

also prone to be fond of drink. These undesirable tendencies are unfortunately much enhanced this year, because Mars, the planet of dynamic energy, is square to Jupiter, the planet of self-indulgence, and in opposition to the Sun, which is in the Twelfth House sign Pisces, denoting sorrow, trouble and self-undoing. If these tendencies are allowed to work themselves out, they will of course ruin the life and besides bring in a train of disease.

Saturn, the planet of obstruction, in Leo, the sign which rules the heart, and conjoined with Neptune, is in mundane opposition to Uranus, the planet of spasmodic motion. This shows a tendency to heart trouble. Mars in Virgo, the sign which rules the abdomen, square to Jupiter, governing the circulation, and in opposition to the Sun in Pisces, which governs the feet, shows that the poor heart action will likely result in dropsy of the lower limbs and abdomen. Under such conditions life is not worth very much. On the other hand, if the parents of one of these children undertakes by example to teach it the simple life, frugality, and control of the appetite during the years when habits are formed, besides guarding it against strenuous exercise which even the children of Pisces will not shun in childhood when the abundance of life force impels them. Then in later life

these lessons will not be without their fruit and chances are that while children of Pisces born under this year's influence and without the care may fulfill and justify all our remarks as made above, the child which by the help of the parents has learned from childhood to rule its stars will be healthy and hearty, respected because of good habits, and in full enjoyment of life.

Mars, the planet of recklessness, square to Jupiter, the planet of gambling and sport, and in opposition to the Sun, shows that this year's children of Pisces will have a leaning towards gambling, speculation, and reckless plunging in money matters, which will make their path in life hard if it is allowed to work itself out. But forewarned is forearmed and also in this respect the parents of these children can do much by precept and example to inculcate caution and dislike of speculation. In short, these children need a very careful bringing up to save them from evil tendencies and bring out the good. But that is just what such souls come to parents for, and their necessity the Mercurial sign Virgo, and square to Mercury in the other Mercurial sign Gemini. This will give him a keen mind, shrewd and sharp, with the ability to see a point is the parents opportunity to of character to fight his battles in life. Mars is in make a great and wonderful soul-growth.

## Your Child's Horoscope

If the readings given in this department were to be paid for they would be very expensive. for besides typewriting, typesetting, plating of the figure, etc., the calculation and reading of each horoscope requires at least one half day of the editor's time. **Please note that we do not promise anyone a reading to get them to subscribe.** We give these readings to help parents in training their children, to help young people find their place in the world, and to help students of the stellar science with practical lessons. If your child's horoscope appears, be thankful for your luck. If it does not, you have no cause for anger at us.

### 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 son of Robert G., born July 3, 1916, at 3:20 p. m., Rushford, Minn.

As there was no name sent with this data, we shall have to call this little youngster Robert after his father, and we notice in the first place that there are four fixed signs on the angles, the Martial sign Scorpio is rising and Mars, the planet of dynamic energy, is in the Tenth House near the Midheaven. These indications all go to show

that Robert is no weakling but has plenty of force very quickly, and the ability to do a great deal of mental work. But, unfortunately, this aspect also carries with it a trend to argumentativeness, sarcasm, and quick temper. Under such conditions Robert is apt to act very rashly, and naturally trouble threatens at such times. Therefore it should be your particular care to teach him to curb his temper during childhood when the nature is most plastic. Always

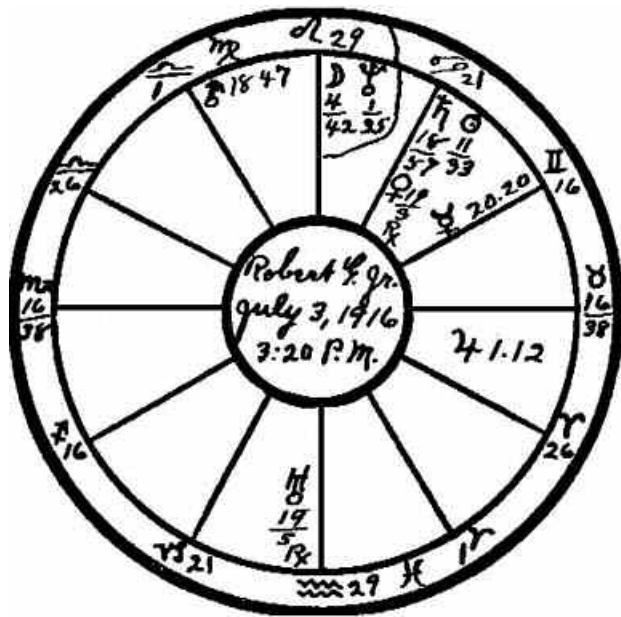
show him both by precept and example the necessity of keeping a cool head, for if you can break him of this fault, you will save him a great deal of trouble in life. In all probability he will rise to a position of some prominence on account of the sextile of Mars and Saturn, which will add considerably to his mentality and make him very capable and executive, though somewhat more overbearing and reckless.

These aspects are very good for success in law, contracting and engineering, for such people never know the meaning of defeat. They override all obstacles and eventually achieve their objects. There is also another side to Robert's character which may tone down the impulsive tendency somewhat; the Moon and Neptune, both imaginative and mediumistic, are conjoined in the Ninth House of dreams. This will make him inspirational and dreamy, even visionary, but we doubt whether

Aquarius, trine to Mercury, the planet of reason, in Gemini, its own sign. This shows that he is going to be original, inventive, and intuitive; so, as said, he is amply able to take care of himself in the battle of life and fight his way to success.

With respect to health, we find unfortunately that the life-giving Sun is in the Eighth House and unaspected. The Moon and Neptune in the sign Leo, which rules the heart, also shows that the heart is a weak point which it will be well to look after in childhood; that is to say, you should watch that he does not take part in sports of a strenuous nature, which may unduly strain the heart during the growing years. Saturn in Cancer, the sign which rules the stomach, and conjoined with Venus, the planet of pleasure, shows that he is apt to be too fond of the pleasures of the table, overeat, and suffer from digestive trouble in consequence.

There also a wise precaution during the earlier years, teaching him habits of frugality, will have a beneficial effect. But withal Robert is not going to be a weakling by any means, for Mars, the planet of dynamic energy, sextile to Saturn, the planet of perseverance, persistence, and endurance, will cause him to keep a stiff upper lip and he will not allow himself to be easily downed by any ailments from which he may suffer. Hence if you put him on the right track during the earliest years of childhood he is quite certain to keep in tolerably good health during life.



it will be allowed expression in a nature so energetic and practical as his. These planets are square to Jupiter in the Sixth House, showing a liability to suffer from the dishonesty of others; but that is amply offset by the square of Mars and Mercury as already mentioned, for that will make him sufficiently sharp and shrewd to protect himself.

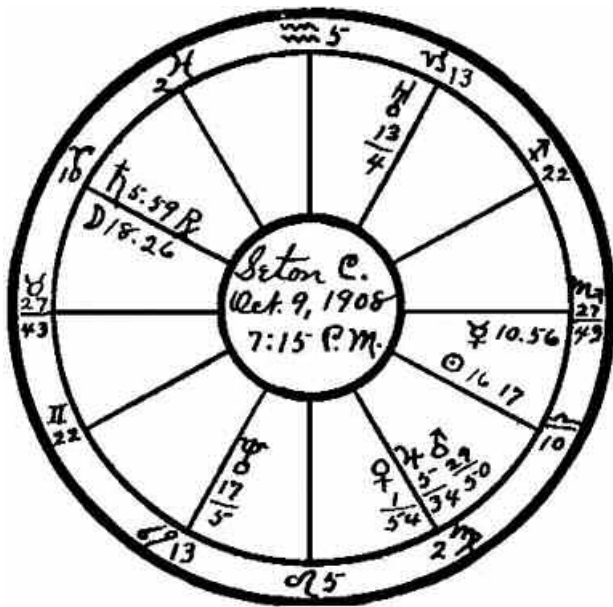
Robert is not going to be a mere imitator either, for we find Uranus, the planet of invention and originality, in the intellectual and inventive sign

Seton C., born October 9, 1908, at 7 :15 p. m., New York City.

At the first glance this is what people usually call an unfortunate horoscope because there are a number of squares and oppositions; the Moon is in opposition to the Sun, Uranus in opposition to Neptune, and these four form a perfect cross, squaring each other. Saturn and Mars are also in opposition. But as we have repeatedly said, it is the squares and oppositions which bring action into life, and action always results in soul-growth. Therefore, from the higher point of view, after the passing trouble is over, the ego reaps a richer soul-growth from such a horoscope than from one that has only the good aspects and where the person is

so good that he is good-for-nothing. There are four fixed signs on the angle, and that helps to give stability to the character. Also the sextile of Mercury and Uranus and the conjunction of Venus and Jupiter have a tendency to bring light into the life, and give the measure of joy to alternate with the season of sorrow.

In the first place, we notice that the Sun and Moon are in opposition from the Sixth and Twelfth Houses. This indicates a low vitality, and Saturn, the planet of obstruction, in opposition to Mars, further bears out this testimony. Therefore we may judge that Seton has a basically lethargic and inert nature with an aversion to rouse himself to any effort that is not absolutely necessary. There you will probably have to bear with him, for his vitality is really low and it is justifiable for him to conserve it. Physical work will never be his *forte*, but he is quite likely to shine mentally, as we shall



presently see.

There is another effect from this opposition of the Sun and Moon however, where you can work with him and help him. The tendency is to make him irresolute and changeable; that is a bad type of character, and you should teach him that when he has once formed a decision he ought to stay by it and not vacillate from one idea to another, otherwise, the mind may become quite chaotic on account of the squares of Uranus and Neptune to both the Sun and Moon. Furthermore, do not ever

allow him to go into any place where there are spiritualistic seances, because he would be a very easy prey for spirit controls, and that might ruin his life entirely. Do everything you possibly can to strengthen his will and make him as positive as it is in his nature to be, for he will need all the stamina to remain firm amid the conflicting currents of his life.

There is another fault latent in him, shown by Mercury, the planet of expression, in Scorpio the martial sign. This always gives a sting to the tongue, which he really does not mean to put there, for Venus, the planet of love, in conjunction with Jupiter, the planet of benevolence, will make him very kind, sympathetic, and generous; but even without this intention Mercury in Scorpio is apt to run away with his tongue and make him say unkind things at times which will wound those to whom they are addressed and for which he will afterwards be sorry. Therefore it would be well to teach him to curb his tongue and exercise self-control during the earliest years; then when the habit has been formed, it will not show itself in later years. Mercury, the planet of reason, sextile to Uranus, the planet of originality, invention, and intuition, in the Ninth House, which governs mind, shows that he has a keen, intuitive, original, mentality, and that he will probably make a success in law, science, or literature. Venus, the planet of love, in conjunction with the benefic Jupiter in the Fifth House, governing courtships, presages a happy and prosperous marriage, with comfortable circumstances.

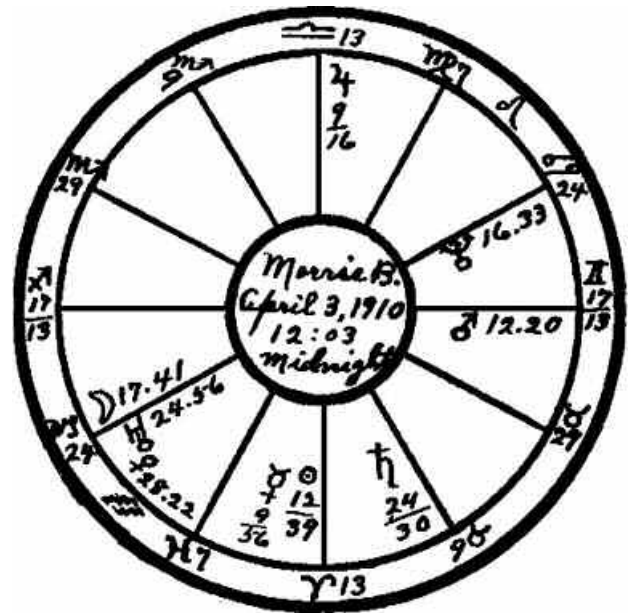
To speak specifically with respect to health, so that you may have the opportunity of helping him to strengthen his constitution, we may say that the weak points are the head, heart, stomach, and kidneys, shown by the before-mentioned square aspects between the Sun and Moon, Uranus and Neptune; also the opposition of Saturn to Mars. Saturn, the planet of obstruction, together with the Moon in Aries, which governs the head, indicate particularly an obstruction of the pneumogastric nerve, which will affect the other organs mentioned, and at the same time his position there will bring headaches of a severe nature, also colds in the head. Neptune in Cancer, the sign ruling the

stomach, and afflicted further by the square of the Sun and Moon and the opposition of Uranus, shows that this is one of the great points that need attention, A light simple diet and gentle exercise, even when he does it most unwillingly and has to be forced, will do much to strengthen the constitution and minimize the dangers of these indications. Mars, being 29.50 of Virgo, is to all intents and purposes in Libra, the sign governing the kidneys, together with the Sun; this is apt to make the secretion of urine too plentiful except at times when aspects to the opposing planet Saturn may interfere, and stop it altogether. However, a diet such as we have mentioned, with as much green vegetables and fruit as you can give him will probably give the system the right tone and minimize the effect of his unfavorable configurations.

Morris B., born April 3, 1910, at three minutes after midnight, Butte, Mont.

At the time of Morris' birth we find Mars, the planet of dynamic energy, placed in the Mercurial sign Gemini, and Mercury, the planet of reason and expression, is placed in the Martial sign Aries. Thus, they are in mutual reception and stronger connected than in any other way. Mars is also trine to Jupiter, the planet of benevolence, which is ruler of the Ascendant and placed in the Midheaven, the highest position in the horoscope. This will give Morris a very ambitious, enthusiastic nature. It will make him enterprising and energetic, give him an excellent talent for business and practical mechanical ability, a keen, shrewd, sharp mind, with an answer or argument always ready at the tip of his tongue. When Mars alone is configured with Mercury and no other influence operates upon the mind there is a tendency to impulse, but in Morris' case Saturn, the planet of obstruction, is trine to Uranus, the planet of intuition, invention, and originality. As we have often stated, the influence of Saturn upon the mental qualities is favorable to concentration, for he, so to say, curbs the flighty mind, and when he is well aspected he also gives forethought, tact, and diplomacy. Therefore we may judge that Morris will have a strong, deep mind, a serious and determined nature, given to forethought, with the ability to

originate, organize, and systematize, qualities which all are great factors in making for success in life. This is the good side of him; but there is of course also the other, where he will need the help and co-operation of the parents to overcome. In the first place, we see that Saturn, the planet of obstruction, is placed in the Fourth House, which indicates the home, and square to Venus, the planet of love and pleasure. This shows that the parents are likely to be too strict with him, put a damper on his enthusiasm, and deny him the freedom of expression which is necessary for the development of his nature. That is wrong, and if you want your child to grow up and make the best possible success in life, you must cease saying "don't do everything he does. He is bound to make mistakes



at times and get into scrapes, but it will be better for him and you both if he can come to you in confidence that he will get the proper sympathy and advice. If you do not give it to him, you will force him to go somewhere else and estrange him from yourselves. He needs encouragement, for the aspect which we spoke of (Saturn trine Uranus), as giving him determination and forethought, is offset in a measure by the square between the Sun and the Moon, which has a tendency to make him vacillating and irresolute. If he is discouraged at home and wet-blanketed, this may gain the upper hand and ruin his chances in life to a great extent. It is true that there is a tendency to be egotistical,

bombastic and overbearing, also a certain false pride as shown by Mercury and the Sun in opposition to Jupiter his ruler, but that is only the effervescence of spirit in the growing boy; he can be shown that such an attitude of mind is wrong, and if this is done in a kindly manner, we have no doubts that in time he will overcome.

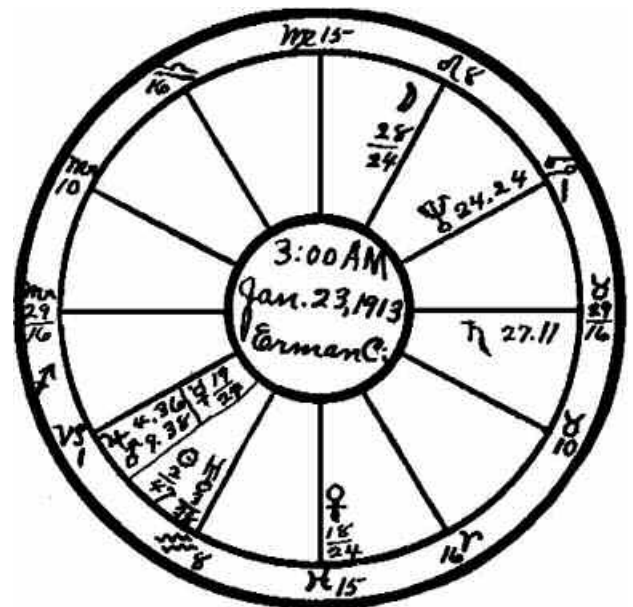
With respect to health, we find that Saturn is in Taurus, the sign which governs the throat, and Mars is in Gemini, the sign which rules the lungs, the Sun squaring the Moon lowers the vitality. Under such conditions he will be most liable to cold in the throat and bronchial tubes. We also find Neptune in the sign Cancer, which rules the stomach, and in opposition to the Moon. This shows a tendency to strong drink and food that will not digest and *that* probably will be the root of the colds to which we have referred. Under such conditions there is also bound to be trouble with the elimination, Scorpio, which rules the rectum, being opposite to Taurus where Saturn is placed. So at the bottom of any trouble which occurs, you may look for a wrong selection of food, consequent poor digestion, and faulty elimination. If you take care of his food in the first place and teach him the simple life in childhood, he will certainly have less trouble later on and probably none at all, provided he can be induced to continue so to live.

Erman C., born January 23, 1913, at 3 a. m., Ogden, Iowa.

This is a strange and one-pointed horoscope: five of the planets are in the Second House, which rules finance in the *earthy* sign Capricorn; Saturn is in the *earthy* sign Taurus; and Virgo, the third of the *earthy* triplicity, holds the Midheaven. With the good configurations which are in this figure, that indicates a very successful material career, but we doubt if Erman will ever in this life listen to or take interest in anything that has to do with the higher life, though in his way he will grow and develop by the faithful discharge of the responsibilities which will be placed upon his shoulders.

Mars, the planet of dynamic energy, is ruler of the figure, as Scorpio is on the Ascendant. He is placed in the Second House in conjunction with

Jupiter, the planet of benevolence and opulence, showing that Erman has an open generous and liberal nature, full of energy, enterprise, and ambition, that he will be very philanthropic and public-spirited, a leader in whatever he undertakes. For this also gives him the ability to manage and direct others in a kindly manner, which will secure their respect and loyalty. Saturn, the planet of justice, system, order, method and forethought, tact and diplomacy, indicates a deep, sober, thoughtful mind, capable of shouldering much responsibility and occupying important positions of trust, with honor to himself and satisfaction to those who



place him there. It shows also that he has a careful, conservative, upright, and honorable business nature, by which he will win the respect and esteem of the community, and incidentally, the placement of all these planets—Jupiter, Mars, the Sun, Mercury and Uranus—in the Second House governing finances and well aspected, indicates that he will amass considerable wealth, though he will be free, liberal, and generous in his philanthropic and humanitarian work. Political honors are also indicated, but at such times the one bad aspect is the figure: Mercury, the planet of expression, in opposition to Neptune, its higher octave, will bring slander and calumny, which however cannot really affect such a nature as Erman's.

With respect to health, the Sun conjoined with  
(Continued on page 193)

# Studies in The Rosicrucian Cosmo Conception

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## Christ and His Mission

Kittie Skidmore Cowen

**F**ROM previous study we have learned that mankind at the beginning of manifestation was a virgin spirit. That God differentiated these virgin spirits *within Himself* as sparks are emitted by a fire. That these spiritual intelligences were *potential* flames or fires, but that they were not yet fires, for although they were endowed with the all-consciousness of God they lacked self-consciousness. And while they were *potentially* omnipotent as God, they did not possess dynamic power available for use at any moment according to their will.

The object of man's dip into matter was, therefore, to develop self-consciousness, to evolve dynamic power and make it available for use according to their will, to evolve soul-power, and a creative mind.

The object of evolution is the development of man from a static to a dynamic God. The method used to accomplish this transformation is three-fold; namely, involution, evolution and epigenesis. Through the process of involution, the spirit attained self-consciousness and built the vehicles through which it manifests. By evolution the spirit will develop its self-consciousness into divine omniscience. Epigenesis is the spirit's means of devising something entirely new and not simply a choice between two courses of action.

During the period of involution up to the time man gained self-consciousness, *absolutely nothing was left to chance*. From the very beginning of mankind's pilgrimage into matter he was guid-

ed and assisted in his work in evolution by great Beings who were much further evolved than himself. During all this time mankind in the making was evolving definite form. Therefore, Jehovah, the builder of form, was the great Leader who had charge of this particular part of the work of Creation. Carefully He guided and directed His children, first under the direction of visible Leaders whom they were able to see and contact, and next, He taught them to revere the commands of a God whom they did not see. Through fear they worshiped this God whom they began to sense, sacrificing to propitiate Him. Next, they learned to look to God as the *Giver* of all things, and hoped to receive from Him material benefits *here and now*. They sacrificed through avarice, expecting that the Lord would repay an hundred fold, or to escape swift punishment by plague, war, etc.

For further illumination relative to man-kind and the conditions which surrounded him at this time, and the results engendered by these conditions, let us turn to the Rosicrucian Christianity series of lectures, number sixteen. Here we read: "In the early third of Atlantis there was a brotherhood. Separation into nations had not begun. Mankind was a universal brotherhood, and when performing the rite of baptism, which makes us a member of a holy brotherhood, such as the church should be, a community that should be the nucleus for great universal brotherhood, that rite of consecration by water is in remembrance of that time

when man was truly innocent and truly lovable, had no evil in him—the time when he lived in the dense watery atmosphere of Atlantis. In the middle third of Atlantis all that is changed. He begins to separate into communities, for the watery atmosphere is clearing somewhat and he is beginning to breathe by the means of lungs. The human Ego was very weak, and had to get help from some one else, Therefore Jehovah, the highest Initiate of the Moon period, the ruler over the angels and archangels that work with men, breathes into man's nostrils, gives him lungs, and gives him the race spirit in the air that is to curb the hardening tendencies of the desire body and help him to get it under control. The desire body has control of the voluntary muscles; every movement we make is caused by desire, and every exertion breaks down tissue, and hardens more and more every particle of our tissue. Therefore Jehovah aimed to help mankind out of their dense condition by means of law. The race religions are all based upon law. 'I am a jealous God, and if you fulfill my commandments I will bless you abundantly and make your seed as multitudinous as the sands on the seashore,' says the Race God, 'but if you do not obey, I will send your enemies upon you and they will gain the victory over you.' Jehovah is the ruler of all the races and all the race religions. He gave to each of these races an archangel to be their ruler, to be their special Prince. In Daniel 22:1 it is said that Michael is Prince over the Jews, and in the tenth chapter another Race Spirit says: 'I am going to fight against the Prince of Persia, and the Prince of Grecia shall go up.'

"Thus these Race Spirits worked with man punishing him by means of other people, and giving him rewards or punishments for his good or bad deeds. The fear of God and the desire for material reward was pitted against the desires of the flesh, and therefore these race religions under Jehovah are such as to build up the national spirit. They subjected, or rather they neglected the individual for the sake of the nation. The interests of the individual are always made subservient to the interests of the nation. The Jew never thought of himself as Solomon Levi. First and foremost he thought of

himself as being of the seed of Abraham. What he wanted most to emphasize was that he was a Jew. If he thought of his status any further than that, he would identify himself with his tribe, but last and least only would he think of himself as an individual.

"The Race Spirit took especial care of certain sets of people, for example the Levites among the Jews, who were destined specially for the priesthood and they were herded around the temples and specially bred to produce a more lax connection between the vital and the dense body. These special proteges were to be the forerunners and teachers of their brethren. Their system of mating and regulation of the sex-life of these people was necessary in order that Initiation might take place and help man to advance. As long as the Race Spirit works with us, we are under the law, we are only overcoming the influence of the desire body. Therefore, Paul says well that the law was until Christ. Not until Christ came two thousand years ago, but '*until Christ be formed in you,*' when we release ourselves from the toils of the desire body and live up to the vibrations of the vital body, we become imbued by the Christ spirit. Then and only then do we rise out of the national, the separating principle. Then do we become capable of being brothers to men.

"Now we see why Christ said so emphatically, 'Before Abraham was, I am.' The Ego was before the nation and must be exalted over the nation. To that end Christ came, because as long as there were nations, there could not be brotherhood. If we had a number of houses, and they are built of bricks, they are unavailable for building one building until torn down. When all the bricks have been separated we may begin building. When all nations have been chopped into individuals we may begin to build the grand Universal Brotherhood of all.

"That is why the race religions failed, they separate men into antagonistic groups. So the race religions must be abrogated. We cannot do away with nations except we separate the individual. Therefore, we have wars; therefore we have had revolutions where men have rebelled against kings and rulers, and have instituted republics. But they are not enough. We want to be free individually.

We want to be every man a law unto himself—and this is where a great, great danger lies. We cannot be laws unto ourselves—*we cannot be free, until we have learned to respect everybody else's rights.*"

Under the regime of Jehovah, mankind grew by obedience to the law. But the mind having allied itself with the desire body, instead of the higher nature, became enslaved by the desires, and all manner of vile influences began to grow and flourish. On page 407 of the *Cosmo*, we read the following relative to the conditions prevailing at this time. "Under the law all sinned—nay more—they could not help it. They had not evolved to where they could do right for Love's sake. The desire nature was so strong that it was an impossibility for them to rule it altogether; therefore their debts, engendered under the law of Consequence, piled up to monstrous proportions. Evolution would have been terribly delayed and many lost to our life wave altogether if some help had not been given."

And again, in Lecture series number fifteen we read: "If someone had stood for thousands of years, upon a distant planet and looked clairvoy-

antly at our little Earth, he would have seen a gradual change from bad to worse in its Desire World and World of Thought. It was getting more and more filled up with the murky and bad vibrations because man, in the days of his earliest childhood, was not able to control his impulses. He was controlled mostly by the mind and the desire body, and therefore after death he had to stay in Purgatory almost all of the time between incarnations. There was almost no progress. The second heaven life, where he learned to do creative work, was almost barren.

"The Desire World of the Earth must be cleansed to give man a new start. That was Christ's mission."

And now the question naturally arises, "Why was it Christ's mission?" Among all the vast millions of created beings then in existence was the Christ alone the only one who could or would perform this most marvelous deed of self-sacrifice? The answer most emphatically is, Yes. "*There is no other name whereby we must be saved, but by the name of Christ Jesus*; that is the only authoritative Christian creed."

(To be continued)

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### YOUR CHILD'S HOROSCOPE

(Continued from page 190)

Uranus in the sign Aquarius will work in the opposite sign Leo, which governs the heart, and this gives a tendency to palpitation. But as Saturn, the planet of obstruction, is trine, we do not think that this will ever become serious. On the other hand, Mercury, the ruler of the nervous system, in opposition to Neptune, the planet of chaos, in Cancer, the sign which governs the stomach, shows that there is a tendency to indigestion, and the only preventative for this is the simple life, which we trust you will teach Erman both by precept and example during his childhood years, so when he grows up he may not feel impelled to indulge his appetite unduly. The Sun and Uranus in opposition to the Ascelli, a nebulous spot in Leo 6, also indicate a slight tendency to weakness of the eyes. Therefore it would be best for you to watch him

from the earliest years, so that if at any time you see him squint or strain you may have his eyes looked after by a competent oculist and save him complications in later years.

The only other aspect which we have not mentioned is the sextile of Venus, the planet of love, placed in the Fourth House, indicating the home, and Mercury, the planet of reason and expression. This also is a good aspect for material gain in life, but in addition, it makes the nature optimistic, witty, humorous, and genial. Venus is the lady of the Seventh Home cusp, and Mercury, the Lord of the sign Gemini intercepted in the Seventh House, which governs marriage. This therefore shows also a happy, fortunate, and prosperous marriage. Indeed Erman has been born under lucky stars, and we trust he will realize all the good foreshown in his horoscope.



## God

Some only see God in the Bible,  
Writ by inspired men  
Whose hands made it the record  
As Omnipotence guided the pen.

I have heard God speak on the seashore  
In the wave as it crashed on the sand  
And my weak heart has answered in tremors  
Kneeling low at the awful command.

Far up on the mountain I've clambered  
O'er the rocks to the height sublime,  
And there has my soul in the silence  
Conversed with the Author of Time.

I have felt there the press of His finger  
Touching the strings of my soul,  
Till the senses were lost in the music  
And became a part of the whole.

I have seen His smile in the moonbeam,  
In the calm of the peaceful lake;  
I have seen His frown in the tempest,  
In the roar, in the crash, in the shake.

I have seen the reflex of His visage  
(No one sees His face and records)  
In the vivid bolt of the lightning  
As it wrote on the clouds mystic words.

I oft see His hand in the sunset  
Blending the colors divine—  
'Tis beyond mortal power to describe them  
How useless for tongue then like mine!

I feel His presence o'er me  
As I stand in the midnight hour  
And note the planets above me,  
The gems of His crown of power!

I breathe His breath in the red rose—  
Inhale God in the perfume!  
And mark His finger of beauty  
In her delicate, lovely bloom.

I kiss her cheek so exquisite  
So deliciously cool and sweet;  
I feel a thrill in the contact,  
It must be the great God I greet!

I see in the works of His creatures—  
In the fruit of man's toil and thought—  
A wisdom, a knowledge, transcendent  
Which only God's mind could have wrought.

The dream of the painter and sculptor  
Who create from their brain Beauty's sheen;  
The song of the poet who loves her  
Though she be seen or unseen—

The touch of the lordly musician  
Blending his soul in the keys  
Till the organ cries out and echoes  
Heavenly harmonies—

All show the Master mind working  
Its pleasure the creature upon;  
In Nature and Art I can see that  
God and all Beauty are one!

In Niagara's thundering torrent—  
In the lark's glad uplifting song—  
In the heavenly smile of all infant—  
In the battle of Right over Wrong—

Is God revealed to his creatures!  
No need for prophet or seer  
To prove Divinity near us—  
All his works cry out "He is here."

—Samuel Watson Wheeler

### INVISIBLE HELPERS

(Continued from page 176)

our friends, family—"mine own particular friend, in whom I trusted." Those of our own household often give the sense of aloneness we suffer.

Yes, all this He knew. I wonder if the young aspirants study the Bible enough? It has a word for every mood, for every need. It is complete, the full spiritual journey with all its vicissitudes are there, set forth in the lives of many of the faithful who

learned by what they suffered. There is nothing new in any of our experiences. Souls have always gone the same road we are going, and each soul must go every step on his own feet. No one can do more than cheer us along. No one can learn for us. Step by step, day by day, we journey to the goal—to Godliness. And we who have glimpsed the glory, started on "The Path," may give thanks for the bare capacity to love righteousness. Think, only

(Continued to page 196)

# Nutrition and Health

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## Dietetic Aphorisms

J. Casey

The diet problem is largely an individual problem requiring your own solution.

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Change your diet gradually and change your mind at the same time.

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A raw food diet is an ideal diet; do not try to reach the goal too quickly.

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Some foods are like fire and powder; harmless separately but dangerous together.

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Food scientists differ as to what foods combine harmoniously. If you are in doubt eat but two or three varieties at a meal.

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Condiments have no food value. You will like the taste of food if you use less salt and stop using condiments.

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It's hard to overeat if you eat food, but easy if you eat condiments.

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Nature has a telegraphic system in the stomach which notifies you when it has enough food. Condiments short-circuit that system and render it useless.

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If you live to eat, you will eat condiments; if you eat to live, you will eat food.

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Eat sparingly when not feeling well. Miss a meal occasionally and learn what it is to feel hungry; your stomach will enjoy the rest.

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Feed a cold and starve a fever. A fever is a fire; shut off its supply of fuel and it dies out.

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A boil may be worth twenty-five dollars. But if

you abstain from that much food you will have the twenty-five dollars and not the boil.

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Incorrect eating is not the cause of all diseases, but correct eating will cure many and relieve all.

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If you do not sleep well see if you cannot find a cause in the evening meal.

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If you overeat you require more sleep and are tired and stupid upon awakening.

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One who does mental work should eat as though he did no work at all.

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If you have a sore throat miss a few meals and avoid tonsillitis or quinsy. Fasting for a day will usually cure a severe cold; that is easier than having la grippe and burning it up.

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The best time to cure most diseases is before they get you. You can always see them coming. Knowing how to live is better than knowing the technical name of your trouble.

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Change your foods as the seasons change and avoid spring fever.

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Fresh vegetables contain the purest water, organic minerals and bulk; a good spring diet.

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The sugar in sweet fruits, fresh and dried, and the oil in nuts are heat producing foods. Nature gives us a fresh supply each fall.

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In order to gain weight and strength it is sometimes necessary to eat less food.

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(Continued on page 199)

## The Rosy Cross Healing Circle

### On the Witness Stand

Healing meetings are held in the Pro-Ecclesia at Headquarters on the nights when the Moon enters Cardinal Signs in the Zodiac. The hour of service is about 6:30 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: 6:30 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.

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#### *Dates of Healing Meetings*

March 7—13—20—27

April 3—10—16—23

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#### *INVISIBLE HELPERS*

(Continued from page 194)

think, of the hosts utterly indifferent, unable to even desire the things of the Spirit! Empty bodies, bare chambers—unfurnished! Who knows how long they will wander in dense darkness and not even know their poverty?.

Friends, you are rich, happy, blessed, if already

To the Esoteric Secretary

Dear Friend:

I am feeling very well. The Invisible Helpers are making wonderful changes in my body for which I am most thankful.

They treated me again last Sunday night.

Sincerely,

Mrs. E. M. T.

Port Gamble, Wash.

Dear Friends:

I am surely feeling fine now. I sing in the morning and in the day time. Such a wonderful change in me. I wish to continue with you for a while. I wish I could do something for your kindness to me, Brothers.

With sisterly love to all,

Mrs. A. V. D.

San Gabriel, Calif.

Dear Friend:

Received your letter yesterday for which I want to thank you. It always cheers me up to get even a few lines from you, although I am sure that you are thinking of me anyway.

I am feeling fine, in fact as well as I ever felt and everyone thinks it remarkable the amount of work I am able to do.

Thanking you for your kind thoughts, I am

Sincerely yours,

I. S.

you are on the way, out of carnality, eyes turned to the heights! The only hope is to keep looking up. And as soon as you take your eyes from the Star, you are apt to become dizzy, fall into the chasm at your feet, over which His arm can carry you, in Whom your faith is fixed.

All lofty souls, all strong ones, are alone—if not seemingly, yet in spirit. It is in loneliness that the soul grows strong.

## Menu from Mt. Ecclesia

### WHEATLESS DAY MENU

#### *Breakfast*

Stewed Prunes  
Rice Fritters  
Bran Muffins  
Coffee or Milk

#### *Dinner*

Cream of Leek Soup  
Italian Potatoes  
Baked Carrots  
Hot Corn Bread  
Milk

#### *Supper*

Apple and Celery Salad  
Rye Bread and Date Sandwiches  
Tea or Milk

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## Recipes

### RICE FRITTERS

To two cups of cold boiled rice add two table-  
spoons of corn starch, two eggs, two tablespoons  
sugar and one-half cup milk. Beat well so as to  
make it light. Prepare a hot griddle with oil, and fry  
the above the same as hot cakes. Serve with maple  
syrup.

### BRAN MUFFINS

Moisten two cups of bran with enough water to  
make a thick batter. Allow to stand over night. In  
the morning add one cup of rice flour, one heaping  
teaspoon of baking powder, one well beaten egg,  
one tablespoon of syrup, a teaspoon of salt and  
enough milk to make a soft batter. Bake in muffin  
pans for twenty-five minutes.

### CREAM OF LEEK SOUP

Cut six stalks of leek into small pieces, cover  
with water and boil until tender, run through a  
colander, stalks and all. Brown one-half cup of  
butter with two tablespoons rice flour, gradually  
adding the strained leek soup and stir while it boils  
for a few minutes. Season with salt, and at last add

slowly one cup of milk with a little grated nutmeg.

### ITALIAN POTATOES

Peel and quarter small sized potatoes. Peel and  
slice one onion in two tablespoons of oil and fry  
until brown in a shallow frying pan. Wash the  
quartered potatoes, put them in with this browned  
onion, cover, and allow to steam until you can hear  
them frying, then add salt and water enough to  
keep them from burning. When tender sprinkle,  
with finely chopped parsley.

### APPLE AND CELERY SALAD

Take the yellow tops of blanched celery, chop,  
and add to two peeled and finely chopped apples.  
Serve on plates garnished with green, sprinkle over  
top finely chopped nuts with one spoonful of may-  
onnaise dressing.

### RYE BREAD AND DATE SANDWICHES

Take one-half cup each of seeded dates and nut  
kernels, run through vegetable grinder. Spread  
between thinly sliced rye bread.

# Echoes from Mt. Ecclesia

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## The Caves of La Jolla

Southern California is a wonderful land, here we are in January with perpetual sunshine, roses, calla-lilies and other flowers in full bloom, sometimes there is a little hoarfrost on some of the roofs early in the morning and we have to light the furnace in the Administration building, but by 9 a. m. it is "as warm as toast" and remains so indoors and outdoors, specially outdoors, all day. Oh! how we wish we could ship some of this salubrious climate to our suffering fellowmen in the frozen East, but perhaps you may enjoy hearing about it and determine to come out when you hear how lovely it is. Here is an article about the Caves of La Jolla (pronounced La Hoyah) one of the most beautiful and picturesque bathing resorts in Southern California. Sometimes we cram our car full of workers from Mount Ecclesia, take a lunch along and drive down there—it takes about an hour—to spend Sunday bathing and resting.

It is one of the more quiet refined places and is visited annually by many thousands of tourists. In the following article Violet White Smith gives a description of these natural wonders which may interest our readers, specially because of their proximity to Mount Ecclesia.

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The Witches' Cauldron is always fascinating by the play of the restless surf. "Bubble, bubble, toil and trouble," they say. The heavy breakers roll one after the other, and the water dashes fiercely above the rocks. Cathedral Rock, a hollow pile of rock with entrances on both ocean and land, is interesting. For unknown years the water has rushed through this rock until now the force of the waves has been too great; and it lies in ruins. A little further down the beach is the Devil's Slide. It is a unique rocky beach, and many abalone shells are found on its rocks at low tide. Formerly, people

slid down the face of this cliff, then scrambled back as best they could, but now there is a stairway of one hundred steps leading down to the beach.

The White Lady cave is the fourth cave from the Devil's Slide. This can be entered only at lowest tide. It is so named from the White Lady formed at the entrance, as it is outlined by the walls of the cave.

Mammoth Cave, or "Sunny Jim," can be entered at all times, as there is a tunnel leading down from the land. The guide proceeds with a lantern, and it is down, down, through the dark passageway of one hundred and forty-six steps, until one enters the softened gloom of the cave. It is with amusement that you gaze at the cave entrance, and see outlined in the bright light, the silhouette of "Sunny Jim," with his dear little top knot and inquisitive nose. It is very easy to imagine the smile that illumines his face. The beauty of the interior of this cave is a perfect delight. The black of the rock, the green water and the snowy foam, as the waves dash into the entrance of the cave, repay the effort of the toilsome descent.

The color effect of the wall is wonderful. Greens, purples, browns, velvet-like reds melting into rich rose. Then too, there are many fantastic pictures upon the rocks. The guide will point out the priest in his long black robe, the baby in the cradle, the donkey, the bird, the faces, and many other things. He will show you the footprint and the shoe and tell you the story of how they quarreled—"so she threw her shoe after him, and that is the trace of his foot as he ran." As one looks over the wall pictures, one feels that nature is indeed a prolific artist.

Standing within the semi-gloom. of this great cave, there comes a feeling of awe. Columns,

arches, aisles, through which the dimly lighted caves may be seen stretching on and on. High vaulted roofs, alcove niches, friezes of colored mosaic, a temple to the Creator, in which the waves constantly play upon the rocky organ pipes.

One turns away with reluctance from the ocean entrance, loth to lose sight of the foaming waves. Waves, dazzling white, as they pour, through the countless crevices, covering the translucent green of the water with their snowy froth. After leaving the caves, a visit to the Biological Station, with its wealth of shells, fish, and seaweed will repay one.

Now for one more walk along the cliff, past the Pink Shell beach, where the children delight to play. From here one can see the porpoises cutting the waves with their great fins, and if one is very lucky, he may even see a whale spouting in the ocean. Then comes Whistling Beach, so named from the sound, as one treads upon the sand.

Now comes South Bathing Beach. Here the

happy bathers take their dip into the surf. A little further on, sea-anemones are clustered thickly upon the rocks, their tinted tentacles glittering through the water. Little crabs scurry away at your approach, and the beautiful abalone is visible on the further rock.

Seaweeds trail in and out, at the movement of the tide, and one can easily imagine it is a mermaid sunning her hair. So with a last farewell to the rocks and waves, one leaves the Caves of La Jolla.

In after years one has pleasant memories of the charming times spent amidst those delights of nature. And one of those pictures on memory's walls is that of the Green Dragon, where luncheon is served among gypsy-like scenes and phantasms of the Orient.

Thus one may "Dree their weird," as the years pass on, feeling assured that this "Never-never Land" of today, may again become the "Ever-ever Land" of bewitching La Jolla.

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## Dietetic Aphorisms

(Continued from page 195)

The cereals are energy producing foods. From the great quantity produced it is evident Nature abhors idleness.

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When you are sick, don't eat "just to keep up your strength." You need your strength and you don't need the food.

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A normal digestive system can miss a meal and suffer no inconvenience.

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If you are overeating you feel weak and cross just before meal time.

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Abnormal hunger, caused by an irritated alimentary canal, must have its meals regularly. Like a nervous person it must be doing something.

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Nature vitalizes food; man devitalizes it to the extent that he changes, prepares and refines it.

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Make changes slowly and that which seemed indispensable today will be a superfluity tomorrow.

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As you think, so do you eat. "Man does not live by bread alone."

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not be raised, so that members wishing to subscribe for one or more may do so at the former price: One Dollar a year in the United States, One Dollar and Twenty-five Cents in Canada and One Dollar and Fifty Cents foreign.