emotional nature, somewhat subdued by the element of sorrow inherent in the 12th House sign. It gives them a very sympathetic disposition and an inclination towards charitable, institutional work, which gives them an outlet for their compassion. This position also gives them an intense love of music, and when other testimonies concur, considerable ability to express it either vocally or instrumentally, for music is the most wonderful outlet for the deepest emotion of which the human soul is capable. These children having Venus in Pisces are specially liable to being imposed upon financially by others, and there may be trouble through an illegal marriage.

At the present time Jupiter is in Cancer and this will give the children of Aquarius 1919 a kindly and courteous disposition. It will add to the imagination already conferred by Venus and they may be dreamers of Utopian dreams and lovers of the occult and mystical. There is however also a practical side to their nature which will make them ambitious to attain worldly success and make them fortunate in investments in houses, lands, or mines, so that they will accumulate property and be well-to-do after middle life; that is to say, provided Jupiter is well aspected.

Jupiter in Cancer, which rules the stomach, makes the person very fond of the pleasures of the table and if it is afflicted he is liable to inordinate gluttony, which will eventually corrupt the blood and cause such diseases and noxious growths as result from that condition. Therefore, care should be taken to educate these children to a frugal manner of living.

Mars, the planet of dynamic energy, is placed in the 12th House sign, Pisces, at the time when these children are born. This will give them ability in the detection of crime, provided Mars is well aspected. It will also confer upon them a strong love for the mysterious in nature and give them an inclination to seek positions where they do not come in direct contact with the public. If Mars is well aspected there will be a tendency towards secret love affairs which the person will be able to hide from the public eye. But should Mars be afflicted in Pisces, the indulgence of clandestine intercourse will bring trouble and sorrow into the life. There is also a liability to suffer from the attacks of secret enemies and to become enmeshed in the net of the law and suffer in prison; or it may manifest as an inordinate love of liquor, which will then cause imprisonment and make the person a ward of the community. Therefore parents of these children should be extremely careful to so educate them that they will abhor strong drink.

With respect to health, we find that Saturn in Leo, the sign which governs the heart, renders these children liable to obstruction and weakness of that organ; therefore it should be the care of parents not to allow them to overexert themselves and engage thoughtlessly in too strenuous sports or pleasures. If they can be brought up carefully through childhood it is more likely that they will retain the strength of heart than if they are allowed to waste their energy at the critical period.

By reflex action in Virgo, Mars in Pisces will give a tendency to inflammation of the bowels and kindred troubles, but naturally if one knows that such is the weak point, one can use the ounce of prevention and by careful living avoid such future troubles. Therefore this is another incentive to the frugality, which we have already advocated on account of the position of Jupiter in Cancer, the sign which rules the stomach.

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

- (1) Birth-year, month, date, and hour (as near as possible).
  - (2) Birth-place—city, state or country.

### **BOUQUETS!**

All the workers at Mount Ecclesia were enthusiastic to a degree over the *Message of the Stars*. But while we knew that they were sincere, we did not feel that that was a true test of the merit of the work, for all here had had a hand in producing the book, by proof-reading, type-setting, printing, and binding, so we feel that they were prejudiced. Now, however, the "bouquets" are coming in from every quarter of the globe. Every letter is full of commendatory superlatives which vindicate the judgment of the workers at Mount Ecclesia. Thank you one and all, we are glad to have produced a work that will be a lasting benefit to the Astrologers of the world, especially to those who aim to aid suffering humanity through the study of the stellar script in diagnosis of disease.

# Your Child's Horoscope

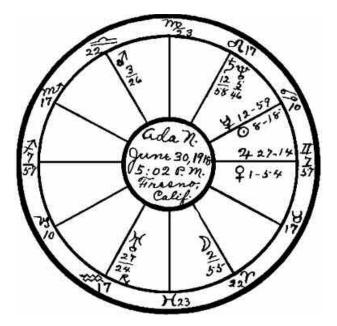
If the readings given in this department were to be paid for they would be very expensive. for besides typewriting, typesetting, plating of the figure, etc., the calculation and reading of each horoscope requires at least one half day of the editor's time. **Please note that we do not promise anyone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

#### We Do Not Cast Horoscopes.

Despite all we can say, many people write enclosing money for horoscopes, forcing us to spend valuable time writing letters of refusal and giving us the trouble of returning their money. Please do not thus annoy us: It will avail you nothing.

\* \* \* \* \* \*

Ada N. Born June 30, 1918, 5:02 P. M. Fresno, Calif.



At the time of Ada's birth there were four common signs on the angles and the magnetic, imaginative, plastic, changeable, and emotional Moon was sextile to the harmonious, artistic, beautiful, lovely, suave, and affectionate Venus. She was also trine to the occult, prophetic, inspirational, spiritual, devotional, and musical Neptune. This will give Ada a very dreamy disposition and an exceedingly fruitful and vivid imagination, love of pleasure, music and art, an engaging personality, very attractive to the opposite sex, because kindly, affectionate, and sympathetic. It tends to general successes in life and it will give her considerable talent as an inspirational musician.

There is also a trine of the energetic, enthusiastic, and constructive Mars, which will help somewhat to make her a little more practical than she would otherwise be; but it has the tendency of making her very

extravagant and lavish with her money, so that at some time she may feel the pinch of poverty. Therefore, it would be good if you could instruct her during childhood in the right use of money.

The Moon is also trine to Neptune and this will increase the faculty of imagination to a superlative point. It favors prophetic dreams and visions which will bring her in contact with the invisible worlds. It indicates ability in the occult arts and success in their practice, for it makes the nature exceedingly inspirational, but it also gives a kind and sympathetic disposition, the same as already noted in the case of Venus.

The spiritual qualities may not be apparent, even to Ada herself, but they will be latent and capable of development. It is also safe to say that at some time or other during her life she will come in contact with and be very much attracted to the occult, whether the qualities of soul are subsequently developed or not.

Saturn, the planet of caution, method, system, perseverance, tact, and diplomacy, is unaspected and therefore we cannot look for these characteristics in Ada's nature. Her character will be dominated by the Moon, Neptune, and Venus, which will be impractical. We also find that the quick-witted, versatile, eloquent, and dexterous Mercury, the planet of reason, is unaspected; this is another pointer in the same direction.

It will be difficult for her to learn the ordinary lessons of life, but she will have other means of obtaining knowledge and will be rather different from the ordinary run of children.

Her principal fault is indicated by the lazy, ambitionless Sun square to the dreamy, vacillating, insipid, frivolous, and worrisome Moon, and to the egotistic, discordant, passionate and hot-tempered Mars. This will at times make her a very difficult

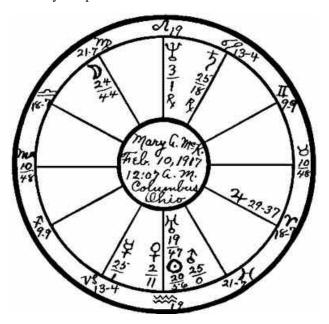
child to handle. She will be vacillating in mind, unable to decide on one course or another, wherever there is a choice; impatient and hot-tempered when she is forced to do anything she does not wish to do. As said already, she will be of a dreamy nature and lacking in energy, except in certain directions, particularly social activities and music. It will therefore be necessary for you to strive to curb these undesirable qualities during childhood. Be sure that you try to inculcate system and method, also perseverance, so that when she has agreed to do anything she is forced to go through with her resolution, either for good or ill, so that she may learn by actual experience how to form judgments.

There is another drawback in the education of Ada. The Sun, which is the giver of life, is square to the Moon, the principal arbiter of the female functions and consequently of health. Being square from cardinal signs, the Sun being in the weak sign Cancer, they show that Ada's vitality is not very strong, particularly because the Moon is in opposition to Mars, the planet of dynamic energy. On that account she will naturally be indulged a great deal, and rightly so, but at the same time you should see that while you are pampering the physical disabilities you do not imperil the spiritual welfare of the soul, for we are here in life to learn by experience the lessons of the great school and unless we apply ourselves we shall have to keep on coming back life after life to learn the same lessons; therefore you must strive to find the golden mean between right sympathy and uncalled-for-pampering.

Saturn in Leo, the sign which governs the heart, and Mars in Libra, the sign which governs the kidneys, show us two principal weak points in her constitution. The Sun is in the sign Cancer, ruling the stomach, and afflicted. This indicates that the heart, kidneys, and stomach are the weak links in the chain. Therefore you should be careful in her diet, also ,seeing that she does not overexert herself in play and strain the health unduly. Remember that by proper and intelligent care in childhood even great afflictions may be overcome.

### Mary A. McK. Born Feb. 10, 1917 12:07 A. M. Columbus, Ohio

At the time of Mary's birth we find four fixed signs on the angles, the Sun also is in the fixed sign Aquarius, in conjunction with the advanced, independent, original, liberty-loving, and inventive Uranus, and the enterprising, energetic, enthusiastic, and constructive Mars. This shows that Mary will be of an independent nature. She is going to have her own way despite all obstacles and will resent to the



utmost any interference with her self-expression and liberty. Therefore she is going to be a very difficult child to bring up and it will tax all your tact and diplomacy to guide her, for you may as well make up your mind at once that it will be impossible for you to drive her to do anything she is not willing to do. But she has some very fine characteristics and there is no doubt that with the proper attitude on your part she will grow up to be a credit to herself and you.

We find the emotional, magnetic, imaginative, plastic, and changeable Moon, sextile to the cautious, deliberate, methodical, persevering, thoughtful, tactful, and thrifty Saturn, and trine to the logical, quickwitted, versatile, eloquent, literary, and dexterous Mercury. It should also be noted that Mercury goes before the Sun, brightening the mind, this will give Mary a very receptive mind and a retentive memory, two very rare qualities. Therefore this aspect is a good indication of success in life, especially in one of the Mercurial occupations, literary, clerical or traveling.

She will probably be quite verbose, though in her case Saturn is somewhat restrictive in that direction, but at any rate she will have a good expression and ability as a linguist or elocutionist. It will give her tendency to look upon the bright side of life and take

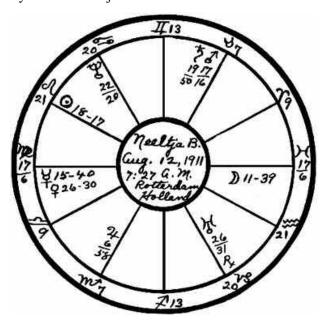
pleasure in society. It will make her self-reliant, systematic, careful in business affairs, and confer a keen sense of responsibility. She will be thoroughly trustworthy in all matters where honor and justice are concerned, and she will be greatly esteemed among her circle of acquaintances on that account. It will also give her a great deal of patience and persistence, so that altogether these aspects which we have mentioned here are enough to insure success in life if you can develop that side of her character.

We also find the enthusiastic and energetic Mars sextile to the law-abiding, conservative, optimistic, opulent, and benevolent Jupiter. It is the nature of Jupiter to be somewhat conservative and dignified, but when blended with the fire of Mars it gives an enthusiasm and ability to influence others and imbue them with the same feeling; it makes the nature noble, sincere, honest, and straightforward. This aspect is also good for financial prosperity, for both Mars and Jupiter, when well aspected, attract money. But they differ in regard to disbursement: Jupiter is somewhat conservative in that respect, but where the Martian and Jupiterian aspects are blended by a good aspect, the result is an ideal, generous nature, neither too lavish or too conservative, but able to strike the happy medium. This will give Mary a great deal of ingenuity and constructive ability, and whatever she does she will put her whole heart into it; hence it will add to the success of the aspects already mentioned and make her popular in society. It will also give her a fondness for outdoor sports and games, a love of travel and much pleasure therefrom.

But there is another side to her nature which is indicated by the evil aspects between Jupiter, Mercury, and Saturn. Mercury square Jupiter will at times give her a vacillating and wavering disposition, so that she will not be able to make up her mind when more than one course of action is open; hence it is liable to lead to procrastination, which is fatal to success in life. This aspect also brings liability to scandal and slander because of treacherous associates, and Saturn opposition to Jupiter accentuates these qualities, making the mind diffident and vacillating, distrustful, indolent and inclined to shift with the tide. When you see symptoms of this nature, by all means try to stir her up so that she is not allowed to get into that rut for that would ruin her prospects.

Mars rules the hemoglobin in the blood and his sextile to Jupiter gives an abundance of energy and

vitality. The Sun conjunction with the energetic Mars is also another testimony in the same direction, showing that Mary may expect to enjoy good health in the main through life. But Saturn, the planet of obstruction, placed in Cancer, the sign ruling the stomach, is apt to interfere with digestion, and Neptune, the planet of occultism and dreams, in the 9th House, in opposition to Venus, shows that an overindulgence will be productive of very evil dreams which will interfere with her rest; thus she may become subject to insomnia. Take care of her



diet and all will be well.

Neelija B. Born August 12, 1911, 7:27 A. M. Rotterdam, Holland

At the time of Neeltja's birth there were four common signs on the angles and the quick-witted, versatile, eloquent, logical, and dexterous Mercury was rising in his exaltation sign, Virgo. He was well aspected by a trine to the cautious, deliberate, methodical, persevering, thoughtful, tactful, and thrifty Saturn, also to the enterprising, energetic, enthusiastic, and constructive Mars, but afflicted by an opposition to the dreamy, vacillating, insipid, frivolous, and worrisome Moon.

The Saturnine ray will act as a brake upon the flighty mind and make her serious and capable of concentration, which is of inestimable value in life. The forethought and profound reasoning ability indicated by this aspect insures success in whatever vocation she may take up. The patient persistence

which permits of no temporary failure to stand in the way of ultimate success. The caution and diplomacy will make her invincible in the long run; therefore, she will probably become prominent in connection with some serious enterprise in life, for she will be capable of filling a position where a steady hand and a keen mind are required. This will also make her honest and fair-minded in her dealings with others.

From the configuration of Mars and Mercury her mind will receive a sharp, ingenious, and resourceful turn. It will make her enthusiastic over any proposition which appeals to her, and also give her the ability to enthuse others and impress them with her views. It will make her an indefatigable worker in any cause which arouses her sympathy, but also rather fond of argument and debate. This aspect will also lift in a great measure the Saturnine seriousness and endow her with a vein of wit and good humor, sometimes blended with sarcasm which always strikes its mark, yet never viciously nor maliciously. It will give her an unusual dexterity and the ability to turn her hand to whatever task is required and do it with speed, facility, and expedition. She will not be able to do anything slowly or by halves. Whatever she undertakes she will do with a rush and she will put her whole energy into it, so that she may accomplish her task and do it well. Hence this also will be conducive to her success in life in almost any line of endeavor she may select.

The two foregoing aspects will amply offset the affliction of Mercury and the Moon, which otherwise would give her a tendency to brain storms and hysterics. But success will not *fall* into her lap, she will have to overcome certain undesirable characteristics which are indicated by the lazy, ambitionless Sun, square to the pessimistic, bigoted, and narrow Saturn, also to the egotistic, discordant, and hot-tempered Mars. This will at times make her indolent and ambitionless. She will feel pessimistic, worried, and depressed if things do not go just the way that she wants them and it will make her vacillating and lacking in courage to go ahead. It will also at times give her a hot temper, so that for the time being she loses her control of things completely.

If these tendencies are allowed to get the upper hand there will be small success for Neeltja, so it is necessary that you should carefully guide her during the years of childhood and try to instill into her all the good qualities indicated by the aspects we have previously mentioned, and try to repress these characteristics so they may not come to the surface. Laziness, melancholy, and loss of temper will ruin any life, therefore, he careful. It it is not a difficult task you have before you, for there are so many good aspects to offset these evil tendencies.

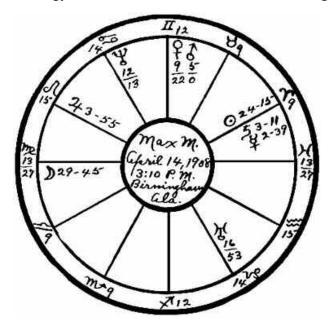
We also find the magnetic, imaginative, plastic, and emotional Moon, trine to the law abiding, conservative, reverent, optimistic, opulent, and benevolent Jupiter. This will help you very considerably, for it will give Neeltja an open hearted honesty, fairness, and friendliness, so that she will be universally popular if she can bring that side to the front. This aspect will also strengthen both her reasoning faculties and her constitution, they will give her a strong mind and strengthen the body, hence there will be a powerful personal magnetism which may be used to great advantage in the intercourse with others. It will give her lofty ideals and fruitful imagination with the power for acquiring wealth, which will be greater if used in philanthropic enterprises, of which she will be prone to dream. This is one of the best aspects in the gamut for general success in life, both physically and spiritually. Venus, the planet of harmony, is sextile to the musical Neptune and trine to Uranus. This will give her an unusual talent for music which should be cultivated.

With respect to health, we find the life-giving Sun square to Saturn, the planet of cold and obstruction, in the sign Taurus, governing the throat, also square to Mars, the planet of in inflammation; therefore, be careful of these parts of the body.

## Max M. Born April 14, 1908, 3:10 P. M. Birmingham, Alabama

At the time of Max's birth we find four common signs on the angles and the Moon rising in the first house. This will give him a very restless nature and a constant desire to change his position, environment, and occupation. He will be ensouled by an insatiable wanderlust and always ready to roam. It is probable that this characteristic will be somewhat modified because the Moon is in opposition to Saturn the planet of obstruction, and that may steady him down somewhat.

The Sun is in Aries, the home of Mars, the planet of dynamic energy, and Aries is also the exaltation sign of the life-giving Sun; hence it is a very fountain of life and vitality which will make him bubble over with energy to such an extent that it will often be very difficult to curb it sufficiently and hold him within the bounds of safety and common sense. He will on account of this position be self assertive and aggressive to a degree, venturesome to the verge of foolhardiness. It will give him the faculty of infusing his energy into others who work with him. But being



too impulsive and reckless is apt at times to lead both himself and others into trouble, for he cannot do anything half-heartedly. Therefore you should be careful to train him in caution as much as possible. You get some help in this work from the fact that Mercury, the planet of reason, is in conjunction with Saturn, the planet of obstruction. This will make him a little more timid than he would otherwise be, and Mars, the planet of dynamic energy. being trine to Jupiter, the planet of conservatism, minimizes the danger he would otherwise run and provides at all times an avenue of escape from bodily injury.

There are a number of definitely good aspects in this horoscope. The cautious, deliberate, methodical, persevering, thoughtful, tactful, and thrifty Saturn is in conjunction with the quick-witted, versatile, eloquent, and dexterous Mercury. This gives depth to the mind and a faculty for concentration and logical reasoning which will be of great help to him through life. Both Saturn and Mercury are sextile to the enterprising, energetic, enthusiastic, and constructive Mars, and naturally this will add to the solar energy of which we have already spoken. It will also give him enthusiasm and enterprise which are necessary

to leadership and success in the world. He will be very energetic, determined, and capable of intense and sustained action, so that he will be able to accomplish what others cannot achieve. Saturn is also trine to the law-abiding, conservative, reverent, optimistic, opulent, and benevolent Jupiter. This will add strength to the character and endow him with a profoundly deep philosophical mind, a benevolent disposition, and a strong sense of justice and fair play.

All the virtues of Saturn and Jupiter are combined by this aspect and will surely bring him honor and esteem in the community where he lives. He will be looked upon as a pillar of society and gain prosperity commensurate with the environment in which he is placed, for he will have sound financial judgment, the ability to grasp opportunity when it is met, benevolence, devotion to duty, religion, and the noblest ideals in life. But these things will probably not develop till after middle life, because Jupiter does not confer his benefits on the younger people to such a noticeable extent as in later life. This may also be caused by the fact mentioned at the beginning of this reading, that Max may find it difficult to stay long enough in one place to become sufficiently rooted and grounded in the community life and get a proper hold on matters there.

The energetic Mars in conjunction with the lovely and suave Venus will make Max a forceful, energetic, and convincing speaker, though at times, under afflicting transits, it may cause him to be somewhat blunt. It will be a help to him if you can try to show him during childhood that it is best for all concerned if we avoid hurting the feelings of others by proper courtesy and politeness.

With respect to health, we find that the Sun in Aries, his exaltation sign, gives a great store of vitality, even though it is not aspected, and Mars, the planet of dynamic energy, highly elevated and in conjunction with Venus, also promises good health. His sextile to Jupiter and his trine to the Moon are also good; therefore, we may conclude that Max will have very little sickness through life and when he does the recuperative power will be so great that any attack will be thrown off in a very short time. Saturn, the planet of obstruction, in Aries, the sign which governs the head, shows that that is the weakest link in the chain, and some headache may he experienced, but nothing serious or lasting.

# Studies

in

# The Rosicrucian Cosmo Conception

### The Rosicrucian Catechism

ALFRED ADAMS

(Seventh Installment)

#### THE FOUR KINGDOMS

(Pages 56 to 86, Cosmo-Conception) Continued from January Number

- Q. Where we consider plant, animal, and man in relation to the Etheric region, what is noted?
- A. We note that each has a separate vital body, in addition to being penetrated by the planetary ether, which forms the Etheric Region.
- Q. What is the difference between the vital bodies of plants and the vital bodies of animal and man?
- A. In the vital bodies of plants only the chemical and life ethers are fully active.
- Q. Why is it that the faculties of sense-perception and memory cannot be expressed by the plant kingdom?
- A. Because the light ether is partially latent or dormant and the reflecting ether is lacking.
- Q. What ethers are active in the vital body of the animal?
- A. The chemical, life, and light ethers.
- Q. What faculties do these ethers produce?
- A. The chemical ether generates assimilation and growth; the life ether generates propagation, and the light ether generates internal heat and sense-perception.
- Q. Which ether is inactive in the animal?
- A. The fourth or reflecting ether, hence the animal has no thought or memory.
- Q. When we analyze the human being, what do we find regarding the four ethers?
- A. We find that all four ethers are dynamically

- active in the highly organized vital body.
- Q. By the activities of these various ethers, what is the human being able to do?
- A. By the activities of the chemical ether he assimilates and grows; by the life ether he is enabled to propagate his species, and the forces in the light ether supply the dense body with heat and stimulate the senses. The reflecting ether enables the spirit to control its vehicle by means of thought.
- Q. What else does the reflecting ether do?
- A. It also stores past experiences and memory.
- Q. What position does the vital body of the plant, animal, and man take with reference to the dense body?
- A. The vital body extends beyond the periphery of the dense body, as the Etheric Region extends beyond the dense body of a planet.
- Q. To what distance does the vital body extend beyond the dense body, and how does it appear?
- A. The vital body of man extends about an inch and a half beyond the dense body. It is very luminous and about the color of a new-blown peach blossom.
- Q. By what class of persons is it often seen, and how does it affect them?
- A. By persons having very slight involuntary clairvoyance; but such persons are not aware that they see anything unusual.
- Q. How is the dense body built during antenatal life?
- A. It is built into the matrix of the vital body, and

- A. it is an exact copy of the vital body—molecule for molecule.
- Q. How may this condition be illustrated?
- A. As the lines of force in freezing water are avenues of formation for ice crystals, so the lines of force in the vital body determine the shape of the dense body.
- Q. What is the work or function of the vital body?
- A. All through life the vital body is the builder and restorer of the dense form. Were it not for the etheric heart, the dense heart would break quickly under the constant strain we put upon it. The vital body is continually fighting against the death of the dense body.
- Q. In one of the answers above, it was stated that the dense body is an exact copy of the vital body. What exception, if any, is there to this statement?
- A. The exception is that the vital body of a man is female or negative, while that of a woman is male or positive.
- Q. Why is it that a woman gives way to her emotions?
- A. Her positive vital body generates an excess of blood and causes an enormous internal pressure
- Q. What are the safety-valves for this condition?
- A. The periodical flow and, on special occasions, the tears, which are "white bleeding."
- Q. Why is man able to suppress his emotions more easily than woman?
- A. Because his negative vital body does not generate more blood than he can comfortably control.
- Q. Which of the vehicles of humanity, except under certain circumstances, is the last to leave the dense body.
- A. The vital body, which does not leave the dense body until the death of the latter.
- Q. After death, what do the chemical forces proceed to do?
- A. To restore the matter to its primordial condition by disintegration, so that it may be available for the formation of other forms.
- Q. Then to what is disintegration due?
- A. To the activity of the planetary forces in the chemical ether.
- Q. Why is this condition so?
- A. A. The chemical forces of the dense body are no longer held in check by the evolving life.

- Q. To what may the texture of the vital body be compared?
- A. To one of those picture frames made of hundreds of little pieces of wood which interlock and present innumerable points to the observer. Each point is a prism.
- Q. What do these points of the vital body do?
- A. They enter into the hollow centers of the dense atoms.
- Q. What causes the prickly pain and tingling sensation in the desire body at times?
- A. When these points of the vital body enter into the dense atoms, they imbue them with vital force that set them vibrating at a rate higher than\_that of the mineral of the earth, which is not thus accelerated and ensouled.
- Q. Does the vital body ever partially leave the dense body and what is the result?
- A. It does, and the part affected, say the hand or foot, "goes to sleep" as it is called.
- Q. What sometimes happens to the head of the vital body in a case of hypnosis?
- A. The head of the vital body divides and hangs outside of the dense head, one half over each shoulder, or lies around the neck like the collar of a sweater.
- Q. Why is there an absence of the prickly sensation at awakening in such cases?
- A. Because, during the hypnosis, part of the hypnotist's vital body has been substituted for that of the victim.
- Q. What effect does anesthetics have on the vital body?
- A. The vital body is partially driven out, along with the higher vehicles, and if the application is too strong and the life ether is driven out death ensues.
- Q. What is the difference between a materializing medium and an ordinary man or woman?
- A. In the ordinary man or woman the vital body and the dense body are quite firmly interlocked, while in the medium they are loosely connected
- Q. Has this condition always been so and will it continue to be so?
- A. It has not always been so, and the time will come again when the vital body may normally leave the dense vehicle, but that is not normally accomplished at present.

To be Continued)

# Nutrition and Health

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

Goldsmith

### A Mental Method for Bowel Regulation

A Student

he following method for establishing normal regularity of the bowels has been proven infallible in my case. I discovered it by a process of deduction based upon certain scientific facts. I discovered that irregularity of the bowels is due primarily to negative thought. Some time before this I took up the study of Astrology. There I found that the bowels are governed by Virgo and that Mercury, the mental planet, is the ruler of Virgo. Therefore it follows that the functions of the bowels are ruled by Mercury and their activity depends upon mental activity.

The next thing was to make a practical application of this knowledge. I found on analysis that I was habitually negative in thought in the morning and often well into the forenoon. To break up this negative mental condition was the problem. I accomplished this by a mental exercise performed each morning after breakfast. I would arrange a series of objects, ten to twenty-five in number, on a shelf or table, then pass over them in observation fairly rapidly after which I would turn away and endeavor to recall then in order. I later substituted for this a series of cards and a system of memorizing which I had learned. I would draw the cards and memorize them one by one until a certain number had been memorized. Then I would reverse the process and recall them one by one until I had gone over the whole number. The net result of this mental concentration was to establish a state of positive thought which in turn sub-consciously established the conditions necessary to induce a normal action of the bowels. The length of time necessary to devote to the mental exercise varies, depending upon whether one is mentally alert or otherwise. Ordinarily memorizing fifteen cards is sufficient although in the beginning and

when feeling particularly dull or depressed, it requires as many as fifty. Of course the memory system is merely a convenience in memorizing and is not an essential part of the process.

The great point to observe is that mental alertness is the element that governs and all that is necessary is to establish this. Mental alertness and positive thought however must not be confused with mental tension or mental excitement. The mental alertness required is of a quiet, steady sort. The sort prevailing in a spirited conversation or argument with another person will not at all do as a stimulatory of bowel activity. In fact, it will produce quite the opposite effect because it involves a certain degree of mental tension or excitement which is fatal to the object sought. Physical relaxation is an aid and indicates that there is no mental tension present to interfere with the process.

It is well also to begin establishing a positive mental condition at once after getting up in the morning and not postpone it until ready to begin the exercise, as such postponement will necessitate devoting a much longer time to the exercise.

I would strongly recommend this method of cure to any who are troubled with faulty elimination and its consequent self-poisoning. The principle involved is fundamentally correct and success in its application merely depends upon thoroughness in performing the exercise. Other methods may get the same result but it will be found upon analysis that these include and ultimately depend upon the principle herein set forth.

I do not claim that this method is necessarily original with me but merely that I have never heard of it from any other source.

## Is there Danger in Charity?

ROM men of unquestioned leadership in many different branches of science has come recently a series of urgent warnings against man helping his fellow man.

The basis of all warnings is the evidence that Nature if let alone will take care of all weaknesses and disease in her own way.

Hunger, cold, natural enemies all over the earth, from the tiniest insect up to a man, are perpetually destroying the less efficient. As soon as some accident relieves a species from the pursuit of its enemies or increases its food sup ply beyond the need of competition, that species stops improving. It even degenerates until Nature restores the balance by developing a new set of enemies or multiplying its numbers till there is not enough food for all.

As the great epidemics like the black plague swept over the world and quickly removed all who had not the natural immunity to protect them, the disease rapidly consumed the weakest of its victims and left a stronger, hardier set of survivors.

If medicine had been in its present advanced state during the great scourges, a large part of the victims would doubtless have been kept alive. The diseases, instead of vanishing, would have become chronic, endemic (always present) like tuberculosis to-day. There is reason to believe that innumerable plagues in the past have taken their toll of human lives and at the same time lost the power to ever strike the race again.

According to the late Professor Metchnikoff, tuberculosis is one of the "slow plagues"; instead of decimating the race in a year or two and vanishing forever, it takes a long time to fight it out with the individual and correspondingly long with the race. All through history it has been slowly weeding out the weak but its day is almost done.

Tuberculosis is eliminating itself in the cities much faster than in the country on account of a peculiar reason.

The cities are full of mild cases, and their germs are everywhere. Practically every autopsy in which the lungs are carefully examined reveals tubercular scars. In other words almost every dweller in the

course of his life infected by tuberculosis. He knows it only as a stubborn cough.

These mild attacks, though a nuisance and a temporary drain upon the system develop in the body a sort of immunity to the tubercle bacillus. The minor tubercle germ insures us against the rarer but deadlier microbe or galloping consumption.

Professor Metchnikoff held that sterilization of the cities would deprive us of the immunity given by the mild attacks or the benign germ and leave us a sure prey to the deadly form.

Even if complete sterilization of the earth as regards the germ of tuberculosis were possible, which nobody claims at this time, there is reason to think a brand-new set would soon develop.

Many germ forms are necessary to our life—for instance, the nitrogen-fixing bacteria without which certain plants cannot grow.

If we could single out all the harmful bacteria from the benign ones and slaughter them to the last one, it is very doubtful if we would long be free from germ plagues. The malignant germs are only cousins and first cousins of the benign forms.

The tubercle bacilli in human beings can scarcely be distinguished from that of the cow and the bovine bacillus found everywhere in pastures. There is every reason to believe that the bovine bacillus is only a development of the grass bacillus, and the human pest a slight variation of that of the cow. Probably here and there the grass bacillus is becoming malignant, the cow bacillus attacking a human being. The non-militant germ would soon fill the field of the departed disease germs.

The evil effects of charity work in two ways. As already pointed out, charity aids the unfit to multiply, and it also puts a burden upon the fit and tends to hinder their survival and increase.

Charity always comes directly or indirectly from the fit, the producer, and is bestowed upon the unfit, the halt, the maimed, the blind, the non-producer.

So the critics of the present social structure would have every individual work out his own salvation. The state, they believe, should educate and protect the children, but do little more, and if one class is to be taxed for the benefit of another they would prefer to have the unfit taxed to aid their superiors.

But would any generation consent to stay the helping hand and let a pestilence decimate it for the benefit of posterity? Hardly.

It is probable that man will keep on cleaning up his own planet, stamping out a disease where he can and doing his best to check sickness each day.

—Anonymous

### 1920

### SIMPLIFIED SCIENTIFIC EPHEMERIS

"Turn about is fair play," says the old proverb, so Mrs. Heindel and the editor have arranged to take turns at calculating the whole ephemeris instead of each doing part as in our work on the 1919 ephemeris. This year Mrs. Heindel will calculate the whole ephemeris for 1920 and the editor will check up her figures. Next year the editor will do the initial figuring, and Mrs. Heindel will check his accuracy. We hope this will make future ephemerides 100 per cent correct at the very start. We have been very careful in the past and have had but few errors of next to no consequence, but as said, we are aiming at perfection.

Mrs. Heindel's work on the 1920 ephemeris is progressing nicely and the editor expects soon to start his part of the work so that the copy will be ready for the linotype in the beginning of April. Probably we shall have it printed and ready for distribution by the middle of April, for we know that many students are very anxious to begin their forecasts for the coming year.

In this connection we may say that we feel very sorry for the thousands of students who have been disappointed in their desire to obtain an ephemeris for 1919 because none are exported from England, which was the sole source of supply in bygone years—and they are still unaware that we are publishing a better ephemeris at half the price charged for the other publication.

Will you not help these people by sending us the name of occult book dealers in your city, or the name of the dealer from whom you used to buy your ephemeris before you came in touch with us? We will inform them regarding our *Simplified Scientific Ephemeris*.

#### PLEASE DO IT TODAY.

#### THE IDEAL FOOD

Prof. O. F. Hunziker of Purdue University, who is an authority on food values, commenting upon the fact that the average person consumes only a little more than a glass of milk each day, asserts that we are neglecting our opportunities to utilize the best, cheapest, and most nourishing of all foods. "Statistical records show," says Prof. Hunziker, "that the average person in this country consumes about two-thirds of a pint of milk per day. If the consumer were familiar with the true value of milk as a food, it is safe to say that the daily consumption of milk would be doubled. This increase in the consumption of milk would mean better nourishment, more normal digestion, more vigorous development, larger bony structure, better health, more vital energy in the performance of all kinds of work, mental and physical, and a smaller monthly board bill for the family.

"The above assertions are no longer a matter of assumption but they are facts amply proven by experiments and by experience. Milk has no equal as a food for man and its equivalent cannot be purchased at as low a price in the form of any other animal food, nor can its combined beneficial properties be found in any other food which mother earth offers to man.

"Milk is a complete food for the sustenance of the human body. It contains all the necessary food elements, and nature has placed them there in the proper proportion for young and old. The food elements in milk are present in such form that they are more digestible and more easily assimilated than the same food elements in other forms of food products."

### **EPHEMERIDES BOUND**

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

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

## Menu from Mt. Ecclesia

BREAKFAST, 7:30 A. M.

Sliced Oranges

Whole Wheat Mush with Dates

Coffee Cake

Coffee

Milk

#### **DINNER**

Potato Chowder

New England Boiled Dinner

Corn Fritters

Whole Wheat Bread and Butter

Milk

**SUPPER** 

Brussels Sprouts Salad
Apple Cobbler and Cream Cheese
Bread and Honey
Milk

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### Recipes

### Coffee Cake

Mix and sift two cups of flour, one half teaspoon salt, and three teaspoons baking powder, rub in two tablespoons butter, add three fourths cup milk. Spread one half inch thick in buttered pan and bake twenty minutes. Beat one egg in half cup sugar and one tablespoon milk. Spread this on top of hot cake as it is removed from oven, return for a few minutes until slightly browned. Shake lightly with cinnamon, serve hot or cold.

### Potato Chowder

Peel and dice three potatoes, slice one onion, fry all in two tablespoons of oil for fifteen minutes, add two quarts of water and boil until potatoes are tender. Flavor with celery salt, chopped parsley and salt, serve with croutons.

### New England Boiled Dinner

Peel and cut lengthwise into half, two each of onions, carrots, turnips and parsnips, also the hearts of celery roots. Cover with hot water and boil for one half hour, then add four potatoes and one small head

of cabbage quartered, salt and boil in covered pot until potatoes are done. Brown two tablespoonful of butter and one of flour in frying pan and add to stew. A little soup stock will also help to flavor. A cook can improve this stew greatly by adding leftovers from the day before, such as beans, tomatoes. parsley, or cold nut loaf sliced and placed all top of stew ten minutes before removing from stove. Hot water can be added if the stew is too dry.

#### Corn Fritters

Mix while dry, one cup flour, one teaspoon baking powder and one half teaspoon salt. Work into the dry mixture one tablespoon oil, one egg and one cup milk. Drain one cup of canned corn and mix with batter. Have a deep pan of hot oil ready, and drop spoonsful of batter into oil allowing to brown. Drain and serve while hot.

### Brussels Sprouts Salad

Carefully wash and allow the sprouts to stand in cold water for several hours. Boil for twenty minutes in hot salted water. Drain and allow to cool. Serve on lettuce leaf with mayonnaise dressing.

# The Rosy Cross Healing Circle

### Helpful Letters from the Students

Rosicrucian Fellowship Oceanside, California Healing Dept.

Oct, 3, 1918

New York City, Nov. 14, 1918

Dear Friends:

I had been feeling so comfortable that I have not written my weekly letter for two weeks and I will not ask further treatment as I am feeling very well and there are so very many needing help more than I.

The way I have come through my fourth child birth seems remarkable to our friends. I am real small and anemic appearing and the baby weighed 10 ½ pounds—a splendid boy, yet labor was comparatively short and easy. Three years ago you gave me wonderful help in the same way. All the children are pictures of health and are doing fine

I am sometimes afraid to think what I should have done without your aid. My hands are full of household cares and duties you may be sure but I will take up again the Probation exercises and try to be of more use in the work than in the past year. I thank you a thousand times.

Yours sincerely,

So. Portland, Maine.

Mrs. L. P.

Alder, Wash., Oct. 28, 1918

Dear Friends:

A most sincere greeting to all and thanks so much for help received for my son, he was immediately better in his head and is now about well from a hurt he received by unloading a piece of heavy furniture.

I hope you will see some way in which I can be of more service and allow me to help any way possible.

Mrs. M. W.

Seattle, Wash.

Sept. 27, 1918

Rosicrucian Fellowship

Dear Friends:

My mother's face is entirely healed of the inflammation and swelling I wrote you about and asked you to heal.

Please accept my sincere thanks. Will try to send you some money soon.

Sincerely,

Mrs. G. V. L.

Esoteric Sec 'y.

Dear Friend: I am very thankful to write you that my mother and the two children are very much better. All three had bronchial pneumonia and even the doctor was doubtful of Mother's recovery.

He also told me that I was very "lucky" that the children recovered so quickly. If he had seen the beautiful yellow light he may have understood as I do, that other help and other lands were responsible for this "luck" as he termed it.

Thanking you for all your help, I remain Sincerely yours,

Mrs. M. E. H.

P. S.—Please continue to strengthen and reinforce these three dear ones.

> Vancouver, B. C. November 9, 1918

Dear Friends:

I wrote you a few days ago, asking you to treat L. in your "Healing meetings." After I had written the letter, and was sealing it, the voice said plainly, "While you yet call, I will answer, " and then such a blessing came to me, and I said, "Thank You, Father, for the healing of my boy." He almost at once seemed to be better and has been improving ever since. He went for a walk yesterday, came home, took a hot bath, went to bed and slept for two hours. Has a good appetite and seems to be well.

And for all this I thank the "Father," and thanking you all and the "Elder Brothers," and all the Helpers,

I remain your friend,

E. J. M.

Healing Meetings

February—4—11—18—25 March—4—10—17—25—31

April—1—6—13—21—28

# Cchoes From Mt. Ccclesia

## Problems in Profiteering

Honey and Paper

NCE upon a time while we still had peace and prosperity, honey was sold for four to six cents per pound, a price which presumably paid the farmer a fair profit for taking care of his winged workers. Then, the workers at Mount Ecclesia enjoyed the sweets without stint, especially for breakfast.

Then came the war with its madness for raising prices on the pleas of scarcity of supplies and shortage of labor. The bees alone kept their heads. They worked as before gathering nectar and did not raise wages or demand shorter hours; neither were the flowers less sweet, nor the sunshine more expensive, so there was less reason for raising the price of honey even than many other commodities.

But the bee-keepers, being human, had been inoculated with the profiteer poison, and straight way raised their price four hundred per cent, to the magnificent sum of twenty-two cents per pound or more.

That is, all but one. So far as we know he is the only exception, and had Diogenes lived to meet this farmer—Charles Foss—we feel sure he would have put out his light and declared his search for "an honest man" ended. This man said truly, "God gave us the honey-bee, the flowers and the sunshine and if I can make a modest living by gathering the crop I am content. I will not put the screws on my fellowmen to obtain extra revenue." He sold all his honey to consumers in small quantities.

How different is the attitude of such a man to the usual grasping methods adopted by the majority who can see naught but the glitter of gold, and are blind to the true treasures of brotherly love and service. One of the merchants who furnishes us supplies told us a story in point of a beekeeper he had visited lately for the purpose of buying his honey crop. The beekeeper had 3600 pounds of honey, and the merchant offered to take the whole at the prevailing market price of twenty-two and one-half cents per pound. After considerable hesitation the farmer agreed to sell, and the

merchant started to write a check for the amount.

But before he had finished, the farmer changed his mind and decided to hold his honey till the price advanced to a higher figure, and the merchant left in disgust.

In this case retribution came swiftly. That night the whole of the farmer's hoard of honey was stolen, and the police searched the merchant's store for it, but so far as we know it has not been found to date.

And the editor has been wicked enough to say "that he hopes it never will be found," for though he does not himself eat honey, he sympathizes with all who have had to deny themselves the necessities of life because of much unnecessary and unscrupulous profiteering.

But where is the connection between "Honey and Paper," as our article is entitled?

In the discussion of bee-profiteering one of our workers said, "Yes, it is true that the bees do not demand more money, neither do the flowers nor the sunshine, but the beekeeper must pay more for his food and clothing; therefore he must have more money. It is not fair either that you continue to sell the *Cosmo* and other books for pre-war prices. All the materials and labor have gone up. Lately you told us paper had advanced another 95 per cent, so that it costs 3 times as much as before. You are reducing the price of the magazine so that while expenses have trebled your income remains the same or less."

There was no denying the truth and the logic of that argument, but the books we publish are our own, so that we have no royalties to pay, and though others contend that if we serve the Rosicrucian Fellowship gratuitously, that organization should get the benefit of our work. That also may seem true, but we are so thoroughly "mulish," if we may use the expression, in our aversion to price raising that it often keeps us awake nights to plan and scheme how to make ends meet without resort to that dreaded expedient.

### EUREKA!

And what do you think? Eureka! "We have found it." In fact, we have actually found that by using a more expensive paper we can save money and improve our publications in several other ways.

Hear that last sentence again. It is an astonishing statement, and seems so utterly absurd that one cannot conceive how it can be true until it is explained.

When we printed the *Message of the Stars* our usual thought was with us: we aimed to make it as good as possible and keep the price as low as we could. We promised those who subscribed in advance five or six hundred pages, but we made it seven hundred pages without extra charge. We also aimed to put a fine quality of paper in it, so we selected stock weighing 100 pounds to the ream (five hundred sheets).

This, in our estimation, is where we overreached ourselves. We made the book too bulky and too heavy for the student to handle with comfort. Then we began to cast about for a nice light paper to use in future editions, and cast longing glances at the paper

used in Bibles—if we could only afford to buy that. But we had to put the thought away with a sigh; that was altogether too expensive. It was at that point the inspiration came—Yes it is expensive, but it weighs only half as much, so that in the end it will be a little cheaper than the paper we are now using.

That was a great discovery for us—that we shall be able to give our students something better and actually save money by doing it.

Then as we revolved the idea in our mind we saw another advantage—our books will be so much lighter and it will not tire the students to hold them in their hands. But the end of the advantages was not yet, for seeing that the books will be so light, we shall save a considerable sum in postage.

So we feel highly elated that we have solved our "Problem in Profiteering" in such a manner that in the future we shall actually be able to give our students better books at a less cost to ourselves. This war has surely made us all think and many advantages will surely come to us if we seek them in the spirit of love and unselfishness

## Our Different Bodies

Ella Van Gilder

LL of you know that the dollies you play with and your hobby-horses and teddy-bears look just like the people and animals they are made to represent, but they are not alive; they can neither walk nor talk or breathe as we can.

Now we would be just like that too if it were not for something inside of us that is all through this dense body, just like your hand inside of a glove makes the glove move. This something inside of our body is another body called the Vital Body, and it is of this I am going to tell you.

When your soul, which is the real you, knows it is time to come to Earth to learn some lessons it had neglected to learn before, it begins to plan the kind of body it will use, and before it finally makes this body, it plans a pattern to go by.

Now if you were to be a musician your soul would know it must make a hand that could play upon an instrument and an ear that could hear correctly. If you were to be an artist, you must have an eye for color and accuracy. If you were to be a carpenter or a scientist you would have to have the strength of the mind to be that person. When every little detail is complete, your soul builds the dense body, which will be in every way just like the pattern or Vital Body.

(Note) With this one difference; if it makes our dense body positive your vital body will be negative, or if your vital body is positive your dense body will be negative, so that there will always be a positive and a negative pole to work together in you.

(Note) If you think this too difficult for children to understand, it might be omitted and explained later when they more fully comprehend the relation of the bodies.

When you first come to earth it is as a little baby so that you will forget for a time about heaven and work hard and earnestly here; and the vital body makes your dense body grow big and tall and strong and keeps the blood circulating through your veins. If you are sick, your vital body helps you to get well again, and at night when you sleep it mends all the tears and breakdowns you have during the day.

So you see there is quite a lot of work for this vital body to do.

Now when you get to be about fourteen years old, your soul—which we call your Ego, for that is really its name, and it has the making of all these bodies—thinks you have grown about tall enough for a while. It tells the Desire body, which is also inside of you, to wake up. This body has been slowly growing all the time, and just like the bones are inside your hand, and your hand inside the glove, so the desire body is all through the vital body and the vital body all through the dense body.

Now it is the turn of the desire body to work upon your dense body; so it begins to build up different organs in your body and you begin to want to do things differently and you think of things differently, and people say you are growing up.

When you are about twenty-one years old you are really grown, for your dense body, your vital body, and your desire body are matured, and so your mind steps in to do its work and develop you still more. Your mind is the link between the Ego and your different bodies. It is like an instrument which you play upon. Your Ego knows what it wishes you to do and your mind is the medium used to make the bodies work.

You see there are quite a good many bodies used to make us different from a doll, and each body must be cared for and kept clean and wholesome. Just as we bathe the body which we see and feed and clothe it, so we must feed and keep clean our mind and our other bodies.

A Letter from one of our BOYS over there.

October 26, 1918

Dear Friends:

Owing to my rather sudden departure from Jacksonville, Fla., I didn't receive your letter until the other day. So was unable to make the acquaintance of the party whose address you gave me in your letter.

I am at present at Tours, I have been over here now about a month and haven't been assigned to any particular duty as yet, but expect to receive orders soon.

My work over here in the Quartermaster Corps is non-combatant and of a constructive nature. This

allows me to do my duty and yet not conflict with the precepts that I have been taught.

We have much to be thankful for that we are under such a good and wise government in that respect. My stay in the army, though of such a short duration, has been a revelation to me. Many of the peculiarities and exclusiveness of civilian life are done away with and the true character of the man is displayed. I realize more and more the truth of that phrase, "there is a little bit of bad in the best of us and a little bit of good in the worst of us."

It is over here that the character undergoes the real acid test. Placed as we are in such different surroundings and to a certain extent freed from the conventions of society, a great many succumb to the temptations that at home never would have bothered them.

The Y. M. C. A. and kindred organizations are doing a wonderful work in providing places of amusement and recreation, but their efforts are so small when compared with the large task they have undertaken.

I trust that I shall hear from you frequently, for a letter from Headquarters is as a breath of pure fresh air, it brings me back to the path again. "Over here" among the all-absorbing stress and emotions, I often forget, but a word from Headquarters starts me to thinking and I go on the path again with renewed vigor.

The Gospel of Gladness that was enclosed is greatly in need over here. For if there are any that need gladness I am sure it is the grim silent men with that far away look in their eyes, who have passed through the inferno. But I guess there are not many that know of the conditions over here better than yourselves.

Yours sincerely,

Q. M. Sgt. H. E. J. Am. E. F., France

### WHY?

More and more as time goes on I wonder why every one at all interested does not ask for lessons from Mount Ecclesia. They are so beautifully and logically arranged and the sympathy and help given are adequate to all one's needs. Individually and collectively they are priceless to me, and I am sorry for those who are allowing themselves to miss them.

Isabel T. Clay

### The Mise Giant

### Anna Hunt Plummer

WAY up in the sky lives a great wise giant. He is so wise that to him alone has been trusted the secret of how the world was made. He is so large that he can easily lift the earth in his right hand, yet so gentle that he calls every sparrow by name.

Besides being a wonderful giant, he has more children than the old woman who lived in the shoe, and his greatest joy is to make beautiful homes for them. He lets them go almost wherever they wish, even sometimes to the Moon, and is always patient and kind to them if they happen to lose their way or come home soiled or ragged.

Now one of the Giant's children is called Angella. She never cared to go on long journeys as do most of her brothers and sisters, but preferred to stay close to her father, until one day he said to her, "Angella, do you see that the violets in the bed are growing too close together? Go, take up every third plant and plant it in the garden, yonder."

"Yes, father," returned the little girl, and set about her task. Very carefully, she took up every third plant, replanting it in dry soil among the rocks, so that the little flowers dropped their heads, let fall their leaves and died.

Angella, in sorrow, returned to her father. "My child," said the good Giant, "do you not know that violets must have moist damp ground?"

"Oh, father," answered Angella, "let me become a flower so that I will understand, then I can help you keep a perfect garden."

"Very good, my Angella," said the wise Giant, "this day you will enter the heart of a violet."

Accordingly the Giant called to him a messenger, Mercury, and giving Angella into his care, bade him carry her to the violets. And so Angella was changed into a tiny purple violet, and was happy.

One day, glancing up to the hilltop, she spied a bright goldenrod, who called to her, "Violet, dear, come up here and live with me, where the warm sun plays and the east wind blows."

But Angella answered, "Violets need soft, moist soil in which to grow, and if I should come up to you, though I'd like to, other violets would follow and would die, so I must stay where I am." When the wise Giant heard this, he said, "it is well," and sent his messenger to bring her home.

Now for a long time Angella stayed in her father's house, taking loving care of the violets. She watered the plants, transplanted them, and loved them, so that they grew as never before. The wise Giant trusted her with the secret of color, so that she could have white violets, or purple, as she pleased.

One day it happened that as Angella walked she walked far into the woods where the birds lived. Delighted, she grasped two of the feathered beauties, tucked them into her basket, covered them with a kerchief and hurried home. When she reached home, the birds were quite dead, and Angella cried as tho her heart would break. "My child, you have another lesson to learn," said her father, and immediately she was changed into a bird.

She soared high, and swept low, over lakes and valleys, until she learned to love the freedom of the air. One day came upon a cage in which young birds were imprisoned. They were terrified and so unhappy that they were sure to pine and die, but Angella, with her strong bill, pulled apart the bars of the cage, letting the young birds free. When the Giant saw this he said, "It is well," and called Angella home, once more.

Many years passed, and Angella was able to care for the birds as well as the flowers. The wise Giant, knowing that she still had much to learn, was about to send her to a great school when one day she said, "Father, let me go to live as earth children do; let me go to a splendid home, where I will have riches, jewels and everything I wish."

So once more, Mercury carried his precious burden far down to the earth and laid her in a soft warm bed that a mother had prepared.

Here, Angella was born, and grew amid luxury and wealth, until one day, dressed in lace and bright ribbons, she went to walk with her nurse. They chanced to pass a child, with tangled hair and ragged dress, who looked longingly at Angella, and smiled. Angella, forgetful of her father, strutted like a peacock, haughty and with a look of disdain on her face. The poor urchin quivered and the tears fell on her cheeks. The good Giant saw and said, "It is enough." That night Angella was again called home.

Once more in her father's house, Angella grieved over her thoughtless action and would not rest until her father would allow her to go back to earth, to seek out the one she had scorned, and make her happy. This time, Mercury carried her to the very house in which the poor child lived, and into the life of a tiny baby boy. The poor child looked at Angella very sweetly and said, "My brother."

Here Angella lived for years, trying every day to bring a bit of joy into the poor child's life, and at last came the supreme chance. The two were walking across a crowded street. Suddenly Angella threw herself in front of the poor child, saving her life, and was instantly trampled down by two great running horses. The wise Giant looked down in loving tenderness and said, "It is well, my child, come home."

And now, Angella is an earth child, again. She is a very sweet little girl, and I am sure you will meet her some time, if you have not already. When you do, tell her the story as I have told it to you, for she may not remember.

I know some little folks who do not remember even when they were babies, so it need not surprise you to find that Angella has forgotten some things. I promise you that that I have told you is really true because a fairy told me.

### My Mother's Letters to Children

Agnes Cook

My Dear Children:

I want to talk about the wonderful effects of sound, color, and perfume on the angel within.

Some of you are much more susceptible than others to these effects, but all feel them more or less. You must try and realize what it means, this glow and enjoyment you have when you look at the violets in your garden some beautiful morning, with the dew glistening like diamonds and their delicious perfume.

The color, that rich purple or blue, has an inward meaning which your soul understands ..

The scent has another meaning in another language, that of perfume, and as you enjoy their beauty, the pleasure you feel within shows that you have received the message which God sent you by that little flower. For the languages of heaven are not those of earth. They are much easier to learn and understand than French or Latin and much more beautiful, for we speak in color, music, and perfume. Each color or combination of color has a meaning, each scent also and so has every strain of music.

Artists and musicians and all who try to make beautiful melodies, pictures, perfumes, or anything which gives pleasure to our souls, or angels, know something of those languages and try to express what God has taught them, for it is by beautiful things in the world that He speaks to His people and tells them what can not be put into words.

Poets sometimes try to express what they feel when they behold a lovely face, a flower, or listen to the song of the birds, but they alone know how very far short their words fall from what the angel within has seen and heard.

I should like to tell you about what we may call the larger life. Some of you, more than others, are gifted with a vivid imagination. You like to sit and dream and think of all sorts of quaint and beautiful happenings. Fairies, elves, gnomes and good spirits have a great fascination for you, and you sometimes feel that you would not be surprised to see some dainty little creature poised on a flower looking at you.

Well, my dear children, you should be very glad and thankful to have that habit of thought. It is a gift from God, and takes us into other worlds to refresh ourselves. Whatever you imagine or think about has a home somewhere.

There are fairies, gnomes and elves and some grown up people have not disdained to own up to having seen them. This is not the only world the Father has made for us to enjoy ourselves in. He has created worlds upon worlds and all the books which have been written, the fairy stories told, the dreams dreamed, have their homes somewhere, and as we shut our eyes, we are wafted away into these beautiful countries. We cannot always remember the lovely times we have there, but we know we have been to some land of beauty, love and happiness.

I always think how pleased artists will be when they come here and see all the beautiful ideas of which they have dreamed and longed to put on canvas, all here, ready to welcome them, with their wonderful color harmonies.