

If this highly important food question were made *the most prominent feature* in our school training; if it were commenced early and continued late; if it were put before the young in a simple, attractive way, and they were thoroughly imbued with the necessity of making it the pivot upon which turn the issues of life, they would start upon their career with some knowledge that would stand them in good stead, instead of being sent forth in utter ignorance of the elementary principles of their own lives. And the tide of physical degeneration would soon be turned.

In conclusion, once we become impressed with the reality and weight of such considerations as these, it behoves us, not only to apply the new principles of life to our own methods of living, but to see what we can do to enlighten and help others. The vast majority of our fellow countrymen still remain in total ignorance of the subject, though the principles involved are so simple as to be easily grasped by the most ordinary intelligence, and withal so vitally important as to form the pivot upon which all our chances of long life and healthful happiness depend.

Opportunities of helping on the work of national regeneration are within the reach of all; each one of us may prevent suffering in himself by at once commencing to live upon natural and hygienic diet, and thus by constituting himself an object-lesson help to spread abroad truth concerning this matter.

William E. Cooper.

DOES IT MATTER.

- DOES IT MATTER whether we understand the Laws of Nature, or in ignorance violate them?
- DOES IT MATTER whether we are ill or well; whether we produce or take steps to prevent our physical ills?
- DOES IT MATTER whether we live "haphazard" and blindly follow established customs?
- DOES IT MATTER with what inheritance of mind and body we handicap our children's lives?
- DOES IT MATTER what influence we exert by our personal example?
- DOES IT MATTER that thousands cut short their lives by wrong living; lacking knowledge of physical laws?
- DOES IT MATTER that wrong diet sows the seeds of the Drink Crave, and paves the way for Intemperance?
- DOES IT MATTER that Want and Starvation are in our midst, whilst millions are spent annually on flesh food, which is wasteful, and unnecessary to human life?
- DOES IT MATTER that such food is costly, and dangerous to health, while the fruits and grains of the earth are pure, cheap, and all-sufficient in nourishment?
- DOES IT MATTER that flesh-eating is responsible for the horrors, the cruelties, and the demoralizing effects of the slaughter house?
- DOES IT MATTER that torture and suffering to innocent life is inseparable from the cattle traffic and butchering trade?
- DOES IT MATTER that killing for "Sport" is justified by the practice of flesh-eating, and that fashion demands the victims of "fur and feather"?
- DOES IT MATTER that the Glad Tidings or Peace on Earth are mocked by the moans of dying animals?
- DOES IT MATTER that we celebrate Christ's Birth with carnage, and substitute the sacrifice of the helpless for the sacrifice of personal indulgence and the lower self?
- DOES IT MATTER whether we think of these things and shrink from answering them, or whether we boldly face them, and so help on the progress of the world?

Frances L. Boulton.

Practical Metaphysics.

This dear old planet is fairly quivering with the great wave of light that is sweeping over it. Call it what you like, words are nothing, but the fact is apparent to every man who has eyes to see and a heart to understand, that the light of Truth is at last breaking over a weary world.



No more sickness! No more sorrow! No more poverty! This wonderful truth is for you if only you will receive it and will place no barrier between you and its fulfilment. You are to be master. You are to overcome your conditions, and your conditions shall not overcome you.

Metaphysics! What different meanings the word has to different minds! How much depends upon our view point! Let us take the broad view and realize that it relates to the measuring of philosophy, and understand that the study of metaphysics relates to the harmonizing of the physical as well as the spiritual man.

To be sure here we are in the midst of all kinds of theories andosophies, isms and creeds—schools which claim to represent the 'new thought' and which feel that they have a corner on the truth and a reserve seat in the front row. Now we are going to look at this 'new thought,' which by the way, is not new at all, from the standpoint of a thinking individual. We know that if a thing is true, it must conform and harmonize with everything else that is true, because only that which is true is everlasting, and all else must fade away.

Discrimination is the first round on the ladder, so we will adjust ourselves in this thought of Life and Light that is so beautiful to the eyes that are open; and soon we shall know for ourselves the Way, the Truth, and the Light.

Let us be *practical*, and in being practical we will commence by simplifying things somewhat, and coming into an understanding with the realities of life.

We have had so much 'theory'—let us affirm that the aristocracy of the twentieth century shall be distinguished by health and beauty of body, intelligence and harmony of mind and conditions; and then we will prove it—not only think about it—but solidify that thought into action.

It is no longer interesting to be an invalid. The day when people 'enjoyed poor health' and were interesting objects of sympathy, is past; and by the way, do stop condoling with those who are manifesting physical in-harmony—and do not go to the other extreme and tell a man he is *not* suffering when he knows he *is*.

Teach people how to overcome; remove the obstacle; show your patient the way, and do treat him like a reasonable being. Remember that each mind is different, each mind requires a different chord, for it is attuned to a different key. The man who responds to the chord of G will never be moved if you strike the chord of D in dealing with him; so you see you must first reach your patient, become attuned to his vibrations, and when you are in harmony with him inspire him to overcome his in-harmonious condition and be master of himself.

Never too Late to Mend. No case is hopeless until the soul has left its dwelling place for all time. Health, full, free, vigorous is the demand; and what we demand, knowing it is ours, by every law of Nature we shall certainly have.

The day we are passing on this planet is but one of many days. Man never steps outside of the Universal Life, but while he is on this planet he is using for the vehicle of his soul-expression an instrument, the superb mechanism of which should be comprehended and used instead of abused, as is too often the case.

Now right here is the study of the law of use. We find a mode of thought whereby we are enabled to grasp the principles that exist as causes and effects in human life, and to *apply* them practically in our individual lives.

Some people seem to imagine that they can break every Law of the Creator and then by their suggestion avoid all the consequences or inharmonious results of their vain attempt—for of course no one can break a Law, he only attempts to do so. You might just as well throw yourself in front of a moving car and ask your suggestion to stop the car or keep your body from being hurt if the car strikes you. It is what the old-fashioned churchmen would call "tempting Providence;" and sometimes these students of the new thought forget in their enthusiasm to use their common sense.

Common-Sense and Diet.

How really useful it would be if we students of metaphysics would always use that much neglected quality of common-sense in our researches. Not long ago one of our leading and prominent teachers had an article in her journal on Diet. In it the writer gave this thought, that a man can eat anything he pleases—flesh of all kinds, boiled pork and cabbage—in fact anything, and then 'treat' himself and it will not affect him.

What I would like to know is, what is the use of filling your body with destructive vibrations and then spending your valuable time in overcoming them. Why not think, live and act *constructively* all the time, and use your force in a better way?

Of course if a man wishes to make a charnel house of his stomach, poison his system with the vibrations of fear which infill the stricken creatures whose bodies are his food, that is his privilege. But do not be surprised if disease on all planes attacks him whilst he is taking into his system those forces that attract disease.

Do not think the study of diet has nothing to do with the study of metaphysics, for it really is of vital consequence. Every force you take into your body, every breath you draw, partakes of one of two qualities, construction or destruction, love or fear.

Everything you eat and drink, every thought, every action, builds or disintegrates you. Do not you see then that your food is to be carefully chosen, that the chemistry of food corresponds closely to the spiritual alchemy, and that in knowing yourself and the laws of your being you find the perfect way?

These teachers and students of truth who declare that they are going to remain in their present bodies for ever, must remember one law, and that is that like attracts like, and what belongs to them is all they can have. They can remain in the body just as long as they build it with vibrations that construct, but every vibration of fear which enters the body in any way carries its disintegrating force. The law of the Lord is perfect, and only in perfect life and perfect strength can we overcome the last enemy, which is Death.

At one of our recent meetings the question of flesh-eating came up, and one student said she did not understand why man should not have dominion over everything; that she was in the habit of eating three square meals a day, and eating everything but the dishes. Another student remarked that she would rather eat the dishes than most of the stuff that was put before her. Now you see it is all lack of understanding. We believe in three meals a day ourselves, but we believe in the constructive foods, and that the preparing of food is one of the most important acts in the world, and one that is the least understood.

Self-Culture. Ah! How we hunger for the fruit that is afar on the hills, and how indifferent we seem to that which is within our reach.

Perhaps we are too indolent to grasp it. It is so easy to neglect the common daily duties of life and feel they are beneath our notice, when in their accomplishment lies the great secret—that to do the best we know how, the work of to-day, leads us toward that work which we love and which is ours.

Indolence, physical and mental, is one of the great barriers to our becoming whole. It is a good deal of trouble to take proper care of the body, to take a breathing exercise and a little physical exercise after it. It is quite an effort to control the mind, and through that control become master of yourself and your conditions; but it is the sure way.

Of course it is easier to declare you are well anyway. "Theories" are always easier than practical facts, but to-day we are talking about "practical" metaphysics—things that will prove by the result the truth in them.

Do let us be reasonable. To be sure people who are weak on any plane are not reasonable. You cannot talk philosophy to a man who is starving, or reason with him that his pain is delusion if he has a jumping toothache. Help him to overcome the condition of poverty, and the delusion of pain, and then teach him to be reasonable so he won't get into such scrapes any more.

One trouble is that people read too much, and turn the thought within too seldom. They eat too much and do not exercise sufficiently, thus creating dyspepsia both mental and physical. And one very useful cure for such people is to inspire them to do something for somebody else; try to make them realize that therein lies the greatest happiness of life and that happiness is a constructive force.

It is so strange the idea people have of Infinite Intelligence. A letter came to-day from a student in New York. In it he said: "I have been an invalid from birth. Have I any right to demand health? Perhaps it is the Will of God that I should be ill." Oh, my dear brother, the Will of God is the Law itself, and the Law is all harmony and love. To be sure all effect is from some cause, but all can be cured, and every condition that is not harmony can be brought into harmony.

So many people live in the thought of wonderful pleasures and happiness of some *future* condition. We are in eternity *now*. To-day is all; there is no past and there is no future in reality. So we must make the highest and best use of the present moment, and the future 'present moment' will be all right.

Mind and Body. The coming religion is one of optimism and love, success and health. One of the microbes which attracts the success microbe is cheerfulness. Do smile about things. If they don't please you smile anyway, and your displeasure will be

lessened. The one person I want to avoid is the man or woman who never laughs. He suggests to me all kinds of dreadfulness.

Laughter is a disinfectant; it casts out fear, and when fear is cast out disease and inharmony soon follow. Nothing is more uplifting or more contagious than a sweet happy smile. The word contagious has so long been applied to disease that we forget good things can be contagious also. There is a reason why we prefer to associate with healthy, happy, successful people. Their harmony is infectious, just as surely as the inharmony of disease or fear is infectious, because it is often the *fear*, not the *disease*, which is contagious.

I wonder if you ever heard how "la grippe" became an epidemic. It suggests that it was the microbe of fear and not influenza that caused it. A telegram came from Russia telling about an acute form of influenza that had attacked the royal family, or as it was expressed "had a grip on them." Within twenty-four hours there were one hundred cases of la grippe in New York alone. It soon became an epidemic, and until quite recently la grippe was quite the fashionable way of disintegration.

It is a bad habit to think you must have every disease you hear about. Change the vibration of that habit and attract all the good things instead. You are master of yourself if you only realize it, and no intruders need enter your castle unless you permit them; and you know it is much easier to keep bad tenants out than it is to evict them after they have once taken possession.

Just be sure of yourself. You know the law. Be positive about it. You feel the power within; cultivate it, and you will soon cast out all fear.

Some Useful Exercises.

Let me give you an exercise that will interest you by proving to you how it will strengthen and build you physically and spiritually if you care to practice it.

After you have taken your morning bath, and absorbed from the water the life essence in it, lie down on your back on the floor with hands and arms stretched downward. Then slowly raise the arms straight up in the air without bending the elbows until you touch the floor over your head. Take a deep breath each time you do it and place your mind upon your desire for Health and Understanding, or whatever may be the desire of your heart. It is a strengthening process to repeat the Lord's Prayer as you inbreathe and raise the arms, and that prayer properly said and rightly understood contains the essence of one's heart's desire—"Lead us through temptation into Light"—isn't it beautiful? That is the correct version, and what a consciousness of strength comes over us as we realize our prayers are answered and we see this Light. Take this exercise three times every day—morning, noon and just before retiring. You will soon find for yourself an inspiration that you knew not of.

In taking any physical culture exercise remember that through the thought you inbreathe while taking it will come its results. It may give you love and understanding or it may give you mere brute force. We hear a great deal about physical culture these days, and a fine thing it is too, but I have noticed that some of these magnificent giants who have acquired such marvellous muscle are too small around the waist, the solar plexus is not developed. Too small around the head, the brain of the objective mind is not developed; and also that they have not endurance. Surely endurance is a proof of harmony. You must develop on all planes equally. The highly developed muscular system must have the strong mind and powerfully developed soul forces or it is not enduring.

Let me tell you another secret. Be calm. The greatest growth is in the silence. The still, quiet strength is the enduring quality. It is possible to use so much force of will that you destroy instead of construct. The sun rays are our life, and yet sometimes they come with such powerful force that it means destruction.

Spiritual light and knowledge, to be practically applied, should be sought for in a calm, dignified manner, and tempered with common sense and reason at the same time, you don't want to seize just one thread and grip it with such force that every other thread is rendered useless. No; you want to polarize yourself and be temperate in all things.

Be Considerate.

Sometimes a man becomes such an extremist in his search for truth that he becomes a gourmand in his aesthetic taste, and quite forgets that other people have rights—that means obscuring the very light he is seeking. You know we have to consider everyone who crosses our path and be considerate as well as forceful. We find the greatest clarifier of the spiritual atmosphere is unselfishness.

Knowledge of the finer forces of nature, or the occult philosophy, as it is commonly called, gives to man unlimited power, providing of course he uses it unselfishly and according to the law, otherwise he soon loses his knowledge, power of overcoming pain, power of overcoming conditions.

What is pain, anyway? It is the result of defective advance, uneven development, and monstrous growths. The body suffers when it develops monstrosities of any kind, and its suffering is the warning cry. You do not want to stop the pain until that which causes the pain is arrested in its development. Pain is friendly; it only remains long enough to warn you that something needs attention, and that there is inharmony within, and as soon as you right the condition and equalize once more, the pain leaves.

All that is real and eternal is God, and that which emanates from God, and God is all harmony and all truth. The real *you* exists as a part of that harmony. *You* have your being in the Supreme Being, and that part of you which is eternal and real can express no discord. All that seems discordant does not belong to you and must be cast out.

Your physical body is just as much spirit as any part of you. It only differs in its rate of vibration, which corresponds with the Earth's vibration, to enable you to manifest upon the planet Earth.

Emanuel Swedenborg, who gave to the occidental world its first lessons in practical metaphysics, and who revealed to the modern school of thought the philosophy of vibration, teaches us the law of influx. He places these teachings on a scientific basis that will stand the test of time.

According to his teaching, and according to the teachings of our own inner consciousness as well, the human organism is built up on true mathematical principles, as all truth must be, and every part of this organic structure corresponds with and is an expression of interior principles. Now *there* is the keynote of practical healing through the power of thought.

What a comfort it is that Truth is Infinite; that we are a part of it and one with it. No matter how we may distort it in our ignoring of the law—it is always there. No matter how we may limit our capacity, it rests with each individual man to lay aside all barriers and come into the full, free, glorious light of the Truth.

Grace M. Brown.

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