

the memory of nature. This will be dealt with later on.

The Chemical Region of the Physical World
(Pages 29 to 34, Cosmo-Conception.)

- Q. In how many worlds is the universe divided in the Rosicrucian Teachings, and what are they?
- A. Into seven worlds. The World of God, the World of Virgin Spirits, the World of Divine Spirit, the World of Life Spirit, the World of Thought, the Desire World and the Physical World.
- Q. Why is this division necessary?
- A. Because the substance of each of these worlds is amenable to laws which are practically inoperative in others.
- Q. Can you give an explanation of this condition?
- A. In the physical world matter is subject to gravity, contraction and expansion, while in the desire world there is neither heat nor cold and forms levitate as easily as they gravitate.
- Q. What do we learn about distance and time in these worlds?
- A. In the physical world distance and time are governing factors of existence, but in the desire world they are almost non-existent.
- Q. What is said about the density of these worlds?
- A. They vary in density, the physical world being the densest of the seven.
- Q. How is each of these worlds subdivided?
- A. Into seven regions or subdivisions of matter.
- Q. What are the subdivisions of the physical world?
- A. Solids, liquids and gases form the three denser subdivisions, the remaining four being ethers of varying densities.
- Q. By what general term are the three dense subdivisions of the physical world known?
- A. The chemical region, composed of solids, liquids and gases.
- Q. What name is given to the four upper and finer regions of the physical world?
- A. The etheric region, comprising the chemical ether, life ether and reflecting ether.
- Q. Into how many classes does the materialist divide matter and what are they?
- A. Into three classes, solids, liquids and gases.
- Q. Why does the occultist class solids, liquids, and gases as chemical matter?
- A. Because they are derived from the chemical constituents of the earth.
- Q. What has been built from this chemical matter?
- A. All the forms of mineral, plant, animal and man, the mountain or the cloud, the juice of the plant or the blood of the animal, the air we breathe or the water we drink—all are composed of the same chemical substance.
- Q. What is it that moulds this basic substance into the multiplex forms we see about us?
- A. The One Universal Spirit expressing itself in the visible world as four great streams of life—the four kingdoms—mineral, plant, animal and man.
- Q. What happens to a form when it has served its purpose for the three higher streams of life—plant, animal and man?
- A. The chemical forces disintegrate that form so that the matter may be returned to its primordial state and made available for the building of new forms.
- Q. What is the relation between the spirit and the form it occupies?
- A. The spirit which moulds the form into an expression of itself is as extraneous to the matter it uses as a carpenter is apart and personally independent of the house he builds for his own occupancy.
- Q. As all the forms of mineral, plant, animal and man are chemical, is it a logical deduction to assert that they are as dead and devoid of feeling as chemical matter in its primitive state?
- A. Yes, and it is so held by the Rosicrucians.

(To be Continued)

Nutrition and Health

* * * * *

To the slaughter I condemn;
No Flock that roam the valley free,
Taught by the power that pities me,
I learn to pity them.

Goldsmith

WHITE FLOUR AND MALNUTRITION

According to the latest advices from Europe, the cover on the bread-basket is being clamped closer and closer down. Those who used to insist upon the very best brand of butter on their bread are now loyally content to use drippings or oleomargarine and "*be satisfied with what you can get*" is the slogan of all who have heretofore been in the habit of favoring their appetite. The menu of the family is not now made up at home and the articles wherewith to supply it then bought at the various stores, but the housewife starts out on her shopping tour without any preconceived ideas in her mind as to what she wants to get. There is no ready-made schedule for the day's meals, she composes the menus in the store according to the food she happens to find available on that particular day. These are difficult times, not only for the *gourmet* and the man of peculiar or exotic tastes but even for the hygienist who likes to observe the due balance between the various elements in a proper diet. The man I mean who is careful to keep his protein, carbohydrates and so on, in the proportion dictated by the common scientific usage. And among the good things which they are learning over there is the hitherto undreamed-of value of whole wheat flour. In an article recently read it was stated that the troops in Gallipoli, where the ration consisted largely of white bread and canned meat, soon developed a number of cases of beri-beri. It was therefore recommended that the bread served out to the forces in Mesopotamia contain a considerable percentage of bran and germ, but this reform did not come in time to benefit the forces engaged in the advance. to Kut and afterwards besieged in that city. Being fed mainly on white bread and canned meat many of these men also sickened

with a general *malaise* which in several instances developed into an acute form of beri-beri.

Meanwhile there was no beri-beri among the Indian soldiers who took part in the same expedition, but their ration was a totally different one; its two principal items were what was called "Atta" and "Dhal." Atta is a very coarsely ground wheat flour and Dhal is composed of peas and lentils which of course are not subjected to any destructive processes of milling. Further, during the siege of Kut the supply of white flour ran out and the English soldiers had then to be served with Atta and this promptly removed the beri-beri from among them.

The question of an adequate supply of the vitamins that protect from scurvy, that is to say the antiscorbutic vitamins, as they are now technically called, is no less important. The fresh citrus fruits such as oranges, lemons, grapefruit, et cetera, which we for years have recommended as the greatest antiseptics known, are essentially rich in this element, and should be used by everyone who aims to keep in perfect health. If this were only properly appreciated by the authorities as well as by the large majority of our people, the general state of health of soldiers and civilians would be greatly improved.

There are some people who have tried to spread the idea that the coarse war bread used by the different nations of Europe and now being introduced here is in itself a cause of scurvy and diseases due to malnutrition, while the very opposite is the fact. All fresh vegetables and fruit contain anti-scorbutic vitamins, though none of them, not even the potato, can compare with the citrus fruits. It has been said that the introduction of the potato into Europe put an end to epidemics of scurvy, which

was previously a grievous scourge among the poor population at the end of winter. This tallies with the recent wartime experience of England. There were a number of cases of scurvy in some of the northern towns, especially among the inmates of poorhouses and other public institutions. These outbreaks, as pointed out by dieticians, were undoubtedly due to the great scarcity and the high price of potatoes during the early months of the year, and the trouble laid at the door of the war bread should really have been laid down to the scarcity of potatoes, or other fresh vegetables. So long as we have whole wheat flour, fruit and vegetables, there will be no trouble, but health cannot be maintained on white flour and meat, as has been amply proven where that has been tried as a diet for soldiers. Even experiments with pigeons have proved that a diet of white bread or polished rice soon results in beri-beri while whole wheat kernels and unpolished rice restore health to the underfed birds.

People who fed on the snow white flour of pre-war days used to pity the poor peasants of Europe who, they read, lived on "black bread." The pity should have come from the other side, for the coarse rye or barley bread in use among the nations of Europe is really a "staff of life" compared to the poor product of the mills in this country where the grain given by the good God was despoiled of the vital parts which were fed to the cattle while we ate the refuse under the illusion that we were getting the "cream". It is one of the blessings of the war that we are being brought face to face with realities and learning to know good food when eat it. May the day of white flour soon end altogether.

WAR FOOD PROBLEMS

By the U. S. Food Administration

Milk

There are still people in the world, and no small number of them, who look upon food as something that is eaten with a fork or spoon. They honestly believe that, because watermelon is solid and milk liquid, it gives them the right to class watermelon a food and milk a drink excellent in its way, but still a mere beverage. You might just as well say that rock salt is a better food than cream cheese because it is more solid. Whether any substance is

a food depends not upon whether it is solid or liquid, hard or soft, but upon its food value; that is, upon its ability to build the body and furnish energy to it. Capability to do those two things is what determines whether any particular substance is a food and how valuable a food.

The value of foods depends upon their power to accomplish three things: (1) *The satisfying of the appetite*; (2) *the maintenance of the bodily health and*; (3) *the creation of energy which works out into action*.

Moreover, it has been proved that the value of any food depends, for a final estimate, upon the way that food is combined with other foods. In fact, the most healthful and satisfactory diet depends upon a wise and complete combination of foods. A carpenter, in his work, at one time, needs a hammer; at another a chisel; but the well-equipped carpenter's shop must have both. In similar fashion, the human body needs the *special services* of proteins, of fats, of carbohydrates, mineral salts, and vitamins. But the well-equipped body must have all. That is what necessitates a well-balanced diet.

THE PROPERLY BALANCED FOOD—Now, to follow out the comparison with the carpenter, many inventive minds have tried to simplify the carpenter's kit by making one tool which may serve for several uses. Thus different bits fit into one brace. The hammer and hatchet are frequently combined in one tool. But no one has ever invented a single contrivance which will include all the special properties of different groups of tools. Nature, however, has done somewhat better in the case of food. For there is one kind of food which includes in itself a valuable amount from each of those groups of food materials: proteins, fats, carbohydrates, mineral salts, and vitamins. Not because of any wave of popular taste, nor owing to any theorizing by scientists, but out of sheer, honest excellence it has won for itself the right to be ranked as the most nearly perfect *single* food. That food is milk.

This does not mean that any sane person should overlook or neglect the appetizing qualities and useful functions of other foods. No adult, other than an invalid under doctor's orders, should try to

live entirely on milk. No adult, in fact, should fail to recognize the advantages of a *mixed* diet. But the food which is closest to being *in itself a mixed diet* is milk. It comes nearest to doing the work of all other foods combined.

This, of course, means *whole* milk, milk unskimmed and unchanged. And it means *fluid* milk.

WHAT MILK CONTAINS—*First* of all milk furnishes an extensive supply of the most valuable proteins. Protein, you will recall, is the body building material, indispensable also for body-repairing. It may be called structural. And that very fact indicates its importance to children. Nor is there any other food as good as milk for supplying protein to children. In spite of the fact that it is about seven-eighths water, a quart of milk contains an ounce of balanced protein; that is, an amount equal to what is found either in four eggs, from six to eight ounces of medium fat meat, four ounces of whole-milk cheese, six ounces of dried navy beans, or a twelve-ounce loaf of white or whole-wheat bread.

Along with protein, milk also gives the body energy or fuel to burn. In addition to the plentiful supply of fat in its cream, milk contains carbohydrates in the form of sugar. Thus, whole milk is made up about as follows:

Water	87 per cent
Protein	3.3 "
Fat	4 "
Sugar	5 "

This analysis varies somewhat with the breed of cows.

The remaining fraction of 1 per cent of the milk contains mineral salts, which are of great importance for the structure of the bones and for regulating bodily processes. Milk contains little iron, but with that one exception it furnishes in the most perfect form all the salts, such as lime, which the body must have,

And, finally, milk provides those all-valuable substances termed vitamins, so necessary to promote growth and sustain life.

The *completeness* of milk, the many-sidedness of its nutritious qualities, makes it an admirable substitute for other kinds of food.

THE IDEAL FOOD FOR CHILDREN

From such close examination of the materials which go to make up milk, it is easy to see why it is so valuable a food for growing children, in fact, the most valuable. It is not merely because of its structural proteins and mineral salts, its fuel fat and sugar, and its stimulating vitamins, but because of the *balanced* relations between these, and because of its easy digestibility, that milk is so essential to health and growth in childhood and youth.

That is why every household in which there are children should be a household in which there is milk in abundance.

THE MATTER OF COST—To be sure, milk at present price-levels is a less cheap food than it was. But one should remember that the money spent for a quart of milk purchases a food-value—a variety and degree of value—which could not be gained from other foods, except by a far larger expenditure.

Milk—in a manner which no other food can exactly duplicate—preserves the health of the growing generation. And *for that reason it is a food conducive to the nation's future welfare and present stability—a stability never more necessary than in war-time.*

(Continued from Page 132)

had long passed away, and no sign nor wonder attributed to her good offices had occurred to preserve her popularity; possibly for lack of believers to call them forth.

When anyone is constantly in our thoughts, it occasions us no surprise if suddenly he appears before us in *propria persona*, even though we believed or 'knew' him to be thousands of miles away. This is why Padre Settimo felt no astonishment when, on this chill December night, he woke and recognized his Blessed Lady standing beside him. She did not speak or even make a gesture; she simply turned and went slowly out. But the little priest understood her meaning as plainly as if she had said:

"Follow me, Settimo, I have somewhat for thee to do."

ONE OF THE BLESSINGS OF WAR

War is making converts to vegetarianism. In this country we have not yet felt the full Mars effect. Mr. Hoover throws the refrigerator door open, and, under cover of the diversion so created, padlocks the grain elevator. Later on he will return and slam the doors of the refrigerator shut, as well. Science tells us, as they say in grammar-school textbooks, that man receives more nourishment from crops converted directly into food than from the same crops arriving on his table in the shape of meat. One of the first things the German Government did when it became apparent in 1914 that the war would be a long-drawn-out affair, was to institute a slaughter of the porcine innocents throughout the Empire. In the whole of Europe, with a few rule-proving exceptions, Spencer's theory that vigor does not spring from a vegetable diet has been disregarded. And the potato, Buckle's comfortable explanation of Ireland's sad estate, now testifies to the sad estate of the whole world.

The fact is, very strange things are happening to mankind's bill of fare, things hitherto undreamt of in Brillat-Savarin's philosophy. In the first place, people are getting acquainted, especially in this country and in England, with foods quite unknown before. All those mysterious portions of cattle—the heart, the lungs, the brains, the tail, the spleen—these were formerly considered fit only for consumption by frog and snail-swallowing foreigners. Now the condescending Anglo-Saxon is glad of the chance to have them prepared for his own table. The roast-beef of old England has deteriorated into a tripe stew. Animals formerly spurned, shark, porgies, devil-fish, squid, and mussels, have pushed their way onto our tables. Vegetable foods, total strangers in certain parts of the world, also received a tremendous boost. England and France are learning to eat corn, Indian corn, as they call it. Asia is converting us to the soy bean. A Chinese cook can make a good imitation of practically any food out of soy bean paste. Peanut substitutes for olive oil. Oats, barley, and rye are earning a place beside wheat, in the American cookbook. Dairy products find the direct way to our dining rooms. Skim milk now masquerades as cottage cheese instead of pork, with the result that the public gets a greater percentage of protein than before. Powdered milk and eggs and desiccated potatoes are used to save waste and freight space.

As yet no great complaints have been heard from

the countries most severely affected by the new regime. England shows a particularly sporting spirit in her new adoption of the war diet. Food with an Englishman was always a much more important item of life than with us. And he had a very peculiar diet, perhaps more peculiar than our own in its very downrightness. He liked his food straight; his roast beef, simple and unadorned, had almost become a part of his national character. He liked his dishes without complication, bare of sauces. So that the new culinary regime must have hit him almost harder than would a suspension of Magna Charta. And all the petty restrictions as to purchase and quantity, no doubt, went against the deepest grain in him. The French, on the other hand, although their versatility in cookery should have made them more willing to bow to necessity, proved slower in introduction of the real war diet. A Frenchman suffers from his incorrigible love of improvisation. His unwillingness to face scarcity, and therefore cut out beautiful crisp loaves, and curtail *table d'hotes*, made the final reform more sudden and disagreeable. It seemed hard to keep women who were earning ample wages in munition factories out of the pastry-shops. But it was done.

How will the world's diet be affected after the war by what has been forced upon it during the war? People of fatalistic turn of mind, who refer every human development to the influence of environment, will maintain that a slump back into ante-bellum conditions of provincialism must be inevitable. Other persons, the perfectibilians, contend that now the way has been pointed out to a really scientific diet, based upon a sound chemical formula—so many units of fats, so many of starch, so many of proteids. The most extreme joyously foresee tablets containing requisite nourishment absent-mindedly swallowed at set intervals during the day: thus doing away entirely with the necessity of sitting down to table. The moderates hope for a genial culinary eclecticism, a sort of kitchen internationalism, which will help in promoting understanding through man's easiest road of approach, his stomach. The man who eats pie and cold baked beans for breakfast will no longer sneer at him who eats goat's meat. Our food resources will have been enriched. We shall know we may eat a thousand and one things which we were afraid of before. And it is highly probable, despite the poets, that we shall be more vegetarian than ever before.

—Selected

Menu from Mt. Ecclesia

Breakfast

Sliced Fresh Figs
Browned Rice with Cream
Poached Egg on Toast
Bread and Butter
Milk or Coffee

Dinner

String Bean Soup
Escaloped Carrots
Green Corn on Cob
Whole Wheat Bread and Butter
Milk

Supper

Tomato and Potato Salad
Olives
Apricot Cake
Cottage Cheese
Milk

Recipes

Browned Rice

Brown one cup of clean rice in the oven until a golden color. Place in double boiler with three and one-half cups of hot water, adding one teaspoon of salt, boil until soft. Serve while hot with cream. The above will also make a good pudding when sweetened, adding one half cup' of seeded raisins.

Escaloped Carrots

Wash, scrape, and cut into small cubes six carrots, boil in salted water, adding one onion and teaspoon of sugar. Drain, and put in alternate layers in oiled baking dish, with bread crumbs that have been browned in oil. Cover with milk and bake until browned.

Cottage Cheese

Allow skimmed milk to stand until it clabbers, or becomes thick enough to lift with a spoon. Place this in a porcelain or enamel dish on the back of the stove or in a dish of hot water, allowing it to stand until the *whey* rises to the top. Pour in a cheesecloth bag and allow to hang over night in a cool place to drip. This cheese will keep for several days and can be used in soups and seasoning for vegetables. For sandwiches and salads, work into the cheese a little grated onion, garlic, and a small piece of canned pimento, season with salt. Parsley and chives are often used as a finish.

Tomato and Potato Salad

Wash and boil six potatoes in jackets, allow to cool, peel and slice, adding one onion, and three sprigs of parsley chopped fine, mix well with mayonnaise dressing. Serve on garnished plate with finely sliced tomatoes and olives.

String Bean Soup

Use beans that have been left over or become too dry or old to cook in the ordinary way. Boil them with a small clove of garlic and one onion, when soft press through colander, adding enough hot water for a soup. Take two tablespoons of cottage cheese and rub into enough flour to crumb, brown this in a pan, with a tablespoon of butter and oil, add this slowly to the bean soup and season with salt and paprika.

Apricot Cake

To one and one half cups flour add one and one half teaspoon baking powder, and one of salt, work in until dry one tablespoon of butter, add enough milk to make a soft dough, spread thinly in oiled baking pan. Press lightly on top a layer of apricots that have been pitted and halved. Bake for twenty minutes. Just before removing from oven sprinkle lightly with sugar.

The Rosy Cross Healing Circle

On the Witness Stand

HEALING MEETINGS

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.

DATES OF HEALING MEETINGS

August 3—11—18—24—31

September 7—14—21—27

October 4—12—18—24—30

Forest Hills, Mass., May 22, '18

Rosicrucian Fellowship,

Healing Dept.

Dear Sir:

I am feeling quite well, at present, and thank you very much for helping me.

Please accept the small offering enclosed.

I don't think it will be necessary for me to bother you with any more weekly letters, for the present.

But this is a cause I certainly would like to send an occasional offering to, anyway.

To restore health to the sick, whether by teaching them how to preserve it themselves, or curing them when they can't help themselves—is in my way of thinking—the most wonderful work in the world—productive of infinite good.

And I hope, if it ever should be my mission to bring a soul into this world, that it will be the soul of a great doctor, able and willing to help suffering humanity.

When one has lost their health, life itself is a burden—one can't enjoy any of Nature's bounties. One can't support themselves even, but must depend upon the uncertain, and oftentimes begrudging, charity of others. Some great souls may struggle through it—and still accomplish much good—but it's hard.

Thanking you again, I remain,

Yours respectfully,

A. G. K. S.

Denver, Colo., June 15th.

Rosicrucian Fellowship

Oceanside, Cal.

Department of Healing

Dear Friends:

Am feeling real well; can hardly feel any trace of my old troubles of any kind. I am so thankful to the Invisible Helpers, as I had no hope of help when I started.

Sincerely, A. P.

June 3

Dear Friends:

I am feeling better and getting stronger. On Monday I walked six miles in the country and felt fine.

Yours truly,

Mary E. Beard

32 Tremont St., York, Pa.

Ararat, Australia, April 7, 1918

Healing Department
Rosicrucian Fellowship

Dear Sir:

I am so very, very, very much better in health. Thank you so much for the help given. It's quite a long time, in fact two or three years, since I've felt so very well. I do not really know how to thank you all for I am sure it is owing to the Invisible Helpers for I could not afford to get help otherwise especially as it was not permanent. It is very hard for me to think that help would and could really be given but now I know.

Thanking you again, with all sincerity and gratitude, I am,

Yours sincerely,

M. N.

New York City

Dear Friend:

Thanks for your kind letter. I shall try to show my gratitude by passing the good news on. I have been getting along very well since I wrote you last, also my little boy. I can't find words to express my appreciation for the good that the Rosicrucian Fellowship has done for me. Before I got to know the teachings I was one of the most unhappy beings on earth, but thanks to the Rosicrucians I am a different woman. I am really living now and I shall try to lead my two children to a knowledge of spiritual things. Thank you once more for your help.

I am yours sincerely,

Mrs. N. P.

Vancouver, B. C., 31st, March, 1918

Dear Friend:

Many thanks for your kind and encouraging letter.

I am so glad to be able to say that this last week I have been *perfectly well!* No pain at all, and sleeping so well, as I have not done for years.

Imagine the blessed relief! Now it only remains for the cure to be permanent.

I am looking forward to meeting you all in the winter.

Again thanking you—

Yours in Fellowship,

M. M.

Webster City, Iowa, May 14, 1918

Dear Doctors:

I am getting along nicely—my *sister is back here visiting and I do think that what you have done for her is simply wonderful.*

Sincerely,

Mrs. J. B. C.

THROAT TROUBLE

Removal of the tonsils is a subject on which our opinion is frequently asked, and we have always discouraged the removal of these necessary organs which guard the entrance to the throat, for it has been found that serious throat and lung disease are often experienced in later life as a consequence of removing the tonsils, and an increasing number of physicians today denounce this operation as wholly unnecessary.

As a matter of fact, enlarged tonsils are due to conditions connected with the arrival at puberty and adolescence, perhaps accentuated by a wrong diet, and this is a factor in most of the other throat diseases, for the larynx is the opposite of the generative organs, as proved by the fact that the voice changes at the time of puberty, and in many other ways. When the period of adolescence is past it will be found that these organs will return to their normal condition and give no further trouble. In acute conditions we have always recommended the citrus fruits as the finest antiseptic known. This applies also and particularly to pineapple. Lemonade made of lemons and *honey* will be found to give great relief in this condition. Oranges, grapefruit, and pineapple should also be used freely when the child complains of throat trouble. A cold compress on the throat at night when the child goes to bed, supplemented by massage of the throat, will be found an effective treatment in all throat troubles. It goes without saying, as a matter of course, that the bowels should be kept open and clear. By the use of these simple treatments the trouble will probably be over in a few days, perhaps even without the necessity of putting the child to bed. Do not be afraid if white matter is expectorated during the process of this treatment; that is just what the child needs to get rid of in order to be well.

Echoes from Mt. Ecclesia

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SUBSCRIPTION RATE REDUCED to \$1.50 in the United States and Canada, 6 shillings 3 pence in England.

It is well known to publishers that a magazine which does not carry advertising cannot pay for itself and the *Rays From the Rose-Cross* is the exception to the rule, especially under present conditions when all material and labor has increased enormously, so that paper which we bought for this magazine before the war at \$120.00 per ton is now over \$300.00 a ton, and we are fortunately buying it under contract at \$250.00. Therefore when the radical changes in the post office regulations calling for an increase on magazines amounting in some cases to 400 per cent seemed to have been voted into law by Congress over night about a year ago, we in a panic raised our subscription rate from \$1.00 to \$2.00 and though afterwards pressure brought to bear by the large publishers of the country prevented the law from going into effect at once, the day has now come on July 1st when the new rates are effective.

But while the rates on the magazines which carry a large amount of advertising have been so raised that many fear it will put these publications out of business, the new law has dealt very gently with publications that carry no advertising and are maintained in the interest of religious, scientific and educational institutions, thus our beloved *Rays* will only have to pay a very slight increase and we are therefore pleased to announce a reduction in the price of the magazine.

We only wish that we could go all the way down to \$1.00 per annum, but we feel sure that all our subscribers will realize that on account of the increased cost of labor and material this is an absolute impossibility, especially in view of the fact that the magazine has not paid for itself even at the \$2.00 rate. We feel however, that as the increased postage threatened by the law was the reason for the raise in part, this reduction must be

made in order to keep faith with our subscribers, regardless of the loss in revenue it entails to ourselves. We also feel that those who have already paid their \$2.00 for the year's subscription should be reimbursed to that extent, and in order to accomplish this with the least possible work on account of the shortage of labor, we have decided upon the following method:

When you send in your next yearly subscription, \$1.50 in the United States and Canada, or 6 shillings and 3 pence in England, if you have paid \$2.00 for the past year, please mention that fact and ask for the rebate; we will then send you a receipt for one year and three months subscription. This will straighten the matter out and save us the labor of giving you credit for an extra three months on our subscription lists which would mean a lot of extra work for us.

If you paid for only one half year's subscription the last time, and mention this at the time of renewal, we will credit you with one extra month, as it is impossible to split the difference in any other reasonable way.

Having thus shown our good faith, we want to ask you to help us recover the revenue we shall be losing by this reduction. This is your work just as much as it is ours, and what is a loss to The Work is a loss to us all personally. Therefore, if you can interest others and obtain subscriptions, you are helping our common cause to that extent, bringing us the finances wherewith to do this work and bringing to the one who receives the magazine a light and a knowledge that is priceless. Here at Headquarters we have not been pushing the magazine and other publications as strenuously as we ought to during the last eight or nine months because the gigantic task of publishing the Ephemerides has sapped all our energy, but that task has have been accomplished by the time you receive this. We will then have printed the Ephemerides for the whole sixty years' cycle and let us all now devote our energy with renewed zest

and zeal so that we may increase the circulation of the magazine and spread our books, particularly the COSMO, in all directions, that the glorious light which we have received may be spread in an ever increasing circle to the spiritual upliftment of our fellowmen.

In conclusion, let us reiterate that *new subscriptions* from now on are \$1.50 per annum, and that when subscribers send in renewals, *not before*, the claim must be made for the additional three months or one month, as the case may be, due to those who have paid \$2.00 for the present year. This puts the responsibility of remembering upon you and should you forget to make this claim it will be your loss, this would not be right from a purely business point of view, but then you know that this work is not carried on on business principles and if you had no interest in it you would not be taking the *Rays* at all.

DOING IT, NOT WAITING

August Mandelberg

Editor's Note: It is the duty of everyone who has been benefitted by the Rosicrucian Teachings to do all he possibly can to spread them and give the light to others wherever he feels that it may do good and be accepted. It is also a great privilege, for by bringing light to others we lay up for ourselves treasure of gratitude that will add greatly to our heavenly life. M. Mandelberg is an ultra-enthusiast in this direction, and while his method may not be suitable to everyone, we can perhaps nevertheless learn something from him that will help us to do our part.

Firmly believing in the truthfulness and feeling the uplifting power of the Rosicrucian teachings, and knowing how much we, the members of the Rosicrucian Fellowship, have been individually benefitted by these Western Wisdom Teachings, it is but natural that the unselfishness and brotherly love in us should reach out to let others also know and possess the good things we are enjoying. The outside world knows almost nothing about these wonderful truthful teachings as presented by the Elder Brothers through Mr. Heindel and the Rosi-

crucian Fellowship. By putting the Rosicrucian literature in libraries, book stores, news stands, et cetera, success will come in time, but the majority of members will agree that the introduction to the public by means of the above named method alone is nevertheless too slow; the libraries reach comparatively few and not many are yet buying from the Newsstands or at the Bookstores because ignorant as to what our books contain; prejudice and religious intolerance have of course their share in retarding our work. Therefore something more effective is needed and that is what the writer will try to present.

Good and truthful, ennobling and helpful teachings like those of the Rosicrucian Elder Brothers can be introduced to a larger circle of people who are anxious for just such knowledge, if each member of the Fellowship and others interested in the work will do their individual part, wherever they may happen to be.

For each believer in the teachings, individual effort—at home, in business, neighborhood, on cars, et cetera—will surely bring the quickest and most far-reaching result.

The writer has already put these methods into practice and they seem to work. He has introduced a considerable quantity of the Rosicrucian literature by a hand to hand method without ever asking anyone to join our society or giving any information about the Fellowship, except when asked to do so. To work for *membership* simply of the Rosicrucian Fellowship is proselyting, to the writer, but to disseminate the Rosicrucian teachings or any other of the good God's gifts he may possess, is his delight. If the teachings are right, the membership will take care of itself by way of natural growth caused by the free-will desire to enter into the Fellowship after the people approached first have become acquainted with the teachings. Such men and women are then God-sent, the real members of the Fellowship. They have not been forced into it by undue personal persuasion.

The writer has as a rule followed this method in his individual work along the lines indicated below.

1. To see first of all that the Library, Bookstore

and Newsstands in that city or town where he is residing have both the *Cosmo-Conception*, the *Rays From the Rose-Cross*, and if possible also other books.

2. To send literature by mail to a list prepared for that purpose to Lodges, Masonic, Fraternal and other benevolent bodies, to the secretaries of various Labor Unions, to individuals of personal acquaintance, and others met by personal contact and by correspondence. No one is safe from the writer who happens to fall into the "good luck" of sitting at his side in the street car, or those whom he happens to work for or work with during the business hours, or who happen to share his dinner table at the restaurant. All are offered something of real worth, not forgetting even the waiters. This statement should not, however, be construed to mean that the writer does not discriminate; on the contrary, he is very careful to whom he offers this literature, not to "cast pearls before swine", but to give it only to those who he is intuitively certain will take it at least with respect. Often a business transaction is also honored by the introduction of the Rosicrucian literature, or when paying bills, et cetera. Frequently the literature is sent to the Pastors of Churches which the writer attends, or to men and women from the ranks of the social or church workers whose names happen to come before his eyes, or proffered to them personally if such an opportunity should present itself, after the church service, all with due tact and loving kindness which the introducer can use according to the occasion.

There is an unlimited field open for the introduction of the Rosicrucian teachings by such personal work, which the writer considers as one of the best ways of serving. Such work is a necessity because a majority of the people are as yet in sorrowful darkness and unhappiness and they have a God-given right to that knowledge of light, purity and joy which we have the grace to possess.

As an indication in respect to the subjects that could be used, the writer would suggest articles from the *Rays* and the Students Monthly lessons which he continually orders from Headquarters in lots of several hundred copies. For instance, "Philosopher's Stone", "The Scientific Method of

Spiritual Unfoldment", "Prayer, a Magic Invocation", etc. From the *Rays* could be reprinted "The Law of Consequence and Rebirth", "The Elder Brothers, and the Invisible Helpers", "How we Heal", or how the teachings are based upon the translations of *true* facts as found in the Memory of Nature.

This last item is the most important of all, for only by such an explanation as to "how we get it" can others be quickly convinced that the Rosicrucian Teachings are not someone's fancy dreams, but have a substantial foundation in the realms of Truth.

Let us endeavor to make such an impression on others that they will feel that it has "meant something" to come in contact with a truthful, loving, and pure Rosicrucian Aspirant.

SOMEWHERE IN FRANCE, June 2nd, 1918
The Rosicrucian Fellowship
Oceanside, Calif.

Dear Friends:

Two of the high officials of the Red Cross were out here last week and said they would help get me work in the different depts. of the A. Red Cross, so I will be well posted on American Red Cross work. We will probably leave some time this fall for the U. S. A.

It is very hard for me to concentrate here, and feel I am making very little if any progress in that line, although in the service part and character training think this trip will be very beneficial. Would never have been satisfied if I had not come, and will be able to do better work at home for having been over.

I saw a village which had 12,000 population; every house had been hit, nearly every house destroyed; utter ruin and desolation; the churches specially seem to suffer, for no military value, just depravity. The houses not hit in the bombardment were burned or blown up by the enemy.

When one views scenes like these, thinks of the blood of men, tears and suffering of women and children, is it possible not to feel very strongly on the subject?

E. W. O.

“OVER THE TOP”

Our friend, James Casey, who has written so many helpful articles for the *Rays* went “over the top” last month at La Mesa, a little town hidden in the hills of our sunny Southern California. For several years he had been suffering from tuberculosis contracted in Denver, Colorado, the famous mecca of those who suffer from that dread disease. Had he not neglected, it there is no doubt he could have thrown it off, but as it was he came to California to die, he had given up hope and then nothing can be done.

A few months ago he asked Mr. Heindel to officiate at his funeral, and as he was determined to die, nothing remained but to grant his request, and so a party from headquarters motored the 55 miles to La Mesa for that purpose, when notice came of his transition.

And as usual, we found the real Mr. Casey present and very much interested in the proceedings; the last we saw of him he was on the driver’s seat in the hearse evidently intending to follow the body to the cemetery 12 miles away. Undertakers are undoubtedly calloused with respect to the dead, that is to say, the bodies, but the thought struck us: “wonder if the driver of the hearse would feel creepy if he knew that a real live ghost was riding with him?”

PRETENDING

By W. H. O.

I know a magic woodland with grassy rides that
ring
To strange fantastic music and whirl of elfin
wing,
“Where all the oaks and beeches, moss-mantled
to the knees,
Are really fairy princes pretending to be trees.
I know a magic moorland with wild winds
drifting by,
And pools among the peat-bogs that mirror back
the sky;
And there in golden bracken the fronds that toss
and turn
Are really little people pretending to be fern.
I wander in the woodland, I walk the magic
moor;
Sometimes I meet with fairies, sometimes I’m
not so sure;
And oft I pause and wonder among the green
and gold
If I am not a child again—pretending to be old.

Help to spread these glad tidings by introducing
this magazine among your friends.

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