

viduals. Families, as a whole, simply won't. Eat with knowledge, eat what you like, and don't eat too much.

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ROBERT LOUIS STEVENSON, who died on 8th December, wrote the best English, and was the author of the most striking book on practical occultism of our day. "Dr. Jekyll and Mr. Hyde" was said by H. P. B. to illustrate one of the most important facts in human nature.

THE IRISH ELK.

Perhaps nothing enables the layman to realize the existence of the great Atlantean continent so well as to be brought face to face with some of the remains of that great arena of man's past development. There were giants in those days, as Scripture tells us, and the mighty hunters had mighty game for their prey. The Irish Elk, which stands about fifteen feet high, is one of the best known of these monsters. Its remains are very common in the lake deposits of Ireland, which is the last surviving remnant of Atlantis. The Irish Elk is not a true elk, but intermediate between the fallow and the reindeer. The deer family, so far as discovered, do not extend beyond the Upper Miocene. However the submerged strata have not been investigated. The first warning to the doomed continent came in Eocene times and the final catastrophe in the Miocene period. Has anyone considered the possibility of the enormous antlers having been developed as weapons of defence against the attacks of the aerial monsters of early days?

THE LAMP is indebted to Mr. Pride of Toronto University for the photograph which we reproduce.

Sunrise Thoughts.

Cool, from the chambers of the brooding night,
The morning air doth stir my soul, and brings
Unto awakened sense and touch the things
Which hover around the throne of beauty bright.
How have I slept within the very sight
And influence of that spirit which here clings—

A glory to each tree and flower, and flings
Its miracle of healing o'er earth's blight!
Around me lies such aspect of her face
As dear dame Nature wears when she is glad;
The trees for very joy do clap their hands,
So pure, so calm, so holy is the place
That I content, in contemplation clad,
Could dwell for ever, had Duty no commands.
—KATHARINE BUCHANAN, in the Canadian Magazine for December.

MAGAZINE NOTES.

"The Chapbook" for 1st January, has an interesting design by Claude Fayette Bragdon of "Priestcraft." The fourteen sphinxes, the two obelisks, and the entrance to the Path with the winged sphere, which looks as if it had been copied from our New York contemporary's cover, are all in the Egyptian style of symbology. The fact will slowly permeate the literary and artistic worlds of our previous lives in Egypt and elsewhere and nothing will so readily bring to the world at large an appreciation of the truth of reincarnation. Mr. Bliss Carman thinks that the Canadian school of poetry stands for the new-old philosophy, "sounding sincerely . . . the note of a worship of Nature from which modern knowledge has cast out fear, the note of a religion that was on the earth before Paganism had a name."

"Mercury" has a beautiful design as a New Year's frontispiece of the messenger of the Gods, and has a good number for the children. "We are Seven" is most admirably adapted to their needs.

"The Path" maintains its position as the most practical, helpful, and generally interesting of the theosophic magazines. "The Theosophist" has never been seen in Canada, but is vaguely understood to deal with the magic arts and primeval revelations; "Lucifer" stands for scholarship and culture, don't you know, in matters esoteric, and "The Path" develops the Celtic-Saxon qualities of common sense and judgment, and doesn't neglect the other qualities either. The allusions to Christian traditions in H.P.B.'s letters are important. "Do not believe that Theosophy contradicts, or much less, destroys Christianity. It only destroys the tares, not the seed of truth: prejudice, blasphemous superstitions, Jesuitical bigotry." The occult conversations on the 8th and 9th commandments are also in this line. Dr. Buck's diagram illustrating the relation of various religious systems reminds us of the yet unfulfilled promise to reproduce his chart of historical cycles prepared for the convention of 1893. "Mr. Greer's Emancipation" proves that theosophy does not extinguish the humorous faculty, by any means, if indeed it doesn't sharpen it. Dickens would not suffer by the authorship of Mr. Greer.