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# CATABOLIC METABOLISM AND ITS POSSIBLE RELATION TO CATARACT
## A THEORY

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Cataract in my opinion, is a catabolic calculus, a retrograde metabolism – the end result of elements in combustion, within and without the human body, being unable to check elements in solution from passing into elements in suspension.

To found a logical basis for this statement and to be able to follow the evolution of the idea to its ultimate conclusions we must begin with, at least, a theory of the evolution of life.

The sun, in our universe, is the source of all life upon the earth, although, undoubtedly, life upon the earth is powerfully influenced by frequencies coming from the millions of suns in the millions of universes throughout space, and especially by the reflected frequencies from the planets without our solar system.

The sun is composed of elements in a state of combustion, and the radiations from those elements in combustion compose the primary and most positive active living elements without our universe.

The earth was born out of the sun and is composed of the same elements. At one time the earth was a flaming ball, then it found its center of gravity in interstellar space and began to cool. At one stage of its existence it no doubt was an immense lava bed with the surface constantly undulating and broken by innumerable volcanoes from internal pressure – and so hot that no life could exist upon it. After long ages the surface cooled, with ice caps at each pole – and the interplay of air currents and temperature between these polar caps and the heat of the equator caused a condensation of gasses into water, and with water the earth began to build an atmosphere.

Now we began to have an environment in which life as we know it had its origin. With water we had earthly, or suspended, elements in solution; osmosis became possible and the law of Grotthus could begin to operate.

All life upon the earth is merely a matter of elements in suspension being placed in a state of elements in solution and impregnated by their complementary living elements radiated from the sun, and influenced in their evolution and function by radiant energy from the sun, planets and stars.

The atmosphere, serving as a gigantic prism, broke the frequencies from the sun into spectral dispersions and these dispersions began to affect the evolution of the first living bits of protoplasm, causing one grade to evolve into plant life and another into animal life. A living thing can replace its dead tissues only by absorbing into itself living tissues or the by-products of living tissues – thus plant life and animal life began to survive by absorbing one the other and each other.

At the period of the origin of life the earth was far warmer over a greater extent of its surface than it is today, with no great mountains and no deep seas, causing a greater surface volume to be in solution than at any other period of its existence – a period profuse with plant and animal life.

Another, perhaps the primary, factor in the origin and profusion of life at that time was the relative thinness of the atmosphere which allowed the high frequency actinic waves – those waves causing a chemical reaction to take place – to reach the surface of the earth in greater volume than at a later period. We ceased to have further multiplication of division of species when the atmosphere, increasing in thickness, out these "origin of life" bands, but for many ages a greater volume of high frequencies reached the surface of the earth than at the present time. Later on we will see just how the loss of these high frequencies effect human life; we merely suggest here how the thickening of the atmosphere conspired with a cooling drying earth to affect life, because the earth is cooling off and drying up and when it has reached the condition of the moon we will have elements in entire suspension – an earth upon whose elements the living radiant energy from the sun will fall futilely, with no life possible.

Thus, we see life as we know it as a delicately balanced compromise, precariously hung between the two primal forces of the universe – the tendency toward either complete combustion or entire suspension. In human beings, we see the sun (symbolic of elements in combustion) represented by the sympathetic nervous system (male), and the earth (symbolic of elements in suspension) represented by the parasympathetic nervous system (female), with the glands of internal secretion as the governors of board of control. And remember, most of those glands lie upon the parasympathetic side, favoring the survival of the young, but tending to lie down on the job in later life, probably due to a loss of high frequencies below the volume extent when these glands originated in the dawn of life.

Human life at the present stage is equivalent to the operation of a furnace. If we have too much combustion we burn up the machine, if we clog up the grates with incombustible material he fires are smothered o death. No wild life species is troubled with this problem – they are exactly balance between the forces of combustion (radiant energy) and the forces of suspension (earthly elements), taking into themselves as food only enough of the later, properly vitalized by the first, and in its natural condition. Because natural food is only a compound of elements in suspension put into a state of elements in solution and stored with living energy from the sun.

Our bodies contain only a handful of elements in suspension, concentrated mostly in a skeleton to support the body, the remainder of the body being in a state of solution in air and water and living healthfully, or surviving long at all, only as it is able to harmonize radiant energy direct from the sun or taken into itself in the form of food. Too much, or devitalized foods, can be handled only as waste products and if not eliminated becomes a clinker in the human furnaces.

Starches and sugars, in their commercial forms, are perhaps the most devitalized of foods. Unassimilated and uneliminated starches and sugars create mucous and mucous rots tissues, setting up toxins in the blood stream. The percentage of mineral matter in these dead foods, far beyond the needs of the body, contribute toward cataract formations,

These dead foods lying in the stomach and small intestine create mucous and this mucous is picked up by the portal vein and carried to the liver. Let us now follow the circulation to and from the liver. (Text Book of Anatomy and Physiology, Williams) "The portal vein receives blood through four

large vessels from the stomach, intestine, pancreas, and spleen. From those areas, the blood is carried by the portal vein to the liver. After passing through the tissue of this organ it is drained by the hepatic veins into the inferior vena cava. The contributing branches of the portal vein are: 1. The gastric veins, from the stomach and duodenum; 2. The superior mesenteric vein draining the small intestine, cecum, ascending and transverse colon; 3. The inferior mesenteric vein receiving blood from the rectum, sigmoid, and descending colon; 4. The splenic vein from the spleen, stomach and pancreas. Ultimately the blood from the digestive tract reaches the inferior cava. The portal system represents a side line by which the blood is shunted through the liver before entering the main circuit." Note on above: "The circulation of blood through the portal vessels is impeded at times due to obstruction influences in with this passageway results in back pressure in the veins concerned and gives rise to characteristic symptoms. Back pressure in the gastric veins causes congestion of the stomach, and hence imperfect functioning, resulting frequently in indigestion, morning vomiting, and hematemesis. Congestion of the spleen due to back pressure gives pallor of the patient, pain located in the left hypochondrium, and enlargement of these vessels, producing hemorrhoids. Obstruction to the return from the mesenteric area results in an accumulation of fluid in the peritoneal cavity, known as ascites. The superficial epigastric vein empties toward the liver, into the inferior cava system. Obstruction in the portal circuit may reverse the current, and since it anastomoses with the superior epigastric branches that open into the internal mammary vein emptying into the superior caval system embarrassment to its normal flow may be overcome by the selection of the unaccustomed course. If this occurs, the small veins forming the anastomotic branches increase greatly in size, forming on the abdominal wall a marked varicosity of extreme tortuosity. This structure is called caput medusa."

Thus, we see the liver trying to filter waste products out of the blood stream, but when these products – mostly of a starch origin – are in too great volume it cannot do so and the liver becomes clogged with a slimy mass that rotting, is discharged into the blood stream as toxic poisons of the worst sort. The mineral elements from the starch-mucous mess may collect a gall-stones, or may be distributed through the blood stream to become calculus of one kind or another, as: (Dorland Med. Dict.) "Calculus (Kal'ku-lus), pl. cal'culi. A stone-like concretion in any organ. Arthritic c., a gouty concretion. Biliary c., a gall-stone. Bronchial c., calculus in an air-passage. Cutaneous c., milium. Fusible c., urinary calculus made up of phosphate of ammonium, calcium, and magnesium. Hemic c., concretion of blood coagula. Lacteal, or Mammary, c., a concretion obstructing a lactiferous duct. Mulberry, c., calculus resembling a mulberry in color and shape. Prostatic c., one in the prostate gland. Renal c., a calculus in the kidney. Salivary c., one in the ducts of the salivary glands. Serumal c., tartar on teeth from serum of diseased gums. Uterine c., a concretion in the substance of the uterus. Vesical c., stone in the bladder. Xanthic c., urinary calculus composed xanthine.

Do you see the parallel? We are taught that calcium salts (Calcium. A metal, Ca, the basis of lime, which is its oxid. Dorlad Med. Dict.) constitutes the principal element deposited in the crystalline opacity known as cataract. If, the, these calcium salts that cause gall stones, arthritis, bladder stones, etc., have their origin in the uneliminated starch mass accumulated by the liver (and these starchy dead foods are rich in calcium content) why not look to the same source for the basic elements in cataract?

If this theory is correct, then cataracts are catabolic in nature and the person possessing them may be said to be inclining toward a state of elements in suspension.

The theory may appear contradictory from the standpoint that we also class pyknics as parasympathetics – overactive and also tending toward a state of elements in suspension. Yet we rarely find cataracts in pyknics, although diabetic types of cataract may sometimes belong in the pyknic type classification. The reason, I believe, lies in the fact that the pyknic has better general elimination through the bowels, kidneys and skin and that excess poisons and calcium contents are stored in the more or less dead fatty tissues of the pyknic body, giving rise to gouty conditions, etc., which carry him off before he reaches the age attained by most cataract patients afflicted with senile and accommodative types of opacities.

In this connection the glands of internal secretion, I believe, play the important role. The pineal, the thymus, and the para-thyroids are all lieutenants of the parasympathetic nervous system, and the parasympathetic is ruler of the pyknic. These glands favor osmosis and elimination and regulation of lime metabolism in the body.

Let us first look to the function of the para-thyroids: "The secretion of the para-thyroids indirectly favors coagulation of the blood through its hormone effect upon calcium metabolism.

Deficiencies of the secretion are noted in softening effects on bone and teeth structure." (Anatomy and Physiology, Williams). Therefore, overactive or normal and the para-thyroids contributes toward a proper regulation of calcium salts in the body. The asthenic, consuming himself, overactive on the low frequencies side of the spectrum, which must be an inhibitor to some extent of the para-thyroid, would then have a less regulated lime metabolism and with more free lime salts in circulation would be more subject to cataract.

The thymus is also a lieutenant of the parasympathetic. One of its functions is: "The thymus acts in calcium metabolism probably by promoting assimilation of calcium salts. During childhood, it is the organ of growth of bones, and at puberty atrophy and decreased functioning begins." (Anatomy and Physiology, Williams). Overactive or normal and it would tend toward retardation of lime salts in the body, outside of their natural sphere of fixation, and contribute toward elimination. The thymus is also stimulated by the high frequencies and inhibited by the low frequencies.

And the lieutenant of the parasympathetic is the pineal, influencing growth, and having a one of its principal functions – perhaps its primary function, -- the regulation of light frequencies. (See Berman).

The pineal, the thymus, and the para-thyroids are all stimulated by the high frequencies. Does that give you any help in understanding why **μυ** (Mu Upsilon) and **ω** (Omega) are such powerful agencies in the elimination of senile or accommodative cataracts – these types of cataracts belong usually to asthenic or syntonic types of advanced age who undoubtedly are deficient in pineal, thymus and para-thyroid secretions.

The asthenic and syntonic, in their later years, being deficient in pineal, thymus and par-thyroid secretions, and having poor elimination (these types being most subject to constipation) when clogging their system with calcium bearing dead food, and having no fatty tissue in which to store excess calcium, would thus be particularly susceptible to cataract. Anyway, the worst case of black nuclear cataract I have seen belonged to an extreme asthenic in very poor health

with stomach trouble and gall stones and whose favorite food is bakery goods and ice cream – and both mucous forming and calcium containing elements. **ω** (Omega) alternated with N over a period of two months did not improve her vision over ten percent, but the improvement in her complexion and stomach trouble was remarkable.

As I see it, this theory in no way contradicts Spitler's theory that cataracts result from effect of radiant energy – rather, I believe, it supports Spitler's theory. Undoubtedly radiant energy controls the lands of internal secretion. The foods we eat are no more and no less than radiant energy stored in a base of elements in suspension put in a state of more or less elements in solution. When we have in our foods a mass of elements in suspension greater than the body can regulate or eliminate we then have a body equivalent to Spitler's jar of creek water contained in a certain colored glass through which radiant energy operates to produce chemical reactions.

The body deficient in glandular secretions regulating lime metabolism and clogged with lime salts is thus properly nascentized, so to speak, to be operated upon by those frequencies that concentrate or coagulate lime salts into crystalline opacities.

We might also add that pyknic tends to carry the greater portion of his blood below the head while the asthenic's head tends to be over charged with blood. This has a bearing not only from a cataract standpoint but also to irritations of the nervous system and brain through toxic poisoning.

Where must we look for the origin of disease? Considering only the limited subject of this paper why should an imbalance in lime metabolism cause arthritis in one patient, gall stones in another and cataract in another? Why not look to the influences of the origin of life; assuredly the influences that created us continue to control the functions of our bodies. Stellar influences – radiant energy, Syntonics, if you will – set the tempo of our functions when we were born and they control the tendency of that function throughout life. Another school of thought has seen this thing, and chartered it, knows that Stellar influences create imbalances in the Ductless Glands and understand the relations of these imbalances to disease – but they don't know why. As Syntonists we know why, or should – Spitler captured the elements of radiant energy from interstellar space, calibrated it, and put it into a box so that, if used intelligently, we may counteract the imbalances of the Endocrine system by checkmating the influences in which they had their origin.

The physician charts the symptoms of Disease, pulse rate, temperature, blood count, Wasserman, X-ray, and what have you. Sometime we'll know enough to chart beforehand the tendency to disease – know the functional and tempo of the patient and the exact Stellar influences that will operate on that patient at any period of his life, and counteract, by neutralization, the harmful influences and increase the beneficial ones.

The knowledge of causes indicates the methods of relief. As syntonists at the present time, I am inclined to think that we are utilizing a mere half of the Syntonic principle.

Notes:

The following news item is taken from the Cleveland Plain Dealer of March 10, 1935:

"Los Angeles, March 9 – (U.P) – Science tonight lifted the veil of despair from the eyes of a 23-yer old Rola Brayton, former artist's model.\, whose body slowly is turning to stone.

"Working upon the secrets of nature, medical science has evolved what may prove a cure for one of the most dreaded diseases known – calcinosis, a malady which has made Miss Brayton' s legs as cold and hard as marble, and threatens to chill her body within a few years. There are only 28 known cases of the disease and there is no record of a cure in a "typical case".

"Dr. Harry Foshay Walker, has cured "partial cases" in two instances. He now believes there may be a way of reversing the processes of nature, which has been transferring calcium from bone to muscle, so that her bones are becoming soft and her muscles are acquiring a rock-like hardness.

"The possible cure may lie in a small vegetable garden, in which the soil has been freed of calcium. Vegetables grown in this soil will have no calcium content.

"'So far, we have little more than hope,' Dr. Walker said, "But such slight indicates as we have would seem to show the treatment is having an effect. It has been used with Miss Brayton only a week.

"Her malady two years ago. First symptoms were agonizing pains. For months she lay in bed, her feet swollen and inflamed, stabbing pains shooting through her legs.

"Then her legs began to harden. The process of the disease, Dr. Walker said is a natural one. Blood that is full of toxins causes the tissues to break down. Nature filters in calcium to replace dead tissue.

"This is the process in practically every disease," Dr. Walker said, "It occurs in tuberculosis and arthritis. First there is inflammation, then breaking down of tissue. Then gangrene sets in, or the blood transfers calcium, hardening the infected area."

"Already there has been a slight increase of calcium in the blood stream – which is a good sign in this case, "Dr. Walker said. "WE have been feeding her vegetables from decalcified ground for about a week."

"Pain has left her almost entirely. If the calcium content of the blood increases in any degree, it would indicate nature is extracting calcium from the hardened muscles, as that is its only source of supply."

Discussion on

# CATABOLIC METABOLISM AND ITS POSSIBLE RELATION TO CATARACT

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Dr. Cassell's paper "Catabolic metabolism and its possible relation to cataract" presented to the members of the Pioneer Academy of Syntonic Optometry, November, 1934, at the Moundsville, W.VA., in the opinion of Dr. Spitler, was of sufficient importance and interest, that he asked me to briefly discuss it here. I only regret that the paper and request did not reach me sooner, as two or three days – extremely busy ones at that, -- is not conducive to orderly thought and logical conclusions, even though one had the knowledge – which I disclaim – or the ability to accomplish the task.

To understand this inadequate discussion, you should study, if you have not already done so, Dr. Cassell's most interesting paper. Dr. Cassell in his theory of Cataract formation argues, that Cataract, like Gall stones, Kidney stones, etc., is Calculus in nature. That disarrangement in Catabolic Metabolism is responsible for this arthritic condition – the end result being any one of many possible Calculus formations. Time will not permit a review of the interesting road traveled by Dr. Cassell in leading up to his hypothesis, but I can heartily endorse his theory that Catabolic Metabolism does have a possible relation to Cataract formation.

Just how far one can go along his line of reasoning naturally is open to question. However, to me it is reasonable to assume that Cataract is Calculus in nature, therefore, amenable to the same laws as other types of Calculus. His statement of fact that Asthenic rather than Pyknic types are more subject to Cataract, along with the knowledge that the Asthenic is the suffer from chronic constipation, or rather more apt to be than the Pyknic, and considering the problem of elimination, the reasoning is not so far-fetched as might at first thought appear. If one were to base his prognosis in a given case – would be absurd. However, it is not outside of reason to assume with all of these conditions present, that the factor of poor elimination – Catabolic Metabolism could be a factor in cataract. In these cases, the blood stream, through faulty Metabolic action, deposits calcium in the crystalline lens. A theory, yes, but worthy of further investigation.