

in Taurus gives him a tendency to cold in the throat, and Mars in Gemini shows that it may settle in the apex of the lungs. Look out for him in those respects, and should the tonsils swell, use massage; once he is past the fifteenth year that trouble will disappear.

With respect to the financial prospects we find that James will be well taken care of, for the Sun is conjoined with Jupiter, the planet of opulence, and anyone with Saturn on the Ascendant is bound to be thrifty; if he spends his money, he is going to get full value. Mercury, the ruler of the second house, in good aspect to Venus, the planet of art, shows that he may become a collector of art and use considerable money to gratify that desire. This will be good as it brings out the best side of his nature.

John Allen Heine, born August 4th, 1913, at 2:30 a. m., New York City.

The first thought that strikes us on seeing this horoscope is a doubt if John will live, for Cancer, a sign of slight vitality is rising, with its ruler, the Moon squared by Saturn, the destroyer. But doubt is soon dispelled by the observation that Saturn receives the sextile of the life-giving Sun, and the Moon is well aspected with Jupiter, the planet of vital magnetism. These aspects give John sufficient life force to carry him through. At the same time it is evident that he requires more than ordinary care; and as the affliction of Saturn comes from Gemini which rules the lungs, he should be specially guarded against cold, for that is apt to settle in the chest. If it is possible to migrate to a less rigorous climate, it would undoubtedly be well to do so. Breathing exercises and gymnastics rationally practiced during childhood will strengthen the chest and give him resistance in later life. If right methods are followed John will be as strong as any ordinary boy.

When we investigate John from the standpoint of mentality, we meet with a very different person, there he is not only not weak, but almost a giant. Mars, the energizer, in the mercurial sign Gemini, trine to Uranus, the planet of intuition, in the intellectual sign Aquarius, shows that John has an energetic, quick mind which grasps things instantly the moment they are presented. Saturn, the planet of obstruction, in Mercury's sign Gemini and sextile with that planet, gives depth to the mind and the ability to reason correctly. The Moon which is co-ruler of the mind with Mercury, is also in a mercurial sign, Virgo, trine with Jupiter, the philosophic planet, adding its testimony to the excellency of John's mental capacity. John will have some very advanced ideas on social and economic problems, which will bring him into a public work of a benevolent nature. He will be successful in that work. This is shown by Jupiter, ruler of the sixth and tenth houses (which signify the nature of the



service one renders in the world and the social standing), trine the Moon, ruler of the second house, which shows the financial reward of service. Saturn, the planet of deceit, in the twelfth house, the house of sorrow and secret enemies, square the Moon, shows that he will not escape the usual fate of all who endeavor to work for the uplift of their fellowmen, he will be slandered and traduced, but as Christ said: "Blessed are ye when men shall accuse you *falsely* for my sake."

There is only one thing about this horoscope which we regret; Venus, the planet of love in its ordinary human application, is unaspected in the twelfth house. John will meet sincere regard from all who come in contact with him in his work, but few, it any, will reach into his life and love John for himself, he will be a recluse and a lonely soul. At least such is the tendency, and the mother should endeavor to supply the want of love if possible. Every human being craves in its innermost heart that deepest of all sympathy, and no matter how well we may have fixed our hearts in God, we feel poor without that human touch. Jesus felt sadder in Gethsemane because his disciples could sleep while He was in such anguish, and everyone who has been through the smaller gardens of aloneness knows what that means. If he will let you be his companion on those occasions you will both be blessed.

#### HORSE DIES OF BROKEN HEART

"Men have died and worms have eaten them, but not for love," says Shakespeare. While that may be true of men, it does not apply to horses. Listen to this:

Traffic Officer Cullen owns a horse named Jupiter. The two were great pals. But since Cullen left on his vacation, Jupiter refused to eat, and seemed to pine for his absent master.

He got weaker and today died from a broken heart.

## Vocational Readings for Young Men and Women

Vocational indications of the horoscope are outlined for the benefit of young men and women between 14 and 25 under the same conditions as those governing children's' horoscopes, which see.

**WINIFRED C.**, born July 25th, 1898, 10 p. m., at Minneapolis, Minn.

At your birth four Cardinal signs were on the angles—East, West, North and South. This makes you active and ambitious to advance in whatever work you undertake, and that is a good trait, for it is *“not doing more than the average that keeps the average down.”* Hard work is the true secret of success.

There are thirteen degrees of Taurus, and the same number of Gemini in the second house, ruling your income, therefore both Venus and Mercury are co-rulers, and both are in the sixth house which shows the service you must render. There Venus is intercepted in the mercurial sign Virgo, which rules nursing, agencies, trading and kindred professions, but that is latent because Virgo is intercepted. Saturn, the tenth house ruler, is square Venus, and there is no other aspect to help her; hence, if this configuration should have bred a liking in you for any of the Virgo professions, shun them, they will bring you loss and failure. Mercury in the fifth-house sign, Leo, is well fortified by good aspects to the Moon and Neptune, and as Saturn, the tenth house ruler is well aspected with the Sun, in its own sign, it appears that you will do well in a government position connected with education.

There is, however, also a very strong indication of marked success in another sphere of endeavor. The feminine planets, Moon and Venus, are prime signifiers of marriage for a man, and the masculine planets, Sun and Mars give similar indications for a woman. In your horoscope we find the gallant Mars trine with the genial Jupiter, who is on the cusp of the house of marriage, and the Sun is between them in benefic aspect to both from the heart-sign Leo, while Libra, the sign of the lovely Venus, is on the seventh house. This shows that you will find that rarest of all treasures, a companion of the heart, and a home that will be a bit of heaven on earth. On this great good fortune we sincerely congratulate you. While you are waiting for this to materialize, the other vocation will give you an outlet for your energies.

**H. S. Smith**, born June 11th, 1894, at 0:33 a.m., Sun-time, Columbus, Ohio.

At your birth we find the listless, vacillating Common signs on the angles with Mars, the energizer, opposing the Moon and squaring the Sun. This shows that to be successful in life you must first do some serious work with yourself if you have not already done it. You must

cease looking here there and everywhere for opportunities and throwing one thing away after another; only by sticking patiently to one thing can you make a success at anything. Saturn, the planet of sarcasm, is square Mercury, the planet of mind and speech. This makes you critical and sarcastic, particularly to those you work with; and Mars, the planet of impulse, square the Sun, makes you too rash and ready to change. These things are not pleasant to say, and we are saying them as gently as possible; you may even think we are wrong, but if you will weigh this carefully, you will see that you either have, or have had these faults, which militate against your success.

You have also good qualities, but as this is not a character reading it is not necessary to go into that matter, all we wanted was to show you what hindered you in finding your place.

The sixth and tenth house rulers, the Sun and Jupiter, are conjoined in a sign of travel, and Sagittarius, another migratory sign, is on the tenth cusp. This shows that you will succeed best in a vocation which calls for a traveling life, and as Leo, the fifth-house sign, is on the cusp of the house of service, we may judge that this should be a fifth house occupation, probably for entertainments or amusements, or even in connection with the promotion of stock companies. If you look for an opening in the fields indicated, you will find your proper sphere, and once you have found it success is indicated in your horoscope.

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We lose vigor through thinking continually the same set of thoughts. New thought is new life.

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An evening paper remarks that “many a wife whose husband is at the front is telling of dreams which have amounted almost to predictions,” and illustrates the observation with the following story: “When the celebrated Lord Dufferin was British Ambassador at Paris, he dreamt that he was in a hearse and being conveyed to the cemetery. Not long after dreaming this Lord Dufferin was about to step into a lift at an hotel, but noticing that the attendant resembled in every particular the driver of the hearse in question, he decided to walk down the stairs instead. The lift fell with a crash, and all who were in it were instantly killed.”

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We sleep, but the loom of life never stops, and the pattern which was weaving when the sun went down is weaving when it comes up tomorrow.—Beecher

# Studies in The Rosicrucian Cosmo Conception

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## Acquiring First-Hand Knowledge

By Kittie Skidmore Cowen

**I**N OUR previous studies in the *Cosmo* we have learned that man is in reality spirit, clothed in varying forms of density corresponding to the regions wherein he is working out his destiny. We have learned that we begin as tiny sparks (children) in God's great school where the lessons to be learned are the extracts of experience. And in this school we must remain, returning day after day (rebirth after rebirth) until we shall "become perfect even as our Father which is in heaven is perfect."

This is one of the direct commands of Christ that has for ages puzzled students of the Bible as well as theologians, for each and all know very well that in one short life, the attainment of perfection like unto that of the Father is wholly impossible. And so, much valuable time has been spent by students and theologians alike, in vain endeavors to make facts as we know them coincide with the attainment of what is known to be an impossibility, and yet is commanded by the Son that it be accomplished.

The error has ever been that seeing and knowing only a small part of God's great plan, we have mistaken it for the whole. Certainly in one short life we can not attain perfection, but God, the great Teacher, gives no impossible tasks to His children. No earthly teacher would ever dream of requiring that a pupil, be he ever so mentally gifted, complete his lessons for the year in one short day. And neither does a loving, compassionate Father, who "knoweth our frame," place impossible tasks before His children and command that they be performed in an inadequate length of time.

On page 188 of the *Cosmo* we find a logical solution of the performance of this seemingly impossible task: "The evolutionary scheme is carried on through five worlds in seven great Periods of Manifestation, during which the virgin spirits, or evolving life (our present humanity), becomes first man—then a God."

It is very evident from the foregoing statement that the virgin spirits, now known as man, have passed through a phase of evolution or growth before reaching their present status—man—and still have another phase to pass through before they reach the divine perfection commanded by the Christ. And this takes us back to the real beginning of our Solar System. On page 188 of the *Cosmo* we are told: "In the beginning of a Day of Manifestation it is taught that a certain Great Being (designated in the Western World by the name of God, but by other names in other parts of the earth) limits Himself to a certain portion of space, in which He elects to create a Solar System for the evolution of added self-consciousness." This space "He fills with His aura, permeating every atom of the Cosmic Root-substance of that particular space with His life, thus awakening the activity latent within every inseparable atom.

"This Cosmic Root-substance is an expression of the negative pole of the Universal Spirit, while the great Creative Being we call God (of whom we, as spirits, are part) is an expression of the positive energy of the same Universal Absolute Spirit. From the work of one upon the other, all that we see about us in the Physical World has resulted. The ocean, the Earth, every thing we see manifesting as mineral, plant, animal, and human forms, all are *crystallized space*, emanated from this negative Spirit-substance, which alone existed at the dawn of Being. As surely as the hard and flinty house of the snail is the solidified juices of its soft body, so surely all *forms are crystallizations* around the negative pole of Spirit.

"God draws from the Cosmic Root-substance outside His immediate sphere; thus, the substance within the nascent cosmos becomes denser than it is in Universal space, between Solar Systems.

"When God has thus prepared the material for His habitation, He next sets it in order. Every part of the system is pervaded by His consciousness, but a different

modification of that consciousness in each part or division. The Cosmic Root-substance is set in varying rates of vibration and is therefore differently constituted in its various divisions, or regions. And so this is the manner in which the worlds came into being and are fitted to serve different purposes in the evolutionary scheme.

“Each of these worlds have a different ‘measure’ and rate of vibration. In the densest World (the Physical) the measure of vibration, though in the case of light-waves reaching a rate of hundreds of millions per second, is nevertheless infinitesimal when compared to the rapidity of the vibration in the Desire World, which is next to the Physical. To get some conception of the meaning and rapidity of vibration, perhaps the easiest way is to watch the heat vibrations rising from a very hot stove, or from a steam radiator near a window.

“It must be borne constantly in mind that these Worlds are not separated by space or distance, as is the earth from the other planets. They are states of matter, of varying density and vibration, as are the solids, liquids and gases of our Physical World. These Worlds are not instantaneously created at the beginning of a Day of Manifestation, nor do they last until the end; but as a spider spins its web thread by thread, so God differentiates one after another of the Worlds within Himself, as the necessity arises for a new condition in the scheme of evolution in which He is engaged. Thus have all the seven Worlds been gradually differentiated as they are at present.

“The highest Worlds are created first, and as involution is to slowly carry the life into denser and denser matter for the building of forms, the finer worlds gradually condense and new Worlds are differentiated within God to furnish the necessary links between Himself and the Worlds which have consolidated. In due time the point of greatest density, the nadir of materiality, is reached. From that point the life begins to ascend into higher Worlds, as evolution proceeds. That leaves the denser Worlds depopulated, one by one. When the purpose has been served for which a particular World was created, God ends its existence, which has become superfluous, by ceasing within Himself the particular activity which brought into being and sustained that World.

“The highest (finest, rarest, most ethereal) Worlds are the first created and the last eliminated, while the three densest Worlds, in which our present phase of evolution is carried on, are but comparatively evanescent phenomena incident to the spirit’s dip into matter.”

And now having learned how and for what purpose the various Worlds were created, we will again turn our attention to the virgin spirits (man) whose evolution is being carried on in these various Worlds. On page 188 of

the *Cosmo* we find the following account: “At the beginning of Manifestation God differentiates *within* (not *from*) Himself these virgin spirits as sparks from a Flame of the same nature, capable of being fanned into Flames themselves. Evolution is the fanning process which is to accomplish that end. In the virgin spirits are enfolded all the possibilities of their Divine Father, including the germ of independent Will, which makes them capable of originating new phases not latent in it. The latent *possibilities* are transformed into dynamic powers and available faculties during evolution, while the independent Will institutes new and original departures—*or* Epigenesis.

“Prior to the beginning of the pilgrimage through matter, the virgin spirit is in the World of Virgin Spirits, the next to the highest of the seven Worlds. It has Divine Consciousness, but not self-consciousness. Self-consciousness, Soul-power, and the Creative Mind, are the faculties or powers to be attained by evolution.

“When the virgin spirit is enmeshed in the World of Divine Spirit, it is blinded and rendered utterly unconscious by that matter. It is as oblivious to outside conditions as is man when in the deepest trance. This state of unconsciousness prevails during the first period.

“In the Second Period it rises to the dreamless sleep state; in the Third Period it reaches the dream stage, and in the middle of the Fourth Period, at which we have now arrived, the full waking consciousness pertaining only to the lowest one of the seven Worlds. During the remaining half of this Period, and the entire three remaining Periods, man must expand his consciousness so as to include all of the six Worlds above this Physical World.

When man passed through these Worlds in his descent, his energies were directed by higher Beings, who assisted him to turn his unconscious energy *inward* for the building of proper vehicles. At last, when he was far enough advanced and equipped with the threefold body as a necessary instrument, these higher Beings “opened his eyes” and turned his *gaze outward* upon the Chemical Region of the Physical World, that his energies might conquer it.

When he has fitted himself by his work in the Physical Region, his next step in progress will be toward an expansion in consciousness that will include the Etheric Region; then the Desire World, etc.

There are seven periods or successive rebirths of our earth, and In the Rosicrucian terminology they are designated by the following names, beginning with the first: The Saturn Period, the Sun Period, the Moon Period, the Earth Period, the Jupiter Period, the Venus Period, and the Vulcan Period.

These Periods have nothing whatever to do with the



planets which move in their orbits around the sun in company with the earth; the Periods are “simply past, present, and future embodiments of our Earth,” conditions through which it has passed, is now passing, or will pass in the future.

The three first mentioned Periods (the Saturn, Sun and Moon Periods) have been passed through. We are now in the fourth, or Earth Period. When this Earth Period of our Globe has been completed, we and it shall pass in turn through the Jupiter, Venus and Vulcan conditions before the great septenary Day of Manifestation comes to an end, when all that now is will once more be merged in the Absolute for a period of rest and assimilation of the fruits of our evolution, to re-emerge for further and higher development at the dawn of another Great Day.

“The three and one-half Periods already behind us have been spent in gaining our present vehicles and consciousness. The remaining three and one-half Periods will be devoted to perfecting these different vehicles and expanding our consciousness into something akin to omniscience.”

The journey made by the virgin spirits from unconsciousness to omniscience, unfolding their latent possibilities into kinetic energy, is a process of marvelous complexity and one which will require much thought and careful study. But before we go further into the work there are just a few points that I would like the reader to note:

First, that when God created our Solar System, His first act was to seek out an appropriate place in space. Next He permeated the Cosmic Root-substance which alone occupied and filled this space selected. Every part of this space He pervaded with His consciousness, but He used a different modification of that consciousness for each part or division, and that set the Cosmic Root-substance in varying rates of vibration, and varying rates in vibration are what constituted the various divisions or regions. The rate of vibration just as truly determines the character of a world as it does the kind of figure formed by drawing a violin bow across the edge of a glass plate on which sand has been scattered. And thus, it was through these varying rates of vibration, set in motion by different modifications of the Divine Consciousness, which produced or created the seven Worlds which constitute the region wherein our development has been, is being, and will continue to be carried on.

The second point: That man himself is pure spirit begotten by the Father alone within Himself as sparks from a Flame. He is of the same nature as the Flame (the Father) and capable of being himself fanned or evolved into a Flame. He has Divine Consciousness and enfolds all the possibilities of his divine Father, including the

germ of an independent will, which makes him capable of originating new phases, not latent within himself. His latent possibilities he will transform into dynamic powers and available faculties, during evolution. With his independent will he will institute new and original departures or, in other words, he will have the free-will to inaugurate something entirely new. This is Epigenesis, the force that provides the element of originality and gives scope to the creative ability which the evolving man is to cultivate that he may become a God—“Perfect, even as our Father which is in heaven is perfect.”

The first step toward perfecting man (the virgin spirits) was taken in the Saturn Period. Here the divine spirit was awakened and man was given the thought form of a dense body.

The next step was taken in the Sun Period. Here the life spirit was awakened and man was given the germ of a vital body.

The next step was taken in the Moon Period. Here the human spirit was awakened and man was given the germ of a desire body.

The next step was taken in the Earth Period. Here the germ of mind was given.

During the first three and one-half Periods which are behind us, the spirit came down into matter by crystallizing itself into bodies. The result was the growth of the threefold body, the focus of mind, and the attainment of self-consciousness. In the remaining three and one-half Periods man will transmute his threefold body into a three fold soul, and then amalgamate the threefold soul with the mind. Man then will have become perfect, like unto his Father which is in heaven.

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What we can do is a small thing; but we can and will aspire to great things. Thus, if a man cannot be great, he can yet be good in will; and what he, with his whole heart and mind, love, and desire, wills to be, that without doubt he most truly is.

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So long as there is work to do there will be interruptions—breaks in its progress—And it is a part of one’s character growth to bear these timely or untimely interruptions without any break in good temper or courtesy.

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Shun idleness, it is the rust that attaches itself to the most brilliant metals.—Voltaire.

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I’ll bind myself to that which, once being right, will not be less right when I shrink from it.—Kingsley.

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It is not the spurt at the start but the continued unrelenting, unshaking advance that wins the day.

# Nutrition and Health

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## The Pocketbook and the Cookbook

Eva G. Taylor

**T**HE young housekeeper of moderate, or very slender means, who has not learned to plan—or devise expedients—is often in despair over the modern cook-books, recipes, and menus. They call for so much more than she can afford in the way of materials—yet she has the young housekeeper's laudable ambition to provide the very best meals possible. She feels that her reputation as a housekeeper is at stake; she cannot afford to stint in materials—but there, in sharp contrast to her housewifely pride—is the limited income. She consults recipe after recipe—studies the columns in the "Home departments" of various periodicals, but alas—she finds to her dismay that nearly all the modern menus are compiled for those who can afford at least one servant, and who never need to use left-overs. The recipes and menus designed for those housekeepers whose minimum resources for table expenditure represent the maximum figure of her entire income for all purposes, are hardly available for her—even after much pruning. The chief thing to be sought after is good nutritious food in constant variety, at the least expense. Many older housekeepers have learned all this through experience—often-times distressingly trying. The girls who have had wise mothers, or who have had the benefit of thorough training in domestic science, are in the minority. The average girl leaves school or shop to assume a wife's duties and finds herself wholly unequipped for the responsible vocation. If the young matron be wise, she will make her home and its care her first object. She will make herself proficient in domestic science at all cost. The lesson may be a difficult one—for we are assuming that the young bread-winner to whom she looks for support, is confronted by one of the serious problems of the age—a small salary, and high expenses. Her experiences therefore will be distressing at times. She may be ashamed to confess her ignorance of simple details, and pride leads her to refuse to ask assistance of older housekeepers. Besides (and believe me this lies at the root of many other troubles) she is ashamed of her limited finances. Our modern girls are inoculated with a certain foolish

pride arising from false standards and conditions. They are ashamed to confess, even to their closest friends, that their table allowance is smaller than the complacent compilers of menus assume the minimum expenditure to be. They shudder at the bare thought of being regarded as "cheap" or stingy. The false standards of the age make them desire to be thought richer than they are. Failing to impress upon the young that there are forms of poverty more appalling than the financial one, wrong viewpoints are obtained. Being obliged to piece out a very limited income—count pennies, as it were—is not the worst type of poverty. It is a trial—also a test of fibre and ability, but it is nothing to feel the slightest humiliation over—like mental or moral—or spiritual poverty. This erroneous idea of the situation—this very attitude toward the artificial conditions which false aristocracy has created, is responsible for much misery and heartache and domestic tragedy. So the first lesson which the young matron of slender purse needs to learn is that economy is not stinginess, nor are careful habits of saving an evidence of poverty. She must reverse some of the age-standards in order to become efficient in household management, and a true helpmate to her husband. She cannot form correct ideals until she gets rid of the false ones. While she is still ashamed of her small table allowance, she will make no headway in the revision of her cook-book. She must not feel that her small economies are beneath her; that they savor in the least of cheap mediocrity. That is one of the wrong viewpoints. She must glory in her work—put the breath of the morning into it. It is the spirit that we put into things that makes all the difference between mediocrity and greatness—between the commonplace and the ethereal. We make too much of the mere physical in this age. We cannot be too careful, too cleanly, too strict in all that pertains to true hygienic living, but we must permit it to extend over all the planes of life—not limit it to the lowest.

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Apples are wholesome and easily digested; eaten on an empty stomach before breakfast they make a good laxative.

## Menu from Mt. Ecclesia

### *Breakfast 7:30 a.m.*

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Stewed Rhubarb  
Entire Wheat Muffins, Puffed Rice  
Honey  
Coffee and Milk

### *Dinner 12 Noon*

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Cream of Tomato Soup  
Lentil Roast, Stuffed Tomatoes with Turnips  
Whole Wheat Bread, Butter, and Honey  
Milk

### *Supper 5:30 p.m.*

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Tomato and Celery Salad  
Olives and Cheese, Hot Corn Bread and Honey  
Tea or Milk

## Recipes

### *Entire Wheat Muffins*

Be sure to get the entire wheat flour. If it is not possible to obtain it in your city, we would suggest buying a small old fashioned coffee mill, one that screws to the wall. Get the best fresh seed wheat and grind twice. Take two cups of the flour and moisten with milk the evening before, use just enough milk to stir with a spoon, cover and let stand until next morning, then add one heaping teaspoonful of baking powder, two tablespoonfuls of cream and salt to taste, stir well, drop into hot muffin pans, (*be sure to have the pans hot*) place them in a hot oven immediately. Bake for twenty-five minutes.

### *Cream of Tomato Soup*

Heat one pint of tomatoes and one-half pint of rich milk in separate pans, thicken both with flower to the consistency of thin gravy, cook each a few minutes, pour the thickened milk slowly into the boiled tomatoes, beating constantly, add one teaspoonful of butter and season to taste. Serve at once.

### *Lentil Roast*

Soak one and one-half cups of lentils four hours in warm water, boil until soft and allow to cool. Grind one cup of bread crumbs, one cup of English walnuts, one clove garlic, one small onion with the lentils through a vegetable grinder. Fry until well browned in oil or butter, press into a shallow baking pan and bake for one hour. Slice and serve with brown gravy or tomato sauce. This also makes good filling for sandwiches or it may be sliced cold.

### *Stuffed Tomatoes with Turnips*

Take fresh solid ripe tomatoes, hollow out the center, prepare the turnips by peeling and boiling in salt water, mash, and stuff into the hollowed tomatoes, sprinkle with

flour, place a small piece of butter on top of each tomato. After boiling the part excavated from the tomatoes with a little onion, salt and butter to flavor, pour this over the stuffed tomatoes and bake for twenty-five minutes.

### *Health Hints*

Walk with the weight of the body on the toes, throwing the body forward, shoulders back, and chest out. An excellent exercise each morning is to place the hands on the hips, raise the body so that you stand on your tip-toes, walk about the room for a few minutes in this manner, raise the window and breathe long and deep while in this position. This will expand the lungs, and throws the body into a healthy poise.

High heeled shoes should never be worn, as the constant jar to the spine causes nervous irritation, and chronic constipation often results.

Early to bed and early to rise should be our motto, the hours from 10 p. m. to 6 a. m. should be devoted to rest for the body and work in the invisible world for the spirit. Late hours and useless reading is most injurious to the health, many wonder why they cannot sleep, and why they toss for hours on the bed before they are able to find rest, they do not realize that late hours of reading and study draws the blood to the brain. Two hours of mental work in the morning is equal to four hours at night, and the body does not suffer.

Remember that while your body is resting and building the wasted tissues, you as a spirit can do a wonderful work in the higher realms; we can train ourselves so that while we are asleep in the body, we are awake in the

heaven world, and helping the suffering and needy ones. The way to train for an invisible helper is very simple, all you have to do is to be a *visible helper* in the daytime, then you will very quickly be initiated into invisible helpship and be taught how to work at night when out of the body.

An apple at night before retiring, or the first thing in the morning is an excellent cure for constipation; it also clears the complexion, and keeps the system in good order.

Our greatest glory is not in never falling, but in rising every time we fall.

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## The Rosy Cross Healing Circle

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.

December 3—10—18—24—30

January 1—7—14—21

February 3—10—17—23

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Dear Friend;

I am getting along fine at times not nervous in my side any more, not so much headache, am not so dizzy as I used to be in my head. My brother, how thankful I am to you—for life is worth living when you feel good.

It is like beginning a new life, a heaven to me.

Brother, I am more than thankful to you.

Mrs. A. Van D.

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Dear Friends:

My week is up again to-day so I send you this note. I

am glad to say I feel a good deal better. I certainly had a good treatment from the unseen helpers a week ago to-night for which I am very grateful.

Sincerely yours,

B. M.

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### AMOUNT OF SLEEP NECESSARY TO EFFICIENCY

There is a perennial crop of persons in this country who attempt to emulate the Edisons of the day in the matter of taking little sleep. Commenting on this, the *New York Medical Journal* says, editorially: "We do not know how much sleep Mr. Edison requires or takes, but we are informed that he is far from being in the most enviable state of health. We do know that most great men have needed more sleep and have taken more than has been credited to them. In one of our standard works on therapeutics the writer states that Napoleon took but four hours of sleep. Had the writer been as careful in his research in this matter as in others he would have found that Napoleon, who was blessed, it ever man was, with 'the constitution of an ox,' took between six and eight hours of sleep, and though he could go for long intervals without rest, always made up for such loss, on one occasion sleeping for thirty-six hours at a stretch.

"Benjamin Franklin, who was as thrifty of his time as he dared to be, and who was very robust, limited himself to six hours of repose but nonetheless, and if history of the robust great were looked into carefully it would be found that they had about as much sleep as the average man, and certainly few of them were foolish enough to get along with less than they craved.

"It is a greater gift to be able to sleep 'at will' and under any circumstances than to do with little sleep. More time is wasted in getting to sleep than in sleeping."

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Many men owe the grandeur of their lives to their tremendous difficulties.—Spurgeon



# Echoes from Mt. Ecclesia

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## The Vegetarian's Paradise

**T**HIS is the last day of October, the doors and windows of the Editor's den are open as usual, the sun is shining, and the hills are turning green for we have just had some early rains and the vegetation is waking up after the dry summer; soon California will be clothed in her gorgeous garment of billions of wild flowers. In the garden are hedges of Calla Lilies in full bloom, Chrysanthemums of the most beautiful varieties, not to speak of the Roses; and the Geraniums are growing in hedges three, four, and five feet high, so rank and rapid that they are almost a nuisance. In the orchard the fig trees are getting ready to yield their winter crop of luscious fruit and on the ground is a new crop of string beans, radishes, green onions, and tomatoes galore. And that reminds us, we have not planted tomatoes for several years. When the gardeners find a bad tomato they throw it on the ground, where it rots then the seed takes root and gives us our crop for the next year. Just now there are blossoms, green, and ripe fruit on the large vines, and in other places the little tomato plants are coming up and getting ready to yield fruit in the spring. Even the cattle are getting vegetables, for as we cannot eat all this abundance ourselves. We planted a crop of carrots in the valley where they have grown to immense proportions with very little care; the gardener put one on

the scales the other day and it weighed six pounds. These we are now feeding to the cattle and getting the extract in our milk and butter. Surely California with its abundance of fresh fruit and vegetables all the year round is the paradise of the vegetarian.

And it is positively amusing to watch the employees, workers, and visitors who come here, the way they act and how our food works on them. Those who have been used to a meat diet usually approach the table very gingerly, as if they feared something undefinable and mysterious in connection with these new-fangled dishes. After a meal or two they become reassured, for the food tastes good; especially the whole wheat bread and the milk and home made butter. The other dishes also seem to be harmless, but the lack of meat evidently engenders a fear, either conscious or subconscious, that they are going to starve. They therefore develop a ravenous appetite and a number have gained thirty pounds in two months before they began to realize that they were getting the most nutritious diet in the world and that a person in ordinary health should eat sparingly thereof. But for a person in delicate health, this is, of course, the right road to health and it does our hearts good to see how all who come here in a run-down condition pick up in vitality, health, and strength.

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## The Subscription Wagon

Editor, Rays from the Rose Cross:

In the October magazine I read with much interest your comments on the paper situation and the trouble you are having, etc., and being in the newspaper business myself perhaps I can appreciate better than most people just what you are up against.

I do not like to see this magazine decrease in size, but would rather see it printed on an inferior quality of paper, news print if necessary; however, that is not the point. The point is to get the amount of subscribers to take care of the quality of paper you are using now. You say that if you had two thousand subscribers you could get along very nicely. This is my suggestion on how to get them—state exactly how many subscribers you need

to make this necessary amount and set, say January first as the date when they should all be in, and ask every reader to pledge himself to secure one or more subscribers in addition to renewing their own. On some such stunt as this I will pledge ten new subscribers by January 1, 1917 myself.

I am sure that there is not a man or woman, who ever read this magazine that would not like to see their friends read it, and who could interest a sufficient number of their friends to make up the necessary amount of readers. It is just a question of impressing everybody with the necessity of quick, concerted action.

Very sincerely,

E. J. Miller

This is a good suggestion and we hope it will work, for we have just learned that there has been a drop in our subscription list and we have now only 1049 paid private subscribers and 135 libraries have been paid for by friends, making a total of 1184 subscribers. 211 libraries are still on our free list. It is surely an uphill task to place a magazine of this nature before the world, and were it not for the substantial support of our friends for which we are very grateful, it would be an impossibility. But we are going to succeed, too many are putting their shoulders to the wheel to admit any obstacles to stop us. Readers have noticed, of course, that we cut out only standing articles which have no value for the yearly subscriber however important they are for the stranger, so there is still practically the same amount of space in the magazine as formerly.

But if we succeed in getting our two thousand subscribers by January 1, 1917 and add 16 more pages of articles of the same quality as we are printing at present it will surely be a satisfying magazine, satisfying to the writers, workers, and subscribers. So let everybody put

their shoulder to the subscription-wagon and run it right up hill No. 2000.

This is a specially good time to do something more constructive than "killing two birds with one stone." We have printed some nice cards giving seasonal greetings and announcing that the sender has ordered *Rays from the Rose Cross* sent to the friend whose name is written on the card. Every subscriber is interested in some friend and would like to have him or her know the comfort and beauty of our teachings. This is the "season of gift giving" and it is often a problem what to give. If you send in a subscription for a friend it will give you, him, and us pleasure, you will help the good work along toward the goal of a larger magazine, and you will have solved the problem of finding an appropriate gift. Maybe this will wholly change the channel of your friend's life. We know of cases where bread cast upon the water in that manner has had just that result. So let everybody send in a subscription, and we will mail the Card and the magazine so that it will reach the friend at Thanksgiving or Christmas as desired.

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## Library Propaganda Work

MOTTO: "A Cosmo in every Public Library."

Last month 12 "Cosmos" were placed in Public Libraries, and Pasadena, Calif., received a second volume as the students there found that one was inadequate to meet the demand. The other eleven were distributed as follows: Public Libraries of Long Beach, Eureka, and National City, California; Geo. Smith Public Library, Junction City, Kansas; Public Library, Providence, R. I.; Public Library, Duluth, Minn.; Carnegie Library, Nashville, Tenn.; State University of Ann Arbor, Mich.; Public and Masonic Library, Manchester, New Hamp-

shire Carnegie Library, Atlanta, Ga.; Piale's Library, Rome, Italy, received a "Cosmo," Rx. Philosophy in Questions and Answers, and Rx. Mysteries.

This is good for a beginning, and if the good work is kept up at that rate we shall soon accomplish our purpose. Our offer of giving a "Cosmo" free with every five subscriptions to the magazine is still open and an easy way to get the "Cosmo" into the library of your city is to either secure five new subscribers or else make five friends a Christmas present of the magazine.

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## THE GODS REMEMBER

Florence Earle Coates

The Gods remember always. We forget,  
But they forget not; every debt,  
Howe'er we falter and evade,  
Maturing, must be paid.

They pity us, the Gods, but naught forgive,  
Lest we, who slowly learn to live—  
Children scarce wiser in our age than youth—  
Should come to doubt their truth!

Loving the brave who strive and will not yield  
Tho hurt and fallen on the field,  
They teach us not from death to fly,  
Lest we, indeed, should die!

For 'tis their will the soul shall rise  
Above its earthly agonies:  
Triumphant rise, as from the pyre  
A phoenix, winged by fire!

## FORWARD SPEED

Continued from page 46

some measure a parasite, and closing his ears to the Divine Voice.

To you, in this hour, most sacred by reason of what it contains for you, comes the Divine Voice, speaking through these pages, speaking from within yourself also, one and the same.

Forward Speed! Arise and scatter to the winds your selfish prudence, your self-pity, your self-esteem, and your fading earthly attachments; for you have arrived at the entrance to the Narrow Path. The inner spiritual life begins where the outer sense-life ceases. Arise, therefore, take up your Cross and follow me.

Heed this, 'tis the pass-word of the future Dispensation:

The good and true opens its bosom to the thrust of opposing forces everywhere, and their opposition is disarmed and lost in the love it sheds upon them.

## VEGETABLE MEDICINES

Many foods are medicinal as well as nutritious. Household remedies a couple of generations ago included onions for colds and rheumatism, cabbage for skin troubles, spinach as a laxative, tomatoes and carrots to stimulate the liver.

The medicinal properties of onions depend probably upon a powerful sulphur oil called allyl sulphide. They produce sleep, promote digestion, are a remedy for coughs and colds and are said to allay the pains of rheumatism.

Turnips and parsnips contain an oily principle that accounts for their traditional value as an aperient and diuretic, while their juices are an old country remedy for coughs and hoarseness. Potatoes also contain a drug called sotanin, which has diuretic properties.

Cabbages are rich in sulphur; therefore, they are good for persons with scurvy and scrofula. Spinach is eaten as a laxative and blood medicine. The former quality is due to its easily digested fibers; the latter to the large amount of iron contained in its juice.

The tomato has been called vegetable mercury because of the presence in it of a principle which stimulates the liver and produces salivation when taken in concentrated form. Carrots have a similar action for a similar reason, due to a drug called carotene, which they contain.

So live with men as if God saw you; so speak with God as it men heard you.—Seneca.

It is more men that the world wants, not more systems. It is character that our modern life waits for to redeem and transform it; and conduct as the fruitage of character.

The blessed work of helping the world forward happily does not wait to be done by perfect man.—Eliot.

## CHRISTIAN MYSTICISM BY CORRESPONDENCE

A course of monthly letters and lessons are issued by the Rosicrucian Fellowship to aid those who wish to probe more deeply the Mystery of Life and Being. Upon request the General Secretary may admit students to the preliminary degree, but advancement in the deeper degrees depends upon merit.

## ASTROLOGY BY CORRESPONDENCE

To us, Astrology is a phase of Religion, and we teach it to others on conditions that they will not prostitute it for gain, but use it to help and heal suffering humanity.

*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 of the Rosicrucian Fellowship. When this blank is returned properly filled, he may admit the applicant to instruction in either or both correspondence courses.

*The Cost of the Courses*

There are no fixed fees; no esoteric instruction is ever put in the balance against coin. At the same time it cannot be given "free," "for nothing," for those who work to promulgate it must have the necessities of life. Type, paper, machinery, and postage also cost money, and unless you pay your part, someone else must pay for you.

THE ROSICRUCIAN COSMO CONCEPTION  
GIVEN AWAY!

We are very desirous to carry the Rosicrucian Teachings into new fields, and have therefore decided that we will give one copy of the *Rosicrucian Cosmo-Conception* to anyone who sends in five dollars (\$5) for five yearly subscriptions, or ten half-yearly subscriptions to this magazine. Provided, however, that **the said subscribers must be new**, not now on our list as correspondents or subscribers.

If you cannot get them all at once, send one at a time, and when the number is complete we will send this valuable book.