

Chapter 9

Thoughts Which Prevent Tuberculosis

Tuberculosis results when the body is invaded by Tubercle bacilli and these organisms establish a firm foothold from which they start to increase. They may thus attack any part of the human organism. In appearance they are much like a gelatin medicine capsule, the capsule being the waxy coat and the slightly curved rod-shaped Tubercle Bacillus being the content of the capsule. The tubercle which is formed when infection occurs is a mass of cells of different kinds in which the bacilli generally are present, the cells accumulating around the bacilli due to the irritation they cause. These tubercles tend to aggregate and replace healthy tissue, and later degenerate to form a yellowish- white cheesy mass. The propagation is by cell division, and the bacilli are so small that thousands will rest on the head of a pin.

Mankind is subject to infection either by the human bacillus or the bovine bacillus. Most people at various times in their lives take into their system one or both of these bacilli; but because their blood stream is not too foul, the electrical energies generated by the Sun thought-cells give a vigorous vitality, and the endocrine glands are not depleted, the invaders quickly are ousted.

There is a constant warfare on the part of the human organism against these and other micro-invaders. And when the chemicals are exhausted with which such invaders are repelled the battle is unsuccessful. For instance, much of the cow's milk which reaches the public contains the bovine type of bacillus. It is the source of a large portion of the tuberculosis occurring among children. While Pasteurization decreases the ability of the system to get the so-greatly-needed calcium from milk, it does kill these and other bacilli; and it is significant that since Pasteurization of milk has become the general practice, and the danger from the sputum of tuberculosis patients has become widely known, that this disease has dropped from first place in the number of deaths caused twenty or twenty-five years ago until now it occupies only seventh place as a cause of human mortality.

Neither the human nor the bovine type of bacilli has power of locomotion, and the human bacilli commonly are spread from the sputum. Infection may occur through kissing, inhaling the spray from a consumptive when coughing, inhaling the dust formed by dried sputum, consuming food containing such dust, or by such sputum dust carried into the food by flies. While cooking will kill these bacilli, it is amazing how long, and under what circumstances, they can remain in a state of suspended animation in the dried sputum dust and still retain the power to infect an organism which breathes or swallows this dust.

When the tubercle bacilli first enter the body, only a few of the blood cells are sent to attack them, just as if they were splinters or small pieces of glass. The defenders in the blood stream do not seem to recognize them as germs. They regard them merely with suspicion, and only a few of the soldiers are sent to retard their progress, and even these allow the bacilli passage. It is the aggregation of freely moving blood cells and some body cells around the bacilli which causes the slight swelling or characteristic knot formation.

Later on the defending cells seem to recognize the true danger and take appropriate action. The waxy capsule is broken down and the bacilli killed, their poisonous products being taken up by the blood stream. As soon as this occurs every section of the body--white cells, body cells and serums--recognize that the tubercle bacillus is poisonous, and the fight against it is on.

Thus there is a different reception awaiting the next tubercle bacillus to enter the body. It is immediately recognized as an enemy, and the white corpuscle policemen who previously had eyed such invaders only with suspicion, now immediately set out to exterminate it. A mass attack is made, and wherever such bacilli are found inflammation develops. That is why in the tuberculin test the skin becomes inflamed. The inflammation shows that tubercle bacilli have attacked the body before, and the test is then called positive. The tuberculin is only the protein of the destroyed tubercle bacillus, but the protective forces of the body recognize it as a previously encountered enemy. Tuberculin used on new-born babies always gives a negative reaction, which proves that tuberculosis is not inherited.

While the bones and other parts of the body may become tubercular, the germ more commonly attacks the lungs. It is then called consumption. Other regions than the lungs are frequently affected in children, but consumption is not common among them. Consumption in those under the age of fifteen is more frequent with girls than boys, but the disease is more common among men than women. The greatest number of cases occurs between the ages fifteen and forty-five years.

The reason tuberculosis occurs frequently in more than one member of a family is due to the common thought-cell pattern often to be found in members of the same family and the risk of infection by those of the same household when one member has developed consumption. The marriage

partner of a consumptive, however, as the result of repeated exposure to infection, often develops a high degree of immunity to it.

As the birth-chart and progressed constants indicate, tuberculosis

is a disease of lowered vitality and foul blood stream. While climate is not important unless the disease has already gained a foothold, dampness of the soil favors it, and housing is very important. It is chiefly a disease of the cities or of poverty. Slum conditions and overcrowding, absence of fresh air, poor sanitation, dust and dirt, overwork, lack of properly balanced foods, or lack of nourishing foods, give the physical environment which encourages the development of tuberculosis. It is prevalent also among those whose work is accompanied by the inhalation of dust, such as those who work in mines other than those from which coal is gained. The irritation of the lungs enables the germs to establish themselves.

The individual with a predisposition toward tuberculosis probably has contacted the tuberculosis germs many times in his life before they gain a foothold. Then, under the activity of Saturn and Jupiter thought-cells, conditions arise in the environment which lower the vitality and clog the blood stream with toxins or incompletely oxidized fuels. Pregnancy, lactation, exhausting physical labor, a sudden drop in living standards, or some other infection of the respiratory tract may be the physical condition that permits the disease to get a foothold. The great number of cases of tuberculosis among the negro population is generally attributed to their low standard of living.

When the tubercle bacilli thus get a foothold they set free a poison which causes local irritation. Much of this poison also is carried throughout the system, giving rise to fever, anemia and loss of flesh. Other symptoms may be loss of appetite, slow recovery from illness, afternoon temperature, night sweats, and the hacking cough.

In acute cases there is coughing up of blood. The actual amount of blood varies from a few streaks of clots to half a pint or more. This blood from the lungs should not be confused with blood which comes from the stomach. Blood from the stomach is brown in appearance, suggesting coffee grounds, while blood from the lungs is well aerated and thus charged with an infinite number of tiny air bubbles, and it is bright red.

In only about 13% of the cases does consumption commence with such spitting of blood. In about 50% of the cases it starts with an attack of pleurisy, a sharp, stabbing pain in the side of the chest made worse by drawing in a breath and eased by holding the breath. In other cases the disease at first resembles the onset of pneumonia or bronchi-pneumonia. This is a quite fatal form.

One form of tuberculosis is called miliary because the tubercles in size resemble seeds of millet. It has three types: acute generalized miliary tuberculosis, the so-called typhoid tuberculosis, and the pulmonary type in which there are numerous nodules in the lungs. Although

the infection may have been present for some time, miliary tuberculosis develops with startling rapidity, and usually runs a fatal course. The seeds of the disease are quickly scattered all over the body, gain a foothold in various organs and grow there. Due to the rapid poisoning, weakness develops quickly with corresponding loss of appetite and weight.

In the typhoid type, which at start so resembles typhoid fever that diagnosis is difficult, the sputum is scanty and contains no tubercle bacilli. The spleen is tremendously enlarged, there is irregular fever, the pulse is rapid and feeble, the tongue is dry, the cheeks flushed and delirium develops which gradually gives way to a profound stupor.

In the pulmonary form, respiration is rapid and there is shortness of breath, the nose and lips often are blue and the rest of the face pale, and the lungs behave as in acute bronchitis.

In any of the three types of miliary tuberculosis, which frequently attacks children, there is no doubt from the start that the individual is very ill. Death usually results in a few weeks from the onset of the disease.

100 People Who Has Tuberculosis

Birth-Chart Constants

Birth-Chart analyzed	100	100%
Charts with Saturn prominent	100	100%
Charts with Saturn prominent and afflicted	98	98%
Charts with Neptune prominent	100	100%
Charts with Neptune prominent and afflicted	92	92%
Charts with Jupiter prominent.....	99	99%
Charts with Jupiter prominent and afflicted	89	89%
Charts with Pluto prominent	97	97%
Charts with Pluto prominent and afflicted	79	79%

Progressed Constants

Charts with progressed aspects (aspects made by progressed Moon ignored) calculated for time of tuberculosis	100	100%
Charts with progressed aspect to Saturn	100	100%
Charts with progressed affliction to Saturn	92	92%
Charts with progressed aspect to Jupiter.....	98	98%
Charts with progressed affliction		

to Jupiter.....	81	81%
Charts with progressed aspect		
to Neptune	93	93%
Charts with progressed affliction		
to Neptune	74	74%
Charts with progressed aspect to Pluto.....	88	88%
Charts with progressed affliction		
to Pluto	57	57%

As is indicated by the pronounced, even though discordant, activity of the Jupiter thought-cells among those who develop tuberculosis, these are not people given to despondency. The activity of the Jupiter thought-cells makes them an optimistic, cheerful lot.

Yet in spite of this optimistic cheerfulness it is evident from the prominence of the three negative planets, Saturn, Neptune and Pluto, that they habitually engage in some form of negative thinking. Many people who are cheerful and optimistic have strong fears in their unconscious minds that keep gnawing at them, calling out the reserve of adrenalin as if an emergency situation existed. In spite also of the Jupiter good will and hope, people frequently have other trends of thought in which discordant thoughts of fear, greed, envy, worry or self-centeredness give expression to the inharmonious thought-cells. In fact, people with Saturn as prominent and afflicted in their charts of birth as those who suffer from tuberculosis have it, and especially at those times when there is a progressed aspect to Saturn, are sure to entertain some thoughts of these types unless they deliberately set about to hold their minds in other channels, and even with such deliberate effort to prevent them, it is a difficult task to be free from these discordant Saturn thoughts.

The activity of the discordant Saturn thought-cells, and the influence of discordant Saturn thinking, is to exhaust the adrenalin supply and thus reduce the amount of the chemical on which the body chiefly depends to neutralize toxins and fight bacteria. And they attract those environmental conditions, including overwork and deficiencies in food, fresh air and sunshine which lower the vitality, give an acid blood stream, and thus prepare ideal conditions in which the tubercle bacilli can multiply.

The influence of the active and discordant Neptune thought-cells, which are present in those who develop tuberculosis, is to cause the individual to day-dream, to live much in imagination, to be unduly apprehensive, to be very sensitive, and to depress the manufacture of cortin, another chemical on which the body depends to fight invasion. Discordant Neptune thinking attracts poisoning. It thus increases the tendency toward a foul blood stream, and inclines toward hidden pockets of infection.

Those who have discordant Jupiter thought-cells have an attitude

that places too much dependence on blind chance. They have a tendency to be careless and extravagant and to permit things to take their own course in the hope they will turn out all right. They are attracted to rich foods rather than to a balanced diet, and they tend to have a deficient supply of insulin properly to burn the fuel provided by sweets and fats. As a consequence of the incomplete combustion of these fuels, the blood stream carries many acid bodies. Such a blood stream favors the growth of bacteria which find their way into the system, and through neutralizing the agents of chemical warfare, hinders the effort to eject them.

The Pluto thought-cells when other negative influences are dominant tend to increase the sensitiveness and the negativeness. As does

Neptune, under such conditions Pluto stimulates the secretion of the hormone of the pineal gland, which in turn depresses the secretion of cortin. Discordant Pluto thought-cells give rise to unhappy thoughts about groups, and about coercion, or about unseen forces and influences.

Doctors use various methods to help Nature cure tuberculosis. Weights composed of shot are sometimes used to help close the cavities by limiting the action of the lungs, and sometimes the whole or partial collapse of the affected lung is produced. This inhibits action of the lung and allows scar tissue to form. Another method used by surgeons is to crush the phrenic nerve to cause the paralysis of one of the diaphragm muscles. This destroys the bellows action of the muscles and allows for complete rest of the lung on that side. When other methods have failed, the drastic method of using surgery to lessen the size of the cavity is sometimes resorted to.

Precautionary Actions

Even when the disease is in an advanced stage, other than taking care of the cavities, if these have developed, the outstanding problem presented in tuberculosis infection is to build up a physical vitality sufficiently vigorous that the body can heal the attacked tissues and prevent further infection. Building vitality also is what must be sought as the chief precautionary measure when the birth-chart and progressed aspects show a predisposition toward the disease. And of primary importance in this, that the electrical energies in the body may be used for this purpose instead of being consumed in mental or emotional processes, is the cultivation of the calm, steady, radiant courage which a harmonious birth-chart Sun gives without such special effort.

Fresh air and sunlight are highly inimical to the tubercle bacilli. Those who have a predisposition toward the disease, therefore, should sleep in a well ventilated room and it is better if considerable time can be spent outdoors in the sunshine. Camps are established where tubercular children may go and in addition to nourishing foods spend their

days largely outdoors in the sun, wearing nothing but shorts to get the full benefit. Outdoor sleeping shelters often are erected in city back yards for those who have contracted this disease. These small cabins have a hinged roof section and drop side to give privacy but at the same time to permit the individual practically to sleep out of doors and during the day to receive the full rays of the Sun. The cabins rotate on a circular track to follow the sun or to move the closed section to be a barrier against strong winds. With the hinged roof section up the individual can sit or recline in the nude, if the weather permits, and get full benefit of outdoor air and sunlight without going beyond his own premises.

Moderate exercise is beneficial in building up the vitality necessary to resist tuberculosis infection, but exhaustion from overwork, strain, or emotional excitement lowers the resistance. When the disease is actually present absolute rest is often prescribed at the commencement of

the treatment. Then very gradually the individual is permitted to exercise, but only to the point where the temperature begins to rise.

Even in the matter of sunlight if the disease has already made some progress, there must be great caution, for excessive exposure to ultra violet rays has a tendency to stir up the toxins which are released from the degenerated tubercle bacilli. The system needs to get rid of these poisons, but if in the effort to do so too much of them are released at one time into the blood stream the system cannot eliminate them fast enough to avoid severe illness.

In addition to fresh air, sunlight and rest from hard work and worry, it is generally recognized that nourishing foods are most important in the treatment of tuberculosis. And these same physical factors are those that should receive attention in taking *precautionary actions* designed to prevent the disease. They all contribute to building up vitality enough to resist infection.

The birth-chart constants clearly indicate both the nature of the foods needed, and those specially to be avoided. In the first place, as Jupiter is prominent and afflicted, there is not enough insulin to handle rich foods, sweets and pastries. When these are included in the diet they contribute to the repletion type of acidosis of the blood stream. On the positive side, the diet should contain ample sulfur.

But even more important, because Saturn plays a still more prominent part, is to see that the individual gets the various minerals which keep the blood stream slightly alkaline, that he gets the vitamins, and that there is variety, but not too great an abundance of the proteins. Many people with a prominent Neptune--and it usually is prominent in those who are predisposed toward tuberculosis--are unable to handle meat because they secrete so little cortin. These people, while needing variety of proteins, should use care not to overload the system with proteins, even of vegetable origin. It is found that animals fed an excess

of protein foods in order to stimulate over production are most susceptible to tuberculosis. Furthermore, of all the foods, meat is by far the most toxic, and requires the most cortin to handle. And a diet deficient in the mineral salts, such as discordant Saturn thought-cells encourage, fails to neutralize the acids and tends to increase the susceptibility toward tuberculosis.

While the too great abundance of sweets and rich foods indicated by Jupiter, the toxic condition that may be produced by excesses of protein indicated by Neptune, and the deficiencies attracted by Saturn, all tend to lower the vitality and give a foul blood stream, there are still other foods that give strength to the electrical energies ruled by the Sun, which are the vital forces which offer resistance to tuberculosis. There should be in the food, therefore, sufficient iodine, manganese, Vitamin B Complex and Vitamin A. These provide the materials with which the gland of energy production, the thyroid, and the gland of sustained energy, the front pituitary, can manufacture the hormones that provide for fuel consumption and the generation of vital electrical energy.

From the standpoint of thought-cell activity the most important

type of thinking to cultivate is that which will give the Sun thought-cells harmony and power. Among those who develop tuberculosis discordant aspects to the Sun are not outstanding. Therefore, while inharmonious Sun thought-cell activity when present does decrease the vital power, the predisposition commonly is not to be attributed to such discords. But there is lack of Sun energy, indicated in some cases by lack of Sun prominence; and in all by the prominence of negative planets the thought-cell activities of which tends to counteract and weaken the vitality generated by the Sun thought-cells. Primarily, therefore, those having a predisposition toward tuberculosis should cultivate the type of thinking which will give greater activity to harmonious Sun thought-cells.

Joy should be cultivated in attaining significance through efforts that benefit others. Anyone can find something to do or attempt that will heighten his own opinion of himself. And as Chapter Four indicates that the association of Mars thoughts with the Sun thought-cells, and the harmonious association of Jupiter thoughts with the Sun thought-cells are most effective to increase the vitality, what is said in that chapter about attaining the feeling of significance, about thinking positive, aggressive, constructive thoughts whenever any situation touches significance, authority or vitality, and about tuning in on Jupiter energies as Rallying forces, is equally as applicable to preventing tuberculosis as it is to lengthening the life. Both require the same positive, radiating vital electrical energies.

To overcome the tendency of the Jupiter thought-cells to attract a ketosis blood stream and to enable them better to handle the manufacture of insulin, harmonious Mercury thoughts should be substituted for

the tendency toward over optimism and placing blind reliance on chance. When these tendencies become recognized the critical faculties should be brought into play to determine the best course of action. Feeling should be made subordinate to reason based on careful examination.

To alleviate the tendency of the Neptune thought-cells to depress the secretion of cortin, thus lowering the vitality, and the general tendency toward poisoning, whenever day-dreaming starts, or thinking begins about some project of vast proportion, or there is the feeling of over sensitiveness and shrinking, these thoughts and feelings should be displaced by carefully thinking about what is, and what is not, practical in the light of past experience, and taking some positive action toward realizing significance.

To prevent the Saturn thought-cell activities from exhausting the adrenalin supply, through deficiency of mineral salts from giving an acid blood stream, and through vitamin or protein deficiency lowering the physical energy, whenever thoughts of anxiety, fear, greed, selfishness or disappointment start entering the mind, these should be displaced with pleasurable thoughts involving the affections or social interests, and by maintaining the Sun feeling that the energies are slightly pressing outward and holding the Sun attitude of power, poise, vitality and self-respect.