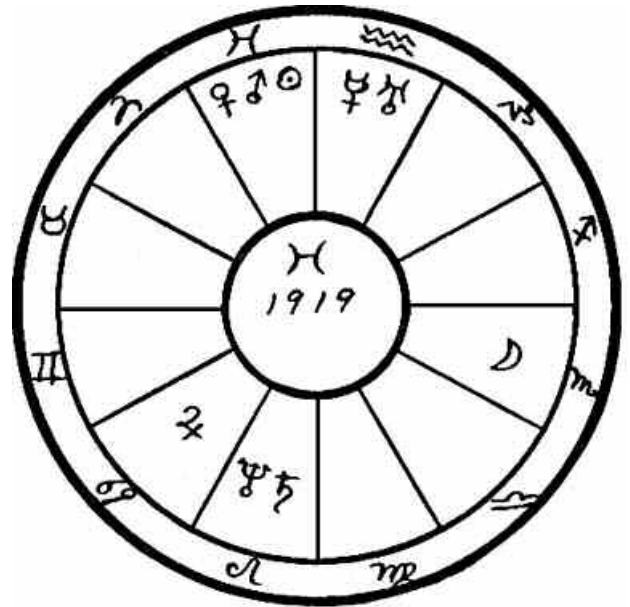


# The Children of Aquarius, 1919

BORN FEBRUARY 20th TO MARCH 20th, INCLUSIVE

EDITOR'S NOTE—It is the custom of astrologers, when giving a reading requiring as data only the month in which the person is born, to confine his remarks to the characteristics given by the sign the Sun is in at the time. Obviously, however, this is a most elementary reading and does not really convey any adequate idea of what these people are like, for if those were their sole characteristics there would only be twelve kinds of people in the world. We are going to improve upon this method by giving monthly readings that will fit the children born in the given month of that particular year and take into consideration the characteristics conferred by the other planets according to the sign wherein they are during that month. That should give a much more accurate idea of the nature and possibilities of these children and will, we hope, be of some use to the many parents who are not fortunate enough to have their children's horoscopes cast and read individually. We keep these magazines in stock so that parents may get such a reading for children born in any month *after* June, 1917. The price of back numbers is 20¢ each.



**T**HE Children of Pisces are a little sensitive psychic plant, easily influenced and molded by the environments they are surrounded with in their home. The parents and guardians should be most careful of their influence. The child's playmates should be most carefully chosen until they become old enough and wise enough to resist evil influences and have their will sufficiently developed so that they can resist, for they absorb readily both good and evil. Therefore it is necessary for the guardians to shield them in childhood and until the character is sufficiently molded, for the child's first seven years have much to do with the future as to both physical and mental characteristics.

Pisces people are averse to labor, they are naturally lazy and are apt to become recluses or dreamers, wanting solitude, are very timid and retiring. But this month with Venus and Mars both in the sign of Pisces, this will greatly change the timid child and bring out a beautiful flower. If we take the enterprising, enthusiastic, and energetic Mars, combine this with the harmony and love of Venus, in the sign ruled by the opulent, benevolent, and reverent Jupiter, we have a beautiful combination, and with the Moon and Jupiter both in mundane trine, we would advise the

parents to develop the harmony, music, and art in these little ones. Teach them rhythm, to sing and to dance, for harmony in childhood is very necessary to build a healthy and normal body.

Quarreling and inharmony in the home will cause a Pisces child to shrink and to become warped and sickly. It is like the beautiful flower, the orchid, when taken out of the hothouse and placed in the scorching rays of the Sun.

Pisces children should be given a certain line of work to do each day and left to do it in their own way. Let them express that which is within them. So often parents force a child to do things against their natural instinct. As we understand no two people are alike, each must do his work in his own way. Tell a Pisces child what to do, give it a definite work, and then go away and leave it express itself in the work, for they are very methodical and without any seeming effort they accomplish things. With their natural indifference to work, in a most amazing manner they accomplish their ends by a saving of labor. So different from an Aries child, whose natural tendencies are to put all the energy into their work, while the Pisces will go at it in a slow methodical manner, yet will accomplish far more than the Aries who scatter much of their energy blustering and making a great noise

over their work.

A Pisces child can be trusted with a secret. No one could worm it out of them, but they are also too prone to be secretive and hard to understand and never confide in anyone, having very few close friends. Therefore they are often misunderstood and people become mistrustful. On account of this quiet secretive nature, they have no confidants, and shrink from people to seek solitude.

Uranus and Mercury in Aquarius will attract to them intellectual friends, but friends, will not be critical and deceitful, as Saturn and Neptune in in mun-

dane opposition and the Moon is square, causing much suffering and disappointment through friends, also nervous troubles. Great care should be taken of the physical health, for should there be a strain put on the body the heart will suffer, also nervous affections are shown. With Jupiter, the natural ruler of Pisces, in Cancer, they are prone to eat too heavily, especially with Venus, Mars, and Moon in mundane trine to Jupiter, there will be a tendency to overeating and fondness for drink.

Hospital work would be very successful for Pisces children with the configurations shown this month.

# Your Child's Horoscope

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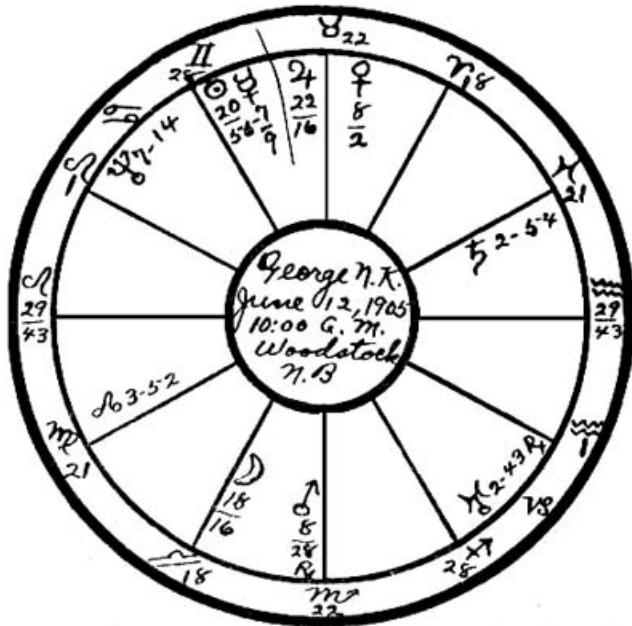
If the readings given in this department were to be paid for they would be very expensive. for besides typewriting, typesetting, plating of the figure, etc., the calculation and reading of each horoscope requires at least one half day of the editor's time. **Please note that we do not promise anyone 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 NEWTON K. Born June 12th, 1905,  
10 :00 A. M., Woodstock, N. B.



next sign, Virgo, with the ruler Mercury in its own sign of Gemini and in elevation, is square to Saturn. This affliction will give George a very sarcastic and critical nature, but with the harmonious, cheerful, and suave Venus in its own sign Taurus in the Midheaven, also the opulent and law-abiding Jupiter in the same sign on the cusp of the Midheaven, he can overcome all the evil tendencies of the square of Mercury and Saturn. For with Venus sextile to Saturn and the occult, prophetic, inspirational, and musical Neptune, George can accomplish much through the good influences brought about while young by the guardians, if they will develop the Ninth House qualities; that is, religion and the higher aspirations, and give him a musical training, cultivate the voice, and encourage him to sing in a choir in church. He will have a musical voice and will also be able to express himself from the public platform. With the vital, dignified Sun trine to the magnetic Moon in the Seventh House sign, Libra the scales, he will be able to appear before the public.

At the time of George's birth, the last degrees of Leo are rising, giving him the characteristics of the

Teach George to be most truthful and honest at all



the talent may be weak, by care it can be brought out and strengthened, making it possible for that soul to express some time, even though it may be in a life to follow.

As to health, care should be taken of her at puberty as she will suffer from restricted menses and poor

circulation. Also Mars and Neptune in Cancer will give her a very ravenous and queer appetite, a desire for liquids, and she may go to excess in eating and drinking, especially coffee or tea, and one with Uranus afflicted on the Ascendant would become very nervous and the heart action might suffer.

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### VOCATIONAL READINGS

GERNEAUX H. Born Sept. 22, 1906  
5:00 P. M., Watkins, N. Y.

Here we have a young man who has four Common signs on the angles, a character that is easily swayed by others, either for good or evil, and the melancholy, pessimistic, and secretive Saturn on the Ascendant in opposition to the destructive, impulsive, and hot tempered Mars.

Gerneaux will find much opposition and in-harmony in life, especially through the marriage partner, or should he go into partnership in business, for he is very apt to be severe and critical, suspicious of his partner, and we would advise him never to enter into this relationship with anyone. But we find Mercury in conjunction with the Sun in its own sign Virgo, sextile to the Moon in the Ninth House in Scorpio; also Neptune from the watery sign, Cancer, trine to Venus in Scorpio, and Mars trine to Uranus from the Seventh and Tenth House. This would indicate that this young man would succeed well as a chemist, or an inventor along electrical lines. But we would caution him very strongly against Fifth House conditions. Here we find Jupiter and Neptune in conjunction in the sign of Cancer with Uranus afflicting in opposition. This gives a tendency to drink, and we would warn the young man against taking his first drink for it may lead to others. If he could use the good aspects of Jupiter, as we find a trine to Saturn and a sextile to Mars, use him for constructive work instead of destructive, then he can be a force in the Fifth House. Employment in a publishing house would be successful.

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LESLIE WARREN G. Born Feb. 9, 1903  
at Noon Texarkana, Texas

Leslie is a young man who will make his mark in the world. A keen mind which should be very quick

to catch a point, and with the dignified, authoritative Sun conjunction to the reverent, opulent, and law-abiding Jupiter, in the humanitarian sign Aquarius in the Midheaven, and sextile to the original, inventive, and liberty-loving Uranus. This young man would make a success at law, would be a most wonderful and humane Judge on the bench, but in government work as Consular in some diplomatic office for the government he would excel. But here we have also a young man with Neptune and Moon in Cancer, Moon square to Mars in the Fifth House, giving a tendency to gamble and drink. This aspect, coming from the house of finances, will bring many reverses, he will be very unfortunate in speculations and is apt to invest his money recklessly.

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

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

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

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

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

# Studies

in

## The Rosicrucian Cosmo Conception

\* \* \* \* \*

### The Rosicrucian Catechism

ALFRED ADAMS

- Q. What happens when a medium allows his or her vital body to be used by entities from the Desire World?
- A. The vital body generally oozes from the left side, through the spleen, which is its particular "gate," then the vital forces cannot flow into the body as they do normally.
- Q. To what condition does this state usually lead?
- A. The medium becomes greatly exhausted. Some of them resort to stimulants to counteract the effects, and in time become incurable drunkards.
- Q. What vital force surrounds us and how is it absorbed?
- A. The vital force of the sun surrounds us as a colorless fluid and it is absorbed by the vital body through the etheric counterpart of the spleen, wherein it undergoes a curious transformation of color. It becomes pale rose-hued and spreads along the nerves all over the dense body.
- Q. To what is this vital force compared?
- A. To a telegraph system. Though there be wires, instruments, and telegraph operators all in order, if the electricity is lacking, no messages can be sent.
- Q. What parts of the human system are compared to the telegraph system?
- A. The Ego, the brain, and the nervous system. They may be in perfect order, but if the vital force is lacking to carry the message of the Ego through the nerves to the muscles, the dense body will remain inert.
- Q. What happens when part of the dense body becomes paralyzed?
- A. The vital body has become diseased and the vital force can no longer flow. In such cases, in most sicknesses, the trouble is with the finer invisible vehicles.
- Q. What do the most successful physicians use in conscious or unconscious recognition of this fact?
- A. They use suggestion, which works upon the higher vehicles as an aid to medicine. The more a physician can imbue his patient with faith and hope, the speedier the recovery.
- Q. Describe the vital body of a person in good health?
- A. The vital body specializes a superabundance of vital force, which, after passing through the dense body, radiates in straight lines in every direction from the periphery thereof, as the radii of a circle do from the center.
- Q. Describe the vital body of a person in ill health?
- A. In ill-health the vital body is not able to draw to itself the same amount of force, and in addition, the dense body is feeding upon it. Then the lines of the vital fluid, which pass out from the body, are crumpled and bent, showing the lack of force behind them.
- Q. Why is the danger of contracting disease greater when the vital forces are low than

## Experience, the Curriculum used in the School of Life

KITTIES SKIDMORE COWEN

**I**N our past studies in the *Cosmo* we have learned that God created man within Himself a three-fold immortal spirit; that the threefold spirit during involution, with the aid of various Hierarchies (teachers), built for itself a three-fold body; and that when this work was nearly completed, the spirit, which had been *outside*, began to draw *inside* its vehicles, and the link of mind was added.

The threefold spirit then possessed a threefold body and a mine connecting the bodies with the spirit. And being thus equipped the spirit was ready to begin its work in evolution, ready to enter the great school of life. But in order to gain admission and master the lessons prescribed therein, the spirit must build for itself a soul—a soul being the only medium through which it could extract and assimilate the experiences gathered by the body from the outside world. This soul the spirit built from its own breath record, good and bad, during each successive life (see *Rosicrucian Mysteries*, page 38). While the process of soul building was going on, the various lessons were learned and their meaning applied.

Primitive man, we must remember, was very far from being the highly organized individual we now know him to be. He was as yet very low in the scale of evolution. It was not until the latter part of the Lemurian Epoch that there appeared anything to which the name Race could be appropriately applied. Until this time the vehicles of man had not become sufficiently organized to render him fit for such a classification. And so it was not until the latter part of the Lemurian Epoch that we hear the word "Race" applied to the evolving life wave to which our present humanity belongs.

In our previous article in *Rays from the Rose Cross*, November, 1918, we stated that twelve kinds

of opportunities come to mankind each month through which to gather experience for soul-growth. That these opportunities for service come to us through the twelve departments of life represented by the twelve houses in the horoscope, and according to how much or how little we make use of each opportunity when presented, depends our progress in soul growth .

Now let us make an examination into the existing conditions of the life of mankind, past and present, and endeavor to discover the practical application of the foregoing statement.

During the Lemurian Epoch, infant humanity was absolutely guided, directed, and controlled by Divine Rulers. This regime was carried on under the planetary condition of Mars, the Moon, and Saturn. And had a horoscope been cast for any of the people who lived in that Epoch, it would have been unnecessary to have entered the places of the other planets as the Lemurians were entirely unable to respond to their vibrations. (See *Message of the Stars*, page 31.)

A brief examination into the effects of the rays of these particular planets—the Moon, Mars, and Saturn—will readily reveal to us why this is true. First we will take under consideration the Moon, which is under the Divine Rulership of Jehovah. The effect of the Moon's rays was to give to the infant humanity of that Epoch a childlike amenability which would bend itself readily before rulership and authority. Implicit obedience to authority was absolutely necessary at that time, in order to further evolution, on account of the limited consciousness of the evolving life wave.

Next we will enter into a consideration of Mars, the home of the dominant Lucifer Spirits. Mars is the planet of action. Mars is dynamic, energetic, forceful, aggressive, active, restless. And from his

demands all for self. Therefore the savage must learn to conquer self in a certain measure ere he may become the more civilized family man of modern times. But the Mercury delusion of intellectual superiority in man also needs another influence to conquer it; and this woman is now attracting by aspiration. As she mastered the martial brutality of Mars by Venus beauty so also will she free herself from Mercurial bondage by Uranian intuition.

“Thus we see that the first step toward civilization requires that a man conquer one or more of the planets to a certain degree at least. Unbridled passion, such as generated by the primitive Mars rays, is no more permissible under the regime of modern civilization; neither is the tenet that “might is right” any longer admissible, save in wars when we return to barbarism. The Mars quality of physical prowess, that at one time made it a virtue to attack others and take away property, is no longer admired *in the individual*. It is punished by various means, according to law, though it is still effective as far as nations are concerned, who go to war under this primitive impulse in order to secure territorial aggrandizement. However, as said, Mars has been conquered to a great degree in civil and social life in order that the Venus love might take the place of Mars passion.

“The children of primitive man were left to their own resources, as soon as they had been taught to defend themselves in physical warfare. With the advent of Mercury another method is observable. The battle of life nowadays is no longer fought with physical weapons alone. Brain, rather than brawn, determines success. Therefore the period of education has been lengthened as mankind advances, and it aims principally at mental accomplishments because of the Mercurial rays which accompany the Venus development of modern civilization. Thus man sees nature from a more sunny side when he has learned to respond to the Sun, Venus, Mercury, Mars, Moon and Saturn, even if only in a very slight measure.

“But although these various stages of evolution have gradually brought man under the dominance of a number of planetary rays, the development has been one-sided, for it has aimed to foster interest solely in things over which he has a proprietary

right; *his* business, *his* house, *his* family, *his* cattle, farm, etc., are all vitally important and must be taken care of. *His* possessions must be increased, if possible, no matter what happens to the possessions, family, etc., belonging to anyone else—that is not his concern. But before he can reach to a higher stage of evolution, it is necessary that this desire to appropriate the earth and retain it for himself, if possible, must give way to a desire to benefit his fellowmen.

“In other words, Egoism must give way to Altruism, and just as Saturn, by wielding the whiplash of necessity over him in his primitive days, brought him up to his present point of civilization, so also Jupiter, the planet of Altruism, is destined to raise him from the state of man to superman, where he will come under the Uranian ray in respect to his emotional nature, where passion generated by Mars will be replaced by Compassion, and where the childlike consciousness of the Moon is replaced by a Cosmic consciousness of the Neptunian ray. And therefore the advent into our lives of the Jupiter ray marks a very distinct advance in the human development.”

The evolution of the human life wave is carried all along two distinct lines of progression; namely, emotional and intellectual growth. The emotional development is forwarded through the agencies of the planets Mars, Venus, and Uranus. The intellectual development is under the influence of the Moon, Mercury and Neptune.

Mankind has passed through two stages of his emotional development, marked by the planets Mars and Venus, and is now in preparation for the third stage, marked by the planet Uranus. Mars was the first stage, and when he was amenable only to the rays of this planet animal passion reigned supreme. He sought unrestricted gratification of all his lower desires in intercourse with his fellowmen, and with the opposite sex particularly. He was destructive, cruel, aggressive. His keynote was dominance, his chief aim self-indulgence.

The planet Venus marked the second stage. When he became amenable to the rays of this planet, love softened the brutality of his desires and his animal passions were held somewhat in abeyance. Under the higher phases of this planet he becomes willing

to sacrifice himself and his desires for the benefit and comfort of those he loves. But before he can reach a higher stage in his evolution his desire to benefit and comfort those he loves must give way to a desire to benefit and comfort all mankind. And this change in his emotional nature is brought about through the benevolent rays of Jupiter, for Jupiter is the planet destined to raise him from the state of a man to superman, when he will be fitted to reach the third stage which will bring him under the Uranian ray.

And it behooves everyone who endeavors to live the higher life not to try to aspire to the Uranian ray until he first becomes thoroughly imbued with the altruistic vibration of Jupiter. Then, when he has evolved to the point where he can feel the rays of Uranus, the passion of Mars gradually turns to compassion; there the love of Venus, which is only for one particular person, becomes all-inclusive so that it embraces all mankind, regardless of sex or any other distinction, for it is the divine love of soul for soul which is above all material considerations of whatever nature.

The mental development of mankind has also passed through two stages of advancement, marked by the Moon and Mercury, and is now passing through a state of preparation for the third, which will be marked by the planet Neptune.

When man was only amenable to the influence of the Moon, he was childlike and easily guided by the higher powers who led him by implicit obedience through the first stage of his development.

Mercury marked the second stage, and under the rays of this planet he gradually developed intellectual powers and became a reasoning being, responsible for his trend of thought, his conduct, his mode of living, and his manner of dealing with his fellowmen. But here again, before he is ready to be advanced to a higher stage, his Mercurial reasoning powers, which have also generated selfishness and egoism, must come under the rays of the beneficent Jupiter, and undergo the spiritual transformation which will transmute his selfish mental conceptions into Jupiterian altruism, which takes cognizance of the spirit or man, recognizes it as his real brother, and knows the body to be a physical garment only which the spirit wears but for a time.

And so gradually, through the agency of Jupiter

expansiveness, the cold calculation of the Mercurial reasoner is exchanged for the Cosmic consciousness of the Neptunian ray. And thus he gradually develops a consciousness, which is above and beyond human reason, but which nevertheless is connected with reason, in such a manner that when the result has been reached, the man who has this Cosmic Consciousness knows the reason why such and such a thing is and must be, or why he ought to take a certain action.

(See *Message of the Stars*, page 46.) "The Cosmic Consciousness developed under the ray of Neptune differs from that intuitional right feeling developed under the ray of Uranus in the very important fact that while the person who has developed the Uranian quality of intuition arrives at the truth instantaneously, without the necessity of thinking over the matter or reasoning, he is unable to give anything but the result; he cannot connect the various steps or logical sequence whereby the final result was reached. The man or woman, however who develops the Neptune faculty, also has the result of any question immediately and is able to tell the reason why that result is the proper and right one

(*To be continued*)

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### CHRISTIAN MYSTICISM

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

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### YOUR CHILD'S HOROSCOPE FREE!

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



# Nutrition and Health

\* \* \* \* \*

## A Mental Method for Bowel Regulation

HARRY LESLIE STROUPE (in *The Vegetarian*)

THE assertion has been made, and we have not heard it disproved, that there never was a vegetarian drunkard. Here then, is a remedy for intemperance far more effective than all the drug cures that men take. The discontinuance of flesh eating will carry off the craving for strong liquids like beer, wine, tea and coffee, Anyone can test for himself. Stop eating meat for even one month and that unnatural thirst which accompanies and follows a diet of flesh will disappear. There is a physiological reason for this. Meat is always in a certain degree of putrefaction, and the decay is increased when it is introduced into the stomach. The decaying mass in the body gives off animal heat, a sort of fever is set up in the stomach which the man or woman tries to cool with water, tea, coffee, beer, or whiskey. Some people flood the stomach with quarts of water daily, claiming that the system requires this large quantity of moisture to keep it cleansed. But the facts are that those who eat meat are already burdened with an excess of fluids. They drink at meals many times what the system requires and then follow this by frequent potations between times. I have found my experience that fruits and vegetables in their natural state contain all the fluids necessary to the needs of the system, and those who have adopted a strictly raw food diet never drink at meals, because they have no desire to do so. From these facts, which are being demonstrated by food reformers in all parts of the world, it is evident that the Temperance Societies are overlooking a most essential factor in their work They are trying to legislate the liquor traffic out of existence while at the same time they are cultivating by the eating of flesh an appetite for strong drink. Mothers and fathers everywhere need educating in dietetics. They should be plainly told that they are creating, in feeding their sons meat,

an appetite that is at any time liable to break forth into drunkenness.

The juicy steak which lovers of flesh smack their lips over is saturated with salty urea, which in the stomach calls for liquids. Physiologists say that this juice in the steak is the urine of the animal arrested on its way to the kidneys. In eating this mess man not only makes his system a sewer for the corrupting animal flesh, but he also puts into his stomach an irritant that demands a cooling solvent at once. If it's the flavor of the meat you like, perhaps the source of the flavor will satisfy you. The flavor of meat comes from the unexcreted matter which is on its way to be transformed into urine. My proof of this is, wash a piece of flesh and you have no flavor.

Meat digests quickly and throws off animal energy that must be used in brain or muscular activity very soon after eating; if it is not so used it goes back into the system and fills the joints with uric crystals, causing them to stiffen and eventually ossify. Swollen, stiffened joints are the result of flesh eating, accompanied by sedentary habits. The eating of flesh causes your brother to stumble. To meet the demand of the flesh eaters' ferocious appetites, thousands of men are daily steeped in blood and beer. These men are made to cultivate the cruel side of their nature in slaying defenseless animals in horribly inhuman ways. No man or woman "liveth unto himself alone," and you are responsible for this stumbling of your brother in the slaughterhouses.

Here again is proven in these slaughterhouses the close relation between meat and drunkenness. In the vicinity of the packing houses the liquor traffic thrives immensely. The "wettest" block in one of our large western cities is at the very door of its largest packing house. Here are twenty or

more saloons in one block. At the dinner hour men stand in lines at the entrance of these saloons waiting to have their pails filled with beer. Just another proof that our temperance brothers are on the wrong track. What creates this insatiable thirst? *Flesh eating.* These men live on bread and meat, no vegetables, as a rule. A woman from this district told me that she had not cooked a vegetable in her house for years. She said the men wanted nothing but bread and meat and beer. She was yellow as saffron and wanted help for her liver. Did she eat meat and bread? Yes, but she claimed she drank no beer. When questioned what she did drink, she said about three cups of coffee at a meal, three times a day. Yet she did not think there was any relation between her yellow skin, shakiness, and the meat and coffee she consumed. It is not climate that makes the sallow, muddy complexion, but material thinking, wine, beer, whisky, tea, or coffee. The mother who gives her children meat is paving the way for intemperance. The wife who feeds her husband flesh is tempting him to drink. With this constant fever of rotting flesh in his stomach, it is marvellous that any escape drunkenness.

*Blot out flesh eating and man will soon become temperate without the enactment of a single law. No one who eats the food that nature prepares will have any desire for strong drink, not even tea or coffee.*

Then the sure cure for the drink habit is to stop

eating meat and all animal products. Cereals, vegetables, nuts, and oils have all the elements necessary to the body's sustenance. Try this remedy for even ten days and you will find that your countenance will be fairer and you will be fatter in flesh. Why insist upon getting your vegetables second handed? All of you meat eaters are doing this very thing. Why? Because all animals that are butchered for food live on vegetation.

Flesh irritates the body, causes intestinal ferments, decays the teeth, overworks the body organs, and plays mischief generally. To consume flesh is just exactly like trying to burn gasoline in a kerosene lamp. The result is always the same, something has to break. The reformed drunkard who continues to eat meat is liable at any time to fall into his old drinking habits, because he is keeping alive the fire in his stomach that calls continually for stimulants.

Daniel and his companions in Babylon could give us lessons in eating and drinking as aids to health. Daniel purposed in his heart that he would not defile himself with the King's meat nor with the wine he drank. He said to the Prince of the Eunuchs, "Prove thy servants, I beseech thee, ten days, and let them give us pulse to eat and water to drink," and at the end of the ten days their countenance appeared fairer, and they were fatter in flesh than all the youths which did eat of the King's meat.

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## Nuts--Their Value as Food

ERNEST HECKLER, N. D.

**N**uts are an excellent article of diet and offer the best substitute for meat, as they contain a large percentage of proteid; i. e., muscle-forming substance and fats, both in a state of absolute purity. No physical worker who is living on a meatless diet can do without nuts. There are many varieties. The peanut is often named as the first in rank for nutritive value, next to the chestnut and then the walnut. At the present time, the peanut is about the only one the average pocketbook can afford, but as a matter of fact it is in reality no nut at all but a pea, resembling a nut; so it ought to be

rightly named "nutpea." This name would very much more respond to the botanical and chemical character as well as to the taste of this leguminous fruit. Besides, one who has made a study of food problems and of physiological chemistry knows that the nutpea contains a slight amount of xanthin,  $C_5 H_4 N_4 O_2$ . Thus one needs warning against eating too much of it. As long as they are eaten raw, unroasted, the danger is not so great. Everything is good as it comes from the hands of Nature and much is spoiled in the hands of men. When roasted this xanthin becomes concentrated and a uric

acid builder in the urine, the spleen and the muscles. Peanuts should, after being shelled, be exposed to a very hot fire only for a short while, so that the skin can be removed. They should be served after removing the skin, best warm, with a little bit of salt, together with black bread.

The chestnut boiled and roasted is rich in carbohydrates and has a relatively great fuel-value; the percentage of mineral matter is a little high, however. The same is true with the brazil nut. Not so the walnut, which has a very small amount of ash and great fuel value.

Almonds should be eaten sparingly, as they contain a small percentage of arsenic. There is still another nut, the largest of them all—the coconut, or cocoanut. Both spellings are used. The spelling “cocoa” appeared first in Johnson’s dictionary, probably as a mistake, and later became the more common spelling. “Coco,” however, is the spelling preferred by more careful writers, to avoid confounding with the cocoa-bean, from which chocolate is being gained.

No doubt the coconut should have been named in the first place, not only because it is the largest of all nuts, but also for its value as a perfect food, which with the smallest amount furnishes the greatest energy. Yet for a third reason would I call it the Queen of all Nuts. Why, do you think? For the *milk* it contains, real milk of Nature. If milk has the tendency to put man in touch with the cosmic forces and enable him to heal others, as we are taught, then I know it to be right to attribute this quality much more to the coconut-milk than to the cow-milk. Meditating on the coconut tree, which yields nuts, meat and drink, fire, fuel, and clothing, your spirit is, if you have learned to successfully form pictures of the mindstuff, carried into the beautiful tropical climes, where the sun forever smiles over paradisiacal islands dreaming in purity and silence under a cloudless sky, in the midst of the blue sea. Think of cows, on the other hand. You can’t help but see the Egyptian flesh pots beside the milk pail. We are carried back to the latter third of the Atlantis spoils and the more sensitive feels the often brutal and stupefying vibrations around cattle and dairy places. In these very places men are made actually “beefy”—from beefy to “beery”

is but a little step, and housewives often bewail their lot in being unsuccessful in making their husbands “milky.”

Many Bible interpreters think that John, in the last chapter or Revelation, speaks of the coconut tree, because it produces fruits every month of the year. John, no doubt, refers to the zodiac, and to evolution as shown in the zodiac, and not to the coconut tree. There is an occult story, however, connected with the discovery of the coconut tree, originating from Ceylon, on the southernmost coast of which there is erected a gigantic statue about 18 feet high made of granitic rock representing the picture of the prince of the Singhalese Rottal-Rajah. At his time there were no coconut trees to be found in the interior of Ceylon. The prince, so it is recorded, suffered from an impurity of the blood which caused eruptions all over the body. He prayed fervently to Buddha for healing, and to him appeared as an answer to his prayer and a sign of Buddha’s helpful grace the famous Naja, the Holy Serpent of the Singhalese, the cobra dicapello, which hypnotized him so that he fell asleep. He was shown in a dream the coconut trees on the southernmost shores of Ceylon, between the cities De Galle and Mature, where visitors see now the gigantic granite statue, and was instructed not to eat of the fruit, but to drink the milk for three full moons. Rajah discovered the tree after a long search and found healing of body and soul, praised and proclaimed Buddha the Great, and in gratitude created the stone monument.

It is an old and true proverb that “Hard things people chew least.” This applies to mental food as well as physical. Many have never tasted this wonderful nut because they would not take the trouble to break it. There is nothing easier and more delightful, however, than to break a coconut. On one end of the nut you will notice three dark, soft spots, that is where the nut was connected with the tree. Drill a hole in one of these soft spots with a little knife and shake the milk into a glass. This milk is the very life, sweet and delicious, a nerve-soothing and stimulating drink promoting sleep. It has proven to be the best substitute for mother’s milk, a boon for babies, better than cow’s milk

*(Continued Column 2, Page 436)*

## Menu from Mt. Ecclesia

### BREAKFAST

*Daisy Eggs*  
*Cracked Wheat with Cream*  
*Loganberries*  
*Coffee*      *Milk*

### DINNER

Bean Soup  
 Fried Cauliflower  
 Buttered Beets  
 Parsley Potatoes  
 Milk      Tea

### SUPPER

Carrot Salad  
 Rye Bread and Butter  
 Raisin Buns  
 Milk

## Recipes

### *Daisy Eggs*

Toast lightly and butter three slices of bread, take three eggs, separate the yolks from the white, beat white very stiff, make a circle of this on the toast, place yolk carefully in the center, season and put in hot oven for a few minutes to brown white and cook yolk, serve on hot plates.

### *Bean Soup*

One cup of cooked beans which have been flavored with onion, pink beans are the best, yesterday's left overs will do, but try and have some of the liquor with them, rub through colander or sieve with wooden spoon. Have ready in a pan a teaspoon of flour browned in a tablespoon of butter, to this add half a cup of tomatoes, the beans and enough water to make a quart of soup, allow it to boil, season, and serve.

### *Fried Cauliflower*

One head of Cauliflower, divide into sprigs, par-boil in salted water. Make a batter of one cup of flour, one cup of water, one teaspoon of baking powder, two tablespoons of oil, one egg and salt. Dip each sprig in this and fry on greased skillet till brown.

### *Raisin Buns*

Two cups of flour, half a cup of raisins, two teaspoons of baking powder, two tablespoons of molasses, three tablespoons of sugar, three tablespoons of oil, one teaspoon of ground cinnamon, one cup of milk, and half a teaspoon of salt. Mix stiff, drop on hot oiled pans and bake in moderate oven 15 minutes.

### *Carrot Salad*

Take four carrots well washed and scraped. Cut in slices and put through grinder. Mix together two tablespoons of lemon juice and one tablespoon oil,

half a teaspoon of salt. Sprinkle over carrots, serve on crisp green lettuce leaf with a little thick boiled dressing on the top.

### *Loganberries*

Take dried loganberries, wash well, cover with cold water, soak twelve hours, bring to boil and sweeten to taste.

### *(Nuts—Their Value as Food, Continued)*

because the latter is apt to form Hime (mucus), the fundamental cause of many infant diseases and disorders of the alimentary system. Then take a hammer and knock around the center and in most cases the shell will readily split in two halves. The meat should be scraped out with a sharp knife and chopped as finely as possible. Eating the nut in big slices is not advisable, as it results often in sore gums. In the chopped form it is also much more palatable and can be chewed even by old people with deficient teeth. The innermost part is the most juicy and milky and furnishes an excellent food for babies, the parts clinging to the shell are more fatty and oily, and a tonic for ladies who want to improve their skin.

A quick and good way is to drive the meat through a fine vegetable grinder. I have seen it served in this way in the shell as a desert, which looked very attractive.

One indulging in larger quantities of the coconut must heed how he combines it with other foods. All cereals, especially rice, mix well with it, as nuts are somewhat deficient in starch. It also goes well with fruits, as apples, bananas, oranges, etc. Avoid eating it with any kind of vegetables and drink water only about an hour later.

# Echoes From Mt. Ecclesia

\* \* \* \* \*

**M**OUNT ECCLESIA has been my home for over five years and I have had every opportunity to verify my first impressions.

To the world at large Max Heindel was the Student and Teacher of Mysticism. Many all over the world have received their first impression of Occultism from him. To those in his correspondence courses, both Students and Probationers, he was our Leader—authorized by the Elder Brothers to lead us into the higher mysteries of the Rosicrucian Philosophy—but to those of us who were privileged to live at Headquarters, who saw the man as well as the Lay-Brother, he was a living example of his teachings.

Unassuming, he shunned the crowd who came with curious questions, yet to those who sought assistance he was ever kind and a tower of strength. A man of few words, but we who needed help received an answer which carried conviction and satisfied. He taught us to *serve* by his own example. Seldom without pain, he never acknowledged it by word or sign. He was one of us and loved his home, was most considerate of all, and whenever needed he *served*.

This has been hard Pioneer work. Sagebrush and weeds covered the ground when bought seven years ago. We never lacked for money for what was necessary, but, alas, the workers who came—sent by our Elder Brothers, for none come who are not sent—often failed him. It was their test and they were not ready. Was the pump in the valley out of order? He climbed down with the lame foot and impaired circulation, a distance of 235 feet, and repaired it, that Mount Ecclesia might have water. Was any thing out of order in the automobile? He was on his back under the car to fix it. Lately he found it necessary to be the mechanic of our Press Room, as competent mechanics on the Linotype were scarce on account of the War.

Five years ago I saw him come into the old tent

which then served as a Dining Room and seated over fifty people, with pail and mop to clean the room, for every male Probationer thought it too menial a work for them and he would not let a woman do it so long as there were men around. men around. He was the architect of our many buildings and often, when workmen failed, could be seen handing up the tiles to those above. His heart has grieved that so many whom he thought he could trust had failed him.

And so the frail body gave way under the strain when he might have been saved to this great work if all had done their duty.

He loved these mountains and hills, snowcapped Baldy and San Jacinto, and the wide sweep or the Pacific Ocean with its ever-changing sunsets.

Always the gentleman, he was not afraid to show his loving consideration for his companion, for they were *one* in Soul and Spirit. A strong tie binds all of us who have had the privilege of knowing the man as well as the Leader.

We cannot forget his strong voice as he led us in singing in the Pro-Ecclesia, or the happy, beaming smile with which he greeted those in whom he had confidence.

Can any of us who were here at Christmas time forget the Christmas dinner and the afternoon that followed? How happy and cheery and witty Mr. Heindel was, the songs he sang in his rich bass voice, and the stories he told, the jokes that passed. And again at our little New Year's party, he was one of the merriest there, applauding heartily the efforts of others, and ever ready to do his part in adding to the enjoyment of all. None can forget his singing us the sailor's version of "Where are you going; my pretty maid," to the old time melody which he did with appropriate action.

We miss the bodily presence, but he is yet our Leader, and we still hear his voice as he repeated that favorite hymn, "There is no Death."

—Mary L. Lyon

## Fairies

Elsie Lund (15 years old)

INDEED there are fairies. We couldn't get along without them, we "imaginative" folk. To painfully matter-of-fact people the idea is preposterous; even the credulous still demand, "show us that we may believe," and when one cannot produce a fairy on the spot, one is stared at triumphantly, and rather superciliously, with an "I told you so" manner. But the knowledge that one is really right, that he is privileged to catch a glimpse of what is denied to the many, render him immune to the opinions of others.

I suddenly asked my mother one evening what she thought about fairies—she doesn't know them as I do. She replied, "Some people have a sweeter way of looking at life than others. That makes their thoughts better, and those thoughts are fairies."

Fairies paint the butterflies. To make them, my colorful friends take a caterpillar and roll him up as tight and paint him in spots. Then they place him gently in a cocoon. When he is done enough, they let him come out, and he quickly hastens to make some one happy, by just being beautiful.

Gardens blossom because a flock of fairies alight for a few days in every garden. When they depart to brighten some one else's life for a while, others just as lovely take their places.

Have you ever wondered where the spring perfume comes from? It is simply the loving thoughts sent out by the fairies. Love which truly comes from the heart is always redolent with purity. So what wonder that the perfume sinks straight into our hearts, and puts us into such a state of ecstasy that we become thoroughly in love with Humanity, with Nature, and with Love.

To the fairies who attain the highest standard of excellency from the Queen Fairy, is given the far more important task of encouraging the good mental qualities among mankind. When one goes slowly out into the sunlight with a dull, dead ache filling her heart, it is the duty—and joy—of the Consolation fairy to come to her and make the sun sink into it, to tap gently at its door, which is guarded by the ugly demons of despair and bitterness. If the fairy can elude them in any way at all, she can

have free range in the girl's heart, for the wrong thoughts are indeed only at the threshold of one's heart, no matter how very deep in they seem. They are only impostors....I say "she" and "the girl" because I think fairies—as fairies—come more often to girls than to boys, to women than to men; though, fortunately for mankind, a few masculine beings have their heads and minds open to them. My Consolation fairy whispers to me when she gets past the forbidding outposts—"Peace I give unto you; my peace give I unto you. Let not your heart be troubled, neither let it be afraid. Nothing at all matters but God and Love."

The fairies of love and Charity are often shamefully overworked, but they don't mind it a bit. They never weary. The Purity-fairy has to be very vigilant to keep out all the wrong thoughts. The fairy of Judgment often times sighs gently, but deeply (I can hear her), because we most often, it seems to me, disregard the "Judge not." Judgment and Faith are very close friends—one is almost indispensable to the other. And Hope—Hope is the happiest of all the happy fairies.

The fairies to whose lot it falls to weave the wonderful pink, misty sunrise out of dew and sunshine, must be joyous indeed, in creating such beauty for half unappreciating humans. This should include also the weavers of the twilight, when all nature is hushing for the night, the final profound silence of the wood being broken only by the occasional sleepy chirp of a birdling: the gentle good-night whisper of the leaves and the fairy-music of the brook.

There are always artists among all sorts of people; just so with the fairies. These gifted individuals paint the wild roses their bright hue; the dear little blue and yellow violets; the fragrant honeysuckle; the red, red rose hips; the wildly beautiful maple leaves; and do an the delicate work which combines to make a perfect whole . . . It is possible to *earn* that privilege . . . They have to make the pansies; they weave thoughts, and was ever anything more expressive of thought than pansies?

Fairies have to fluff up the thistle blossoms and

dandelions. That is a work I should like, fluffing them and scattering them all over. Then I thought (a fairy told me, I mean), that I *can*; I can fluff up the ugly and horrid things of life till they are as light and gladsome as the fairy-fluff, and scatter the results broad cast.

You ask how I know?—When the silent, pure snow was falling from above on Christmas eve bearing a shimmering, glistening fairy on each perfect little flake, I caught several in my two hands and begged the tiny marvels to tell me all about themselves, as a Christmas gift from on High. First one of them touched my heart with her wand and examined it carefully to see if I were worthy to be entrusted with the wondrous secrets. When I awoke on the greatest Birthday of the year, I possessed the “peace which passeth all understanding,” for I realized as never before that God is Love, and the expressions of that Love are the Fairies.

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“THE PEACE THAT PASSETH  
UNDERSTANDING.”

Give all thou hast of life, my soul,  
In service for mankind;  
‘Tis only thus the peace will come  
That thou hast tried to find:  
Reserve not one small thought of self,  
Give, everything thou hast—  
The dearest treasure of thine heart  
And when ‘tis done, at last,  
When every tie thou hast unbound  
That holds thee to the earth,  
Then may thy soul sweet freedom find  
From bondage to rebirth.

—ZINA BARTON PARTRIDGE

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*LIFE’S SYMPHONY*

Your place my friend, is with the throng to work, to build, to plan. Your presence there will help to cheer some lonely fellowman. Life’s burdens will grow lighter when a comrade shares the load, the journey seem far shorter if a friend walks o’er the road!

The sunny smile and tender touch, the words of sympathy, with gentleness the heart-strings clutch and stir love’s melody. So in the humble tasks each

day dwell chords of music sweet; through fellow-service we can play life’s symphony complete!

Then do your part with kindly heart, redeem yourself through deeds. ‘Mid crowded court and monied mart ‘tis love this old world needs. For bitterness and hate uproot the goodness from the soul; seek not the level of the brute, let Heaven be your goal!

—*The Bronxville Bard*

*WILL YOU HELP US?*

How would you like to help along the work in the office at Mount Ecclesia? You may not be able to be there in person, but you can help us indirectly, and this is the way. Every time you send in a lesson, letter or communication of whatever kind, write your name very plainly and also your full and complete address with it. The reason for this is that our office force spends hours and hours walking many thousands of steps to and from the card case to hunt up the addresses of those to whom we write. So please remember this.

Now, just a word about changed addresses. When you are about to change your address, even if only for a short time, be sure and leave your new address with the postmaster before making a change, if possible to do so. If it is to be a permanent change then also notify us. It takes the greater part of one person’s time here at Headquarters looking after changed addresses. It frequently happens that, when it is only a temporary change, the party is back home nearly as soon as the request for a change has been recorded on our mailing lists, and this necessitates our making a second change almost immediately.

Also please have a little patience when awaiting a reply to your letter from Headquarters. It sometimes happens that a second letter is written to us before the first has had time to reach us. Such a condition makes it necessary for us to write an extra letter of explanation, which would be unnecessary if you would only have a little more patience. In one way and another, the mails are occasionally delayed by causes over which we have no control.

So please remember the above points and act accordingly. By so doing you will greatly lighten our numerous duties here and also you will be assisting indirectly in the work.

## The Rosy Cross Healing Circle

### Healing Meetings

February—4—11—18—25

March—4—10—17—25—31

April—1—6—13—21—28

Northampton, Mass.  
December 3, 1918

Rosicrucian Fellowship

Mount Ecclesia

Oceanside, California

Dear Friends:

While I know you must have many, many letters to read and lessons to look over, I cannot refrain from adding these few words to my lesson. I feel so grateful for the opportunity you are giving those who wish to study your teachings and for your patience in behalf of the students. Those who knew my brother, Benjamin L. C., felt that he had a very beautiful influence over all with whom he came in contact. I think I have felt the effect of this influence more since his death than before, and I cannot but believe that he gained more than we can realize from the Rosicrucian teachings. He was a Probationer member who lost his life in France, in July last. We used to talk over things together, but it has only been recently that I have felt such a strong desire to make a study of the Rosicrucian Philosophy, and I am encouraged in this because I feel sure you will help me and be patient with my mistakes.

With sincere thanks for your efforts in my behalf, and with every wish for the growth of the Fellowship, I am

Very sincerely,  
Elizabeth. L. C.

Seattle, Wash., Dec. 7, 1918

It may interest the Fellowship to know that a young sergeant. in the 91st. Division took with him a copy of the *Cosmo*, given him by Miss L. The soldier had not much time to read and he carried the book with him through all the fighting—of July and

August—and finished it, wounded—lying in a cellar in Northern France, reading by the light of a candle. Such interest and persistence seems to me remarkable—the *Cosmo* is not exactly “light reading.” I am sending you the incident because in telling Mrs. W., she thought it would interest Mr. Heindel. And Miss L. willingly gave me permission to repeat. the story as she told it to me.— *A student*

Grand Rapids, Mich.

Rosicrucian Fellowship

Dear Friends:

I am still on the gain, I have not had a chill in almost two months, when I used to have one almost every week. I am extremely grateful to you all for the help you have given me and sometime in the near future I, will show how much I value your help.

Yours truly,  
L S.

San Francisco, Calif., Jan. 16, 1919

Esoteric Secretary

Dear Society:

You may discontinue healing on the finger. It was cut until the tendons showed. I immediately called for help. The finger bled very little and I was never compelled to give up the use of it. It. has nearly healed but never had a sore on it. as cuts usually do.

Very truly,  
Mrs. H. S.

Mountain Home, Idaho, Jan. 7, 1919

Dear Friends:

It seems one could not be as ill as I was very long and live. The healing is certainly marvelous for I was able to go about my duties in a few days. I feel almost well again. I am so thankful we can be connected with such wonderful help as the Rosicrucian Fellowship, consciously and with faith.

Very sincerely,  
N.H.