

Chapter 8

Thoughts Which Prevent Pneumonia

Pneumonia is an inflammation of the tissue of the lungs, as distinct from inflammation of the bronchial tubes or the pleura. Sometimes both lungs are affected, when it is called double pneumonia, but far more commonly only one lung is inflamed.

In typical cases it results from infection by one of the 32 different strains of Pneumococcus. But when it follows exhaustion due to other illness, it may result from infection by other organisms such as Tubercle bacillus, Streptococcus, Staphylococcus or the typhoid bacillus.

The pneumococcus germs in some of their strains are commonly found in the noses and throats of people, and when conditions favor them they manifest as colds and chills of various kinds. Because of their prevalence, people have acquired a high degree of immunity to the common strains. It is only when people become unusually negative or exhausted that pneumonia develops from these common forms. There are a few strains, however, that are highly infectious and exceedingly virulent. And when these get a good start in a community the disease may assume epidemic proportions. It is well, therefore, at as early a stage as possible to have laboratory tests made to determine which variety is the malefactor.

In all instances the sputum of pneumonia patients is infectious, but in the case of the virulent strains it becomes necessary to isolate the patient from all others with the exception of the doctor and nurses.

When the tissue of the lungs becomes inflamed, thick fluid is poured into the air cells, and these becoming filled up and airless, are unable to oxygenate the blood, and suffocation results. To the extent a portion of a lung thus fills up and becomes airless it is said to be consolidated. Physicians have means of determining the extent of such consolidation.

The disease is most prevalent in the winter months, because then lack of sunshine and the cold tend to lower the vitality. As explained in Chapter Four, vitality and strength of constitution are quite different things. The activity of the

thought-cells mapped in the birth-chart by the Sun tends to generate the electromagnetic wavelengths which afford vitality. And if the Sun in the birth-chart is in any aspect to Mars, or in a harmonious aspect to Jupiter, the Sun thought-cells generate this electrical energy in sufficient volume and of the proper wavelength to give great vitality. The harmonious aspects of the other planets to the Sun also assist in less degree the generation of the vital electrical energy.

On the other hand the activity of the thought-cells mapped in the birth-chart by the Moon tend to generate the electromagnetic wavelengths which give strength to the constitution. And if the Moon in the birth-chart is in any aspect to Mars, or in a harmonious aspect to Jupiter, the Moon thought-cells generate this lower-frequency electrical energy in sufficient volume and of the proper wavelength to give a strong constitution.

Now whether prominent through being in an angle, or through being in aspect with Sun, Moon or Mercury, any of the negative planets--Moon, Venus, Saturn, Neptune, Pluto-- tends to affect the electromagnetic radiations. Such a planet affects the nerves and the electrical currents flowing over them when in aspect to Mercury, and when in aspect to either Sun or Moon it has direct access to the electromagnetic body. The effect, if the aspect is harmonious, is not to impair the constitution, but to give the electromagnetic form that quality which is receptive and negative rather than positive and radiating. And a negative planet in an angle also impresses its own quality of vibration strongly on the electromagnetic form.

Thus even when the Sun is not prominent, the individual with negative planets prominent in his chart may have a truly robust constitution. And these people, who seem so strong and hearty, and who often are out-of-doors workers, because of the negative quality of their electromagnetic form usually put up a poorer fight against pneumonia than feeble and delicate people who have perhaps never had strong constitutions, but who have a more positive high-potential electromagnetic makeup.

Pneumonia, as will shortly be apparent from the analysis of the birth-charts of those who have suffered from the disease, commonly attacks only those whose Sun thought-cells not only have been given some negative trend as mapped by a birth-chart aspect of the Sun to a negative planet, but a discordant negative trend as indicated by an afflicting aspect. This means that from birth there is some predisposition for the electrical energies on which vitality depends to have their potential lowered. The pull is in exactly the opposite direction from that given by an aspect of Mars or Jupiter to the Sun. Instead of a positive, radiating vitality, to the extent the afflicting negative planet indicates affliction, there is the tendency to lower the potential or to lower the volume of Sun electrical energy, or both.

From the birth-chart constants of pneumonia we are forced to conclude that it is a disease primarily of impaired vitality. This is borne out

by the physical conditions favoring it. It is more a disease of youth and old age than of middle age when the vital forces are more vigorous. The

majority of attacks occur before the age of forty. From that age on until old age begins to lower the vitality the number of cases is comparatively few. But it attacks those even of middle age if their vitality already has been seriously lowered through some other disease. And it results in the death of many old people whose vital forces have seriously waned.

Commonly it follows an acute upper respiratory infection such as a cold, and in its early stages it is difficult to distinguish from some of the common varieties of cold. After catching cold the individual feels ill for a few days, with a slight rise of temperature and a feeling of restlessness. His head aches, he has little appetite, he has pains about his body, and in general he feels out of sorts. But at the end of the few days quite suddenly he is attacked with violent shivering, he trembles all over, his teeth chatter, and he realizes something is seriously wrong.

The pulse is rapid--100 to 120 beats per minute--the respirations are perhaps two or three times as rapid as normal, the skin is hot and dry, a fever develops of perhaps $104\frac{1}{2}$ or $105\frac{1}{2}$ F., the tongue is dry, there is insistent thirst, there is no appetite, the head aches, and perhaps there is vomiting.

Practically all of these symptoms are present also in some of the other diseases which are accompanied by high fever. In pneumonia there usually is pain in the side, which is more marked if there is pleurisy. This pain increases when the individual coughs. This cough is short and hacking, and dry at start of the disease, but after a little while it is accompanied by expectoration. The expectoration is characteristic of the disease, being transparent, jelly-like and very sticky. At first it is clear, but later becomes colored with blood, getting tawny or reddish or at other times pale yellow in color. When rust color, as is common, it constitutes an almost certain indication of pneumonia.

The one symptom which most will help distinguish pneumonia from other feverish diseases is the relation of the heart beats to respiration. Normally there are about four heart beats to each respiration. But when the respiratory organs are affected the rate of breathing is increased, as there is need of more air to afford oxygenation of the blood. When an acute illness develops with a chill and a high fever, and at the same time the respirations are much more markedly increased than the pulse rate--for instance, the respirations being from 50 to 60 and the pulse only 100 to 110--this is an indication the respiratory organs are affected, and most likely by pneumonia.

The course of the disease is peculiar and characteristic. The temperature remains high for from four to ten days, usually somewhat lower in the morning and almost always higher in the evening. At the end of this time--probably due to the formation within the body of antibod-

ies--the temperature without warning falls to normal or even lower, the breathing improves, the pulse becomes less rapid, and the individual begins to recover. This is the crisis, and is a peculiar association of pneumonia. After the crisis, unless complications develop, the patient is on the road to recovery.

100 People Who Had Pneumonia

Birth-Chart Constants

Birth-Charts analyzed 100 100%
 Birth-Charts with Sun afflicted by
 Saturn, Neptune, Pluto or the Moon 98 98%

Progressed Constants

Charts with major progressed aspects
 (aspects made by progressed Moon ignored)
 calculated for time of pneumonia..... 100 100%
 Charts with progressed aspect
 to Mars..... 100 100%
 Charts with progressed AFFLICTION
 to Saturn,
 Neptune, Pluto, Venus or
 birth-chart Moon 100 100%
 Charts with progressed aspect
 to Mercury or to a
 planet in Gemini..... 100 100%

The cells of the body generate electrical energy. When the electrical charges thus generated are of the vital type ruled by a harmonious Sun, the radiations are positive and vital, and the secretions of the endocrine glands such that they assist in repelling invasion by bacteria. When for any reason the vital electrical energies ruled by the Sun have their potential lowered, or their flow is impaired, this lack of positive electrical vitality also lowers the resistance to invasion by micro-organisms.

As a rule the thoughts which are stimulated by the thought- cell activity mapped by the positive planets tend to glandular secretions which develop a high electrical potential in the nervous system. The thoughts which are stimulated by the thought-cell activity mapped by the negative planets, however, act upon different endocrine glands, the secretions of which tend to reduce the electrical potential.

Negative planetary energy encourages negative thinking, and negative thinking lowers the vital resistance of the body. The resistance of the physical organism is lowered both electrically and chemically, as the glandular secretions which give a high electrical potential also are the agents on which the body depends to neutralize the toxins of the blood.

The electrical energies which are the source of physical vitality vary in potential due to both the condition of the physical body and the kind of thoughts which are present in the mind. Nerves reaching the endocrine glands carry to them the emotional impulse aroused by a thought or the impulse aroused by the unusual activity of a group of thought-cells. Some of the glands respond readily to one planetary type of thinking, and other glands respond readily only to another planetary type of thinking. The hormones from the glands thus made active enter the blood

stream and instigate various bodily reactions, including the generation of electrical energies characteristic of the planetary type of thinking.

Pneumonia is made possible by a blood stream which is unable to eject invading organisms. From the standpoint of environment this may be due to fatigue, to digestive disturbances, to chilling, to lowered vitality occasioned by some other disease, to hormone imbalance, or to invasion by germs of great potency such as the types of pneumococcus designated by the Roman numerals I and II, which are highly contagious. The secretions from the respiratory tracts of persons with either of these two types of pneumonia, or convalescing from them, either through direct contact, or through droplet infection--in which coughing or sneezing or even breathing sprays moist sputum in the air where others can breathe it, or the depositing of sputum which dries but contains the germs--are a source of great danger to others.

From the standpoint of thought-cell activity pneumonia is made possible by negative influences which lower the electrical potential. To the extent the individual entertains negative thinking does he lower both his chemical resistance and his electrical potential. The negative thinking may be of different planetary types. It may relate to fear, as indicated by Saturn, it may arise from affectional discords as indicated by Venus, it may have to do with unsound fantasies as indicated by Neptune, it may relate to the coercion of others as shown by Pluto, or it may relate to the domestic difficulties indicated by the Moon. But as shown by the birth-charts of those who have had pneumonia, in which the Sun is afflicted by Saturn, Neptune, Pluto or the Moon, people who have this disease also are given to discordant negative thinking relative to some of these things as affecting their significance.

Furthermore, at the time the disease is contracted they have exceptional discordant activity of some of the groups of negative thought-cells, activities which encourage some type of discordant negative linking. This is indicated by there always being a discordant progressed aspect to Saturn, Neptune, Pluto, Venus or birth-chart Moon.

They may have a highly acid blood stream for months and years without contracting pneumonia. Then, under the influence of negative thinking, and perhaps also the unfavorable environmental conditions attracted by the negative thinking, the electrical potential is markedly

lowered, accompanied also by corresponding deficiency of certain hormones in the blood, and the germs get such a foothold that pneumonia develops. According to the kind of negative thinking present in the unconscious mind as well as in objective consciousness will the unfavorable environmental condition which contributes to the lowered vitality be different.

As is the case in other infectious and feverish diseases there is always a progressed aspect to Mars at the time pneumonia is contracted. The activity of the Mars thought-cells and the thinking they encourage attract invading organisms, and if the system is unable to repel them they get sufficient foothold to do damage. As both the adrenalin and cortin hormones respond to Mars and these are chemicals with which

invading bacteria are fought, when there are heavy Rallying Forces from other planets involved in discordant progressed aspects, the progressed aspect of Mars may indicate exhaustion or suppression of these chemicals.

The general rule is that the events attracted by thought-cell activity are characteristic of the planet mapping them and the houses it rules. In the case of the region of the body affected by a progressed aspect there is a corollary. It is that the zone of the body affected by a disease is one in which there is a high degree of thought-cell activity. The high degree of thought-cell activity which attracts the disease to some particular section of the body frequently is indicated by a progressed aspect involving the planet mapped in that zone, or ruling the sign mapping that zone. As pneumonia attacks the region ruled by Gemini, we find that to give the necessary degree of Gemini thought-cell activity which will attract it, there must always be a progressed aspect to a planet in Gemini or to Mercury, its ruler.

When pneumonia has been contracted, as it is a disease of lowered vitality, everything should be done to conserve vital energy. The individual should be clothed in woolen garments and put to bed between blankets. There should be fresh air, but avoidance of draft, and the room kept at a temperature of about 60½ F. To conserve vitality he should be kept absolutely quiet and not permitted to get out of bed for any purpose. He should not be allowed to lie flat on his back, or in any position that will impede circulation through the lungs.

The violent laxatives that once were thought necessary should never be given. Instead, an enema of water which is quite warm should be given to cleanse the bowels. Cold compresses on the head to reduce the fever are not now considered advisable.

Hot baths at a temperature of 105½ to 108½ F. for five minutes to promote elimination, repeated every three or four hours is now considered good practice. But great care must be used to avoid chill. And to promote elimination through the kidneys plenty of water should be drunk. The blood stream is filled with acid toxins which must be elimi-

nated or neutralized. Once it was thought that the individual should eat nourishing food to maintain his strength, but now better practice holds that nothing should be eaten, and the only drink either distilled water or water to which citrus fruit juice has been added, and not too cold when given.

As everything possible should be done to conserve the vitality and eliminate the toxins of the disease, the most essential thing in pneumonia is good nursing. Visits from friends, or any form of worry or excitement places strains upon the weakened vitality. And drugs, or even foods until recovery is under way, give the system just that much more work to do with the vitality at its command. The object should be to assist the body to bring all its powers to bear to increase the vitality and build up sufficient vigor that it can oust the invading organisms, eliminate the toxins they have produced, and construct healthy tissue.

Precautionary Actions

When birth-chart and progressed aspects show a predisposition toward pneumonia physical precautionary actions should be taken to keep the blood stream slightly alkaline, to see to it there is no deficiency of vitamins, minerals or essential proteins, and that the vitality is not lowered through exposure or over work.

An acid blood stream makes invasion of the body by bacteria easy. It tends to neutralize the action of the endocrine chemicals with which the body normally fights the bacteria and prevents their toxins from doing too much harm.

When the Sun is afflicted by aspect, both the secretion of the hormone of sustained energy by the front pituitary gland, and the secretion of thyroxin by the thyroid gland are affected. When the food contains ample manganese, Vitamin A and Vitamin B Complex, the front pituitary finds it easier to manufacture and deliver to the blood stream the energy sustaining hormone.

When the food contains ample iodine the thyroid gland finds it easier to manufacture and deliver to the blood stream the energy generating thyroxin.

The other foods specially needed are indicated by the negative planet involved in the progressed aspect at the time. This matter is fully explained in the book *Stellar Dietetics*, but when depletion threatens it is always good policy to take care of the Saturn needs which call for variety in mineral salts, vitamins and proteins. And always well not to overload the system with sweets and other rich foods.

In other words, the effort should be to keep the body vigorous and generating abundant vital energy.

Whichever of the negative planets afflict the Sun in the birth-chart, and whichever of the negative planets is afflicted by progressed aspect,

maps thought-cells whose activities tend to lower the electrical potential and open the way for invasion. The effort should be made, therefore, to change the desires of these thought-cells so they will seek to express through constructive and beneficial channels characteristic of their essential nature. When thoughts or feelings characteristic of them begin to be evident, other thoughts and feelings characteristic of the constructive attributes of the same thought-cells should be substituted, or there should be substituted thoughts and feelings such as constitute their natural antidote.

If the activity of the Mars thought-cells, due to the progressed aspect involving Mars, tends to a feeling of strife, hurry or irritation, Moon thoughts may be cultivated as a mental antidote through devising some plan, project or work in which pleasure can be experienced, having to do with the comfort of the family, or which contributes to the Welfare of the aged or young or those otherwise helpless.

More important, however, unless the Mars thoughts are violent enough to cause adrenalin to be secreted so frequently that there is a

tendency toward adrenalin exhaustion, is the development of the habit of calm yet positive and assured thinking and feeling such as is naturally the expression of vigorous and harmonious Sun thought-cells.

This harmonious Sun type of thinking should be made so habitual that any negative type of thinking cannot intrude. To overcome the negativity due to the activity of any of the groups of thought-cells mapped by one of the five negative planets it is necessary to insure that the energies flow outwardly, instead of permitting the outside condition to cause the flow to be in upon the self. And for this purpose the mood should be cultivated that permits a feeling that the energies of the mind and body are slightly pressing outward while holding thoughts of power, vitality and self respect.

The Sun attitude should be cultivated and maintained that any situation which may arise will be competently handled, that there is power to overcome any difficulty that may be present through constructive effort, and that one is significant in the general scheme of things.

Thus to banish negative thinking and control and maintain the selected mood is one of the most important of all problems to any individual. Not only do worry, anxiety and fear immediately lower the electrical potential and deprive the individual of proper thought and emotional control, but any tendency toward despondency, discouragement, grief, pity for oneself, or feeling of inadequacy, inferiority or want quickly does likewise. None of these should ever be permitted entrance to the mind; and should one of them sneak in, so soon as its presence is recognized it should be ousted by turning the attention vigorously to some pleasant, buoyant and constructive thought; and for maintaining vitality these happy thoughts should be associated with those of significance,

vitality or power.

When there is a reluctance to face whatever should be faced the individual is negative to that particular thing. Such negativeness may be the result of conditioning which has given him a feeling of inferiority or inadequacy in the presence of others, or of fear to meet conditions. It may be the result of insufficient vitality, which is another way of saying that there is insufficient electrical energy generated by Sun thought-cell activity. It may be due to a hypersensitivity induced by too much of the electrical energy generated being of the frequency of one of the upper-octave planets, or it may be that too much of it is generated by the activity of the Moon thought-cells in proportion to the amount generated by the activity of the Sun thought-cells.

To overcome any of these forms of negativeness which not only predispose toward pneumonia but also toward an ineffective life, the individual should train himself to meet every situation with which he is faced positively and confidently, and to be satisfied when he does the best he can. He should pay as little attention to the hardships and temporary defeats as possible. And the first step in this direction is the control of his thoughts, holding them to the conviction that there is no hesitation in meeting any contingency life may bring. The next step is the development of sufficient electrical power of the Sun type, which is

positive and radiates controlling electromagnetic waves. And the final step, of course, is actual unshrinking practice in meeting situations with a positive and constructive mental attitude.

