

The Aquarian



Craftsman

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OUR PURPOSE

Knowing that the Aquarian Age will be that of individualization, or the efficiency of the one for the good of the whole, we hope to be a factor for bringing about that potentiality.

To take from the minds of many the fatalism that they have attached to Astrology, to help them see that their birth chart represents the tools they brought into this world. There is no law that says that these tools cannot be sharpened, reforged into better, more efficient ones.

To teach the art of Astrology to each and all so that they will not need to seek aid from the outside but able to judge and discriminate for themselves.

To teach the art of BODY-BUILDING through the right use of foods so that we shall not need to depend on outside help to keep our house in order.

To teach the simplicity of life, the life of ease rather than the life of dis-ease. The natural, normal life, depending on God-given, or Nature-given resources rather on the artificial, man-made, commercial products that have lost all semblance of vital qualities.

We extend to all those interested in the above work to contribute to these columns your "bit" but reserve the right of choosing from those submitted the ones best adapted for our needs. We shall even be glad to have your criticisms, good, bad or indifferent. We want to have a column devoted to questions and answers. This is your MAGAZINE, published for you. Only as you respond can we know your likes and dislikes.

THE EDITOR.

VOL. I

NO. 2

THE AQUARIAN CRAFTSMAN

A Magazine with a DEFINITE PURPOSE, that of preparing mankind for the Coming of the New Age, Aquarius. It is the voice crying in the wilderness, "Prepare ye the way of the Lord, (Aquarius), make His paths straight."

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—*—

"Never suffer sleep to close thy eyelids, after thy going to bed, till thou hast examined by thy reason all thy actions of the day. Wherein have I done amiss? What have I done? What have I omitted that I ought to have done?"—Pythagoras.

THE SIGNS OF THE TIMES

The lunation of May 5th indicates the line of activity for the month which is more or less influenced by the ingress of the Sun into Aries and the time of the Eclipse of the Sun, March 7th. We wish particularly to help those students of Astrology that do not have the opportunity of class instruction. We are assuming that you can set up a chart.

To consider National problems or the activity of a state or particular section of a country set up a chart for the Capital, if Nation or State. If section of country use the Latitude and Longitude for center of territory considered. The time of the chart to be the time of the lunation or Solar ingress into any one of the Cardinal Signs or the time of an eclipse. These are all very important times to consider in conjunction with a natal chart.

The time of eclipses and lunations are always given in the Ephemerides. If the place for which you wish to set up the chart is West Longitude, find the difference in time and subtract it from the time given of the lunation or if East Longitude add. As for instance, the time of this lunation (new Moon) is 6: 11 P. M. Greenwich. The longitude of Washington, D. C. is 77 degrees West Longitude, which equals 5 hrs. 8 min. in time, this taken from 6: 11 P. M. gives the time for which you set up the chart, 1: 03 P. M.

The chart for this coming lunation, Washington, D. C. has 5 degrees Virgo rising with Neptune retrograde in the first house. In the ingress chart, when the Sun entered Aries, Neptune was also in the first house with a conjunction of the Moon. In the May 5th chart the Moon is in conjunction with the Sun making a square aspect to Jupiter. This position of Neptune indicates considerable unrest with the common people, also indicates that women will play an important part this year in national questions.

When the Moon reaches a conjunction of the Sun, she becomes recharged and as she travels through the twelve signs

gives off her load of vital energy. If the aspects in these signs are good her influence works as a vitalizer for good, but to the contrary if to inharmonious aspects.

This Sun & Moon square aspect to Jupiter tends towards great expenditure of money for relief purposes, also shows a tendency to looking for relief along religious lines. The ruler of this chart being Mercury, conjunction with the two fiery and explosive planets, Mars and Uranus, all in Aries, all making a square aspect to Pluto, the ruler of the underworld, death, etc., indicates considerable unrest, radical movements which will gain in force until Mars reaches the degree in which this lunation took place which will be June 1st. This will also bring into force of the Sun & Moon square Jupiter of this lunation chart, which has a tendency towards exaggerated, radical ideas, infectious diseases, disputes over religion and martial excitement of the people.

As Gemini is in the Mid-heaven of this chart, with its ruler Mercury in rather bad company, the Mid-heaven representing the head of the government, Pres. Hoover is in direct line for a great deal of censure.

This conjunction of these planets also takes place in sextile aspect to the place of Mars in the Nation's birth-chart, which aspect was the factor of gaining freedom for the colonies. We can expect some agitation or movement towards the freedom from capitalism under this aspect. This lunation also makes a square aspect to Pres. Hoover's Sun and conjunct the Dragon's Head in the twelfth house, which will bring some hidden thing or condition out into the light.

In connection with Pres. Hoover's chart, with his Saturn in M. C. in opposition to his Mars, we can well understand why we have the war coined word "hooverize". He is still hooverizing the common people.

What a help the study of Astrology would be to Congress to help them in understanding or knowing how "to handle their man". Can you imagine them telling Pres. Hoover, with fixed signs on the angles and six planets in fixed signs, to formulate a plan for their consideration? Ah, no, the Sun conjunct Uranus in Leo opposition Saturn, will still remain the "big boss". He, is the type that will "grab his bit between his teeth" and go his merry way.

THE PIONEER'S DEPARTMENT

We find the study of Chemical Types and Temperament to be a great help in determining the Ascendant. The body is highly selective, choosing from the material furnished it, that which it needs to build the type of body it needs for this particular life's expression.

There are several different types of vital temperaments, the fleshy, fat and watery. It is necessary to know the characteristics of each type to know how to classify them, some carry their flesh mostly around the shoulders and breast while others carry their flesh around the hips, another type through the abdomen.

We wish to illustrate how the knowledge of chemical types can help determine the Rising Sign. We have in mind a lady that had been using Sagittarius as a Rising Sign. She was rather stout, carrying her weight around the hips and lower limbs. Her lower limbs and ankles were what we commonly speak of as "water-logged". She had several characteristics of the "water type".

Besides having Sagittarius for a Rising Sign, she had her Sun in the fiery sign Leo. Could you conceive of a fiery trine ruling the body of a water-logged person? Besides having the characteristics of the water type, she had the snappy eyes and tongue of a Scorpio. By placing Scorpio on the Ascendant, she had Saturn in Scorpio and in the first house, showing why the body was water-logged also the death of her mother in early childhood.

The idea that Jupiter in the first house puts fat on the hips is erroneous. We have several charts where Jupiter is one of the main factors in placing flesh on the body but the kind of flesh is the determining factor of where on the body it is placed. It is to know these specific factors that we have started the series of lessons on Bio-Elementology.

"We build bodies out of air, food, and water, plus thought. The lower animals use the first three only. Some men do the same." Reize Sanitarium Health News.

THE MYTHOLOGY OF THE DECANATES

(Continued from April Issue)

Jason—the sun-god, was sent on the expedition to find the Golden Fleece. The king had placed the golden fleece under the care of a sleepless dragon. Jason commanded the Ship Argo, a constellation ruling the Piscean decanate of Cancer, and took with him a crew of 49 men. After many thrilling adventures, they reached the shores of Colchis.

When Jason had made his errand known to the king, he was told that he could have the golden fleece on one condition, that was that he should yoke to the plow two fire-breathing bulls with brazen feet, and that he should sow the teeth of the dragon that Cadmus had slain. Although it was well known that a crop of armed men would spring up from the teeth, Jason, undaunted set to the task. Before the time set for the feat, Jason met the King's daughter Medea, who fell in love with him. Medea gave Jason a charm which she promised him would win for him the contest.

Much to the amazement of the Colchians, on the day of the contest, Jason met with no difficulty in hitching the fire-breathing bulls to the plow. He then proceeded to sow the dragon's teeth and plow them under. Immediately, there sprang from the ground a crop of armed men, who began waving their weapons aloft, and rushed upon Jason. He fought them off for a time, but was surely outnumbered, it seemed to the by-standers that he would be overcome. Then suddenly he threw the charm that Medea had given him into their midst. This seemed to disconcert them and they fell upon one another, and soon there was not one of the armed men left.

Jason's next task was to lull to sleep the dragon that guarded the golden fleece, which he did with a preparation that Medes had given him for that purpose. Jason then seized the fleece, and, with his friends and sweetheart Medea, he set sail for home.

The native of Aries has the power to either make or break himself. As Mars their ruler has rulership of the sign Scor-

pio-he has but to tame the fire-breathing bulls (the animal) of his nature. If he sows the seed of the Dragon's teeth, which is in the sign Scorpio, he may by the power of the charm furnished by Medea, or his higher self, so frustrate his enemies, lust and lasciviousness, that they will destroy themselves. He, then, may thus return to his pristine vigor united with his higher-self or Medea.

He will then through the aroma of regeneration be able to conquer the sleepless Dragon, and gain for himself the lustrous golden-wedding garment or in other words the golden fleece.

The first decanate of Aries is depicted by the constellation, the Triangulum, representing the triune manifestation of Spirit in matter, the creative, the preservative and destroying principle of this great creative fire of Aries. The Ancients knew that within fire is a vibration that forms a triangle. The various religions have their conception of a Triune God. To use the force of Aries properly, we must first have an abundance of Life, and the power within ourselves of "more abundant life", secondly, the influence of this more abundant life will manifest itself to our fellowmen as Love. Thirdly, we will have lit within ourselves the "light of the world", "the light which cannot be hid."

The obstacle that the first decanate of Aries meets on the Path of Becoming is Serpens, the first decanate of Libra, Serpens, is the tempter in the Garden of Eden, the symbol of generation. The Serpent, which when raised upon the cross will cure its own sting, as the children of Israel were commanded to do.

The second or middle decanate of Aries is pictured as Eridanus, the river of the sky corresponding to the river of the Garden of Eden, "and a river went out of Eden to water the garden; and from it thence it was parted, and became into four heads." This river of Eden is the spinal column through which the creative spinal fire flows, is in the decanate ruled by Leo, the ruler of the spine. Its divisions are the four bodies which are out-growths of it. Eridanus, is in the decanate of the Sun's exaltation, also being in Aries an equinoctial sign, one of the four branches of this river of Eden. The river Eridanus extends into the other three quarters of

the Zodiac. This, then is the channel of regeneration, which will gather up and sublimate all the forces engendered, if we understand its proper use.

The impetuosity of the Arians is depicted by the story of Phaeton, the child of the Sun. Phaeton was very boastful (a trait of the undeveloped Arian) of his high and lustrous lineage. He was challenged by Epaphus, who had grown tired of his foolish prating, to prove his noble birth.

Phaeton ran to his mother, Clymene, in a rage for her to swear again as to his heritage. Clymene stretched forth her hands to the skies, and said, "I call to witness the Sun which looks down upon us, that I have told you the truth. If I speak falsely, let this be the last time I behold its light. But it needs not much labor to go and inquire for yourself; the land where the Sun rises lies next to our own. Go and demand of him whether he will own you as his son."

Away went Phaeton to the land of the rising Sun to gain the knowledge. He, at last reached the palace of his father, Phoebus, the Sun. When he approached his paternal presence, he was nearly blinded, the light was so great. The dazzling splendour of the palace of the Sun almost overwhelmed him.

Phoebus was so overjoyed at seeing his young son, that he not only claimed him as his son but promised him anything that he desired. Phaeton, straightway, asked for the privilege of driving the chariot of the Sun for one day. The father repented his rash promise, but he had given his word, and as much as he regretted it, knowing that he could only use the power of persuasion to deflect the purpose of Phaeton.

He told him that he was a mortal, and asked something beyond the power of mortals to perform, he warned him that the way was steep in places, while the latter part of the way descended very rapidly, that the way was infested with frightful monsters. He begged and entreated with all the father love and knowledge of facts to no avail.

With intrepidity, Phaeton turned from all the friendly admonition of the pleading father, determined to satisfy his mad-cap ambition. He was impatient for the time to start. At last Dawn, opened the gates of the east, the time was nearing for him to take his seat in the beautiful chariot, a gift

of Vulcan. The father, sad and heartsick gave him as his last instruction, a warning against the use of the whips on the steeds, as they would go fast enough, and to follow the marks of the wheels, not to turn as they would serve to guide him. "Go not too high, or you will burn the heavenly buildings, not too low, or you will set the earth on fire; the middle course is safest and best."

The impulsive youth sprang into the seat, took the reins and cracked the whip over their heads. The steeds soon sensed the load was lighter, so they gained in speed and the chariot bounced around from side to side. The youth soon became frightened as he did not know how to guide them. For the first time the Great and Little Bears were scorched with heat, the Serpent coiled up around the north pole. Phaeton began to wish he had never seen his father's horses he was sick at heart that he had been so presumptuous to take his father's place of authority.

He felt the poison of the fangs of the Scorpion surging through his veins, he lost his self-command, not knowing whether to tighten on the reins or to loosen them, he even forgot the names of the horses, he saw all the horrible monsters of the Zodiac. He finally lost all sense of resistance, the reins fell slack on the horses' backs. Without the restraint of a guiding hand the steeds dashed on at a greater speed, until everything in the universe seemed to be on fire. He felt the burning, scorching heat sapping up his blood, and true to type of all mortals when thus beaten and bruised at his own game, waited for some one to make an intercession for him.

The earth, having cracked open so that the fires of Tartarus shone through the chinks, its waters having dried up, lifted up her voice in supplication to Jupiter. She pleaded the cause of the Ocean around about her, of the Heavens above her until she fell in exhaustion of heat and thirst. Jupiter answered by a loud peal of thunder, and with his right arm sent forth a mighty thunder-bolt that struck Phaeton from his seat and sent him hurling through space. "Phaeton, with his hair on fire, fell headlong, like a shooting star which marks the heavens with its brightness as it falls, and Eridanus, the great river, received him and cooled

his burning frame." In this myth, we have depicted the impulsiveness of Aries, its pitfalls and redemption.

The third and mental decanate of Aries, ruled by Jupiter, as it is the Sagittarian decanate, is symbolized by Perseus. He, while standing in the third decanate stretches through the whole sign of Aries as his uplifted sword extends across the line of the Equinox. It was from that region that he rescued Andromeda, the Ethiopian Queen's daughter from the Sea Monster, Cetus. Cassiopea, the Queen, had boasted that she was fairer than the sea-nymphs, which was very offensive to Neptune, guardian and ruler of the sea. Perseus had just beheaded one of the Gorgons purported to be a personification of the strong billows.

This Gorgon, Medusa, had once been a beautiful maiden that was a rival against Minerva for beauty. Minerva (Pallas Athene), the goddess of wisdom deprived Medusa of her charms, changed her hair which was her chief glory into hissing serpents. Minerva is the feminine side of Scorpio, the regenerative force, as it is said that she sprang from the head of Jupiter full grown, clad in armour.

Mars, the male aspect of Scorpio and Aries, the God of War, fights for the love of seeing the bloody gore, but Minerva goes into battle only on the defensive side, a lover of peace and unity. The ocean is a symbol of the astral world. When the serpent fire, the creative energy is stirred without being raised to the head where it may spring forth as wisdom, it is seen by its victim as serpents and monsters of various descriptions in the astral world.

Perseus was a favorite of Minerva and Mercury. Minerva gave him the shield which was mirror-like. Mercury gave him his winged shoes, pouch and knife. The mirror-like shield of the goddess of wisdom, shows us that by retrospection we may transmute knowledge into wisdom. The winged shoes of Mercury gives to this mental decanate celerity of thought. The pouch symbolizes the medium of exchange, not necessarily money. The knife or spear of Mercury is the "two-edged sword spoken of in the Bible, the tongue, which "no man can tame": for "out of the same mouth proceedeth blessing and cursing."

Perseus was commissioned to slay the Gorgon, which

resided in the Scorpio decanate of Pisces. Flying over this region with the wings of Mercury, he espied the lair of Medusa, of whom it was said that she had the power of turning anyone into stone that looked upon her. Perseus looked into his mirror-like shield until he had flown down and cut off her head with his sword. He then placed her head into his pouch and flew to the rescue of Andromedeia, carrying her away as his bride.

We thus see how the regenerated physical force of Aries is sublimated into the regenerate mental power and becomes wisdom. We have left a few points for the reader to mine with his pick of intuition. The next issue will be the three decantes of Taurus.



THE STUDY OF BIO-ELEMENTOLOGY

(Continued from April Issue)

It is not our purpose to go into the metaphysical side of life, but we wish our readers to grasp the meaning of what we commonly speak of as Life.

In Webster's Unabridged Dictionary, we read, "the quality or character which distinguishes an animal or a plant from inorganic or from dead organic bodies and which is especially manifested by metabolism, growth, reproduction, and internal powers of adaptation to environment; the property by which the organs of an animal or a plant, or the organism as a whole, are conceived as maintained in the performance of their functions, or the state in which all or any of the organs of a plant or animal are capable of performing all or any of their functions."

The above is rather a long but quite explicit explanation of the physical aspect of what is generally understood of as Life. The phenomena of life are expressed thru two processes of organization, which are the antithesis of each other, catabolic and anabolism.

The catabolic process is the tearing down or death-dealing process which is continuously going on. The anabolic process is the building up process. The measure of life that we

are manifesting is to what proportion the anabolic process outstrips the catabolic process.

The unit of life is the cell. This structural unit of which animals or plants are built up, consists of a small, usually microscopic, mass of protoplasm (nucleated). This protoplasm becomes the basis of organized life, that is organized cells, or tissue. Proto-first, or primary-plasm-form, or mold, hence the primary substance of life. It is now regarded as the only form of matter in which, or by which the phenomena of life are manifested, thus we speak of it as being the physical basis of life. Protoplasm is a very complex substance, a thick viscous, semi-fluid or almost jelly-like. Chemical examination of protoplasm after the death of the cell shows that it is composed mainly of protein substances, but during life its molecules are unquestionably of a much more complex and unstable nature, and as long as the organism lives the protoplasm is the seat of more or less active chemical changes, both destructive and constructive.

There must be certain elements present in this protoplasm before there can be life or activity of any kind. The organic elements, Nitrogen, Oxygen, Hydrogen and Carbon, together with Sulphur. The organic elements, in the form usually expressed as sugar, fat and albumin, organize, form and fashion into cells after a particular pattern determined by the laws of Nature or God.

The organo-metallic elements, sulphur, iron, sodium, phosphorous, magnesium, calcium, potassium, manganese, fluorin and iodine, have a great deal to do without determining the particular kind of a cell to be constructed in an organ, for the functioning of that organ.

Man has passed through four distinct stages in his evolution, the mineral, plant, animal and his present human stage. He is related to each one of these by the different elements and structures of his body. He is related to the mineral kingdom through the organo-metallic salts, to the vegetable kingdom through his vegetative structures, (muscles, cords, tendons, capsules and hair), to the animal kingdom through his vital organs, while his nervous system and especially his soul relates him to the Kingdom of God (Man made in the image of God).

The process of fertilization and segmentation of the cell and its various stages of growth is rather complicated and the full description of which might prove rather technical but there are three stages that are very important to the student of Bio-Elementology.

When these cells have divided and multiplied into a mass of tiny cells in place of one large one, they form into the first crude ground plan, of definite layers or membranes of cells. In all higher animals three of these layers are produced. This first cluster of cells which looks very much like a mulberry from which it received its name, Morula.

When this cluster of cells reach a certain growth they form into a sphere with walls of a single layer bounding a completely closed central cavity, which is called the blasto-derm stage. Blasto-meaning sprout and derm-meaning skin. In other words this is the stage of the first or outer skin which becomes known as the Ectoderm.

The hollow sphere or platter-shaped sphere caves in on one side forming a U-shaped affair, which is known as the Gastrula stage. By this infolding, certain cells which were once on the outside now lie inside the body. Gastrula-is the Greek for stomach, which forms the inner skin or endoderm. By further infoldings, there is an additional layer forms between these two, which is called the middle or Mesoderm layer.

Thus we have the three famous and important germ-layers; it is in connection with these germ layers that mankind is divided into types, as Mental, Vital and Motive.

Each layer gives rise to organs and systems, a fact of far-reaching importance in diagnosis.

Geo. W. Dorsey in his book, "Why We Behave Like Human Being?" describes these layers and their outgrowth in a very understandable manner. "All one-cell animals consists of an outside and 'insides'. Through their outside membranes or cell-wall they keep in touch with the world."

"Our keep-in-touch-with-the-world mechanism (skin, hair, nails, all skin-glands and organs, lining of mouth, enamel of teeth, special sense organs, and entire nervous system) are all derived from the outside cells of the original hollow body when it caved in to bury certain cells inside the

body. From these inside cells we develop "insides"—food and air canals."

"Muscles and skeleton, blood, sex organs, did not appear until animal life had made much progress in evolution." In the embryo, they develop from the middle layer, the mesoderm.

The next important step in the building of the embryonic body, is cell differentiation, that is the cells change so as to be capable of working for the good of the whole. Some cells elongate, develop contractile fibrils, we call glands; others, becoming flat and horny, acquire the protective characters of skin; still others, sprout forth long threads which will conduct impulses, like living telephone wires, and thus become nerve cells; and so on through, until all the tissues and organs of the body are built.

(These lessons on Bio-Elementology will be continued in the next issue of this Magazine.)



THE GREAT PYRAMID PROPHECIES

In this series of lessons we shall endeavor to show why the present period of depression and unrest, but as the cause of any disease is deep-seated, often difficult of diagnosing, so also is any national or world problem far-reaching and deep-rooted.

As the physician takes a history of a case, so we, in order to properly diagnose to-day's cankerous condition must search the annals of history. We shall begin a long ways back. The Bible, too often is thrown into "discard" as a remedy for material problems, but we shall use it quite extensively in this thesis.

We all know the story of Jacob and his twelve sons, how Joseph was sold by his brothers into Egypt, on account of envy and jealousy because he wore the "coat of many colors" (see explanation of this in Esoteric Masonry). While in bondage in Egypt, Joseph became the Saviour of the people a type of Christ (who was yet to come).

When Jacob was old and about to die, Joseph brought his two sons, Manasseh and Ephraim for a blessing as the custom of the day. Jacob was very old and nearly blind and as he stretched forth his hand to lay it on the head of Ephraim, Joseph reached and took hold of his father's hand to lay it on Manasseh's head, as he was the eldest and in line for the first or greater blessing, saying, "Not so, my father; for this is the first born; put thy right hand on his head."

The father, however, refused, and said, "I know it, my son, I know it: he also shall become a people, and he also shall be great: but truly his younger brother shall be greater than he, and his seed shall become a multitude of nations." And he blessed them that day, saying, In thee shall Israel bless, saying, God make thee as Ephraim and as Manasseh."

There are many writers on this subject that say that Manasseh represents England and Ephraim, the United States, but they turn the blessing around.

We do not wish to stimulate undue pride in the fact of the United States receiving the greater blessing, as with the blessing comes responsibility. As the two sons of Joseph, a saviour to his people, so also the United States and England are destined to be the Saviours of the World. In the light of this our great responsibility it is high time we quit fighting the Revolutionary War and band together as blood-brothers (which we are) and shoulder our cross as did the Saviour on Golgotha. We, to-day, are in Gethsemane.

We cannot, however, stop here, but must trace the sons of Israel down the corridors of time. Earlier in Jacob's life when he was on the way to meet his brother Esau, he met and wrestled with an angel, resulting in his receiving a new name, that of Israel, "Thy name shall be called no more Jacob, but Israel: for as a prince hast thou power with God and with men, and hast prevailed'."

The twelve sons of Jacob or Israel, became heads of tribes or clans. The family of Levi did not form a separate tribe, but was the priestcraft of all the tribes. From the time of Moses to the death of Solomon they were one nation, Israel. Up to that time, the term Jew was unknown. The kingdom was divided just before the death of Solomon. The

prophet speaking to Jeroboam said, "Behold, I will rend out of the hand of Solomon, and will give ten tribes to thee: (But he shall have one tribe for my servant David's sake. the city which I have chosen out of all the tribes of Israel); But I will take the kingdom out of his son's hand, and will give it unto thee, even ten tribes. And unto his son I will give one tribe (Judah) that David my servant may have a light always before me in Jerusalem, the city which I have chosen me to put my name there.—I will be with thee, and build for thee a sure house as I built for David, and will give Israel unto thee".

These ten tribes of Israel and a part of the tribe of Judah since they escaped from Assyrian bondage (about 610 B. C.) has been spoken of as the "lost tribes of Israel", as their identity has been concealed under many names. Hosea 9: 17; we read, "My God will cast them away, because they did not hearken unto him: and they shall be wanderers among the nations", but according to I Peter 1: 5 - "Who are kept by the power of God through faith unto salvation ready to be revealed in the last time".

"I would scatter them unto the nations — that the name of Israel may be no more in remembrance."

By the light of history, we find these people, having escaped from the bondage of the Assyrians, pushed westward, and were the vanguard of civilization as it reached farther and farther westward. It is only natural that they would after many centuries of wanderings amongst strange people, have become a people of many tongues. The English speaking people has a language peculiar to all other tongues in that it is made up of many other languages. St. Paul said "With men of other tongues and other lips will I speak unto these people." I Cor. 14: 21, quoting the prophecy of Isaiah, "For with stammering lips and another tongue will he speak to his people." Isa. 28:11.

The ten tribes became so lost as to identity, that the word Jew today is conceded to mean the Israelites. While the Jew is Hebrew, not all Hebrews or Israelites are Jews. Jew was taken from the word Yehudim meaning remnant. The physiognomy of the Jew, was to be as a sign by which they should be known. "The shew of their countenance doth

witness against them". The so-called Jewish type of face is due to their intermingling with the Syrians and Arabs.

When the ten tribes of Israel were first overthrown it was because they left off the old Mosaic religion and took the worship of Baal, or the worship of the Sun but with the introduction of Christianity they went back to their allegiance with God, whereas the Jews have adhered to the Mosaic ritual.

We have many Biblical references to prove that the "lost tribes of Israel were destined to settle in the British Isles and become a great nation. Isa. 4: 5, 6. "Fear not: for I am with thee; I will bring thee from the west; I will say to the north, Give up; and to the south, Keep not back; bring my sons from far, and my daughters from the ends of the earth; Even every one that is called by my name: for I have created him for my glory, I have formed him; yea, I have made him."

That this place was to be islands, Jer. 31: 10, "Hear the word of the Lord, O ye nations, and declare it in the isles afar off, and say, He that scattered Israel will gather him, and keep him, as a shepherd doth his flock." II Sam. 7: 10 "Moreover I will appoint a place for my people Israel and will plant them, that they may dwell in a place of their own, and move no more; neither shall the children of wickedness afflict them any more, as beforetime.

The English speaking people have this place of safety, the British Isles. For over nine centuries they have lived in this place of safety, during which time many attempts have been made for their overthrow but to no avail. The "Jew" on the other hand has had no abiding place, no settled home, they are a people "without a country", not a "planting" but a continual uprooting; instead of freedom, persecution and affliction have been their lot.

In Isa. 49: 12, the place of their inhabitation was described as isles north-west of Palestine and in verses 19-20, that these isles would be found too small for them, thus forming colonies of which some would break away as did the United States, but are in reality the same people.

We recommend that you read the whole chapter Isa. 49 as a description of the history and activities that these two nations were to carry out in centuries after these prophecies

were written.

Another prophecy that particularly marks "this peculiar people is in Dan. 2-44, " a kingdom, which shall never be destroyed". The story of the image that Nebuchadnezzar saw in his dream with the head of gold, the breasts and arms of silver, the belly and thighs of bronze, its legs as iron and its feet and toes of iron and clay mixed. This was interpreted to mean that the kingdom of Nebuchadnezzar, Babylon, was the head of gold. He had the richest kingdom of history, but it was to be overthrown by the arms and breasts of silver, Mede and Persia, which in turn was overthrown by the Greek, representing the belly and thighs of bronze. Then the Greeks had to give way to the Romans, the legs of iron. "And the fourth kingdom shall be strong as iron; forasmuch as iron breaketh in pieces and subdueth all things; and as iron that breaketh all these, shall it break in pieces and bruise".

This very well describes the rule of the Romans. As the image had two legs, Rome was divided into the Eastern and Western divisions, also into the Greek and Roman Catholic Church. The feet and toes of the image "were part of iron, and part of clay, so the kingdom shall be partly strong, and partly broken. And whereas thou sawest iron mixed with miry clay, they shall mingle themselves with the seed of men; but they shall not cleave one to another, even as iron is not mixed with clay". Rome was divided into ten kingdoms, by marriage and intermarriage, ties have been formed with a view to strengthening and cementing together the broken parts of the divided kingdoms, but all efforts have failed.

Then we come to the kingdom of stone, which smote the image upon its feet and destroyed it utterly. This stone kingdom is England together with her sister nation the United States described by "the stone cut out of the mountain without hands, and that it brake in pieces the iron, the brass, the clay, the silver and the gold".

Britain was "cut out" of the Roman Empire, being voluntarily abandoned when the Goths over ran Italy and laid siege to Rome itself, taking it in 410 A. D. and since 1610 A. D. has been entirely independent from the other nations of Europe. It was not only "cut out" politically but also

from the continent in a geographical sense, when it separated from the mainland by natural forces, making it an island "cut out without hands", like a stone detached from a mountain, exactly as described by Daniel.

In the prophecies of Daniel there is a time element given that should be of especial interest to Astrologers, now, when so many are debating as to when we "enter" Aquarius. We shall deal with that in connection with those given in the Great Pyramid in the next issue.

ESOTERIC MASONRY

(Continued from April Issue)

In our first installment, we dealt with the relationship of Esoteric Masonry to Freemasonry. As we look about us, we see beautiful houses, great, massive skyscrapers, bridges and many evidences of concrete, material expression, but do we stop to think that all these things originated in the invisible world? Before even a chair or table can be brought forth into the form of which it partakes some one, somewhere had an idea, perhaps he took a pencil and paper and sketched out a rough draught of what he saw or gave birth to in the invisible.

The great architect of the Universe has drawn a blue-print of our activities and relationships which is in the hands of his workmen, we are the chairs and tables in material form. We have been given the key to read that blue-print in the form of what is known as the Mysteries. Esoteric Masonry is one of them.

It is said that a man is never asked to become a Mason, he must have an urge from within. He, then, expresses this wish to another Mason, after which he is given certain tests as to his purpose, integrity and so forth.

Scientific research has found that in the lowest form of cell life that there must be some urge within the cell before it can change it's method of cell-division. The environment may supply the cause of need for change but it never changes the cell, the change must come from within. So it is with

the prospective mason, some word, some experience, something, perhaps, unconsciously has awakened the latent or sleeping mason within.

"We are all sparks from the Divine Flame capable of being fanned into a flame of like nature." Experiences are the fanning processes. "The purpose of life is experience not pleasure". The fanning process may be varied but its reaction is ever the same, that of revealing the dormant Divinity of Selfhood. The Divinity within must be awakened before he can cognize the Divinity without.

The one requirement of Masonry is the recognition of a Supreme Being, the method of approaching or worshipping that Supreme Deity is immaterial. The true candidate (the word candidus implies, a "white man") must be white within, symbolically he is robed in white, he must have no inward soil or stain that might obstruct the Light which he professes, by seeking admittance, to be seeking with all the intensity of his being. "As a hart panteth after the water brook so pant I after Thee". Masonry was designed to teach self-knowledge but that involves a greater and deeper knowledge than the average candidate of masonry has conceived.

The Lodge Room is a Temple and as the first Temple or Tabernacle was designed after the pattern of the Universe, so the furniture and trappings of the Lodge Room is symbolic. The references made in the instructions are not of the building or room but to the individual as the building itself is but a symbol. "Know ye not that we are the temples of the Most High; and that the Spirit of God dwelleth in you?"

A "Lodge" is defined to be "an assemblage of Freemasons, duly congregated, having the sacred writings, square and compass, and a charter, or warrant of constitution, authorizing them to work." This defines the Exoteric Lodge, but the individual becomes the Esoteric Lodge, as he is an assemblage of free-spirits or cells, etc.

The entrance into the Lodge Room is between two columns. On our entrance we first saw light, so the entrance into the Lodge room is to see the Light. The candidate represents the rough ashlar, his work is to hue and polish that ashlar or stone so that it becomes a perfect cube.

The freshly mined piece of carbon that later is known as the diamond has a rough and unsightly exterior. It is only through much grinding and polishing that its luster and beauty shines forth. While under the lathe of the lapidary it cries out in a most excruciating protest.

The dimensions of the lodge are described to the mason by the symbolism of "Jacob's ladder", which he saw extending from earth to heaven, by which angels were ascending and descending. This ladder is pictured as having nine rounds. These rounds are symbolized by the Sun and Moon and the other seven planets. This is also symbolized by the seven branched candlestick.

The "Jacob's ladder" is a symbol of the spinal canal through which flows the very essence of Being, along which are stations or rather gates, which are in turn ruled by the planets. It is to know and understand the method of opening these gates that Esoteric Masonry was established. The ladder truly reaches from earth to heaven. If this essence of life is left to lie dormant at the foot of the ladder, as Jacob lay sleeping, the individual is tied to the earth and is only animal. If, however, the gate at the foot of the ladder is opened and this force, like the prodigal "arises and goes to the house of my father" or unites with the centers or gates in the skull or Golgotha the aspirant or candidate becomes one with the Deity or Unity.

The lodge room is officially described as "an oblong square; in length between East and West in breadth between North and South, in depth from the surface of the earth to its center, and even as high as the heavens." We might interpret this to mean man and his human constitution and spiritual evolution. Man is symbolized by the square or four-sided figure. Four is the arithmetical symbol of manifested or physical form. Spirit or the unmanifest and not physical is symbolized by the number three, the form of the triangle. The four-sidedness of the lodge or square represents the four elements, earth, fire, air and water. The earth symbolizes the physical, material body. Fire, the will or motive force; air, the mental activity; water, the psychic and emotional nature. The East of the Lodge represents man's spiritual nature, while the West, the opposite pole, consciousness

expressed in the material world. The east is recognized as the source of light, the west the source of darkness. Midway between the east and the west is the meeting-place whereby the mason gains spiritual intuition and rational understanding. This is the place of the Sun at Mid-day, its opposite or antipodes is North, the sphere of ignorance, ascribable to the sense-perceptions and impressions received from that lowest and least reliable source, the lower sense-nature.

The four sides of the Lodge refer to our progress in consciousness, through the four steps. Sense-impression (North), reason (West), intellectual ideation (South) and spiritual intuition (East); making up the four sources of knowledge.

The foot of the ladder stands upon a base of three concrete steps, Faith, Hope and Charity. These three basic principles must be at the very heart of the mason or neophyte or he will certainly fail ere he has climbed very high on this ladder.

The Lodge is supported by three great pillars, Wisdom, Strength and Beauty. These are attributes necessary to attain to understand and keep the Temple a fit dwelling place for the High Priest to enter. It was said of the boy Jesus "he increased in wisdom and stature and in favor with God and man."

The Groundwork of the Lodge is "checkered" in black and white, symbolizing the vicissitudes of life, good and evil, the war between Michael and Satan. While around the pavement is the indented or tessellated border which represents the all-embracing and surrounding Presence. Divine Love, that "sticketh closer than a brother", who "is closer than hands and feet".

The covering of the Lodge represents the canopy of the heavens. As the floor or pavement represents the material side of life so the canopy or covering symbolizes the spiritual source or fountain and also symbolizes the outer covering of the body or "aura". This aura is described in the Bible "as the coat of many colors." It is an emanation of ethereal substance which extends around the body for about the space of sixteen inches and is seen by those that have clarified vision. The thoughts, emotions and desires are reflected into the aura in many colors and shades. The higher the ideals and life,

the brighter and clearer the colors, while the unclean life and impure thoughts, desires and emotions, reflect as dark, murky, unsightly and inharmoniously blended colors. The clothing of the Lodge officers symbolizes the various etheric coverings of the body as man progresses in his statement of reaching from earth to God.

So Mote It Be.

“PALLAS ATHENE”

(To Be Continued in Our Next Issue)

“Truth is with'n ourselves. It takes no rise
From outward things, whate'er you may believe.
There is an inmost center in ourselves
Where truth abides in fullness; and to know
Rather consists in finding out a way
Whence the imprisoned splendour may escape
Than by effecting entrance for a light
Supposed to be without.” Browning.

DEPARTMENT OF NUMEROLOGY

(Continued from April Issue)

5 is 2, 1, 2 or 3 and 2, or 4 and 1, expresses as expansion, inclusiveness, comprehension, understanding, judgment, justice, reaping and harvesting. In the second tetractys, 5 becomes a higher vibration of 2, so it has to do with the reproduction of self in the material world, increase fecundity, propagation. 5 indicates personal liberty, attracted by everything, held by nothing. Inspiration, optimism, variety, vision, fascination and companionship. 5 is indissolubly connected with 7. Christ fed his disciples five loaves and two fishes, and of the fragments there remained twelve (five and seven) baskets full. It is ruled by Jupiter. Its symbol is the five-pointed star-man with his arms outstretched, feet spread and head erect.

6 is 3 and 3, 2, 2, 2, or 4 and 2, etc. The number of co-operation, marriage, love of home and respectability, work for works sake, the comforter, the willing helper. 6 has always been connected with work, as the six days of creation.

As 3 and 3, the interaction of the spiritual and material, the mental and the physical in man. Art, music, dancing, rhythm, harmony and peace. It is ruled by Venus. Its symbol is the interlaced triangle.

7 is composed of the trinity of the 3 and the square of the 4—the threefold spirit and fourfold body. It is the sacred number, of which it is said that it must have been the favorite of the Gods, as they made so many sevens. There are seven planets, presided over by seven archangels. Seven colors in the rainbow; seven days in the week; and seven and five make the number of months, tribes, and apostles. Pharaoh saw in his dream seven fat and seven lean kine, seven good ears and seven blasted ears of wheat; and there were seven years of plenty, and seven of famine. 7 becomes the first number of the third tetractys. The cycle of evolution, wisdom, perfection, equipoise, balance, rest. The seven is the number of the recluse, should never marry. It is ruled by Uranus. Its symbol is the interlaced triangle with a dot in the center as the soul of things.

8 is 4 and 4, or 4 twos, or 5 and 3, expressing reconstruction, reaction, revolution, disintegration, dissolution, segregation, successful in commercial expression. Directors, organizers, employers industrial heads. If the cube is opened up in a certain way it will describe a cross—4 and 4 are 8, which represents a double cross. 8 represents the initiate that is able to bear the double cross, but few are able to reach the higher vibration of the 8, but instead become masters of wealth on the material plane. It is ruled by Saturn. Its symbol is the double cross or the hour-glass.

9 is composed of 3 threes, 6 and 3, 4 and 5. The number of regeneration. A new birth. As composed of 3 threes, symbolizes intellectual, spiritual and material knowledge, or the completeness on the three planes. The number of initiation, premonition, sense-extension, going forth, and voyaging. As 9 is the square of 3 (3x3) it represents Deity descending into humanity, or evolving through man until squared, or until through initiation he has manifested the Divine on 3 planes—spiritual, mental, physical. It is ruled by Vulcan. Its symbol is the cross which brings things to an end and prepares them for a higher cycle.

"Nine—that is to say, the nine digits—is the basis of numbers, and therefore of time, space and proportion, which cannot be expressed in any terms but those of numbers. The ancient number philosophy was the basis of every symbolic system of expressing the nature and attributes of Deity that the world has ever known. Even where important number symbols are apparently independent of 9, it will be found that they are all based thereon. Its connection with geometry is fundamental."

"It is well known that any number, great or small, multiplied by 9 will give a product the sum of whose digits will exactly equal nine. This merging of everything into 9 was likened to consumption by fire, which caused 9 to be termed the number of Vulcan, which latter name was derived from Tubal Cain, the Semitic "spirit of fire", that which resolves all that it attacks into its original elements."

(Frank C. Higgins, F. R. N. S. in "The Beginning of Masonry").

"Nine thus stands in the great old number philosophy as the representative of the primordial substance from which all emanated and to which all must eventually return. The remaining eight digits were accepted as the elements of the "dual principle," embracing positive and negative, spiritual and material, male and female, odd and even, etc. The spiritual or "male" numbers were the indivisible "odd" ones; while those representing matter, the female principle, were "even" and divisible".

In adding a column of figures, as for instance in adding the digits of a name, one can omit or cancel all of the nines or combinations that go to make up a 9, and when the digits of such sum are added together it will be found to be the same as though all the 9's had been included. This will be found to be a short cut in adding.

Our names are not given to us by chance, but by Divine Law. We attract the name that is best suited to us for the working out of a certain portion of our Life's Pattern; it is the sum total of the result of past lives and shows to what degree we have been awakened to the Divinity within. Everything is named according to its vibration.

TABLE OF TRINITIES

OURSELVES			THE OTHER FELLOW				UNIVERSAL			
1	2	3	4	5	6	7	8	9	11	22
A	B	C	D	E	F	G	H	I		
J	K	L	M	N	O	P	Q	R		
S	T	U	V	W	X	Y	Z	⌘		

Before one can analyze a name, they must set up a life chart. In doing this always use the full name given at birth. Any changes made in later life does not change the characteristics born with the individual. We may change the path of our life by choosing a different name, but the birth-name still colors the new name, to a certain degree. The maiden name of a married lady should always be used in the analysis of a Numberscope. The married name only used in relation to a "success chart".

As an example we will use the chart of Abraham Lincoln.

		3 plus (15-1 plus 5 equals 6) equals 9												
		3 plus 15 equals 9								Inner Self				
1		1	1			9		6						
A	B	R	A	H	A	M	L	I	N	C	O	L	I	N
	2	9		8		4	3	5	3		5	5		
		23				plus		19 equals 6		Outer Self.				
		5						10-1						
1	2	9	1	8	1	4		3	9	5	3	6	3	5
		26								34				
		8				plus		7		equals 15 (6)				
										Every Day Self.				

Feb. 12 1809 Date of Birth
 2 3 18-9 equals 14-5 Life Lesson or Life Path
 (you will observe in the above, we use the number of the month)

We place over the name the number value of each vowel in the birthname. (Consult the table of values in the previous lesson). These are added together, each name by itself, and placed above each name. Then the digits of each name are added together, which if necessary, are also reduced to one figure, by adding the numbers together, called the digit. The result of this addition gives the Inner or Soul Self of the individual.

We place under the birth-name, the number value of each consonant, in the same manner as we did the vowels, refer-

ing to the Table of Values for the number to place under each consonant. These numbers added together, as before give us the Outer Self. In the case of the chart above, the Outer Self was 6.

The values of all the letters of the name, both vowels and consonants, and added together, each name separately, give us the vibration of the Every Day Self. The Every Day Self reveals what he put his aim to do; his mental equipment; what he had already worked out in his destiny. In the case of the above chart it was 6.

Our names are symbols for what we mean to the world from the vibration we emanate. Our birth-name is the log-book of our life from accumulated past experiences. Our birth-date shows our road-map for this present life, what we came to learn and do. Before we can analyze a name we must know the value of each number basically, positively, and negatively.

(to be continued in next issue)

To the God Who is in the Fire and Who is in the waters;
To the God Who has suffused Himself through all the world;

To the God Who is in summer plants and in the lords of the forests;

To that God be adoration, adoration.—Upanishads.

God is a light incapable of receiving its contrary (darkness).—Pythagoras.



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PRIMARY ASTROLOGY

(Continued from April Issue)

We wish you to learn to correlate the Signs of the Zodiac with certain parts of the body, so that when you think of a sign, you will immediately link it up with a certain part of the body.

SIGN	PART OF BODY	SYMBOL
1. Aries	Head	Ram
2. Taurus	Throat & lower jaw	Bull
3. Gemini	Chest, shoulders & arms	Twins
4. Cancer	Stomach	Crab
5. Leo	Heart	Lion
6. Virgo	Abdomen	Virgin
SIGN	PART OF BODY	SYMBOL
7. Libra	Kidneys & loins	Scales
8. Scorpio	Rectum & sex organs	Scorpion
9. Sagittarius	Hips & thighs	Centaur
10. Capricorn	Knees	Sea-Goat
11. Aquarius	Ankles	Water-Man
12. Pisces	Feet	Tied-Fish

Also the Symbols for each sign, as to a large extent the sign carries an influence that develops certain characteristics which in some way resembles the symbol of the Sign.

Aries rules from about 21st of March to the 21st of April.

Taurus rules from about the 21st of April to the 21st of May.

Gemini rules from about the 21st of May to the 21st of June.

Cancer rules from about the 21st of June to the 21st of July.

Leo rules from about the 21st of July to the 21st of August.

Virgo rules from about the 21st of August to the 21st of September.

Libra rules from about the 21st of September to the 21st of October.

Scorpio rules from about the 21st of October to the 21st of November.

Sagittarius rules from about the 21st of November to the 21st of January.

Aquarius rules from about the 21st of January to the 21st of February.

Pisces rules from about the 21st of February to the 21st of March.

The twelve signs are divided (1) into triplicities; the fiery, earthy, airy and watery; agreeing with the four elements into which the Ancients divided the natural world; (2) into quadrates, the cardinal, fixed and mutable. The cardinal signs mark the beginning of the four seasons of the year; fixed, as these points of the zodiac have been found to produce fixity of character or conditions; and mutable, as these points have been found to produce flexibility and changeability.

The fiery signs are Aries, Leo, Sagittarius. Fire is the symbol of Spirit. It has been shown to contain within its flame the three primary colors. These colors correlate with the Spiritual triune and the fiery triplicity as:

Aries	Blue	Father	Creator
Leo	Yellow	Son	Preserver
Sagittarius	Red	Holy Spirit	Destroyer

The earthy signs, are Taurus, Virgo, Capricorn. The earth being the sphere of material expression, the signs ruling it produce beings whose aims are to conquer it or control it to their benefit. There are three principal divisions, the hills and valleys ruled by Taurus, the chemical constituents of the earth ruled by Virgo, the hills ruled by Capricorn.

The element air symbolizes man's thoughts or mental power, that which raises him above the earth or animal stage. It is divided into three parts as:

Gemini—the practical, every-day reasoning mind.

Libra — the perceiving, impressionable or sub-conscious mind.

Aquarius—the universal reservoir, intuitional or super-conscious mind.

The element water symbolizes the astral currents, the sea, and is correlated to the emotions, feelings and desires.

Cancer represents the inner, or personal feelings, hence, is concerned with the home, things of an intimate nature. As

to the division of the waters, it represents the rivers and lakes or the inner waters.

Scorpio represents the emotions and desires of the passionate nature, or the tempter that puts to tests the inner man. As to the division of water it represents stagnant pools, sewers, and viscious fluids.

Pisces represents the feelings which are open to impressions and moods incited from without. As to the division of water it represents, the ocean, also the astral world or sea.

The Cardinal Signs are Aries, Cancer, Libra and Capricorn. They produce a consciousness of self which reflects in the outer world as leadership, initiative and originality.

The Fixed Signs are Taurus, Leo, Scorpio and Aquarius. They reflect to the outer world as stability and firmness.

The Mutable Signs are Gemini, Virgo, Sagittarius and Pisces. They reflect changeability and flexibility.

The signs are divided, also, into male or female or positive and negative signs. Into diurnal and nocturnal and bicorporeal signs.

The odd numbered signs or Aries, Gemini, Leo, Libra, Sagittarius, Aquarius are male or positive signs. The even numbered signs or Taurus, Cancer, Virgo, Scorpio, Capricorn and Pisces are female or negative signs. The male signs are diurnal signs, the female, nocturnal.

All the fire and air signs are male, all the earth and water signs are female. Each quadrate has two male and two female signs.

The cardinal signs represent the initiative or starting ability, the fixed signs represent the material or capital used and the mutable signs represent the work required to be done.

The mutable signs "work" for the love of working, the male or positive signs of this quadrate do theirs objectively or on the practical or positive plane, while the female or negative signs of this quadrate work subjectively or on the negative plane.

The male or positive signs of the fixed quadrate show or give their possessions to the world, the female or negative keep their possessions, either spiritual or material, for themselves.

The male or positive signs of the cardinal quadrate express

their activity to the world while the female or negative signs of this quadrate keep their activities for those more intimately or closely associated with themselves.

Draw the circle described in the last lesson, place the name Aries in the first division below the horizontal line on the left hand side of the circle, Taurus in the one next below and so on around the circle, working from left to right. Mail these to us, as we wish to have a personal touch with all students that follow these lessons.

The triplicities are each made up of one cardinal, one fixed and one common sign.

The bicorporeal signs follow the fixed signs; and, being thus placed between the fixed and cardinal signs they participate in the constitutional properties of both, from their first to their last degree.

(to be continued in next issue)

TIMELY CHATS ON DIET AND HEALTH

The first thing to consider in the suggestion of diet is that of what food is, or its requirements to be deserving of the name of food. The chief functions of food are to yield energy, to build tissues and to regulate body processes. Any substance taken into the body that does not answer to at least one of these requirements is not food no matter how pleasing to the taste it might be, and should be eliminated from the diet. There must be a distinction made right at the beginning of the study of diet from appetite and body building requirements. Appetites are false, built up through habit and desire. The body requirements vary according to the individual.

Most of the nutrient material contained in food requires some change to bring it into the exact forms most useful in nutrition. These changes takes place as a rule in the digestive tract and constitute the processes of digestion.

The process of absorption or assimilation of these changed particles of food, from the digestive tract is known as metabolism. Metabolism consists of either a building up process or a tearing down. If one is gaining in flesh and energy, then the building up process is greater than the tearing down

and vice versa. There are certain foods adapted for each process.

The chemical changes and the transformation of energy, of course cannot be separated, but it is customary to speak of the metabolism of matter and the metabolism of energy. The metabolism of matter is measured by the amount of end products eliminated. The metabolism of energy is measured by the amount of heat, or of heat and external muscular work, which the body throws off.

The metabolism of matter and the metabolism of energy are normally supported by food; but if the required food is not supplied to the body, the metabolism continues at the expense of the body substance. As long as a spark of life exists in the body, the expenditure of energy never ceases, because it includes the work involved in carrying on the internal processes which are essential to life itself; the expenditure of matter cannot cease as the energy for this necessary work is obtained by the breaking down of the body substance into simpler forms, many of which become of no further use to the body and must be eliminated. The body substance is built up of organic compounds. We thus see that when the food supplies sufficient energy, the body substance is protected and when the food is insufficient, the body substance is burned as fuel.

If, we consider the requirements of food intelligently, we must first learn whether the fuel requirements, that is the needs for heat and energy metabolism have been supplied.



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"Honor God above all things, that he may rule over you."
 "Whatever you honor above all things, that which you so honor will have dominion over you. But if you give yourself to the domination of God, you will thus have dominion over all things."—Pythagoras.

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