

# Nutrition and Health

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## Self-Control, a Factor in Health

Adele Oakdale

Scarcely a person nowadays willingly admits a lack of knowledge of Hygiene, and indeed to do so would reflect upon the intelligence, with every current magazine and the whole press teeming with advice and suggestions relative to the subject.

Yet we have the spectacle of a world of men and especially of women bearing about with them in face and figure the plain hallmarks of bad physical house keeping.

Knowledge without application is valueless, and Mother Nature struggling within our bodies for our physical existence continually warns with her admonitions until in utter despair of our co-operation—without which she is unequal to the fight—she finally yields and the human dynamics fall by the wayside. For sickness and disease never come suddenly. The collapse may be so, but months and years Nature holds out against the abuses and violations of her laws, during which the plain signs of the ravages within are not wanting.

We are all familiar with the old saw about “beauty being only skin deep,” and are not less acquainted with the fact that its sources are at the core of life. We do not know that all permanent and worthwhile beauty is derived from spiritual springs, and are too apt to be careless of the physical body, our only earthly house of functioning. This is not because of lack of knowledge, but rather that wisdom of conduct, of self-restraint, has not yet become ours.

Self-control is the hallmark of true education, and while we lack it and fail at this crucial point, we may not boast of superiority over the unlettered. In early youth—if one survives the troubles of childhood—digestion is equal to the demands upon it because the active exercise and sports of boys and girls tend to promote the abundant flow of digestive fluids, and almost universally the unspoiled fountain of life sends its vital streams to brighten the eyes and illumine the face with radiant color and clear skin.

How quickly does the mother take alarm at the pallor or pastiness or loss of bloom of her boy or girl, yet views with equanimity the total loss of every sign of health and vigor in her own countenance. She waits thoughtlessly till a breakdown comes to compel attention and force

repose of the digestive processes, the simple expedient which adopted in good time would have made a long invalidism or protracted nervous prostration unnecessary.

How seldom after early youth does one see a truly fresh and radiant complexion! High color is not a certain mark of health, but in general it may be stated as a fact that a clear skin, a pure color proclaim a good digestion, the foundation for general health.

It is true that one lives in the liver, at once affected by the frets and worries that are incident to most lives. But in far greater degree the liver is the barometer rising and falling at the instance of one's moderation or excess at the table. It is at the festive or even the frugal board that one sets the rate of one's circulation, and the sooner people fall into line with reason and common sense in diet, the sooner shall our weary eyes be gladdened by a vision which Bulwer Lytton saw long ago of a race of people, beautiful in face and form till the last. For the complexion and figure of youth should persist—the fading into advancing years being so gentle that instead of ugliness so common today there will be a finer beauty with no loss of clearness of skin or elegance of shape. In food especially is our help and in food our undoing.

The rich are not less apt to fade into plainness, the cultured not safe from the inroads of the destroyer if they lack the essential self-control that stands on the side of Nature in her heroic efforts to maintain the standard of health. Beauty physical is but the outward and visible sign of interior integrity.

While the average length of human life is increasing—ten years in a quarter of a century—the standard of health does not correspond. Science has done wonders for the unfortunately born, and to reduce epidemics and contagious diseases, but alas, nervous ailments increase and intestinal and digestive troubles multiply in spite of much advice and knowledge of food laws. Who has not remarked the fact that even doctors' families are seldom models of health and beauty or longer lived than the average? That over-worked physicians break down and die prematurely is not remarkable, but it is natural to expect certain results from the wisdom of the medical profession.

Diet, self-restraint at the table, simple food, natural food, avoidance of concentrated foods and made dishes, and thorough mastication. These are conditions to be met by one who would retain a pure color, a clear skin, and a slender elegance—with the vigor, alertness and elasticity of youth. Even among the intellectual and cultured one looks in vain for marks of the wisdom that would naturally proclaim itself in superior physical condition. One searches the faces everywhere—in public thoroughfare, halls of learning, social and civic centers for the beauty in advanced, or even in middle age that would indeed silently stamp the individual a truly developed soul. Mental and moral stamina fail of their weight when obscured by an ungainly body, a dull eye and clouded skin. One may love the person, but lose relish for the personality, when the full value of external evidence as to its relation to interior conditions, is realized.

Physicians are to blame for much of the error in diet, for while they preach the value of fats and sweets for nutrition and energy, they fail to point out how seldom there is vital force of digestion to dispose of this excess, and the obvious result is evidenced in the thick and shallow skins, the turbid and slow moving blood, lack of nutrition and poor circulation in the midst of plenty. The liver stores fats and releases them as wanted in the machine. When that organ is overloaded by an excess of cream, butter and fat foods generally, especially made and fried dishes, there is exactly the same slow and poor fire as will be found in any stove or furnace where too much of the wrong kind of fuel is crowded in. The human body is wonderful past belief, but not indestructible. It requires reason and regularity in its stoking, elimination of waste, etc. Too much food, too concentrated food will destroy almost any digestion.

There is no getting away from the fact that the complexion is a flag thrown out by Nature indicating the state of physical soundness. It would be supposed that few women would fail to adopt a diet that would soon restore to them the complexion and the figure of youth. Spiritual people certainly cannot find fault with any amount of self-discipline necessary to produce the result desired—for both physical soundness and self-control are conditions to be achieved by our probation, and we ought to be ashamed to claim any spiritual attainment while bearing about with us the marks of physical unfitness. Death has no terrors for one who aspires to the full life; it is welcome at any hour, but there must be rendered an account of the stewardship. “How did you treat the body I gave you?” “Know ye not that your body is the temple of the Holy Ghost—that ye are not your own but are bought with a price? Therefore glorify God in your *body* and in your soul which *are* His.”

It is folly to try to cover the cloudy skin while the

internal uncleanness persists. An entire change of environment or of emotion may set up new tracks of activities within and cause the worst blemishes to disappear in an incredibly short time. There are, however, times when sluggish habits of the body seem unable to give way and some assistance may be rendered by external application. Diet, however, is the chief thing to be considered in seeking to regain the external marks of internal health. Milk affords the easiest transition from one diet to another—from the complex to the simple. Even skimmed milk, soured or buttermilk, works wonders in digestive improvement in many cases when other means have failed. Stockmen have long known that the milk of Holstein cows—less rich in butter fat—is far easier of digestion and upbuilding to both human infants and domestic stock than whole milk of Jersey or other cows famous for richness. One may starve in the midst of plenty who lacks force to appropriate the nutriment contained in the food eaten, and young creatures sicken and die if fed whole milk with more butter fat than they can digest. So human beings having every appearance of lack of nutrition, with no color, clouded skin, dull eyes often instantly respond to a change from so-called rich food to the other. Wheat, nuts, cheese and even vegetables—particularly carrots—contain abundant oils, so that any one of those articles of food alone, with fresh fruit, will supply plenty of building material and energy. A little milk made hot and sipped during the meal stimulates both digestion and appetite. Plain milk instead of cream and butter used in cooking will do much to restore the system to normal activity.

One person dropped a diet of flesh, eggs, oysters, wine, red meats, etc., when at the point of dissolution and bounded up to blooming health and rosy radiance in a few weeks—gaining six pounds a week to normal weight—on a two meal system, a diet of *skimmed* milk—a small glass—two whole wheat gems and an apple or orange at a meal. During all the many years since, through strenuous labors, painful periods of experience, health has been maintained, with fresh color, and youthful form.

This message of self-control may be extended indefinitely and enthusiastically in favor of the simple life. If one would rather die—as often is said—than so limit the palate, there is reason to wonder how earnest he may be in the intention to rise above the animal plane. Read Genesis: 1-29.

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*DO IT NOW*

When you've got a job to do, do it now! If it's one you wish was through, do it now! If you're sure the job's your own just tackle it alone don't hem and haw and groan, do it now. —*Selected*

## Menu from Mt. Ecclesia

### Breakfast 7:30 a.m.

Casaba Melon  
Post Toasties, Rice Muffins  
Whole Wheat Gems, Honey  
Coffee or Milk

### Dinner 12 Noon

Cream of Potato Soup with Croutons  
Potato Loaf, Carrots and Green Peas  
Whole Wheat Bread, Butter  
Honey and Milk

### Supper 5:30 p.m.

Combination Salad  
Coconut Custard, Whole Wheat Bread & Butter  
Honey  
Tea or Milk

## Recipes

### *Ukulele Salad*

Our August menu calls for a Ukulele Salad, but gives no recipe for it, and a number of requests for the method of making it have been received. We are sorry for the omission; the recipe was sent to the print shop, where it probably made the printers' devil's mouth water and he ate it. If that is so, you will agree that he is not to be blamed, for it is certainly delicious, even on paper.

Garnish the required number of plates with fresh crisp lettuce leaves. Open a can of Hawaiian Pineapple and place a slice of the fruit in the center of each plate, place enough fresh cream cheese on top of the pineapple to cover the fruit to within an inch of the edge, (about two or three tablespoonfuls), sprinkle with ground nuts and place a Maraschino cherry on top of the cheese, pour a little of the pineapple juice over top of all and serve.

### *Rice Muffins*

Mix two cups of flour with two teaspoonfuls of baking powder, two teaspoonfuls of sugar. Stir in one cupful of milk and one well-beaten egg. Add one cupful of cold boiled rice, two tablespoonfuls of butter and one-half teaspoonful of salt. Beat well, and turn into well-buttered gem-pans and bake thirty minutes in a quick oven.

### *Cream of Potato Soup*

Peel and dice three large potatoes, boil till soft in enough water to cover. Run through a colander; add one tablespoonful of grated onion, one-quarter teaspoonful celery salt, and set on stove to boil. Prepare a skillet with one and one-half tablespoonfuls of butter; heat, add one tablespoonful flour, and fry this until a light brown, then add to the boiling soup. Just before taking off the soup add a little salt, grated nutmeg and a tablespoonful of chopped parsley. Make the croutons by taking a few

slices of dry bread and cutting into small squares, putting them in the oven and leaving them till crisp and brown. Serve the croutons separately with the soup.

### *Potato Loaf*

Mix four cups of grated raw potatoes, one-quarter teaspoonful of salt, one-quarter cup of flour, one grated raw onion, and two eggs. Add one-quarter cup of milk, beat until light. Spread this mixture in a buttered, shallow baking pan, and bake in a moderate oven until brown. The thinner it is spread, and the more crisp it is baked, the more palatable it will be. Serve with brown sauce.

### *Carrots with green Peas*

Scrape and dice six carrots. Cook in boiling water for fifteen minutes then add one pint of green peas and boil till tender. Add salt a few minutes before the vegetables are done. Drain when they are tender. Have a cream sauce ready to pour over. Boil the whole a few minutes, then add one tablespoonful of butter and serve.

### *Combination Salad*

For an individual salad, garnish a plate with crisp lettuce leaves. Slice one small tomato, one-quarter cucumber, two small radishes, a few crisp celery leaves, and a small green onion. Place this mixture of sliced vegetables on lettuce leaves, lay two asparagus crosswise on top, decorate with a few olives and place a teaspoonful of mayonnaise dressing in the center.

### *Coconut Custard*

Boil four tablespoonfuls of shredded coconut in two cups of milk for twenty minutes in a double boiler. Strain, and add two tablespoonfuls sugar. Beat two eggs, and stir gradually into the milk. Strain again, and pour into custard cups, set them in a pan of hot water and bake in moderate oven. Serve cold.

## The Rosy Cross Healing Circle

Healing

Lizzie Graham

**Y**es, I have been suffering for some months. You ask, "Why do I not apply to be put on the Rosicrucian Fellowship healing list, under the care of the Elder Brothers?" I have already done so immediately after the first sharp attack.

You say that you believed that everyone who made application was rapidly cured. I fear you have not carefully studied the Guide Book given to us by the Recording Angels. I do not find any statement there to make me conclude that Christ, our Great Elder Brother, cured, or even relieved everyone who applied to Him.

We read, "He healed many." "He cast out devils." "He raised the dead." But I cannot recall that it is anywhere stated, that he cured *all* who came to Him with their physical ailments; or that the cures were all instantaneous.

The most striking of the cures are recorded for our help, and are spoken of as miracles. But Christ did state distinctly "According to thy faith be it unto you", and "Thy faith has made thee whole, go in peace"; but we read elsewhere "Faith without works is dead."—a dead faith could not assist in the healing. Again we read, "He could do no mighty works there because of their unbelief", which seems to show that a living, working faith has much to do with healing. Not putting all the work on the Elder Brother, but we ourselves endeavoring to find the cause, to learn where we have transgressed Nature's laws, and setting to work faithfully to order our lives according to those laws. Then the Cosmic forces can work through us without obstruction—without causing disease.

Over and over again Christ urges us to have Faith that is *living* faith, not blind faith.

You are asking me from whence comes the power to heal? Christ answers that question also.

"Of myself, I can do nothing; The Father doeth the works"; and that is the reply of everyone connected with the healing work.

You ask, "If I am really trying earnestly to faithfully follow the laws of God, why have I not been healed long ago?" My spiritual sight may be so dimmed by long disuse that I cannot perceive clearly when I am doing right or wrong, and oftentimes when I desire to do right, a force seems to drag me into the opposite path. Until I have developed will power to withstand these attacks I cannot walk steadily onward; but even if I could, still my earnest prayer might not be answered in the manner I desire, because causes that have been set in motion must not be stopped just because I desire to have ease; my

brother must be considered also.

Oh, no! There is no fatalism in this, only desire to serve others, rather than to hinder them for my pleasure and comfort.

Let me tell you an episode that I have read in the life of a man. He lived many years ago, at a time when people were killed if their religion did not meet with the approval of those in power.

He was very poor, but he was always helping those in trouble without reward, and preaching a new doctrine in the streets and the country places, where crowds came to listen to him; and when they discovered that he could heal people, they brought many who were sick, feeling that in some miraculous way he could make them well, which he frequently did.

He did not claim any power of his own, but in answer to inquiries stated that God the Father worked through him. He did the work. Those in authority called this profanity and sent out a guard to take him prisoner.

He was what we call clairvoyant and could foresee just what was about to happen—he knew that the guards would arrest him, he would be tried, condemned and put to death. Looking ahead his courage seemed to fail, so in the dusk of the evening he went to a lonely garden and prayed to God his Father, that if possible he might be spared this great trial; he prayed with great earnestness finishing with the well known words, "*not my will but thine be done.*"

But it was not possible to alter events. All happened as he had foreseen it, and he suffered a painful death at the hands of his persecutors.

I have recited this story to show you that prayers are not always answered, even the prayers of the best man who has ever lived. To have done so at that time would have altered the whole plan of salvation for humanity; and for the same cause, in an extremely minute degree, our prayers and calls for the removal of our sufferings cannot be answered, unless the lesson has accomplished its purpose, else cosmic order would be destroyed.

To our entreaties for health, or for anything else, we must add sincerely, "Thy will be done." We are such dense beings that it is often only through disease or suffering that the Elder Brothers can awaken us to the realities of life, but you may feel sure that as soon as the lesson has been learned, the sin atoned for, the restriction will be removed.

In the Lord's Prayer we ask that the will of the Father



be done in our earthly bodies. It is not His plan that one of us should suffer sickness or any other affliction, but even the wisest among us, through our ignorance of the laws of nature, sets loose forces which cause physical suffering. Others knowing what is the right path persist in taking the wrong road—these we are told shall be beaten with many stripes. If one of these last named (perhaps myself) applies for healing, would it seem quite just to you if the Father removed the affliction at once, if I had not recognized where I had broken the law of nature (God), repented of the offense, and desired to walk more carefully in the future.

From what I have said, you will see that I am not blaming anyone but myself for my want of perfect health. When I adjust myself to Nature's laws the Elder Brothers will work with me and for me.

Let's strive to know that we may do,  
What lifts ennobles is right and true,  
With love to all, and hate to none,  
Let's shun no duty that must be done.

Healing meetings are held in the Pro-Ecclesia at Headquarters on the nights when the Moon enters Cardinal Signs in the Zodiac. The hour being between 6 and 7 p.m. The virtue of the Cardinal Signs is dynamic energy, which they infuse into every thing or enterprise started under their influence, and therefore the healing thoughts of the helpers all over the world are endowed with added power when launched upon their errands of mercy under this cardinal influence.

If you would like to join in this work, sit down quietly when the clock in your place of residence points to the given hour: 6 p.m., meditate on Health, and pray to the Great Physician, Our Father in Heaven, for the restoration to health of all who suffer, particularly for those who have applied to Headquarters for relief.

At the same time visualize the Pro-Ecclesia where the thoughts of all aspirants are finally gathered by the Elder Brothers and used for the stated purpose.

We print herewith some letters from people who have been helped, also a list of dates on which Healing Meetings are held.

October 3-10-16-24-30

November 5-13-20-27

December 3-10-18-24-30

Lincoln, Eng.  
April 26th, 1916

Dear Friends:

This week I am much better although the swelling has not all gone from my throat, but I now feel so happy and as if someone was giving me strength, in fact as if life

was worth living.

Thanking you for your goodness to me, I am,  
Yours very sincerely,

M.R.

Weehawken, N.J.

March 14th, 1916

Dear Mr. Heindel:

Am feeling very well now, and, of course, learning something more every day. The trouble for which you have been treating me is steadily decreasing, and seems to me nearly over. The change in the night has been very marked. Now I drop to sleep with very little trouble, and almost always waken refreshed and comparatively free, instead of with my strength depleted, as was formerly the case. It is the first time in many years that I have felt so much freedom, and you don't know how good it seems! The season is a busy one for me, in every way, but one never minds that when they feel well.

With best wishes for the Center, I am,  
Very sincerely yours,

K.S.L.

#### THE PICTURE OF HEALTH

A fat person pants for breath whenever he climbs a flight of stairs because his heart is so packed in fat that it performs its work with difficulty, it is said; and the kidneys and other organs are also encased in fat, interfering with their activity. So the fat man is not in health, although he may be jolly and often called a "picture of health."

Dr. Bell, head of the cancer department of the Battersea (London) General Hospital, reports that seven persons have recently been cured, by regulating the diet of patients.

#### *Hereditary Morphinism.*

A mother who had been in the habit of using morphine, about six grains a day, to allay the pain of menstruation, was delivered of a healthy, well-nourished child. The attending physician, knowing that the child had doubtless been receiving morphine from the mother's blood, was doubtful whether to attempt to withhold the drug from the child. The only thing noticeable the first day was the infant's repugnance to the breast. The second morning it began to manifest symptoms due to the lack of its customary stimulant, such as refusal to take food, irritability, fretfulness, and tremor. Small doses of the drug quieted the child. But what a risk for a mother to take with her unborn babe!

Walking on all fours twenty minutes four times a day is recommended by German medical journals as a remedy for appendicitis. Such exercise is said to strengthen the abdominal muscles.

# Echoes from Mt. Ecclesia

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## Library Propaganda Fund

Motto: "A Cosmo in every Public Library"

**D**URING the past month we have been making a list of all the cities of the United States which have over twenty thousand population and we are going to send at least two hundred of these libraries a copy of the magazine commencing with the present issue, for we feel that there is no better way of reaching the class of people to whom the Rosicrucian Teachings will appeal. The people who frequent the libraries are studious, they are seeking for something, and it is a foregone conclusion that a number of them will find in these pages just what they have been looking for. That is very evident from the letter of Dr. Wismark in Denver describing conditions in that city where they have three *Cosmos* in the Library and must leave a request for the book several weeks ahead.

For that reason we are going to discontinue publishing the list of libraries where the magazine may be found. Up to the present time we have been sending the magazine to one hundred and twenty-two libraries, and now that we are going to add two or three hundred to our subscription list you will understand that it would take too much space to make a list every month, but perhaps we may do so once in three or four months or perhaps twice a year. Meanwhile, the members all over the country can help by going to the library in their city and asking whether they have the magazine; telling them about it, and if they have it the members can see from time to time that it is put in the proper place where it will be conspicuous and attract attention from all who come to get magazines from the magazine rack in the reading room.

Last month we stated that we should adopt as a motto in this work, "A Cosmo in every public library," but we feel that that should be amended so as to include the magazine, and we are taking a long step in that direction by the addition of two or three hundred libraries to our list. We only wish that we could afford to send out two or three hundred *Cosmos* as well but that is out of the question. However, as we said last month, we feel sure that the libraries offer a very large and fruitful field for missionary work of the very, very best kind because they attract a studious class of people and we rely confidently upon the students already interested in these teachings to help us give to others the same comfort that they have received.

In order to systematize this work we will give each month an account of contributions received and the

names of libraries in which *the Cosmo* has been placed during the preceding month, but we will not mention the extra magazines which we place as that list is too large. As there are only two hundred and forty four United States cities in the library list given us by a friend, which have more than twenty thousand population you may be fairly sure that if your city has that number they are receiving the magazine of this and the succeeding issues. It will also be found in a number of cities where the population is less than twenty thousand, so please be sure to go from time to time to your library and see that the magazine is in its place and shows signs of being read. If you do not find it, ask the librarian what is the reason, and notify us so that if not wanted we may withdraw it and send it somewhere else where it will be appreciated and given place.

On looking over the list we find that only ten libraries in England receive the magazine. Two Italian and two Canadian libraries get it, and there is one copy sent to New Zealand and one to Australia. That is entirely inadequate to supply these countries and if members who live in the various cities there will send us the names of libraries and the population of the town where the library is located we will see that the want is supplied.

Commencing with this issue we will send between three and four hundred copies of the magazine to libraries. The exact number will be published next month.

Thirty-two copies were subscribed for by members last month. One member alone sent in \$25 to cover twenty-five subscriptions.

This brings the total number of copies subscribed for up to ninety-eight, and one member has promised to pay for fifty copies.

Thus Headquarters will send out on its own account at least two hundred and fifty copies of this issue.

### *Placing the Cosmo*

Regarding the placing of the *Cosmo* in libraries, we must not forget to state that a number of members are taking advantage of our offer to give the *Cosmo* free for every five subscriptions secured for this magazine, and when they have received their *Cosmo* they place it in the library of their city. In addition to getting the *Cosmo* in circulation without expense to the members, this is a good way to help the magazine on a basis where it will pay expenses, also to make the magazine larger and better; for you will remember that we have promised that

when the subscription list reaches fifteen hundred we will add eight more pages to the reading matter making a total of forty pages new reading matter every month. To do that with fifteen hundred subscribers, to pay for type-setting, paper, ink and other materials and mailing, you will understand would be an absolute impossibility if we were in this work for what we can get out of it instead of trying to see how much we can put into it, how much we can give? And we trust that the students will take a real good hold with us and push this campaign so that the field will be widened in which we may promulgate the

teachings which we all love and bring to others the blessings which we ourselves receive there from.

Paper has again gone up \$35 on the ton. It now costs just 100 per cent more than at the beginning of the year, and one does not know where it will stop soaring.

Other papers take it out on the advertiser, but as we carry no advertising we cannot get relief from that source, and must rely on our friends to help swell our subscription list. Please try to interest your friends and get them to subscribe.

## Obituary

Recently the Great Reaper has again thinned our ranks and called away two of our staunch members, Edward Tucker, of Seattle, Washington, and Frank English, of Los Angeles, Cal. Usually we do not feel at all put out when news of this nature reaches us, for we know that they will take up the work on the other side, particularly if they have been faithful Probationers, as was the case with our two friends who have just left us. Their life experience having been assimilated day by day through the performance of the evening exercise of Retrospection, they are exempt from the experiences of Purgatorial and First Heaven life, which leaves them free to devote their whole time to service without the thought of how to obtain food and shelter. Nor is it necessary for them to rest, but they may work twenty-four hours a day for a number of years approximating a third of the time of the earth life, serving their fellowmen; and by this they will further their evolution as could probably not be done in several earth lives.

For these reasons, as said, we do not usually feel put out, but rejoice when we hear that a faithful friend has passed to the other side after having lived a good and useful life here. Such was the case with Edward Tucker; but Frank English was different. He was as faithful as

you could find, always ready to do some one a service and was just about to graduate from the college of Osteopathy in Los Angeles. He was thus exceptionally well fitted to go out and help humanity; *he was only a young man whose life of usefulness was before him*, and in that lies the regret. There is not a doubt in the writer's mind that he had overworked to such a point that his body gave out long years before death should have taken place in the natural course of events. For, remember this, that just as we may lengthen our lives to a certain extent by the life we live and the thoughts we think, so also we may cut short the time of existence here by abusing our bodies. No matter how worthy the motive, the result is the same; and it is a very great calamity when the body dies just at the beginning of such a life. The Ego is then deprived of countless opportunities for service and soul growth here; but above all, it loses a number of those precious years after death under conditions outlined above. Edward Tucker will have this inestimable privilege for about twenty years, while Frank English can have only ten. We ought to be just as careful of our bodies as a mechanic is of his tools, for without them we cannot serve our brothers, and when we overwork, we really hold back the cause we would further.

## Attending His Own Funeral

When word came to Mount Ecclesia that Frank English, one of our Los Angeles members, had shuffled off the mortal coil, and that the editor was expected to officiate at the services prior to cremation of the body, a party was made up of the workers on Mount Ecclesia and we went to Los Angeles Sunday morning, helped to lay the body away, and journeyed back to Mount Ecclesia a total distance of 190 miles, in time for Mr. Heindel to speak at the evening Service; a pretty strenuous days work.

But that is only an incident recorded to pave the way

for the burden of our story, and bring out the fact that people usually attend their own funerals.

This was learned when someone asked the editor after the services:

"Did you see English, is he here?"

"I have never officiated at a funeral where the so-called 'dead' was not present and an interested spectator," answered Mr. Heindel, and he then went on to tell a number of interesting experiences concerning the behavior of the "dead." "Mostly," he said, "they sit quietly in their seat watching what takes place, just like any of the

people we call 'living,' though the meaning of the common term, 'the quick and the dead' should really be reversed; for we who are imprisoned in this heavy lump of clay and subject to innumerable pains and ills, are really much more dead than the disembodied spirits we so designate, while they, who know no sickness, who can feel no fatigue, who move swifter than the wind without making the slightest effort, should really be called the quick.

"But at the time of the funeral many of them have not yet found themselves, so to speak, they have just come out of the meditation on the panorama of the past life, which passes before them in reverse order, from death to birth, to show them how events in their lives were generated by antecedent causes, and so far as the multitude goes, which does not study *Life*, they are generally hopelessly muddled at the whole proceedings. They very often realize that they must have 'died,' for they see the body in the casket, but they see themselves with a similar form, which to them feels just as solid and real as the thing that is dead. Then they cannot make out why they are still in their old home, and why they have not seen anything of the judgment seat, heaven or hell, that is if they believed in that. If they have been materialists, they probably begin to wonder how they can think or continue to exist.

I have met only a few materialists on the other side, and have not asked them about their feelings in that particular respect, but they were all very much put out at being gradually forced to revise their theory that annihilation follows physical death. They wanted extinction of consciousness and were very unhappy.

"People who have studied the mystic teachings promulgated by the Rosicrucian Fellowship and kindred organizations, differ radically as a class from the majority mentioned in the foregoing paragraph, for they recognize instantly, upon awakening from contemplation of the panorama of life, the essential facts of the case. They know that they have entered the lower regions of the invisible world, and that they are entering upon a new phase of evolution, and most of them are quiet and subdued, feeling the importance of the change, and considerably awed thereby for the time being. They usually go to a part of the room where the services are being held as far from everybody as possible.

But I have always noticed that if the conversation in the room is made to run in a cheerful channel, it has a wonderful effect in brightening the friend. Several times I have had the satisfaction of seeing them come out of their corner and become real bright, with a corresponding raise in the barometer in all the 'living.' On one occasion the 'dead' man grew so interested and so cheer-

ful that he nearly stumped me in the middle of my address.

"When I first entered the room, this man was sitting in a corner, very quiet; he knew the teachings, and was evidently fully awake to facts, but it was also clear that the situation weighed rather heavily upon him, so I at once made every effort to administer '*consolation to the dead*' by a cheerful conversation on the subject of death and the after condition with the widow, relating a number of experiences to illustrate the different points, and very soon the dead man pricked up his ears and came over and seated himself by his life-companion.

During the service he remained there sitting bolt upright and alert. He listened carefully while I explained to the audience that that lump of clay in the casket was only as a garment which our friend had used a little while, and that in time it would be replaced by a new and better body in which he would learn new lessons in life's Great School.

"Meanwhile I had continued to point with the left hand to the body in the open casket, while the right was poised aloft; as I was getting ready to quote from Sir Edwin Arnold's inimitable poem:

*Never the Spirit was born, the Spirit  
shall cease to be never*

etc., and I started to say: 'As Sir Edwin Arnold says':

"Then came a climax which I had not looked for; when suddenly the 'dead' man *glided* from the couch where he was sitting, in a bee-line *through* the table at which I stood, over to the casket, where he looked with great interest at the discarded form, evidently regarding it in a light he had never really understood before; and he remained thus lost in thought for several minutes.

"But to say that I was taken aback by this unlooked-for incident is putting it mildly; and instead of keeping my mind on the address I involuntarily followed the motions of our 'dead' friend to see what he would do, with the inevitable result that I lost the thread of my discourse for a minute, and repeated lamely:

'As Sir Edwin Arnold says:.....'

"Then, with a mighty effort, I gathered my thoughts and went on.

"There were two remarkable things about this performance; in the first place, people usually *walk* from place to place for some time after they leave the body, until gradually they find out that they can glide more swiftly than the wind from place to place; they also seem to have an instinctive dread of going *through* a wall or a closed door, even if they know from their studies that it can be done; and above all, *they dread to have a 'living' friend*



come and sit down in the chair where they sit. Perhaps that is the real reason why they usually go and sit down in a corner at their funerals.

“But in this case the gentleman *glided* across the room, and straight *through* the table and a vase of flowers, right to the casket. This shows to me that he must have become so absorbed in the one idea that his discarded body was just like an old overcoat, and that during that fit of abstraction he unconsciously obeyed the laws of motion of the invisible realm instead of the customary physical method of locomotion.”

“Oh, about English, how does he act?”

“Why, you must remember that he was a member of the deeper degrees where he had been taught to assimilate the life panorama day by day, so that when he passed out of the body there were probably but a few straggling ends that had to be picked up, before the Silver Cord would break, and leave him free in full possession of his consciousness.

“This work had made him acquainted with the invisible world years ago, so that he was quite at home; besides, four days have elapsed since he passed over, so he probably feels all right, at least he looks it; going about among us and stopping now at this group of friends, now at that. When he saw me, he nodded and smiled as if nothing out of the ordinary had happened.

“I only wish everybody could see the friends after they pass over; and it is always a wonder to me that they cannot, for during the first few days and weeks they seem to me just as dense as the radiations of heat above a steam radiator; but thank God, the day is coming.

#### THE MYSTIC LIGHT DEPT.

Continued from Page 169

body of man-in-the-making with the nucleus of a separate personality. The Moon reflects the rays of the Sun (its octave) and Mercury performs a similar service being designated as the physical Sun's light bearer.

Besides the planets in view, Uranus and Neptune are respectively symbolized by the crucified earth heart (altruistic affection) and the lighted torch (cosmic consciousness) or Divinity.

The war god, discord sower in SPACE, and the grim reaper Cronos, or TIME, are the *casus belli* on either side of the steel chamber of this alchemical vessel, otherwise the hexagonal field of sympathy and antipathy correlated to the Sixth or Fiery Stratum of the Earth (see *Cosmo* page 504).

The messenger of the gods, Mercury, and our wandering satellite Luna, are appropriately posited in the instruments of motion, the feet. The fallen lights in the figure

are obviously Lucifer's planet (Mars) and the Eighth Sphere (Moon), while the most exalted reflector is Mercury despite its servient position.

Mixing auras in this ensanguined atmo (or breath) sphere, we see the martial Lucifer Spirits (reinforced by the Powers of Darkness) arrayed against the Lunar Legions under the Jehovistic Race God, and within the orb of influence, the Mercurians (Initiators) lending most important aid to enable the Ego to ally itself to its higher nature and thus maintain the balance of power.

The planets diffusing the most sunshine into our being—Love (Venus) and Benevolence (Jupiter), are close to the throne of the Day Star—radiant Venus and generously proportioned Jupiter, whose names are given to succeeding evolutionary Periods—Jupiter following that of the Earth.

As foci they transmit to receptive humanity, the radioactive wisdom waves, and are liberated facing a pentagon (the brasier of “The Crucible”), corresponding in Rosicrucian terminology to the Fifth or Seed Stratum of the Earth (the region of abstract thought), within which burns the flame of the creative human spirit—a flame that is fed and vitalized by the attar—or essential oil of the plant.

Pre-eminent over all the Sun, a physical expression of the Triune God in our solar system, speeding in its spiral course, itself evolving and an emanation (the Mystics tell us) of V-U-L-C-A-N, the invisible source of Life and LIGHT.

#### ASTRAL RAY DEPT

Continued from Page 177

But as there are so many planets in the Fifth house, we will try to narrow it down a little closer by considering the aspects of the planets therein. We find Mars, the planet of dynamic energy, conjoined with Venus and Mercury, the planets of beauty and expression, and Uranus the spasmodic star. This will give you an ability to write, but your style will be somewhat abrupt and erratic. Perhaps that may be your strength and give you an original line.

We see however, from the conjunction of Jupiter, the planet of benevolence, philanthropy, and high ideals, in conjunction with the Sun, and both of them sextile to the Moon, that you will want to work with and for some educational cause.

Cardinal signs on the angles show that you will attain leadership, and the conjunction of the Sun and Jupiter in the energetic, fixed sign, Scorpio show achievement in every sense of the word so go in and win your luck, you have the materials wherewith to make it.

the valley, carrying the water 225 feet up to the summit of Mount Ecclesia and have thus an unlimited supply of water for irrigation and ample fire protection. We have built a **sanctuary** devoted exclusively to the worship of God, an **administration building** wherein our general offices and **printing plant** are located, a commodious **dining hall** to accommodate all workers, patients and pupils; we have also built a number of **cottages** for the accommodation of visitors.

Mount Ecclesia has also its own **electric lighting plant**, and every night the wonderful electric emblem of the Fellowship may be seen flashing its message of light across the country for over twenty miles in either direction. The exterior of the dining hall and Pro-Ecclesia, as we call our Sanctuary, are also electrically lighted, and thus we let the physical light shine to attract those who are seeking the spiritual, if by chance such may pass, and enquire through curiosity, which afterward turns to keen interest.

## THE CORRESPONDENCE SCHOOL

In addition to the publications of the Rosicrucian Fellowship, regularly advertised and before the public, there are two correspondence courses which furnish instruction to students all over the world, who are desirous of investigating the Rosicrucian Mysteries, and the Science of Astrology.

## WHY YOU OUGHT TO STUDY ASTROLOGY

There is a side of the moon that we never see, but that hidden half is as potent a factor in creating the ebb and flow as the part of the moon which is visible. Similarly, there is an invisible part of man which exerts a powerful influence in life, and as the tides are measured by the motion of sun and moon, so also the eventualities of existence are measured by the circling stars, which may therefore be called "the Clock of Destiny," and knowledge of their import is an immense power, for to the competent Astrologer a horoscope reveals every secret of life.

Thus, when you have given an astrologer the data of your birth, you have given him the key to your innermost soul, and there is no secret that he may not ferret out. This knowledge may be used for good or ill, to help or hurt, according to the nature of the man. Only a tried friend should be trusted with this key to your soul, and it should never be given to anyone base enough to prostitute a spiritual science for material gain.

To the medical man Astrology is invaluable in diagnosing diseases and prescribing a remedy, for it reveals

the hidden cause of all ailments.

If you are a parent, the horoscope will aid you to detect the evil latent in your child and teach you how to apply the ounce of prevention. It will show you the good points also, that you may make a better man or woman of the soul entrusted to your care. It will reveal systematic weakness and enable you to guard the health of your child; it will show what talents are there, and how the life may be lived to a maximum of usefulness. Therefore, the message of the marching orbs is so important that you cannot afford to remain ignorant thereof.

In order to aid those who are willing to help themselves, we maintain a correspondence Class in Astrology, but make no mistake, we do not teach fortune telling; if that is what you are looking for, we have nothing for you.

## Our Lessons Are Sermons

They embody the highest moral and spiritual principles, together with the loftiest system of ethics, for Astrology is, to us, a phase of religion; we never look at a horoscope without feeling that we are in a holy presence, face to face with an immortal soul, and our attitude is one of prayer for light to guide that soul aright.

## We Do Not Cast Horoscopes

Despite all we can say, many people write enclosing money for horoscopes, forcing us to spend valuable time writing letters of refusal and giving us the trouble of returning their money. Please do not thus annoy us; it will avail you nothing.

## THE COURSE IN CHRISTIAN MYSTICISM.

**Christ** taught the multitude in **parables**, but explained the **mysteries** to His disciples.

**Paul** gave **milk** to the babes, but **meat** to the strong.

**Max Heindel**, the founder and leader of the Rosicrucian Fellowship, endeavors to follow in their steps and give to interested and devoted students a **deeper teaching** than that promulgated in public.

For that purpose he conducts a correspondence course in **Christian Mysticism**. The General Secretary may admit applicants to the preliminary course, but **advancement** in the deeper degrees depends upon merit. It is for those alone who have been **tried**, and found true.

## How to Apply for Admission.

Anyone who is not engaged in fortune telling or similar methods of commercializing spiritual knowledge will **upon request** receive an application blank from the General Secretary Rosicrucian Fellowship. When this blank is returned properly filled, he may admit the applicant to instruction in either or both correspondence courses.

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WHEN HE COMES?

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We are very desirous to carry the Rosicrucian Teachings into **new** fields, and have therefore decided

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### YOUR CHILD'S HOROSCOPE FREE!

We do not cast horoscopes for adults on any consideration; but **children are unsolved problems!** They have come to their parents for help and guidance, and it is of inestimable benefit to know their latent tendencies, that their good traits may be fostered and evil tendencies suppressed. Therefore **we will give each month a short delineation of character and tendencies of four children under 14 years** in the Astral Ray department of this magazine. **Parents who wish to take advantage of this opportunity must be YEARLY subscribers.**

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### MARRIAGE, MOTHERHOOD & VOCATIONAL ADVICE GIVEN TO YOUNG MEN & WOMEN

We are giving short readings for children under fourteen years of age, to help parents suppress faults and foster talents while the character is plastic. Life is still in the making for the young man or woman between fourteen and twenty-five years. They may also benefit by knowing what talents are latent, and what life work to select. We have therefore decided to give this advice so far as space permits. Each must wait his turn.

To obtain a vocational reading the parents, guardians or applicants must be **yearly** subscribers. Only one request from each subscriber will be entertained and unless it contains the following data it will be thrown out, for without this a horoscope cannot be cast.

(1) Birth-year, month, date and hour (as near as possible.)

(2) Birth-place—city, state or country.