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## Contents

<p>Make Your Own Declaration.....              Donald W. Iverson 2</p> <p><i>EDITORIALS—</i></p> <p>The Second Advent..... 3</p> <p><i>THE MYSTIC LIGHT—</i></p> <p>Etheric Sight and the Etheric World..              Alice Chalmers 8</p> <p>Creating Our Circumstances.....              Eugene E. Thomas 12</p> <p><b>MAX HEINDEL'S MESSAGE:</b></p> <p>Teachings of an Initiate (Chap. XXIV)              The Bow in the Cloud..... 14</p> <p><b>WESTERN WISDOM BIBLE STUDY:</b></p> <p>The Solar Myth (Conclusion)..... 17</p>	<p style="text-align: center;"><i>ASTROLOGY DEPARTMENT—</i></p> <p>Keywords of the Planets..... 20</p> <p>The Children of Cancer, 1957..... 22</p> <p>Reading for a Subscriber's Child:              Robert M. T..... 25</p> <p>Vocational Guidance Advice:              Katherine M. S..... 27</p> <p style="text-align: center;"><i>NUTRITION AND HEALTH—</i></p> <p>How to Eat for Health.....              Enid S. Smith, Ph.D. 29</p> <p style="text-align: center;"><i>HEALING—</i></p> <p>The Door to Good Health..... 34</p> <p>The Chambered Nautilus (poem).....              Oliver Wendell Holmes 36</p> <p>How the Rosicrucians Heal the Sick... 37</p> <p style="text-align: center;"><i>CHILDREN'S DEPARTMENT—</i></p> <p>Johnny and the Crocodile.....              Lillian R. Carque 38</p>
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# Make Your Own Declaration

DONALD W. IVERSON

On July 4, 1776, a full and formal Declaration of Independence from Great Britain was announced by representatives of the thirteen North American colonies. This Declaration of Independence had its actual inception in the driving, pioneering, fearless, and indomitable spirit of those in the Old World who dared to cross vast depths of waters, and carve out for themselves a new life founded on the divine principles of freedom from fear and victory over forces of crystallization. The Old World and its laws were shackles to the growth and development of the creative genius within all men and thus those who mustered the courage freed themselves from these bonds, and fought and secured for themselves — and for us — a New World, a new order of self government, which has withstood the test of time and become the standard-bearer for all forces of right and justice.

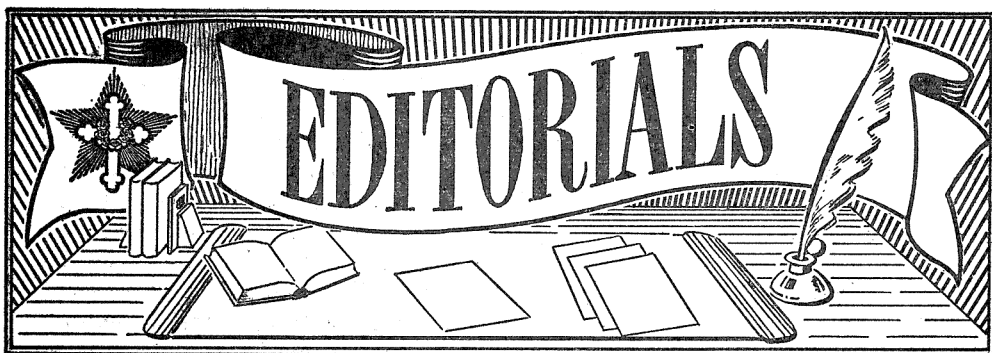
There are to be found in this world some rare individuals who see in this world and in their own lives certain forces of crystallization at work. These persons may be those who have glimpsed the great challenge of The Rosicrucian Teachings. Through these teachings are learned the laws of life, laws of the mind, and a pioneering path of service is clearly pointed out which may reveal and build for the individual a virtual paradise where before lay the barren fields of life where every thought and act — almost without exception — uprooted the good and bad alike.

The Rosicrucian Teachings, in dramatic detail, reveal a safe and sane path of spiritual unfoldment which shatters the crystallized conditions in the mind and body and reveals a new kingdom of peace, happiness, justice, and true achievement. Those who have caught the vision know that just as the early settlers had to leave the Old World before they could enter this new continent, so too must the spiritual pioneers of today leave the old world of their own thoughts and acts. They must meet head-on the challenge of the new conquest, but especially must they leave behind the outworn mode of thinking and living if they are to find true freedom in this new spiritual kingdom.

This month, make your own Declaration of Independence — declare your independence from thoughts of fear, criticism, injustice, bitterness, and worry. Declare for yourself that you have the strength of your own convictions and that these find expression in this world along orderly and harmless lines.

In 1776 it was necessary to make this Declaration of Independence and then fight the enemy at the risk of one's own life to bring this independence into actuality. This was a long and bitter struggle. However, in a sense, this was an easier fight for the enemy was always obvious — he was the man on the other side, in the world, in uniform where he could be seen and recognized. But this greater Declaration of Independence recognizes the self as the only enemy. Any fool can rule an army, but few can rule themselves.

Just as this great country has made its own Declaration of Independence and become the champion and standard of the world, so, too, may you make your own Declaration of Independence from all thoughts and feelings which hold you in bondage, and thus become a light unto the world.



## The Second Advent

**T**HE much revered and greatly illumined prophets of the Old Testament kept alight and ablaze before their people the exalted teaching that a Messiah would one day come into their very midst and lead them into a Kingdom of peace and happiness. The prime mission of the prophets was to prepare their people for this grand event. They not only kept this vision of a Savior before the people, but they accurately predicted the lineage of this new Messiah, the time and condition of His birth, and the world conditions which would prevail at the time of His coming.

When the fullness of time had come, in accordance with these predictions, Jesus was born in the world. Jerusalem at this time had become the crossroad of the civilized world, which was united under the Roman ruler, and thus the seeds of the New Dispensation were sown at a most auspicious time. From the standpoint of time and world condition the stage was perfectly set for the divine classic. However, the marvel of it all is that you would think that the people of that day—especially since they had been taught for generations to expect His coming—would have recognized Him and been more willing to accept Him and abide by His teachings. Because of this lack of advance preparation and understanding on the people's part, in many ways this became a divine tragedy.

Few indeed were willing to give Him even token allegiance and fewer yet were able to understand His message and assist Him in His earthly ministry. His trials and sufferings are too well recorded to need repeating here, but there is one apparent truth which stands out, and that is if this were indeed the chosen of God—the Messiah of the world who was to lead man into a greater concept of life and establish a spiritual kingdom on earth—then He certainly failed *during the course of His earthly life*. It must follow to reason that this ministry was but the prelude to a greater, more sublime drama. The greatest disappointment of the people and Disciples of Christ was that He did not come to establish a worldly kingdom. Because He failed to conform to the ideas and preconceived beliefs of the

people of His time, He was rejected, scorned, and ridiculed. Because of the spiritual crystallization of the people of that time, the real Christ was neither completely recognized nor followed — and much opportunity for personal soul growth was lost as a result thereof.

The history of the Western World which has become predominately *Christian* has fulfilled His prediction that the sword and not peace would come into the world. He knew that man had yet a long way to go before he would be willing to let go of doctrine, dogma, and the path of war as a means of fulfilling his material and so-called spiritual ends. The history of the great Christian Crusaders who traveled to the Holy Land from all over Europe to fight for the cause and protect this sacred land from the heathen, sounds on the surface just and noble. Yet the facts are that torture, murder, plunder, and privation were carried out in the name of Christ because they could not understand the true message of Christ — to conquer self and to prepare the inner self, and not some foreign land, to receive Him. Even today we find it infinitely easier to fight for a cause than live for it.

In times of emergency, or threat to self and home, we rightly forsake and sacrifice all for country, but what are we willing to sacrifice for our own spiritual welfare and growth? Almost without exception we all believe that such a Kingdom as taught by Christ will be established by Him and that we shall be with Him in it, and yet if we do not have some understanding and *inner* preparation of this spiritual state, how indeed can we be expected to be prepared to recognize it when we see it, or more important yet, be able to enjoy its advantages when it comes?

By and large the churches teach that the Second Coming of Christ is something over which only God has any control and thus it is a pre-arranged date in the heavens and the faithful may rest assured that when this great day comes they will be saved. The Second Advent then is something which will be accomplished apart from the individual's actions.

The so-called New Thought churches teach that the Second Coming of Christ has little or nothing to do with Christ, but rather represents that time when the individual will grow unto his own Christ-self.

We have then two schools of thought on the matter and each of the above can quote Scripture to sustain his individual interpretation.

In the matter of the Second Coming the Scriptures clearly state the following conditions:

(1) He will appear in a Soul Body. *Flesh and blood cannot inherit the Kingdom of God.*

(2) He will appear in the air. *As the lightning flashes and lights up the sky from one side to the other, so will the Son of Man be in His day.*

(3) Those who are ready will be called out of their bodies and caught up into the air with Him and become established in the New Heaven and New Earth.

(4) Christ is now preparing this Kingdom . . . it has yet to be completed.

(5) Some who are prepared are already *invading* this Kingdom



through forming the inner Christ. *The Kingdom of Heaven suffers violence and is taken by force; Christ in you the hope of glory.*

One of the most important missions of the Rosierucians is to cast more light on the spiritual truths as taught in the Bible and our teaching is in complete agreement with the above listed points. We may summarize the above points in two parts: (1) Christ will appear *again* on this earth and establish His Kingdom. (2) It is possible for the individual to now experience personally the second coming of Christ by forming the inner Christ and thus be instrumental in helping to establish His Kingdom.

The Rosierucians take the unique position of agreeing in principle with both the church and the more metaphysical teachings. Further, we completely agree with the Bible that the day of His coming is known only unto the Father. However, just as the prophets of old were able to see the coming event of Christ casting His shadow before Him, so too do we believe that it is possible to get some inkling as to when He may come again, knowing full well that the time element is purely theoretical; but what must take place before His coming is, we believe, more than theory.

It is quite clear to the average reader of the New Testament that astrological symbology runs like a golden thread through the life and teachings of Christ. The Lamb, Fish, and the Water Bearer aptly represent the signs Aries, Pisces, and the coming Aquarian Age — Christ told His followers to look for the man carrying a jar of water and to follow him.

The Sun was in about seven degrees of Aries at the time of Christ. Thus 500 years were required to bring the precession to the 30th degree of Pisces, which ushered in the Piscean Age — it is well known that the fish was the early symbol of Christianity. During that 500 year period the new church lived through a stage of offensive and defensive violence. Fourteen hundred years more have elapsed under the negative influence of Pisces which has fostered the power of the church and bound the people by creed and dogma. It is indeed a strange paradox that in the Western World where the Prince of Peace is worshipped, the sword has ruled in blood and war — fulfilling the prophecy earlier mentioned.

The Sun came within orb of influence of the scientific sign Aquarius in the middle of the last century. Although it will be about 700 years before the Aquarian Age commences, its influences now felt have been responsible for the tremendous strides in science, and this lends a portent of what we may expect in the future. Religion rules in the Piscean Age, but the wheels of balance — the pendulum of the Gods — now decree that science will rule in the Aquarian Age. This should not and must not be a materialistic science, but a religious science. To make science religious, and religion scientific is the mission of the Rosierucians. We must put forth ever greater effort in spreading these teachings to accomplish these ends, which will promote the health, happiness, and enjoyment of life in abundant measure now little realized or dreamed of.

This coming Aquarian Age which will last approximately 2,000 years is to be the *final preparatory school day which will fit us for*

*the New Age*, the Sixth Epoch, and this will begin when the Sun by precession enters Capricorn, the sign following Aquarius. This, says Max Heindel, of course would mean that the Second Advent must take place just before that time. Esoterically this ties in with the birth of Jesus, who was Capricorn by birth.

If you were to rebuild a house while still living in it you would find it necessary to carry on the process of tearing down the house while at the same time building in the new material according to your new design. There would be two processes involved — the destruction of the old, and the building of the new. The establishing of the New Heaven and the New Earth is precisely following the same pattern. The astrological sign Aquarius is a man in the heavens holding a water urn which he is pouring out upon the earth. We might say that Aquarius is an air sign and has an aversion to water and thus he is in effect drying up the atmosphere — well represented by the sign symbol. This will naturally mean that physical life, as we know it, will be impossible on this earth. When the atmosphere of the earth is dried out man must have, by then, evolved a higher means of survival to continue his evolutionary path. The conclusion is not too hard to see. Even now we see evidence that man is using up the supply of air and the Aquarian Age will see this element exhausted.

Christ, the Builder, on the other hand is attracting more and more planetary ether into the earth sphere for this is the new material for this building of God. Man, as in all things whether he realizes it or not, is helping this divine plan — by his industrial growth he is burning up the air supply, slowly but surely; and by his altruistic thoughts and acts he is building up his own inner etheric Christ self which will become his body of the New Dispensation.

By His beneficent ministration, Christ is attracting more and more of the interplanetary ether to the earth, which is making the Vital Body of the earth (including its atmosphere) more luminous, and eventually we will literally be walking in a sea of light. And when we learn to conduct our lives in harmony with His teachings we shall also become luminous.

It is a fact that all through the various realms of Nature, and into the distant Earth's atmosphere, Christ and His Workers are laboring silently with tools of the spirit building this New Temple of God. When He appears it will be in a body made of two higher ethers, the light and reflecting ethers — the golden wedding garment, or Soul Body mentioned by Paul. Further, the Bible says, we too will be like Him. This means that we must have a body sufficiently developed that will serve us as our physical bodies do now. And the only way that this is done is by leading a life of service to our fellow man and devotion to high ideals.

After the death of Christ, His Disciples taught ardently that He was to come again and that even the people of that time were to live each day in fond anticipation of this great event. Almost 2,000 years have passed since then and if we read the stellar drama correctly, time as measured by the spirit is fast running out. This is especially true when we realize that it is only during our experiences in the body — almost without exception — that we set into motion the forces

which attract into our auras the material necessary to build this Soul Body. And when we consider the long period of time between rebirths, we can little wonder at the emphasis these Disciples placed on the importance of keeping before the soul the ideal of His return.

Just as the Prophets of old foretold the coming of Christ, the Messiah, and His ministry on earth, so too can we look at the Stellar Prophets of today and see the shadow of coming events which foretell His return. We must live joyously each day in anticipation of the Second Advent, knowing that each day brings Him one day nearer. Only with such a philosophy of anticipation and expectation can we escape the crystallization that beset the people at the time of Jesus. Only through ardent devotion to Him and His teachings can we prepare the inner wedding garment which we will wear when we are wed to the Christ.

Above all we must not feel that this New Kingdom is to be one of boredom nor limitation for it is to be a Kingdom of joy and accomplishment beyond comprehension, and it is certain that when this day comes we will look back at today and give thanks that we have continuously entertained the thought of His Return and thus better prepared ourselves to receive Him. In that day man will be free of his greatest enemies: Death, fear, sickness, pain, and want. Let us all work to this glorious end.

By which they rest, and ocean sounds,  
And, star and system rolling past,  
A soul shall draw from out the vast  
And strike his being into bounds.

And, moved thro' life of lower phase,  
Result in man, be born and think,  
And act and love, a closer link  
Betwixt us and the crowning race.

Of those that, eye to eye shall look  
On knowledge; under whose command  
Is Earth and Earth's, and in their hand  
Is Nature like an open book;

No longer half-akin to brute,  
For all we thought and loved and did,  
And hoped, and suffer'd, is but seed  
Of what in them is flower and fruit;

Whereof the man, that with me trod  
This planet, was a noble type  
Appearing ere the times were ripe,  
That friend of mine who lives in God.

That God, which ever lives and loves,  
One God, one law, one element,  
And one far-off divine event,  
To which the whole creation moves.

—*Tennyson's*, In Memoriam.

# THE Mystic ... LIGHT



## Etheric Sight and the Etheric World

ALICE CHALMERS

ACCORDING to The Rosierucian Teachings, the next great evolutionary development will bring to the human race an extension of the present senses, widening their range of activity to include the etheric region which interpenetrates the physical world and which is, unlike the so-called Astral or Desire World, also actually a part of this physical world in which we live.

As the Aquarian Age draws ever nearer, century by century, the whole spinning globe on which we live begins to feel the impact of cosmic forces which sensitize and refine the human nervous system. The nerves are becoming sensitive as never before, and the eyes in particular are changing to accommodate the new forces. Max Heindel tells us that etheric vision depends, like physical vision, upon the optic nerve; and we are in the curious position of having to learn to use our eyes all over again, to adapt to the New Age of vision. This is the reason for the widespread eye trouble so characteristic of the time. Thousands of people are developing etheric sight and do not know it.

Etheric sight is not "extrasensory perception" such as we read about in the new psychology. It is quite definitely sensory perception, but, it is *extended* sensory perception. Cosmic forces are bringing about changes in

the actual structure of the brain and its nervous system which makes it possible to receive new vibrations hitherto inaccessible to man.

There are four ethers: the Chemical Ether, the Life Ether, the Light Ether and the Reflecting Ether. This latter is really a "hyper Ether," Max Heindel says, and is the channel through which thought forces make their impression upon the human brain.

Each of these four ethers has a positive and a negative pole. Light, heat, and electricity work through the ethers, and since, as modern physics now has discovered, matter is really light and light matter, it is understandable that the ethers play a very important role in our evolution.

The ethers are, in fact, the source of all life on the physical plane, for this life flows down through the ethers from the spiritual worlds and so constructs, vivifies, and regenerates that which is ordinarily called matter. Thus Dr. Gustaf Stromberg, formerly of Mount Wilson Observatory, writes:

"The history of life on the earth can be followed for many millions of years by a study of the fossils buried in the geological strata at the earth's surface. No clue has been found, however, to the solution of the problem of the *ultimate* origin of life on earth. Biologists have

tried to create living matter out of inorganic material, but all attempts have been in vain. It seems that living organisms, even the simplest ones, contain an 'essence' or 'spirit' which does not belong to the recognized science of physics or chemistry. Chemical substances can *destroy* all forms of life, and they can stimulate or retard life processes, but they cannot give life to inorganic matter.

"What can be the nature and origin of the forces which can transform inert matter into a plant, an animal, or a man? It has been found that all living organisms and cells are imbedded in complex electric fields, which apparently are responsible for their intricate structure and functions. These electric fields have been studied by the aid of highly sensitive electric instruments, and it has been found that the fields *guide* certain kinds of molecules in such a way that they fit into a *pre-existing* complex pattern which defines the structure and the structural changes in developing organisms. It is highly significant that the form-producing fields have inherent properties which can in no way be regarded as a result of the arrangement of the electrically charged particles of the incorporated matter. These organizing, autonomous electric fields apparently represent the closest approach physical science can make to the mysterious 'life forces' formerly postulated to explain the mysteries of life. They belong to a world quite different from that described in our scientific textbooks."

Max Heindel has said that the Brothers of the Rose Cross work with the scientists behind the scenes; sometimes without the scientists in question realizing who it is, or what it is, which leads them to their discoveries. Thus Mesmer was sent by the Elder Brothers to demonstrate and teach the facts concerning the biological electricity which is the basis for what has since been called "mesmerism," and which now our own Twentieth Century physicists are discov-

ering by means of their own supersensitive laboratory instruments. And so Mesmer is today vindicated after a century of villification.

The sight of the eye is at present but poorly developed, as many seers and scientists have said from time to time. "Sight means that which is seen by the eye, and all ordinary sight is correlated to light vibration. Etheric vision also bears a correlation to light vibration, but beyond the ordinary limits of eye-vision—below it into the infrared section, and above it into the ultraviolet, and further, into the purple segment. The solar spectrum does not contain purple. Violet is the only kind of purple contained in our light-rays which come from the Sun, purple is not there. Etheric vision first develops in this "missing" purple segment of the solar spectrum; that is, etheric vision begins to see the violets, purples and peach-colors which lie outside the solar spectrum, for the optic nerve, when sensitized by certain cosmic forces, is able to pick up these higher vibrations. Artists say that shadows are not gray or black, but blue or violet or even purple. Seers developing etheric vision see exactly the same thing, because they are seeing with etheric vision, which in the eye of the artist is often present from birth. Artists see things that most of us do not see.

To the etheric vision much of this ultraviolet, or purple, range of color becomes visible throughout nature: it hangs in the hazy blue about the base of mountains and in deep canyons; in the blue and violet shadows; it surrounds and interpenetrates the human body, extending a slight distance beyond the skin.

The etheric vision includes what is called X-ray vision: by its means the seer sees right through the object under view, seeing first the outer part of it and then layer by layer through to the other side. He can see through books, papers, letters, walls, or anything else, for a short distance; but according to

Max Heindel, glass is impervious to the etheric vision.

In addition to the purple range of colors which are the characteristic of the etheric range, many people see the seeds of light darting about in the upper atmosphere, where the light is intensest, and many see, as well as feel, the "cosmic" rain which Max Heindel calls "solar ether" and which falls exactly like rain seemingly from the skies. Helen Keller once said: "Our common air is full of invisible rains." Her blindness had given her a compensatory sensitiveness of etheric touch. (Of course etheric sensibility includes all of the senses, not just sight alone.)

Max Heindel has again said that when one person looks at another with etheric light for the first time he is usually astonished to see showers of stars, pyramids, double pyramids and other geometrical forms issuing from the hands and face; these are a part of the crystals of which the body is composed and which are being excreted by the skin.

What a boon to anatomy and medicine when the etheric vision becomes common property, and no more exploratory surgery will be needed to detect malignant growths or to observe a dislocated bone or muscle or organ. This wonderful development is not so far away in time as one might think: untold thousands of people today have a slight degree of etheric vision.

I was present in an audience one night when the lecturer described the fall of the colorless solar ether and asked the audience to raise hands to show how many had seen it; more than half of those present raised their hands, and some did not raise hands, who, privately, confessed that they also could see these rains.

At another time on a bright spring day by a lily pool, with the air full of sunshine, a neighbor's little girl suddenly blinked her eyes and said, "Why, it's raining!" Her mother gave her an embarrassed look and said, "What are

you talking about? There's not a cloud in the sky." Then the little girl was embarrassed and said lamely, "I thought I saw rain for a minute!"

How many people have not seen the wing-like agitation of the light ether when coming out of the dark and looking against the light? Or how many, when first turning on a light, have not seen the air become full of this wing-like beating? Most people who see this do not know that they are looking at the Light Ether, of which Max Heindel wrote that when light passes through this ether it is set into violent motion, or agitated.

Blind people sometimes develop sensitiveness to the vibrations of color. They cannot see color, but somehow they feel it; and in a kindergarten for blind children it was once observed how some of these children seemed to be able to pick out blocks of one color or another because they could feel a difference, and preferred one feeling to another? I once knew a sighted person who had something of this faculty also: she said that she could feel the different sensation between the vibrations of yellow, red, and blue, but not the intermediate colors; although she had not really practised much on these. Yellow, she said, gave a tingling electrical feeling; red felt like the slow beating of fine and delicate wings; blue was a rapid beating. Green she could never be sure of.

Although each ether has its own basic color, they all seem first to impinge upon the optic nerve through the ultraviolet end of the spectrum. Max Heindel writes that both the Chemical Ether and the Reflecting Ether are blue; even the Light Ether, when it is not completely filled with light, has the appearance of bluish smoke, beating rapidly as the light enters it. Yet the basic color of the Light Ether itself is yellow, and to the developed etheric vision it glitters and glistens with all the colors of the rainbow, but including the violets, and purples, and it has an affinity for

the glittering seeds of light floating like small comets in any light field, thicker where the light is brightest; and the colorless solar ether, falling earthward, also seems to be connected with this Light Ether.

The colorless solar ether—and it is colorless when it is seen falling through the air—enters the body at the spleen, attracted by the etheric organ situated there, which draws it in; after which it flows to the seed atom at the solar plexus, where it meets and merges with a flow of red ether entering with the breath; and from this point, now rose-colored, it radiates outward through the nerves, carrying out of the body the impurities which have gathered. In health, these rosy lines of force radiate outward in straight lines; in ill health they droop, and miasma gathers in the etheric body, black to etheric sight, and heavy enough to be responsive to the pull of gravitation; which is part of the reason why we feel “dragged down” when we are ill.

The Reflecting Ether, although described as blue, is not at all opaque. It is a hyper-ether. Within its vacuous blueness, which is a little like that of very pure clear water, the etheric vision discovers pictures representing not only present sensory impressions but memories of the past: sometimes memories of past incarnations on earth. But these memories grow less vivid as they go back into the far past, and are not always reliable; for this ether tends to be disturbed by present conditions, not only by the moods and feelings of the seer who tries to look into this ether, but also by prevailing temper of the times—the true Memory of Nature is found in the higher spiritual worlds.

It is not so common for the ordinary man to see the Reflecting Ether, but since all thought must reach the brain by way of this ether, it follows that all men must have at least a small amount of this ether present in the auric enclosure of the body. It has a special

affinity for the blood, and that is why blood is important to mental processes. Memory resides in the negative pole of this Reflecting Ether; active, positive thought works through the positive pole.

If it were not for this Reflecting Ether, we could not think or remember at all in our present state of evolution in which we are still dependent upon sensory perception; and as the Reflecting Ether expands it is seen outside the body as a blue aura in which the body is embedded. This is not really the mental aura, but many people may think of it as such because it is definitely associated with mental development. It is found thus outside the body only in the great saints and masters of positive spiritual development. Interpenetrating and extending beyond this blue aura of the Reflecting Ether is the golden Light Ether—and this is the aura of the Saint, the Golden Wedding Garment of the Rosicrucian neophyte. This is the meaning of the gold aureole shown in sacred art surrounding the bodies of saints and angels.

The Reflecting Ether is a two-way mirror, or crystal reflector: it reflects the physical world inward to the Ego, and it reflects the spiritual world outward to the brain where the Ego, while in the body, can see and use the spiritual forces in furthering his own and the world's development.

Of these four ethers, the two lower ethers are called stationary, the two higher migratory or volatile. The Chemical Ether does not change its position relative to the physical body, but casts out old material and takes in new under the impact of the Life and Light Ethers, and in accordance with the pattern held reflected from the Archetype in the Reflecting Ether. The Life Ether only indirectly promotes, or helps promote, the assimilation and excretion which take place through forces active in the Chemical Ether; its chief activity is concerned with enabling the living organism to perpetuate its species. The

Life Ether also has a positive and negative pole, and the egoic and angelic forces working through these poles give us the male and female bodies, respectively.

None of the ethers work alone; there is always this complex pattern of interpenetrating activity, which makes observation difficult even for the trained seer. Thus although *heat* is always associated with *life*, the heat which makes life and propagation of species possible works through the Light Ether, giving heat to the blood; while through the negative pole work forces which create the sense organs. It is the positive pole forces which circulate the blood in cold-blooded animals, and the sap of plants and flowers.

The Light Ether in particular is an ether full of activity and vibration, and it plays an important role in the spiritual development of the neophyte; forming, we have said, the Golden Wedding Garment in which at a more exalted level, the Reflecting Ether is also seen as a blue ovoid. These higher ethers *flow* through the body, and may be sensed under special conditions.

Much beyond the mere sensing of these etheric levels is necessary for positive clairvoyance of the initiated seer which enables him to explore these etheric regions at will. But increasingly now, people everywhere are seeing and knowing at least that **THESE THINGS ARE**, and that is the beginning of a new order.

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## Creating Our Circumstances

EUGENE E. THOMAS

**T**HE dominant thought of the thinker builds for him in its own likeness. Every man is building his environment, his success or failure, by the quality of his thought. These thoughts are his plans and specifications, and by them he builds his temple or his hut. This is in accordance with the Law that "Like attracts like"; the mental attitude always attracts the conditions that correspond with its own nature.

One of our great men has aptly said, "A man might frame and let loose a star, to roll in its orbit, and yet not have done so memorable a thing before God as he who lets a golden-orbed thought roll through the generations of time."

How carefully we should guard this wonderful God-given power! How sincerely we should strive to make our dominant thoughts only positive and constructive! When we fail to do so, we make for ourselves a harvest of

wasted opportunities. "As ye sow, so shall ye reap." We must recognize the operation of eternal principles, and direct our thought forces into the channels that are in harmony and rhythm with the great laws of the Universe. All creation is founded on principles of Law and Order that are rhythmic and harmonious. When either through willfulness or ignorance we refuse to work in cooperation with these Laws, our lives become filled with darkness and chaos, because the Laws of the Universe are also the Laws of our own Being.

We need not look to some external power to change these chaotic conditions into happiness and peace. That power lies within ourselves, and that great power is *constructive thought*. When we thus change our thought forces, we become attuned to the Cosmic Mind, of which we are a part. Then we come to a realization of our own greatness, of our Divinity. Then only, we



become conscious of the mighty powers slumbering within us, only awaiting the touch of the awakening flame. That flame is the Divine power to *think*. We have at our command capital of which we have not dreamed. Constructive thought and a cheerful mind will work a transformation upon a sick or ailing physical body. In the mental realm, ability and power that we did not know we possessed will unfold for us like an opening flower; and the world of joy and beauty that is revealed to us through the awakening of the inner spiritual faculties fills us with amazement and supreme delight. Let us cast aside the veil of ignorance that keeps us in the shadows; let us clothe ourselves in the white mantle of purity and loving, kindly thought, that the great Light of Truth and Knowledge may illumine the Path.

Everything in the Universe is the result of vibration. Through the vibration of our thought, we contact the mightiest thought centers of the Universe and make them a part of our hearts and lives. We touch the very thought of the Omnipotent One, and thus we manifest our own Divinity. By no outward seeking can we find this secret spring. It lies within ourselves, deep within our own beings. It unlocks the door to that secret shrine, the dwelling place of the Soul. When, with an understanding heart, we touch this secret spring, a world of power is evermore at our command; power to increase our talents an hundredfold; power to accomplish anything that we undertake, for we have now contacted the inner, spiritual forces. We need no longer follow the hard, laborious methods that we used when dealing only with material things.

Perhaps some may ask, "Just what is meant by 'talents'?" The commonly understood definition is, the possession of superior mental endowments or capacities, or a particular faculty or gift. It goes deeper than this, for we must in-

clude, also, those fine and delicate shadings of the individual character which are the result of all past thought. But far deeper than this, there is still another meaning. Our talents are all the Infinite possibilities that lie before us. We are Divine Beings, blessed with the power of creative thought. We can be what we will to be! There are no limitations set for us, for we are already Gods in the making. We can think along eternal lines, and build into our individual characters whatever colors, tones and symphonies we choose.

As we make the effort toward perfection, through the Law of Thought, we must also ever recognize the Law of Love, the great Universal Love which includes all created things; the love that surges from the Soul; that fills the heart with tenderness and a desire to be of service; the love that makes us long to take the whole world into our embrace and wipe away the tears of suffering and sorrow. "Love is the fulfilling of the Law," and through the Divine vibration of Universal Love, our thought forces attain a most tremendous power. To the extent that we have not love, to that extent we are wasting our thought forces and failing to express our inherent Divinity. Love is another Divine gift, a precious capital to be invested for the benefit of all living things. Divine Love, the most precious gift of Omnipotence to mankind! A sacred trust, to be held like a clear white flame, burning purely and brightly upon the altar of service and devotion! Sometimes the "still, small voice within" is almost drowned by the clamorous calls of the physical senses. It is then that we must stop to listen, to *think*, and to keep the white flame burning.

Through the Laws of Thought and of Love, our spiritual capital attains an everlasting potency. Are we investing this capital wisely? Are we investing in knowledge, wisdom, and an understanding of the true meaning of life, or are we still seeking for these things?

# MAX HEINDEL'S MESSAGE

## Teachings of an Initiate

### The Bow in the Cloud

#### CHAPTER XXIV



**I** have a few preliminary explanations to make, a few reasons why the subject of "The Bow in the Cloud" is taken up. I recently dictated the manuscript for a book which I have since been editing. In the course of the dictation there came up certain points that required investigation, one of them being the life force that enters the body through the spleen. Upon investigating it was seen that this force manifests in different colors, and that in different kingdoms of life it works differently; therefore much was to be looked up before making the information public. A friend, upon reading some of the manuscript, sent to his library in Seattle for a book published about forty years ago called "Babbitt's Principles of Light and Color." I referred to this book and found it most interesting, written by a man who was clairvoyant. After spending an hour studying the book, I turned to investigation myself, with the result that a great deal of new light was shed upon the subject. And it is a deep and profound subject, for the very life of God seems to be embodied in these colors.

Among other things, in tracing back through the Memory of Nature, in regard to light and color I came to a point where there was no light, as has been shown in *The Rosicrucian Cosmo-Conception*. Then I followed the different stages of planetary formation and on down to the point where the bow was

seen in the cloud. The whole investigation made such a profound impression upon me as to fill me with devotion.

It is stated in the Bible that "God is Light," and nothing can reveal to us the nature of God in the same degree as that symbol. If a clairvoyant went back into the far, dim past and looked upon this planet as it was then formed, he would see at first, as it were, a dark cloud without form, coming out of chaos. Then he would see this cloud of virgin substance turned by the Creative Fiat into light—its first visible manifestation, a luminous fire mist. Then would come a time when moisture gathered around that fire mist, and later the period spoken of as the Moon Period would arrive. Still later would come the darker and more dense stage called the Earth Period.

In the Lemurian Epoch the first incrustation of the earth began when the seething, boiling water was evaporated. We know that when we boil and reboil water, it incrusts the kettle; likewise the boiling of the moisture on the outside of the fiery earth ball formed the hard and crusty shell that constitutes the surface of the earth.

The Bible says relative to the next epoch that it did not rain upon the earth, but a mist went forth from the earth. From the damp earth at that time there issued a mist that completely surrounded it. Then it was impossible for us to see the sunlight as

we do now; the Sun had the appearance of an arc light of the present time on a dark night; it had an aura around it. In that misty atmosphere we dwelt in the early period of Atlantis. Later there came a time when the atmosphere cooled more and more and the moisture was condensed into water, finally driving the Atlanteans from their land by a flood such as is recorded in the various religions.

At the time when that misty atmosphere enwrapped the earth, the rainbow was an impossibility. This phenomenon usually occurs when there is a clear atmosphere in some places and a cloud in others. There came a time when humanity saw the rainbow for the first time. When I looked upon the scene in the Memory of Nature, it was most wonderful. There were refugees who were driven from Atlantis, which is now partly under the Atlantic Ocean; it also included parts of what are now known as Europe and America. These refugees were driven eastward till they came at last to a place where the land was high, where the atmosphere had partially cleared, and where they saw the clear sky above. Of a sudden there came up a cloud, and from that cloud came lightning. They heard the roll of thunder, and they who had escaped peril by water and had fled under the guidance of a leader whom they revered as God, turned to Him to ask, "What have we come to now? Shall we be destroyed at last?" He pointed to the rainbow that stood in the cloud and said: "No, for so long as that bow stands in the cloud, so long shall the seasons come one after another in unbroken succession"; and the people with great admiration and relief looked upon that bow of promise.

When we consider the bow as one of the manifestations of Deity, we may learn some wonderful lessons of devotion, for while we look upon the lightning with awe and hear the thunder with fear, the rainbow in the sky must

always provoke in the human heart an admiration for the beauty of its sevenfold path of color. There is nothing to compare with that wonderful bow, and I wish to call your attention to a few physical facts concerning it.

In the first place the rainbow never appears at noon; it is always after the Sun has passed downward and has traversed more than half the distance from the meridian to the horizon that the rainbow appears, and the closer the Sun to the horizon, the larger, clearer, and more beautiful it is. It never appears in a clear sky. It usually has for its background the dark and dreary cloud, and it is always seen when we turn our face from the Sun. We cannot look toward the Sun and at the same time see a rainbow. When we look upon the bow from below, it appears as a half circle above the Earth and us. But the higher we get, the more of the circle we see, and in the mountains, when we reach a sufficient height above the rainbow, we see it as a sevenfold circle—sevenfold like the Deity of whom it is a manifestation.

Now with these physical facts before us, let us go into the mystic interpretation of the subject. In ordinary life when we are at the height of our physical activity, when prosperity is the greatest, when everything looks bright and clear to us, then we do not need the manifestation of the divine light and life. We do not need that covenant, as it were, that God made with man upon his entry into the Aryan Epoch. We do not care about the higher life; our bark is sailing upon summer seas, and we care for nothing else, everything is so good to us here that there seems no reason why we should look beyond.

But suddenly there comes the tempest, a time in every life when sorrows and troubles come upon us. The storm of disaster tears away from us every physical foundation, and we stand, perhaps, alone in the world in sorrow. Then when we look away from the Sun

of physical prosperity, when we look to the higher life, we shall always see upon the dark cloud of disaster the bow that stands as the covenant between God and man, showing that we are always able to contact the higher life. It may not be best for us then to do so, for we all need a certain material evolution, which is best accomplished when we do not contact too closely the higher life. But in order to evolve and progress and gradually seek a higher and higher state of spirituality, there must in time come to us troubles and trials which will bring us into contact with the higher life. When we can look upon trial and tribulation as a means to that end, then sorrows become the greatest blessings that can come to us. When we feel no hunger, what do we care about food? But when we feel the pangs of starvation and are seated before a meal, no matter how course the fare, we feel very thankful for it.

If we sleep every night of our lives and sleep well, we do not appreciate what a blessing it is. But when we have been kept awake night after night and have craved sleep, then when it comes with its corresponding rest, we realize its great value. When we are in health and feel no pain or disease in our bodies, we are prone to forget that there ever was such a thing as pain. But just after recovering from an illness or after we have suffered much, we realize what a great blessing health is.

So in the contrast between the rays of the Sun and the darkness of the cloud, we see in the latter the bow that beckons us on to a higher life; and if we will only look up to that, we shall be much better off than if we continue in the paths of the lower life.

Many of us are prone to worry over little things. This reminds me of a story recently printed in one of our papers of a little boy who had climbed a ladder. He had been looking up as he was climbing, and had gone so far up that a fall would have meant death. Then

he stopped and looked down, instantly becoming dizzy. When we look down from a great height, we become dizzy and afraid. But someone above called to him and said, "Look up, little boy. Climb up here, and I will help you." He looked up, and at once the dizziness and fear left him; then he climbed up until taken in at a window.

Let us look up and endeavor to forget the little worries of life, for the bow of HOPE is always in the cloud. As we endeavor to live the higher life and climb the sublime heights toward GOD, the more we shall find the bow of peace becoming a circle and that there is peace here below as well as there above. It is our duty to accomplish the work we have to do in the world, and we should never shrink from that duty. Still we have a duty to the higher life, and it is in the interests of the latter that we gather together on Sunday night and by massing our aspirations advance toward the spiritual heights.

We should remember that we each have within a latent spiritual power that is greater than any worldly power, and as it is unfolding, we are responsible for its use. To increase that power we should endeavor to devote part of our leisure time to the cultivation of the higher life, so that when the cloud of disaster comes to us, we shall by the aid of that power find the bow within the cloud. As the bow is seen at the end of the storm, so when we have gained the power to see the bright rainbow in our cloud of disaster, the end of that disaster has come, and the bright side begins to appear. The greater the disaster, the greater the needed lesson. When on the path of wrong doing we sooner or later are kindly but firmly whipped into line by the realities of life, and forced to recognize that the path of truth is upward and not downward and that God rules the world.

Next month—*The Responsibility of Knowledge.*

# WESTERN WISDOM BIBLE STUDY

## The Solar Myth

(Conclusion)

References: I Chronicles 28, 29; II Chronicles 1-9; Jonah; Matthew 2:13-14; 12:40; 16:15-19; John 3:30; I Corinthians 10:4; Revelation 12.

**A**S the material sun is weak and has to flee from the powers of darkness, so all these divine light-bringers are searched for and forced to flee from the powers of the world; and like the sun, they always escape. Jesus fled before King Herod. King Kansa\* and King Maya are his counterparts in other religions. The baptism occurs at the time when the sun passes through the sign Aquarius, the waterman; and when he goes through the sign of the Fishes in March we have the fast of the Initiate, for Pisces is the last of the southern signs, and all the stores laid by from the bounteous gifts of the sun of the previous year are nearly exhausted, and man's food is scarce. The fish-food of Lent which occurs at this time is a further corroboration of this solar origin of the fast.

At the vernal equinox, March 21, the sun "*crosses* the equator," and at that time the "*crossification*," or crucifixion, occurs, for then the sun-god commences to give his life as food for his worshippers, ripening the corn and the grape, which is made into the "bread and wine." To do that he must leave the equator and soar heavenward. Similarly, it would benefit humanity nothing spiritually if their saviors stayed with them; therefore, they soar heavenward as "sons (or suns) of righteousness," ministering to the faithful from above,

as the sun does for man when high in the heavens.

The sun attains its highest point of north declination at the summer solstice, June 21. He then sits upon "the throne of his father," the sun of the previous year, but he cannot remain there more than three days. Then he is carried downward toward his western node. Likewise, the saviors of mankind ascend to the throne of the Father, to be reborn from time to time for the good of mankind, which truth is embodied in the sentence of the Nicean Creed: "thence he shall return."

The movement known as the "precession of the equinoxes" whereby the sun crosses the equator on March 21 at a different point each year, determines the symbol of the savior. At the time of the birth of Jesus the sun crossed in about five degrees of the sign Aries, the Ram. Consequently, Christ was "the lamb of God." (John 1:36.) There was a dispute, however; some thought that owing to what is called the orb of influence, power of the sun was really in the sign Pisces, the fishes, and that the symbol of Christ should have been a fish. As a relic of that dispute we see that to this day the Bishop's mitre is in the form of the head of a fish. At the time of Mithras, the Persian Savior, the sun crossed in the sign of the Bull, hence we find Mithras riding on a bull. This was also the foundation for the worship of the Bull, Apis, in Egypt. At present the vernal equinox is in about ten degrees of Pisces, the Fishes, so that if a savior were born now he would be a "Fish-man," like Oannes of Ninevah, changed into Jonah and the whale by the Bible,

\*Kansa: In Hindu mythology, a king of Mathura, son of Ugrasena and second cousin of Krishna.

This great allegory, like so many others, is also pictured upon the film of the firmament, for it was first enacted in heaven before it was staged on earth, and we still see in the starry sky "Jonah, the Dove," and "Cetus, the Whale." The terrestrial application of this allegory will be given in a subsequent lesson.

The four letters said to have been on the cross of Christ and the method of fixing Easter in commemoration of the event, also go to show the cosmic character of the occurrence. These letters, I. N. R. I., are commonly supposed to have meant Jesus Nazarenus Rex Judæorum, but they are also the initial letters of the Hebrew names of the four elements Iam (water), Nour (fire), Ruach (air), Iabeshah (earth). It would be foolish to fix the anniversary of the death of an individual as Easter is fixed by the sun and moon, but it is the proper thing in respect of a solar festival and a cosmic character, related to the sun as spiritual light-bringer to physical luminary.

When the sun leaves his throne at the summer solstice, about June 21, he passes through Cancer and into the sign Leo, the Lion of Judah (July 24 to August 24). Then we have the Catholic feast of the Assumption on August 15, in Leo. Thence, onward to his western node, the sun proceeds through Virgo, the sign of the Virgin (August 24 to September 23). Thus the Virgin is born from the sun, as it were.

This brings to mind the astronomical solution to that passage in the 12th chapter of Revelation: "I saw a woman clothed with the sun and the moon at her feet." That phenomenon happens every September just after the new moon; for viewed from our earth, the sun covers or clothes the sign Virgo all through September, and as the moon is leaving the conjunction of the sun, it appears to be beneath the Virgin's feet. When John the Baptist is represented

as saying concerning Christ that "he must increase but I must decrease" (John 3:30), he is symbolizing the sun at the summer solstice when it must decrease in light for the coming half year, while Christ by his birthday at Christmas is identified with the newborn sun which increases the length of the day until the middle of summer.

Ragon, the eminent French Masonic authority, says that the legend of Hiram Abiff, the "Widow's Son," the Grand Architect of Solomon's Temple, and hero of the Masonic Legend, is an astronomical allegory representing the sun from the summer solstice downward. The Temple of Solomon is our solar universe which forms the great school of life for our evolving humanity; the broad lines of its history, past, present, and future are written in the stars, its main outlines being discernible to anyone of average intelligence. In the microcosmic scheme, the Temple of Solomon is also the body of man wherein the individualized spirit or ego is evolving, as God is in the great universe.

Hiram Abiff, the Grand Master, is the sun which travels around the twelve signs of the zodiac, enacting there the mystic drama of the Masonic Legend. At the vernal equinox the sun leaves the *watery sign Pisces*, which is also feminine and docile, for the belligerent, martial, energetic, fiery sign *Aries*, the ram or lamb, where it is exalted in power. It fills the universe with a creative fire which is immediately seized upon by the innumerable billions of nature spirits† who therewith build the temple of the coming year in forest and fen. The forces of fecundation applied to the countless seeds slumbering in the ground cause them to germinate and fill the earth with luxuriant vegetation

†Occult science teaches that nature spirits are evolving beings who build the plants, form the crystals of the rock, and with numerous other hierarchies are working around and about us unseen, but nevertheless busy in making that which we call nature.

while the group spirits† mate the beasts and birds in their charge so that they may bring forth and increase sufficiently to keep the fauna of our planet at normal. According to the Masonic Legend, Hiram Abiff used a hammer to call his workmen, and it is significant that the symbol of the sign Aries, where this wonderful creative activity commences, is shaped like a double ram's horn, which also resembles a hammer.

During the summer the sun calls forth songs of gratitude from all that breathes, hence Hiram, who represents it, can give the Word, that is to say *life* to all. When the sun enters the southern signs at the fall equinox, September 21, nature becomes mute, and Hiram, the sun, can no longer give the sacred Word; he meets the three murderers: the zodiacal signs Libra, Scorpio, and Sagitta-



rius, which the sun goes through in October, November, and December. The first strikes him with a 24-inch rule emblematic of the 24 hours the earth takes to revolve upon its axis. The second strikes him with an iron square, symbolizing the four seasons, and at last the mortal blow is given by the third murderer with a mallet, which being round, signifies that the sun has completed its circle and dies to give room for the sun of another year.

The initiate of the temples in Egypt were called "phree messen," which means "children of light," because they had received the light of knowledge and

†A group spirit is an entity functioning in the spiritual worlds and possessing a spiritual body composed of many separate animal spirits, as a man has a body composed of many cells, each with an individual consciousness. The group spirit itself cannot function in the physical world, but it evolves by sending the different animal spirits into a form of body which it creates.

it is this which has been changed into "Freemason."

Thus we see that the contest of Light and Darkness in the physical world is closely connected in the scriptures of the different religions with the contest of the powers of spiritual light and life against those of darkness and ignorance; that this truth is universally spread among all peoples in all ages. The myths of the dragon slayers embody the same truth, where the Greeks tell of the victory of Apollo over Python, and of Hercules over the dragon of Hesperides; the Norseman tells of the contest of Beowulf slaying the fire-drake, of Siegfried slaying the dragon, Fafner, and of St. George and the Dragon. In our materialistic age these truths are temporarily relegated to oblivion or regarded as fairy stories without any basis in truth; but the time will come and is not far distant when these myths will again be restored to honor as embodiments of great spiritual truths.

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I think immortality is the passing of a soul through many lives or experiences and such as are truly lived, used and learned, help on to the next, each growing richer, happier, and higher, carrying with it only the real memories of what has gone before.

I seem to remember former states, and feel that in them I have learned some of the lessons that have never been mine here, and in my next step I hope to leave behind many of the trials I have struggled to bear here and begin to find lightened as I go on. This accounts for the genius and great virtue some show here. They have done well in many phases of this great school and bring into our class the virtue or the gifts that made them great or good. We don't remember the lesser things. They slip away as childish trifles and we carry only the real experiences.

—*Louisa May Alcott,*



## KEYWORDS OF THE PLANETS

(Last month we gave the Keywords of the *Signs* for the benefit of Astrological Students.)

### ☉ THE SUN (Rules Leo)

*Basic Keywords*—Individuality, what one really is, vitality, will, chief ambitions, those in authority, men.

*Positive Qualities*—Generosity, dignity.

*Negative Qualities*—Despotism, arrogance, ostentation, lack of ambition, animalistic qualities.

### ☾ THE MOON (Rules Cancer)

*Basic*—Personality, imagination, instinctual mind, emotions, change, fecundation, the people, women.

*Positive*—Positive psychic qualities, personal magnetism.

*Negative*—Negativeness, visionariness, dreaming, vacillation, frivolity, fretfulness, procrastination, indecision, incorrect impressions.

### ☿ MERCURY (Rules Gemini and Virgo)

*Basic*—Reason; self-expression of all kinds; speaking, writing, gestures; knowledge through reason.

*Positive*—Quick-wittedness, eloquence, literary ability, dexterity.

*Negative*—Restlessness, gossip, profanity, demagoguery, dishonesty, deceit, nervousness, worry, indecision, forgetfulness, clumsiness.

### ♀ VENUS (Rules Taurus and Libra)

*Basic*—Attraction, cohesion, coalition, personal love, social instincts and activities, art, ornamentation, beauty.

*Positive*—Harmony, artistic ability, cheerfulness, suavity.

*Negative*—Sensuality, dissoluteness, vulgarity, sloth, laziness, sentimentality, vanity, inconstancy.

### ♂ MARS (Rules Aries and Scorpio)

*Basic*—Dynamic energy.

*Positive*—Constructiveness, courage, enterprise, enthusiasm, gallantry.

*Negative*—Combateness, friction, temper, destructiveness, passion, lustfulness, impulsiveness, audacity, coarseness, egotism.



## ♃ JUPITER (Rules Pisces and Sagittarius)

*Basic*—Expansion, vision, optimism, ideation, orthodox religious tendencies.

*Positive*—Benevolence, broad-mindedness, executive ability, legal ability, respect for law, honor, charity, reverence, conservatism, opulence, popularity, success.

*Negative*—Overconfidence, extravagance, indolence, prodigality, showiness, bombast, dissipation, sportiness, lawlessness, procrastination.

## ♄ SATURN (Rules Capricorn and Aquarius)

*Basic*—Contraction, persistence, caution.

*Positive*—Faithfulness, stability, concentration, analysis, system building qualities, tact, diplomacy, justice, thrift, economy, deliberation, conservatism, endurance, discipline.

*Negative*—Crystallization, obstruction, selfishness, slowness, fearfulness, limitation, materialism, melancholy, pessimism, avarice, secretiveness, suspicion, severity, cynicism.

## ♅ URANUS (Rules Aquarius)

*Basic*—The Awakener; altruism, inventiveness, originality, sudden action, unconventionality.

*Positive*—Progressiveness, universality, universal love for humanity, impersonality, independence, love of liberty, romance, intuition.

*Negative*—Eccentricity, spasmodic action, bohemianism, fanaticism, irresponsibility, licentiousness, anarchy.

## ♆ NEPTUNE (Rules Pisces)

*Basic*—Superphysical entities of all degrees and impressions from them, Divinity, occultism, knowledge from sources above reason, viz., superphysical beings.

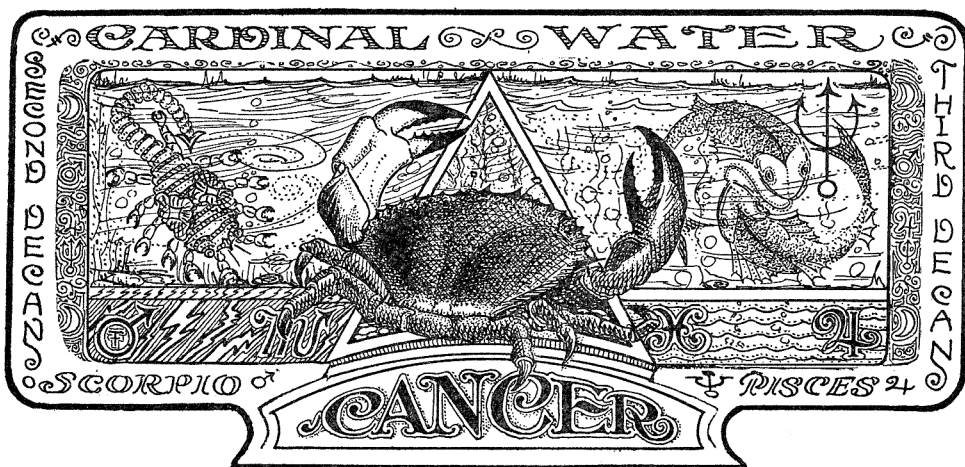
*Positive*—Spirituality, intuition, inspiration, clairvoyance, prophecy, devotion, music.

*Negative*—Delusions, chaotic mental conditions, morbidity, fraud, incoherence, deception, dishonesty, mediumship.

## APPLICATION OF KEYWORDS

Every planet has certain characteristics and a certain field of action which may be expressed by keywords. There are three sets given: *The first set* gives the basic nature and field of action, *the second* gives the positive variations or qualities which result from right use of the planetary vibrations, and *the third* gives the negative variations or qualities which result from misuse or excess.

The basic keywords apply in all cases no matter whether the aspect is benefic or adverse. The positive qualities are brought into action by the benefic aspects and the negative qualities are brought out by the adverse aspects.



## The Children of Cancer, 1957

*Birthdays: June 22 to July 23*

**B**ETWEEN these dates the Sun transits Cancer, the 4th sign of the zodiac. On June 21st, it reaches its highest degree of north declination where it remains for three days before it begins its annual journey southward. This is called the Summer Solstice and marks the beginning of the summer season. These three days are the longest days of the year. Ancient peoples selected this time to express the feeling of charity. Having their crops in they could relax and celebrate with joyful festivals and competitive games while they awaited the ripening and maturing of the harvest in the womb of Mother Nature.

Cancer is the great Mother sign. It is a cardinal (active) water sign, feminine and fruitful in nature. It is ruled by the Moon, the planet of fecundation which controls all fertilization, gestation, nutrition and growth.

In the human body, Cancer rules the breasts and stomach. It also rules the foods which go into the stomach, the digestive system and its functions. Jupiter rules the arterial blood stream

which absorbs nutritive material from the food taken into the stomach and distributes it throughout the body. Therefore Jupiter is exalted in Cancer.

Cancer people are fond of food and drink; they make good cooks but must guard against overeating and drinking. Their nature is strongly domestic; they have a great love for family, home, mother and their country. They are patriotic citizens, active in public and community affairs, interested in politics and government.

The children of Cancer are loving, impressionable and complex. They are sensitive and emotional in all their reactions. They feel rather than reason and their sympathetic feelings flow out like water to all humanity. They come nearer to understanding the heart of humanity than any other sign for they regard life according to its effect upon themselves and their families.

The crab is the symbol of Cancer and like the crab they hang on to everything, their material things, their concepts of life, their family traditions and ancestral heritage. They are often timid but always persistent. As Cancer is a very ancient sign, its natives are always

thinking in terms of the past but due to its watery element and the reflective nature of its ruler they are also psychic and receive flashes of insight into the future. Due to the fluctuating influence of the Moon, Cancer people are changeable, dreamy, and moody, particularly susceptible to the New and Full Moon.

Cancer people are easily hurt and likely to fret and worry. They are entirely different in emotional nature from other signs; they make fine friends but are inclined to imagine slights and break off friendships.

In childhood, Cancer natives are inclined to be physically delicate but grow stronger with the years; they cling to life and usually live to a ripe old age. However, it is important that they acquire temperance in eating, drinking and "emoting." They are persons of habit and enjoy hobbies.

Monday is Cancer's day or Moon day. The lily or white rose is the flower. Cancer's jewel is the emerald. Its metal is silver. The keyword for Cancer is *I feel*; the keynote is patience. Its watchword is sympathy, its speech is picturesque. The Cancer intellect is retentive, the temperament is emotional, psychic and superstitious. His motto is protection. The Cancer native's best quality is tenacity; his worst is touchiness. His positive qualities are caution, economy, truthfulness, persistence and self-reliance. He is magnetic and conscientious or he may express such negative qualities as restlessness, overanxiety and fear; he may be moody, sentimental, disorderly, indolent or greedy.

From June 21 to June 27 (1957), Venus is parallel to the Sun; from June 21 to July 2, the Sun is trine Neptune and Venus is sextile Jupiter. This combination is most favorable; children born during this period will be unusually sensitive to spiritual vibrations. They will have a refined, artistic side to their nature with artistic or musical talent. This gives an acute sensitiveness to tone and color and an interest in the occult.

Some more highly evolved can hear echoes from the Heaven world and will be able to reproduce music of the spheres, becoming talented, inspirational musicians. They will be successful and will enjoy general good fortune. However, all of these children must be taught to curb the desires and control temper. They must learn to be optimistic, kind, honorable, benevolent and tolerant of the views of others in order to avoid or withstand the concurrent negative influence of Mars square Neptune from June 21 to July 2.

This is a very powerful influence; there is a strong temptation to release the coarser, more sensual side. The native is inclined to be reckless and self-indulgent. There may be a tendency to attract the negative forces of the Desire World. Indulgence in alcohol, drugs or spirit seances could prove disastrous to these children. There is danger of their becoming religious fanatics, or atheists.

The strong spiritual vibrations, both positive and negative, released from the planets between June 21 and July 2, offer these children the same opportunities and temptations. This necessitates careful guidance.

Two extremes of character will be produced among them. Some will express the spiritual, refined and artistic side of their nature, while others less fortunate will develop the lower nature.

They all have drastic decisions to make; some will achieve happiness and success; others, sorrow and failure. Much depends upon their early environment and spiritual guidance. All have talent, and all will meet temptation. The planets are impartial, they *impel but do not compel*; every individual has a choice and free will of reaction to the *same* planetary impulses.

From June 23 to June 29, Mercury is square Jupiter, parallel Venus and from June 21 to July 1, Venus is sextile Jupiter. This brings talent into expression and is favorable for success and general good fortune. It indicates

accumulation of wealth and happy marriage but causes difficulty and poor judgment in making decisions. These children must learn to make decisions and grasp opportunities; they need advice in making engagements and signing papers or contracts.

From June 21 to July 11, Mars is conjunct Uranus. This gives ingenious mechanical and inventive ability, but there may be a tendency to operate destructively. It may give an erratic, eccentric disposition, a violent temper and anarchistic tendencies depending upon other aspects. Nervous disorders may develop.

From June 24 to July 1, Mercury is sextile Pluto and trine Neptune. Among children born at this time, some sufficiently evolved will have great occult knowledge and may develop extra-sensory perception. This gives good memory and arouses subconscious trends into awareness and expression.

Venus is parallel Neptune, Sun conjunct Mercury, from June 27 to July 10; Mars trine Saturn until July 14 and Venus with Uranus, June 30 to July 11. These influences combine to bestow strong humanitarian impulses, intuition, altruism, and executive ability. They give natural talent for language and opportunities to make use of these good qualities. These children may take part in international systems of reconstruction for the welfare of the masses or may become outstanding units in large organizations or societies.

From July 6 to July 14, Mercury sextile Jupiter bestows a high I. Q., making the native optimistic, broadminded and law abiding, interested in travel, religion, and philosophy, with good, reliable judgment.

From July 12 to July 19, Mercury is conjunct Uranus, giving ingenious ideas but too much independence of thought, a possibility of brainstorms or nervous ailments. Self restraint must be learned.

From July 13 to July 21, Mercury trine Saturn acts as a break. It gives depth and stability to the mind with powers of concentration.

From July 7 to July 21, the Sun is sextile Jupiter. Most favorable of all planetary influences, it gives health, wealth, happiness, and success through life. A great deal of good fortune is offered to children born during the last half of this solar month. The overlapping aspects give exceptional intellectual ability and promise of success. Most of these children will be serious, honorable and ambitious in nature. Many of them will leave their "mark" in the world as pillars of society and government. As religious or political leaders, lawyers, judges, ambassadors or authors they will be highly respected and loved by all.

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## THE PROTECTIVE AURA

Rosicrucian teachers instruct their pupils in regard to creating and maintaining the "Protective Aura," which is a shelter of soul, mind, and body against evil influences directed toward them consciously or unconsciously. This Protective Aura affords a simple but very powerful and efficient means of protection against all adverse psychic influences, "malicious mental magnetism," black magic, etc., and is also an effective armor against psychic vampirism, or the draining of magnetic strength.

Forming the Protective Aura is very simple. It consists merely of the formation of a mental image (accompanied by a demand of the will) of yourself being surrounded by an aura of pure clear white LIGHT—the symbol and indication of SPIRIT. A little practice will enable you actually to feel the presence and power of this Protective Aura. The White LIGHT is the radiation of SPIRIT, and SPIRIT is master of all things.

## Reading for a Subscriber's Child

ROBERT M. T.

Born April 13, 1954, 10:35 P.M.  
Latitude 35 N., Longitude 139 E.

Cusps of houses: 10th, Libra 7; 11th, Scorpio 5; 12th, Scorpio 28; Asc., Sagittarius 19:57; 2nd, Capricorn 24; Aquarius intercepted in 2nd; 3rd, Pisces 1.

Position of the planets: Mars, Capricorn 1:02; Dragon's Head, Capricorn 19:13; Mercury, Aries 3:15; Sun, Aries 25:03; Venus, Taurus 13:39; Part of Fortune, Taurus 20:44; Jupiter, Gemini 22:28; Uranus, Cancer 19:10; Dragon's Tail, Cancer 19:13; Pluto, Leo 22:39 ♀; Moon, Virgo 25:50; Neptune, Libra 24:41 ♀; Saturn, Scorpio 6:53 ♀.

The subject for this month's reading is a little boy who should go far in this life. He was born with the Sun in the active, fiery sign Aries which makes him impulsive, enthusiastic, energetic, and high spirited.

The majority of the planets above the earth and angular, the Sun exalted in Aries, Mars the ruler of Aries in the first house in its exaltation in Capricorn, its sextile to Saturn, and Neptune in the 10th house denote an objective life, a courageous, enterprising individual with a pioneering and somewhat aggressive disposition and an insatiable ambition. These influences give pride, high ideals, a strong desire nature, tireless determination, and many opportunities.

Robert is a born leader, mentally and physically active. He will be recognized for his honorable character and reliable executive ability. He will be held in high esteem. He has excellent mental qualities, good judgment and foresight. As Mercury precedes the Sun

his pathway is illumined by reason. The aspects between Pluto, Jupiter, Neptune, and his Sun enable him to penetrate the higher planes and receive firsthand knowledge of an inspirational nature which he is personally able to express. The Sun sextile Jupiter is the most favorable of all planetary aspects. It increases activities, protects the life and indicates general success, health, wealth, and happiness.

Jupiter rules Sagittarius, the sign on the Ascendant of Robert's horoscope. This gives him a philosophical and dual outlook on life with ability for personal expression of his views, as Jupiter is in Gemini in favorable aspect to the Sun, Pluto, and Neptune. It makes him intelligent, broadminded, respectful of and interested in law, religion, foreign affairs and travel.

Robert is fundamentally active, a man of the world, a business man. On the whole his chart is most favorable and indicates success, recognition, and material prosperity (Jupiter sextile Sun and Pluto, trine Neptune). Mars in Capricorn in the first house, sextile Saturn and Neptune in the 10th indicates that he will personally accomplish his goal in life and accomplish his high ideals.

The divine Neptune, highly elevated, dominates the chart; and the Sun, Mercury, Pluto and Ascendant in fire signs shows the strong spiritual undercurrent which inspires and influences his activities. Robert could become a respected spiritual leader of some importance in the world; or with Neptune in Libra in the 10th house well-aspected and Venus, the ruler of the 10th cusp, in the artistic sign Taurus in the 5th house of entertainment he might develop his inspirational talents into a career in some

branch of the entertainment world. Venus in Taurus suggests a singing voice.

Saturn with Neptune in the 10th house enables one to rise to fame and honor through the development of spiritual impulses or through group activity in scientific research or with some mystical society. Due to the Sun's opposition to Neptune, however, scrupulous care and training are necessary in order to avoid anything of a fraudulent nature which might result in trouble, loss, or scandal.

Jupiter in the 7th house, sextile the Sun in the 4th, shows great success and honor late in life and good fortune through cooperation with others. Robert will have many active and important friends in the business world who will come to him with opportunities.

Mars, ruler of this chart, strong by sign and house, is in close square to Mercury in the 3rd house. This gives oratorical ability, keen wit, and a sharp tongue.

In order to avoid trouble, Robert must be taught to think before he speaks and control impulsive activities.

The Moon in Virgo square Jupiter in the 7th house and the Sun square Uranus in the 7th make this individual self-willed and at times erratic, inclined to be domineering and overcritical of others, qualities which if not corrected in early life will cause trouble later.

Robert's health should not present too great a problem. Saturn in a fixed sign opposite Venus, also in a fixed sign and on the cusp of the 6th house of health, suggests too great a strain on the heart. With a common sign on the Ascendant, Moon square Jupiter in common signs there is some possibility of functional disorders such as bronchial colds or intestinal disorders.

Robert must learn to rest, relax, conserve energy and use good logical reason, be scrupulously honest and truthful. He is a fine boy with a promising future.

## ROSI CRUCIAN TERMINOLOGY

The Rosicrucian Philosophy teaches that man is a complex being, an Ego, or threefold Spirit possessing:

(1) *A Dense Body*, composed of the solids, liquids, and gases of the Physical World. It is the visible instrument he uses here in this world to fetch and carry—the body which people ordinarily think of as the whole man.

(2) *A Vital Body*, which is made of ether and interpenetrates the visible body as ether permeates all other forms, except that the human beings specialize a greater amount of the universal ether than other forms. This ethereal body is our instrument for specializing the vital energy of the Sun, and for carrying on the functions of assimilation, growth, propagation, etc.

(3) *A Desire Body*, which is our emotional nature. This finer vehicle pervades both the Dense and Vital Bodies. It is seen by clairvoyant vision to extend about sixteen inches outside the visible body, which is located in the center of this ovoid cloud as the yoke is in the center of an egg. The Desire Body contains sense centers which, when properly developed, are man's means of perception in the Desire World.

(4) *The Mind*, which is a mirror, reflecting the outer world and enabling the Ego to transmit its command as thought and word. It is the link between the Spirit and its bodies. At the present time it is but an unformed cloud, but will eventually be as well organized as man's other bodies.

*The Ego* is the threefold Spirit which uses these vehicles to gather experience in the school of life and transmute it into soul power. *The Ego* is the "I" of each person—the individual consciousness which is normally thought of as the *self*, or *personality*, that expresses through the above vehicles.

# VOCATIONAL GUIDANCE ADVICE

*This page is a free service for readers. Since advice is based on the horoscope, we can give a reading ONLY if supplied with the following information: full name, sex,*

*place of birth, year, day of month, hour. No reading given except in this Magazine and ONLY FOR PERSONS 14 to 40 YEARS OF AGE—EDITOR.*

KATHERINE M. S.

Born May 10, 1923, 6:00 A.M.  
Latitude 40 N., Longitude 86 W.

Cusps of houses: 10th, Aquarius 18; 11th, Pisces 18; 12th, Aries 28; Taurus intercepted in 12th; Asc., Gemini 12:01; 2nd, Cancer 4; 3rd, Cancer 24.

Positions of the planets: Part of Fortune, Aries 12:50; Venus, Aries 16:40; Sun, Taurus 18:42; Mercury, Gemini 8:52; Mars, Gemini 16:29; Pluto, Cancer 9:51; Neptune, Leo 15:26; Dragon's Head, Virgo 17:29; Saturn, Libra 14:28 R; Jupiter, Scorpio 13:7 R; Uranus, Pisces 16:48; Dragon's Tail, Pisces 17:29; Moon, Pisces 19:31.

In order to assist an individual in selecting a vocation it is first necessary to get an idea from the horoscope of the native's basic character and temperament; to observe the sign and house positions of the planets and both their favorable and unfavorable aspects. This helps to determine the native's possible strength versus his weaknesses. Both good fortune and misfortune find expression in the lives of everyone.

Culmination of ambition is indicated by the sign on the 10th house, planets therein and their aspects. From these we determine the occupation the native is most likely to pursue and the probability of his success.

The 10th is the house of achievement, successful or unsuccessful. It indicates the peak of endeavor, the culmination of ambition, public or worldly position, one's honor, reputation and the recognition one receives.

In selecting a favorable occupation for an individual the 10th house is there-

fore of major import. The sign and planets in the 10th house must be carefully considered but must be correlated with the influences of the 6th house of service rendered by the native and the 2nd house of financial returns.

In this chart we find the majority of the planets above the horizon and rising in the east. This indicates an objective life, an ambitious, enterprising spirit, many opportunities and her destiny in her own keeping. She can achieve her goal on her own resources and her exalted Saturn in Libra guarantees she will learn life's lessons.

We find the literary decanate of the scientific sign, Aquarius, on the 10th cusp with its ruler, Uranus, in the 10th conjoined with the Moon in the emotional Pisces, sextile the Sun in Taurus in the 12th house, which is square the 10th. This gives strong will power and determination to overcome many obstacles and accomplish her objective. These aspects make her magnetic, attractive and independent, original, intuitive, ingenious, and interested in modernistic, unusual and unconventional pursuits such as astrology and other occult subjects. It also gives a high strung nervous temperament, overly emotional, romantic, subject to outbursts of temper, but strong will power to control.

Mercury, Mars, and the Ascendant in Gemini, trine Saturn in Libra, and sextile Neptune make her intelligent, physically and mentally alert, and help to steady her nerves. This gives executive ability and makes her idealistic and somewhat dreamy. It gives a soul for beauty and harmony accompanied by inspirational, creative artistic ability which finds constructive expression through her Gemini Ascendant and planets sex-

tile Venus and can be developed into an artistic or literary career.

Katherine has very little difficulty in securing positions. She has many opportunities and the assistance of influential friends who help her to rise in the world. She is attractive, efficient and talented. Opportunities are always available for her but Uranus in the 10th indicates a "chequered" career alternately fortunate and unfortunate and many changes. This girl's problem is not so much the choice of a vocation but rather the adjustment of herself to a position or occupation, her business associates, employers and environment.

The Sun opposite Jupiter square Neptune may give her a false pride, and over-confidence. She could resent authority over her. Mars, Mercury, and



Ascendant square Moon and Uranus make her independent, nervous, irritable, ill-tempered, critical, and outspoken, especially in regard to employer or superior. She has ingenious ideas and is able to advance new lines of thought which are not always practical or acceptable. She has her own code of honor and aspires to be the law and the authority herself. This could result in outbursts of temper and dissatisfaction which disturbs her nerves and brings about too many occupational changes. This girl is not inclined to remain long in one position. Her afflicted Sun in the 12th house, the Moon in Pisces with the Dragon's Tail, and the squares to Neptune give her a tendency to extravagance. Alcohol and drugs should be avoided.

This chart indicates ability in any sort of secretarial work or employment

in aircraft or electronic industry. It is very favorable for hospital occupations especially in the use of electronic treatments. Jupiter in Scorpio in the 6th house, trine Uranus gives natural magnetic healing power, and favors a career as an X-ray technician. This girl would make an excellent assistant in giving electric shock treatments to mental patients. Whatever vocation this person selects she must learn to control her disposition and learn to respect rules, regulations, and superiors.

Inasmuch as this chart indicates a great deal of talent and an overpowering urge for independence it seems more advisable that Katherine develop her artistic and literary talents and make a career of her own or enter into some business of her own, however small. She has the intellectual ability to follow almost any occupation but working under the supervision of others could be unsatisfactory and unsuccessful because of her high-strung nerves and sense of independence. She would be much better off expressing her emotions and high ideals in some other way.

Venus in Aries with the Part of Fortune in the house of hopes and wishes is trine Neptune in Leo and sextile Mars in Gemini. This enables her to express her high ideals and creative talent. She has a soul for beauty and harmony and needs only to relax and meditate in order to hear the music and harmony of the spheres and reproduce them in art or literature. The field of literature is especially favorable for the constructive release of her pent up emotions and for the correction of any negative qualities.

In the realm of art there are other more practical occupations she might investigate such as the creation of ceramics or the handling of antiques, curios and objects of art. Interior decorating or designing should appeal to her. It is really quite important that this girl do some creative work on her own, if not as a vocation then, at least, as an avocation.





## HOW TO EAT FOR HEALTH

ENID S. SMITH, Ph.D.

**E**VERYONE agrees with Solomon of old who said, "Perfect health is above gold and a sound body above all riches"; and with Schopenhauer, that "with good health, everything is a source of pleasure, but without it, nothing is enjoyable." With all the new emphasis on cures and therapy, the white man is degenerating and diseases increasing, so that physicians like Dr. J. D. Nichols can say, "I do not know anywhere anyone who does not have some physical disability."

Colonel A. E. Powell in his book, *Food and Long Life*, tells us, "In the last fifty years, in the U. S. A., insanity has increased 400%; epilepsy, heart disease, anemia, each has increased 300%; cancer 308%; Bright's Disease 650%; and diabetes 1800%." Evidently Nature's laws of health are being disobeyed, and people's ignorance or disobedience is the root of their misfortune, so that Sir Frederick Hopkins declares that a great part in determining the destiny of races has been played by food, the kinds and relative amounts available to the peoples of each race."

The importance of the experiments of Sir Robert McCarrison, Director of Nutrition Research of the Indian Medical Service, can scarcely be exaggerated in showing that people are what they eat. McCarrison concludes that the greatest

single factor of the creation of good health is the right kind of food. He studied the health of people of different countries in relation to their food. He also studied certain animals, particularly rodents, and proved that they reacted practically the same as did people to the same diet. He then produced in the rodents the same characteristics which the people who ate a certain diet had. The rodents, fed on the Englishman's diet consisting largely of beef, white bread and tea, were pugnacious and would fight at the drop of a hat. Rats fed on the greasy meat and vegetable diet of the French developed whiskers that curled and fur that was oily. Those fed on the diet of the East Indians of the north, a diet of whole wheat mainly, with pulses, vegetables and fruit, developed healthy, peaceful, cooperative animals; but those of the south that lived on milled and polished boiled grain, rice, with few vegetables and fruits were poor in health.

The story of an entire nation remade in a year, indicates what can be done by proper food—a vegetarian diet. Alfred W. McCann in his book, *Science of Keeping Young*, tells us "the whole truth which made 3,000,000 Danes the healthiest people in the entire world." This was during the first World War when the Allies blocked Germany with

the result that the Danes were faced with starvation. Amidst these conditions, Dr. M. Hindhede, under the authority of the Danish War Council, set up for Denmark a rigorous food regime. A year under this regime saw the death rate drop and diseases decrease amazingly. The Danes came out of the war the healthiest nation in the world. Their principal food was bran bread, whole barley porridge, potatoes, greens, a little milk and less butter. Except for milk, there was little protein of any kind in their diet. This fact of low protein diet so successful with 3,000,000 people certainly should have flashed around the world, especially to the disease-ridden folk who think they must gorge themselves on meat 365 days in the year, despite the discoveries of Dr. Carl P. Sherwin, one of America's brilliant physiologists. So low was the death rate that physicians concluded that the main cause of death is food and drink.

This Danish physician who experimented for over a quarter of a century with low protein diets and with no so-called "sentimental prejudice against meat-eating" proved that a diet of grain breadstuffs, accompanied by fresh vegetables and greens, with such ripe fruits as can be obtained, is the backbone, and is most conducive to health, vigor, stamina, and resistance. He remade an entire nation in one year by proper foodstuffs.

At a clinic in Pittsburgh a "miracle cure" for cancer was announced. People flocked there from all directions, according to Anton Jensen in *How to Eat Safely in a Poisoned World*. The cure was based on a diet of grains cooked in distilled water. Low protein and non-acid producing foods, raised free from poisons, and the use of distilled water put patients on the road to health.

One of the most interesting groups of people in the world from the point of view of proper diet are the Hunzas, being physically, mentally, and morally

healthy. In Powell's *Food and Long Life* we learn that their diet consists of wheat, barley, buckwheat and small grains; green vegetables, potatoes and other roots, peas, beans, and other pulses; fruit, chiefly apricots and mulberries, fresh and dried, in abundance; milk and its products, very little—no tea, rice, sugar or eggs. When possible they eat raw their corn, carrots, and turnips. They sprout their pulses and gram. They drink the cooking water. Fruit is really their staple food, which is so plentiful in this secluded valley of the Himalayas that even the animals eat it, and flourish upon it.

Among the Hunzas, murder is unknown, and of course they need have no police. Their food seems to have developed fine characteristics, making them fearless, good-tempered, kindly, cheerful, with marvelous agility and endurance. They seem to surpass other East Indian peoples in perfection of physique, long life, and the enjoyment of remarkable freedom from disease. In playing games with the surrounding tribes that do not know how to eat as well, the Hunzas win all contests.

The Hunzas raise healthy plants from healthy soils and have healthy people. They are meticulous in feeding their soil, wasting nothing, and using everything duly composted—returning it to the land, whether it be manure, crop residues, rags, or even paper. A member of the white race that knew their language and lived among them described their countryside as the tidiest and cleanest they had ever seen anywhere. Every little cowherd carries a basket, gathering every scrap of cowdung. "This keeps the fields, lanes, courtyards and mountainsides as clean as a drawing room floor. They never throw poisons on their plants to kill insects. Their plants are healthy and able to resist disease, for disease preys viciously on undernourished and unfit plants, animals, and human beings alike. It is simpler to cure sick soils than

sick people; besides, insecticides, such as we use in America enter or remain on the crops, so that those who eat them become loaded with poisons and fall sick. "A man is what he eats" has been demonstrated by the small Hunza tribe in India.

Practically the same truth was illustrated among a group of headhunters of northeast India where the present writer lived and worked for some years. These people were mostly vegetarians, were healthy, and possessed great strength and endurance.

We have innumerable accounts of "primitive" peoples, largely vegetarian, who previously enjoyed excellent health and long life, who went to pieces and became subject to all kinds of diseases very shortly after adopting the white man's diet. It is Arnold De Vries in his recent *Primitive Man and His Food* who presents a formidable and overwhelming mass of evidence from explorers, travelers, investigators, and the like, of the astounding health, vigor, endurance, physical prowess and immunity from disease, of people in every continent and from numerous islands, who lived on simple, natural foods. The health they enjoyed is far superior to what almost any white man today could conceive, or even dream of as possible. Yet, the moment any of these people start to live on the white man's food they deteriorate rapidly, become diseased, and in some cases are almost exterminated.

It is also a fact that where flesh-eating has been introduced, people have taken to liquor. General Booth of the Salvation Army, having traveled extensively in many foreign countries, gave the testimony that he had never found a drunkard among vegetarians. It seems that the highest stimulants in food, such as meat, develop a craving for the highest stimulants in drinks.

Specialists tell us that we are largely what goes into our stomachs. We live in an Age of Poison. Seeds, soils, crops,

in the West are poisoned; foods are "refined," heated, cooked, colored, flavored, preserved, often rendering them useless. Water and air are poisoned by chemicals, fumes, tobacco smoke, dirt. To counteract these poisons we use more avowed poisons—medicines, drugs, serums, to suppress symptoms, with the result that, causes having been ignored, a new set of symptoms emerge, given new names, usually ending in "itis." Can we expect to poison a living creature back to health, when he goes on living on poisons and in conditions that initiated his sickness? Had we not better follow the advice of Hippocrates, "Let food be your medicine and your medicine your food?"

In America, reports since the first World War show that our youth are so diseased that they are even unfit for "cannon fodder." The Selective Service reported that out of fourteen million only two million, 15 percent, met physical standards. In 1941 the rejections of the navy were 73 percent, and since 1948, of those examined forty-five percent have been rejected for physical, mental or moral reasons—all this, after reducing standards to their lowest levels.

Our children, our youth, along with others are "weighted down with maladies"—a sorry group with poisoned candies, sleeping pills, laxatives, cramps, smoke, "green death"—poor, cheated, starved, defective bodies, minds, morals—the so-called "most invalid nation in the world."

According to the Ewing Report—The Nation's Health, a Ten-Year Plan—it was discovered that 75 percent of all school children needed dental attention, that the average child starts school with six decayed teeth, and that cavities increase about six times as fast as they are being filled; moreover, one out of two tiny children have dental cavities at an age of three. Many children at the age of ten have lost all their teeth.

The Statistical Bulletin, Vol. No. 34, No. 38, May 24, 1954, reports that in

America today more children, between the ages of four and fourteen, die of cancer than of any other disease. Half of these are brain cancer, almost always fatal. There are six million of our children so crippled that they cannot lead normal lives. Some 85 percent of the children and 72 percent of expectant mothers have secondary anemia. The sad story continues from various scientific and statistical reports, with physical, mental, moral ill-health, showing we are a sick society, a sick people.

Texas State Board of Health, investigating nervousness in children found that those who drank coffee for breakfast, became for a short time exhilarated in their school work, but soon became more quickly tired than other students, so that in the afternoon they were exhausted to the point of stupidity, becoming nervous and unstable in behavior.

Though many considerations in our modern living contribute to our ill health, yet the main part of our distress and illness could be eliminated by proper diet, the use of natural foods in their natural state with the putting aside of flesh-eating. An ever increasing number of physicians advocate this procedure. Says Dr. William J. Gies, Columbia University College of Physicians and Surgeons: "I am satisfied one would have no particular difficulty in maintaining satisfactorily a meatless diet that would be well balanced and satisfactory in all respects, including the necessary kinds and proportions of vitamins and all other necessary nutrients."

E. V. McCollum, John Hopkins School of Hygiene and Public Health, Maryland, gives his testimony for vegetarianism, saying "I have not the slightest hesitation in saying that a vegetarian diet, supplemented with fairly liberal amounts of milk, is the most satisfactory of diets that man can take." Adding to this, Dr. Lafayette B. Mendel, Sheffield Laboratory of Physiological Chemistry, Yale University, tells of his plan to introduce a meatless diet into

a hospital regime, and concludes, "I myself lived upon a diet devoid of meat, fowl and fish for purely experimental purposes and remained in excellent health and vigor during that period. I have no fears regarding the wholesomeness of such a procedure."

It has been proved absolutely through science, physiology, history, psychology, sociology, and philosophy that flesh-foods are unnatural, unintended by the Creator, unwholesome, unnecessary, and that doubtless they are the cause of our most dreaded diseases, cancer included. "Vegetarianism," as Colonel Powell reminds us in his *Food and Long Life*, "is not an unscientific fad or delusion; neither are vegetarians namby-pamby, or a weak or wobbly lot." Among them, as also among the herbaceous animals, we have the strongest, most healthy, and long-lived in the world. From a long list of some of the world's most prominent people, all vegetarians, are such as the following: Pythagoras, Plato, Aristotle, Socrates, Plutarch, Ovid, Buddha, Manu, Zoroaster, Daniel, Isaiah, Asoka, Appollonius, Christian Apostles, Tertullian, Origen, Francis of Assisi, Milton, Isaac Newton, Franklin, Goldsmith, Locke, Lambe, Pope, Voltaire, Rousseau, Schopenhauer, Maeterlinck, Wesley, Swedenborg, Newman, Shelley, Edison, Thoreau, Marconi, Tesla, Sir Isaac Pitman, George Bernard Shaw, Eustace Mills, and a host of others.

Man was not constructed to be carnivorous but herbivorous, with his long intestines, smooth and not jagged teeth, jaws that move sidewise for grinding foods, and with no claws or fangs or speed with which to catch wild animals. Flesh foods contain toxic poisons that, putrify in man's intestines, furnishing uric acid, often more than what is in the animal's urine. Some flesh foods contain more than 90 percent of known ptomaine poisons. Again, animals killed in fear and terror add poison to their blood—their flesh makes many people violently ill. All this is so far removed

from the plan of the Creator who said in the beginning of man's life on earth, "The fruit of the trees shall be meat for you." Also, the great prophet Isaiah says, "He that kills an ox is as he who slayeth a man." Furthermore, he states that when the righteous times come upon the earth, not even the carnivorous animals will eat flesh, "For the lion shall eat straw as the ox. They shall not hurt nor destroy in all my holy mountain."

High-minded individuals shudder at the sight and smell of blood and at the wantonness that inflicts suffering and agony on God's innocent creatures. Dr. Josiah Oldfield reminds us that the total sum of agony which is inflicted in the public and private slaughterhouses of the land is too terrible to contemplate calmly. The English Daily Chronicle tells of "a slaughterman who took the entire skin off a bullock's face before the animal was dead." He said that if they had to wait until the beast was dead they might stand by for an hour. Again, "another slaughterman when remonstrated with by a country butcher for half killing a sheep and then proceeding to skin and take off one of its legs, replied, 'Do you wait? We never do.'"

Even the transport of animals by land and sea, involves vast suffering. In 1948, 38,500 hogs, 25,500 sheep, 14,700 cattle were dead on arrival at their destination. Recently, at a Midwest packing-house, out of 204 cattle received, 161 were so bruised that three and one-half tons of meat was condemned. Voltaire characterized the flesh-eating habits of his day as "the scandal of Christian civilization." The Laws of Manu say, "The man who forsakes not the law, and eats not flesh-meat like a blood-thirsty demon, shall attain goodwill in this world, and shall not be afflicted with maladies." Today Dr. John Wood declares, "The habit of flesh-eating is unnatural—man is created a frugivorous creature." And Dr. Spencer Thomp-

son adds, "No physiologist would dispute with those who maintain that man ought to live on a vegetarian diet."

Health has to be earned in our day. After eliminating flesh foods, an abundance of clean fresh air is recommended for health as a vital food. We read of 50,000 tons a year of soot and filth, and tobacco fumes, that are in the air in certain of our cities, so that H. D. Blackwell of the Smoke Prevention Association says that "the lungs of anyone living in Milwaukee for five years become as black as coal." In New York, autopsies show "almost without exception lungs as black as night." The chief cause of death in children up to ten is ailments of air organs. The more oxygen the better, and let us have well ventilated houses.

Aids to eating properly include help from Health books, Health food stores, organic food markets, avoiding the use of white sugar, white flour and its products, tea, coffee, carbonated drinks, and other bad habits. One should eat mostly raw foods, fresh and dried fruits, vegetables, seeds, nuts.

Dr. Kellogg says that "Nuts are the choicest of all substances capable of sustaining life—two ounces of shelled pecans are equal in calories to a pound of lean meat." Ancient Britons, living largely on acorns, had excellent health and "only began to grow old at 120." Dr. G. E. Hart, Defense Diet League of America, says, "One can live a full life, amply nourished on pecans and fruits only." Members of the League demonstrated this.

If we will eat properly we can live as healthily, happily and be as vigorous as those so-called uncivilized people in the remote Himalayan valley, the "Healthy Hunzas"; or, Dr. Hindhede's 3,000,000 Danes that made up the healthiest nation in the entire world. Our physical body is the house of the indwelling Spirit and is worthy of the best treatment and care that we can give it.



## The Door to Good Health

*A healthy body is the guest-chamber of the Soul; a sick, its prison.*

—Francis Bacon.

SEVERAL hundred years before Christ, Pythagoras, the Greek philosopher, astronomer, and mathematician, founded a school in southern Italy, and although he left no written record, it is widely presumed that this was one of the Mystery Schools of that day. It is known that those who followed him—as a direct result of studying under him—contributed a great deal toward the science of astronomy. Pythagoras designed his school—much like The Rosicrucian Fellowship of today—to teach the hidden reasons behind all of the manifestations in this phenomenal world. However, he carefully screened his students and one of the prime requisites was that the potential student was first to study and pass an examination on mathematics.

The question may well be asked, “What has arithmetic to do with sounding the mysteries of life?” And, on first consideration it does seem a strange requirement. However, his reasons for requiring at least some knowledge in this most exact of all sciences is based upon the best possible spiritual basis. Mathematics rises above personal feeling and opinion and works with basic principles. Two and two are always four; the multiplication table will al-

ways be right and the same no matter who works it; mathematical equations can invariably be proved if right or wrong; and it teaches—symbolically at least—that life in its highest sense is based on law as exact as mathematics itself.

After the student had learned the rudiments of arithmetic, he was shown and taught that just as there are the laws of numbers, so too there are laws of life; the Law of Cause and Effect which says, *As ye sow, so shall ye reap*; the Law of Rebirth, which teaches that we are reborn from age to age to unfold the inner God pattern and this is the other half of the Law of Cause and Effect—enunciated by Christ in His words, *Marvel not that I say unto you, ye must be born again*; and included in these laws is the law which states, *what you think in your mind must express in the body*.

We are becoming more and more familiar with the laws of diet and health. Overeating, lack of exercise, injurious habits of tobacco and alcohol, lack of fresh fruits and vegetables at meal time, and short hours of sleep are today recognized as being injurious to one's health. We could publish actual scientific statistics on the ratio of tobacco

and alcohol consumption to the sickness and mortality rate. These figures alone, if seriously considered, would cause most of those so afflicted to quit the habit forthright. But fear alone will not for long effect a real cure of this which is in reality a disease.

A group of medical doctors in a large city on the West Coast are invited by various civic and business clubs to answer current questions on the cancer, tobacco, and alcohol relation to sickness and death. Although no doctor came right out and said these vices cause this disease and death, etc., by the time the diagnostician gave his reports, the consulting physician gave his reports, and the surgeon, who actually does the cutting, gave his report—all based on actual facts, figures and cases—there was literally no doubt left that medical science knows that these vices take their toll in pain, sickness, and death, and there was no doubt left in the minds of those who attend that a new law of health is clearly seen on the horizon. Hardened men who had smoked for twenty and thirty years and indulged in alcoholic beverages for as long, without thought of sacrifice then or after, swore off these vices. The Law of Cause and Effect as it relates to degrading the body temple through misuse and abuse was made graphically clear to them.

There is another law which Christ stated so simply that not even a child would misunderstand its meaning; *As a man thinketh, in his heart, so is he*. All of us at all times, and especially those who have turned to the Invisible Helpers for healing, need to take this law to heart.

Your life comes to and through you from the solar energy of the Sun. This energy comes by way of the spleen and so long as the body is free of serious contaminations this energy flows into the body and out through the pores of the skin in uninterrupted motion—healing, revitalizing, and blessing the body with this truly marvelous life

which comes down from the Father of Lights. So long as we obey nature's laws the channel is open and free, but when we break nature's laws this channel becomes more and more obstructed until the channel becomes practically closed. Thus, germs and microbes find spawning ground and form, leaving the body in various stages of ill health.

Anything, then, which impedes this flow adds to one's state of poor health. One of the greatest dangers to this flow of healing and cleansing waters is that of wrong thought. Thoughts of fear, hate, envy, greed, and jealousy cause a shrinking of the inner self—so to speak—and block to a commensurate degree, the inflow of this solar fluid. Man reacts instantly and subconsciously when danger appears. When, while driving a car, another car coming from a side road suddenly darts out in front of you, your foot flies to the brake pedal without the conscious mind's knowing it; the heart jumps instantly to the throat; and a mild shock may even follow.

The moment thoughts of fear, worry, and anger erupt, the body, reacting in a defensive manner, endeavors to close the gates against an outside foe, fancied or real—then also the spleen closes up and ceases to specialize the vital fluid in sufficient quantities for the necessities of the body. Thus with the closure of the spleen the source of life itself is cut off; the radiations from the body which normally protect it from disease suddenly become ever weaker and unless the person finds his equilibrium again sickness may ensue. Repeated thoughts of negation, gloom, and a general attitude of selfishness and criticism toward everyone cause crystallization within the body and harden the features along the lines of this invisible thought force being thus perverted.

Conversely, thoughts of love, devotion to high ideals, cheerfulness, and a general magnanimous attitude toward life keeps this mighty stream of life flowing and expressing throughout the body in

abundant measure—bathing it in a glow of radiant health.

In many ways things have changed but little in the hundreds of years since the days of Pythagoras. We are still knocking on the door of life and asking for admittance into a school of higher learning. And ere we would enter very far we are asked to study the mathematics of life. We ask for admittance into this school of life when we ask for healing; when we ask why certain things happen in our lives; and no matter what the questions may be that we would ask of life, or of the Father, He is always telling us through the things we are manifesting in life. If you would change life, you must first change your attitude toward it and as you become more and more obedient to the laws of

health as you know and understand them, remember, *A merry heart doeth good like a medicine.* (Pr. 17:22.)

#### HEALING DATES

Visible Helpers are just as necessary as Invisible Helpers, and our friends and patients may share in a high privilege, as well as add much to the power of liberated healing force, by joining us in prayer for the sick. Our Healing Service is held every evening in the Healing Temple at 6:30, and in the Pro-Ecclesia at 4:45 P.M. when the Moon is in a cardinal sign on the following dates:

June . . . . .	6—13—20—27
July . . . . .	3—10—17—24—30
August . . . . .	6—14—21—27

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#### THE CHAMBERED NAUTILUS

This is the ship of pearl, which poets feign,  
Sails the unshadowed main—  
The venturous bark that flings  
On the sweet summer wind its purpled wings  
In gulfs enchanted, where the Siren sings,  
And coral reefs lie bare,  
Where the cold sea-maids rise to sun  
their streaming hair.

Its webs of living gauze no more unfurl;  
Wrecked is the ship of pearl!  
And every chambered cell,  
Where its dim dreaming life was wont  
to dwell,  
As the frail tenant shaped his growing  
shell,  
Before thee lies revealed—  
Its irised ceiling rent, its sunless crypt  
unsealed!

Year after year beheld the silent toil  
That spread his lustrous coil;  
Still, as the spiral grew,  
He left the past year's dwelling for the  
new,

Stole with soft step its shining archway  
thru,  
Built up its idle door,  
Stretched in his last-found home and  
knew the old no more.

Thanks for the heavenly message  
brought by thee,  
Child of the wandering sea,  
Cast from her lap forlorn!  
From thy dead lips a clearer note is born  
Than ever Triton blew from wreathed  
horn!  
While on mine ear it rings,  
Through the deep caves of thought I  
hear a voice that sings:

Build thee more stately mansions, O my  
Soul!  
As the swift seasons roll!  
Leave thy low-vaulted past!  
Let each new temple, nobler than the  
last,  
Shut thee from heaven with a dome  
more vast,  
Till thou at length art free,  
Leaving thine outgrown shell by life's  
unresting sea!

—*Oliver Wendell Holmes.*



## How the Rosicrucians Heal the Sick

**T**HE Rosicrucian method of healing is as effective as it is unique. It is a method which is accomplished by spiritual means but requires a certain amount of cooperation from the person who is in need of healing. The applicant is required to write the request in pen and ink, as this ink carries with it the effluvia of the Vital Body and becomes the means by which the Invisible Helper is able to gain entrance into the person's body and effect the required healing. Further, the person asking for help is required to write at least once each week giving a short report on his condition to keep the Invisible Helper informed as to the progress which is spiritually seen by the Invisible Helper via the effluvia carried in the ink of the new report.

Invisible Helpers are Probationers of the Rosicrucian Order who, by virtue of living a pure life, work under the guidance of the Elder Brothers and other Probationers who are physicians. They work in bands and do most of their work at night while their physical bodies are asleep. These bands are formed all over the globe, therefore this ministry is perpetual.

The Invisible Helpers will help any person under fourteen when asked to do so by the parent, but each person after this age must make his own request for help. Almost without exception the person who has asked for help will receive immediate relief—that very night. However, the actual healing will be accomplished in accordance with Nature's laws and this time varies with the condition and cooperation of the person in need. While the Invisible Helpers are giving help from the invisible realm, we request each person to seek within himself the cause of his problem and endeavor to apply the ounce of prevention where possible. Also, we request that the person cooperate in every way with our Healing Department and whether

the letter is immediately answered—which usually it is—or not, a weekly, brief report be sent to Headquarters on the progress made.

Diet should always be changed slowly. However, a vegetarian diet should be undertaken with accent on fresh fruits and vegetables.

This healing work is completely spiritual and even before your request reaches Headquarters, the Invisible Helpers, operating under the command of Christ to, "Heal the sick" are drawn to the person and must in accordance with absolute law, render all possible aid; "ask and ye shall receive."

Occasionally we refer those who have asked for help to a doctor of their choice to augment the healing. However, even if this is done, the Invisible Helpers continue their work from the inner realm—this is true even in cases of surgery.

We do not pray for anyone's prosperity, success, etc., however, by request sent to Headquarters the Invisible Helpers may help with personal problems of home, children, etc., where the need is based on one's spiritual welfare and harmonious home life.

Everyone is invited to join us in prayer for the sick at any time of the day or night, but especially at 6:30 P.M., your time, when possible. Close your eyes, relax, and envision the Rosicrucian Emblem with a pure white rose in the center and silently meditate upon the words, "Divine Love and Healing." You thus become a channel for releasing the healing balm which comes direct from the Father and this becomes the spiritual panacea which the Invisible Helpers use in their healing ministry. At various times of the day and night, prayers are said for the sick at Headquarters and everyone is given individual attention.

Send your request to The Rosicrucian Fellowship, Oceanside, California.

# Children's Department

## Johnny and the Crocodile

LILLIAN R. CARQUE

**L**ITTLE Johnny was wondering the other day after a severe spanking, who it was that started that pesky law of hygiene requiring of him to brush his teeth daily. Well, Johnny, Mother is not guilty. Believe it or not, that enormous, hideous-looking man eater, the crocodile of the Nile of Egypt, is responsible for making all good little boys clean their teeth daily.

I don't suppose the crocodile ever suffered from halitosis or bad breath, for the waters of the Nile River are always ready to serve as its mouth-wash after it meals. The crocodile has very large oblong jaws, which naturally accommodate a great many teeth that need cleaning. These teeth are serrate or like a saw. So, of course, a very special kind of tooth brush is needed. What instrument do you suppose the crocodile uses, Johnny? Guess. You give up? Well, it is a little Nile bird.

When the crocodile takes its food from the Nile, the interior of its mouth is always covered with flies. Myriads of insects haunt the banks of the Nile, and when the giant crocodiles repose on the margin of these waters to warm themselves in the sun, take their nourishment and then go to sleep, they become the prey of these insignificant pigmies. The certain fly that torments the crocodiles and even excites them to madness is none other than our common gnat. It is like the war between the lion and the mouse described by La Fontaine.

Naturally all the birds of the Nile are scared stiff when they see the croco-

diles emerging out of the waters, and of course they speedily take flight. But there is one single exception, and that is the little Nile bird called the Ichneumon. Instead of avoiding the reptile, it flies fearlessly toward it with greatest eagerness in order to render it a very essential service. The Ichneumon enters the mouth of the crocodile, and then proceeds to enjoy a hearty lunch of the insects it finds embedded in the teeth and gums of the enormous creature. So when the crocodile comes ashore to sleep after a hearty meal from the Nile waters, it lies extended with open jaws awaiting its teeth-cleaning little friend, the Ichneumon, to proceed with its job of oral or mouth hygiene. That accomplished, the crocodile dozes off to sleep. You can hardly blame the reptile for showing its appreciation for the service rendered by never harming the bird.

Thus the origin of the custom of using the tooth brush, tooth picks, and mouth wash dates back to remote antiquity from a lesson in hygiene taught to the Egyptians by Nature. The Ancient Egyptians, keen in their philosophical and mathematical observations, searched in Nature herself for our many important laws of life and health. Obviously, the Egyptians revered the crocodile for this outstanding lesson in oral hygiene and these ancient people soon began to imitate the little bird. Great teachings inspire the multitudes. So down through the ages has come to us the custom of picking and cleaning the teeth, as well as washing the mouth

after eating. No wonder the crocodile was esteemed as a sacred animal by the venerable Egyptians. In ruins of their temples, mummies of crocodiles are still found in a perfect state of preservation.

Of course, Johnny doesn't relish the idea of having a bird flying around his mouth, serving in the capacity of a garbage-remover. So science has come to the rescue of little Johnny and has discovered a germ-destroyer that is a devastating mechanism of defense against invading armies of disease-producing bacteria.

You'll never guess what it is, Johnny; so I'd better tell you. It is chlorophyll—the modern mighty germ-exterminator. And how do you suppose it is made? It is simply the green coloring matter extracted from green-leafy vegetables, which science has found to be highly bactericidal. Johnny just perked up his ears; he doesn't like me to use those high-sounding Sunday words. So for the sake of Johnny and all other good little boys who brush their teeth daily, let me explain that poisons, menacing acids and germs die like soldiers do, when subjected to terrific barrage of enemy anti-aircraft fire. Thus Nature's green magic, chlorophyll, that green pigment entering so generously into all green-leafy vegetables, annihilates, with speed and effectiveness, a far-flung front of deeply-seated infections which threaten to attack.

Do you know, Johnny, that practically all garden-fresh produce is now gathered at the exact point of maturity when vitamin, mineral, and chlorophyll are at their "peak of health?" Fresh undamaged green color means more delicious taste, finer flavor, high nutritional value—and is it laxative, you ask? Johnny, spinach is Nature's intestinal broom. It makes a clean sweep of everything foul lodging in your intestines, purifying and invigorating it. Vegetables, high in green-coloring matter, are also an abundant source of carotene, which your little body knows how to

transform and manufacture into Vitamin A.

Green-leafy vegetables are a veritable iron mine; iron and chlorophyll are first cousins. The more iron you have, the redder your blood becomes and the more vigorously your flame of life burns. Chlorophyll is the "red blood" of plant life; so, too, does iron help to manufacture the red blood in human and animal life.

Johnny, have you ever thought why it is you breathe so easily, freely, fully and unconsciously? It is because of the iron in your blood; iron and oxygen, the air you inhale, are twin brothers. Iron is the gateway through which oxygen or air enters your body. If there were no iron in your blood, your body could not inhale oxygen out of the air into your lungs. You would have no little red blood cells to attract oxygen and pull it into your lungs, magnetically. You would just slowly suffocate and die, in the same way that a fire goes out when the oxygen supply in the air is cut off. Surely, Johnny, you don't want to be panting for breath when you run around vigorously and play with the other boys. So ask Mother to include some iron-carrying green-leafy vegetables in every lunch and dinner.

The millions of the little living cells of which your body is composed must breathe every moment, whether you are fast asleep or awake. Tirelessly, the heart pumps oxygen down to these cells through tubes called arteries, which resemble branches of a tree. Here is where iron plays its stellar role; life-giving oxygen is conveyed to the cells of your body in little iron baskets of boatlike contour, called red blood corpuscles.

Have you read how Robinson Crusoe loaded his raft with all the tools and instruments of iron that he could carry, but left the coffers of gold to sink with the ship? Money was useless on that desert island. Humanity can get along without gold, but no little boys and girls can exist for one hour without iron.

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### The Rosicrucian Fellowship

Oceanside, California, U. S. A.

When baby sister was born, Nature wisely stored enough iron in her liver to last the child for nine months. Were it not for this provision, sister could not live a day, for there is practically no iron in milk. That is why baby sis must have iron-containing foods soon, for the deposit of this precious metal is exhausting itself. Do you know that there is only enough iron in the blood at any one time to make a good-sized nail? So, Johnny, remember it must be re-supplied daily.

Where strength and firmness are required, iron is used. Our strongest machinery is made of it. Iron and steel are used for the framework of buildings. Its use in the body is exactly the same—for strength. Its co-worker and ally, oxygen, supply you with strength to play your games and to endure your studies. You know how oxygen in the air savagely attacks wood and coal and converts them into smoke and ashes. Oxygen enjoys a similar function in your body; it burns up waste matter, that would otherwise clog up your machinery of life.

Parsley is very rich in iron, excelling spinach in this element. So Johnny, don't fail to eat that sprig of parsley that Mother uses to garnish your salad and other dishes; it is vital sustenance, not just an ornament. Leaf lettuce contains more iron than does head lettuce. So grab that outer leaf of lettuce, Johnny, wash it thoroughly in clean cold water and tuck it into your sandwich. Don't throw it away, Johnny.

Remember always iron paints the faded cheek. A chubby, rosy-cheeked youngster becomes a red-blooded vigorous man. You'll always enjoy those qualities that Americans delightfully express in such significant words as pep, vim, vigor, action, energy and enthusiasm. Sister will likewise become more charming and beautiful, lively and vivacious, with clean and rosy complexion—if she has plenty of iron and oxygen in her blood.