

- Q. What do the three Worlds, in which man is at present evolving, show?
- A. They show the Supreme Wisdom of the Great Architect, Whom we reverence by the holy name of God.
- Q. By what name is the lowest subdivision of the Region of Concrete Thought known?
- A. The Continental Region.
- Q. What is found in the Continental Region?
- A. The archetypes of physical form, no matter to what kingdom they may belong.
- Q. What else, if anything, is found in the Continental Region?
- A. The archetypes of continents and the isles of the world.
- Q. What modifications are wrought in the Continental Region?
- A. Modifications in the crust of the earth.
- Q. By what general term are the physical conditions, which alter the physical features of the earth, commonly known?
- A. The "Laws of Nature."
- Q. By whom are these modifications designed?
- A. By the Hierarchies in charge of evolution.
- Q. What system do these Hierarchies use in making the various modifications of the earth's surface?
- A. They plan changes as an architect plans the alteration of a building before the workmen give it concrete expression.
- Q. When we speak of the archetypes of all the different forms in the dense world, are they to be thought of as merely models?
- A. They are not models nor likenesses of the forms we see about us, but are creative archetypes. They fashion the forms of the Physical world in their own likeness or likenesses.
- Q. Does more than one archetype work on a certain form?
- A. Often many work together, each archetype giving part of itself to build the required form.
- Q. What is the second subdivision of the Region of Concrete Thought called?
- A. The Oceanic Region. It is best described as flowing, pulsating vitality.
- Q. How does the trained clairvoyant see "all life as one?"
- A. He sees these forces as a stream of life pulsating through all forms, just as blood pulsates through the body.
- Q. Which is the third Region of Concrete Thought?
- A. The Aerial Region.
- Q. What archetypes are found in the Aerial Region?
- A. The archetypes of desires, passions, wishes, feelings and emotions, such as we experience in the Desire World.
- Q. How do the activities of the Desire World appear in the Aerial Region?
- A. They appear as atmospheric conditions.
- Q. What else may be seen in the Aerial Region?
- A. The pictures of the emotions of man and beast.
- Q. What is the fourth subdivision of the Region of Concrete Thought?
- A. The Region of Archetypal Forces.
- Q. What is said of this Region?
- A. It is the central and most important Region of the five Worlds wherein man's entire evolution is carried on.
- Q. Name the divisions or Regions that lie on either side of the Region of Archetypal Forces.
- A. On one side are the three higher Regions of the World of Thought, the World of Life Spirit, and the World of Divine Spirit; and on the other side are the three lower Regions of the World of Thought, the Desire World, and the Physical World.
- Q. What else can you say of this Region?
- A. It is a sort of "crux"—the focusing point—the human mind, where Spirit reflects itself in matter.
- Q. In what manner does Spirit work in this Region of Archetypal Forces?
- A. It works in a formative manner.
- Q. In which Region does the fifth Region reflect itself?
- A. In the third Region, which is the nearest the focusing point on the Form side.
- Q. And in which Region does the sixth Region reflect itself?
- A. In the second Region.
- Q. And into which Region is the seventh reflected?
- A. Into the first Region.
- Q. Where is the Region of Abstract Thought reflected?
- A. In the Desire World.

*(To be Continued)*



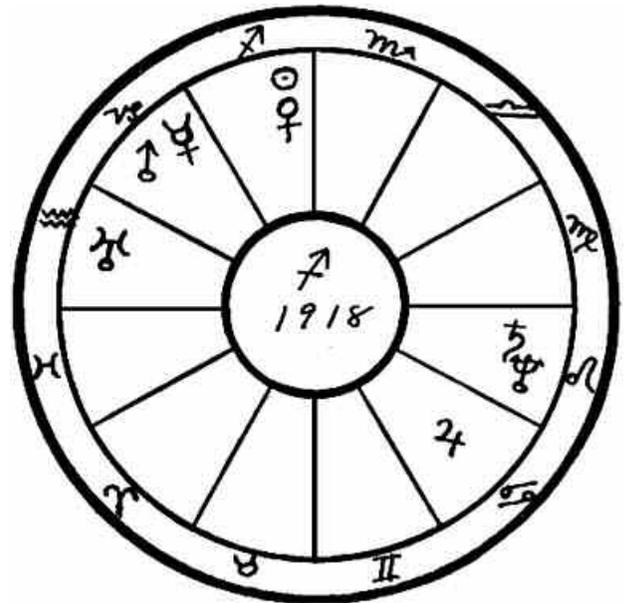
# The Astral Ray

\* \* \* \* \*

## The Children of Sagittarius, 1918

*BORN NOVEMBER 23RD TO DECEMBER 22ND, INCLUSIVE*

**S**AGITTARIUS is ruled by Jupiter, the great benefic planet, and it may be said generally that those who are born while the Sun is in this sign from November 23rd to December 22nd are well liked in the society where they move. They are of a hearty and jovial disposition, princes among men, hail-fellows-well-met, and their acquaintances are generally glad to see them. There are two very distinct classes born under this sign. In the pictorial zodiac, Sagittarius is represented as a centaur, half horse and half man, and one class of those who come to birth under its influence are well described by the animal part thereof, for they are of a sporty nature, ready to gamble on the speed of a horse at long odds or to stake their last dollar on a game of cards. They are fond of "a good time right straight through" and their moral nature is of low grade, aptly described by the animal part of the symbol, so that they have no scruples with respect to the indulgence of their appetites, passions and desires. They are lacking in respect for both the law and ordinary morals, hence they are often found among the criminal class. But those children of Sagittarius who are symbolized by the human part of the centaur, aiming the bow of aspiration at the stars, are as different as day is from night, for they are extremely idealistic, moral, and law-abiding, noble characters who win the respect of society in general and particularly all with whom they come into intimate contact. Therefore they become in time the pillars of society and receive positions of honor and preferment in the State or Church as judges,



divines, or similar posts of prominence. They are very orthodox and conservative in their opinions and punctilious to a fault in their observance of all customs and traditions of the times wherein they live; but they are not progressive, for they value the opinions of their contemporaries very highly and are seldom induced to espouse any progressive ideas which might jeopardize the respect of the community enjoyed by them. They are firm believers of the necessity of red tape. Withal, however, they are charitable and benevolent, tender and sympathetic; they can always be relied upon to aid any altruistic movement, and though they are of a kindly nature and endeavor to avoid quarrels in their own behalf, they sometimes fight with great zeal and courage for others who have been injured

and in whose behalf their sympathies have been enlisted; hence, they make admirable lawyers.

The Sagittarians are usually excellent conversationalists, they have quick and ready wit and are fond of indulging in oratory. Their memory and interesting way of relating experiences always hold the audience. They are very proud and have great confidence in themselves.

This year's children of Sagittarius have the enterprising, energetic, enthusiastic, and constructive Mars in the saturnine sign Capricorn. If he is well aspected, this position will add much strength to the character and give them an ambitious and enthusiastic disposition backed by indomitable courage and a well nigh inexhaustible energy, together with a patient persistence and perseverance that is bound to overcome all obstacles and in the end attain the desired goal. This will help them to rise in life, particularly if Capricorn be placed in the Tenth House. It invites the esteem and respect of the community, so that they are likely to be offered public appointments and serve in positions of trust and honor. But if Mars is afflicted in Capricorn the ambition will be there but they will lack persistence necessary to overcome obstacles. Mercury in Capricorn will give them a critical and penetrating but somewhat suspicious mind with a thoughtful and diplomatic disposition. It also confers some ability as detectives, an attraction to scientific subjects, particularly chemistry, and a practical, thrifty nature, which will give them the wherewithal to tide over the so-called rainy day. The harmonious, affectionate, suave and artistic Venus is in one of her strongest positions placed in Sagittarius where her qualities blend with those of Jupiter, the planet of benevolence, to foster love and good will among men; therefore this position indicates a genial and optimistic disposition, a sympathetic, kind, and generous heart, a love of God and man shown by philanthropy and charity, a refined mind, cultured and fond of drama, art, and music. It fosters the imagination and intuition and, like the other double-bodied signs, Gemini and Pisces, this position of Venus indicates a plurality of marriages. The conservative, reverent, optimistic, and opulent Jupiter is placed in Cancer, the Fourth House sign; therefore the full effect of his vibrations will prob-

ably not be felt until the middle of life. Yet he adds to the kindly and courteous disposition of Venus in Sagittarius, and he will make the children of Sagittarius 1918 very peaceable and good-humored, with a vivid and fruitful imagination, dreamers of Utopian dreams, and lovers of the occult and mystical. There is also, however, a practical side to the nature of Jupiter, which makes him ambitious to attain worldly success, and fortunate in his investments in houses, lands, and mines, so that these children are likely to accumulate property and be well-to-do, especially after middle life. This position of Jupiter also indicates that they may receive much help from their parents during life and an inheritance after death. Jupiter in Cancer makes these people very fond of the pleasures of the table, but if well aspected, they will probably eat within reasonable bounds, so that the health may not suffer. However, if Jupiter is afflicted, it inclines to inordinate gluttony which will eventually corrupt the blood and cause such diseases and noxious growths as result from that condition.

Saturn is in Leo and if well aspected gives favors from people higher in the social scale and success in obtaining public appointments where the saturnine virtues, tact, diplomacy, method, and system, honor and executive ability are required. But in respect to health this position is far from good, for Leo rules the heart and back, hence Saturn, the planet of obstruction, placed in Leo indicates heart trouble and sometimes spinal diseases. Therefore the parents of these children should be particularly careful to see that they are taught conservation of energy from the earliest childhood up, for more lesions and accidents result from the thoughtless playing and expenditure of energy indulged in childhood and early youth than from any other cause. But if care is taken and these children can be made to understand the superiority of the ounce of prevention to the pound of cure trouble may be avoided. It should also be said that Mars in Capricorn gives a tendency to accidents to the limbs, hence parents ought to carefully see that these children are not too reckless in their play. Teach them simplicity in their food and moderation in their sports and exercises. Then they will probably escape unhurt from any of the threatening causes.

# Your Child's Horoscope

\* \* \* \* \*

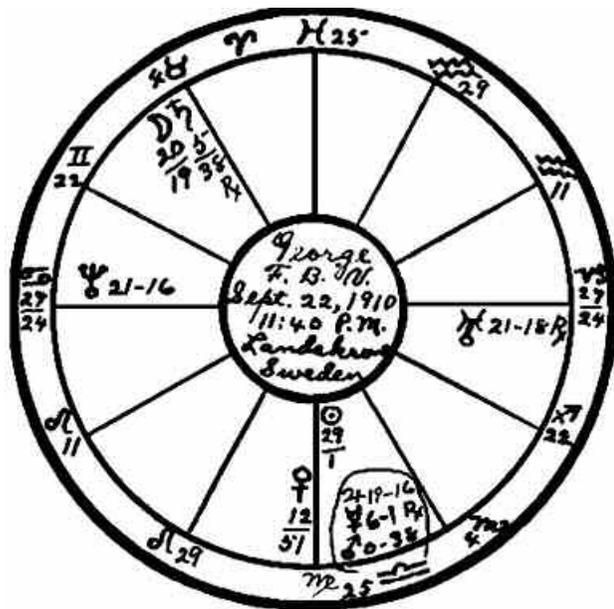
If the readings given in this department were to be paid for they would be very expensive. for besides typewriting, typesetting, plating of the figure, etc., the calculation and reading of each horoscope requires at least one half day of the editor's time. **Please note that we do not promise anyone 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.

\* \* \* \* \*

George B. Born September 22, 1910, 11:42 P. M., Landskrona, Sweden.



At the time of George's birth we find the dignified, ambitious, vital, and venturesome Sun conjoined with the enterprising, energetic, enthusiastic and constructive Mars, and also conjoined with the quick-witted, versatile, eloquent, and dexterous Mercury. This gives him an ambitious, dignified disposition, and though the weak sign Cancer is rising, the configuration just mentioned will give him a good measure of health all through life. It will strengthen the constitution and make him able to endure the hardest tasks, and it gives him a dauntless determination and courage to face all odds. Whenever he is given a plan to follow, he may be trusted to overcome all physical obstacles, for he has both executive and constructive ability, together with an indomitable will that refuses to recognize defeat. He is frank and open but often

rather blunt and brusque, because he is too intensely bent upon whatever he wants to do to waste time in politeness and suavity, so he is apt to brush aside the conventionalities with no compunction, and therefore he may incur the dislike of people with too fine sensibilities. He is going to be essentially a man of action and a pioneer in the world's work, for his enterprise and energy will not allow him to become a follower; but he will always endeavor to lead and hew out a path for himself. The enthusiastic and constructive Mars, conjoined with the dexterous and versatile Mercury, will give him a great deal of resourcefulness and also the ability to express himself with considerable force, so as to impress others with his views. It will also make him rather argumentative and fond of debate, and it will give him a great fund of wit and good humor, sometimes blended with a vein of sarcasm which always strikes its mark. Yet this configuration occurs in the sign Libra, which is ruled by Venus; therefore he is not going to be vicious or malicious. This aspect will also give him considerable dexterity, so that he will be able to turn his hand to whatever task is required and do it with a speed, facility, and expedition that is astonishing to say the least. He cannot do anything slowly or by halves; whatever he does will be done with vim and he will always put his whole energy into it, so that he may accomplish the task and do it well. These aspects will give him considerable success in life and make him much respected by the people in his surroundings for his mechanical ability. The magnetic, emotional, and imaginative Moon, sextile the advanced, independent, original, liberty-loving, and inventive Uranus, and trine the occult, prophetic, inspirational, devotional, and musical Neptune, will give George originality and inde-

pendence of mind, a quick and intuitive mentality, very vivid in his imaginations, and also inventive ability. It is likely to bring him some experiences with the superphysical world, dreams and visions, but he will probably be of too practical a nature to take up with anything that is dreamy and visionary.

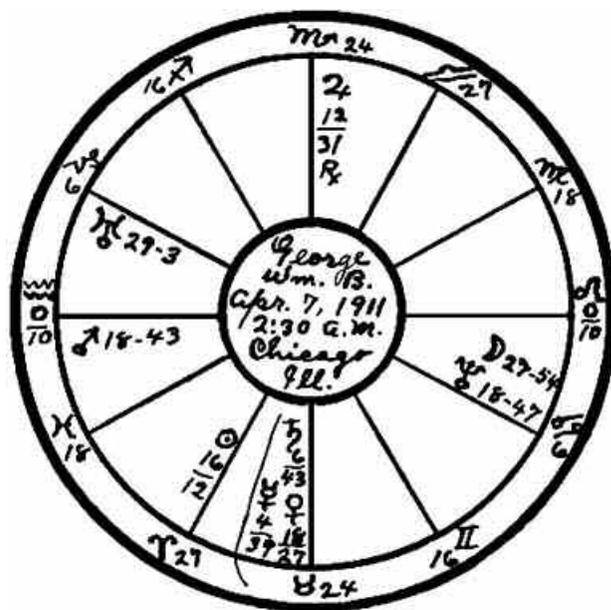
His principal fault is a tendency to a very bad temper, indicated by the conjunction of the Sun, Mars and Mercury, also by the bombastic, ostentatious Jupiter square the licentious, unconventional, and irrepressible Uranus, and the fraudulent, deceptive, dishonest, subtle Neptune. This shows that at times he is apt to act in a very impulsive and reckless manner, to be prodigal, extravagant and bombastic. Therefore you should endeavor during childhood to train him in such a manner that these traits of character will be eliminated.

With respect to health, we find that the reckless, impulsive Mars, conjoined with the Sun, is apt to lay him liable to accidents, fevers and inflammatory complaints. Saturn, the planet of obstruction, placed in Taurus, the sign ruling the throat, indicates a tendency to colds and sore throats. Mars in Libra, the sign ruling the kidneys, also is an indication of trouble with these organs. But by applying the ounce of prevention during childhood a great deal of trouble may be avoided in later life.

George William B. Born April 7, 1911. 2 :30 A. M., Chicago, Illinois.

At the time of George's birth we find the vital, venturesome, dignified, and ambitious Sun sextile to the enterprising, energetic, enthusiastic, and constructive Mars. The Sun is in Aries, the home of Mars, and this is also the exaltation sign of the life-giving Sun; hence, it is the very fountain of life and vitality, as manifest in the sprouting of the millions of seeds which break through the earth's crust at the time when the Sun goes through that sign in the Spring, changing the earth's white wintry garment to a flower-embroidered carpet of green, and making the forests a bridal bower for the mating beasts and birds. This great vital force also finds its expression in the children of Aries, among whom we may count George. He will bubble over with life and energy to such an extent that it is often very difficult to curb him sufficiently and hold him within the bounds of safety and com-

mon sense. He will be found very self-assertive and aggressive to a degree, always the leader of his fellows, scorning to follow, turbulent and radical in all his thoughts, ideas, and action, venturesome to the verge of foolhardiness. Being so full of vital energy and ambition he will have the faculty of infusing energy and enthusiasm into anyone with



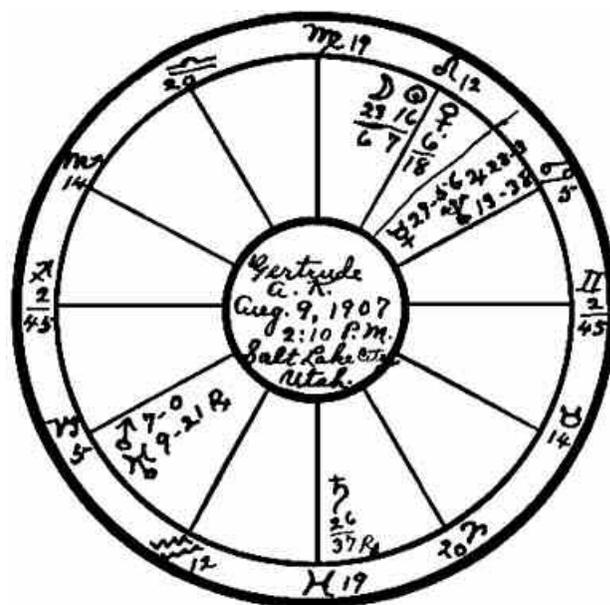
whom he may be associated in work, and therefore he will make a first-rate foreman or overseer, though it is doubtful if he would make a success in any undertaking on his own behalf. He never can go into anything half-heartedly, and therefore if he once espouses a cause, social, political, or religious, he will work for that cause with all the vim and vigor of his energetic nature. If, on the other hand, he should become addicted to a vice, the whole intensity of his nature will be turned towards the gratification of that particular part of the lower nature; therefore you have a great responsibility to set before him by precept and example the noblest and best form or conduct of which you are capable, for his is perhaps the most impressive sign in the zodiac, and the habits formed, the lessons learned in childhood and youth, will generally cling to him and his like through life, making him either very good or very bad. Be particularly careful about inculcating in him an abstinence from alcoholic liquors, for if an Aries child becomes addicted to that vice he is usually beyond saving and not infrequently becomes subject to delirium. His worst fault is indicated by

the negative, vacillating, insipid, and frivolous Moon, in opposition to the licentious, unconventional, fanatical, and irrepressible Uranus; and the dissolute, sensual, vulgar, and slothful Venus, square the egotistic, discordant, destructive, passionate, impulsive, and hot-tempered Mars. This will give him a dreadful temper, an absolute disregard for the conventionalities, a very voluptuous and sensuous disposition, liable to go to excesses in the gratification of the passions, which will sap his vitality; it may even, if it is carried to the extreme, break down the splendid healthy constitution which he has, and in the end leave him a wreck on the sea of life, if it is allowed a free rein. These configurations will also make him extravagant and lavish, especially where the opposite sex is concerned; he may on that account spend more than he can afford. Besides what he may squander on such amours, there will be other expensive tastes which may bring him into financial difficulties, though he will have splendid earning powers, and he may therefore become a defendant in the debtor's court. On that account you should train him very carefully on thrift and control of temper. No one likes to see his own face distorted with tears and anger and we have found that if children are put into a corner facing a mirror, or perhaps two placed at right angles to each other so that they cannot escape the view of their own features, it will quickly curb their passion. If you have difficulty in teaching him otherwise, perhaps you will find this may be effective. We would also advise for a child like this a very simple, non-stimulating diet; neither meat, fish, nor any other such food should be given. The horoscope also shows a tendency to run away from home and to change his name, so that there is a complete estrangement from the family; therefore, of course, it will be best not to be too harsh with him, or you may later on feel like blaming yourself when that happens.

Gertrude A. K. Born August 9, 1907, 2 :10 P.M., Salt Lake City, Utah.

At the time of Gertrude's birth we find the Sun placed in the royal sign of the zodiac, Leo, which is ruled by the Sun, and it is placed in the Ninth House. This will give her a noble, ambitious, aspiring nature, and make her scorn to do mean, sordid

and little things. She will not stoop to do a low act even under great provocation or the strong urge of self interest. Her love nature will be very strong and ardent. No inconvenience or sacrifice is too great for her to serve those she loves. She will be a loyal and true friend to those whom she honors with her friendship, she will stick to them through thick and thin. Leo is a fixed sign and gives its children considerable will-power, so that they are usually able to win their way to the top despite all handicaps and obstacles; therefore, no matter what the set-backs, she is sure to make her way in life. She is very fixed in her opinions though, and if she espouses any cause she will usually stay by it and work for it in the most enthusiastic manner, for she cannot do anything half-heartedly. As Leo is a fiery sign it will endow her with power, vitality, and enthusiasm, and she will also have a good memory, particularly as Mercury' the planet of mind, is trine to Saturn, the planet of memory. Her



principal fault is a quick temper, common to all Leos, but in her case augmented by the fact that the egotistic, discordant, impulsive, hot-tempered Mars is in conjunction with the unconventional and irrepressible Uranus. This will literally make her a walking powder magazine and liable to explode at any moment and on the slightest provocation. Therefore it is very necessary that you should train her in self-control. She must already have shown this characteristic to a great degree and it will not get better with the years but worse;

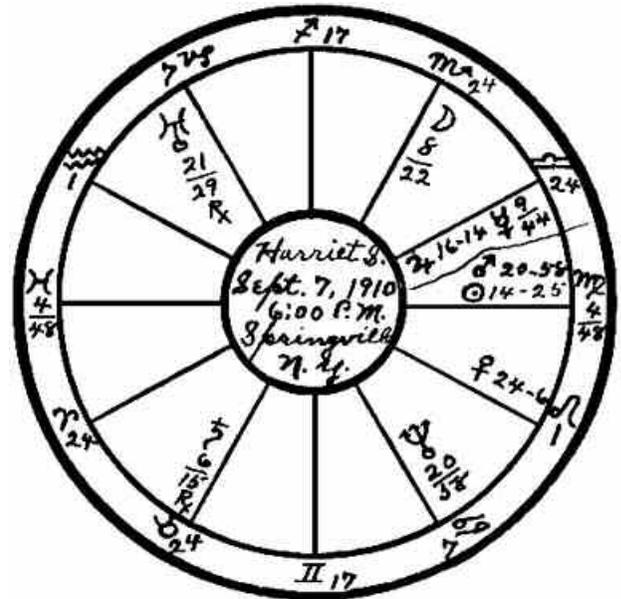
therefore it is imperative that all means should be taken to curb the temper and enable her to gain self-control. Of course you will realize that corporal punishment does not help a child in attaining self-control, but there is a method which we have elucidated in the horoscope of George V. which has been found very successful wherever it has been tried.

The quick-witted, versatile, eloquent, and dexterous Mercury rises *before* the Sun and is conjoined with the conservative, optimistic, opulent and benevolent Jupiter, and both are trine to the cautious, deliberate, methodical and tactful Saturn. This shows that you have good material to work upon, for it gives a basically cheerful and optimistic disposition, with the ability to look upon the bright side of things and keep up the spirits in hours of adversity. It will give her a broad, versatile mind, and ability to reason correctly, and to form reliable judgment by careful deliberation. The saturnine infusion shows that she will not be very hasty in her decisions; she will require time to think over whatever is presented to her, but once she has reached a conclusion, that will generally be found incontrovertible, for Saturn acts as a brake upon the flighty mind and this will give her seriousness, depth, and concentration which is of inestimable value in life. Sometimes she will be inclined to be melancholy instead of cheerful, but perhaps this forethought and profound reasoning ability will be of greater help to her than any other asset. It will give her patient persistence in whatever she undertakes, so that no temporary failure will be allowed to stand in the way of ultimate success. The caution and diplomacy given by Saturn will make her invincible in the long run. She will never submit to defeat.

With respect to health we find that the Sun and Moon, the Moon being the chief significator of health for a woman, are unaspected save for a parallel, but they are well placed, highly elevated in the strong sign Leo; therefore it is probable that fair health may be expected in life. The weakest point is found in the limbs and feet, for Mars conjoined with Uranus in Capricorn, the sign ruling the knees, predisposes to neuralgia, and Saturn in the sign Pisces, which governs the feet, shows that there is a tendency to cold in the extremities, but

by reflex he has an influence over the intestines, governed by Virgo; therefore the abdominal region should be particularly guarded with respect to colds and kindred ailments.

Harriet S. Born September 7, 1910, 6 :00 P M.,  
Springville, New York



At the time of Harriet's birth we find the vital, venturesome, and authoritative Sun in conjunction with the enterprising, energetic, enthusiastic, and constructive Mars, also sextile to the Moon, and although the Sun is in the weak sign Virgo, and there are four Common signs upon the angles, this will overrule the evil testimony, give a splendid vital energy and radiant health through life. It will strengthen the constitution and make her able to endure much harder tasks than otherwise; it will also endow her with energy and enthusiasm to fight the battle of life, even in the face of considerable odds. She will have both executive and constructive ability and a will to win, so that she is not easily defeated. She will have a frank and open disposition, but sometimes she will be rather blunt in her speech, and this may cause a number of people who are rather sensitive to dislike her. The sextile of the Sun and Moon assure her general success in life, fair financial conditions, good home surroundings, with faithful friends and esteem in the community. They also favor a rise in life for her because of her innate ability which will gain

for her the recognition of people in a position to help her rise, and also by her own energy she will aid in carving her way to the top. This configuration of the lights is also excellent for health because the Moon is the particular significator of health for a woman, and the Sun, the fountain of vitality, their good aspects are always bound to bring an abundance of vim and vigor. Furthermore, this aspect between the luminaries favors a successful marriage, for the Sun is the significator of that event in a woman's horoscope, and this applies particularly in the case of Harriet because the Sun in her horoscope is placed in the Seventh House, which denotes marriage. The melancholy, pessimistic, and obstructive Saturn we find is in opposition to the visionary and worrisome Moon. This will at times give her a tendency to look upon the darker side of things and if she is not careful she may under these conditions cause herself a great deal of trouble by malicious remarks and actions which will lay her liable to scandal and disfavor. It will also give her a tendency to hold spite, and she should be particularly careful of her health at the time of puberty, when the Moon comes to the conjunction of Saturn and the opposition of her own place, for then it is liable to obstruct the menstrual fluid and cause trouble in that way. This is not so serious in her case as it would be if the Sun had not been aspected so well to both Mars and the Moon, as already elucidated, but there is sure to be some indication of trouble at the period mentioned; therefore forewarned is forearmed. You may, knowing these facts, take precautions that you would not otherwise think of. The enthusiastic and energetic Mars is trine to the intuitional, original, and inventive Uranus. This adds ambition and originality to Harriet's characteristics. It will make her ingenious and intuitive, resourceful to a high degree and able to cope with difficulties under trying circumstances. She will have a somewhat inventive turn of mind and will be successful in bringing her ideas to realization. At this time when women are entering vocations that have usually been taken or held to be exclusively for men, it would be of benefit to Harriet if she can study and learn the science of electricity, for with the configurations in her horoscope it is quite likely that she will develop something that will benefit both her-

self and the community. In addition to what we have said with respect to health, we may add that while the conjunction of the Sun and Mars gives her a splendid vitality, it will at times render her liable to feverish or inflammatory complaints, naturally of a very ephemeral or passing nature, for she will be able to recuperate quickly. Accidents in connection with heat or fire are also foreshown by this configuration, and therefore it would be well to warn her that she ought to be careful when handling fire or anything charged with heat.

---

### From the Persian

I gathered my griefs together,  
 Small and large—the sharp-edged griefs  
 That cut my hands in the lifting.  
 I climbed, in fear and wonder  
 The stairway of the stars.  
 How steep and bright those crystal steps!  
 My arms so feeble for such burdens.  
 At last, tired and breathless,  
 I laid my sorrows—so keen, so many-sized  
 At the feet of the Unnameable, the Lover.  
 And as I laid them there, I saw  
*That His Feet were wounded by my sharp  
 sorrows.*

—M. R. R.

## EPHEMERIDES BOUND

We are now ready to receive orders for *Simplified Scientific Ephemeris* bound in cloth and sewed on tape to make the binding extra durable. The set consists of 60 pamphlets covering the period from 1860 to 1919, and at the regular price of 25c a year, the set would cost \$15 unbound. We will bind them in three volumes of 20 years for \$17 post free.

Single volumes of 20 years may be had for \$5.75, post free.

# 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

## From the Diary of a Glutton's Stomach

**W**HAT a cold day! Hope I won't be overfed again this morning. If I am, I'll just send it back, that's all.

9:05 a. m.—Was just introduced to a pungent glass of Scotch whiskey. How it burns me now! Yet, my boss shakes with glee. I can hear him say, "I don't feel like eating much today." Oh! I'm getting dizzy and smothered with large quantities of nicotine from those cigars!

9:20 a. m.—Two large cups of strong coffee just came down the "food elevator," while my owner was reading the morning paper. Large lumps of breakfast bacon and hot biscuits are now coming forward. I wish he would chew it a little more. If he only knew how much unnecessary work I'm caused in this way! And come to think of it, today is "meatless day." Wonder if I'll have some rest now?

9:50 a. m.—Was hurriedly brought into an ice cream parlor while waiting for the car. A nut-sundae and a glass of ice water just arrived. Oh! How chilly I feel now! That isn't enough for me, he believes, so five cents worth of salted peanuts is purchased, on which I'm being fed again.

10:40 a. m.—A glass of ice water. How I wish he would breathe through his nostrils instead of swallowing air. Why should my boss ignore his nostrils?

12:10 noon.—My owner decides he isn't very hungry, so he sends me down merely a chocolate malted milk with an egg and ice cream in it. Another cold shock for my already weakened nerves.

After finding a few more peanuts in his pocket, he sent them down. I'm again gasping for breath from the effects of another Havana.

1:25 p.m.—Overheard an argument with the

stenographer for coming in so late, which made me tremble and nauseated all over.

2:15 p.m.—For about an hour I was not bothered when suddenly daughter came in with a large box of candy and, of course, papa didn't neglect me at all.

3:55 p.m.—Another cigar!

4:20 p.m.—I could hear him grumble, "The malted milk must have been sour this morning."

5:15 p.m.—Was invited to have a drink as an appetizer before going home. So a Scotch highball was spilled down on me.

6:05 p.m.—On the way home: How I ached when I was brought in the dining room for dinner. (If you possess a lot of money you say, gently, "Dinner"; otherwise you call it "supper.") I heard my owner brag about not eating more than twice a day. (He should have said "once," for he begins in the morning and ends at midnight.

6:15 p.m.—On the table: Veal, mashed potatoes, pickles soaked in vinegar, fresh bread and butter, pepper, mustard, gravy, cheese, soup, fish, pudding, coffee, sponge-cake and other such stuff.

7:05 p.m.—The family go to see a "movie" and, of course, I'm taken along.

9:10 p.m.—A cherry smash before starting for home. Nobody wanted to walk home. Trolley ride.

9:45 p.m.—A piece of blackberry pie came my way on arriving home. I got so desperate that I revolted.

9:46 p.m.—I returned the pie.

9:47 p.m.—I returned the cherry smash.

9:48 p.m.—I returned the potatoes, pickles, cheese, pudding and cake.

9:49 p.m.—Then I sent back the gravy.

9:50 p.m.—My owner's wife sends for a doctor

and says, "There must have been something wrong with the malted milk or the ice cream, for it surely couldn't have been good, delicious gravy." In the meanwhile I was in convulsions, and nobody seemed to care.

10:30 p. m.—The doctor arrives.

10:33 p.m.—The Doctor (to my owner): "Did you eat much today?"

My Owner: "Oh! No, Doctor; I eat very little; never more than twice a day."

The Doctor: "How is your appetite?"

My Owner: "Very bad; I seldom desire food. The Doctor: Do you have enough exercise? My Owner; I should say so! I have all I can do at the office. Am worried to death half the time with the stenographer's mistakes and the customers."

The Doctor (slowly and somewhat hesitatingly): Well, 'er eh, I believe then, what you really need is more rest. In other words, vacation once in a while, which might increase your appetite.

Drink more water, eat plenty of nourishing food and don't overwork. You should get this prescription filled."

My Owner: "By the way, Doctor, do you believe a little smoking would hurt me sometimes?"

The Doctor (about to leave): "How many cigarettes do you smoke a day?"

My Owner: "I never smoke 'coffin nails,' Doctor; I smoke the best Havanas; only six or seven a day."

The Doctor: "Well, reduce the amount and don't inhale them, and don't drink much stimulants."

My Owner: "Oh, Doctor, I don't drink at all, except a quart or so of Scotch weekly."

The Doctor: "A little too much, sir."

My Owner: How much do I owe you, Doctor?

The Doctor: "Five dollars will be all right.

My Owner: "All right, Doctor. Here it is."

The Doctor: "Good Night."

My Owner: "Good night, Doc. Thanks."

## Doctor Sun

(From *The Literary Digest*.)

SUNLIGHT is now being successfully employed in the treatment of wounded men in many of the military hospitals in France, notably in the American Hospital. This we are told by Dr. Willis C. Campbell, of Memphis, Tennessee, who has himself used the sun-treatment for five years past with marked success in diseases of the bones and joints, and believes that it may profitably be extended to the treatment of other disorders, especially in military surgery. Dr. Campbell, who is professor of orthopedic surgery in the University of Tennessee, describes 127 of his cases in an article contributed to *The Journal of American Surgery* (New York, July). He gives credit for the modern development of the sun-cure to Dr. Rollier, of Loysen, Switzerland, whose high-level sanatoria for sun-treatment were described in these pages several years ago. Dr. Rollier now has three of these, at altitudes varying from 4,000 to 5,000 feet. He regards the ultraviolet rays as the curative ones and seeks the high altitudes where these are more abundant. Dr. Campbell's results, however, and those of the French

military hospitals, have been obtained at ordinary levels. We quote from Dr. Campbell's article only paragraphs containing no technical descriptions of his cases. He writes;

"The sun as a curative agent was used by the ancients, and for centuries mention of this measure may be found in medical literature. Various savage tribes and animals, notably the dog, seem to divine the beneficial action of the sunlight, exposing their bodies when ill to the direct solar rays.

"The exposure of a part of the body affected by disease, 'local heliotherapy,' has been employed with some degree of success for many years in the treatment of various disorders of the skin and bones, but the systematic and scientific dosage to the entire body, 'general heliotherapy,' is a comparatively new method, evolved and perfected by Rollier, of Loysen, Switzerland, to whom full credit should be given. General heliotherapy, in contradistinction to local heliotherapy, is of paramount interest at the present time on account of the number of 'war-wounds' amenable to the solar treatment. In fact, the measure if! now being employed

in many of the military hospitals of France, notably the American Hospital, with excellent results.

“The administration of the solar rays is by no means a simple task, especially in private practice. The closest scrutiny is necessary at all times or the treatment will rarely if ever be carried to a successful termination. I have seen many failures resulting from a lack of appreciation of the importance of employing the measure in a scientific and rigid manner. Dosage and the reaction on the part of the skin and the general condition of the patient must be observed constantly.

“We would not expect curative action of the solar ray by bidding our patient to go out in the sun with the instruction ‘expose yourself as much as possible.’ Each case must receive detailed instructions as to the length of time, the amount of body surface, etc. The greatest care must be taken to avoid dermatitis. The effect on the hemoglobin, white and red cells, should be noted. X-ray examinations must be made at intervals. The correct dosage for each patient should be worked out by experience. Some can stand frequent exposures for short intervals, others continuous exposure. Many are seriously affected by the midday sun, while some do well, regardless of the heat.

“About five years ago, I became interested in heliotherapy, and first used the method in an apparently hopeless tuberculous spine and hip joint of an adult, with such a rapid and remarkable cure that I at once instituted the sun-treatment in the orthopedic service of several local hospitals. Since which time I have been convinced that the beneficial effect on the diseased process is chiefly due to the sun’s rays on the skin surface of the entire body, for there is no comparison in the local and general improvement of patients simply living out of doors in the fresh air and sunshine and those on whom systematic heliotherapy has been properly administered.

“In special institutions for the purpose, much undoubtedly could be accomplished in the way of military surgery at the present time, as the method must be carried out under most rigid discipline in order to effect the desired results.

“Heliotherapy is far-reaching in its effects and undoubtedly will be found of great value, not only in the treatment of affections of bones and joints,

but for the cure of various disorders elsewhere in the body.”

---

### Conserve Your Eyesight

(From *Herald of Health*)

In our present times, where short-sightedness, weak eyes, and similar affections of the eyes are getting more and more common every day, it is certainly of prime importance to beware of several bad habits which have tended to ruin the eyesight of many.

1. Never strain the eyesight by reading in the twilight or insufficiently lighted places, such as cars, ferryboats, trains, dark corridors, stairways, etc. Neither read when your eyes feel hot and painful.

2. See that the light for your daily work falls over your left shoulder on to your book or work with which you are occupied.

3. Do not wear any tight articles of clothing around your neck. See that the room in which you are occupied is never too warm—but your feet should be always warm.

4. Never bring your eyes too close to the object with which you are occupied, especially, when reading or sewing.

5. Abstain from reading while lying down or while riding in any conveyance. Serious eye diseases often arise therefrom.

6. Don’t spoil your eyes by rolling them around unnaturally and by squinting for fun.

7. If you are compelled to strain your eyes by your regular occupation, get a little rest from time to time, and strengthen them by laving them occasionally in cool fresh water.

---

### RAYS FROM THE ROSE-CROSS

The magazine is now sent gratis to 330 Libraries. Part of these subscriptions have been paid for by members and the rest are supplied by the Headquarters fund, The price to Libraries will 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, \$1.25 in Canada, and \$1.50 foreign.

## Menu from Mt. Ecclesia

### BREAKFAST

Baked Apples  
Puffed Rice  
Scrambled Eggs with Parsley  
Toast    Milk

### DINNER

Consomme  
Baked Sweet Potatoes  
Stuffed Bell Peppers and Tomato Gravy  
Corn Bread and Honey  
Milk

### SUPPER

Pineapple and Celery Salad  
Cottage Cheese and Sandwiches  
Plum Pudding and Hard Sauce  
Milk

---

## Recipes

### *Scrambled Eggs with Parsley*

For two persons, take three eggs, stir lightly to mix the whites with the yolks, add three table-spoons of milk. Heat frying pan with one table-spoon of butter and pour the eggs into same, stirring slightly to keep from burning, add salt. Just before removing from stove add two tablespoons of chopped parsley.

### *Consomme*

Wash and cut into small pieces one each of the following vegetables: carrot, turnip, onion, leek, one small clove garlic, one fourth head cabbage and one potato, (if the vegetables are young and tender the peels will enhance the flavor). After cutting fine, fry them to a light brown in three table-spoons of oil. Add one quart of water and boil for three hours briskly. Strain, and add flavors wanted, such as thyme, parsley, mint or whatever preferred, adding salt to taste.

### *Stuffed Bell Peppers*

Wash and remove the seeds of green bell peppers. Boil in salted water for fifteen minutes, drain and allow to cool. Prepare a dressing by grinding

one cup of cold boiled beans, one half cup English walnut kernels, half cup whole wheat bread crumbs, one grated onion, small clove garlic grated. Fry in oiled pan until well flavored, adding salt, paprika and celery salt. Press the dressing into the shells and place in oiled baking dish, cover with tomato sauce and bake one half hour.

### *Vegetarian Plum Pudding*

Add three eggs to three fourths cup of whole wheat bread crumbs, one cup milk, one half cup butter, and one cup of flour. Beat well while adding one cup brown sugar, one cup seeded and chopped raisins, one cup currants, and a small piece of chopped citron. Pour into a buttered baking dish with tight cover and steam three hours.

### *Cheese Sandwiches*

Slice white bread very thin and spread with the following dressing. Grind one half cup seeded olives and one half cup walnut kernels. Mix with half cup cottage cheese into which has been grated a small piece of garlic, adding paprika and salt. Put two pieces of bread with filling together and slice diagonally; serve on plates garnished with parsley.

# Echoes from Mt. Ecclesia

\* \* \* \* \*

## Mr. October's Party

By MARIE LAU, age 12 years

Fall is here! Let us go out and find a few signs of autumn. After climbing down the porch steps we come to some trees. Many people do not see anything interesting in nature, but nature is much like people. Now we are in the midst of some one's party. Mr. October is having a party, or rather a dance, inviting all the leaves.

When we people sometimes have parties or dances we tell them all to wear the same color dress. This is what Mr. October told all his little friends, probably. First when at home they had mostly green dresses. Then when they heard there should be a dance some put on red dresses, some gold, some all colors, etc. But then, since it's war time Mr. October told all his guests to wear the same color dress which should be brown. How do you think the leaves stay so pretty when they are dressed in their red, and gold, etc? Why, the little *fairies* who help make people well, they also love nature, and they paint these little leaves. Well, now they should put on brown suits so they took off all the pretty paint and then they were brown.

Before they came Mr. October said to his servant Mr. Wind (who could do all kinds of things):

"Mr. Wind, will you go to their homes and help them over here? I'm afraid that else they'd get so tired before they'd reach the dancing hall."

Mr. Wind said he would, so he scurried over to

each one's tree. Some of them had their brown suits on, and some still had their green ones. Mr. Wind whispered to those that still had on their green suits,

"You must hurry up and get your brown suits as else you may not come to our dance."

Some of them were awfully slow about doing things, and it took them a long time before they got their brown suits. Those who were ready Mr. Wind took along. Soon they reached the dancing hall. Then the dance began. They whirled around and around, and had all kinds of ways of dancing. Mr. Wind, who was a great musician, played and whistled for them. Sometimes they had refreshments as Mr. October let it rain every now and then. Oh! How they danced and how their dresses rustled!

Then one day Mr. October said,

"Well, now I've done something for you, is there anyone who will do something for me?"

Every one of the leaves exclaimed,

"I will! I will!"

So Mr. October sent them to all kinds of places where little delicate plants were. He told them that they must cover these little plants as some of them were catching colds. The little leaves cheerfully covered all the little plants.

And that was the end of Mr. October's party.

---

## How Public Opinion is Formed

ARLINE CRAMER

When Mrs. McGinnis looked out the window to see what ailed her boy who was yelling, he shouted gaspingly, "Tim O'Brien punched me in the nose for narthin'." "Well, don't you dare to come into this house till you've licked 'im," she returned in tones that commanded. The Household approved, the Neighborhood approved. It became

a Town Policy, then a legislative Attitude, a National Ideal, an International Relation, for millions of Mrs. McGinnises said to millions of young hopefuls, "Don't come home till you've licked 'em." And nations swaggered in the world with their guns on their hips. But—the mother of Tim O'Brien, as she washed away the effects of the sec-

ond battle of the day, heard details of the *prelude* to the fray, how young McGinnis had teased and thwarted *her* son in all his play, till goaded to desperation, he struck the first blow.

“This case needs looking into!” she cried, and told the household. The household approved, the neighborhood approved. It became a town policy. The law was invoked. It became state legislature, then federal judiciary, and out of that an international court was established “to look into cases.”

Then the bully nation paused, in his prelude to the fray, seeing a lawyer for the nations had come to look into the case. And the nations went on with their play under the watchful eye of the Cop on the Corner, who as he twirled his stick thought “Now jist let someone *start* somethin.”

Bombay, India, July 2, 1918

Dear Friends:

I have been long acknowledging your welcome letter of December 19, 1917. My one and invariable excuse for neglect of correspondence is the multifarious duties that fall to the lot of the engineer who has to develop irrigation in a neglected and backward country. Though I always give the address of my agents in India to avoid risk of your letters going astray, I am, and have been for the past one and a half years, in Mesopotamia. For the past year I have been working at irrigation, which has taken me into interesting places.

First among these ranks Babylon. Properly to appreciate the whole place requires a knowledge of the excavations that have been done and demands more time than the ordinary person in this country has at his disposal just now. While I was there there was only time to see the street of the procession and the Ishtar gate with the animals built in relief on the brick walls. This is very ingeniously done by means of special bricks which must have been very difficult to mold!

The other place of great interest I visited was Birs Nimrud. This is Nebuchadnezzar's temple of the seven spheres, restored by him in 600 B. C., as it was then very old and had fallen into decay “from ancient times”! The ruin consists of a small tower standing on an immense mound that towers above the surrounding plane. Excavations were undertaken some time ago (I don't know exactly

when) and it is possible to reconstruct in imagination the seven tiers (one tier for each of the then known planets) of the temple. An excellent description of the temple is given in the *Story of the Nations*, series “Chaldea.” The particulars are given briefly below:

<i>Planet</i>	<i>Color</i>	<i>Remarks</i>
Saturn	Black	Bitumen covering masonry
Jupiter	Dark Yellow	Over-burnt bricks
Venus	Red	Under-burnt bricks
		Face of masonry was vitrified by intense heat “in situ.”
		Blocks of masonry are still lying about near the top of the mound.
Mercury	Light Yellow	Well-burnt bricks
Moon	Silver	Silver plates
Sun	Gold	Gold plates. Many mosques at present time have golden domes and are said to be covered with gold plate.

If one visits Birs Nimeno immediately after rain, many small copper coins can be picked up. Bitumen was used for mortar and reed mats were laid between the courses of the masonry. I found one brick with the bitumen and the matting clinging to it.

Had I access to the memory of Nature what wonderful story could be read of these places! The investigation would hardly be a legitimate one, however, as it would only be prompted by curiosity. One gets the opportunity now and again of speaking a word in season about the Rosicrucian Teachings. The most unlikely people (judging solely from appearances) are interested in them. The minds of people seem to have been turned away by the War from things material towards the unseen things in a way that could not have been achieved by anything else, and they are hoping that a sufficiently great change will soon have been wrought to admit of the war being terminated.

I am delighted to hear the good report of the spread of the teachings. Their high idealism combined with practical common sense (which is one of the things that makes them so attractive) cannot fail to remove mountains of ignorance and prejudice.

With every good wish for the work, believe me,

Yours sincerely,

A. R. POLLARD

# The Rosy Cross Healing Circle

\* \* \* \* \*

## Helpful Letters From the Students

### 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.

---

#### *Healing Meetings*

December 5—12—18—25

January 2—8—14—21—29

February 4—11—18—25

---

Toronto, Canada, October 19, 1918

Secretary Healing Dept.,  
Rosicrucian Fellowship

Dear Friend:

Almost every day I say: "I feel so well—it is so good to feel so well." Some people say, "Take care, you are likely to be sick when you talk that way." But it is in the spirit of thankfulness I say it, and why should that bring illness. It makes me so happy to have that feeling of vitality coursing

through me that I have not felt before for years. I was not always ill but I have really felt well, and even now I do not profess perfect health but I am sure I have not felt so near it for at least five years.

But all is well, I am happy, and there is more work for me to do yet.

Yours lovingly and gratefully,

M. C. T.

---

Pasadena, Cal., Oct. 15, 1918

Dear Friends:

As I lie here in the hospital so comfortable, with my new born babe at my side, a great feeling of gratitude comes over me for the benefits I have received from the Invisible Helpers through the Rosicrucian Fellowship (the channel of communication). Just now I have had another wonderful proof of the Invisible Helpers' response to a written prayer for help from a probationer. A woman moaning in awful agony became quiet as soon as I had written for help for her in ink. I felt justified in calling the attention of the Invisible Helpers from those agonized cries on the battlefields of Europe where they are working, since no suffering could be more intense than was this woman's (if I am a judge of how much suffering is expressed in sound). I realize that the suffering I hear here from the many in travail is "good, though seeming ill," as pain is the only means of making some people think, and realize that it is not for Adam and Eve's sin they suffer; but for their own sin of wasting their creative energy in this or previous lives.

I for one, have become more 'kind and have awakened through my sufferings to I feel I owe every bit of mental and physical energy that I can generate to be applied to the constructive side or nature's forces.

However, since God through Christ, and his agents (the Visible Helpers at Headquarters), good doctors and nurses here, and the Invisible Helpers (who understand more of nature's healing powers and laws), have been so merciful to me, I felt they

would also help relieve those near in pain for whom I wrote for help.

A few days ago I wished to write for help for a person but could not reach my pen which I had dropped on the floor. Soon my doctor called and he handed it to me; I wrote, and her screams stopped immediately. A nurse came in shortly afterwards and I asked her if the child was born and she said yes, it came finely, very suddenly (just at the time I wrote for help).

I wonder if it is made plain to readers of the *Rays* magazine that they can be relieved from suffering by simply asking for help in a letter. written in ink, and mailed to the Rosicrucian Fellowship, Oceanside, Calif?

So many of the nurses are interested in the *Rays* magazine.

With love to all the workers at Headquarters,  
B. B. C.

---

Huron, So. Dakota., Oct. 27, 1918

The Rosicrucian Fellowship

Oceanside, Cal

Dear Doctors:

It is with much thankfulness I am writing you this week. I am feeling so much better than two weeks ago and am beginning already to realize the good work you are doing for weakly humans like me, and thousands beside me. May the Lord bless you in your good work is the sincere wish of your friend,

Mrs. F. H.

---

*MORE PRAYER IN BRITISH FAMILIES*

Three new tendencies in the religious life of England and Scotland are being attributed to the effect of the war, according to *The Christian Evangelist* (Disciples of Christ, St. Louis). "One is a popular wave of enthusiasm for family prayer. Another is better observance of Sunday as the day of rest. And the third is such measure of cooperation between the Anglican and Free Churches as was not dreamer] possible." The revival of family worship has reached the proportions of a national movement. Some idea of it is given in the following paragraphs:

"A great meeting was recently held in London, attended by Free and Established Church men in about equal numbers, and having for chairman a

Free-Church layman, and for principal speaker the Archbishop Of Canterbury. The subject was family worship, and the Archbishop pointed out that England on her knees at home can accomplish more, perhaps than England fighting in or out of trenches abroad. It is reported that a national movement has sprung up in the churches of England and Scotland in favor of family prayers in the homes. It is said that Free- and Established-Church people are interested in about equal numbers, and that teachers are setting out to the provinces to talk in its favor."

The truth that through afflictions oftentimes come our greatest blessing is evident in the above paragraph; as regards England and Scotland. What about the United States? We are following the English into the trenches. Why not to our knees?

---

*PATHS OF LIFE*

(This was written by Amy Hylton, aged 12, daughter of one of Our English students.—Ed.)

On the long, rough road of Life,  
Many paths there are  
Which often lead to destruction,  
And many a man's character mar.  
Some people choose the paths of Pleasure,  
Of Folly, and of fun,  
But these are the ones that never  
Will reach the Eternal One.  
Some people choose the paths of Glory,  
Of Victory and of Fame;  
Forever and ever to be renowned  
And to hold a famous name.  
And some people choose the paths of Kindness  
Of Charity and Love.  
These are the ones that first will reach  
Heaven above.  
O! Children, always walk these paths  
And from them never wander,  
For see, the Lord beckons to all who are good,  
And shines His light o'er yonder.

---

*DO IT TODAY*

Are you a subscriber to our Magazine?  
If not, you are missing more than you can afford.  
It is the best Magazine on Occultism, Astrology,  
and kindred subjects of absorbing interest.