'Impossible' Legend Of Lemuria Surrounds Facts, Fantasy, Beauty Of Mt. Shasta

By AILEEN SIMMERS

Mt. Shasta means many things to many people. The chamber of commerce of the city of Mount Shasta has been receiving great numbers of inquiries relative to the mountain, prompting a delving into the legends, traditions, facts and fantasies. Facts say "impossible." Legends and traditions persist as true. Fantasy is always present.

The mountain stands alone, with Shastina nestled on its western slope. Peter Skene Ogden, according to history, discovered it in 1827. Geologists call it a dormant volcano with a boiling hot sulphur spring near the base of the main summit pinnacle. It is 16 million years old, say scientists. It towers high at 14,161 feet.

To some Mt. Shasta is a winter playground and to others it is a commercial, profitable thing. Yet others incorporate it into their religions—sort of a great white god. To many it is a thing of beauty, awesome in its enormity. It offers its all to religious groups, authors, artists, nature lovers, photographers, hikers, skiers. For not a few it is mysterious and weird, unexplainable things happen. These are the facts.

The fantasy, legend and tradition are the people of the great continent of Lemuria who live eight miles under the mountain, of the city of Mount Shasta who say they recognize a Lemurian when he shops in the town. And legends persist.

Indian legend tells us a Great Spirit lives with his people in the mountain. The occult stories about the mountain seem to have originated with the centuries ago Indians, as they and most of their descendants believed a race of people did indeed live in Mt. Shasta. Many years ago tribes of Indians were in great awe and fear of it.

Legends and some scientists and geologists have it that thousands of years ago the earth on the West Coast began to sink and the sea encroached upon the land. The people of this land, the vast continent of Lemuria, took to the hills and higher ground. Mt. Shasta loomed in the East—a natural haven. Many thousands of people made their way to its high safety. Why they went underground to live and when they built their eight-mile deep shaft into the earth, with its hidden undisclosed entrance, and under the mountain's vast terrain, are but two of the mysteries. Rumors abound of the great inhabited self-contained city deep in the mountain. Out of the thousands who fled the coast a selected number were saved. These are today's Lemurians.

Spacemen, one source says, have been seen hovering around the mountain. Others tell of a great spirit who has spoken to a chosen few on its snowy slopes. Tales circulate that the whole area is surrounded by huge space ships, like planetoids, and that the people of these mother ships are sent here to help earth people grow spiritually and to get used to vibrations from outer space. They are representatives of all planets and include Plutonians, Neptunians, Jupitarians, Martians and Venusians.

Today the "I AM," Rosicrucian and other religious groups tend to agree with ancient Indian lore as well as the legends and facts of the mountain.

Mrs. Mildred Coleman, a Rosicrucian, tells of the Lemurians she knows live in the mountain. They come to town, but remain incognito. She tells of the Ascended Masters who have a mammoth temple under the mountain at the 12,000-foot level. The mountain is referred to as God's Mountain—one of His shrines. The temple was hewn out by spiritual labor, she says.

She avers that Lemuria is due to rise and the ocean will come in. The coast range will be leveled. Safety for the people lies within a 10-mile radius of the mountain.

Miss Ruth Light joined the "I AM" religious activity in 1932. She tells of the founder of the organization, Guy W. Ballard, being sent to the Mt. Shasta area by a mining concern 30 years ago, and of his encountering St. Germaine at a mountain spring one day while he was hiking on the trails of McCloud River Valley, seeking peace and inspiration. An electric current went through his body when St. Germaine spoke and gave to him a cup of the Water of Life. Thus was born the "I AM" activity. The group refers to reimbodiment, rather than reincarnation, as do the Rosicrucians of this vicinity. To conquer self is its goal as well as to project light, to bless, to heal and to prosper. The annual "I AM" pageant staged in the huge outdoor amphitheater in the city of Mt. Shasta draws thousands of visitors from all over the world.

The Great White Brotherhood believes in extra-sensory perception and metaphysics. More occult than the others. They declare there is no death and lose all fear of it. They have psychic gifts. There is a survival of human entity after death of the body. They, too, have a great affinity to the mysterious power of Mt. Shasta.

Soulcrafters send out love. They are on a higher plane of living than most people and have high altruistic spiritual forces. This religion links the times of King Ikhnaton and Queen Nefertiti of the 17th Egyptian dynasty with the 20th Century, and are spiritually associated with the mountain also. A feeling of veneration abounds.

Whatever their tastes, beliefs or traditions, they all revert back to the mysticism of the mountain and its Lemurians or whatever inhabitants are there.

According to one source Lemurians appear as earth people. To another source they are seven feet tall with extra large heads and long arms, with a marble-like skin-covered bump in the middle of their foreheads, and extra "sense" along mental telepathy lines, which enables them to sense the presence of earth people long before the earth people know they are around, and to disappear at will.

In every book written about tribes of Indians living in the area around Mt. Shasta mentioned always is the mystic, strange atmosphere of the mountain.

In all the religious organizations and sects that have sprung up in the region of the great white mountain, mysterious powers are attributed to it. Lights are seen on its towering sides, bells ring, strange occurrences which can't be explained have taken place. Some persons make yearly pilgrimages and many others have moved to the area to make their homes in its shadows.

People of undeniable integrity vow there is a race of self-reliant, highly intelligent people living under the mountain. The Lemurians. The remnants of the lost continent of Lemuria, the world's oldest civilization, highly advanced in botany, agriculture, radioactive minerals, engineering and all sciences. He is self sustaining, this Lemurian, in every way and needs no help from the outside world.

Legends, fantasies and facts are as old as man and will live as long.

LEGENDS OF MT. SHASTA — Wonderous Mt. Shasta inspires awe in the many that view its sometimes mysterious beauty and its majesty has been an inspiration to artists, poets, authors, nature lovers, photographers, skiers and hikers alike. To some, weird and unexplainable things surround the rock and bring to it something more real than just more legend. Some religious groups delving in the "mystery" claim knowledge of such things as a subterranian city and spacemen that hover around the mountain.

Millions Of Graduates 'Sweat Out' Admission To American Universities

By LOUIS CASSELS
United Press International

The next few weeks will be a period of high tension in more than a million U.S. households where high school seniors are sweating out admission to college.

Some colleges and universities are already sending out acceptance notices. Many others will do so during February and March. By April, students who haven't received a "yes" letter will be very worried — and so will their parents.

It would be nice to assure the troubled seniors and parents that they have no real cause for concern—that everyone will wind up in the college of his choice.

But the facts don't permit this. Getting into college has been growing progressively more difficult each year, as mounting enrollments press against the capacity of America's higher education system.

In past years, it could be reported truthfully that, although the big - name institutions were swamped with applicants, there were still many good colleges and universities with vacancies.

This year that statement cannot be made quite so glibly.

"The first-rate institutions, and even the second-rate ones, are filling up fast," said an official of the American Council on Education.

Students with good high school records can still be reasonably certain of admission to a good college — not necessarily their first or second choice, but one at which they can obtain a splendid education.

Perennial Rumors Untrue

The perennial rumors that circulate among high school seniors, to the effect that you have to make scores of 600 or better on "college board" entrance examinations to have a chance of getting into any popular institution, are simply untrue. Admissions officers, even at the big-name colleges in the east, are much more flexible in their policies than that. And they are increasingly disposed to regard the student's high school record, rather than his entrance test scores, as the best barometer of success in college.

"Any student who ranks in the upper 40 per cent of his high school graduating class — that would usually mean a 'B' average or better—has an excellent chance of getting into a good college this year," the American Council on Education official said.

There are colleges and universities that will accept students who rank lower in their graduating classes, and some state institutions are required by law to take anyone with a high school diploma.

But a C-student is going to have trouble getting into any of the more select institutions, unless he has phenomenally good scores on entrance tests or is able to show the admissions officer some other reason why he might be a good gamble.

Send Many Applications

"Apply early and often" is the motto of college-bound youngsters nowadays. Most begin firing off applications early in their senior year of high school. And it is increasingly customary to send applications to at least three, and sometimes five or six, colleges. But this multiple application habit has become such a problem for admissions offices that many institutions now require a fee of $10 or more with each application. In some cases, the fee is returnable if the student decides by late spring to withdraw his application—or if he is turned down.

One of the biggest mistakes students make in multiple applications, according to admission officers, is to put all their eggs in one basket. They apply to several different institutions, all of which are equally hard to get into. It is much smarter to bracket the target by applying to one prestige college that's very selective, one good but less-well-known institution, and one that can be considered relatively sure fire.

BROODING EYES — Painters Walter and Margaret Keane get busy with their palettes in "paint room" of their home in Woodside, Calif. In the background are some of the paintings of children with over-sized, brooding eyes that have become Walter's hallmark. — UPI Telephoto

Pair Of California Artists Place Emphasis On Eyes In Portraiture

WOODSIDE, Calif. (UPI) — When a young California real estate broker named Walter Keane went to Europe shortly after World War II, his only interest was in becoming a good enough artist to devote his life to painting.

But he returned with more than he bargained for. He came back with a memory of the children he saw amidst the rubble of the war-torn continent.

He remembered their faces, small and thin from undernourishment, and most of all he remembered the eyes—dark, brooding eyes that looked grossly oversized in tiny faces.

Today those eyes, incorporated into Keane's paintings, have become his hallmark. They appear in galleries and homes throughout much of the world, either in original paints or in the thousands of lithographic reproductions he has sold.

Wife Is Artist

Hanging alongside the works in many cases are paintings by his wife, Margaret, an equally successful artist.

In the early days of their marriage, the Keanes drew $3 sketches of tourists on the streets of San Francisco's Bohemian North Beach and in night clubs to earn money for paint and canvas and groceries.

Then a combination of popular appeal and super - salesmanship unprecedented in the art world rocketed them to the position they enjoy today. They now receive $1,000 to $10,000 per canvas.

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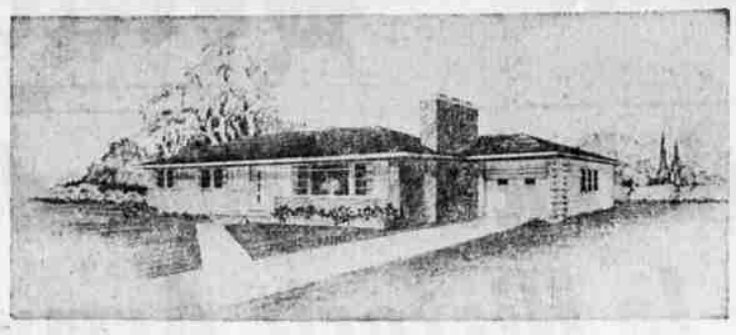

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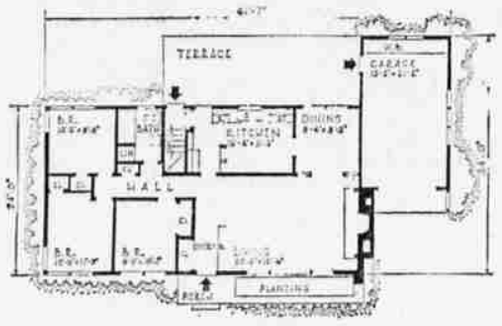

Big Chimney Top Feature Of Exterior

A massive chimney is the focal point in the exterior of this three-bedroom ranch house with attached garage. Wood siding and brick veneer combination add to charm of this design.

There is a separate dining room with trellis partitions. Its two large windows overlook the terrace, which runs across most of the rear of the home.

Kitchen is at the rear, with a door opening onto the terrace. There is space for a breakfast table. A china closet is built into one wall. From the kitchen there is access to the full basement.

A large natural fireplace dominates one wall of the living room. A wide picture window looks out upon an even wider planting box.

Attached garage forms a natural wall at one end of the terrace and includes a work bench. A service door leads onto the terrace.

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Professor Wins Prize For Picture

By BART KINCH
United Press International

Prof. Ralph C. McGoun of Amherst College won the Grand Prize — a round trip to Tokyo—in the Saturday Review's 10th Annual World Travel Photography Contest with the only picture he ever submitted in a contest.

McGoun, a Professor of Dramatic Arts, won the top award in color photography with a picture entitled "Devastation Trail." The shot was taken with a Kodak Retina on Kodachrome and depicts a scene of desolation left in the path of the Kilauea Iki volcanic eruption in Hawaii in 1959.

The second Grand Prize for a black-and-white photograph — a round trip to London — went to James Gianelos of Cleveland, Ohio for his shot of a misty valley in Einseidein, Switzerland. Gianelos, a spectographic engineer and an amateur photographer since 1955, used a Pentax loaded with Panatomic X film.

The winning prints were selected from more than 5,000 entries in both color and black-and-white. The panel of judges included photography columnist Norris Harkness, Leopold Godowsky, co-inventor of the Kodachrome process and Ivan Dmitri, leading magazine and commercial photographer and director of Photography in the Fine Arts.

Other prizes totaling nearly $1,000 in cash went to 18 other contestants, plus four Special Mentions for technical or topical interest and 42 Honorable Mentions.

Second prize in color ($200) went to Gertrude C. Bray of Providence, R. I., for her street scene in Mykonos, Greece taken with a Kodak Retina on Kodachrome.

Leonard S. Barnes of Fredericksburg, Va., won the third prize in color ($100) for his Asahi Pentax Kodachrome shot of fall foliage in New Hampshire.

Lawrence Schauffler of Fredonia, N.Y., was awarded second prize in black-and-white ($200) for his picture of a country church in Calgary, Alta., taken on Plus-X with a Rolleiflex.

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NEW BOOKS

United Press International

After Nehru Who? by Welles Hangen (Harcourt, Brace & World $6.95): Jawaharlal Nehru is the only prime minister India has had in more than 15 years of independent existence. Conjecture on his successor has long been a fruitful topic for after-dinner conversation. The author lists one woman—Mrs. Indira Gandhi, Nehru's daughter—and seven men as possible future leaders of India. His selection of V. K. Krishna Menon as one of them is surprising since he knew the former defense minister was forced out of the government before the book went to the publisher. The others are Finance Minister Morarji Desai, Lal Bahadur Shastri, Y. B. Chavan, Jayaprakash Narayan, S. K. Patil and Lt. Gen. Brij Mohan Kaul.

The Scrolls of Lysis, by Barnaby Ross (Simon and Schuster, $4.95): A fictional exploration of a historical era into which novelists seldom venture. It is also the second chapter in a minor literary mystery story. The setting of the novel is the Greek city of Theves, 30-odd years before it was razed by Alexander the Great. The principal historical figure of the story is Epaminondas, one of the last great Theban generals. Ross, who established himself as a chronicler of historical scoundrels with his previous novel, "Quintin Chivas," uses as a hero Thomas of Gyarus, bearer and interpreter of the prophetical scrolls which were the key to Epaminondas' fate. The mystery is the identity of the author. The publisher will neither confirm nor deny the obvious assumption that Barnaby Ross—an admitted pen name—is being used by the cousinly team of Manfred B. Lee and Frederic Dannay, better known as "Ellery Queen." The Messrs. Queen used the Barnaby Ross name some years ago for a series of at least four novels about a rather theatrical detective named Drury Lane who came to an officially bad end. Are they now carrying this tradition of amiable scoundrels back into history?

Margin Released, by J. B. Priestley (Harper & Row, $4.95): Priestley, an enormously prolific writer, is at his best in the first of three sections of this volume of reminiscences. It spans half a century, beginning in 1910. The first section deals with his early departure from school to become a junior clerk in the wool trade. Shortly thereafter he began the writing career that made him a leading, if controversial, playwright, novelist, essayist, critic and producer. Sections two and three deal with his army days during World War I and his later writing career. At times in the last section, his wit seems to verge on peevishness, as he talks back to his critics. But he still is interesting.

Crowds and Power, by Elias Canetti (Viking $7.50): A thoughtful and documented work on why people get together in crowds, mobs, herds, packs and heaps. Canetti has observed and recorded the actions and motives of human groupings and related them to prehistoric tendencies, historical events, human institutions and current happenings. There are many eye-openers and insights in this dispassionate dissection of the laws and phenomena which govern the flow and ebb of humanity en masse. History has recorded what happens when the crowd is controlled and directed, as apparently it must be in accordance with its nature. What that nature is, is the theme of this book. Leaders and rulers understand it, mostly by instinct—Hitler, Mussolini, Stalin, for instance.

March to Calumny, by Albert D. Biderman (Macmillan, $3.95): Experience in the Korean war led some to conclude that many Americans who became prisoners of the Communists lacked moral fiber to resist threats and brainwashing. The author of this book seeks to remove the stigma from the POW's. His own studies led him to conclude that, with few exceptions, Americans in Korea behaved pretty much as others have under similar stress in the past.

Actor Sorry For Showing

HOLLYWOOD (UPI) — Actor Paul Newman has taken out newspaper ads to apologize for his acting in the first motion picture he made.

Without naming the film, "The Silver Chalice," made in 1955, the ads read "Paul Newman apologizes every night this week—Channel 9."

The picture is being shown this week on the television station. Newman said Monday he isn't apologizing for the whole picture, but "just for myself. I don't think it's my best work."

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Respiratory Ails Afflict Many Cats

"We have a cat now," a reader says, "although we've always had dogs before. During the last week the cat has developed an alarming sneeze, but doesn't seem at all sick otherwise. Are cats supposed to sneeze?"

While cats, beyond a certain point, are not the most predictable animals in the world, they do not normally sneeze. They are, however, subject to a number of respiratory diseases, among them a cold, or coryza. This mild disease does not make the cat very sick, appetite and animation remain normal and a sneeze and discharging eyes are the main symptoms. The condition lasts from a few days to two weeks. If this persists the cat may actually have a more serious respiratory disease.

Influenza starts like a cold but drags on longer. The cat may refuse food occasionally; sneezing may be coupled with coughing, and the eyes develop more of a purulent, rather than a watery, discharge. These cases are benefited by veterinary care, combined with vitamins given at home and pampering of the cat's appetite. (Owners should realize that the cat's foodness for liver and kidneys will usually survive the disease.)

One of the more acute respiratory diseases of cats is pneumonitis, which begins with fever and loss of appetite. This requires immediate treatment since inadequate treatment may result in development of a fatal pneumonia. Pneumonitis treatment includes serum and antibiotics, feeding by a stomach tube, and vitamin injections. In typical cases, recovery may be complete in about two weeks.

Pneumonia is far more serious and may, in addition to pneumonitis treatment, require periods in the oxygen chamber. Although more than half the pneumonia cases recover, a possible complication is empyema, in which the chest cavity is partially filled with pus. About two-thirds of the empyema cases are fatal; the other third may require a month of hospital care for recovery.

Another serious illness which may confront cat-lovers is cat enteritis, a virus disease of the bowel, which is highly contagious and can produce death within 24 hours. Because of its contagious character, the disease is most noticeable when the new kitten-crop gets old enough to start cruising around the neighborhood.

Symptoms are a loss of appetite, vomiting, diarrhea, almost complete immobility, and a high fever. An early symptom is dehydration; yet the cat may sit poised over a water or milk dish and refuse to drink. With prompt treatment, recovery requires from four to eight days. Slower cases are helped by giving whole blood transfusions. Fatal cases usually deteriorate rapidly, however, and a cat that is still alive after the first three days will usually recover.

Recovery from enteritis—sometimes called distemper or panleukopenia—will confer a lifetime immunity, or cats can be inoculated against it. Cats which recover from flu or coryza usually have a short immunity, and cats that have it twice rarely catch it again. Cats that have frequent bouts with coryza are actually allergic to something.

Recovery from pneumonitis confers immunity in about half of the cases; the other half may get it again, but will not require hospitalization. A short-term vaccine is available against pneumonitis, but immunity is limited to less than six months.

DECIDE TO SWITCH

CAMBRIDGE, England (UPI)—Five Girton College girls have changed their minds about appearing in a play nude.

"The girls have realized that they would bring nothing but shame to themselves by appearing with nothing on," said college head Miss Mary Cartreight.

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