

### *Pills, Capsules, and Cell Salts*

**P**T. BARNUM, the well-known circus man who had such varied experiences in the drawing of crowds to his entertainments, made the statement, "A sucker is born every minute." And surely we may believe he was right when we see how many are ready to follow anything which is brilliantly advertised, ready to follow the faker who pays fabulous prices to his advertising agent to "put it over" on the public.

The advertising columns of our newspapers and health magazines are at present flooded with glaring advertising of cell salts, said to contain vitamins extracted from vegetables and every kind of thing that grows under the ground and above it, claiming that they are the extracted life essence and that they are a sure cure for anemia, tuberculosis, heart trouble, cancer, and every other known disease which may be found in the medical dictionary.

These supposed life-saving salts are sold at from one dollar to two dollars per box, one or two dozen pills or capsules in a box. Some are put up in powder form. The claim is made that they contain all of the twelve salts necessary to the human body. They are put up in individual packages labeled calcium, sulphur, iron, iodine, and so forth. Some are selling these salts according to the horoscope of the patient, stating that each sign of the zodiac corresponds to a particular kind of cell salt. These drugless medicines are supposed to restore that mineral which is

lacking in the human body.

But who, pray, can tell what the patient's body is really in need of? Only one thing truly is needed by everyone of us, and that is a great big dose of will power and common sense. Humanity is principally in need of the proper food in the right quantity. Many may be able to tell you all about the human body, they may be able to name its parts and organs and describe their functions, and they may have passed through colleges and have doctor's degrees; but when they sit down to a table, how much better off as to the food they eat are they, with all their knowledge, than the man who digs in the street? They, like the ditchdigger, will usually eat that which their desire nature craves. The quantity is also determined by their desires, and is usually about twice as much as is necessary to keep the body in good condition. It may well be said that man "digs his grave with his teeth."

When such a man begins to suffer, he is ready to spend his dollars for the cell salts which he thinks will help him to counteract the acid condition of his stomach and intestines. Four out of every five people are afflicted more or less with this weakness, which is at the root of many ailments. If we stop to reason, we realize that no one can tell us the condition of the minerals in our body unless he takes a drop of blood and analyzes it; therefore how can we expect to buy knowledge about this from a total stranger who is perhaps hundreds of miles away? Who should judge but ourselves where we are breaking the laws of nature? Are we eating so much that we are wearing out our digestive apparatus? Have we been bolting our food,

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*We reprint here companion pieces by Max (Chapel talk, 1914) and Augusta (Rays, 1931) Heindel, each, in part, devoted to the subject of cell salts, each with its distinctive tone and emphasis. As always, the reader may, and ultimately must, draw his own conclusions on the merits of what he reads.*

# ASTRO-CHEMICO-PHYSIOLOGICAL CHART

thereby robbing it of the digestive fluids which are released by mastication and which must be worked into the food in the mouth? Have we been drinking too much water with our food, which has caused hyperacidity? Or is our trouble caused by abnormal stimulation? No one but ourselves can give the answers to these questions.

But now since the damage is done, what shall we do to repair it? **WHAT SHALL WE EAT?** Within these four little words lies the whole solution. The old saying that a man is what he eats is partly true. The physical body is the habitation of the God within, and if this God is to be comfortable, he

must have a clean and comfortable dwelling place. How carefully man selects the material when he wishes to build a home! The lumber must be well cured, and all the building materials are carefully chosen so that the house will be substantial. If we would choose the best material with which to build the human temple, what a happy world this would be!

Now let us consider the following question: If through lack of will power or of judgment we have weakened our earthly temple, how shall we go about repairing it? If we are suffering from an excessive amount of acid, then we must make a

study of the values of foods to find out which are acid-forming and which are acid-binding, and we must try to balance them. The orange is one of nature's most valuable gifts, for it is rich in alkaline salts, which counteract acidosis and help to stimulate peristaltic action.

Next comes the beautiful rich tomato, which is filled with so much juice. This is also rich in acid-binding elements, and can be safely fed even to infants. To counteract acidity in the system a liberal amount of foods that are rich in alkaline elements is recommended, such as green lima beans, string beans, carrots, celery, spinach, parsley, green

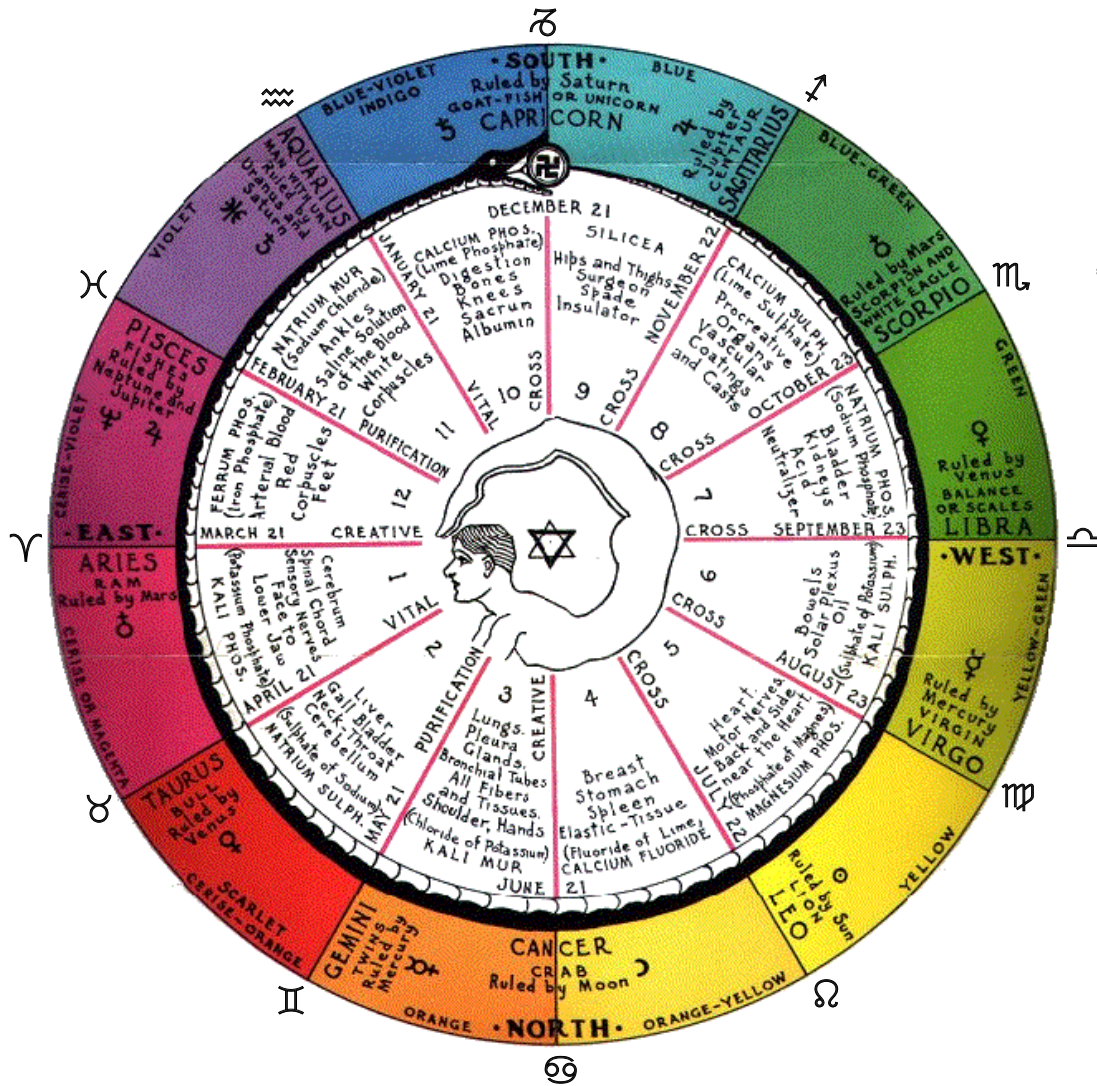


Chart by Inez Eudora Perry, from *The Zodiac and the Salts of Salvation*, Carey-Perry School of the Chemistry of Life, 1932, Hollywood, California  
*The cardinal, fixed, and mutable signs are respectively called the creative, vital, and purification crosses.*

peppers, lettuce, and chard. In the line of fruit, dried figs, prunes, pineapple, apples, and blueberries are beneficial.

Excessive drinking with meals, especially stimulating drinks, is harmful. Ice water is always harmful. Stimulating drinks excite the gastric cells and force them to overwork in order to eliminate the liquid before the bulky matter can be taken care of. Another fault in eating is the use of an excessive amount of bread and potatoes, especially white bread. These are causes of acidosis. All excess of acid produced must be carried off through the kidneys. Consider these small organs through which a constant stream of poisonous fluids is flowing. How long do you think a metal box would last if powerful poisons were constantly flowing through it? Then how can we expect these small organs to do the impossible? How can we expect the soft flesh and muscles of the human body to continue to resist such onslaughts for fifty, sixty, or seventy years? It can not be done successfully, but that is what man in his selfish ignorance expects of nature.

To sum up this whole problem of health, we would affirm that if man desires to be happy, healthy, and wise, he must learn how to become master of his own temple. To become a master builder he must learn to choose and use only the best and most lasting material, and then the Spirit that dwells within the temple will be comfortable, and the path of evolution will be shortened. □

—Augusta Foss Heindel

### Live Food and the Sacred Fire

**THERE ARE TWELVE SALTS** in the body. They are very vital and represent the twelve signs of the zodiac. These salts are required for the building of the body. They are not mineral salts as generally supposed, but are vegetable. The mineral has no vital body, and it is only by way of the vital body that assimilation is made, therefore we have to obtain these salts from the vegetable kingdom.

Doctors claim that they do this in compounding their remedies, but they are not aware that the fire used in the process drives out and destroys the vital body of the plant just as cremation treats our body and leaves only the mineral parts. Therefore, if we

desire to renew the supply of any salt in our body, we must obtain it from the uncooked plant. To the sick this is the way that it should be administered.

But we must not jump to the conclusion that every one should live on raw plant life. At our present stage of evolution there are very few who can do so. You and I, living as we do among so many materialistic vibrations, must take care not to raise the vibration of our bodies too rapidly, for we have to continue to labor among these other conditions, and must have a body fitted for the work, but let us keep the thought of higher vibration with us always.

There is in the skull at the base of the brain a fire. It burns continually in the medulla, and like the fire on the altar of the Tabernacle is of divine origin. This fire emits a singing sound like the buzz of a bee, which is the keynote of the individual, and like the keynote of the archetype it builds in and cements together that mass of cells known as our body. This fire burns high or low, clear or dim, according to how we feed it.

There is fire in everything in nature except the mineral kingdom. That has no vital body and therefore no avenue for the ingress of the life spirit, the fire. We replenish this sacred fire partly from the life force from the sun entering the vital body through the etheric counterpart of the spleen and proceeding from there to the solar plexus where it is colored and then carried upward through the blood. We also feed this fire from the living fire we absorb from the uncooked food which we eat and assimilate.

The work in our bodies, the activity of our organs, is brought about by spirits other than the Ego working in us. The Ego works only in the blood, but these others spirits work upon us through the Planetary Spirit, according to the part of the body under the control of any particular planet. Some of the spirits who work upon us are our so-called dead friends. In the Region of Concrete Thought they learn body building, and they work upon our bodies to perfect them. Also from the Desire World come certain spirits spoken of by the Persians as the *izzards*. They are very numerous. They intelligently select the nutriment from the food and build the body as needed. □

—Max Heindel