

*Chapter 10*

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## **Thoughts Which Prevent Appendicitis**

The vermiform appendix appears to be a vestigial structure, the remnant of a no longer used second stomach with which some prehuman ancestor digested cellulose, much as horses and cows today have a second stomach for that purpose. The word vermiform means resembling a worm. The vermiform appendix is a narrow tube which emerges from the wall of the caecum, which is the blind end of the large bowel, near the point where this is joined to the small intestine. It is about as thick as an ordinary lead pencil, and is from two to six inches in length. When healthy the outside is glistening pinkish gray in color, and the inside is lined with a soft pink membrane. It usually contains a little semi-fluid material which enters the bowel. Even though apparently a vestigial structure it is overly presumptuous to assume the appendix and its secretions play no part in maintaining normal health. Being ruled by the planet Uranus it is quite likely it has some important function which as yet has not been discovered. It seems inadvisable, therefore, to have it removed by surgery unless it has become so badly infected that there is little hope of restoring it to a normal condition. Those who have it removed often suffer afterwards from severe and chronic constipation.

It was once thought that grape seeds or cherry pits were a common cause of appendicitis. The material of the appendix sometimes hardens and forms a concretion resembling such seeds. Little pieces of hardened feces, often resulting from chronic constipation, may irritate the lining of the appendix sufficiently that it ulcerates. In addition to such irritation, the tissue of the appendix may become infected when catarrhal conditions affect the adjacent bowel, or result from rheumatism or tuberculosis.

At the end farthest removed from the bowel the appendix is closed. The tube is small and if there is even a slight swelling near the point where it enters the bowel, or if the appendix gets kinked, its secretions finding no outlet, decompose. As its walls contain a large amount of lymphoid tissue similar to that

of which the tonsils are composed, it is particularly susceptible, as are the tonsils, to inflammatory swelling and to infection.

Chronic constipation is one well recognized physical predisposing factor toward appendicitis. And constipation tends to result when the diet is concentrated and contains too little cellulose such as is present in fruit and green vegetables. The races which eat little meat but exist chiefly on fruits and vegetables, such as do the people India, for example, suffer much less from appendicitis.

The people who suffer most frequently from appendicitis are those who live at high tension and exhaust themselves through nervous strain.

Whatever the more remote cause, appendicitis results from inflammation of the vermiform appendix. Due to the type of tissue of which the appendix is composed the germs common to fecal matter which may have lodged in it, or those of some other type which have produced infection, easily find their way through to the outside of the organ, to the peritoneum, which covers the appendix much as a glove covers a finger. This peritoneum is continuous with that lining the interior of the abdomen and covering the other organs including the bowels.

When the infection has thus reached the peritoneum one of several conditions may develop. If the attack is mild the infection may be overcome by the chemicals of the body, the inflammation subside, and the individual return to normal health. Drinking olive oil may prevent further development if the attack is merely a mild inflammation. But on no account should a cathartic be taken; for in case the disease has weakened the tissue of the appendix sufficiently the physic may cause its perforation and the infection of the peritoneum. This is the grave danger in appendicitis, a danger which may call for immediate surgical removal of the appendix; for the infection of the peritoneum may spread throughout the inner walls of the abdomen.

Mild attacks of appendicitis tend to recur, but one attack predisposes toward another unless *precautionary actions* are taken, and makes the risk of a serious attack more likely. The medical profession is now much more inclined to treat these attacks by putting the patient to bed under conditions that insure complete rest, not allowing him to leave the bed for any purpose, and permitting only a special diet, rather than immediately resorting to surgery.

The trouble is that, as the disease is ruled by Uranus, there is great difficulty in determining whether or not the attack is severe, or even if it is appendicitis or some difficulty in an adjoining region. The appendix seldom is perforated within less than twenty-four hours of the onset of pain. This permits the doctor who has had the patient put to bed to have some time to decide how serious the attack is, and whether or not it is appendicitis. Those suffering mild attacks often attribute them to bilious attacks or attacks of indigestion. On the other hand flatulence, congestion of the right ovary near the menstrual period, or other pains in the abdominal region may erroneously be attributed to the appendix. Then

again, surgeons often are surprised to find the appendix gangrenous when the general condition of the patient has not indicated anything serious.

Even when the appendix does not ulcerate or become gangrenous serious difficulties often arise. The most common of these other difficulties is the formation of adhesions. When the infection reaches the outer cover of the appendix and it becomes inflamed, lymph, a soft substance like colorless blood clot, forms on its surface. By means of this the appendix becomes glued to other organs within, the abdomen and later scar tissue forms between the appendix and these organs. Such adhesions are usually distressing. As a result the individual may suffer from pain in the lower abdomen, especially on the right side. Or, especially in women when the adhesion is to one of the Fallopian tubes, there may be a constant dragging pain, and the congestion of the female organs at the monthly period may be very painful. Also when the bowels are distended this dragging pain may be felt, and the adhesion may be such that any normal exercise of the trunk is painful.

Adhesions in this area either before or after the removal of the appendix tend to limit the normal movements of the bowels, and this in turn causes constipation. Furthermore, they may affect the stomach, there being a form of indigestion known as appendicular dyspepsia. Those suffering from this form of indigestion may at times get complete relief when the appendix is removed. The indigestion resulting from such adhesions is in the usual location for dyspeptic pain, in the pit of the stomach. However, in a large majority of such cases, in addition to the appendicitis there is found to be also a duodenal ulcer.

Adhesions when once they have formed, whether from the appendix or restricting the movement of other organs, may need surgery to cut the scar tissue. They form only when there is, in addition to the other birth-chart and progressed constants, a progressed aspect involving the planet Saturn. At the time they are cut there is a progressed aspect to Mars. Saturn, however, is the planet of persistence, and the difficulty frequently encountered is that as soon as the scar tissue has been cut permitting normal movement and normal functioning of the organ, other scar tissue begins to form where the cutting occurred, and a few years later there is another serious adhesion requiring another operation to give relief.

Appendicitis always starts with pain in the abdomen, but often not on the right side where the appendix is located. At first, it may be felt anywhere in the abdomen or all over it, but generally it is felt first in the center, and only later on in the lower right section, which then becomes tender to pressure.

By this time the walls of the abdomen feel hard and contracted when the hand is placed on them. The individual feels sick and usually vomits once or twice, and a few hours after the pain starts a little fever develops. The pulse, however, is a better guide than the temperature as to

the seriousness of the attack. At first it is normal, but increases in proportion as the attack gains in severity.

When the attack is mild, the pain gradually disappears, leaving some soreness for a few days. But if the attack is severe, leading to a ruptured appendix or a gangrene condition, the pulse will be rapid, the

muscles over the abdomen will become still more hard and resistant to pressure, vomiting will increase, and the pain will become more intense.

Gangrene is simply the dying of the flesh. When it sets in the appendix may be transformed into a greenish-black mass having a terrible odor. As the result of the infection an ulcer may form, and when this happens it commonly perforates the lining of the appendix permitting the putrid infective material to pass into the general cavity of the abdomen there to spread the infection. The great danger from appendicitis arises from the general peritonitis which occurs when the appendix is perforated and this infective material gains access to the interior of the abdomen.

When such an abscess develops it sometimes can be felt as a tender lump in the lower part of the abdomen, and the individual usually is very ill, but quite in character with the unpredictable quality of Uranus which rules the appendix, there are many instances on record in which the individual carried on his regular work without great inconvenience for some time after an appendix abscess had formed.

### ***100 People Who Had Appendicitis***

#### *Birth-Chart Constants*

Birth-Charts analyzed .....	100	100%
Birth-Charts with Uranus prominent .....	92	92%
Birth-Charts with Mars prominent .....	90	90%

#### *Progressed Constants*

Charts with major progressed aspects (aspects made by progressed Moon ignored) calculated for time of appendicitis .....	100	100%
Charts with progressed aspect to Mars.....	100	100%
Charts with progressed aspect to Uranus.....	97	97%

Relative to the predisposition toward appendicitis shown by the planetary positions, study of these 100 charts and the progressed aspects at the time appendicitis developed leads to the following conclusions:

If Mars and Uranus are prominent, even though harmoniously aspected, in the chart of birth, progressed discordant aspects involving them, when discordant Rallying Forces (other discordant progressed

aspects) are present, may coincide with appendicitis. If Mars and Uranus are prominent and discordantly aspected in the chart of birth, harmonious progressed aspects to them may coincide with appendicitis. Even harmonious aspects both in the birth-chart and by progression to these two planets sometimes coincide with appendicitis, provided heavy discordant Rallying Forces are furnished by other planets making progressed discordant aspects with each other. The progressed aspect to Uranus, whether harmonious or discordant, gives thought-cell activity

in unusual degree which tends to affect the appendix, and the aerial thus formed to these thought-cells permits the heavy discordant energy of the planets afflicting each other by progression to find their way--being conducted to the Uranus aerial by the electromagnetic nerve currents--to the Uranus thought-cells.

As usual relative to diseases, a tabulation of the sign occupied by the Sun, Moon and Ascendant and of the sign on the sixth house, provided no constant of the disease; and as usual in diseases requiring some confinement or hospitalization, there was in nearly all not merely a progressed aspect to the ruler of the first and a progressed aspect to the ruler of the sixth, but also a progressed aspect to the ruler of the twelfth house.

Relative to the birth-chart and progressed aspect involving Mars, any aspect to Mars indicates activity of thought-cells which incline the individual to haste and undue expenditure of energy. Whether or not there is actual over exertion physically, the feeling of rush gives the unconscious mind the signal that an emergency is present. And when the unconscious mind is made to believe an emergency is present the adrenal glands release adrenalin into the blood stream. When the emergency is such as to call for courage and stamina, and the desire for combat or conquest is present, cortin also is released. This not merely tends to use up the available supply of adrenalin and cortin, which are the two most important chemicals with which the body wages war on organisms which attempt to invade it, but the release of adrenalin brings significant bodily changes, among them being the withdrawing of the blood supply and electromagnetic energy from the intestinal tract, leaving the whole region in which the appendix is located in a state of depletion. Such depletion when prolonged through the constant feeling of strain and hurry leaves the organs thus deprived of their normal energy especially open to infection. And if, at the same time, the chemicals with which invasion are resisted have been exhausted, the invading forces readily become established.

Athletes who in contests make repeated calls upon their so-called second wind--which is merely the release of the glycogen of the liver to become blood sugar suitable for fuel through the action of adrenalin--frequently suffer from appendicitis. Screen stars who in addition to the

terrific strain of going on location and working long hours under high pressure, also make tours in drives for charitable purposes, and thus after being exhausted must call on all reserves to keep going, are particularly subject to appendicitis. Reaching or pulling or a blow on the right side may result in an inflamed appendix, but the common prelude is a period of physical or emotional strain in which the adrenalin supply has been partially exhausted.

For an understanding of the significance of the birth-chart and progressed aspect involving Uranus the whole matter of the electrical frequencies generated by the body needs to be comprehended. The cells of the body generate electrical energies. But the radiations are of various frequencies. Each of the seven chief types of frequencies is suitable for

maintaining certain types of activities and is not suitable for other types of activity. When the electrical currents are chiefly devoted to developing energies of one type of frequency, this deprives the energies of other types of frequency by that amount. In effect, it closes the switch to this frequency and opens it to others.

To make this most important matter clearer by analogy, electricity is conducted about a city through high-tension wires. In some individual's home there may be a refrigerator, and when the switch is closed leading to it the food supply is kept cool. There are electric lights, which may be made to illuminate the house by closing the switch to them. There may be a vacuum sweeper which can be made to operate by closing the switch to it. And there may be an electric clock, a radio, an electric sewing machine and an electric toaster. Any one of these can be put into operation by closing a switch, and each can be caused to cease operation by opening a switch. The "juice" is turned on by closing a switch and it is turned off by opening a switch.

In the physical body it is the mood, or state of feeling, which closes the switch. To the extent a given mood or state of feeling absorbs the attention, not merely of objective consciousness but also of the unconscious mind, is the switch closed. Under the artificial condition of hypnotism the attention may be so focused that the switch is so completely closed to permit certain frequencies to utilize the electrical energies generated that the cataleptic state may be induced. But under ordinary conditions some of the electrical energies also get through to other systems. In other words, while the attention diverts most of the electrical energies into the frequencies suitable for some special use, the switches to other systems are not completely open and some energy finds its way to them enabling the other functions to continue, even though in an enfeebled manner.

While the seven home appliances mentioned all work on an electrical current of the same frequency in which the total volume of electricity available is of little significance because volume is available, the seven chief activities of man each operate on different frequencies from a gen-

eral electrical supply which is decidedly limited. In the human system, the volume is somewhat constant and the switch is to frequency. It is closed by raising or lowering the frequency to the proper level. This is done by feeling or mood. In the home appliance system the frequency is constant and the switch is to volume. It is closed by turning a button which permits the current to flow through, and opened by turning the button so there is a gap cutting off the current from the appliance.

In the human system, while the energies from any planet, and the thoughts these energies stimulate, have an influence on the electrical frequencies, there are seven chief systems, each operating on its own range of frequencies. The important factor in considering these systems is to recognize that the body can generate only a certain maximum volume of electrical energy; and of the total volume generated that used in any one of the seven systems deprives the other six of that much energy which otherwise might be available to them.

When there are progressed aspects to Uranus, especially if Uranus is prominent in the chart of birth, so much of the total electrical energy generated commonly is diverted into the frequencies which support the Inspirational System that too little is left to maintain the normal functions of the body. For the electrical energies to contribute to the repair of the physical cells, to run the physical organs and direct the physical functions as well as furnish the energy with which vigorous cells resist infection, they must flow through the vital system, and to do this they must be given the frequency of the Vital System which is that directed by the activity of the Sun thought-cells.

It should not be thought that the high potential generated under aspects to Uranus have a monopoly in robbing the physical cells and organs of the energy they require to remain healthful. The Cerebral System, for instance, which is under the influence of the Mercury thought-cells, may take too much of the available electrical energy. It relates to intellectual effort such as commonly goes by the name objective thinking, including problem solving, worry and ordinary fantasy thinking. And the Affectional System, which employs electrical energies of quite a different frequency in sex, generation, regeneration and love of all kinds may consume so much of the total available electrical supply that insufficient is left for other bodily needs.

But under any high degree of Uranus thought-cell activity there is always a tendency to divert too much of the total electrical energy into the Inspirational System. This system, while it keeps the individual intellectually keenly alert, and is particularly valuable for tuning in on new ideas--picking them up from the inner-plane through -the extension of consciousness made possible by these frequencies--also keeps the mind active and the nervous system in a state of high tension. This nervous tension is the signal that energy which should be going to the upkeep of the body is being consumed in frequencies that support the

Cerebral, the Inspirational, the Hypersensitivity or the Inner Plane System, and if it is the tension of the kind present under a progressed aspect to Uranus, the energy is too greatly being consumed by the Inspirational System.

### *Precautionary Actions*

From the physical standpoint those whose charts show a predisposition toward appendicitis need to avoid constipation, not through taking drugs, but by eating fruit, green vegetables and whole wheat bread which contain plenty of cellulose, instead of living on too concentrated a diet. If the alimentary tract is not too sensitive, the bowels may be kept open by using more bran in cereal or bread or by eating figs. The diet should contain enough of the mineral salts to keep the blood stream slightly alkaline. This will permit the adrenalin and cortin that is available to be used in overcoming infection rather than in neutralizing the acids in the blood stream derived from faulty eating.

To maintain the adrenalin and cortin supply, the diet should contain Vitamin A, Vitamin B-1, Vitamin C, Iron and a variety of protein but not too great bulk of protein--which is concentrated food--in proportion to the fruits and green vegetables.

When the Uranus thought-cells are unduly active they tend to affect the supply of parathyrin and the nervous structure. Vitamin B-1 and calcium are essential to keep the nerves healthy and to handle these properly and to enable the parathyroid glands to function as they should there also must be Vitamin D. These three foods in ample amounts--it is possible also to get too much Vitamin D--are needed under aspects to Uranus to lower the tension and keep the nerves steady.

Not only should physical exhaustion such as calls for the emergency release of adrenalin be avoided, but the Mars attitude of haste, and the feeling of being under strain or pressure should be avoided. This means not merely physical rest, but relaxation of the whole nervous system at intervals and permitting it to recharge with vital energy. And to give the Mars thought-cells more harmonious desires, the thoughts may be turned to plans by which the weak or helpless may be benefited. These are measures to prevent adrenalin and cortin from being exhausted.

The other step in training the thoughts and feelings has for object the switching of the electrical energies generated by the body from the high frequencies ruled by Uranus to those somewhat lower--but not too low--ruled by the Sun.

To give the Uranus thought-cells more favorable desires, and also to relieve the tension of the nervous system, the so-called religious thoughts ruled by Jupiter may be used. They are the natural antidote.

Whenever the tendency to high tension or nervousness is noticed, a deliberate effort should be made to get into the mood of trust and faith and optimism and genial good will to all which is characteristic of Jupiter. The placing of faith in the beneficence of Divine Providence and looking confidently to a higher than human source to oversee matters beyond human control tends to relieve parathyroid strain and nerve tension, and the thought-cell activity resulting tends to work for health.

But to switch the electrical energies from the Inspirational System ruled by Uranus, to the Vital System ruled by the Sun, something more is required. And while physical work that requires vigorous exercise while the attention must be closely held to what is being done, so the thoughts cannot wander to other problems is beneficial in this respect, one of the very best methods is to get interested in growing things out of doors. The grass, the trees, the flowers and the birds are all tuned rather pronouncedly to the Sun band of frequencies on which their vitality, as well as that of man, chiefly depends. And close contact with them, either through walking about where they are physically present, or if this is impossible even through bringing them before the imagination, has an influence toward tuning the individual to the same frequency band.