

PORTAL OF INVISIBLE POWER

25¢

EGYPTOS

MARCH

1941

LIFE HEALTH WISDOM SUCCESS

M A N

This little microcosm—MAN,
Imaged after God's own plan,
Creates a problem hard to solve;
Because from earth he must evolve
To win his spirit with the Just,
And send his flesh back to the dust.

Edenic man involved to earth,
To gratify his physical birth;
To take on form, on mind and mate,
And even learn to discriminate;
But when they lay him out to die,
He knows not where, nor how, nor why.

He doesn't know his Cosmic worth;
He doesn't even know his birth
Upon this plane was all a plan,
To make complete - Universal Man.
Complex as man may seem to be,
To solve it - he has eternity.

—*Clara Thomas.*

A E G Y P T U S

MARCH — 1941



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AEGYPTUS

"Like the rising sun, brings you the dawn of a new day."

MARCH — 1941

Volume III

No. 3

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HAMID BEY,

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AEGYPTUS is published monthly by the Coptic Fellowship of America, a non-profitable organization under the State Laws of California, and is dedicated to the upliftment of man kind. Its pages carry the wisdom of the East together with the knowledge of the West, thereby revealing a better understanding of life and living. The name AEGYPTUS was that of a Libyan king who conquered and gave his name to Egypt.

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THE SECRET OF HAMID BEY'S MENTAL POWER

By EDWARD McCOLLUM

From Health Culture

Part III

HE uninformed Mohammedan Egyptians circulate wild tales about the magic of the Coptic priests. They speak of weird rituals during which these priests partake of strange potions which give them superhuman physical powers. Needless to say, these stories are wild exaggerations. The geographic conditions imposed upon the Egyptian people subject them to grave dietary deficiencies.

The sandy soil of the desert margins is incapable of growing an abundant variety of foods necessary to supply and build a perfect physical body.

Early in the second century A. D. our missionaries, making their annual trip to Abyssinia, discovered that the gathering of herbs of certain kinds would round out these dietary deficiencies so common to Egypt.

Our Abyssinian converts cultivated and harvested these special herbs that our people had learned were so necessary to abundant vitality. The Coptic people were never without them from that day to this, and it is because of that practice that the Coptic priests were considered to have superhuman physical power.

It was not generally known until quite recently that anyone could have the same extreme physical endurance

and mental ability if given the same body nourishing herbs discovered by our earliest missionaries.

At twelve years of age, I was required to lead an expedition into Abyssinia to bring back necessary dried vegetables and herbs to supply our group for the next twelve months. It was during this expedition that I became fully aware of the tremendous value of correct eating. The young Abyssinians, who were followers of the Coptic order and who cared for our jungle gardens, were as giants compared to us. I sought out their leader and went with him for the twenty days necessary to accumulate our cargo, questioning him continually.

THE BURIAL ORDEAL

It was from him that I learned my greatest lessons on body control through food, and it is he whom I



have to thank for the success I enjoyed during my following years of study.

Because of my deeper interest and extreme enthusiasm, I learned to create body conditions that even mystified my own teachers, and when the time came for my greatest and most severe ordeal—the so-called living burial, which might be considered the graduation exercise—I had already practiced secretly and was able to lead my class. I was buried for seven days and nights under six feet of earth in a complete cataleptic condition, and suffered absolutely no ill effects, not even the loss of one ounce of weight. This was at the age of sixteen.

My four years of what you might say private study covering what is known as dietetics in the Western world, had made my body, mind, and

nervous system seven times as strong as any other member of my class.

The two years of extra study following my graduation were chiefly utilized in developing control of my mind and emotions. It was during this time that I was taught that to become master of myself, I must learn to duplicate the abilities of any talented or gifted person. The things that transpired during those two years I think would not be of interest to you, and I would like to be permitted to omit the details.

My life from the time I left the temple school until I came to America was very full. It consisted of teaching the followers of our faith the same things I had myself learned concerning the laws of the church and the simple yet important rules of health.

Travelers in Egypt can easily pick out the followers of the Coptic faith by their clear skin, steady eye, stalwart, erect bodies, and alert minds. They are courageous leaders wherever they go because they have been favored with the simple understanding instructions concerning the development of every part of their body "machinery."

Since I have come to America, I have been repeatedly asked the question, "How can you do these apparently impossible things, and how can I learn to do them?"

My answer is always the same—If you will build a strong, sound, well-fed, clean body and learn how to use it, anything, within the bounds of reason will be possible to you.

The teachings of the Coptic Fellowship of America are not intended to teach you how to be buried alive or to stick pins in your flesh. Your inner mental power can be properly developed and applied for the good of your life in general, by a teacher who can actually demonstrate **THE UNCANNY POWERS OF THE HUMAN MIND.**

* * *

Hamid Bey comes from Egypt and represents the world's oldest civilization, which is built upon knowledge of natural forces and their adaptation to human uses. This is the very knowledge that he is spreading in the world. The Egyptian Philosophy is a com-

posite of all wisdom gained by all mankind up to the present time. This true knowledge gives us *all* power. The source of this knowledge is as close to you as it is to Hamid Bey, and you may draw upon it as easily as he does. It is like putting a radio in the room. When you hook up the radio properly you are able to get music through it; without the radio in that room the place is silent.

So in your consciousness, if you have the proper knowledge, which is the radio, and you hook it up to the correct understanding, you may have harmony in your consciousness in place of discord, incongruity, or inactivity.

**YOU CAN APPLY THE
ANCIENT SECRETS OF
EGYPT TO YOUR LIFE!**



ANCIENT EGYPT IN THE LIGHT OF TRUTH



Part Two

ANY truthful reclamation-restoration of ancient wisdom cannot exclude ethnic and etymological research data, for comparative purposes, from well-authenticated sources for the following principal reasons, to wit: divers racial-religious ideologies, past and present, may thus be reconciled because of a universal social-cultural development, proceeding along the selfsame lines anywhere at any time; recorded history incorporates all too brief a time-span to encompass the evolution of thought during the million years or so of mankind's pre-historic Past.

Only thus may bona fide science spread universal enlightenment commingled with tolerance, in an age cursed with deep-seated prejudices as based upon racial-religious bigotry in league with superstitions and militant ignorance.

Now in the case of Ancient Egypt, research science may prove the universality of Mysteries, deeply rooted in the religious beliefs of both primitive and civilized races, past and present—so to indicate a common parent source in times remote. Nowhere else on earth except in Africa, “with Ancient Egypt as the Mouthpiece,” can be found so complete a record of early mankind's gradual evolution from stark savagery to the zenith of ancient civilization.

Everywhere else antiquity surrounded its pre-historic antecedents with a veil beclouding the remote Past, obliging research scholars to depend upon Ancient Egypt's more complete records so essential for reconstruction of the childhood of the human race.

Alas, a great many difficulties confront us at the outset. Pedantic scholars have taken unfair advantage of their academic ratings *via propagandically motivated mis-information* designed to accommodate racial-religious conceits—perpetuating superstitions as fostered by orthodox theologians indifferent to the truth *when and if in conflict with their own dogmas!* Wherefore it appears that neither the atheistic exponents of materialistic science nor the equally orthodox theologians among ecclesiasts can be depended upon for an unbiased viewpoint on the subject matter under discussion, here.

There is no use wasting space on tedious recitals anent theological interpretations familiar to all readers of the *Holy Bible*. Science has already exploded sacrosanct foibles galore . . . so to contradict early Bible chroniclers ignorant of the immense time-span of mankind's Past. But insofar as “higher education” has blundered likewise, so to *mis-educate* students of antiquity, it

is necessary to dwell, here, on fundamental errors standardized by authorized *savants* who should have known better.

Now the academically licensed *evolution maulers* have flirted with their spotlight "opponents," the theologians, by asserting that early man fashioned his first gods in the human image. But the evidence at hand proves the contrary—primitive man conceived the Nature Powers in the likeness of *fauna* and *flora* species native to his immediate environment many æons before the human figure was glorified in like-wise fashion.

The fact remains that early man was born a *materialistic animist* who kept his feet on the ground, so to speak; he had yet to extend the limited range of knowledge coupled with experience in order to work his imagination overtime the way his posterity could well afford doing. His earliest gropings were in the Dark, the odds were stacked against him by fellow men and beasts and Nature at large.

Stark necessity coupled with Fear prevented early man from inflating his ego. He had yet to reach a stage where he would master the animal kingdom and where he could defy the savage elements to do their worst. As it were, primitive man lived *too close to Nature* to indulge in *super-naturalist* fancies *unnatural* to his particular mode of *earth-bound, matter-bound existence*. In the words of the late GERALD MASSEY; "*Early man was not a metaphysician but a man of common sense.*"

II

It was not until early man proved himself superior to animals more cunning and powerful than himself, and certainly not until his inventive traits could cope with the natural elements of his stern taskmaster, Mother Nature, that he took himself for granted by flattering his nascent ego via portraying the Nature Powers in his own image instead of *non-human* type-representations as heretofore.

First of all, primitive mankind depicted divinities *other than human*; next, came *semi-human* type-representations, half animal, half human; finally, the *all human* figure typified the gods thus worshipped.

In the case of Ancient Egypt, we have these three principal stages of type-representations, of divinities, extant in the hieroglyphic ideographs—of *natural zoo-types*, and *unnatural hybrid compounds* of animal bodies with human heads and, ultimately, the glorified human figure *enciente*.

Perhaps man's conquest of the animal kingdom was accomplished first via the stone hammer, for the hieroglyphic stone hammer, NETER (Fig. 1) was Ancient Egypt's sign for godhood long before its phonetic equivalent NETER, (Fig. 2) deified the human figure as of the male sex. Still older were the female type signs for divinity, first as NETERT, (Fig. 3), the hooded cobra, and next as NET-ERT (Fig. 4), the typical goddess whose headgear, the waterbasket (Fig. 5), made copy for future crowns galore.

All of the foregoing did not deter the Roman Satirist *Juvenal* from libel when complaining "who knows not what monsters Egypt insanely worships?" The same complaint came from latter-day critics, forgetful of the fact that *all religions spring from totemic animistic nature cults!*

Granting, for argument's sake, that the ancients "*worshiped*" animals, it has yet to be *explained away* that the *worship of a corpse long since corrupted* should seem more practical, let alone more æsthetic than, for instance, the homage conferred upon a very useful, live milch cow! Not to mention the much decried "stock-and-stone worship," in the face of sacred fetishes and amulets still in use among devout persons not professing paganism! One might as well disparage moderndom's *white doves*, still inviolate because symbolic of the Holy Ghost.

Also, one might ponder over the fact that the early Christians displayed a *mummified cat* as one of sacred props during the Corpus Christi festival!

Speaking of rocks, *Petrus* the "rock," alias *Saint Peter*, has its Old-Egyptian root in the hieroglyphic PETRA (also SET) (Fig. 6), the rock or stone-slab, denoting inertia, rigidity, *rigor mortis*, chaos, obstacle—as one of the *typhoonic* word-signs of SET (also SUT) (Fig. 7), Ancient Egypt's counterpart of the Biblical *Satan*.

Now the "dark prince" SET (Fig. 8), who made copy for *Judas*, had his

benevolent counterpart in Ancient Egypt's "soul-guide," ANUP (*Anubis*), (Fig. 9), whose functions had much in common with those ascribed to *John the Baptist!*

Perhaps the foregoing may help explain two striking anomalies which must have baffled many pious persons—how it is that *Lucifer* represents both the "*Light Bearer*," *lux-ferro*, and the fallen archangel as the "*Prince of Darkness*" or, again, how it happens that *Petrus*, the "rock" or *Saint Peter* is depicted as both the craven coward who deserted his Master on trial for His life, and the brave martyr who typified the "rock" upon which the *Nazarene* creed built its church.

III

The eminent theologian, *Saint Augustine*, came close to the truth when suspecting "what is the religion of the ancient Egyptians but astronomy?"—Not that that was all there was to it! Still, there is no denying the fact that the religious mysteries of Ancient Egypt transformed from *natural-totemic mythos* to *astronomical mythology* which, in turn, metamorphosed into the *logia kuriaka of eschatology* with some of its rituals and teachings continued by contemporary creeds of note!

Now when the ancient Israelites denounced the "worship" of the "Golden Calf" in preference of The Lord—as "borrowed" (!) from the *ancient Egyptian originators of monotheism* who worshiped the Supreme

Being as NEB-UA (Fig. 10), "the one-and-only Lord God"—they must have been ignorant of the fact that the *Golden Calf* typified the "bull" *Taurus* of astronomical mythology.

Thus the early Jews could not have realized that the Golden Calf was *Taurus* the "bull of eternity" as the type-sign for the "rebirth" of *New Year in the vernal equinox* and as the *astronomical - astrological starting point of Eastern-Semitic Free Masonry*, which in itself, proves merely the historic seniority of *Ancient Egypt's Free Masonry* and the comparatively young age of the "chosen people." For at the time the Israelites were still ignorant of the astronomical-astrological significance of the *Golden Calf*, the *Ancient Egyptians* had already glorified their sacred *Apis Bull* the same as younger Eastern-Semitic civilizations. This at a time when *Cheop's Great Pyramid* was built as symbolic "*Ark of Safety*" in preparation of the *second Deluge to-be*, which prompted the Welsh Druids to build their "*dragon-mound*," at *Stonehenge*, as their symbolic "ship of the world," as *orientated* by the, then, prominent north star in conjunction with star *Aldebaran Tauri* at the vernal equinox!

All of that happened shortly after the ancient Egyptians invented the solar calendar of 365 days in the year of 4241 B. C.—*some seven thousand years after their Free Masonry had been introduced when star alpha Herculi was the ruling North Star in conjunction with the Leo constellation at the vernal equinox*—which

means that *two* pole stars (alpha Herculi and alpha Corona borealis) and *three* zodiacal constellations (*Leo*, *Cancer*, and *Gemini*) rose and fell "from grace" *before the Great Pyramid was built in keeping with the new solar calendar*, and in harmony with Eastern Semitic Free-Masonry as first introduced at that particular time when the "bull" *Taurus* dominated the Easter Equinox, and when the "dragon" constellation *Draco* furnished the celestial North with a *new pole star!*

Thus we hope to have disposed of learned arguments to the contrary by citing here, in brief, astronomical and astrological factors certainly more reliable than the empty claims made by persons ignorant of the foregoing research facts. And thus, too, we can confront badly informed would-be astrologers a-la-mode with one of the favorite references to the effect that "the stars do not lie!"

IV

No levity is intended, here, when it is pointed out that the talking animals of *Nursery Rhymes* originally were among the earlier type representations of Ancient Egyptian divinities many of whom continue among the *dramatis personae of Holy Writ!*

Each and every zoo-type thus employed was held sacred, and but for the fact that the ancient Egyptians continued using them long after their introduction of *anthropomorphic* type-representations of divinities in human shape—all because of fealty to time-

honored traditions—some of the most priceless pages of human history would have been irretrievably lost to science.

Apropos: the late GERALD MASSEY hit the nail on the head, so to speak, when maintaining that “The Mysteries hang on for dear life in our Fairy Tales.”

Now the original archetype of the “sacred cow” was the ancient she-hippopotamus as the earliest zoomorphic type-representation of divinity—glorifying the eternal She! Meaning, early mankind employed the female zoo-type countless ages before glorifying the male of the species in likewise fashion. The early totemic clans of primitive society were ruled by *Matriarchs* and the adage that “the female of the species is deadlier than the male” is mirrored by the fact that the ancients held their goddesses in awe—with the Divine or Great Mother as the most powerful among the male and female divinities propitiated.

Primitive society under the *Matriarchy* was *polygamic*; the common mother of the tribe “enjoyed” a status somewhat similar to that of bee-hive’s “queen,” which may explain why the civilized Ancient Egyptians continued using the symbol of the *honey-bee*, and of the *wasp* as well, as their BA or NET (Fig. 11) word-sign for royalty.

Since fatherhood was *anonymous* during the *Matriarchate*, it followed that the members of totemic clans claimed descent only from the female, styling themselves children of the cow, sow, lioness, she-hippo, she-goat, and so forth, by way of personal identification with the clan totem sacred to their common mother and mistress of the tribe who in her position as ruling *matriarch* impersonated the totemic female divinity by *proxy*.

The oldest type-representation of divinity on record was the female hippo in the form of TA-URTMUT (Fig. 12) the “Great Earth Mother” as configured in the “Great Bear” constellation *ursa major*—the original *horologe* of star-time and luni-stellar calendary lore.

She served as the archetype of the Great or Divine Mother in her first form, the original *Scarlet Lady*—stigmatized in the *Holy Bible* as “Mother Eve” and “Mary Magdalene” and the “Great Harlot.” She was the woman who “sinned” . . . originating with the ancient belief that the “earth-cow” and “wateress,” ABT (Fig. 13), of the constellation *ursa major*, was responsible for the original *Great Deluge* of universal “in-flood” fame . . . because her faulty time-keeping as *stellar horologe* failed to indicate a *time-fault*, resulting in a *Deluge of Darkness*—as a total

eclipse—with disastrous consequences to many worlds, including Earth.

Curiously enough, this selfsame “Great Mother” *Abt* or *Ta-urt-Mut* made copy for the Biblical “Pharaoh’s daughter” *Thermutis*, who found little Moses in much the same fashion as the goddess *Isis* located *Horus*, the *MESES* (Fig. 14) child!

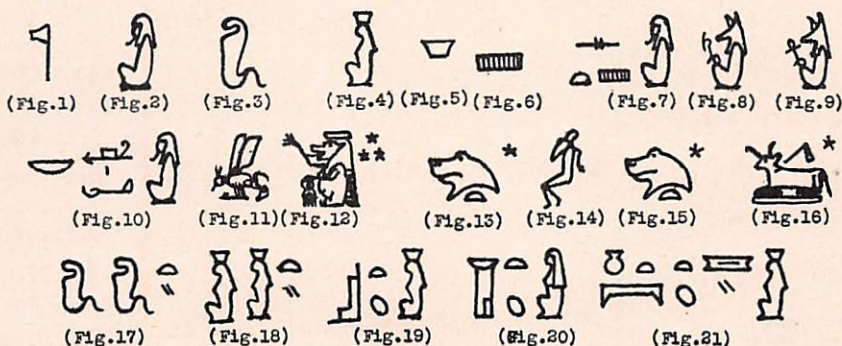
Now because of her irregular time-keeping, as *ursa major*, the hoary “earth-cow” and “wateress” *ABT* (*TA-URT-MUT*) (Fig. 15) “fell from grace” . . . to be supplanted by the younger, more popular “heaven-cow” *MEHURIT* or *HESIT* (Fig. 16) of constellation Cassiopaea—as sacred to the goddess *Isis*, Ancient Egypt’s *Madonna regina coelis*.

For similar reasons *Isis*’ inferior “sister,” the goddess *Nephtys*, “doubled” for the dethroned “earth-

cow” of *ursa major* in her new role of “wetnurse” and “wateress” as configured in constellation *Aquarius*. Together, the “divine sisters,” *Isis* and *Nephtys*, were the “divine ancestresses” of both *Horus* and *Osiris* as the *URURTI* (Fig. 17) or twin goddesses (Fig. 18) . . . with *AU-SET* (*Isis*) (Fig. 19) as the *virgin* who conceives but begets not (as “blood mother”) and with *NEBT-HET* (*Nephtys*) (Fig. 20) as the mother *who begets* but conceives not (as “milch-mother”).

In this ingenious fashion did the ancient Egyptians exemplify the mystery of *Immaculate Conception* of the *Virgin-Mother Hathor-Isis*, as of two distinct stages of virginhood-motherhood!

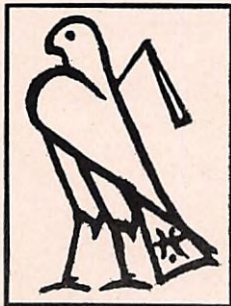
Themselves the original twin goddesses, with *Isis* representing the virgin-mother and heaven-queen *Hathor* or *NUT-MERI* (Fig. 21); and with



Nephtys as the "wetnurse" weaning their divine *bambino*, *Horus*, the twain find their earlier, mundane counterparts in the two "wise women" of the totemic-age *Matriarchate*—the mother of the clan and her oldest daughter, both as the common mistresses of the tribe.

Thus, too, is illustrated the pathos vouchsafed by two rivals, the younger triumphant over the older one. "*As above so below*": the original Divine or Great Mother served her use only to be vanquished by her younger rival . . . as of the "*earthcow*" *ursa major* versus the "*heaven-cow*" *Cassiopea*; the older one stigmatized as the *Great Harlot* in disgrace and the younger goddess reigning supreme as the "Queen of Heaven."

Let those who choose draw their own analogies between the goddesses aforementioned and their *latter-day* counterparts—in relation to each their own particular type-representation of *divine motherhood*!



COPTIC NEWS

A SPECIAL NOTICE TO DETROIT COPTICS

In order to straighten out certain confusion which has arisen recently in your city, the Coptic Fellowship of America wishes to state that the only Coptic Center of Detroit which is recognized by Headquarters is under the leadership of Mrs. Stacy Klingersmith and the Board of Directors composed of the following members:

Mrs. Verda Jensen
 Mr. Walter Garstecki
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Do not be misled by anyone who may use the name of the Coptic Fellowship for personal exploitation. We caution you to disregard any announcement or activity that may be brought to your attention unless authorized by the local leader, Mrs. Stacy Klingersmith or the Coptic Fellowship Headquarters in Los Angeles, California.

THE ORACLE OF AESCULAPIUS

THE FIRST MEDICAL CLINIC IN HISTORY
JOHN H. MANAS, Ph.D.

Part II



ACCORDING to Homer, Aesculapius was a mortal man. In the Second Book of the Iliad, Aesculapius is mentioned as one of the second class chieftains from Thessaly. He had two sons, Podalirios and Machaon, to whom he taught the science of medicine. Much later, after the death of Aesculapius, the Greeks took into consideration the great service and the good that he had rendered to humanity and deified him. Exactly the same thing is done by our Church today, following the example of the ancients and imitating them. Thus the Church beatifies certain persons from the clergy who had rendered extraordinary services or who had performed deeds of great importance for the benefit of the Church.

The poet Arctineus from Melitus mentions that Aesculapius taught and endowed his son Machaon with the art and skill of extracting spear heads and arrow points from the wound and to make incisions in the body. Whereas, he taught his other son, Podalirios, the practice and the cunning to discover things hidden and diseases invisible, and to cure ills believed to be incurable.

From this description we see the division of medicine, even in the time of Homer and before him, into two distinct classes—surgery and pathology, pathology being the most important of the two.

The god Apollo, the Father of Aesculapius

Mythology gives us the following information regarding the birth and the bringing up of Aesculapius:

Apollo was the first physician of the Olympic gods. He fell in love with Coronis, the daughter of one of the princes of Thessaly, whom he visited very often. One day his beloved Coronis was seen with a Thessa-

lian youth under the shade of a tree. The crow who saw her reported the news to Apollo. The god, much angered, sent one of his arrows which pierced the heart of the beautiful girl. The blood which ran from the wound covered her beautiful form. Apollo, embracing the dying nymph, observed that she was pregnant with his child. At that critical moment the god-physician performed what is now known as a Caesarean operation. He saved the child but the mother died. This child of the god Apollo and the nymph Coronis was Aesculapius.

From this mythological description we learn that medical science in the times of Homer and before knew how to perform operations to deliver the child of a dying mother. In order to perform such an operation the physicians, of course, should have all the necessary surgical instruments needed for such a task.

Artificial Feeding of Babies in Antiquity

Mythology further states that after the birth of Aesculapius the baby was

(Continued on page 28)



PATH OF THE FLAME

CLARA EMELIA BURR

Part III



VHAT do you mean? What is it that I don't understand?
"The underlying things of life, the realities. You are so caught up in the effects that the causes do not exist for you. These books, for instance, what are they to you?"

"Why they are books, of course. Some of them are priceless, as your father told you," I answered, rather inanely.

"I know. Again you mean in a material sense, don't you? But some of them are priceless in quite a different sense if you truly understand them. That *Seven Gates* which you just put away, you might open it at the very passage I used, take my posture and chant it as I did, but, unless you could rise spiritually with it it would remain a dead ceremonial. There are others in your collection which could take you far if you might follow. But when you read them you see dead letters on the pages or else

your vaunted intellect sneers at the hidden truths, thus you are ever cheated."

Her words laid a stinging whip across my mind. I tried to parry it with a shield of sarcasm.

"I have borne up under my ignorance for forty years, so perhaps I can carry on," I said.

"But what do you know of real living, Godfather Eric?" she came back at me, the pity in her tone too deep to miss.

I stared at her, finding no words to

meet the question. In a moment she went on: "There is music, for one thing, do you understand it beyond hearing sweet and harmonious sounds?"

Suddenly she came close to me, her eyes impelling. "You dance very well; you have a sense of rhythm. Take me in your arms and let us see if we can really dance together as the dance should be performed."

She exerted such a spell that I obeyed. We had danced together before in the pavilion at Wildwood Park, and I knew she danced well. Now she began humming a waltz and we circled over the polished floor of the spacious library. Her rich, pure contralto voice seemed to swell and to fill the room as the chant had done a little earlier. The magic of it entered my being in a rising flood, so that presently I felt as though I moved without physical volition and just swam in a sea of harmony and delight. I sensed no passage of time, infinity enveloped us. How long we actually danced I cannot tell. But presently she ceased singing and we came to a stop. I fought an odd dizziness.

Cleo drew out of my arms and stood facing me, her deep and inscrutable eyes challenging my inmost being.

"That was dancing, a true surrender of your body to the soul of the music. For a moment you crashed the barriers of purely physical sense limitations. It is the spirit that counts, and your objective self is only the mirror in which you reflect your spiritual perceptions. Such exercises as I

performed a moment ago serve to build forms of beauty in the primal spirit which later can be breathed into physical matter."

"These things are too dangerous," I remonstrated. "It is not safe to indulge in them. They make men mad."

Cleo laughed in genuine amusement.

"Fear and madness might be deterrents in a safe and sound and sane world. But as it is, they are mere boogey men to keep you enslaved. Fancy that people who are afraid to solve their social problems along constructive lines give such unreal excuses. You bow down before many gods of money and power and precedent and so on, yet you fear to look behind the simplest of objective phenomena. Ask yourself what constitutes danger and madness, or safety and sanity and freedom, Godfather Eric."

Again I stood silent. This mere child more than matched me in this field. She kept weapons at her fingertips that I must acknowledge as superior to my clumsy logic and staid notions. Safety, sanity, and freedom—did we really have any of them? Were we all afraid of the wrong things? Afraid of learning?

As if she had been waiting for me to arrive at these uneasy questions, Cleo continued: "You have lived in this world for forty years, Godfather Eric, yet you have not truly lived even one of those years. Absorbed in things, things, things! You work and sleep and eat, but what do you get out of even these fundamental things that is real and vital? Work, which could truly release you. Eating, which

is the source of most of your physical existence, which might be a most enjoyable rite in which at least to savor your food. Sleep, which might be a fountain of wisdom. All three just a mechanical reaction! What a travesty on intelligence."

The truth of her indictment smarted with almost physical pain, and I took refuge in a dubious sarcasm once more: "Then we should all go back to being savages?"

"You ought rather to ask if we ever evolved from savagery. Judged by results the level of intelligence is not so much higher than in antecivilized times. The first civilization we so-called Christians have record of resulted in the loss of Eden to mankind," Cleo retorted with grim irony. "The simplest dugout is more valuable than a marble palace if the first is the real home."

"You seem to have the best of all the arguments," I finally acknowledged, rather sourly, and she laid her hand on my arm with a smile of pure friendliness. I felt as if our spirits melted together for a breathless moment.

"I am not out to worst you, I merely want to wake you to more constructive thinking," she said. "It does not worry me that I might for a space of time be the victim of a wrong conclusion, doubtless I shall often be. But, if I keep on seeking for the ultimate truth, any misconception shall be removed. You consider me a child, and physically I am. Yet, mentality has no age as we reckon it in years, and I have been thrice blessed in be-

ing well taught. Mother understood Astrology, you know."

"Yes. Your mother was very wise and very good," I said, remembering Lorna Macready's attempts to explain the planetary influences to my skeptical mind. "Still, I could never believe in fortune-telling."

"Astrology is not fortune-telling. Some people use it to wrong ends and in wrong ways, but if it is rightly understood it can liberate you," Cleo declared. "But all that is really aside of the fundamental question."

"Well what is the fundamental question?" I asked, curious. "Life, yet more life," Cleo answered.

"The opening of all your avenues, your *Seven Gates*, to a great apprehension of Being. This body is not you, but merely the instrument for your experience. You must be the motivation of your body, not the body your motivation. Without this realization there cannot be any intelligent living."

As she ceased speaking the clock on the mantel struck three.

Later I was to wonder how a supposedly understanding and mentally competent person, as I considered myself, could so utterly miss the significance of her words. I lost the chance to delve further into her mind and benefit through her wisdom. I missed the opportunity to steady her impetuosity with my caution, which might have saved her from crashing the fateful seventh gate and its awful danger; all because a clock struck three belling notes into my consciousness.

(To be Continued)

THE PRINCIPLES OF APPLIED PHYSIO-PSYCHOLOGY

(Edited by VELMA BROWN and E. W. SPACKMAN, M. D.)



LET us for the sake of theoretical expression assume the following statement: "I believe in reincarnation." What is usually meant by this statement? It has a different meaning for every individual who expresses it. To one person it will mean, "I think there is something which answers to that name." To another type of person it merely means, "I do not believe that this particular little life cycle is the beginning and the end. I feel there is a bigger pattern into which I may fit."

We invite you who have studied these problems from the philosophical and scientific angle to adopt the following type of mental viewpoint:

"So far as I know, the thought of a past and previous existence fits in better with the general plan of the universe, as I comprehend it, than the mere thought of a single life led over a period of years. However, with this idea in mind and those suggestions which I have gathered from studying the stated principle of this philosophical hypothesis, I will take it from a different point of view. I will try to live each day as though it were a new life. If the broad general principles and specific rules are true and correct, then they can be applied in this manner and I will prove to myself that this which I believe to be a natural law can be handled in a manner of which I am capable of handling it. If this is so, then gradually will I be absorbed into a bigger realization or I will discard the principle involved as being untrue."

Try it out in this manner and we promise that you will be surprised at some of the results.

Why are some of these things so difficult to understand? Why does virtue have to be draped in a long black robe? Why does vice have to be painted in all the brilliant colors of the rainbow?

We would like to give a few words of advice: It is not the doing of an action which should be considered but the personal attachment of yourself to the results of that action. We do not condemn in broad general principles any action under proper circumstances and with detachment.

However, there is something we would like you to begin to realize in its full entirety—By doing each day that which is best for you, you will be behaving in such a manner that an increase in the realization of these principles and laws will be produced and a comprehension of the broad generalized universal laws will begin to unfold inside of you. You will not grow older as the years go by, but you will grow younger within. Virtue and vice will soon become relative and comparative. You will be free of the

chains of slavery to what we call vice, and virtue will no longer be considered something which is very strenuous and difficult to obtain.

Remember that you are going to live again whether you believe it or not. You may believe that by sleeping for only one or two hours each night during a period of two or three weeks you will not be tired the following week. But if you do this, you will find that you will be tired, whether or not you believe it now. All these principles are that simple.

When full realization of any single principle comes to you, you will say, "Why, of course, that is perfectly true. Why didn't I see it in that manner years ago. If I had, I certainly could have arranged my life differently." However, when you have this realization do not waste your energy by thinking a lot of foolish and vain thoughts upon what you could have done. The same mechanisms hold true now as when you were much younger. Never have a regret for anything in the past. Never look back but plan the immediate future upon a sound, substantial basis no matter what present conditions happen to be.

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MOVEMENT SERIES II

1. The Ski Walk.

Sit on the floor with the legs outstretched. The legs should go straight out from the body, slightly parted. Grasp the ankles or the toes (accord-

ing to the capacity of the student) and move first one leg and then the other along the floor as if one were skiing. The pelvic bone should be the pivot of this movement. This should be accompanied by as much swinging movement in the shoulders as possible. This movement can be varied by taking four or more "steps"—first forward and then backward. The breathing should be rhythmic, that is, four steps to each complete breath. The movement can be varied according to the likes and dislikes of the student.

2. Simple Abdominal Grind.

First assume a cross-legged position (Student Pose), then sit erect with the hands grasping the toes. The breath at this point should be three-quarters capacity. Then, using the head and the base of the spine as pivots, slowly bend the body around these points until the body has formed an imaginary oval in the air about the shape of an egg. The breath should be exhaled the first half of the movement and inhaled during the second half. The movement should be alternately to the left and then to the right. Another way would be to consider the head and the base of the spine as two points on an axle and the rim of the wheel as it revolves around the axle.

3. Standing—Forward Bend

Stand erect. Hands on the hips. Breath at three-quarters capacity. Slowly exhaling, bend forward at the

(Continued on page 22)

A WOMAN OBSERVES

by

audrey stratton



Never before in the annals of our history has faith been such an issue. We are faced with it starkly as if some great questioner were asking, "Have you faith in your ideals, Man? Answer, yes or no," or "Do you believe in what you believe?"

We are called upon to search to the depth of our inner beings, to clarify our personal philosophy for our own edification. To ascertain, in other words, if our beliefs "hold water." To "double-check" that which we have taken for granted in the past.

This is an era of purification in which we are being tested for our integrity, where we must come to realize the immortality of the words:

"This above all: To thine own self
be true
And it must follow, as the night
the day,
Thou canst not then be false to any
man."

We cannot tolerate falseness in such a period, let it be secretly or superficially, for it is an insidious thing that will eventually cause eruption.

Our ideals must be living, pulsating things kept so by an unwavering faith. Remember an ideal is as strong as the smallest doubt. Lack of faith in an ideal makes it a hollow thing. Let us be sure of the course we are taking, sure of where we want to go, strong in our ideals. Whosoever wavers no longer has a cause.

In this period of transition we must have clear sight, that we may be alert to the shift of external affairs, yet not affected by them. Although there is a new order upon us and never again will we return to a world as we have known it in the past, there is still an equitable plan for living that takes into consideration the individual rights.

We must prove ourselves by our faith. This cannot be a blind, apathetic faith, but a confident and vital faith. A faith that is built on far-sightedness and a clear understanding of where our actions will lead us.

To those who have lost their way and find this not the world in which ideals are nurtured, remember that the ideal begins within the mind of

one or a small group of individuals.

(Continued from page 20)

There is always a "right" and it means that which benefits the greatest number of persons. In other words, what is of advantage to the individual should be of service to the state; what is of service to the state should be for the well-being of the continent; what is for the well-being of the continent should be for the good of the world; and what is good for the world should be for the advantage of the individual.

hips until the trunk is at right angles with the body. Slowly inhaling, raise the trunk until the body is erect and, in one continuous movement, bend the body slightly backwards with the head thrown back. At all times one into the series of movements.

Without such an ideal in mind such harmony cannot exist. We become confused if we limit ourselves to the benefit of the individual alone without taking into consideration the great hordes of humanity he represents.

4. Shoulder Stand with Dip to Relaxed Thyroid

We must keep clearly in mind what our ideals are. This is the only certainty in the life of any people. Even though it rest with comparatively few to carry the torch of idealism, it is nevertheless the principle we have to live by.

Lie on the back and slowly raise the legs over the head (with the help of the hands if necessary) until the body is at right angles to the floor and the student is "standing on his shoulders." Then, bending at the hips, let the knees move as closely to the chin as possible. Then move the legs until they are again straight above the shoulders.

The breath should be exhaled as the knees are lowered and inhaled as they are raised.



TEST QUESTIONS

How Well Can You Answer

Test your knowledge before turning to the answers on Page 27

1. Compare Justice and Karma.
2. What do you understand reincarnation to be? How does it differ from the theory of transmigration of souls?
3. Explain: (a) inferiority complex, (b) superiority complex.

PISCES, THE FISHES

ORIO

"God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him shall not perish, but have everlasting life."

—St. John 3:16.

When nature stirs herself from her long winter's rest, one feels a mysterious and marvelous pulsation of the very earth itself. A wondrous life force surges forth as the sap slowly creeps up into the branches of the trees. The soil, too, seems to vibrate with the mysterious life force.

This intangible force and power cannot be described. One can only call it the power of God. God works in mysterious ways and when the sun shines in the Sign PISCES, that is, approximately from the 19th of February to the 20th of March, all nature seems to vibrate with this very mystical power.

There is always a period of darkness before the dawn of light and there is always a period of mystery before the birth of a reality. This duality of force and power is deeply imbedded in the heart and soul of every Piscean.

When the sun shines in Pisces all nature seems to begin a great symphony and expectantly one waits to hear the first note. Life is as a symphony, a musical score of rhythm and harmony, a score of inspiration and expression, of impressions and realities.

Have you ever walked through the woods in the month of March and listened to nature's symphony? If you have, you have found the keynote of

the nature of the people born in the Sign Pisces.



The mystical, impressionistic side of their nature is in rapport with the mysterious phenomena of life such as the essence and fragrance of flowers, the rhythm and motion of the dance, and the harmonious tones of music. All these are intangible and indescribable aspects of the spiritual essence of nature while the outer and objective forms are the actual flower, the dance, and the concert.

One finds two decidedly different types of characteristics in the nature of Piscean people. This duality can be classified as the inner and the outer, as well as the spiritual and the material phases of life.

These two extremes are symbolized by the two Fishes, bound by the cord of love. These two fishes swim in different directions yet, even though they travel in different directions, they are held together by the greatest link in life—LOVE.

If Pisceans possess but a dime, they still feel and know that they have a greater spiritual supply. Therefore, they feel they are millionaires and act like aristocrats for they know that the vastness of nature's storehouse is at their command.

A Piscean never hurries. He apparently seems to work more slowly than his brothers and sisters born in other signs, yet, when the final score is taken, the Piscean most generally has completed the most work as well as the most perfect work.

Nature does not rush and work in a haphazard manner and neither do Pisceans. These people should work where beauty and exactness count—beauty of the soul and mind.

With an understanding of the depth of beauty of the sign Pisces, it seems natural for these people to believe in the God of nature. BELIEVING is synonymous with the Sign Pisces for the souls of Pisceans truly can believe and understand the mysterious power behind all manifested life—the power of the unseen God.

The sensitiveness and beauty is further emphasized by the power of the planet Neptune which rules the Sign Pisces. It takes Neptune 165 years to travel around the sun. It is the higher octave of Venus and, therefore, represents the ultra-beautiful side of life. It represents both inspiration and imagination and stimulates a love of solitude.

Because Pisceans love solitude and like to be alone to plan new work, they are often called dreamers but we should thank God for the dreamers who are also the doers for they are the souls who give mankind its greatest beauty. These so-called dreamers of Pisces bring to light the innermost beauties of nature in song, in music, in the cultivation of the flowers, and in the spirit truth man calls religion.

They are the inspired disciples who bring the truth of God to man through the medium of their art and their understanding of the divine power which is the source of all beautiful expressions of life.

A Piscean needs to have quiet moments alone so as to have communion with God. Such moments of reverie may be classified as moods. When a Piscean is in such a reflective frame of mind, it is well to let him alone until

the mood is passed. Although it is well to be left alone for a certain period of time, nevertheless Piscean people do need the positive power of other people to stimulate them and help them bring their creative impressions into actual realities. They need to mingle with people for people supply the positive power which helps them express the beauties which are imbedded in their soul.

Pisces is a superconscious Water sign. Superconsciousness represents spirituality while water represents feelings and emotions. Therefore, Pisceans are extremely sensitive and emotional. This emotional sensitivity is often referred to as psychic power. This means that Pisceans as a rule are very impressionistic and intuitive.

There is great duality in this sign of mystery which is associated with both the subjective and objective manifestations of life, with dreams and realities, and with impressions and actualities. Because of the duality and the nature of the sign, Piscean people can adapt themselves to all circumstances in life. However, it is well for them to be always on guard and follow the wee small voice within so as not to be misled by people who are determined to have their own way in their affairs.

Adjusting and adapting has two aspects, one is beneficial while the other tends to take away the right of choice.

The 12th HOUSE of understanding is associated with the Sign Pisces. This House represents the inner sanctuary of the soul—the place of retirement, solitude, and reverie. On the outer and objective plane, it represents one's limitations, but do not limitations develop understanding?

You must always blend the inner inspirational world with the materiality of the outer world and in such a manner find harmony and peace.

Meditation is the key that unlocks the door of life's mysteries and the door of the inner temple of light. When one has the ability to unlock this door of understanding one has the ability to tune into the greatest harmonies of life—into the harmonies of the very heart of life.

When the innermost chord of the symphony is played, your very heart and soul will vibrate to the beauties of nature which man calls God.

It is interesting to note that the sign Virgo, the Virgin, is the polarity of the sign Pisces. With this vision the teachings of Jesus, the Master Teacher of the Piscean Age, can easily be understood. It was He who taught man that "*Love is the fulfilling of the law.*"—Romans 13:10.



SCIENTIFIC FACTS

History reveals the fact that grapes have been eaten and enjoyed by man for thousands of years.

Originally, they were grown in the region of the Caspian Sea and in Egypt the grapevine has been cultivated for over 5,000 years. The Persians "esteemed fresh grape juice as a cooling and refreshing drink in fever and during convalescence."

In ancient Greece viticulture flourished and spread to Italy and southern France, in which countries the grapes are grown on terraced hillsides.

In America the best known and most widely used variety is the Concord. This variety was developed from the native grape and was named after the town of Concord, Massachusetts.

The therapeutic or curative value of the grape was popularly established in Europe. The Monks of old used them for convalescents because of their nourishing qualities. During the grape season the sick, and also the health-minded people, made pilgrimages to the vineyards where they ate grapes and drank grapejuice exclusively for weeks at a time. Much benefit was derived from the body-cleansing properties of the grapes.

The "Grape Cure" popularized by Dr. Johanna Brandt of South Africa (a personal friend of the writer) has been used with remarkable success in cancer and other chronic diseases.

(CAUTION — Owing to healing crises developing during this treatment, the patient should be under the care of a competent physician who understands the process).

Although grapes are not exceptionally rich in mineral and vitamin content they have a solvent, oxidizing action. They are very easily digested as their carbo-hydrate content, although high, is predigested.

Unlike complex sugars, such as sucrose — common table sugar — grape sugar is a simple or invert sugar, into which form complex sugars must be converted before they can be assimilated by the body processes.

Grapes are eaten and enjoyed by the majority of people for their delicious sweet taste and their wholesomeness. They are at their best when they come fresh and ripe from the vine. Pure, unsweetened grapejuice is now obtainable.

—Dr. Clifford Albarte Saunders.

Sleep may be induced by closing the eyes and relaxing the muscles of the face and neck as large areas of the brain are put to rest.

Unless they are disturbed by a thought or sensation, the brain cells of man pulse in unison as they are like tiny electric batteries.

ANSWERS TO QUESTIONS

On Page 22

Answer to Question 1.

God could not be a God of love and justice if he doomed us to everlasting injustices and torment. The seeming injustices all around us are not the work of God, but they are of our own making.

Karma is the Law of Cause and Effect. "As you sow, so shall you reap" is as true now as it ever was. It is a cosmic law that is just and fair and, if we allow it to do so, will work for our benefit. Man has within himself a God spark, which is given him to perfect and develop. Because man is part of the Divine, he also has free choice. He may either harmonize with his God-self and eliminate most Karma or he may separate himself from Divinity and produce many Karmic debts.

All souls are under the Law of Cause and Effect, which is the Law of Karma. All who cause injury or place a stumbling-block in the paths of others must meet them again and serve justice. We meet our friends, as well as our enemies on common ground. Our friends of today may have been our enemies of yesterday and our enemies of today will be our friends of tomorrow.

Justice demands the Law of Karma and the Law of Karma results in justice. This is the eternal circle symbolic of God.

Answer to Question 2.

Reincarnation means rebirth. That which is born again is the spirit or individualized God-consciousness.

The doctrine of transmigration is that the soul after death passes into another body, usually that of an animal, which would be a *lower* state of consciousness. A soul being reincarnated develops to a *higher* level or state of consciousness, and so could not reincarnate in an animal.

Individuality never dies. Consciousness never dies. In order to attain perfection or God-consciousness we must learn perfection in earth lives. Therefore, the individuality or soul returns again and again as an infant and progresses to a higher state of consciousness during each life.

Answer to Question 3.

An inferiority complex is a strong sense of self-consciousness that one knows less and is less than others. This is a most cramping and unhappy condition, for it is a negative feeling of lack.

Superiority complex is just the reverse, and is a negative feeling of inflation. Both of these conditions are entirely mental and are caused by a lack of knowledge of spiritual law—a fear which is the outgrowth of ignorance. Both complexes are caused principally by improper training in childhood.

(Continued from page 15)

abandoned by the side of a hill where a goat came regularly to feed the child with her milk.

From this description we learn about the artificial feeding of babies in ancient times in the case of the death of the mother or of her inability to feed her baby with her own milk.

When the child came of age, his father, Apollo, entrusted his medical education to Centaur Chiron. Centaurs were mythological creatures having the body of a horse and the head of a man and it was said that they were children of the god Apollo.

A great medical truth is hidden in this myth of the Centaur Chiron. I am asking the physicians who may read this article to try to find out this truth.

Death of Aesculapius

Tradition has it that Aesculapius learned the medical art so well that Pluto, the god of the underworld, complained to the king of the gods, Zeus, that Aesculapius was depopulating his kingdom. Zeus, being afraid that Aesculapius with his ability and skill in medicine, would cure all the diseases of the children of men and thus men could become immortal, killed him with his thunderbolt.

All those who came to the temples of Aesculapius in the towns and the villages of Greece for healing were supposed to offer a cock as a sacrifice to the god. After the cure, they offered votives consisting of small images of the parts and of the organs of the sick person who was cured. These votive offerings were made of silver, gold, copper, or of terra cotta. Such votive offerings have been excavated by the thousands in the ancient temples in Crete, in Greece, in Asia Minor, and in all cities inhabited by the Greeks.

The same practice and the same custom still exists in our society today. Devout Christians, after having been cured of their ills, offer similar votive gifts to the saints in the churches who had helped in the recovery and the healing of the patient. This custom and this practice, thus having been preserved to our modern times in our churches, is a proof of the influence and of the relationship between the ancient Greek religion and the Christian.

From these votive offerings we can see that the same diseases which ravage humanity today were prevalent in those days, approximately 4,000 to 6,000 B. C.

The temples and sanatoria of Aesculapius were erected in places suitable for naturopathy—near woods, medicinal springs, or by the side of a hill.

The True Ancient Greek Medicine

According to the rules and regulations of the priest-physicians, no patient was allowed to enter the temple before he was submitted to a diet, before having been purified, and before having applied the dictates and the rules of Natural treatment. These physio-therapeutic institutions of antiquity were called "Asklepieia." The festivals celebrated every year in honor of Aesculapius were also called "Asklepieia."

From fragments of information preserved until today, we see that the manner of treatment by those priest-physicians in ancient Greece is equivalent to the treatment used today by the most advanced modern physio-therapists.

This brings us to the conclusion and to the fact that a small part of the principles and methods of the ancient Greek physicians have been brought to light again by modern Naturopathic medicine and are proving as successful as in ancient days.

When chromatotherapy, musicotherapy and magnetic treatment will have spread among the people and the chemical drugs and unnatural ways of living of most of the people are eliminated, then and then only will humanity have made the first step towards progress in the health of its members.

Let us hope that as the ancient Greek practical philosophy is appearing again and is blossoming forth in all the civilized countries of the world today, in the same way the ancient Greek medicine with its natural methods and sound principles will also spread over all these countries. This would ensure a more natural life of the people of the world of tomorrow and an ideal, brotherly, and real civilized existence as it befits man the son of God for the health, for the peace, for the contentment, and for the happiness of all.

DO YOU KNOW

That the object of concentration is primarily a union with the Supreme God.

That eventually you will be able to bend your whole thought to a single point.

That no effort can vanish from the world of causes.

That every cause produces an effect.

That God is love.

That when we love another human being it is the God in him that we love.—*Stacy Klingersmith.*

EDITOR'S NOTE:

The series of lessons on Physiological Psychology (listed on this page) comprises the most valuable information for the individual who wishes to gain mastery over the functions of his own physical body—providing a connecting link between mind and body. They are practical and yet profound. They are the result of careful observation of certain actions which have proven to develop potential power for body motion and all-around control.

The Coptic Fellowship of America, with pride and with full endorsement and approval of the teaching content of these lessons, takes pleasure in making them available for our students and readers of Aegyptus. In fact, we urge our students to provide themselves with them, if they have a desire to acquire a better understanding and more control over the functions of their physical body.

We are indebted to our High Priestess Velma Brown and thank her for having made possible this series of lessons.

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 Every Monday evening at 8 P.M., Hamilton Hotel, 18 South Dearborn St., Chicago, Ill.

CLEVELAND, OHIO

Leader—Mr. A. R. Martin
 Assistant Leader—Mrs. Margaret Risinger
 Secretary—Mrs. Martha Lee MacGregor
 Treasurer—Mrs. A. R. Martin
 Musical Directors—Mrs. Margaret Risinger
 Miss Lois Martin
 Physical Director—Miss Lillian Van de Motter
 Librarians—Mr. and Mrs. A. J. Erickson
Board of Directors
 Mr. A. J. Erickson, Mrs. Sarah Eysenbach, Miss Joanna Kunze, Mrs. Martha Lee MacGregor, Mrs. Jessie Burton
Time and Place of Meeting
 1st and 3rd Tuesday of each month—8 P. M.
 Beginners' Class—2nd and 4th Tuesday.
 Carnegie Hall, Room 902, 1220 Huron Road, Cleveland, Ohio

DETROIT, MICHIGAN

Leader—Mrs. Stacy Klingsmith
 Assistant Leader—Mrs. Verda Jensen
 Assistant Leader—Mr. Arthur S. Durkie
 Treasurer—Miss Theresa C. Horninger
 Assistant Treasurer—Mr. Arthur S. Durkie
 Secretary—Mrs. Mabel Bennett
 Assistant Secretary—Miss Lucile Avery
 Chairman House Committee—Mr. Arthur S. Durkie; Assistant, Mr. Morrison
 Chairman Membership Committee—Dr. Dickert; Assistant, Mr. Mayr
 Entertainment Committee—Mrs. E. Socklege; Assistant, Miss T. Horninger
 Teachers of Posture Class—Mr. Mayr, Mrs. E. Socklege, Mr. Walter Garsteckie, Mr. Morrison
Time and Place of Meeting
 Blue Room, Hotel Tuller
 Tuesdays and Thursdays—8 P.M.

HARRISBURG, PENNSYLVANIA

Leader—Mr. R. D. Pomeroy
 Assistant Leaders—Mr. and Mrs. George M. Glenn, Mr. Paul Fickes.
 Secretary-Treasurer—Miss Sue Smith.
Time and Place of Meeting
 Every Friday evening, 8 p.m.
 Chapel of Y.M.C.A.

LONG BEACH, CALIFORNIA

Leader—Mrs. A. A. Booth
Board of Directors
 Secretary—Miss Gladys Stone
 Exercise Director—Mr. Warren S. Thomas
 Treasurer—Mr. S. M. Rice
Time and Place of Meeting
 1st and 3rd Friday of each month—Open Meeting, 8 P. M.
 2nd and 4th Friday of each month—Inner Class (Correspondence Course Students)
 Theosophical Hall, 418 Locust Avenue, Long Beach, California

LOS ANGELES, CALIFORNIA

Leader—Miss Harriet B. Myers
 Assistant Leader—Mrs. Audrey Stratton
 Secretary—Mrs. Edna May Brown
 Treasurer—Mr. Walter Brown
 Chairman Speakers' Staff—Miss Helen Russell
Time and Place of Meeting
 Open Meetings—Every Thursday evening, North Hall, 839 S. Grand Ave., Los Angeles
 Inner Group—Every Friday evening, Studio Hall, 839 S. Grand Ave., Los Angeles
 Both meetings open at 8 o'clock

OAKLAND, CALIFORNIA

Leader—Mr. John W. Ring
 Assistant Leader—Miss Elizabeth Popham.
Board of Directors
 Secretary—Miss Margaret C. Robinson.
 Treasurer—Mr. Christian J. DeVroom.
Time and Place of Meeting
 Second and fourth Tuesday of every month.
 8 P.M., 743 W. 21st St., Oakland, Calif.

DIRECTORY

(Continued)

PHILADELPHIA, PENNSYLVANIA

Leader—Mr. H. R. Klumbach

Board of Directors

Secretary—Miss Natalie Schubert
Treasurer—Miss Carol Kress
Educational Work Director—Miss Sophie Kress
Coptic Philosophy Director — Mrs. Hazel S. Klumbach
Social Work Director—Mrs. Flora Hawkes
Special Work Director—Mr. Charles Mayer

Time and Place of Meeting

4th Friday of each month—General Meeting.
Every Monday — Class in Physio-Psychology (Exercises) 8 P. M. Stimulation and control of the functions of the body are taught through exercise, breathing, and movements. These are given in progressive steps. Explanatory talks on the body and its functions are also given.

1st and 3rd Friday of each month—Instruction class on "Egypt's Master Voice"—8 P. M. Teaching is divided between the leaders and a definite sharing of ideas is practiced. Discussions are favored when expedient.

All meetings are held at 1126 Walnut Street, 3rd floor, Philadelphia, Pennsylvania.

SAN DIEGO, CALIFORNIA

Acting Leader—Mrs. Florence Schnell
Healer—Mrs. Anna Soucek

All Copies who wish to attend the meetings of the local Center, please call Randolph 1022 and information will be given as to where the meetings are being held.

SHARON, PENNSYLVANIA

Leader—Mr. A. R. Martin
Assistant Leader — Mrs. A. R. Martin.

Board of Directors

Mr. A. R. Hoffman, Chairman; Mrs. Clara Thomas, Mrs. Mildred Martin.
Secretary, Mrs. C. T. Shaffer; Treasurer, Mrs. Jennie Ritter; Librarian, Mrs. Mabel Peters; Social Committee, Mrs. Helen Thomas, Chairman; Corresponding Secretary, Miss Wilhelmina Ritter; Musical Director, Miss Lois Martin.

Time and Place of Meeting

Meetings are held at 8:00 o'clock every Monday evening at 103 South Meyers Avenue, Sharon, Pa.

TOLEDO, OHIO

Chairman—Mr. Norton Rosentreter
1st Vice Chairman—Mr. Alfred Meizner.
2nd Vice Chairman—Mrs. Lillian Temple.

Board of Directors

Secretary, Mrs. Ruth Forrer; Asst. Secretary, Miss Martha These; Treasurer, Miss Eva Rasey; Asst. Treasurers, Mrs. Cleah Habbitzel and Miss Evelyn Netter; Membership, Mrs. Mildred Jarvis; Asst. Membership, Mrs. Norton Rosentreter; Teaching, Mrs. Norton Rosentreter; Asst. Teaching, Mrs. Mildred Jarvis; Organization, Mr. Charles Kirkendall, Asst. Organization, Mrs. Effie Henning and Mrs. L. E. Goodman; Reception, Mrs. Dorothy Darby; Asst. Reception, Mrs. Florence Kirkendall.

Time and Place of Meeting

Meetings are held on Friday of each week at 8 P.M., Coptic Hall, corner Bush and Erie Streets, Toledo, Ohio



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*The man you might have been,
You sure still can be;
There is no aim nor place
Too high or great for thee.*

*The man you might have been
You ought to be and can;
Be strong, have faith, look up,
Resolve to work and win.*

*The man you might have been
You still can be, 'tis true;
Today but claim your own,
And your own will come to you.*

*The man you might have been,
You want to be—you must;
Be brave, take heart, fight on,
To your real self be just.*

*The man you might have been
You surely yet will be;
The best of life is yours,
Since God has charge of thee.*

—Author Unknown.