second sign, which has rule partly over finance and Capricorn is the tenth that has to do with social standing. The powerful aspect formed by Saturn and Venus in these two signs show that Vincent will be very faithful in all of his

attachments, whether friendship or family ties, and will also be what people will call very "lucky." He will accumulate considerable money, but he will not be a "plunger" or "gambler" by any means; whatever gains come to him will come through business insight and safe investment in land or kindred stable enterprises.

Mars in Gemini on the ascendent, particularly when it is so well aspected to Mercury and Uranus, as is here the case, indicates a person who will write or speak and it is very probable that at some time or another he will go into the publishing business with much success, for the Mercurial sign Virgo is on the fifth house, which rules publishing, and the Moon is sextile to Uranus. This indicates that however conservative Vincent may be in business methods, following the conventional lines, it is certain that in the matter of his publications there will be a very distinct occult element.

Another thing that will help him greatly to achieve success is the fact that he will have efficient helpers and faithful friends because he will know how to choose people, being able to read them like an open book. Mercury conjunction Uranus in the ninth house, which denotes travel, and sextile to the wandering Moon, shows that there will be periods of travel for research and investigation and that this will be both pleasant and profitable.

Jupiter on the cusp of the seventh house shows also general good fortune, the Sun trine to the Asc. is very good for

the vitality. Mars also corroborates this augur by his presence there, but I am not so well pleased over the fact that there are no aspects between Sun, Jupiter, Neptune and the other planets; neither are there any squares or oppositions. Things will come too easy to Vincent and this is apt to make him autocratic and opinionated, short in his methods and behavior to others. Be sure that you allow him to struggle for himself as much as possible, both in getting his lessons, taking care of his person, and all other things, and above all teach him consideration for others.

Because he has so much, he must not look down upon others who have only a little. Teach him that popularity involves a responsibility which he is bound to respect, for if he does not, retribution will be sure to come, though not for him in this life. But though the "Mills of the Gods grind slowly, they grind exceedingly fine" and sometime, somewhere, he will have to render an account for the way he has used the unusual talents which are his in the present embodiment.

With regard to health, there is one place in particular that is dangerous for Vincent, namely, the throat. Saturn in Taurus always brings obstructions and a liability to cold in that part of the body. Therefore it will be very necessary for Vincent to look out for himself, so that a disability of the throat will not interfere with him in his expression as a speaker, if at any time he takes up that as a vocation. The circulation is not very good

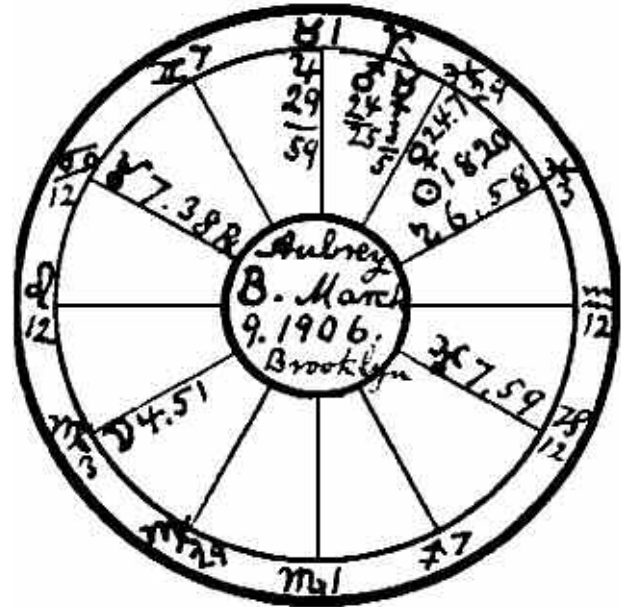
either because the Sun is unaspected, but proper exercises will easily compensate for this tendency.

Aubrey B. Born March 9, 1906, 2:48 p.m., Brooklyn, N. Y.

At the time of Aubrey's birth the Moon was in the Mercurial sign Virgo, sextile to Neptune, trine Uranus, opposition to Saturn, and square to Jupiter. Mercury was in Aries, which governs the head, sextile to Jupiter, square to Neptune and Uranus. This will give Aubrey a fertile, quick, receptive and inspirational mind. The trine of the Moon to Uranus gives him intuition, but the opposition of the Moon to Saturn is bad for memory. He will always have an answer ready on every occasion, but because of the square of Mercury to Uranus and Neptune he will often be sarcastic and very critical.

Mars in Aries also makes him very blunt so that that which he says will often sound ten times worse than he really means it. This will cause him a great deal of trouble in life and it should therefore be your endeavor to inculcate in him a charity for others and bring home to him the fact that he ought to be diplomatic instead of outspoken in his criticism. It is not that he really means to wound other people, because Mercury sextile to Jupiter will give the mind a benevolent and sympathetic turn, but Mars makes him so blunt about what he says that it will hurt and make enemies.

The Moon in the mercurial sign Virgo and in opposition to Saturn also gives a lack of continuity and a desire for



change, which is bad for success in life, no matter what our undertakings; therefore, above all things he should be taught to stay at whatever he undertakes until he has accomplished it.

There is in this configuration also a decided tendency to gloom; it brings many sorrows and disappointments in life, but on the other hand, these trials are sent to give him the lessons he needs to learn, and there is one blessing about him, he will not go about with a long drawn face wearing his heart on his sleeve making himself and his surroundings much more unhappy with pessimism; he will keep his disappointments to himself, and present a cheerful front to the world.

With regard to his work in life: There are two ways open for him. One goes through the world and if he follows that

he will attain most success in electricity, as Uranus is in the sixth house, which denotes the service he will render, and Capricorn, the tenth sign, is on the sixth cusp, making this position stronger. But working with electricity is not a very safe thing, to say the least, and the square of Mercury to Uranus from the sign of the head makes him quite impulsive; therefore he should be doubly careful in that work.

But the Moon in the sixth sign Virgo and trine to Uranus in the sixth house, also sextile to Neptune in the psychic sign Cancer, together with the sun in the occult sign Pisces in the eighth house of occultism, shows another ability, namely as a healer. Venus and Jupiter are in mutual reception and sextile, therefore it is certain that religion will play a considerable part in his life and the psychic abilities which are latent in him will undoubtedly come to the front at some time, though probably not before the twenty-eighth year has been passed.

Whatever line he takes up he is bound to meet with a certain amount of honor and recognition, and it is my judgment that Aubrey is going to be a leader in occultism, provided he can be guarded from the danger which comes from Mercury square Neptune and Uranus. These two planets, being on the sixth and twelfth houses and Neptune in the psychic sign Cancer, may cause disembodied spirits to try to take advantage of him and overawe his mind, so that he would become a negative medium instead of a positive mystic, and you

should therefore be careful that he is never brought into any place where negative conditions exist, also that he is not allowed to associate with any person who has mediumistic faculties or who practices mediumship. Sun and Mars are unaspected, therefore he would not have energy enough to withstand, particularly in the earlier years.

With regard to health, we find that the diseases which threatens him particularly are of a nervous type, owing to the presence of Mercury in Aries square to Neptune and Uranus on the cusps of the twelfth and sixth houses. The Moon in opposition to Saturn in the sign Pisces, which governs the feet, is a warning to keep those members warm, to avoid catching colds.

Jupiter in Taurus in square to the Moon in Virgo is a warning against indulgence of the appetite, for this will bring digestive disorders, particularly in the intestinal tract. By knowing these matters and acting accordingly, it is quite possible to overcome them all, and the key is curtailment of the tendency to worry, denoted by the Moon opposition Saturn.

We shall one day forget all about duty and do everything from the love of the loveliness of it, the satisfaction of the rightness of it.—George McDonald

You can help to spread knowledge by introducing this Magazine among your friends and acquaintances.

Studies in The Rosicrucian Cosmo Conception

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THE EGO

By Harry Wilson

Divine, Life and Human Spirit (Continued)

In our last article we followed the progress of the Ego to that point in its development when it was enabled to enter the three-fold physical body. We found that this could be accomplished only by means of the blood. Also, that red, heat-giving blood was necessary as a vehicle in which the Ego could function.

On page 268 of the *Cosmo* we find the following explanation of the influence of Mars as regard the production of red blood. "In that part of the Earth period preceding the separation of the sexes—during the three-and-a-half revolutions which intervened between the time when Mars was differentiated and the beginning of the Lemurian Epoch—Mars traveled in a different orbit to the present, and its aura (that part of the

finer vehicles which extend beyond the dense planet) permeated the body of the central planet and polarized the iron within it.

"As iron is essential in the production of warm, red blood, all creatures were cold blooded, or rather, the fluid parts of the body were no warmer than the surrounding atmosphere.

"When the earth was set free from the central sun, that event changed the orbits of the planets, and thus the influence of Mars over the iron of the earth was minimized. The planetary spirit of Mars finally withdrew the remainder of that influence, and although the desire bodies of the earth and Mars still penetrate, the dynamic power of Mars over the iron (which is a Mars metal) has ceased and iron has become available for use on our planet.

"Iron is in reality the basis of separate existence. Without iron the red, heat-giving blood would be an impossibility, and the Ego could have no hold in the body. 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.”

As already stated, the Ego did not immediately enter, but the body was now ready. It was not until the last third of the Atlantean Epoch that the Ego was enabled to enter fully and direct the functions of its physical body. (*Cosmo* p. 294) On page 292 of the *Cosmo* will be found a very interesting account of the physical phenomena co-incident with this important event.

On page 350 we find the following: “The Ego works directly through the blood. The Race-spirit guides the Races by working in the blood, as the group-spirit of the animals directs its species through the blood. So also does the Ego control its vehicle but with a difference.

“The Ego operates by means of the heat of the blood, while the Race-(i.e. tribal or family) spirit works by means of the air, as it is drawn into the lungs. That is why Jehovah, or His Messengers, ‘breathed into man’s nostrils,’ thereby securing admission for the Race-spirit, Community-spirits, etc.” On page 143 we also find under the caption “The Blood the Vehicle of the Ego,” the following:

“In infancy, and up to the fourteenth year, the red marrow bones do not make all the blood corpuscles. Most of them are supplied by the thymus gland, which is largest in the fetus and gradually diminishes as the individual blood-making faculty develops in the growing

child. The thymus gland contains, as it were, a supply of blood corpuscles given by the parents, and consequently the child who draws its blood from that source, does not realize its individuality. Not until the blood is made by the child does it think of itself as “I,” and when the thymus gland disappears at the age of fourteen, the “I” feeling reaches its full expression, for then the blood is made and dominated entirely by the Ego.

“The following will make clear the idea and its logic:

“It will be remembered that assimilation and growth depend upon the forces working along the positive pole of the vital body’s chemical ether. That is set free at the seventh year, together with the balance of the vital body. Only the chemical ether is fully ripe at that time; the other parts need more ripening.

“At the fourteenth year the life ether of the vital body, which has to do with propagation, is fully ripe. In the period from seven to fourteen years of age the excessive assimilation has stored up an amount of force which goes to the sex organs, and is ready at the time the desire body is set free.

“This force of sex is stored in the blood during the third of the seven year periods and in that time the light ether, which is the avenue for the blood heat, is developed and controls the heart, so that the body is neither too hot nor too cold.

“In early childhood the blood very often rises to an abnormal temperature.

During the period of excessive growth it is often the reverse, but in the hot-headed, unrestrained youth, passion and temper very often drive the Ego out by overheating the blood. We very appropriately call this ebullition, or boiling over of temper, and describe the effect as causing the person to 'lose his head,' i.e., become incapable of thought. This is exactly what happens when passion, rage or temper overheats the blood, thus drawing the Ego outside the bodies. The description is accurate when, if a person is in such a state, we say, 'he has lost control of himself.' The Ego is outside of his vehicles and they are running amuck, bereft of the guiding influence of thought, part of the work of which is to provide a brake on impulse.

"The great and terrible danger of such outbursts is that before the owner re-enters his body some disembodied entity may take possession of it and keep him out. This is called 'obsession.' Only the man who keeps cool and does not allow the excess of heat to drive him out can think properly.

"As proof of the assertion that the Ego cannot work in the body when the blood is too hot or too cold, we will call attention to the fact that excessive heat makes us sleepy, and if carried beyond a certain point, it drives the Ego out, leaving the body in a faint, that is, unconscious. Excessive cold has also a tendency to make the body sleepy or inert. It is only when the blood is at or near the normal temperature that the Ego can use it as a

vehicle of consciousness.

"To further show the connection of the Ego with the blood we may mention the burning blush of shame, which is an evidence of the manner in which the blood is driven to the head, thus overheating the brain and paralyzing thought.

"Fear is the state in which the Ego wants to barricade itself against some outside danger. It then drives the blood to the center of the body and becomes pale, because the blood has left the periphery of the body and has lost heat, thus paralyzing thought. We then say: His blood 'freezes,' he shivers and his teeth chatter, as when the temperature is lowered by atmospheric conditions. In fever the excess of heat causes delirium.

"The full-blooded person, when the blood is not too hot, is active in mind and body, while the anemic person is sleepy. In one case the Ego has better control, in the other less. When the Ego wants to think, it drives blood, at the proper heat, to the brain. When a heavy meal centers the blood on the digestive tracts, the man cannot think, he is sleepy.

"The old Norsemen and the Scots recognized that the Ego is in the blood. No stranger could become associated with them as a relative until he 'mixed blood' with them and thus became one of them. Goethe, who was an Initiate, also showed this in his *Faust*. Faust is about to sign the contract with Mephistopheles and asks,

"Why not sign with ordinary ink? Why use blood?"

“Mephisto answers,

“*Blood is a most peculiar essence.*

“He knows who has the blood has the man; that without the warm blood, no Ego can find expression.

“The proper heat for the real expression of the Ego is not present until the mind is born from the macrocosmic Concrete Mind, when the individual is about 21 years of age. Statutory law also recognizes this as the earliest age when the man is deemed fit to exercise a franchise.”

As it is our intention to consider in a separate article the various steps incident to the soul’s progress from birth to re-birth under the title of “A Life Cycle,” we will not at the present time dwell upon the conditions governing the Ego’s descent into the Physical World.

It is sufficient to refer the student to page 129 of the *Cosmo* where we find that after having assimilated all the fruits of his past life, and having learned to build a suitable body to express himself in the Physical World, the Ego, from its home in the third heaven—the region of Abstract Thought—becomes desirous of new experience.

On page 132 we read, “Man is also in a school, the school of experience. He must return many times before he can hope to master all the knowledge in the world of sense. No one earth life, however rich in experience, could furnish the knowledge, so nature decrees that he must return to earth, after intervals of rest, to take up his work where he left it

off, exactly as the child takes up its work each day, after the intervening sleep of night.

“It is no argument to say that man does not remember his former lives. We cannot remember all the events of our present lives. We do not recollect our labors in learning to write, yet we have acquired a knowledge of the art of writing, which proves that we did learn. All the faculties that we possess are a proof that we acquired them at sometime, and somewhere.

“Again, if there were no return to earth, what is the use of living? Why strive for anything? Why should a life of happiness in an eternal heaven be the reward for a good life? What benefit could come from a good life in heaven where everyone is already happy? Surely in a place where everybody is happy and contented there is no need for sympathy, self-sacrifice, or wise counsel! No one would need them there, but on earth there are many who need these very things, and such humanitarian and altruistic qualities are of the greatest service to suffering humanity.

“Therefore the Great Law, which works for Good, brings man back again to work in the world for the benefit of himself and others, with his acquired treasures, instead of letting them go to waste in a heaven where no one needs them.”

As has already been stated, the fruits of the experience gained during each life are assimilated in the inner or higher

worlds by the Ego and used in the building of new bodies. On page 128 we read, "It is a law of nature that no one can inhabit a more efficient body than he is capable of building. He first learns to build a certain grade of body and then he learns to live in it. In that way he discovers its defects and is taught how to remedy them. All men work unconsciously at the building of their bodies during ante-natal life until they have reached the point where the quintessence of former bodies, which they have saved, is to be built in. Then they work consciously. It will therefore be seen that the more a man advances, the more he works on his vehicles, thus making them immortal, the more power he has to build as he desires for a new life."

The *Rosicrucian Cosmo-Conception* also lays special stress upon the importance and necessity of each individual, or Ego, asserting its absolute independence. To the extent that our sympathies are played upon and given expression in the great "Crisis" of today, do we acknowledge and give evidence of our bondage to the great Race Spirits, who are in this manner forcing the Ego from its castle and holding us back in our development.

We have earned our freedom and must exercise it. Being "free men" let us recognize **all combatants** as our brothers in distress. Service to them and not to the Race Spirits is our work in the world. By rendering such service, impartially and unselfishly, we hasten the day of

Universal Brotherhood, which is the aim and watchword of the Rosicrucian Fellowship.

You are referred in this connection to page 351 of the *Cosmo* where we learn that, "Previous to the advent of Jehovah, when the earth was as yet a part of the Sun, there was one common Group Spirit, composed of all the creative Hierarchies, which controlled the entire human family, but it was intended that each body should be the temple and pliable instrument of an indwelling spirit and that meant an infinite division of rulership.

"Jehovah came with His Angels and Archangels and made the first great division into Races, giving to each group the guiding influence of a Race Spirit—an Archangel.

"For each Ego He appointed one of the Angels to act as guardian until the individual spirit had grown strong enough to become emancipated from all outside influence.

"Christ came to prepare the way for the emancipation of humanity from the guidance of the differentiating Race- and Family-spirit, and to unite the whole family in one Universal Brotherhood.

"He taught that Abraham's seed referred to the bodies only and called their attention to the fact that before Abraham lived (the) 'I'—the Ego—was in existence. The three-fold individual spirit had its being before all tribes and races and it will remain when they have passed away and even the memory of

them is no more.

“The three fold spirit in man, the Ego, is the God within, whom the personal, bodily man must learn to follow. Therefore did Christ say that, to be his disciple, a man must forsake all that he had. His teaching points to the emancipation of the God within.

“He calls upon man to exercise his prerogative as an individual and rise above family, tribe and nation. He must fulfill all duties to them, but he is to cease to identify himself with part, and must recognize an equal kinship with all the world. That is the ideal given to the world by Christ.

Nutrition and Health

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SIRLOIN OF HORSE AND OSTRICH ROAST!

And why not? If it does sound strange, it may be all in the point of view. We have abolished the Mosaic restrictions, differentiating between what is “clean” and “unclean,” so why should we stop at anything? And if we are carnivorous we might even find upon experiment that the African chief was right when he said to messengers of Stanley, who refused a piece of his wife, (he was just eating her when they called) “why shouldn’t I eat her in preference to a horse or a cow? They never wash, they wallow in the dirt, they eat and drink things I would not touch. She bathed every day and lived on the finest food. You say it is horrible to eat her, but you just try a piece with a little salt

on, and you will find it is fine.”

Among the many wonderful things for which California is justly famous is also the Ostrich Industry. A number of Ostrich farms are located in various places and in the past birds have been raised for their feathers alone, but now it has been discovered that they are “good to eat” and forthwith the murder has begun.

The new dish was first introduced at Thanksgiving and Christmas time, 1914, when the “tid-bit” was served to the guests at some of the fashionable hotels in Pasadena, the home of the original Ostrich farm. But the fad is spreading, as evidenced by the following newspaper clipping. A new export product has been discovered to add to the wealth of California, for we learn that the Waldorf Astoria, eager to tickle the jaded palates

of its guests has ordered five young ostriches which are to grace its Christmas banquet.

**FIVE OSTRICHES ORDERED
HERE FOR N. Y. DINNER**

An order for five young ostriches, dressed for a Christmas banquet in the Waldorf-Astoria, will be filled today by a local poultry firm. The birds, which weigh from 50 to 150 pounds, are now on the ice growing tender. Upon arrival in New York they will be soaked in orange juice until Christmas Day. They will then be roasted and served whole, furnishing a delicacy which, according to epicures, cannot be surpassed.

In another paper we read that the horse, which has also hitherto been nearly immune from slaughter as a source of provender, is now, when too old to work, to be fattened as food for the poor in New York, instead of being ingloriously consigned to the glue factory, as hitherto done.

**HORSE FLESH FOR FOOD TO
BE SOLD IN NEW YORK CITY**
(By Associated Press)

New York, Dec. 21.—Sale of horse meat for food will be permitted in New York after January 1, the Board

of Health announced today. Commenting upon the revocation of the section of the sanitary code which prohibited the use of horse flesh, Commissioner Emerson said that while the Health Department does not exactly recommend it, no harm can be seen in its use. "The horse never has tuberculosis and almost never communicates a malignant disease to human beings," he said. "Hereafter, old horses, instead of being sold for their bones, which are worth little or nothing, will be fattened and disposed of for meat."

Dr. Emerson announced that special precautions would be taken to prevent the sale of horseflesh in the guise of veal or beef.

We note in the news item regarding the ostriches, that the corpses are on ice to make them tender; it will probably not be necessary to so treat the horse carcasses, as the daily beatings of their drivers administered without stint during a number of years have probably made them as tender as the poor have a right to expect.

But, by the way, how are we to explain the statement that the ostriches are on ice **to make them tender?** If that will convert the corpse of an ostrich to a tender tidbit to tickle the palate of an epicure, why do undertakers and health officers insist, as they do in some places, that a human corpse "rots" so quickly that it is unsanitary to keep it for the

three and one-half days after death required by the spirit to assimilate the panorama of its past life? Is the corpse of a murdered animal immune from the process of decay? Is there one law of nature which improves the carcass of an animal and another that causes human remains to rot? Or is it that “tender” and “rotting” are synonymous? So that the “**tender**” flesh of the epicurean tidbit is in the same condition of decay as the “**rotting**” flesh of the human corpse which we hurry from our homes to escape the nauseating stench? This is a question flesh eaters would do well to ponder.

Notwithstanding the liberal use of condiments and even bathing the butchered bird in orange juice, the fact cannot be disguised that whoever eats it makes his stomach a graveyard for the decaying corpse of a murdered animal. Therefore, self respect, if not kindly feelings for the lower creatures, or even consideration of one’s own health, ought to cause thinking people to abstain from the polluting practice of flesh-eating.

For it is polluting, poisonous, and altogether unnecessary for anyone who is sufficiently interested in the higher things to eat the flesh of animals. There are others who still need both meat and liquor, for they have served and still serve an important purpose in the process of evolution, as explained in the *Rosicrucian Cosmo-Conception*, but an increasing number of people are above this stage.

As an instance of how a clean diet affects the body, we may mention the writer’s experience. When a child, he had the misfortune to injure the left ankle, with the result that he was confined in his bed for sixteen months. During that time the surgeons took several splinters of the bone, bored through the ankle, and a number of tubes were inserted in the flesh to drain the enormous amount of pus which formed within. Finally he was allowed to get up, and walked on crutches for six months, then for years the leg was supported by a specially made boot and a steel bandage, till at last it grew sufficiently strong to do without support. But the wounds did not heal on one side of the leg, there was an open sore about eight inches long and one inch wide, from which pus flowed continually for thirty years. During that time it was necessary to bandage the leg night and morning, and more or less pain was experienced all the time. But about six months after a strict vegetarian diet was adopted, the pain ceased, the wound closed and in the thirteen years which have since elapsed it has remained whole.

But the benefit of a clean diet was also evident in other ways, as the following incident will show. One morning about three years after adoption of this mode of living, the writer had the misfortune to cut off a fingernail close to the root. Had this happened in his pre-vegetarian-days, it would have resulted in enormous loss of blood, for then his blood would

been dispensed with are difficult to digest, also insufficient in nutriment; hence to attempt to live on them is to court disease.

The balanced vegetarian diet in which peas, beans and other legumes supply the needed protein, which includes whole wheat bread, possibly with the addition of eggs and milk, to further sustain the body; may also include fruits, nuts and a variety of vegetables, which are sources of important mineral salts, and such a diet will do more to produce lasting human health and happiness than all the horses and ostriches in the world, even if they were put on ice till so “**tender**” that they melt in the mouth, or soaked in orange juice till the fragrance of the fruit were raised to the—nth power.

MENU FROM MT. ECCLESIA

Breakfast 7:30 a. m.

Prunes	French Toast
Puffed Rice	Maple Syrup
Coffee or Milk	

Dinner 12 Noon

Stewed chestnuts
Rice and Curry
Corn Chowder

Supper 5:30 p. m.

Endive Salad
German Apfel Kuchen

Whole Wheat Bread and Butter
Tea or Milk

Stewed Prunes

Wash carefully, soak over night. In the morning, while preparing meal, set dish on back of stove and allow to get hot, but not to boil. Serve, allowing each to sweeten to taste. This method preserves all the natural flavor and sugar of the fruit.

French Toast

Beat three eggs in half a cup of milk and add a little salt. Slice stale bread thin, place in batter, allowing to soak for a few minutes. Then fry in hot griddle with sufficient oil to cover bottom of pan. Serve hot with maple syrup.

Corn Chowder

Cut potatoes into three cupfuls of cubes and boil in four cupfuls of water for five minutes, add one small can of corn, and again let it come to a boil. Prepare a frying pan with two table-spoons of butter, one large onion sliced, fry until light brown. Add this to potatoes and corn, boil five minutes, then add half cup of milk, some cracker crumbs, salt and pepper to taste.

Stewed Chestnuts

Boil one quart of chestnuts in water for ten minutes, allow to cool sufficiently to handle, then peel carefully. Put kernels