

Astro-Biochemistry

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VANDA SAWTELL

with an Introduction by
CYRIL SCOTT

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ASTRO-BIOCHEMISTRY

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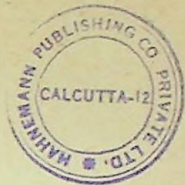
INTRODUCTION

by

CYRIL SCOTT



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INTRODUCTION

By CYRIL SCOTT

OUR modern knowledge, on which we pride ourselves, might well be offset by our modern ignorance. Because we have discovered what we call scientific facts (which in ten years may prove to be no facts at all) we are all too apt to dismiss as mere superstitions much that the ancients maintained and knew. Thus there are people who with a Podsnappian gesture think to wave out of the Universe all that seems to conflict with their pet theories or beliefs: and Astrology has come in for this high-handed treatment by those who know little or nothing about it. How can celestial bodies so very far away possibly influence human destiny? said Professor Joad in effect; thereby thinking conclusively to dispose of the matter. Yet a more truly scientific attitude would be to ask, not how *can* they, but how *do* they, seeing that Astrology in its higher aspects is based on knowledge derived from careful observation. The fact that star lore has been exploited for the purpose of "fortune telling", and thereby cheapened, does not disprove it but has merely served to bring it into disrepute. Indeed, many serious astrologers deplore what may roughly be called newspaper astrology; which they consider to be a sort of astrological quackery. As to whether a properly cast horoscope by a competent astrologer can indicate the trend of future events is not a question which can suitably be discussed in this short Introduction. All that concerns us is the established fact that the position of the stars at the time of birth has a marked influence on the *type of body* and the character and characteristics later on to be developed.* How is it, one may ask, that some persons who are just as frugal as many of their associates, put on fat, whilst others who are much less frugal, never develop adipose tissue, and retain the same slender figure throughout the whole of life? Again, how is it that some people, however carefully they may live, are apt to suffer from minor ailments, not to mention major ones, whilst other persons

* I commend to the reader *Man and the Zodiac*, by David Anrias; a book in which the various types and their modification are pictorially portrayed.

who pay no attention to their health at all are not similarly afflicted? Doctors may talk of *this* or *that* diathesis, which is merely a name but not an explanation, but only the student of star lore maintains that the real reason is to be found in the horoscope. As certain planets "rule" certain organs, the position of the former has a marked bearing on the latter and gives an indication of their relative health or weakness as the case may be. Thus, as every astrological student knows; those, for instance, born under the sign Virgo are liable to suffer from intestinal and digestive troubles, those born under the sign Taurus to have delicate throats, those under Cancer to have easily disordered stomachs—and so on and so forth. Nor is that all. The stars have a marked bearing on tastes and characteristics. It seldom occurs to us to seek an explanation as to why some of our friends show certain tastes, which none the less we may consider somewhat strange. I myself happen to be a case in point. Why should a musical composer be so intensely interested in therapeutics when the two activities appear to be so widely divergent? All the same, the answer is to be found in Astrology. I was born with Virgo as my rising sign; and one of the many characteristics of Virgonians is their interest in diet and matters of health. Nor can heredity be said to account for these tastes on my part, since neither my mother nor my father (they were both Leos) took any special interest in therapeutics, nor to my knowledge did either of my grandparents. As to the type of body, my mother was inclined to stoutness in middle age, and my father was the broad-shouldered, well-covered type as opposed to my own slender build which has never varied throughout the whole of my life. I may add that both my parents eventually died of one of the diseases to which Leos are prone. Such instances have been and could be multiplied by the hundreds of thousands, and only go to show how futile it is to dismiss Astrology as an exploded superstition unworthy of study by modern man. Moreover some reputable scientists as also physicians, rare though as yet they be, have come to the conclusion that the position of the sun at the time of birth plays an important part in the individual life, and that the claims of astrologers should be more closely investigated by the scientific mind. That remarkable Polish scientist, for one, Mme. M. de Chrapowicki* even goes so far as to say: ". . . the major keynote . . . of a body relates to

* Author of *Spectro-Biology*.

that particular quality and vibratory 'rhythm' which was dominant in the atmosphere at the moment of birth and which will control all other vibrations through the whole span of life of that body." This startling statement tends to substantiate Astrology, albeit from another angle: for instead of using the word horoscope, Mme. de Chrapowicki uses the term "Spectro-biological map", regarding which she adds: "It gives a clear way how to find our individual scale of vibrations, our Keynote, our anatomical position *in space*—not time—and our rhythm of Life. It also serves as a guide in clinical diagnosis and in the choice of remedies and treatment."

Now, as the ancient herbalists believed, not only is man, but also are herbs and minerals ruled by planetary influence, references to which are made by the great Culpepper in the original editions of his books. These references, however, have been deleted from later editions as superstitions unworthy of consideration by modern and enlightened (?) man. Nevertheless, judging from what I have just cited and much more that could be cited, it is not unsafe to say that superstition may soon prove to be the wrong word to have employed. Fully qualified doctors who practise the Biochemic System of Medicine, discovered by it noted by a German doctor last century, maintain "That people use up more of a certain cell-salt according to the time of the year in which they were born. As a result, there is a tendency to deficiency in these 'birth' salts." (Dr. G. W. Carey). The rational procedure therefore is to supply the relevant cell-salts. But even more effective results have been obtained by taking the cell-salts as astrologically indicated in the following pages: for knowledge of the month in which a person is born, although helpful and important, is not always sufficient for the most efficacious treatment. That is one reason why a few especially enlightened physicians are now bringing Astrology to their aid in the curing of their patients. The sceptic may be tempted to dismiss them as reprehensibly unorthodox and superstitious if he so desires; but he would do well to reflect over the following words before he makes dogmatic assertions: "The Universe is a vast wholeness, and owing to the laws of correspondences, each individual, each planet, every plant and every mineral can be definitely associated with these things with which they have affinities and which react to similar vibrations" (E. F. W. Powell, D.Sc.).

The foregoing, in fact, should be borne in mind by every reader of this valuable and instructive book on Astro-Biochemistry, which I warmly commend both to laymen, to practitioners of the Biochemic System of Medicine, to astrologers, and to such doctors who are enterprising enough to wish to enlarge their field of knowledge and so increase their skill in curing disease. It has been aptly said: "Only when we bring several branches of learning into alignment, however divergent they may appear on the surface, only then shall we arrive at Truth." Thus, from this book biochemists can learn much, and likewise can astrologers, especially those who specialize in therapeutical Astrology. As for the layman, he can learn from it how to treat his own ailments and how to help his ailing associates.

Pevensey Bay, 1947.

AUTHOR'S PREFACE

ASTRO-BIOCHEMISTRY or the relation between Biochemistry and Astrology is just beginning to be re-discovered by modern man. Notwithstanding the very materialistic age in which we are living, there is a growing interest in the ancient science of Astrology. The student soon learns that there exists an intimate relationship between all things in the solar system, that it is, in fact, one integral whole, and that the many forms of activity or branches of life we see around us can be divided into seven great departments or classifications, each one of which comes under the rulership of one of the seven planets of our solar system. Everybody is familiar with some aspect of this sevenfold classification. For instance, there are the seven notes of the scale, the seven chromes or colours of the spectrum, the seven days of the week, which are named after the planets, the seven Rishis of India, or the Seven Spirits before the Throne of God in the Christian Religion. Since every aspect of life comes under some department of planetary rulership, then the chemistry of life within each human being, the continuous process of exchange and distribution that takes place, the building up and the tearing down, all these must have their place in one or other of these seven great departments. Man is a solar system in miniature, and all the parts and organs of his body have an analogical correspondence with one of the great departments of the heavens known as the signs of the Zodiac. The seven planets act as rulers or governors of these twelve signs. In the human system the work of these planetary rulers is carried out by the seven glandular centres of the body. The analogy is perfect. As above, so below.

The strain of life in our so-called modern civilization, the aftermath of war, commercial competition, devitalized foods, and an altogether distorted and perverted sense of values regarding the real things of life are bringing in their train many strange maladies. Young people in their twenties now suffer from such diseases as high blood-pressure, diabetes, rheumatism, dental decay and cancer, all of which used to be considered diseases of old age. Modern allopathy, sincere as its adherents may be, will never find a cure for

these complaints, which are only *effects*, until they learn to look for the *cause* underlying them. Bacteriology, radiology, endocrinology, serum therapy, the science of allergy, etc., all involve valuable time and the patients' money on treating effects, but since every effect is the result of a cause, unless that cause is removed, there is no guarantee that the effect will not manifest itself again, either in the same or perhaps some other manner.

Each human being is a unique individual with his own particular habits, tendencies, desires and antipathies and physical and mental characteristics and chemical make-up. It is largely the latter which determines his habits and predispositions. Astro-Biochemistry deals with the basic chemical elements in their relation to each individual and his requirements, both physical and metaphysical. It treats each individual as an integral whole and not a collection of parts and vague unrelated symptoms.

Most of the material in the following pages appeared as articles in a monthly Health Magazine, *The Radiant Health Messenger*. They have been presented in book form to meet the growing interest in Astro-Biochemistry, and I hope that other students will be encouraged to investigate the truths of Astro-Biochemistry and carry them a stage further than I have done.

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INTRODUCTION

WHAT IS BIO-CHEMISTRY ?

THE word Biochemistry means the Chemistry of Life, from the Greek word "Bios", meaning the course of life, and chemistry, which means knowledge of the elements and the laws governing their combination and behaviour.

The human body is composed of millions of tiny cells, each of which is a complete living unit. These cells differ in composition according to the type of tissue they help to form. For instance, the cells forming bone are different from those which form skin or nerve tissue.

The material from which these cells are built comes, or should come, from our food. It is of two kinds, organic and inorganic. The organic materials are albumin, fibrin, sugars and fats. The inorganic materials are water and certain minerals, now known as cell salts.

Let us take an analogy. If we want to build a house we must first get together all the necessary materials such as bricks, cement, wood, glass, fittings, etc. When we have everything in readiness, right down to the smallest item, we still have no house. There is something we have not got yet and which we *must* have, and that is *the workmen, the builders*. Without them the work cannot go on, the bricks, etc., will lie useless in heaps, and we shall never have our house.

Now in the body the mineral salts are the workmen, they *do the job* of building. Materials for building and repairing the body are supplied by our food (if we live sensibly). They are put into their right places, that is, built into the structure of our bodies by the mineral salts, who are the active little workmen of the body.

In these days of manpower shortage everybody knows how difficult it is to carry on with a skeleton staff, yet that is exactly what we expect our bodies to do when we starve them of essential minerals. Normally we should obtain these mineral salts from our food: but if through years of wrong living upon devitalized foods we have

become deficient in these salts, then we cannot reasonably expect to get sufficient to adjust the balance, simply by a change of diet alone, although this is one of the essentials if we wish to regain and maintain our health. Let us take one instance: Iron is the mineral which gives healthy blood its rich red colour. Lack of iron means anaemia, and all its attendant ills. If we wish to get iron into our system through our food alone it is difficult to get sufficient, particularly in extreme cases. We know that spinach and deep green vegetables contain iron, but only in very small quantities. Therefore, to get sufficient iron that way it would take more of those foods than we could possibly consume. Iron in the form of Ferrum phos. can be supplied in biochemic cell salts. It is easily assimilated into the system through the saliva, and does not cause constipation, as do the concentrated iron tonics of orthodoxy.

It is often argued that because the mineral salts are inorganic they cannot enter the blood or be utilized by the body. People who make such statements as this do not know the correct interpretation and derivation of words. *Organic* does not mean that a mineral has been changed, but that several have been combined together (organized) with fluidic materials. Basic mineral elements *cannot* be changed even by fire. Another fact not recognized is that the chemist is able to pulverize or triturate them into particles as fine as they are found in plants. This ensures perfect assimilation. Moreover, as stated earlier, the body is composed of both organic and inorganic materials. Inorganic minerals are an integral part of the body's ingredients, and just as necessary to its normal functioning as the organic substances.

There are twelve principal mineral salts which go to form the human body, although there are traces of many more than that. Indeed, it is reasonable to suppose, since man is a microcosm of the macrocosm, that he has traces in his make-up of every mineral found upon the planet; our methods of detection and measurement being too crude at present to discern them.

Actually, biochemistry is an ancient Sanskrit science, although Dr. W. H. Schuessler (born 1821, died 1898) was the first to re-discover it in modern times. Later Dr. G. W. Carey, after a lifetime of research, found that there was a relation between the twelve mineral elements and the twelve signs of the Zodiac. Those who do not believe that there is "anything in astrology" will not be interested in this aspect, and there is admittedly much good work

done in biochemistry without it. *But* there is infinitely better work done with it.

Everyone uses up more of their birth salt, that is the salt allocated to their birth sign or the sign in which the sun was at their birth, than any other. The position and aspects of the moon and major planets will also show what minerals a person is likely to be deficient in.

ARIES

MARCH 21ST TO APRIL 21ST

Biochemic Salt:

Potassium phosphate (Kali phos.)

Symbol:

The Ram

ON March 21st of every year the Sun enters the sign Aries the first sign of the Zodiac. The days and nights are of equal length, thus it is called the Spring or Vernal Equinox. This is really the Astrological New Year as the Sun begins its journey once more through the twelve signs of the Zodiac, passing through one sign each month, and taking a year to complete its cyclic journey.

The terrific impetus back of all natural phenomena at this time is the reason that this period of the year is termed Spring. The rabbit is one of the symbols of Spring and of Easter, because it jumps and springs when moving about. People born at this time of the year usually walk with a springy step.

At this season the Sun is actually "springing" or climbing up into the heavens until it reaches its highest point, that of the Summer Solstice. This is the longest day of the year (Southern Hemisphere. Winter Solstice and shortest day).

When the Sun is passing through the sign Aries the whole planet is receiving that influence, therefore, both hemispheres are receiving it simultaneously. The fact that one side of the globe is having summer while the other side is having winter is due to the distance *away* from the Sun, but the astrological sign through which the Sun is passing is the result of the position of the earth in relation to the Sun.

At this time, all nature springs to life. Seeds sprout, buds burst, trees blossom, and grass and hedges are at their greenest. Birds sing and mate, and even the dullest human feels something of the vernal power.

The whole earth becomes re-charged with life or spiritual electricity, so that all who live upon it may in their turn become re-charged and re-vitalized. We all know the healing power of Mother Earth. Every human being is a battery, a collection of

cells analogous to an electric battery, capable of receiving or being charged with energy, life, or spiritual electricity, call it what you will. Capable also of giving out or manifesting the energy or life which it receives. Just as an electric battery must have the necessary materials in order to attract electricity, so must the human battery have Kali phos., the Biochemic cell salt allocated to Aries, in order to be able to attract and contact the unlimited electrical power ever present in the universe, and which is the cause of all growth and new beginnings.

Aries is the first sign of the Zodiac and rules the first part of the body, the cerebrum the top of the head, which houses the upper brain, the organ of thought.

Since the brain is the most important organ in the body it is reasonable to suppose that the cell salt allocated to the sign ruling the head where the brain is housed is of great importance in the human make-up; and such is indeed the case.

Kali phos. *creates* the grey matter of the brain by uniting with albumen and oxygen. Other salts are also needed (see Calc. fluor.) but Kali phos. is the most important, for without it, even if the other salts are present, the brain simply cannot function because there is *no grey matter to function* unless Kali phos. is there to create it.

Kali phos. in addition to any other indicated salts, is required in practically all cases of sickness. All mental disorders require Kali phos., as also do nerve troubles of every kind, depression, insomnia, irritability, hysteria, sensitiveness, headaches (with Ferrum phos., if due to anaemia). It is invaluable to students spending long hours on mental work and for that "all gone sensation" in the stomach which follows hours of concentration.

It is naturally indicated in all cases of paralysis in order to rebuild the cells of the brain which serve the affected area.

Since Kali phos. builds the brain cells, it is obvious that we cannot have clear and definite thoughts without it. The very name is significant, for Kali means "mother" or "mater" from which we get "Material" and phosphorus means "light-bearer". Thus Kali phos. is the salt or material through which the light of the mind can function. No wonder all seems dark and depressed when this salt is lacking.

Many a case of certified insanity could be brought back to normal with the aid of Kali phos.

Of all the twelve basic mineral elements of the body, the vibrations of Kali phos. are the highest to which the physical body can be safely subjected. X-rays will destroy cancer cells but they will also destroy healthy cells. Not so Kali phos.

Potassium (Kali) is healing and antiseptic. Therefore, a combination of all three Biochemic forms of potassium, namely, Kali phos., Kali mur., Kali sulph., together with Ferrum phos., have often been used successfully in the treatment of cancer. Kali phos. to supply the vital fire of life to purify the unhealthy condition, Kali mur. to build new cells, and Kali sulph. to cleanse through the pores of the skin and to bathe the cells in an oily, salty, antiseptic fluid, and finally Ferrum phos. to attract oxygen so that the vital purifying fires of Kali phos. may be kept burning.

The late Dr. Forbes-Ross stated that shortage of potassium was the main cause of cancer, and reported cases where cures were effected when potassium was administered in an assimilable form. Incidentally, crude black molasses provide one of the best means of obtaining a good supply of potassium in the diet.

Because of its antiseptic properties, Kali phos. should be given in all skin troubles, especially where there is irritation, and in conjunction with Ferrum phos. if there is burning. Indeed, since the fire of Kali phos. burns in the oxygen attracted by Ferrum phos. it is difficult to separate these two salts, Kali phos. and Ferrum phos., the former being allocated to Aries and the latter to Pisces, the first and the last signs of the Zodiac. They seem locked together as though it were their function to unite the Zodiac in a circle.

Nerve impulses to all organs of the body are generated in the brain, therefore the range of symptoms covered by Kali phos. is very wide. The sensory organs of sight, hearing, taste and smell all come under its influence. It is of great assistance in menstruation and pregnancy and in respiratory troubles such as bronchial asthma, whooping cough, croup, hoarseness or loss of voice.

Dr. G. W. Carey says of Kali phos.: "The grey matter of the brain is controlled entirely by the inorganic cell-salt, potassium phosphate. This salt unites with albumin, and by the addition of oxygen creates nerve fluid, or the grey matter of the brain. . . ."

"Therefore, when nervous symptoms arise due to the fact that the nerve-fluid has been exhausted from any cause, the phosphate

of potassium is the only true remedy, because nothing else can possibly supply the deficiency. . . . Let the overworked business man take it and go home good tempered. Let the weary wife, nerves unstrung from attending to children or entertaining company, take it and note how quickly the equilibrium will be restored. The beginning and end of the matter is to supply the lacking principle, and in molecular form, *exactly as nature furnishes it in vegetables, fruits and grain.*

“To supply deficiencies—this is the only law of cure.”

TAURUS

APRIL 21ST TO MAY 21ST

Biochemic Salt:

Natrum sulphuretum

Symbol:

The Winged Bull

ON April 21st the sun moves into Taurus, the second sign of the Zodiac. Taurus is an earth sign, and its symbol is the Winged Bull of Nineveh. This symbol reveals a great truth, namely, that earth is precipitated aerial elements. Substance is materialized air, and all so-called solid substance may be resolved into air. The scientists of the Taurean age (over 4,000 years ago) were well aware of this chemical fact; that is why they carved the emblem of their Zodiacal sign with wings. Taurus people can descend very deep into materiality, or soar, “High as that Heaven where Taurus wheels”, to quote the words of Edwin Markham, who was himself a Taurean.

Taurus is represented in the human body by the cerebellum, or lower brain, and neck, ears, lower jaw, throat, liver, and gall bladder.

Sulphate of Sodium or Nat. sulph. is the Biochemic salt belonging to this sign, and is the first cell-salt to become deficient where symptoms of disease in the Taurean native are observed.

The chief work of Nat. sulph. is to eliminate excess water from the body. In hot moist weather the atmosphere becomes heavily charged with water, and is breathed into the blood through the lungs. Blood becomes overcharged with water from an atmosphere overcharged with moist vapour, and not from the water we drink.

One molecule of the Taurus salt has the chemical power to take

up and eliminate from the system two molecules of water. Therefore the more surplus water there is to be thrown out of the blood the more sodium sulphate is required.

Biliousness and malaria are the effects of a deficiency of this salt. Chills, fevers and agues, etc., are Nature's method of getting rid of surplus water, through violent muscular, nervous, and vascular spasms and perspiration.

There are some people who put on weight in spite of careful dieting. This is because the lymphatic system becomes slowly engorged with excess fluid derived from the atmosphere through the breath. These people need plenty of Nat. sulph. to carry away this excess fluid.

The Taurean person is usually patient, plodding, and determined. Taurean children need encouragement and affection; They should never be coerced or driven, for that will arouse the Taurean stubbornness. They can be won by love and affection, and their artistic sense should be appealed to.

One of the weaknesses of this sign is over-indulgence, so moderation in eating and drinking should be taught the Taurus child.

These people make good practical organizers, builders, gardeners, dressmakers, chemists, or engineers. They are capable of handling funds as trustees, treasurers, or cashiers, and usually invest wisely.

With their practical outlook and ability to handle finance the younger generation should produce some notable leaders of character and worth.

Because Nat. sulph. works with the fluids of the body it is one of the most important salts affecting the digestive organs. The bile of the liver, the pancreatic juices, and the secretions of the kidneys all depend for their normal functioning upon a proper supply of Nat. sulph. Bile disorders, of which there are so many these days, range from sluggish liver and tiredness in the early morning, to gall stones, jaundice, stoppage of the bile duct, and constipation. Diabetes needs Nat. sulph. because it stimulates the secretions of the pancreas, liver, and kidneys. When the digestive organs are not functioning harmoniously, then sore throats and colds are frequent.

Some good herbs for liver and throat complaints:

Balmoney for jaundice conditions. Infuse 1 oz. in a pint of boiling water, stand half an hour, then strain, and take a wineglass three times a day.

Agrimony good for both liver and kidney troubles, and helps the assimilation of food.

Centaury also a good tonic for the liver.

A combination of *Agrimony* and *Centaury* is helpful for jaundice conditions, and corrects the kidneys at the same time. Infuse 1 oz. of *Agrimony* and 1 oz. of *Centaury* together in 1 pint of boiling water; stand for half an hour, strain, and take a small wineglassful three times a day.

Golden Seal is very helpful for bilious subjects. Obtain Fluid Extract of *Golden Seal*, and take $\frac{1}{2}$ teaspoonful in a wineglass of water twice a day.

Dandelion is excellent. Cut up fresh young dandelion leaves on salads. For a liver and dyspeptic remedy, 1 oz. of dandelion root boiled in $1\frac{1}{2}$ pints of water until reduced to 1 pint is very helpful and slightly laxative.

Red Sage is helpful for laryngitis and quinsy. Infuse $\frac{1}{2}$ oz. in $\frac{1}{2}$ pint of boiling water for half an hour; strain, add the juice of a lemon, and use warm as a gargle.

Raspberry Leaves and *Mulleins* also make good remedies for sore throats, while *Acacia* is useful in cases of hoarseness. To prepare any of these, infuse 1 oz. to 1 pint of boiling water; stand half an hour, strain, and use as a gargle.

GEMINI

MAY 21ST TO JUNE 21ST

Biochemic Salt:
Kali muriaticum

Symbol:
The Twins

ON May 21st the Sun enters the sign of Gemini and remains there until June 21st. Therefore, during the greater part of the month of June the sun is in this sign. Now the Great Cosmic Book can only be read by analogy, and all serious students will find it profitable to trace the etymology of the words used in our everyday language. The study of word-symbolism will open up "a brave new world" as Shakespeare says. The word June comes from the Latin verb "Jungo", and means a joint or a jointing, therefore a fibre or a

shoot. It is a thread or a filament branching off from the main stalk.

In the human body Gemini rules the bronchial tubes and lungs, the shoulders, arms, hands, and fingers. Just consider the lungs for a moment. There is the first joint or branching off of the tubes at the entrance to the lungs, then the splitting up into countless little branches, the bronchial tubes. Then again, the arms are two branches, ending in further branches, the fingers.

Kali mur., the Gemini Salt is essential for the formation of fibrin. Every tissue and organ of the body, with the exception of bone, contains fibrin. Man's whole garment of flesh is built upon a foundation of filaments or fibres.

There is an infinitely fine network of these tiny fibres, all branching off from one another, forming the framework, as it were, upon which the tissues are built. This includes also the skin, glands and nerves.

Symptoms arising from lack of Kali mur. are catarrh, congestion of the bronchial tubes, swollen glands, mumps, sore throats, enlarged rheumatic joints, and swollen tonsils, all children's diseases where there are exudations through the skin, such as measles, chicken-pox, scarlet fever, etc., for these are all disturbances of the fibrin. All cases of a very white tongue and sluggish liver and constipation, and all congestion and swellings need Kali mur. and if there is inflammation Ferrum phos. is also called for, because the inflammation arises from lack of oxygen due to iron deficiency.

The planet Mercury is the ruler of the sign Gemini; and mercury or quicksilver, as we all know, is very active, the word "quick" meaning "alive". Mercury is sometimes referred to as The Messenger of the Gods. Following our method of analogy it is interesting to note that all transport and methods of communication, as well as short journeys come under the rulership of Gemini. Gemini natives are mentally active, curious, given to investigation and experimenting and capable of excellent reasoning. They possess the ability to see both sides of a question and this sometimes makes them appear to be changeable and dualistic and difficult to understand. They are inclined to doubt unless they know the reason for a thing. Gemini is the sign of Thomas the doubting disciple. Children of this sign should have their questions answered

correctly and honestly, intelligently, and in detail. Denial and repression are poison to their system. They should be taken to the zoo, museum, exhibitions, laboratories, factories, and out-door games. They must know the "ins and outs" of things, the reasons why, before they are satisfied and happy. Otherwise they have a tendency to become fickle, untruthful and wayward.

Gemini people do well in the literary and newspaper world, where travel is concerned, as secretaries or lecturers and they are often very ingenious and inventive. With their love of experiment they are always busy and more ready to begin things than finish them. Therefore children of this sign should be trained to finish the things they begin.

Let us go back a moment over the last two signs. In Aries we had the person who *thinks* things. In Taurus the person who *does* things. In Gemini we have the person who experiments.

These people are inclined to worry, and most of their illnesses are of a nervous character. They should learn to relax, and they need plenty of sleep. Proper breathing exercises are of great benefit to them.

Referring once more to the interpretation of June from the Latin word meaning joint or joining, we must bear in mind the fact that the nerves and bronchial tubes constitute that part of the body which first *branches off*, after the formation of the cerebrum, cord, and cerebellum.

The bronchi are the *branches* which convey air to the lung cells which we may term the twigs and leaves. Without lungs there would be no marriage in Cana of Galilee, no turning of the water of life into wine. For here is where oxygen, spirit or *prana*, combines with the blood for the arterial system, producing a combination of earth, air, fire and water, of which so very little is really known.

The word Cana means *reeds* in Hebrew, while Galilee means circle. Their combination refers to the lungs and their function of combining air and blood, which is the Water of Life. When Spirit is added it becomes the Wine of Life.

And now as regards the biochemic remedies: long-standing cases of catarrh are very depleting to the system, and the first thing to do is to eliminate mucus-forming foods from the diet. Even then, one often finds cases which persist, and often the patients are underweight. This may be because they are not

assimilating the nutriment from their food on account of a lack of Kali mur. Kali mur. must be present in sufficient quantities to enable the elements contained in the food to be built into fibrin for new tissues. Failing this, valuable elements are run off in the form of mucus, which should normally be assimilated by the body.

Then there is the "common cold". A combination of Kali mur. and Ferrum phos. should be taken frequently at the first sign of a cold. The Ferrum or Iron will supply the fuel or oxygen to burn up the waste, and the Kali mur. will reduce the soreness and swelling of the throat and mucous membranes, or of the glands. It will also help to keep the bronchial tubes clear, and prevent a cough developing. After a bad cold or influenza, take Ferrum phos. and Calc. phos. as a tonic.

In all children's diseases where scaling takes place, or there is a skin rash, Kali mur. is needed. If given regularly it will prevent pitting after chicken-pox. It will also greatly lessen scars after burns, and should be taken with Silica for this.

A GOOD HERBAL REMEDY FOR WHOOPING COUGH

Mix together 1 oz. *Wild Thyme* and *Mouseear*, and $\frac{1}{2}$ oz. *Liquorice Root*. Infuse 1 teaspoonful in a breakfast cup of boiling water, and sweeten with a dessertspoonful of honey. Give dessertspoon doses every half hour.

Mullein is excellent for coughs and colds and lung affections. Boil 1 oz. of the leaves in a pint of water for about 15 minutes. Strain carefully through muslin, on account of the tiny hairs on the leaves. Sweeten with honey, and take a wineglassful three or four times a day. In parts of Ireland it is used in cases of wasting lung disease, but the leaves are boiled in milk, and then honey is added after straining. This increases the weight of the patient as well as assisting the lungs.

Abcess Root and *Elecampane* are both good where there is mucus on the lungs, and *Pleurisy Root* where there is pleural fluid to be absorbed. Boil 1 oz. to a pint of water for 20 minutes, strain, and take a wineglassful three times a day.

Mountain Grape, prepared the same way, is good in cases of scaling skin diseases, after chicken-pox and scarlet fever, etc., while *Figwort* is good for eruptions of the skin.

CANCER

JUNE 21ST TO JULY 22ND

Biochemic Salt:
Calcareum fluoricum

Symbol:
The Crab

THIS month the sun enters Cancer, the fourth sign of the Zodiac. Physiologically it pertains to the breast, stomach, and spleen, and governs expansion and contraction, elasticity and tenacity. It is a fluidic sign and all the organs which it rules are concerned with the secretion of fluids. 1. Mother's milk (breast). 2. The chyle (digested food elements of the stomach). 3. The white corpuscles of the blood (spleen).

Cancer is the most fertile of all the twelve signs, and is ruled by the moon, which governs all expansion. The sun's rays give life: drawing up the growing forms upon the earth so that they stand upright and grow towards the sky; the moon's rays give growth and fructification. This is because the currents from the sun flow perpendicular to the earth, and those from the moon flow horizontally. A plant exposed to the sun and not the moon will not produce fruit and seed.

Being a fertile sign concerned with reproduction, Cancer has come to be known as the great mother sign. The fact that it rules the breasts may also have given support to this. The true esoteric meaning of this sign, however, is not generally understood, for although the sign Cancer is concerned with reproduction it is *not* concerned with procreation, only with the potential force—fecundity. The hidden power within this sign is that of *Nature's power to reproduce*, otherwise the body would not be able to *recreate itself daily*. It has to do with the *ceaseless formation or birth of corpuscles within the spleen*, and not with procreative germs which can only be accomplished in the testes and ovaries.

The biochemic salt related to this sign is Calcium fluoride, a hard substance possessing nevertheless a peculiar property of elasticity. Calc. fluor. is an important constituent of the enamel of the teeth, the fingernails, bones, crystalline lens of the eye, and in the elastic fibre of all muscular tissue. When this cell salt is deficient the skin becomes cracked, and fissures and splits tend to form between toes or fingers, at the anus, behind the ears, or in the corners of the mouth. This is because the skin has become

hard and brittle and crusty. Prolapsed organs, varicose veins, hardening of the arteries or testicles, valvular heart troubles, haemorrhoids, receding gums, and loose teeth are all indications that the tissues have lost their elasticity. Cataracts, blurred vision, hard growths, and osseous lumps are all evidence of a lack of this salt. There is another interesting and important function of this salt which must not be overlooked. The brain has a fine membrane like a spider web covering it, called the Arachnoid, and Calc. fluor. is a constituent of this membrane. When the spider web-like filaments of this membrane are plentifully supplied with Calc. fluor. they are elastic, pliable, and strong, and thoughts are quickly and easily connected, and we have the characteristic of Cancer people a *good memory*, or a tenacious memory which is the ability to hold on to thoughts. When this cell salt is deficient, however, the tiny web-like filaments become flabby, like a worn-out piece of elastic. Connection of thought becomes difficult, and so we get a poor memory or forgetfulness which is lack of mental elasticity. The persons become hesitant, finding difficulty in expressing themselves as though the words were actually held in leash by elastic threads which had become worn, and lost their power to contract. Another interesting mental symptom caused by lack of Calc. fluor. is fear of poverty. *Holding on like the crab* to every penny, scarcely *letting go* to purchase even bare necessities. When fear is present, whether in respect to finances or other matters, it indicates decreasing mental tenacity. One loses one's grip or positivity.

The symbol for this sign is the crab, and it is certainly well chosen, for the crab is a most tenacious creature, preferring to lose a claw rather than to let go of anything. It is a crustacean, having a hard shell or crust. The word crustacean in Greek means crystal, having the power to crystallize or harden; it also means a hard coating or covering, a shell or horny substance. One can see how well the symbol fits the function of Calc. fluor., the cell salt allocated to Cancer.

These people have fruitful imaginations, and often vivid descriptive powers. They have a great love of home and family, and are industrious, sensitive, and patriotic. They are inclined to dwell on past events on account of their retentive memories, and this can become a limitation, particularly when attachment to home and family is exceptionally strong.

Children of this sign fear ridicule and disapproval, therefore

they should be given approbation and encouragement. The memory may dwell on fancied slights causing easily wounded feelings. They should be encouraged to recollect only past pleasures and positive things, and not dwell on disappointments.

People of this sign are interested in public affairs and community welfare, so they do well in social work, politics, domestic sciences, and in occupations requiring patience and persistent effort.

The world needs great people, and there *must* be wonderful Egos awaiting birth. The time will come when prospective parents will make careful preparation by correcting chemical deficiencies, for to quote Paracelsus: "Man draws not only health from the elements when in equilibrium, but also disease when they are disturbed."

Whenever a case calls for Calc. fluor., it usually requires Silica also, for these two salts work in conjunction with one another. Both Calcium fluoride and Silica are extremely hard substances, and the action of these salts in the body is, as we have seen, to make firm and tighten up any tissues or organs that are relaxed or pro-lapsed. When Calc. fluor. is lacking there is often extreme tiredness and general weariness which no amount of rest will relieve. This is not to be wondered at, since in many cases the tissues of the brain, as well as the organs of the body, have lost their tone, as it were, and are unable to firm up and regain their normal tension.

Last month we studied Kali mur., the cell salt allocated to the sign Gemini, and found that the work of this salt was to spin the filaments upon which the tissues of the body are built. Calc. fluor. must also be present to ensure that these filaments are strong and elastic.

Calc. fluor. is an important salt for expectant mothers, for it is essential that the tissues be supple to promote easy delivery and to prevent sagging of the abdomen after confinement. *Raspberry Leaf Tea* is also helpful in this connection, and should be taken during the last months of pregnancy.

Infuse $\frac{1}{2}$ oz. raspberry leaves in 1 pint of boiling water, strain and cool, and take a wineglass twice a day.

LEO

JULY 23RD TO AUGUST 22ND

Biochemic Salt:
Magnesium phosphoricum

Symbol:
The Lion

THIS month the sun enters the sign Leo, the fifth sign of the Zodiac. Physiologically, this corresponds to the heart in the human body, and the sun is the ruler of this sign. We can see the perfect analogy between the heart and the sun: the sun is really the heart of the solar system for all life depends upon it, and without the heart the human body would be lifeless. When the heart ceases action or stops beating, in other words when life no longer pulsates through it, the physical body is pronounced dead. Therefore it is not surprising that the biochemic salt of this sign is concerned with *action or motion*.

Magnesium phosphate (Mag. phos.) is the cell salt allocated to Leo, and it acts upon the motor nerves. Through the sensory nerves we feel pain or sensation, and response to the sensation received through these nerves results in *motion or action*.

In Kali mur. the cell salt for Gemini we had the *spinning salt*, the *basic material* from which all nerve threads or fibres are made. Now there must be different kinds of fibres suitable for the different kinds of work to be done. So the Divine Chemist added Kali phos., the Aries salt, to those fibres which were to contact *spirit*, the electrical energy of life. We found in Aries that Kali phos. helped to build the grey matter of the brain and nerves, and that without it we could not *think*. And remember, there is intelligence in every cell of our bodies which connects up finally with the directing intelligence in the brain, symbolized by Aries.

Other nerves were also required, capable of responding to the sensory impulses, thus producing motion, so Mag. phos. was combined with certain fibres to make white or motor nerves. Since the Sanskrit root of the word Magnesium is mag, which means *to love*, we begin to see how Divine Symbols are hidden all about us, even in the everyday words that we use.

Since the grey and the white matter of the brain and nerves are closely allied, and function together, it is not surprising to find that the Kali phos. of Aries in the grey matter with which we *think*, and the Mag. phos. of Leo in the white fibres which produce

motion, work harmoniously together. Where one salt is needed, the other is usually called for also.

The story that Aries and Leo reveal when allocated with the functions of the body, is that of *energy directed or guided by wisdom*. Energy moves (Leo) up and down and around in the body, doing its work wisely (Aries) while the outer servants of the body (the hands for example) do constructive work. The antithesis of this is energy misdirected, used destructively.

Leo people are genuinely kind, loving and generous, and usually like to express their love because their emotional nature is deep and from the heart. Unless controlled, their emotional nature can sometimes be their undoing. The positive and scientific interpretation of Leo is *motion* not *e-motion*. The gamut of emotions which human beings manifest from the cradle to the grave, result eventually in despoiling the entire glandular system, and in demoralizing both nervous systems. Therefore Leo children should be taught early to be temperate in all things, to avoid over-eating, and to eat plenty of vegetables and fruit on account of their cooling properties, for Leo people are inclined to suffer from feverish complaints. They sometimes need strict lessons in the value and right use of money, for their generous natures are apt to be somewhat careless in this respect.

Mag. phos. is the great anti-pain salt, and is indicated in all cases of cramp and spasm, or where application of heat brings relief. Headaches, neuralgias, earache, spasmodic twitching of eyes or limbs, menstrual colic, convulsions, and all heart troubles. To relieve pain or heart attacks large doses of Mag. phos. should be dissolved in a little hot water and sipped frequently. Hot applications should also be given to assist relaxation, for most of the complaints listed under this sign come from over-taut nerves and tenseness. Mag. phos. helps one to "let go" and relax.

The best medicine for Leos is love, peace, and harmony. They need plenty of water, sleep, deep breathing, also recreation and entertainment. With their generous natures and broad outlook they are not suited to occupations requiring petty details. They are capable of rising to positions of trust and responsibility.

While considering Mag. phos. and its relation to movement, we must not forget Iron or Ferrum phos. Ferrum phos. gets its name from the Latin *ferre* meaning to bear, to bring, or to carry. Iron (Ferrum) carries oxygen throughout the body, thus supplying

energy for Movement (Mag. phos.). Pythagoras is quoted by Thomas Vaughan as saying, "Great is the affinity between Magnesia and Iron".

Mag. phos. and Ferrum phos. *need* each other, therefore, they work well together in the body, just as Mag. phos. and Kali phos. do. In fact, these three salts taken in rotation will cover practically all cases of tiredness and exhaustion from overwork, anaemia, neuralgia, cramp, spasms, and insomnia. When taking a course of these three salts, take Kali phos. before meals, Ferrum phos. after meals, and Mag. phos. during the morning, in the afternoon, and at bedtime.

Chamomile is a herb which works well with these salts, and it is helpful in hysterical and nervous affections, neuralgia, feverishness, and insomnia. Make an infusion out of the *Chamomile* flowers.

VIRGO

AUGUST 23RD TO SEPTEMBER 23RD

Biochemic Salt:

Kali sulphuricum

Symbol:

The Virgin

ON the twenty-third of August, approximately, the Sun enters the Zodiacal sign Virgo, which is the Latin name for Virgin. The name "Virgin Mary" had its origin in this constellation, which is truly the Divine Mother.

The Latin word for pure water or sea is *mare*. By changing the letter *e* to *y* we have the name Mary. The term "Virgin Mary" will thus be seen to have a double significance, since both names have practically the same meaning: purity.

To fully understand the meaning of the word *Virgin* one should consider all the synonyms used in connection with it, namely, chaste, pure, undefiled, fresh, new, unadulterated.

When studied from a chemical standpoint the term "unadulterated" is very applicable as the definition of a pure body, for the word adulterated means "some of the original elements missing". Could we have any better description of disease? Health exists when all of the chemical constituents of the blood

are present, since they are the *original elements from which the Divine Chemist created it.*

The part of the body allocated to Virgo is the solar plexus and bowels, and the planet Mercury is the ruler.

The solar plexus lies directly behind the stomach, and from it twelve different nerve ganglia branch off in all directions: that is how the solar or sun plexus gets its name. Each of the twelve divisions of the solar plexus allocates with one of the signs of the Zodiac, and hence with a certain part of the body. The plexus itself is a little Zodiac. It is sometimes called the lower brain.

The ancients must have known all this, for astrology has been handed down from the early Chaldeans, and the sixth house, which is the home or place of Virgo, has always been known as the House of Health.

The solar plexus is the great receiving station of energy from the back brain (see article on Taurus), while the bowels complete the chemicalization of the food products ready to be assimilated by the blood. Being connected by its nerve ganglia with all parts of the body, the solar plexus *reflects* the condition of the entire body. No wonder then that the stomach and bowels are affected when a person is worried or upset, or when the brain is fagged and weary.

The Biochemic salt for the sign Virgo is Kali sulph., and its function is to manufacture and distribute oil.

When the body is in health, little jets of steam are constantly escaping from the seven million pores of the skin. A deficiency of Kali sulph. molecules causes the oil in the tissues to thicken and clog these safety valves of the human machine, thus turning heat and secretions back upon the inner organs, lungs, pleura, membranes of the nasal passages, and we get all forms of catarrh.

Kali sulph. is also present in considerable quantities in the scalp and hair. When this salt is lacking we get dandruff or falling hair, skin eruptions secreting yellowish oily matter, or inactive dry scaling skin, gastro-duodenal catarrh, ringworm, anaemia, and bronchitis. It is an oxygen carrier to the epidermic and epithelial cells of the skin and membranes, and in this it works with Ferrum phos., which is the salt for the sign Pisces, the polar opposite to Virgo. Students will notice that both Kali sulph., the Virgo salt, and Kali mur., the Gemini salt, help to build the skin and membranes. Kali mur., the spinning salt, builds fibres for new

skin, and Kali sulph., the manufacturer of oil and carrier of oxygen, keeps the skin lubricated and ventilated. Note also that both these signs are ruled by the planet Mercury.

Kali sulph. is a wonderful salt; the oil which it manufactures provides a fuel, a solvent, a lubricant and purifier for the body, just as in a machine.

In old age the human body is very low in oil, and hence looks dry and shrivelled. Skin, hair, intestinal tract, bones, all require their full quota of oil. Remember the parable of the wise virgins who kept their lamps trimmed and burning, and the cry of the foolish virgins, "We have no oil!"

People deficient in this salt cannot stand a warm room, they feel suffocated and must get out into the cool air. Symptoms are usually worse in the afternoon.

Kali sulph. should be given in all children's diseases where there has been a rash or scaling. It helps to form new skin, and in this it works with the Gemini salt, Kali mur.

Virgo people are active, and learn readily. Mercury being their ruler, they have good reasoning powers and keen intellects. They are sometimes very critical, and this trait can be very trying for others who are closely associated with them. They are, however, usually ready enough to turn this criticism upon themselves for self improvement. They are adaptable, and capable of following any vocation in which activity and general mental ability are necessary. They are not as a rule very robust or muscular types, nevertheless they possess plenty of reserve energy and good endurance. They are usually very well preserved and do not show their age.

Virgo children require patience, affection, and considerable explanation to satisfy them and to aid their development. They are usually quiet, sensitive, critical, and inquisitive. They learn readily by example. "Do as I do, not as I say", is the law for them, and the word "don't" is a positive command to "do it when I am not looking". They should be encouraged to praise rather than criticize.

The negative characteristics of this sign are doubt, scepticism, criticism, selfishness, and self-pity, which bring in their train poor circulation, bowel troubles, and indigestion.

Their best medicine is to commune with Nature: plenty of muscular exercise, and a working understanding of hygiene and dietetics. Hiking and camping are splendid forms of recreation

for Virgos, while good books, lectures, etc. give them excellent mental recreation.

There is an important point to bear in mind when considering this sign. Virgo, as we have seen, rules the solar plexus and bowels, and it also rules that very important but little understood organ, the portal vein. The portal vein gathers up digested food from the intestines and conveys it to the liver, where it is again split up, purified, or stored as the case may be. Now if the portal vein becomes congested, naturally the liver becomes sluggish, and biliousness or constipation follow. People with the sun, moon, or planets in Virgo often suffer from ailments caused through a congested liver.

Returning once more to the interpretation of the word Virgin, we found that it meant pure, fresh, undefiled. Hence, Virgonians must be particularly careful about the purity of the food they eat, for they are easily upset by tainted food of any kind.

For those suffering from severe constipation or from excessive dryness or scaliness of the skin, whole linseed is very helpful. Wash about a teaspoonful of whole linseeds, then swallow them with some water before bedtime. People with severe constipation may do this before each meal if necessary. This must be persevered with for at least a month. The linseed swells slightly, and if taken regularly will gently loosen the contents of the bowel, while the oil from the seeds acts as a lubricant both to the bowels and the skin.

Another way to take the linseed is to make a hot lemon drink, sweetened with honey, and slip a teaspoonful of linseed into it, being sure to drink all the seeds with the lemon drink.

LIBRA

SEPTEMBER 23RD TO OCTOBER 23RD

Biochemic Salt:
Natrum phosphate

Symbol:
The Scales

THIS month the sun enters the sign of Libra, the seventh sign of the Zodiac. It has completed half its cyclic journey through the twelve signs, and in Libra the half-way of balancing point is reached.

This is very significant because the symbol of this sign is the scales or balance. The Biochemic cell salt allocated to this sign is Natrum phos. or Sodium phosphate, and its function is to preserve the balance between acids and the normal fluids of the body. The parts of the body governed by Libra are the loins, the lumbar region in general, particularly the kidneys. The Greek work for kidneys was "nephros", which was derived from a Hebrew word meaning to shake out or to spread abroad like rain. That is exactly what the kidneys do. They secrete the urine, and then shake out or distil and filter it into the bladder ready for elimination. From the same Greek word "nephros" we get nephritis, which is inflammation of the kidneys. The alkalinity of the blood must be kept at a certain level to ensure health, thus acid in excess of the body's requirements has to be eliminated by the kidneys. Therefore the kidneys are indeed continually balancing the acid/alkaline account of the human body. Conditions arising from an apparent excess of acid are nearly always due to a deficiency of this alkaline salt. Often Natrum phos. is indicated before other salts can be administered successfully, because in nearly all physical diseases there are acid conditions and it is essential that these be neutralized before the body will respond to other treatment. Natrum phos. has the power to work with acid in the body such as lactic acid and uric acid, and to combine with it to form new and harmless compounds. Natrum phos. is indicated in all rheumatic disorders, gout, worms, flatulence, diabetes, kidney and bladder weaknesses, eczema, jaundice, and gall stones. A lack of proper balance of this alkaline cell salt in the gastric juices will cause ferments to rise, and these retard digestion so that the lining of the whole digestive tract becomes involved. This may cause gastric ulceration, dyspepsia, sour taste in the mouth, bilious disorders, diarrhoea, etc. One of the symptoms needing this salt is a yellow coating on the tongue, and all exudations from sores on the skin or from any mucous membrane that are of a yellow, honey colour.

Venus, the planet of love and harmony, is the ruler of Libra, and when the fluids of the body are in a balanced and harmonious condition one feels in harmony with all life.

Balance being the outstanding characteristic of Libra, we find that Librans usually have a very keen sense of justice, and often choose legal work. The rulership of Venus makes them artistic, with an ardent love for the beautiful things of life. They are

sensitive to their surroundings, and like congenial social life. They are agreeable and courteous, and are natural reconcilers and peace-makers. These people are not over-fond of hard, laborious work, but are well fitted for positions of trust and influence where they can calmly manage things in their own way. Their agreeable manner makes them successful in any position which brings them into contact with other people. Children of this sign are usually merry, and fond of parties; entertainment, clothes, and companionship. They should be taught moderation in all things which, if allowed to run to extreme, would prove hindrances to them. They need to be taught discrimination so that in later life their good nature will not be imposed upon.

When the kidneys are not able to perform their work properly the fluids of the body become unbalanced, the scales are tipped to one side, and the whole system is affected until the balance is restored. Similarly, when anything happens to turn the scale or really upset the equilibrium and balance of the gentle, peace-loving Libra nature, they become great fighters in the cause of justice. They are always working to preserve harmony, for innately they know that "Perfect balance holds the key to Love's Divine Retreat".

The typical red nose of the dyspeptic, a blotchy skin, or flushed face after eating, are indications for Nat. phos. Ulceration of the stomach arises in the first place from over-acidity, therefore although Calc. sulph. is needed to heal the ulcers, Nat. phos. must also be given to reduce the acid condition, which caused them. If the cause is not removed, the ulcers will return. Inflamed or ulcerated throat and gums are also symptoms calling for this salt.

Nat. phos. prevents the crystallization of the bile, therefore it is essential in cases of gall stones and jaundice. In fact, gall stones could not form if sufficient Nat. phos. were present. However, it takes a long time for bile to crystallize into solid gall stones, and although Nat. phos. may bring almost immediate relief, it takes a long time actually to dissolve the stones, therefore such cases require Nat. phos. regularly over a period of about six months to obtain a lasting result. Of course, diet plays a big part, and results will be much quicker on a naturopathic diet than on the usual demineralized and acid-forming diet of to-day.

Berberis vulgaris or *Barberry Bark* is a herb that works well with

Nat. phos. It stimulates the action of the liver and kidneys, and is helpful in all blood disorders.

Simmer 1 oz. of the bark in 1 pint of water for 15 minutes (with lid on); strain and cool. Take a wineglassful three times a day, after meals.

SCORPIO

OCTOBER 23RD TO NOVEMBER 22ND

Biochemic Salt:

Calcium sulphate

Symbol:

The Scorpion or The White Eagle

ON October 23rd the sun enters the sign Scorpio, the eighth sign of the Zodiac. This sign is under the rulership of the planet Mars, and it is one of the three Water signs. The parts of the body governed by Scorpio are the reproductive organs, the bladder, the pelvis of the kidneys, the prostate, groins, and rectum. Scorpio diseases often affect the throat or nasal bones, the heart, or back.

The biochemic cell salt allocated to Scorpio is Calcium sulphate, better known as Plaster of Paris. This salt is a constituent of connective tissues, and is absolutely necessary to promote healing of all kinds. It is present in the bile, and helps to destroy worn out red blood-corpuscles by extracting the water from them so that it may be used again by the body.

Sulphur has always been recognized as a great purifier, and in combination with calcium as Calc. sulph. we have Nature's great cleansing and healing agent. By the elimination of worn-out red corpuscles the blood is continually purified.

Here is something remarkable about this salt. Calc. sulph. coats all the vascular surfaces of the body, for these surfaces need to be protected from contact with certain fluids. Have you asked yourself why the lining of the stomach is not itself digested by the gastric juices; why the continued presence of acid in the stomach necessary for digestion of the food we eat does not begin to digest the stomach itself? It is because, by a wise provision of Mother Nature, Calc. sulph. is present in the fluids of the stomach, and really forms a thin coating of Plaster

of Paris which is not quickly affected by acid. When this salt becomes deficient the lining of the stomach becomes irritated, and we get an ulcerated stomach. All surfaces of the body which contact moisture, such as the eyeballs, nasal passages, mouth, throat, the passage-way into the stomach, the bladder, colon, etc., need the protection of this salt. When Calc. sulph. is lacking in the system we get faulty metabolism which results in boils, carbuncles, gumboils, skin eruptions, disorders of the pancreas and kidneys, chronic diarrhoea, catarrhs, constant discharge of pus from any part, and slow healing due to an unhealthy condition of connective tissue.

It was said earlier that Scorpio was one of the three water signs. It is interesting to note what an important part the Scorpio salt has to play in connection with water in the human body.

The Scorpio natives are usually persons of strong character, positive and determined, shrewd, reserved, tenacious, and often possesses remarkable critical ability. They are good at repartee which can sometimes be blunt and sarcastic, very much resembling the sting of the Scorpion's tail. If living and working solely along narrow personal lines, these people are liable to be headstrong, stubborn, and revengeful, and then the Scorpion is a fit symbol for them.

When, however, they become awakened to the wonderful possibilities of this sign they are splendid types. With their shrewdness and penetrativeness they become true mystics, and often interested in the occult. With their great magnetism their presence is healing and strengthening to those around them. Then they may be said to have transmuted the Scorpion in their natures, and the White Eagle is their emblem.

Children of this sign often need careful handling, for they are sometimes of the uncontrollable type, being bold, daring, positive, stubborn, and domineering. Their daring often leads them into mischief.

They usually have latent inventiveness which should be encouraged. They should be kept active in out-of-doors games and exercises, and interested in scientific hobbies or studies which will tax their ingenuity. Self-control should figure largely in their early training.

Scorpio people make good healers, masseurs, surgeons, or dentists, where skill in the use of the hands and a firm, delicate touch is required. They also make good lawyers, detectives.

chemists or engineers. Analytical and research chemistry, which calls for patience and perseverance, they are particularly adapted for.

They are happiest living near to water, whether lake, stream or ocean. They should avoid stimulants and highly-seasoned foods.

Here are a few more interesting points regarding Calc. sulph. and its relation to the sign Scorpio. Calc. sulph. or Plaster of Paris forms egg shells. Now it is the shells which keep the contents of eggs intact and preserved so that they may fulfil their function. Scorpio rules the procreative glands which create and preserve the procreative germ cells. These germ cells are really little eggs, and must have shells to protect them so that their contents may be preserved intact. The scientific name for these shells is casts, and when there is a deficiency of Calc. sulph. these human egg shells are not strong enough to hold their contents, which then turn to pus. This is the reason that casts are sometimes found in the blood and pus in the urine. Lack of Calc. sulph. can cause barrenness in females and impotency in males. In the female, the ova have not sufficient Calc. sulph. to complete their casts or shells, then the disintegrated contents form pus in the ovaries and ovarian tubes. In the male, pus from disintegrated germ cells often collects in the prostate.

Fistulas are also the result of lack of Calc. sulph. A fistula is a tear or opening in the wall of the bowel forced by Nature in her effort to rid the system of accumulated pus. Operations for fistula are extremely painful, and simply mean that the unhealthy flesh around the edge of the opening is cut away until healthy flesh is reached, then this is stretched over the gap, as it were, and stitched together. This, however, has done nothing towards supplying the deficiency of Calc. sulph., which was the *real cause* of the fistula, and that is the reason why fistulas are apt to recur in people who have once been operated on. Nature just forms another opening higher up in the bowel to try and continue her work of elimination.

SAGITTARIUS

NOVEMBER 22ND TO DECEMBER 21ST

Biochemic Salt:

Silica

Symbol:

The Archer

THE sun enters the sign Sagittarius on November 22nd. This is the ninth sign of the Zodiac, its symbol is the Archer on the Winged Horse, and Jupiter its ruling planet, while the glyph for this sign is a pointed arrow head. Sagittarius rules the hips, thighs, and blood vessels, also the higher mind.

The biochemic salt allocated to Sagittarius is Silica, and a very wonderful work it performs.

Silica is quartz or flint, and it does not matter how finely it is powdered, the microscope reveals the fact that the molecules are still pointed and triangular like an arrow head. It is very significant that the glyph used to denote the sign Sagittarius is also a pointed arrow head.

Silica has been called the lancet of biochemistry, for it is really Nature's surgeon. Wherever there is pus to be discharged such as in boils, abscesses, carbuncles, etc., this salt is indicated. The following extract from "The Zodiac and the Salts of Salvation" describes well the work that Silica does in the body.

"The tiny particles of this salt travel here and there throughout the body, pushing in and around the cells congested with waste matter, actually digging it up, loosening it, and pushing it on before them. These tiny but very active surgeon-workmen finally reach the surface with the heteroplasm or pus. If waste products are unable to follow natural channels of elimination, they do the next best thing. They take the avenues of least resistance. This is the cause of fistulas appearing around the rectum. Nature is sending her insistent message for Silica, and all three Calcium combinations, and they must be taken intensively for many months."

Silica has a very definite action upon the sweat glands of the skin, and is the remedy for foetid perspiration of the feet; copious night sweats and insufficient perspiration. Other indications for this salt are red eyelids; caries of the bones; tonsillitis; ulceration of the throat; styes on the eyelids; cataract; dullness of hearing with catarrh of the eustachian tubes. Silica gives the glossy finish to

hair and nails. It is found in the connective tissues of the brain and nervous systems, and lack of Silica causes inability to connect one's thoughts, bad memory, and nervous disorders. We found when studying Calc. fluor. (Cancer Salt) that it was also present in the connective tissues of the brain, and its lack caused inability to connect thoughts. Silica and Calc. fluor. work together and their action is complementary.

To ward off a threatened cold. Silica should be combined with Kali sulph. (Virgo Salt), Kali mur. (Gemini Salt), and Ferrum phos. (Pisces Salt), all of which act upon the skin. Large doses in hot water taken in conjunction with a hot bath will give the pores of the skin a good clean out. One should take only fruit juices for a while, and see that the bowels are working well. Under this treatment a cold will soon disappear.

In the vegetable kingdom, corn, wheat, oats, barley, bamboo, cane, etc., could not stand upright without this salt. Likewise, in the human body Silica strengthens the nerves and keeps them at the right tension as it were; if it is lacking they sag, and all kinds of nervous disorders are the result. It promotes sound, refreshing sleep.

Natives of this sign being under the rulership of the beneficent Jupiter, are usually of a jovial, bright, hopeful nature, generous, self-reliant, frank and outspoken. They usually have a well balanced mind which can combine the practical, philosophical, and spiritual. They are direct and to the point, and dislike beating around the bush with vague ideas. Sagittarians usually hit the mark mentally, and being intuitive they are often correct in judgment as to the outcome of projects.

When living negatively and along personal lines they may become restless and over active, with a tendency to become petulant and irritable.

Sagittarian children are quick and impulsive, fond of animals and sport, and interested in travel and everything to do with foreign affairs. They are usually good at school. They are inclined to exaggerate, which sometimes makes them appear untruthful. They should be taught moderation and deliberation to overcome this. They should not be allowed to overtax themselves in sport, moderation is needed here also.

These people often become experts at their profession. They do well in an outdoor life, or anything which involves travel or

sport. They also make good judges and statesmen (Winston Churchill is a Sagittarian).

Individuals born in this sign should guard against chest or lung troubles (because Sagittarius is the opposite sign to Gemini, which rules the chest and lungs), blood disorders, and poor digestion. They are liable to suffer from nerve depletion from over-exertion. They should do as much walking as possible, and because they love freedom and lots of room, rough mountainous country is the ideal place for their holidays. This is because the walking and climbing exercises the hips and thighs well, and promotes deep breathing to strengthen any possible chest weakness.

Because Sagittarius rules the higher mind, these people have the capacity for abstract thought, and are often interested in philosophy or religion.

In its pure and crystallized form, Silica is rock crystal or quartz. We saw how Silica and Calc. fluor. (Cancer Salt) work together, and how Calc. fluor. was often the cause of cataracts. The same is true of a deficiency of Silica. Now it is interesting to note that both Silica and Calc. fluor. are used in the manufacture of glass lenses. Is it not significant that the same elements which are necessary within the body in order to build and maintain the natural lenses of the eye are the very ingredients out of which artificial lenses are made.

Silica is a wonder worker in the case of an extracted tooth which has given trouble, and where there are small splinters of bone still to come out. Five grains of Silica in the 12x potency taken three times a day will bring all bone splinters to the surface without any pain or inflammation so that they can be easily lifted out with the forceps.

A case of abscess in the groin was quickly relieved by this salt. The patient had been in great pain for three days, and there was no sign of the abscess breaking. A five-grain dose of Silica 12x was given at 9 a.m. and another at 2 p.m., and the abscess broke by 5 p.m. the same day, and gave no further trouble.

Sagittarius is the ninth sign of the Zodiac, and its symbol of the Archer on the Winged Horse is full of meaning. G. A. Gaskell in his impressive book, "A Dictionary of the Sacred Language of all Scriptures and Myths", gives a splendid interpretation of this symbol, and I cannot do better than repeat it here:

"A symbol of the ninth period of the cycle of life, in which the

lower mind is perfected through evolution, and therefore 'dies'. The Higher Self, seated on the intelligence (horse), destroys with the 'arrow' of the Spirit the lower qualities, thus enabling the lower consciousness to rise to the higher mind."

CAPRICORN

DECEMBER 21ST TO JANUARY 21ST

Biochemic Salt:

Calcium phosphate

Symbol:

The Goat

FROM approximately December 21st to January 21st the sun is transiting the Zodiacal sign Capricorn. Thus, three weeks of January and only one of December come under its influence. This is interesting, because the word January is derived from Janus, an ancient Roman God. "He was god of all beginnings and took precedence of all other gods. He was the Ancient of Days and presided over the beginning of human life, of the day (or dawn) over gateways and openings", as an old reference book tells us.

Now, since January is the first or opening month of the year, this fact becomes significant, particularly when we realize that the Ancient of Days is another name for Saturn, the planet ruling the sign Capricorn. We are bound to admit that there is a wealth of hidden meaning in ancient myths awaiting man's discovery when he can free himself from scepticism and prejudice on the one hand, and ignorant superstition on the other. Mythology also symbolizes Nature as Pan the Goat-Man, who had hoofs and horns and the body of a man. The esoteric meaning of Nature is that which feeds or nourishes, and from the word Pan, which meant Nature, we find many interesting words derived—for instance, pantry (where food is kept), pan (a receptacle for food). Then there is the word panacea, meaning cure-all. Originally food was intended to do this, since it contains, or should contain the mineral salts required to replenish the body. Ignorance and over-eating have now made this impossible. Moreover, the soil upon which most of our food is grown has become depleted so that it cannot produce chemically perfect food. This introduces another very important question which is becoming of growing interest to all who wish to follow the

laws of natural living, and that is fertilization by means of compost. Strong artificial fertilizers kill the natural bacteria in the soil, and thus the food grown upon it is deficient and cannot provide adequate nourishment to replenish sick bodies. That is why in cases of chronic sickness a change of diet alone is not always sufficient to bring about a cure. Mineral elements in the form of cell salts will carry nourishment directly to every part of the body needing it, because they are immediately absorbed into the system through the saliva, and do not depend upon digestion.

The biochemic cell salt allocated to the sign Capricorn is Calcium phosphate, the principal salt used in the bony framework of the body. This may well be called Saturn's own particular material, for Saturn, or the Ancient of Days, is sometimes called Father Time, and the bony framework of the body-like scaffolding lasts a long time. It represents both the beginning and the end of our bodies, for the bones, the part of us ruled by Saturn, remain a long time after every other part of the body has returned to its original elements. Remember Janus or Saturn ruled over both the beginning and the end of the year, for the sun is in Capricorn for one week in December and three in January. Statues of the god Janus had two faces, one of a young boy and one of an old man, thus symbolizing both the past old year and the future new year.

The Cosmos is one stupendous symbol of the perfect order and goodness of the Creator, and those who would interpret the truth or know the reason implanted in all things must learn to interpret the symbols which time has recorded for us down the ages. For as Proclus has said: "The Author of the Universe has implanted in all things symbols of His own perfect excellence, and arranged all things about Himself in an ineffable manner, exempt from the universality of things." The Cosmos can only be studied and understood by analogy. Since man is a microcosm of the macrocosm, or in other words a cosmos in miniature, the same symbols which apply to the great Cosmos can be applied to man. For example, the laws of chemistry work just the same, because they *are* laws, whether in relation to man's body in the process of digestion or in relation to the soil in agriculture, or in the chemist's laboratory.

The body requires more Calc. phos. than any other mineral salt because of the amount required for the bones, and there are other important works performed by this salt as well; it forms the skeletal part of every cell. Just as limestone and mortar make

foundations for our buildings, so in our bodies Calc. phos. is the limestone and Kali phos. (Aries Salt) supplies the cement in the form of albumin. These two salts form the bases of every cell. Deficiency in lime or Calc. phos. means excess mucus or colds, enlarged tonsils and swollen glands, and wasting diseases.

Calc. phos. is an important constituent of the digestive fluids, and if it is not present food cannot be properly digested and assimilated, thus cell starvation and anaemia are the result. Many people suffer from calcium deficiency even though they may partake of plenty of calcium foods. This is because they lack Calc. phos. in their digestive secretions, and the calcium in the food they eat does not get digested and absorbed but merely passes through the body. In cases like this, Calc. phos. in the form of cell salts will normalize the gastric secretions more quickly than any other method, simply because the assimilation of the calcium in this form does not depend upon the digestive juices which, if weak, cannot split up the food particles and so liberate the calcium they contain.

Cases calling for Calc. phos. are rickets and bone troubles, curvature, anaemia, malnutrition of all kinds, teething trouble, tooth decay, chilblains, skin diseases. Most necessary for growing children, old people, or convalescents, and always required after bone fractures.

People born under this sign are industrious and persevering, and usually rise in their work or profession through their ambition and endurance; like the mountain goat, the symbol of this sign, they scale the heights by their tenacity and perseverance.

They often possess powers of divination, and may be interested in the mystical things of life.

Children of this sign are sometimes quiet, and because of this may be considered backward. They are not so really, and should be treated with understanding, for they are extremely sensitive, and need love and companionship.

Because of their ability to make the most of their opportunities, these people often rise to high positions. Many leading statesmen and politicians come under this sign, also directors of large companies, anything in fact, that tackles things in a big way.

They are interested in the welfare of the community, and are great benefactors, often leaving the fortune they have accumulated through their efforts and industry to be used for the benefit of their fellow men. Thus, their names often live a long time after them.

for we cannot get away from Janus or Saturn or Father Time when dealing with Capricorn. Some famous people of this sign whose names are printed in the sands of time are Rudyard Kipling, William Gladstone, Woodrow Wilson, and Lloyd George.

The strength of a building depends upon the strength of its foundations, and the foundation must be laid before the building can be erected. Similarly, in the building of Solomon's Temple (the human body) the foundations are laid when the bones are being formed. As bone is fifty per cent. Phosphate of Lime, or Calc. phos., it is obvious how necessary this cell salt is in pregnancy. This is proved only too conclusively by the fact that our young mothers so often lose their teeth or suffer tooth decay. Nature always concentrates upon the job in hand, and in building the embryo, Calc. phos. is so necessary that she draws it from every available source. Hence, if the supply is not adequate the mother's bones and teeth are drawn upon. The Biochemic system of administering essential cell-salts makes it possible for both mother and child to obtain all the necessary building material.

Calc. phos. should never be taken lower than the 6x trituration, otherwise it cannot be assimilated. That is the reason that many brands of "Calcium Tablets" on the market are ineffectual. They certainly contain the calcium, but it is in too crude a form to be assimilated.

In the Zodiac, the sign Capricorn (Calc. phos.) is 90 degrees from, or square to, the sign Aries (Kali phos.), and as we saw earlier, these two salts work together as calcium (or bricks) and albumin (or mortar), in Calc. phos. and Kali phos. respectively, to erect the temple of the soul, which is what the human body is. Now if a building is to last it must be "on the square", and if Solomon's Temple is to be strong, both of the salts, Calc. phos. and Kali phos., must be present in sufficient quantities to work "on the square" with one another. Lack of Calc. phos. means an overflow of albumin via the kidneys, which has been named "Bright's Disease" after an English physician, Richard Bright, 1789-1858; but it might just as well have been called "Lack of Calc. phos. Disease".

When there is not enough Calc. phos. in the digestive juices, food ferments in the stomach and intestines, and the acids and toxins thrown off accumulate around the joints causing swelling and pain commonly known as rheumatism.

AQUARIUS

JANUARY 21ST TO FEBRUARY 20TH

Biochemic Salt:

Natrum Muriaticum

Symbol:

The Water Bearer

THE sun enters Aquarius, the eleventh sign of the Zodiac, on January 21st, and is transiting that sign until February 20th. Thus the greater part of the Sun's journey through Aquarius is during the month of February.

The name February is derived from the Latin *Februarius*, meaning purification. Now last month we found that the God Janus, who was depicted with two faces, one of a young boy and one of an old man, ruled over all beginnings and endings. Now the ending of any process requires some form of purification in order to begin anew. Therefore it is significant that February, or the month of purification, should follow that of January, which, as the month of Janus under the sign Capricorn included the end or final period of the year.

It is interesting to note that the church festival of Candlemas, or the Purification of the Blessed Virgin, which was first held on the second of February, and in the fourth century changed to the fourteenth of February, should fall at this time of the year.

The word Aquarius comes from the Latin root *Aqua*, meaning water, which is further significance of this being a time for purification. The Dutch called it *Spokkel-maand* (vegetation month), the French Republican calendar called it *Fluiviose* (rain month), while there is an old English saying, "February fill the dykes with black or white", meaning of course rain or snow, because a dry February is always taken as a sign of a dry summer.

Moreover, the meaning of Aquarius is Water-bearer, and the glyph used for this sign, two horizontal wavy lines, is a very ancient symbol for water.

"In Babylonia it was associated with the eleventh month. *Shabtu*, the Curse of Rain (Aquarius is the eleventh sign or the eleventh astrological month), and the Epic of Creation has an account of the Deluge in its eleventh book, corresponding to this eleventh constellation, each of its other books numerically coinciding with the other Zodiacal signs." (From Richard Allen in "Star-Names and Their Meanings".)

Inez Eudora Perry in her instructive book upon Astro-Biochemistry and esoteric astrology, says: "Synthesizing all these interpretations, it is obvious that the months of the year were named according to the particular and intimate work of Nature, in the different seasons, and the agricultural operations during these periods. . . . The above statements go to prove that all nations and peoples possess, in their literature and Sacred Scriptures, the same allegories and myths found in the Bible. Naturally so, as they refer to the same thing."

The Biochemic cell salt for the sign Aquarius is *Natrum mur.*, or what is usually known as common salt. Common table salt is too crude to be assimilated by the body, and therefore cannot make up a deficiency of *Natrum mur.* in the system. This must be done either through natural fruits or salads, or from properly triturated Biochemic cell-salts. Exclusive use of table salt is often the cause of skin disorders, and hardens the arteries.

Natrum mur. is found in every tissue and fluid in the body. The cells of the body are fed by fluids flowing in and out of the tissues. This process is called endosmosis. Fluids carrying the necessary elements flow into the tissues, deposit this food, which is what these elements really are, then flow out again carrying away waste, just as the milkman brings bottles of new milk and carries away the empties. Now it is *Natrum mur.* which regulates the flow of fluids through the tissues, and without it the cells would be starved, as they could not take up nutriment because fluids could not pass in and out of them. Now since it has been shown that Aquarius and its related Biochemic Salt *Natrum mur.* have so much to do with water and its distribution, it is quite natural to expect that the symptoms requiring this salt also have something to do with watery conditions. And this is the case. *Natrum mur.* is needed in all cases where there is a disturbance in the distribution of water, where surface is either too dry or too moist, as in watery running colds, dropsy, water brash, dryness of mouth, constipation, shingles, insect stings, blisters, eczema, sunstroke, indigestion, anaemia, malaria, smarting secretion from the eyes, hay fever, cracking joints, restlessness and irritability. Lack of *Natrum mur.* may cause sleeplessness when too little fluid is present, and the brain tissues become dry, or it may cause a heavy, tired, drowsy feeling if too much water is present in the brain tissues. One wakes feeling more tired than one felt on going to bed.

Natrum mur. has power to attract water as well as to utilize it, that is why it should be given in all cases of watery swellings or blisters, because it attracts or draws away the water from the affected parts and distributes and utilizes it wherever it is needed throughout the body.

Dr. Carey says of Natrum mur.: "With the exception of phosphate of lime (Calc. phos.), the human system contains more sodium chloride than any other inorganic salt. The reason for this may be readily understood when we realize that our bodies are about 70 per cent. water, which in the absence of sodium chloride would be inert and useless. It is the power that this salt has to hold water that renders it of value to man. The same holds good in plants and vegetable life."

People who have been excessive salt eaters often exhibit symptoms of lack of Natrum mur. for the large quantities of crude sodium chloride or table salt they have eaten have clogged the tissues because it was too coarse to be taken up by them, thus, the work of distributing nutriment and carrying away waste was interrupted and this caused a break in the chain of Biochemic salts.

One of the symptoms calling for Natrum mur. is itching, that is why this salt is called for in all cases of eczema. Calc. sulph. must be given in conjunction with it to relieve the burning, and where there is much redness and inflammation, iron or Ferrum phos. will be needed. In long standing cases where the tissues have degenerated and the fibres of the flesh need rebuilding, Kali mur. will be needed also. A paste made from a mixture of these four salts and spread over the affected parts will give great relief.

Aquarians are usually studious, thoughtful and patient, philosophical and humanitarian. They are friendly and companionable people, and do well in positions where they come in contact with many people, for they like company. Their mental powers are usually good, and they can concentrate. All new age occupations appeal to them, such as engineering, electrical work, radio, aviation. Scientific and occult research work, metaphysics, and astrology also often appeal to them, and they are good natural healers. They are often considered unconventional because they are not afraid to try new ideas.

Children of this sign need many playmates and plenty of affection. They should be taught self-control so that they will respect the point of view of others and not become too unconventional and wayward.

for this can develop into eccentricity in later life. They are sometimes faddy about their food, and should be encouraged to eat slowly. Outings to places where there are large gatherings of people usually please them, and they can learn much from travel magazines and scientific journals and progressive literature, and should be encouraged to read it. We pass into a New Age every 2,000 years approximately, and we are just passing now from the Piscean Age into the Aquarian Age. That is why we hear so much talk at the present time about a New Order. The world is passing into a New Age, and with it will come the New Order of the Aquarian Age, built upon Aquarian ideas and principles. However, 2,000 years is a long time, and the transition period from one age to another is necessarily gradual, and appears slow to some of us. Nevertheless, there are many signs in the world to-day that the New Order is on the way. The very fact that the idea of the necessity of a New Order is in the minds of so many people is itself a sign of the New Aquarian Age. Compare the world to-day with 100 years ago, and note the many attempts at humanitarian work which are only a foreshadowing of what will come about during the next 100 years when the vibrations of the Aquarian Age will be more fully established. The idea of the UNO is typically Aquarian, and has come to stay in some form or another, even if we do have one or two unsuccessful attempts to establish it on a sound footing.

The symbol of the Water-bearer stands for the Son of Man, The Christ Principle in man risen and manifesting in the human family as The Brotherhood of Man.

PISCES

FEBRUARY 20TH TO MARCH 21ST

Biochemic Salt:
Ferrum phosphate

Symbol:
The Fishes

THIS month, on approximately February 20th, the sun enters Pisces, the last of the Zodiac, thus completing its cyclic journey through the twelve signs. On March 21st the sun will have passed right through the sign Pisces and reached the cusp of Aries, where

it will begin once again its yearly journey. This is called the vernal equinox because just at this time the days and nights are of equal length.

Pisces being the last sign of the Zodiac, if we bear in mind the laws of analogy, which may be summed up in the words "as above, so below", we are not surprised to find that physiologically Pisces rules the feet, the last part or section of the body. It is also said to rule prisons, hospitals, and institutions, and all places of confinement as well as the sea and all water.

Let us turn to the derivation of the word March as we have done with the names of all the other signs. The word March comes from the Latin "margo", which means extremity, limit, edge, mark, boundary, border, or attainment. The feet are the extremities of the body, and it is by means of them that we march or travel. If we have anything wrong with our feet our movements are limited, and we are confined to a small area. Metaphysically, Pisces is related to the understanding, and a good understanding is necessary before we can travel far mentally.

The Biochemic cell salt related to the sign Pisces is iron, or Ferrum phos. Iron has an affinity for oxygen, and when these two combine we get what we call red rust. Similarly in the body the combination of iron and oxygen gives us red blood. When iron is lacking the blood is pale and anaemic.

Bearing in mind that the human body is a miniature solar system, we find that iron is present in tremendous quantities upon this planet, and upon other planets as well, so science tells us. Since it is present in such great quantities we may know with certitude that it plays a very important part in the universe because Nature has a very good reason for everything she does. *Use or lose* is her stern law. Man being a microcosm of the macrocosm, iron plays just such an important part in his little universe or body. It is the function of iron or Ferrum phos. to oxygenate the blood. Oxygen from the air is taken into the lungs with every breath we take, and there unites with the iron molecules in the blood-stream. From the lungs, via the heart, it is carried throughout the entire system. The amount of oxygen we are able to absorb into our bodies from the air we breathe depends entirely upon the amount of iron present in the blood to combine with it and carry it to every extremity of the body. Physiologically, iron (which is the metal of Pisces) is in charge of the transport system within the body,

just as our feet (ruled by Pisces) have charge of the transport of the body as a whole.

Let us turn once more to the planet for an analogy. What is it that plays one of the most important parts in the transport systems of the world as a whole? *Iron*. This metal in its various forms, from ore to armour plate, hardened steel, stainless steel, etc. is the basis of all our vehicles of transport. Ships, planes, motor cars, trains, engines, trams, buses, ploughs, etc. everything that you can think of that transports us from place to place.

Dr. W. G. Cary, in "Chemistry Wonders of the Human Body", says: "These mighty workers, iron and oxygen, cause all the blood in the body to pass through the heart every three minutes. . . . Health depends on a proper amount of iron phosphate in the blood, for the molecules of this salt have chemical affinity for oxygen, and carry it to all parts of the organism. When these oxygen carriers are deficient, the circulation is increased in order to conduct a sufficient amount of oxygen to the extremities—all parts of the body—with the diminished quantity of iron on hand, exactly as seven men must move faster to do the work of ten. This increased motion of blood causes friction, the result of which is heat."

This heat shows out in the physical body as fever or inflammation. Thus Ferrum phos. is indicated in all cases of inflammation or congestion, injuries and haemorrhages, dull throbbing headaches, insomnia, sore throat, lumbago, palpitation of the heart, emotional disturbance, colds and chills especially when feverish, rheumatism, fractures, cuts, sprains, bruises, anaemia, depression, listlessness, and discouragement. Notwithstanding what other salts are indicated, all cases of sickness call for Iron to enable more oxygen to be carried to the affected part, and waste and poison carried away.

Pisces is ruled by the planet Neptune. In Mythology, Neptune was the Son of Saturn, and he ruled both fresh and salt water. Now water penetrates everywhere, and is present throughout the tissues of the whole body. Neptune was said to invade territory belonging to all other gods. What better analogy could be given of the circulation of the blood which is conveyed to all parts of the body, for remember there is a large percentage of water in the blood? This shows that some of the ancient myths hold valuable physiological truths which become revealed in the study of Astro-Biochemistry.

There is a pretty legend about the two fishes, the symbol of this

sign. Venus and her son Cupid were sitting on the bank of the Euphrates when they saw Typhon, the enemy of the gods approaching. They jumped into the river, and two fishes saved them from drowning. Venus placed these two fishes in the heavens as a reward for their help.

As to the characteristics of those born under this sign : Piscean people are generally kind, amiable, and sympathetic, with a great love for animals. They are idealistic and imaginative, which makes them good in all fields of art. They are usually methodical and orderly, and like to complete their undertakings, in fact a Pisces person will often be found putting the finishing touches to something that someone else has started. These people have an intuitive understanding which makes them patient and tolerant with the weaknesses of others. They are the helpers of the race spiritually, mentally, and materially. The undeveloped type, however, is inclined to be obstinate, irresponsible, lazy, intemperate, vague, and indefinite.

As you would expect, water holds a great attraction for Piscean people, and they are happiest living near water.

Children of this sign need careful attention. They are sensitive and imaginative, and should not be left alone too much. Their trustful, loving natures are easily deceived, and they are often imposed upon. They need the protection of parental love and understanding. They may not be brilliant at their studies, but they learn easily from observation and nature-study. They nearly always like a pet of their own, and travel of all kinds is good for them. Parents should arrange excursions into the country, and encourage the study of native flowers and animals. Pisces people of course do well in all occupations which have to do with the sea. They also make good novelists on account of their imaginative power. Many artists and travellers are found in this sign, and they also do well in any occupation which requires thoroughness and attention to detail.

The Neptunian influence of this sign gives us those inspired, prophetic souls who have a grasp of the eternal verities of life and assure us there are still greater worlds to conquer.

CONCLUSION

Those who have read these chapters on Astro-Biochemistry as we have studied the twelve signs will, I hope, have realized something

of the true nature of astrology. That it is a Divine Science embracing every aspect of life, human and cosmic. Failure to interpret it correctly arises from our human imperfections, and does not discredit the Science itself. The finite mind can never know the Infinite in its entirety, but it can ceaselessly strive towards an ever-growing self-conscious realization of the Infinite through the study and recognition of the Divine Order and Beauty of the Cosmos. Astrology reveals that Divine Order to those who are sincere enough to seek without bias or prejudice. Man is a microcosm of the macrocosm, therefore in studying the Cosmos we come to know ourselves and vice versa. The same laws that apply to the Cosmos apply to the working of the body of every individual, that is why I have always endeavoured to give analogies between the functions of the human body and the working of Nature in the Cosmos. Read the 19th Psalm again in the light of esoteric astrology.

In cases of sickness, Ferrum phos. is always needed, no matter what other salts are indicated as well. Notice what is said in the foregoing regarding Iron or Ferrum phos. and transportation, and its importance in the circulation, then turn up the article on Leo and you will see that Leo and its accompanying salt Mag. phos., is said to govern all movement. This may seem contradictory at first, but it is not really so, for since Mag. phos. rules the motor nerves it must also rule movement, but we must remember that no movement can take place without energy at the back of it. Ferrum phos. supplies this energy. In cases like anaemia, where Ferrum phos. is lacking, there is no energy, and that is why Ferrum phos. is always needed in cases of sickness, in conjunction with other indicated salts, for we measure our state of health by the amount of energy we have. It is not surprising then, to find that these two salts, Ferrum phos. and Mag. phos., are complementary to one another in the work that they do in the body. Blood containing Ferrum phos. (under Pisces) depends upon the heart and its supply of Mag. phos. (under Leo), in order that it may be pumped on its way to the various parts of the body. A splendid heart tonic is a mixture of equal quantities of Ferrum phos. and Mag. phos. Dissolve about thirty of the one-grain tablets (mixed) in a little hot water, and sip frequently. If the large five-grain tablets are used, then allow about three each of Ferrum phos. and Mag. phos. to a wineglass of warm water. This is also good for relieving pain and sleeplessness.

LIVING FOOD FROM LIVING SOIL

IN peace or war, the continued existence of mankind and all other creatures on this planet depends upon food. All food comes from the soil, and if we want living food, food that is capable of revitalizing our bodies, then we must see to it that our food is grown upon living soil.

The study of diet and nutrition in relation to health has shown that the diet of civilization has become increasingly inadequate, for in spite of all our scientific modern methods of processing, canning, preserving, sterilizing, etc., hospitals are over-crowded, malnutrition prevalent, and tooth decay begins in early childhood.

Now, although much of our food is robbed of its life-giving properties through too much refinement and processing, that is not the whole of the story. There is another aspect to be considered, and it is this, *has the food we eat been grown upon healthy soil or upon sick soil?* Everything in the Kingdom of Nature has its rhythm and its life cycle, and everything has its own place and function within the Great Cosmic Cycle, just as every instrument has its own part in an orchestra.

The soil beneath our feet is not simply a dead, inert mass, but is composed of countless millions of living organisms, each with its own tiny life cycle and particular work to perform. The Wheel of Life revolves ceaselessly, and if we allow a break to occur in Nature's sequence, disharmony in the form of disease is the result. Healthy, vital bodies require vital foods grown upon living soil. This surely is simple enough, and quite logical. Yet what do we find? Sick bodies and minds and uncontrolled emotions fed upon devitalized foods which have been raised upon sick, tired, and worn-out soil.

Mother Earth bears fruitfully for us for a number of years, then we find crops deteriorating and becoming smaller. Pests, blights, diseases, moulds, etc., make their appearance. They are the signs of a sick soil; because we have gone on taking out of the soil without putting anything back.

Everything in Nature has its price. It is impossible to get anything for nothing, although the day of reckoning may be long deferred. Superphosphates and chemical fertilizers were used,

and found to produce larger and better crops, but it was also found that greater quantities were required as the seasons went on. Now the reason for this is that Nature is always trying to protect her species. Nature's first reaction to the application of top dressing stimulates growth because of the threat to the species. With further top-dressings the rhythm of the soil is disrupted, earth worms disappear, and the soil is not ventilated so that oxidation cannot take place. Moisture cannot penetrate to the roots of plants, and the work of soil bacteria is interfered with. A chain of circumstances is brought about by man's intervention which causes a break in the natural life cycle of the soil. The result is sick soil.

It does not occur to agricultural scientists that there is any connection between the superphosphates they put on the land and the increase of nervous diseases, malnutrition, and disease generally among the people. In industry to-day the profit motive comes first, and the farming industry is no exception. Anything that improves the size and appearance of vegetables is considered an advance in agricultural science, but that increase is often bought at the expense of flavour and nutriment, as many people who can remember the taste of garden vegetables in childhood will agree.

In a former series of articles on Biochemistry it was shown what a vitally important part the mineral elements play in maintaining the body in health. Now people who live on plenty of natural raw foods often ask why it is that they should be deficient in various minerals. They think that they ought to obtain all that is necessary from their diet. They probably would if their food was grown upon soil that was not dressed with chemical fertilizers. When "super" is applied, the first rain or moisture causes it to interact with the minerals in the soil. This means that the minerals are tied up, as it were, and then they are not available for the young plants when they start growing, and therefore the young plants grow up deficient in minerals themselves. So that it is no wonder that man in his turn, when he feeds upon these mineral-poor vegetables and foods finds himself lacking in various mineral elements.

The compost heap and farmyard manuring is the answer to the problem for the home gardener, but it takes a long time to bring really sick soil back to a rich, loamy consistency. It is, however, a legacy we owe to posterity, and no one who is responsible for the cultivation of the smallest garden plot should be guilty of taking

from its life-giving properties without making adequate return, and so ensuring that future generations shall, in their turn, be nourished and fed from it.

There is a very good analogy between compost for the garden and triturated cell salts for the human body. In the compost heap, the particles of vegetable matter are split up by the working of the soil bacteria, and the energies within those particles are liberated for the plants' use in the form of humus. In Biochemistry, the cell salts are triturated or split up so finely that the etheric energy within the minerals is released so that the human organism can assimilate and use it.

A dose of Epsom Salts, Glauber Salts, or bicarbonate of soda, or large amounts of common salt are to the human body like chemical fertilizers to the soil. In the digestive tract and bowels there are millions of bacteria all performing a proper and necessary work. Strong purges and drugs kill these bacteria just as chemical fertilizers kill soil bacteria. Although allopathic doses of medicine seem to act beneficially for the time being, ultimately they weaken the powers of digestion and the peristaltic processes of the stomach and bowels. Superphosphates when first applied to the soil increase the size and supply of vegetables and crops, but as the supply of fertilizer is kept up and increased, the crops deteriorate again.

Isn't that the same with the medicine habit ?

APPENDIX II

FOR ASTROLOGERS

PYTHAGORAS taught that " All things are three, and three is everywhere ". And as we study the manifested cosmos we realize the truth of this.

First, there are three states of physical matter, Solid, Liquid, and Gaseous. In man, these three states of matter have their analogical correspondence in his physical, emotional, and mental bodies or vehicles, which energize as the Will, the Heart, and the Mind respectively. We can bring the analogy down to the physical body itself, for we have the solid in bone and tissue, the liquid

in the form of blood, lymph and secretions, and the gaseous in the form of the air we breathe which oxygenates the bloodstream, as well as in the etheric body or envelope which interpenetrates and extends a little beyond the physical body. Let us bring the analogy down still further, to the cell itself and we have the nucleus or protoplasm, representing the solid part, the fluids which interpenetrate the cell wall and bathe and nourish the cell, corresponding to the liquid, while the *etheric* envelope or *sheath* which permeates and surrounds the cell is the gaseous part of it.

We know that man can exist for some weeks without food which represents solid matter, only a few days without water or liquid matter, but barely a few minutes without air, or gaseous matter. This proves to us then that by far the most important constituent in man's make up is air or the gaseous element, and the etheric body comes under that heading.

The *etheric sheath* or *body* is sometimes called the *vital body* because it conveys vitality to the physical body. A shock or injury to the *etheric body* manifests in the physical body as lack of vitality.

A local anaesthetic temporarily drives the *etheric body* out of the particular part to be operated upon, rendering it insensible to pain. To anyone with *etheric* sight developed, the displaced *etheric body* appears to bulge out like a huge blister over the affected area. As the effects of the local anaesthetic wear off, this gradually sinks back into its normal position with only a small portion visible beyond the physical body. In the case of burns, it is the injury to the *etheric body* which causes the after-effects of shock and which sometimes leads to collapse. The larger the area affected the greater the injury to the *etheric body* and the greater the shock and loss of vitality.

There is a principle of Unity underlying the whole universe which makes it a Uni-Verse or One Verse, and which causes all parts of that universe to be interrelated as one whole.

That is to say, there is a connection between the *etheric body* of the earth which is the *etheric* envelope interpenetrating and surrounding the body of the planet and the *etheric body* of man, as well as the etheric counterpart of every cell composing his body.

The sun's rays which reach our earth have been found to contain metals and minerals in a gaseous or etheric state. This proves to us that etherealized minerals and metals are constituents of the

etheric body of the earth, therefore, they must also be constituents of man's *etheric body* and of the etheric counterpart of all the cells of his body.

The cells of the body are radio-active, and anything that is to stimulate cell activity must also be of a radio-active nature and not a crude inert substance. This is where Biochemistry gets to the heart of the matter, for literally speaking, it gets to the heart of the cell.

By careful trituration the particles of the various salts become attuned, as it were, to the same wave length as the cells themselves. They are so finely split up that they become radio-active and their etheric properties are released so that they can act upon the subtle etheric envelope of the cells of the body, enabling them to absorb nourishment and discharge used substances, thus establishing a normal rhythm of life. Large doses of salts in their crude form such as Epsom Salts, Glauber Salts or Potash are not attuned to the rhythm of cell vibration, their vibrations are too slow and heavy, and although they may appear to give temporary relief while the body is trying to eliminate them, they can never be the means of revitalizing the cells of the body.

The position of the Sun, Moon, Nodes and Planets at birth will reveal what chemical elements are likely to be deficient in the body. Erect a chart with 0 degrees of Aries rising and fill in the planets accordingly. Because Astro-Biochemistry is the study of organic man and since the brain or cerebrum which corresponds to Aries is always the first organ we place Aries on the ascendent. The rising sign indicating the hour of the day a person was born and which corresponds to the personality is not used because we are studying man as a microcosm of the macrocosm, a solar system in miniature, in the light of the basic elements which underly all manifestation and not his personality with its fluctuating idiosyncrasies.

The weakest sign in a chart is that opposite to the Sun because it is afflicted with the most powerful vibration. The influence of the Sun the giver of vitality and supporter of all life is intercepted so that the salt corresponding to this sign will always be required. Whatever a person is suffering from, the salt for the Sun sign and its opposition should be given in addition to those indicated by the symptoms because they will help to restore vitality. Normally, everybody uses up more of the salt belonging to the Sun sign and

its opposition than they do of the other ten, unless any of these are very badly afflicted. Therefore, in sickness when the body is trying to regain strength and vitality, there will naturally be a call for these two salts.

A benefic planet in trine to the sign opposing the Sun will help to modify the opposition.

The second weakest point to look for is Saturn and the South Node of the Moon or Dragon's tail which has the same effect as Saturn. This vibration slows up the life processes and there may be constriction, limitation, chills, cramps or affected joints.

Next consider the Moon and the sign opposing it. The position of each of the planets in relation to the twelve houses or signs of the Zodiac will reveal all tendency to sickness for each sign rules a definite part or organ of the body.

The nature of the planet will indicate what form the disease is likely to take.

With Jupiter we look for congestion: with Saturn, cramps, chills, and restricted movement: with Mercury, nervous troubles: with Mars, fevers and inflammations, cuts, wounds and accidents: with Venus, a relaxed or prolapsed condition and lack of tone: with the Moon, affections of the various fluid systems of the body, the blood, lymph, digestive secretions, glandular and urinary systems, catarrhal and mucous complaints: with Uranus, sudden and unexpected illnesses or seizures and nerve troubles: with Neptune, deep seated troubles of mysterious origin also circulatory and catarrhal troubles.

There are three Potassium or Kali signs, three Sodium or Natrum signs and three Calcium signs. Nature always tries to compensate and restore harmony, so when there is a heavily afflicted calcium sign all three calciums should be given, because Nature will have drawn upon all three to make up the deficiency. This applies equally to the Sodium and Potassium signs.

All of the tissue salts are essential for perfect health, but some are required in greater quantities than others and some are used up more quickly than others.

As it was explained in the chapter dealing with Ferrum phos., Iron is one of the most abundant metals in nature. Iron reaches this planet in the form of meteoric dust, the snow, particularly in the northern regions being full of magnetic particles and meteoric iron. This meteoric iron which has reached us from outer space

is really iron in its etheric state. Now iron is magnetic and is the great attracter of oxygen. Thus, the amount of oxygen one is able to inhale is governed entirely by the amount of Iron in the bloodstream.

Life is one continuous process of oxidation, of breathing and burning. This oxidation or burning cannot take place without oxygen and the supply of oxygen depends upon the presence of Iron. This shows that Ferrum or Iron, the salt allocated to Pisces, the twelfth sign of the Zodiac is required for all the processes of life. Through its affinity for the gas known as oxygen it is able to reach the etheric or gaseous envelope, the vital body and recharge it with etheric minerals. Whatever other cell salts are indicated and given, these salts must be carried by Iron to wherever they are needed in the body.

Pisces with its cell salt Ferrum phos. is the twelfth sign of the Zodiac and completes the circle of life. With the next sign, Aries, ruled by Mars, a new cycle is begun. Now people sometimes wonder why Iron which means energy . . . and is represented by Mars should be allocated to Pisces, while the next sign Aries has Mars for its ruler. Astro-Biochemistry explains this because Pisces and Aries are the two ends of the pole joined together in the Zodiac. The relation of Ferrum phos. of Pisces, the twelfth sign, to Mars the ruler of the next sign Aries, which is the first sign of the Zodiac forms the link, as it were, and locks these two salts together in the circle of life in the body. The figure of a man, the body bent in a circle with the feet resting on the head is often found in old pictures of the Zodiac, symbolizing this circle of life. Thus we find that these two salts do important work together in the chemistry of the body and are an excellent tonic when taken together.

Astro-Biochemistry will bring about that state of affairs spoken of in the Bible when "The Lion (Leo) and the Lamb (Aries) will lie down together"; for by feeding the motor nerves with the Mag. phos. of Leo the passions and emotions will be controlled so that the Light of Reason will rule through a brain made strong and clear with the Kali phos. of Aries, the house of the Lamb.



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