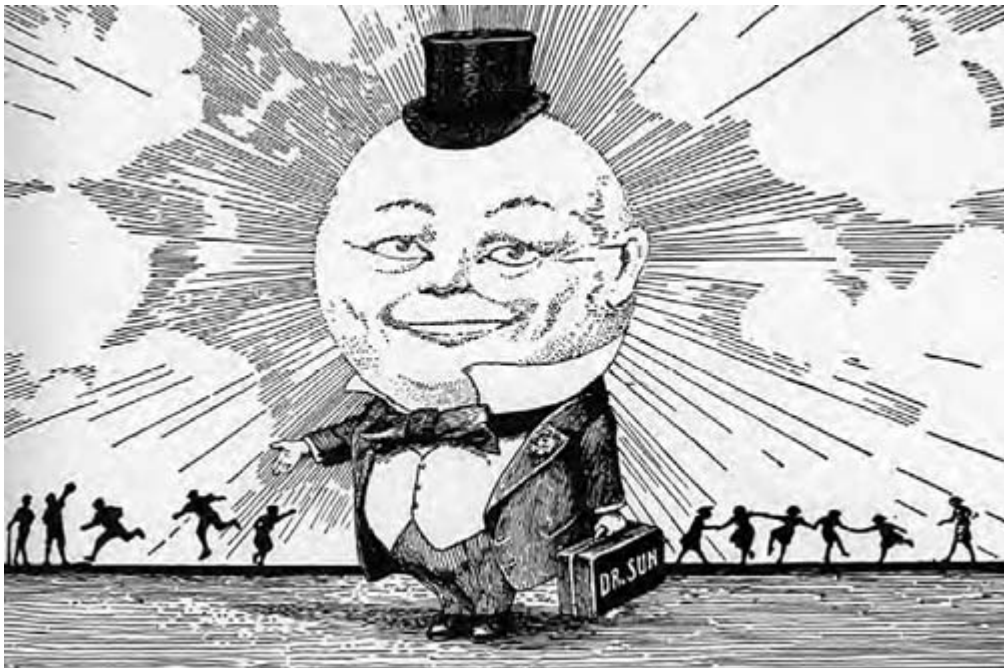


Our Friend, the Sun: Images of Light Therapeutics from the Osler Library Collection, c.1901-1944



Our Friend, the Sun: Images of Light Therapeutics from the Osler Library Collection, c.1901-1944

by Dr. Tania Anne Woloshyn, Curator

*Department of Art History & Communication Studies,
McGill University*

January to June 2011

Osler Library of the History of Medicine

From January to June 2011, Dr. Tania Anne Woloshyn, Curator of

the Osler Library of the History of Medicine at McGill University in Montreal, Canada, offered an exhibition on early twentieth-century light therapies through the university's Department of Art History & Communication Studies. The exhibition showed how early twentieth-century doctors combined intuition with science to develop early therapies that employed sunlight: heliotherapy, using natural sunlight, and phototherapy, using artificial light.

The booklet she wrote and designed to accompany the exhibition is available online at www.mcgill.ca/library or you can download a PDF copy of the booklet here.

[Download the 24-page PDF: "Our Friend, the Sun: Images of Light Therapeutics from the Osler Library Collection, c.1901-1944" by Dr. Tania Anne Woloshyn, Curator, Department of Art History & Communication Studies, McGill University, 2011.](#)

The quote that follows is from the opening paragraphs of the introduction to the booklet that accompanied the 2011 exhibition:

INTRODUCTION

He may resemble some overblown bourgeois Humpty Dumpty, but in J.M. Andress and W.A. Evans' 1925 children's hygiene handbook, Success and Health, "Doctor Sun" (Fig.1) is prominently promoted as the wise choice of a family physician with very real sincerity. With his smiling face, radiating luminous rays, and open gesture, he welcomes the viewer to his domain, where in the background children dance and play. Here health and happiness are shown as one and the same.

Nor is this a unique representation of the sun as doctor. A

Cannes physician, Dr J. Orgeas, for example, stated as early as 1889:

Just as the sun is the principal of all life, so it is the source of all healing. It is the Sun, and uniquely the Sun, that sick people seek in winter on our coast. It is the Great Doctor, Doctor of the Faculty of the Sky, to whom the suffering come to demand a cure for their ills.

*It might seem natural, even obvious, to associate sunny days with play, pleasure, and well-being. But the connection between sunshine and health has been historically less a matter of instinct than a deeply naturalised therapeutic practice, and one especially dating to the turn of the twentieth century. This is the subject of the exhibition, **"Our Friend, the Sun: Images of Light Therapeutics from the Osler Library Collection, c.1901-1944"** (the Osler Library of the History of Medicine, McGill University, January-June 2011).*

The development of light therapeutics is a little-explored dimension in the history of medicine. The following exhibition presents an international visual culture of light therapies during the early twentieth century, considering both natural light – cure by sunlight or heliotherapy – and artificial light – cure by electrically manufactured light or phototherapy. Heliotherapy, an ancient practice of total bodily exposure to sunlight, and phototherapy, pioneered by Niels Ryberg Finsen in the 1890s, were considered to be revolutionary therapies by c.1900 for sufferers of pulmonary tuberculosis, smallpox, and lupus, as well as chronic conditions such as arthritis.

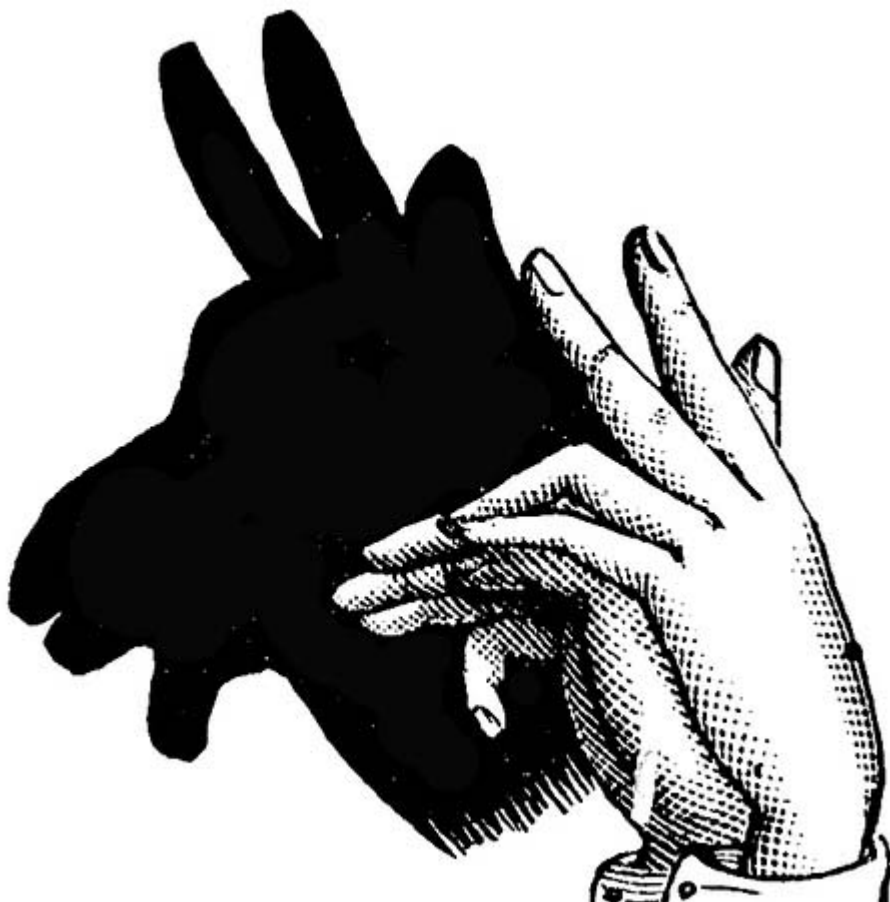
The exhibition features in particular the work of four physicians: John Harvey Kellogg (1852-1943); Auguste Rollier (1874-1954); Albert Monteuuis (fl.1900-1914); and Niels Ryberg Finsen (1860-1904). American, Swiss, French, and Danish, respectively, these four physicians knew of each

other's work and, in some cases, visited each other's facilities, indicating that light therapeutics was an international field. Kellogg and Finsen also individually experimented with both heliotherapy and phototherapy, evidence that the two were far from antithetical treatments or chronologically separated. Indeed, while Finsen may have begun experimenting with natural light in the outdoors initially during the 1890s (soon abandoning this entirely for artificial electric light), Kellogg would use both simultaneously, and Rollier continued to utilise natural light from the turn of the century to the Second World War, having never converted to artificial means. Therefore while the exhibition is divided into two halves, heliotherapy (the two left cases) and phototherapy (the two right cases), significant cross-over occurred between the two – in their historical developments, in their visual cultures, in their methods, and in the shared scientific beliefs driving them as therapies.

Significantly, these physicians asserted the ancient, quasi-magical origins of light therapeutics at the same time as they advocated it as a “modern” therapeutic of sound scientific rationale. So too did they posit it as a welcome, pleasurable and comfortable experience while simultaneously including photographs of patients strapped down, exposed to the sun almost nude in winter, or subjected to gun-like electric machines. Themes of natural and artificial, ancient and modern, and pleasurable and painful within the history and visual culture of light therapeutics illuminate this exhibition of rare illustrated texts and objects from the Osler Library collection. It also considers how heliotherapeutic and phototherapeutic practices were disseminated and popularized by that visual culture.

[Download the 24-page PDF: "Our Friend, the Sun: Images of Light Therapeutics from the Osler Library Collection, c.1901-1944" by Dr. Tania Anne Woloshyn, Curator, Department of Art History & Communication Studies, McGill University, 2011.](#)

A World of Shadows



The gold chalice and the wooden one cast identical shadows.
Those people who see only shadows, and live their lives

accordingly, will find it nearly impossible to recognize that one chalice is worth far more than the other. The shadow of smoke plumes from a forest fire look much like the shadow of a cloud bringing rain that can put out the fire. How can you tell which is which if you only see the shadows? If you can only see the shadow, how do you know that you are walking toward the rain and away from the fire? Shadows can be  deceptive in many ways. This photo of a Javanese shadow play shows shadows that are somewhat human, but they have been stylized according to the art of that country. If one saw this as reality rather than as a play, he might think he was seeing strange alien creatures (are you listening channel H2?).

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Unified Consciousness – linking the Levels



"We must be 'oned with bliss' if we are to be aware of it. That aspect of our being by which we may attain this communion—that 'marrow of the Soul,' as Ruysbroeck calls it—usually lies below the threshold of our consciousness; but in certain natures of abnormal richness and vitality, and under certain favorable conditions, it may be liberated by various devices, such as contemplation. Once it has emerged, however, it takes up, to help it in the work, aspects of conscious self. The surface must co-operate with the deeps, and at last merge with those deeps to produce that unification of consciousness upon high levels which alone can put a term to man's unrest." ~Evelyn Underhill

Becoming one with "bliss", or more accurately, one with God, is indeed the way to truly expand consciousness to higher levels. It is also true that when our soul is awakened and our consciousness on that level starts to grow, the surface level of consciousness, or ego, is generally unaware of it and may remain so for years. Nonetheless, that spiritual awareness, that Divine Consciousness, may be growing below that surface.

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In the Presence of the Light



"It is lamentable, that since the fall of Adam, we should be so continually cheated and befooled by the Devil, to think that we are not the Children of God, nor of his essence. He continually puts the monstrous shape or form into our thoughts, as he did into our mother Eve, which she gazed too much upon, and by her representing it in her imagination, she became a child of this World, wholly naked and vain, and void of understanding: And so he does to us also still

continually; he would bring us into another Image, as he did Eve, that we might be ashamed to appear in the Presence of the Light and Power of God, as Adam and Eve were, when they hid themselves behind the trees.” ~Jacob Boehme

The first thing we need to get straight is the whole idea of Adam and Eve. Adam & Eve are an allegorical representation of the beginning of the human race in the material world, they are not intended to be literal, actual, persons. Next, we have to look at what their “sin” really was, and why they were kicked out of paradise because of it.

The sin of Adam and Eve was not in eating apples—which it never says they did in any version of the Bible that I have read. The bible does say they ate from the “tree of knowledge of good and evil.” That is not an apple tree. It is not a tree of any kind, at least not in the literal sense.

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Meet Another Side of Reverend Canon Gary Buchanan



Meet a few sides of minister, composer and musician, explorer, sonotherapy researcher and therapist Gary Buchanan on his new web site.

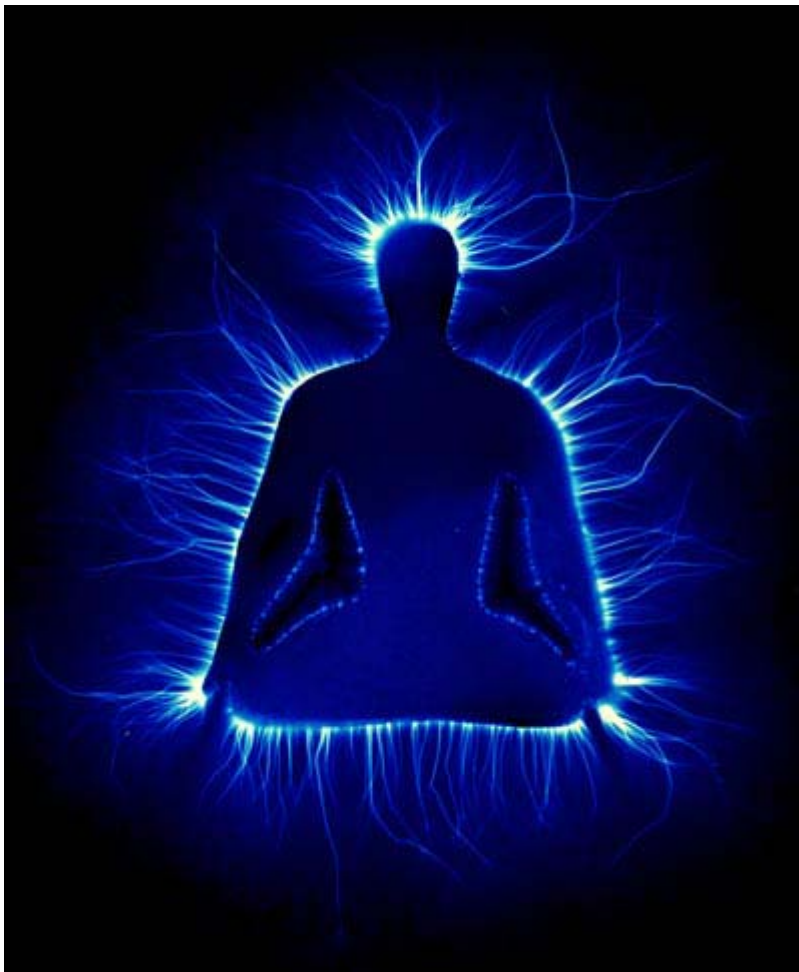
There you will be able to

- link to online videos of compositions and performances, watch Sonotherapy videos online,
- read his biography as minister and Community member and find links to some of his spiritual writings,
- and read his biography as an explorer and learn more about the Andean Explorers expeditions he took part in

and about the Andean Explorer videos he composed music for.

[Visit Gary Buchanan's web site: garyrobertbuchanan.com.](http://garyrobertbuchanan.com)

Sharing Frequencies and Energy



“The more you match other people’s varying frequencies without returning to your own center and home frequency, the more confused—and confusing to others—you become. ... When you match a field with a low vibration and feel worse for doing it, the action may be unconscious, but it’s still your choice. ... Because we tend to match each others frequencies, you might make a game of becoming a clear space in the world. You might ‘strike your tuning fork’ to radiate high-frequency energy to everyone you encounter. ... Also note that groups have inner blueprints, or morphic fields, created by the collective.” ~Penney Peirce

Just as a tuning fork will pick up the frequency of another vibrating one and start vibrating at the same frequency, or as close to it as it can get, so do we. When we are around other people, our vibration rate is affected by theirs, and theirs is affected by ours. But just as the moons gravitational pull on the Earth is much less than the gravitation pull the Earth exerts on the moon, some people’s frequencies affect us more than others, and to some degree we can control this.

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“Watch a massive solar storm charge up the aurora borealis”



The eruption of the Bárðarbunga volcano in Iceland, which was happening at the same time as the auroras were filmed. PHOTO: Henry Jun Wah Lee

“An aurora is one of the most wondrous things a person can witness on our great planet. If you happen to live near the North Pole (or the South Pole, in the case of the aurora australis) during the cold winter months, then you’re pretty much guaranteed a front row seat to this atmospheric

spectacle.

“Because the intensity of an aurora depends on the amount of solar radiation hitting the atmosphere, catching one of these events during a massive solar flare can be an experience of a lifetime. Just ask photographer Henry Jun Wah Lee, who created this video, which displays the awe-inspiring auroral effects of a monster solar flare that hit the Earth this past March. The flare erupted as a result of the sun’s solar maximum, which is the peak of solar activity in the sun’s 11-year cycle. Because of the flare’s strength, the aurora was viewable in regions that virtually never see the northern lights.

“‘I was fortunate enough to be at the right place at the right time when the solar storm of the decade hit Earth,’ Jun Wah Lee writes of his time shooting his Apotheosis video in Iceland. ‘The sky was covered with auroras so strong, they were visible at dusk. This continued all night until dawn. In the film, you will see rare red, yellow, white, blue and violet purple auroras.’

[Read the full article and watch the 5-minute video online at mnn.com.](#)

link submitted by Frieda Nelson

The Great Destiny of Man



"O Great and Bountiful One, ... You prepared a compatible place for the spirits of man, a place wherein man rules under the decrees of you everlasting and unchanging Law. ... The spirits of men rule in the mysterious domains governing the sun and the moon, the stars and the nightwatchers, the mistmen and the hidden caves of power. ... You have created man in the likeness of an original conceived in your mysterious abode, and the manner of his life is fixed according to your plan. Great and wonderful is the ultimate destiny of man, who as yet, has progressed but a few steps along the road towards the goal of life. Yet, you have opened his ear to mysterious and wonderful things." ~The Kolbrin Bible (SCL:20)

This particular chapter of the Kolbrin Bible seems to be confusing and mixing spiritual things and the non-spiritual world of matter, yet a spiritual student can glean some useful information from it.

We are told that God has prepared “a compatible place for the spirits of man.” That is absolutely true, but the place for the spirits of men is the spiritual realms—often called Heaven—not the physical or material level. Yet, it is true that God’s Divine Law governs the physical realm just as much as it governs the spiritual ones, the only difference being that in the physical world, the laws of nature are in between those of God and man so it may seem like God’s Law doesn’t rule here, but it does. Although Nature’s Law is dominant on the physical plane, Nature’s laws must always conform to God’s Law and therefore God’s Law is still in control on the lower levels.

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Center of the Light of God



Woman stands in praise before a beautiful night sky.

"Dear Children, consider, how mightily and powerfully, with wonders, miracles, and works, the Spirit of God went forth in word and deed in the times of the Apostles, and after, till Antichrist and the spirit of self-pride, with his invented laws and astral wisdom broke forth. ... And so the man of pride makes as if himself had Divine Power upon Earth, and knows not in his blindness that the Holy Ghost will not be bound. ... "But if any would attain Salvation, he must be born again, through the water in the center of the birth of life, which springs up in the Center of the Light of God, for which end God the Father has by His Son commanded Baptism, that so we might have a Law, and a remarkable sign or remembrance."
~Jacob Boehme

Yes, in the Time of Jesus and his Apostles, the Holy Spirit was strong in the world and materialism was kept in check while true religion and spirituality was allowed to thrive. But as Boehme indicates, that soon changed through the work of the Antichrist and his minions.

Whether you think of the Antichrist as an evil person, a spirit, or just a force that encourages evil and anarchy, doesn't really matter. What does matter is that this Thing has, for thousands of years, interfered with any attempts by man to climb out of the hole of matter, the cave of materialism, and communicate once again with the angels, the Beings of Light, and God Himself.

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God Isn't Punishing Us, We Punish Ourselves



"The Yogi teachings related to the law of Karma do not teach us that sin is an offense against the Power which brought us into being, so much as it is an offense against ourselves. We cannot injure the Absolute, nor harm It in any way. But we may harm each others, and in so doing harm ourselves. The Yogis teach that sin is largely a matter of ignorance and misunderstanding of our true nature ... The Yogis view the sinning soul as the parent does the child who will persist in playing with forbidden things [until he is injured]. The injury is not a punishment for the disobedience ... but comes in obedience to a natural law which is invariable. ... The parent sought to save the child the pain of the burn, and yet the child-nature persisted in experimenting, and was taught the lesson." ~William Walker Atkinson

Many people believe that God Himself is punishing us when we do something wrong or something stupid. As Mr. Atkinson points out, that is neither true, nor necessary. God simply has laws, as does nature, and those who insist those laws can be violated quickly find they can't.

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