



PROVEN REMEDIES

*The Treatment of Common Ailments
by Homœopathic, Herbal, and
Biochemic Methods*

J. H. OLIVER
N.A.M.H.

with a Foreword by
CYRIL SCOTT



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Preface

by

CYRIL SCOTT

HE is a wise man who takes his health into his own hands and relies not on doctors. Not that I—who am happy to write a preface to this helpful and informative book—have any quarrel with individual doctors, many of whom are self-sacrificing and noble souls; my quarrel is with methods, not persons. For whatever an innocent public may think to the contrary, the evidence points to the fact that the (orthodox) medical profession no longer employs the most efficacious method of curing the sick, but the one which most favours commercial vested interests. And be it noted, in making this statement I am only echoing what numerous doctors have stated themselves. There is little doubt—and I have frequently proved it myself—that both Homœopathy and the Biochemic System of Medicine are far better means of curing chronic sufferers from a whole variety of diseases than is the orthodox school. Both the aforementioned systems were discovered by pukka doctors, yet despite their efficacy they are not more widely known because—one can only infer—they are not associated with large profits. Huge fortunes are made from the sale of vaccines and serums and from radium and X-ray treatment, but as neither homœopaths nor therapeutical biochemists believe in these measures, they do not and cannot honestly advocate them. Indeed, homœopaths are frequently faced with having to try and cure their frightful after-effects; and not always with success, for in many cases it is too late. Another quarrel that any

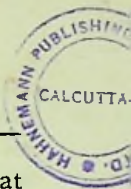
fair-minded person must have with the orthodox school is relative to fear. Cynics have ironically remarked that it is a very strange coincidence that the profession only creates the "fear of God" in the public mind respecting such diseases as cancer, diphtheria, typhoid, and the like, from which it is possible, indirectly, to make enormous sums of money. Why hit on these particular diseases, and create no fear anent heart disease and a host of others which kill as many people as does cancer? I suggest that it is merely because there is (as yet) no "big business" to be made out of heart disease, as there is from cancer, diphtheria, and incidentally from the groundless fear of smallpox, which thanks to sanitation has long since been wiped out in England. But in any case, it is a cruel and terrible thing to create fear, for with hysterical or neurotic people it may cause the very disease they become so apprehensive of contracting. Hence did Dr. Marie Stopes not so long ago wield a powerful pen in *The Yorkshire Post* to criticize the profession for the wickedness of thus artificially creating the fear of cancer in the minds of the people. . . . Of the lesser sins of the medical fraternity most of us are aware, its fads and fancies, its astonishing credulity in respect of novel remedies which it hastens to use long before they have been sufficiently tested out, and in consequence of which they often do irreparable harm; its uncritical belief in the latest medical "wonder drug" which has its day and then fades out because it does not come up to expectations. In view of such inordinations, how can we put our trust in these princes of medicine? It is a poor thing when even a layman can cure cases where physicians have failed. To illustrate: I was recently concerned with a bad case of arthritis. The patient was a lady turned seventy who had a complete

fixation of her hip-joints for three years, and whose knee could not be flexed. Naturally she suffered much pain, and her life was more or less a misery to her. Specialists had given her injections—another of the prevailing fashions—but with no effect. In the end all the specialist could suggest was a very expensive operation, but at the same time he could not promise that it would be a success. I suggested through an acquaintance that she should take black molasses in the manner advocated in a booklet I had recently written. As it so happened, she was fortunate enough to procure some, with the result that after thirty-six doses she could walk without sticks, and even kick her posterior with her heels. This is only one case among many I have cured merely by suggesting the indicated biochemic or homœopathic remedies after ordinary doctors had failed to effect cures. Nor for that matter is it the sole case I have cured with molasses only. Yet there is nothing unusual or meritorious about this, for hundreds of laymen who have read homœopathic or biochemic textbooks could do and have done the same thing. . . . And now what may be said about so-called “quacks,” viz. herbalists and botanic practitioners? I have known these gentlemen effect astonishing cures when orthodox doctors have miserably failed. Indeed, I am prepared to say that herbal, botanical, biochemical and homœopathic remedies are far more genuinely scientific than the grandiloquently named drugs used by orthodox doctors; for associated with the former are no such things as “exploded superstitions”—what cured a hundred years ago still cures to-day. They are, in short, “Proven Remedies,” many of which have stood the test of centuries. After all, just as “the proof of the pudding is in the eating,” so the proof of the remedy is in the

curing. To discard an old and proven remedy for a new one, just because it is new, as so many doctors are apt to do on persuasion by the drug manufacturers, is a folly for which many a sufferer has to pay dearly; for in a great many cases the later remedy may be far inferior to the old and tried one.

And so I end as I began: "Wise is the man who takes his health into his own hands"—and who avoids recourse to doctors. To him I commend this book. And to broad-minded physicians also; for in it they will find a mass of valuable information which will enable them the better to cure the sick.

Introduction



I FIRMLY believe that, just as we to-day look back at some of our ancestors and marvel that a great, highly civilized and cultured people could ever have tolerated such barbarous iniquities as the burning of human beings at the stake because of differing theological opinions, so future generations will look at us—who consider ourselves even more civilized—and marvel that we could ever have tolerated the massacre of countless victims of preventable or curable diseases when their lives could have been saved by a wise use of the herbs and plants which the Deity has provided.

A doctor of the orthodox school recently confessed over the radio: "We give drugs which allay the symptoms, but it is Nature that does the healing." Another doctor, of West End reputation, and a prolific writer on health, confesses in one of his books: "*We* cannot heal, only Nature can do that." (This doctor, by the way, never prescribes medicines.) Thus we find that some fully qualified medicos now admit that the "doctor's medicine" is very different from what an innocent patient imagines; moreover, that even orthodox physicians—the wise ones, but, alas, not the entire profession—are varying towards the creed of the Nature-Cure healers; namely that poisonous allopathic drugs do not *cure*, but merely suppress the symptoms, and instead of assisting Mother Nature, the Life Force, or the Great Healer within, merely hinder her efforts to bring about a cure. This is the truth, in fact, which cannot be emphasized too often, and until it is recognized by the public at large, the conquest of human sickness will not be achieved. For the true art of healing

consists in *aiding* Nature and never in thwarting her. But as long as the so-termed man in the street is unaware of this simple fact he will continue to put his blind faith in suppressive drugs, in the fond belief that they cure, little realizing that their baneful after-effects—sometimes long delayed—may prove his undoing.

Granted that Nature, when given a fair chance, can and often does cure diseases unaided, yet because we live so much on unnatural, processed foods, or in other ways live unnatural lives, very often she can *not*. And in any case it is desirable to speed up the healing process. The remedies listed in the following pages for that purpose have stood the crucial test of experience, which—as everyone agrees—is the highest of all tests. Indeed their efficacy and inestimable value has been repeatedly proved beyond the shadow of a doubt. And what is more, these remedies which have often produced “miracles of healing” when orthodox doctors have failed, give rise to no evil after-effects. It is therefore with absolute confidence that the author—who has spent nearly half a century of intensive investigation and research—is constrained to launch them on the turbulent waters of a suffering world. May they be the means of bringing thousands of stricken mortals back to normal health and vigour, and of helping them along the road to happiness and longevity.

* * * * *

Before proceeding, a few words of explanation should be added.

Most people are under the impression that homœopathic remedies—many of which will be mentioned in this book—are merely the same drugs which are used by the orthodox profession, but in a highly concentrated

form. Yet in point of fact the two medical systems differ fundamentally. The homœopath maintains and has proved that "like cures like," and that Nature cures by means of minute doses. On the other hand, the allopathic (orthodox) physician believes as a general rule in material dosage, and the healing of disease by contraries. All the same, in this matter he is not consistent, hence all the lucrative vaccines and serums! The great advantage of homœopathic remedies lies in the fact that whereas "they are powerful to heal, they are powerless to harm"—unless, of course, associated with the most crass stupidity. Which reminds me of the arresting fact that nowadays comparatively few allopathic doctors venture to use the word *cure*. They prefer the non-committal phrase "good results." As for the bad results, viz. the after-effects, about these they remain silent. How many doctors tell their patients that the medicines prescribed for heart trouble may play havoc with the kidneys; that ointments to suppress skin diseases may indirectly be responsible for asthma; that the administration of sulphonamide drugs may be followed by dropsy, or a very serious state of the mind; and so forth? And all this in spite of the fact that notable bigwigs of the orthodox school have issued their warnings. Declared one Harley Street doctor: "Instance after instance of grave illness and even death are caused by the use of animal serums as a preventive or remedy for human disease. Modern medical practice does not make sick people well, but makes well people sick." . . . The writer goes on to say: "How many children are being sacrificed to a system which is as antiquated as it is merciless? . . . 'We have become the victims of big business,' will certainly be the reply of anyone who knows anything

about the huge fortunes made by sera manufacturers." To which pronouncements we would add—all honour to those broad-minded doctors who, though trained as allopaths, resolutely refuse to follow slavishly this antiquated system, and who wisely treat their patients either by diet, botanic, homœopathic, or biochemic remedies. And be it noted, there are more such enlightened doctors than people are apt to imagine; hence it is only just to "put the soft pedal on" when indulging in criticism.

Before concluding this Introduction, a final word may be added regarding homœopathy about which, as already implied, even doctors are so hazy that many of them dismiss it as a species of faith-cure—ignoring the fact that it has been used with signal success on animals. In the words of Dr. Shepherd (*The New Art and Science of Medicine*), "Homœopathy is indeed an art and a science—a method that can guarantee its cures. It is for all of us who have used it, proved it, know it and love it to put our every endeavour forward into the fight for freedom whereby it may be freely taught, practised and enjoyed by physician, healer and patient."

ABBREVIATIONS

Herb.	indicates	Herbal Remedy.
Hom.	„	Homœopathic Remedy.
Bot.	„	Botanic Remedy.
Bio.	„	The Biochemic System of Medicine.

In some diseases, osteopathy or chiropractic is strongly advocated, in which case the fact is mentioned.

It is advisable to commence all treatments, herb., hom., bot., or bio., for chronic complaints with homœopathic Sulphur 6 X, three or four times a day in order to clear the impurities from the blood and so give Nature a chance to arouse the dormant energies and render the body susceptible to the action of the remedies that follow. There is nothing to equal sulphur as a means of “spring-cleaning” the whole system, a fact well known to the ancients and also to modern Nature healers.

When purchasing homœopathic or biochemic remedies at a homœopathic chemist’s (other chemists do not stock them as a general rule) it is necessary to ask about dosage. Some of the remedies need to be taken, in acute cases, several times a day, in chronic cases only thrice daily or less. Certain of the remedies should only be taken *once or twice a week*. Where several biochemic remedies are required, about six tablets of each remedy can be dissolved in about three-fourths of a tumblerful of water—the sufferer to take sips of the mixture at intervals during the day. It is best to use water that has been boiled and allowed to cool, so that the sediment

sinks to the bottom of the vessel, where it should not be stirred up when pouring the water on the tablets. An alternative method is to have the tablets made into combination tablets. Messrs. Epps, Thatcher, 60, Jermyn Street, S.W.1, can be applied to for this purpose. As regards homœopathic as well as biochemic remedies, if the reader lives in a town where no homœopathic chemist is to be found, then the remedies can be obtained from London and sent by post.

Coffee spoils the action of homœopathic or biochemic remedies, and should be abstained from while under treatment. Homœopathic remedies should not be taken immediately after smoking, or after using medicated dentifrices. Needless to add, it is unreasonable to expect the remedies to cure unless bad habits are discontinued. These include the excessive use of common salt, which many people take far beyond their needs. It has now been established that the excessive intake of this condiment is conducive to growths.

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ABSCESSSES—Hom. : Lachesis 6 X.

ACNE—Hom. : Sulphur 6 X, or hepar sulph., or rhus tox., or anthracinum.

ADENOIDS—Adenoids are definitely a result of wrong feeding. Cut down starchy, sugary foods to the lowest possible extent (see "Rheumatoid Arthritis" for directions) and instead take plenty of *raw* celery and green salad, or/and fresh ripe fruit.

"Paint" the throat three times a day with pure lemon juice. Use a camel-hair brush. FRESH pineapple juice is also very good, and in some cases effects a cure even still more rapidly. (NOT TINNED pineapple.)

ALOPECIA (see also "Baldness")—Hom. : Phosphorus 12 X. Also a dose of bacillinum at intervals. Usually this will soon master the trouble.

ANAEMIA—Eat foods rich in iron—potatoes (conservatively cooked—in their skins), watercress, raw dandelion leaves, etc.

With women, often the result of too frequent and excessive menstruation. Bio. : Ferrum phos. 3 X. (See also "Female Complaints.")

ANGINA PECTORIS—For immediate relief—smell the crystals of trichlerethylene. Also apply hot compress over the region of the heart.

To cure, Bot. : Crataegus oxyacantha (from ripe hawthorn berries). Marvellous results have been secured with this—results bordering on the miraculous. (See also "Heart Trouble.")

Hom. : Ten drops of arnica 20 X in a little hot water

alternately with glonoine 4 X until the patient begins to perspire.

Bio. for general treatment: Mag. phos. 6 X.

APOPLEXY—Hom.: Arnica montana.

APPENDICITIS—Herb.: Stew an ounce of dried elderblossom in a pint of water for twenty minutes. Strain. INFUSE (don't *boil*) half an ounce of dried peppermint (any kind) in half a pint of boiling water for thirty minutes—covered closely. Strain. Mix the two liquors. Dose: half a pint of the mixture, hot, every fifteen minutes or so until relief is effected. (This will of course need fresh preparations.) Also a compress wrung out of the same liquor, hot, applied to the spot.

We could quote numerous cases where operations had been advised, but where the sufferers were cured with the above simple remedy—elderblossom and mint—so that the operations never took place.

Hom.: Iris tenax 3 X or higher, two-hourly. ("Iris tenax is the most specific of all appendicitis remedies."—J. M. Clarke, M.D.)

ARTHRITIS—(See "Rheumatoid Arthritis.")

ASTHMA.—First, see a chiropractor, or an osteopath, for manipulative treatment. Often a cure can be effected by this alone.

Dietetic remedy—lay very thin slices of raw onion on a plate, spread honey on each slice, cover with inverted plate and let it stand all night. Take a teaspoonful of resultant syrup—raw onion juice and honey—four times a day. Acts like magic.

Herb.: Euphorbia. Simmer an ounce in two quarts

of water down to about three pints. (Use also stems and leaves for best results.) Strain. Dose—wineglassful three times a day.

Hom.: There are numerous homœopathic remedies for asthma. One particular case was cured with *arnica* 30 night and morning for a week, then *ignatia* 30 three times a day. No further attacks for three months, when another threatened attack was warded off with *ignatia*. There has been no further return. Another very good remedy is *natrum sulph.* 6. Another, *pulsatilla* 6, three times a day. Really bad cases have been quite cured with these. There is definitely no need for people to suffer from asthma as they do.

Scrap all aluminium ware. Avoid whites of eggs.
Refrain from smoking.

BACKWARDNESS IN CHILDREN—Procure edible seaweed—of which there is plenty on sale at health food stores. The consumption of this natural sea food will often raise children from the bottom of their classes to the top. So will a tea made from *eyebright*. Make it like ordinary tea, and serve with milk and sugar, daily. One working mother, thanking us for this tip, said that her three children—who had been very backward at school—caused great astonishment by their swift progress to the top of their classes. Now, thanks to *eyebright*, each one holds a teacher's certificate—successes she ascribes entirely to *eyebright*. If children find the infusion unpleasant to take, the powdered herb can be mixed with their food and the taste disguised with flavouring.

Iodised sweets and iodised salt (instead of ordinary salt) have often secured remarkable results in cases of backward children.

BAD BREATH—Supper of juicy fruit only, every night, until the breath is quite sweet again. Raw apples make the best type of meal for this affliction.

BAD LEGS—This is a common ailment with women—especially about middle age.

Herb.: Stew an ounce of comfrey leaves in a pint of water fifteen minutes. When cool, strain. Foment frequently with the decoction. Dry and dust with slippery elm powder, four times a day. Dress with marshmallow ointment. Eat as much raw celery and green salad as ever possible. Avoid salt, vinegar and refined sugar.

It is most important that the legs should be exercised to induce proper circulation. Molasses taken in hot water before meals is most effective when continued long enough. (See "Blood Pressure.")

BALDNESS—People almost bald have grown healthy heads of hair by rubbing garlic oil well in night and morning. Or, if unprocurable, pour equal parts of rosemary, bay rum, and olive oil into a bottle, shake well, and rub well in night and morning.

BED SORES—Bot.: Echinacea.

BED WETTING—(See "Enuresis.")

BEE STINGS (also Wasp Stings)—Press an old-fashioned watch key over the spot—hard—to force out the sting. Then rub RAW onion juice well in. Or moistened earth laid on and secured with a bandage.

BELCHING (Eructations)—Hom.: Colocynth. (Usually acts like magic.) Or arg. nit. 6 gtt i i, three-hourly.

BILIOUS ATTACKS—For immediate relief—a breakfast cup of strong coffee into which the juice of a lemon has been stirred. (No sugar. And it must be pure coffee. Coffee substitutes will NOT do.) Fast for twenty-four hours, then break your fast with RAW apples only. Or raw tomatoes. While under treatment do not eat fat of any kind, or foods and drinks containing fat.

To cure—Herb. : American mandrake.

BLACK EYE—One can get a black eye without breaking the law. Luckily it can soon be restored to normal with the application of a weak solution of arnica. (Bot.)

BLADDER TROUBLE—(1) Herb. : an ounce each of camomile, bur marigold, marshmallow, pellitory-of-the-wall, gum arabic, bladderwrack, and tansy stewed together in four quarts of water half an hour. Strain when cool. INFUSE (don't boil) one ounce buchu leaves in a pint of boiling water. Cover closely, and let it stand four hours. Strain, and mix with the above decoction. Dose—wineglassful four times a day.

(2) Barley water. Three ounces pearl barley (NOT the kind sold by chemists). Wash in cold water, then in hot, then boil in two quarts of water till reduced to one quart. Strain. Dose—small cupful three times a day.

(3) Parsley water. Prepared in the same way. Dosage as above.

(4) Hom. : Consult a homœopathic doctor and let him decide which of the many remedies is advisable. For what is known as "Old Man's Trouble"—frequent micturition especially at night—cantharis 12 X, aurum iodatum 4 X, and causticum 6 X taken every hour during waking hours in constant alternation. Also, if

possible, three pints of parsley tea as above, daily. Another good remedy is scutellaria \emptyset . Three pilules, three times a day. Yet another is thlaspi bursa pastoris \emptyset . Ten drops in a little warm water late in the evening. But try the above first.

For inflammation of the bladder, elderblossom and mint, taken internally, as for "Appendicitis." Or Hom. : Uva ursi.

BLEEDING—Hom. : Phosphorus pilules. Their swift action may justifiably be called miraculous. Even bleeding after tooth extraction soon ceases. Likewise with crotalus horridus 30.

Bleeding wounds. Hom. : Calendula lotion, neat, and applied, will soon stop even severe bleeding.

Herb. : Stew an ounce of comfrey root in a pint of water twenty minutes; strain, and give half a small cupful about a quarter of an hour before each meal. This is for any kind of internal bleeding.

BLEEDING PILES—See "Piles." For the bleeding, first try one of the aforementioned. Also take knapweed tea on rising.

BLINDNESS (NIGHT)—A daily consumption of oranges will often restore vision to normal in a week or so. The trouble is frequently due to a lack of vitamins in the diet. Oranges will supply that deficiency.

BLISTERS ON FEET—Hom. : "Paint" with collodion.

BLOOD PRESSURE (High)—Live on a RAW diet entirely, until normal. We have had some most encouraging results with this simple treatment. Complete

cures have resulted. Eat as much RAW celery as possible—and also green salad. If dental or digestive difficulties are exhibited, use a juice extractor and take the juice of raw vegetables, especially of cabbage.

Hom. : Bryonia 6 X, ten drops in a little warm water twice daily. A bad case was cured with this in three weeks. Or crataegus \emptyset , or 1 X.

When cured, on returning to normal diet, cut conventional foods down to the minimum, and never let a day pass without eating something RAW (as above), or the juice of raw fruits.

A teaspoonful of molasses in three-quarters of a cup of hot water sipped thrice daily, before meals, will soon reduce high blood pressure, provided also the juice of a lemon is taken daily, without sugar. The juice may be diluted with a little warm water.

(At the time of writing, in Britain, molasses, unfortunately, can only be obtained by farmers, though there is a powerful movement afoot to persuade Authority to permit health food stores to stock it for human consumption.)*

BRIGHT'S DISEASE—The juice of half an orange mixed with an equal quantity of warm water every two hours while awake. Absolutely nothing else in the way of food or drink for ten days or more.

BRONCHITIS—Prepare elderblossom and peppermint as for "Appendicitis," and give a small cupful hot every half hour until the patient perspires, then wipe dry with a warm towel and give the tea less frequently. We have seen patients suffering from this trouble—and

* See *Crude Black Molasses*, a brochure by Cyril Scott. The True Health Publishing Co.

also from pneumonia (bronchopneumonia)—who had been given up by their doctors but who were eventually saved by this simple treatment “at the last minute of the eleventh hour,” and restored to health and fitness.

Hom. : Tub. bov. 200; kali bich. 6 X; and carbo veg. 6.

BUNIONS—Hom. : Homœopathic sulphur, internally.

CARBUNCLES—Plaster with pure honey, cover with oiled silk, and fasten with strips of sticking plaster.

Bio. : Silicea 6, or same treatment as for “Acne.”

Hom. : Lachesis 6 X or 8 X.

CATARACT (Prevention)—According to biochemic exponents, cataract is apt to develop where there is a deficiency of the salts calc. fluor., silicea, calc. phos. and nat. mur., also kali phos. Therefore should the tendency be present, the reasonable preventive is to take them now and then, all in the 6 X potency, with the exception of silicea, which should be taken in the 12 X. If there is a diabetic tendency, nat. sulph. 6 X should be added.

Bot. : Senecio cineraria or secale ointment in the eye have produced excellent results.

CATARRH—Herb. : Polybody root, gum catecu, skunk cabbage. An ounce of each, stewed together in three pints of water twenty minutes. Strain. Dose—wine-glassful three times a day. Also oil of cajuput, three drops on cotton wool and sniff—one nostril at a time—fairly frequently.

See a homœopathic doctor. Danger of it leading to something serious IF the remedies suggested are taken too late. Avoid milk and eggs.

CHANGE OF LIFE—At this difficult period of their lives women need much sympathy from their respective husbands, as their condition is apt to make them emotionally unstable.

Herb. : Stew together an ounce each of motherwort and tansy in a quart of water twenty minutes. Strain when cool, sweeten with pure honey, and drink a wine-glassful every three hours during the day.

CHAPPED FINGERS—**Bot. :** Calendula ointment will soon heal them up. Or so will hypericum ointment. Or silicea 12 X, after meals.

CHEST WEAKNESS—Breathe ALWAYS through the nose. Never inhale through the mouth. Breathing exercises—four deep breaths four times a day.

Hom. : Bacillinum 200 once a month.

Give “trembling massage” daily. This, alone, often acts like magic.

Oil of cajuput, as for “Catarrh” is very efficacious.

CHICKEN POX—There is not much fear of ever catching this disease if diet is correct. Plenty of RAW foods—especially raw celery and green salad—should be eaten. Also fresh ripe fruit when in season.

Herb. : Half an ounce each of dandelion root, pitcher plant, yellow dock root, burdock root, marigold flowers, pennyroyal, and half an ounce senna, mixed in a jar. Pour on two quarts of boiling water, cover closely, and let it soak till cold. Strain. Dose—two teaspoonfuls four times a day.

CHILBLAINS—Due to lack of calcium. See that you get your *daily dose* of this essential. The outer leaves of

cabbages—the parts usually thrown away—are richest in calcium.

If the skin is not broken, make a liniment of one dram powdered borax and half-ounce each of tincture of myrrh and tincture of cayenne, and rub well in night and morning. If the skin is broken, apply marshmallow ointment.

CHILDBIRTH (Painless)—Infuse an ounce of dried raspberry leaves (any herbalist) in a pint of boiling water. Cover closely. When cold, strain, and drink a small cupful, warm, half an hour before each meal. Begin a couple of months or so before the confinement. A lady doctor, who had been practising for many years in a maternity home and had helped thousands of babies into the world, told us she had always insisted on the prospective mothers taking this tea, and she would scorn the idea of ever losing a case. Since we started this campaign we have received scores of letters from grateful parents. One lady told us she was reading the paper only a few minutes before her baby was born. The following case also comes to mind. Both the husband and the wife had ardently wished for a baby. After three miscarriages the wife tried raspberry leaf tea. The result was a beautiful little girl—now grown up. Those who have taken raspberry leaves assure us of the easiness of their confinements.

Expectant mothers should *not* smoke. Their babies will suffer if they do. A smoking mother *cannot* bring a truly healthy baby into the world. It is always ailing something and has no stamina.

Bot.: Echinacea is a sure protection against blood poisoning.

CHILLS—Prepare elderblossom and mint as advised for “Appendicitis,” and give the patient as much as they can comfortably drink, hot—at bed time. On the following morning he or she should be quite normal. If not—then give another small cupful, and repeat the dose every three hours.

CHILLINESS (Chronic)—“Icy cold” in winter. “Can’t get warm.” “Chilled to the bone,” etc.

Hom.: Silicea X M. (Acts on the heat-regulating mechanism of the body.) Another remedy is arsenicum 3 X, or 6 X.

COLD IN THE HEAD—A renowned London newspaper informed us some time ago that there were more than 27,000 patent remedies registered. Yet the common cold persists, making two and a quarter million cases every year! Probably there are an equal number of which the doctors never hear.

Herb.: Tincture of euphrasis (eyebright). Five drops (not more) in a little warm water every two hours. In numerous cases this will dry up the cold in a very short time. a dose of cayenne tea will usually act as well. Likewise will a decoction of coltsfoot leaves.

Hom.: Arsenicum alb. 3 X. Three pilules at three-hour intervals. Often a third dose isn’t necessary. A dose a day will also act as a PREVENTIVE—for those unfortunates who seem to be “always catching colds”—or the colds catch them. At the beginning of a cold, aconitum is a remedy of great power, and will usually prevent it from developing. Allium. cepa 3 X also very effective. Two discs every half hour.

COLITIS (Catarrh of the Bowel)—Colitis is a general

name used by many orthodox doctors for an affliction they don't understand, and for which they have no reliable remedies.

Homœopathy on the other hand has many remedies for colitis. Let a homœopathic doctor decide which is best in your particular case. One of the most popular seems to be *mercurius dulcis* 3 X taken between meals.

CONSTIPATION—The evils of constipation are too well known to need enlarging upon here. These evils specially apply to meat-eaters, for flesh foods putrefy and cause auto-intoxication, and the toxins so produced work incalculable mischief.

Bran will cure most cases; quantity as needed. Prepare it either as porridge, or incorporate it with cakes, biscuits, etc.; or take as a prepared breakfast food. Unfortunately many people can't persuade themselves to take it at all, however prepared. Hence to such we would recommend homœopathic remedies, which effect a cure by strengthening the parts that have become weakened, and by restoring matters to normal, without the aid afterwards of any purgative whatever. Obtain some hom. pilules: Sulphur C.M., mercury C.M., calc. carb., and chelidonium. ONE of each, together, in a medicine bottle of cold boiled water (four pilules in all). When dissolved, shake well and take a tablespoonful once a day. After two or three days it should not be necessary to take any more; for the bowels should be able to act quite normally every day without any further aid. On no account should castor oil be taken. Old folk needn't worry if they don't go oftener than every other day.

CONSUMPTION—As with cancer, it is illegal for a layman

to treat individual sufferers. Yet here again laymen have effected many cures. In any case, we are constrained to point out that where there is an inherited tendency, it can be overcome. We write feelingly here, for inherited consumption runs in our family—the age limit being about thirty-six—father, grandfather, great grandfather and many other relatives having been carried off by it at about that age. In spite of this the writer has had an innings of seventy-seven not out! And there is not the least sign of tuberculosis about him. The reason is that Nature has provided a very simple preventive—*watercress*. The medicinal value of this wholesome food was well known to the ancients thousands of years ago, and we to-day are only re-discovering it, so to speak. Therefore we urge all T.B. suspects to eat plenty of watercress, and also green salad and plenty of conservatively cooked greens—especially cabbage. If this advice is followed, all fear of T.B. can be set at rest.

Investigation has now gone to show that vitiated air has much less to do with consumption than was formerly imagined. The almost unbelievable overcrowding of the Jews in the ghettos of Europe all down the centuries has been notorious. Compared with those appalling conditions, our worst slums are paradise. If FOUL AIR caused consumption, the Jews should have been wiped out long ago. Instead, they are about the most virile people on earth. No European nation has been—or is—so immune from it. The truth is that the basic cause of T.B. is a wrong diet, viz. one deficient in vitamins and mineral salts. We had good illustrations of this when inquiries were set afloat on both sides of the Atlantic some time ago as to the cause of the abnormal number of cases of consumption in certain areas; and it was discovered that the people there ate little or no green

stuff; and after the introduction of green vegetables into their dietary, a marked improvement soon began to take place, and fresh cases grew steadily less. On the Continent "hopeless" cases that had been given up by the orthodox sanatoria were ultimately cured after being transferred to another sanatorium where DIET ONLY was the treatment given. At that sanatorium the patients live on RAW food only—ranging from edible green stuff to nuts and raw eggs. There is definitely no need for consumptives to endure the rigours of open-air treatment. They can be restored to health without leaving home. In fact, exposure to draughts are responsible for more deaths than the "fresh-air" fanatics wish to believe.

The reader may or may not have heard of a famous American doctor who was dying of consumption, and whose own skill and that of his colleagues proved powerless to help him. Yet this man was finally saved and restored to health by a Red Indian squaw, with herbs she gathered from the forest. British herbalists have made this case one of the strongest planks in their platform. From which we learn that the lungs CAN be made so healthy that T.B. germs are unable to affect them. They starve and die. (See "Germs" in the Appendix.)

Herbalists ward off consumption with half an ounce each of agrimony, barberry bark, wood-betony, comfrey root, clown's wound wort, raspberry leaves, ground ivy, centaury, horehound, and wild sage, stewed together in five pints of water twenty minutes. Strain when cool. Add one ounce Spanish juice and level teaspoonful of best cayenne. Stir well, and keep in a cool place. Dose—wineglassful about forty minutes before each meal, and one at bed-time—in all four a

day. With that precaution, no one need ever fear any attack from the family enemy.

CONVULSIONS—Herb. : Stew together a good pinch of scullcap and rue, and half the quantity of valerian root, in half a pint of water for a couple of minutes. Stir in some lump sugar; strain. Dose—infants, half a teaspoonful every two or three minutes. Increase according to age.

CORNS—Use a corn razor. Or—make a paste with whitening and whisky half and half, and apply.

COUGHS—Herb. : Half an ounce each of coltsfoot, horehound, comfrey root, skunk cabbage, gum arabic, hyssop, vervain, and stick liquorice. Throw into saucepan in three pints of water and let stand twelve hours, then place it on the fire, bring to the boil, and let it simmer for an hour. Strain. Stir in a good chunk of black treacle (refined golden syrup will NOT do). Dose for an adult—a tablespoonful three times a day.

Hom. : Drosera R. 3. Another good remedy is hyoscyamus 3 X. Yet another—if worse from coughing—ignatia amara.

CRAMP—For immediate relief—stand up until the attack has passed off.

Hom. : A dose of cuprum 6 will usually promptly relieve. Another good remedy is rhus tox. 3 X. So also is glonoine.

Bio. : For repeated attacks, mag. phos. 6 X should be taken over a period.

CROUP—Herb. : On an ounce of pennyroyal and two ounces of lobelia herb pour a pint of boiling water,

cover closely, and let the mixture soak. When cool, strain, and add half a pound of pure honey, or old-fashioned black treacle, and a gill of the best vinegar. Dose for infants: one teaspoonful, increasing according to age.

CYSTS—Bot.: Purchase a small phial of fluid extract of clematis. Mix four drops (not more) in half a tumbler of water, and take a dessertspoonful three times a day. To cite two cases out of many: (1) That of a girl, for whom the doctors had advised an operation. This was declined, having become unnecessary—the cyst having vanished in a week in consequence of the above-mentioned treatment. (2) That of a man who for some thirty years had had a cyst about the size of an egg behind his ear. Hospitals and private doctors could do nothing for him. He then tried this botanic remedy, and in due course the cyst burst and disappeared. If on the eyelid, or when the eye is nearly closed with a cyst, the latter with this treatment will melt away in a few days, as if by magic.

Herb.: Fireweed ointment will also clear cysts off the eyelid very quickly.

Hydatid Cysts: Herb.: Male fern roots prepared as for "Worms."

If the cyst is caused by vaccination, the remedy is Hom. thuja.

DANDRUFF—Dissolve two drachms of borax in a pint of cold distilled water. Separate the hair by a series of partings, and rub well in. Afterwards massage with oil of garlic.

As dandruff is catching, scrupulous cleanliness should be observed.

DEAFNESS (caused by vaccinosis)—If it starts on the left side, it can very often be ascribed to vaccinia poisoning; and the remedy is Hom. thuja.

DEBILITY—(See “Neurasthenia.”)

DERMATITIS—(See “Eczema.”)—For a child—morbillinum 100 (Hom.).

DIABETES—More deaths from this now occur than before insulin was discovered.

The prime “cause” is a deficiency of potash and other salts—notably sulph. of soda—in the diet. The preventive therefore is to eat plenty of raw greenstuffs.

Bio.: Nat. sulph. 6 X or 3 X. Dr. Sterling Saunder relates that he never failed to cure a case of diabetes, however bad, with this biochemic remedy. For the excessive urination, nat. mur. 6 X or 3 X is needed. Kali phos. 6 X may also be required.

We deeply regret that the South African herb with which such impressive results were secured in pre-war days is now, at the moment of writing, unprocurable.

DIARRHŒA—In the case of babies this is due to over-feeding. With adults, usually it is a spasmodic effort of Nature to get rid of something in the system that ought not to be there. Remedy for adults: First, an ounce of castor oil in half an ounce of brandy. An hour afterwards, a cup of arrowroot—warm, not hot. Then every two hours for twelve hours, a cup of warm milk. This should be sipped slowly. Or:

Herb.: Cranesbill, bramble leaves, meadowsweet, gum catechu, dried oak leaves, and a quarter of an ounce of cinnamon powder. Pour on a pint of boiling water,

cover closely and let it soak for forty minutes. Strain. For adults: One wineglassful four times a day. For children: Raspberry leaves or roots, bramble leaves. For babies: If the case is not very severe, raspberry leaves and cinnamon. Dose—half a teaspoonful four times a day.

DIPHTHERIA—Send for a doctor. If living in a remote district—until he arrives:

Herb.: On an ounce of red sage pour a pint of boiling water. Cover closely and let it soak till cold. Strain. Dose—half a small teacupful as frequently as the urgency of the case demands. Also gargle with the decoction.

Hom.: Lachesis. A homœopathic doctor will usually conquer the disease in less than twenty-four hours. A chiropractor, too, can often quickly master it.

Bot.: Phytolacca. Four drops in a little warm water every hour. Also gargle with it. This remedy has been known to cure in four days. Another good one—*echinacea*.

DIPLOPIA (Seeing double—two of everything)—We have cured in a few weeks cases of long standing, where the sufferers have been under treatment by specialists, and been wearing specially-constructed glasses. Treatment we advised in each case was purely dietetic. Abstain entirely from fat and sugar, and all foods and drinks that contain any kind of fat or sugar. (See "Biliousness.") Breakfast on raw apples only until cured. Soon, in each case, vision was quite normal once more, and the glasses discarded altogether.

DISSEMINATED SCLEROSIS (Creeping Paralysis)—This

is one of the most insidious of human diseases, and any doctor will tell one there is no known cure—by which he means “known to orthodoxy.”

Sclerosis means “hardening.” It may be said to be a disease of the spinal cord—a steadily increasing hardening of the spinal marrow and of the nerve substance elsewhere. To counteract that, first get the blood stream clean and pure so that it will circulate freely through the affected parts and nourish and recreate the bodily substances. Next, give vigorous manipulative treatment to the spine where that bunch of nerves runs down from the brain to all parts. Don't waste energy in massaging the apparent seat of the trouble. Concentrate on the spine. Get the blood circulating in there where the hardening has started. A good plan is for the patient to sit astride a chair, and let someone give the spine a good doing with their knee. If it can be arranged it should be repeated every two hours or less for the first day or two. Better still, if the services of a good chiropractor can be secured, he will do it scientifically.

Eat plenty of nerve-building foods like bran and raw onions—if the latter can be digested. If not, boil them, “thicken” to utilize the liquor. Also blood purifiers like raw celery and green salad. Also herbal blood cleansers and nerve builders—fluid extracts of mistletoe, vervain, valerian, burdock, centaury, yellow dock, and fumitory.

Bio. : Kali phos. 3 X, kali mur. 3 X, mag. phos. 3 X, nat. sulph. 3 X, and silicea 12 X. Best results obtained by combining these with the herbal treatment.

DIZZINESS (and all nervous complaints of the head)—
Herb. : Wood betony, and catmint.

Hom. : Gelsemium 2 X and lycopodium, every two hours alternately.

DROPSY—Herb. : Broom tea is the best remedy we know. One case—an old gentleman whom the doctors had given up, was completely cured with this priceless herb. Or it can be taken with other herbs—half an ounce each of broom, queen-of the meadow, pellitory of the wall, dandelion root, cleavers, American mandrake, pipsissewa, or princes' pine, greater celandine, horehound, stewed together in three quarts of water twenty minutes. Strain when cool. Dose—a wineglassful three times a day. Another good remedy is agrimony, burnet, saxifrage, juniper berries, parsley piert, prepared in the same way.

For external treatment—a lump of camphor into an 8-oz. bottle full of methylated spirits. When dissolved, shake, and rub on the spot night and morning. (Acts with astonishing rapidity.)

DUODENAL ULCER—Bot. : Fluid extracts of hydrastis, cranesbill, red clover, phytolacca, and marshmallow, mixed, in equal parts. Shake well, and take thirty drops in a little warm water three times a day. Also to each dose add three homœopathic sulphur 6 X pilules, or one tablet. Usually it takes about a month to get rid of the trouble. If, however, the ulcer has been there a long time, it takes much longer—especially if the sufferer has been well dosed with allopathic drugs. The important thing is to persevere, for, given time, we have never known this remedy to fail. (Drop measurer can be obtained from any chemist.)

DYSENTERY—Herb. : Cranesbill.

DYSPEPSIA—Dyspepsia is due to so many different conditions of a secondary nature that it is impossible

to lay down any hard and fast rule as to what people should eat or not eat. But this much can be said: when not due to mental or emotional states or to the habit of swallowing air, or to gluttony, its prime cause is to be found in having lived for a long time (often for years) on a diet deficient in mineral salts. The result is that the whole digestive system has been weakened, and in the end the sufferer cannot digest the very foods which would make good that deficiency. Thus—were it not for the Biochemic System of Medicine—he would be in a very bad way, for ordinary doctors only prescribe palliatives which do not effect a cure and quite often do a lot of harm. On the other hand, the biochemic system provides the needed mineral salts without taxing the digestion, and hence it is the most rational cure for chronic dyspepsia. For after a course of taking the indicated cell-salts the sufferer becomes capable of digesting those foods essential to his well-being and to the strengthening of his whole digestive tract. Consequently the dyspeptic should consult a biochemic practitioner, who will prescribe the particular salts required in his own particular case to meet his own particular symptoms. For let us not forget that the word dyspepsia is used to cover a whole variety of symptoms which may be present with one sufferer but not with another. It is the symptoms which indicate which salts are lacking in the patient.

As an adjunct to the biochemic treatment, and even helpful by itself: Stew together slowly an ounce each of wormwood, camomile flowers, burdock root, and dandelion roots in two quarts of water down to three pints. Strain. Dose—wineglassful about forty minutes before each meal.

Another method: infuse a pinch of dried peppermint

as you would tea, stir a quarter of a teaspoonful of spice bitters into a cupful, and drink hot at the end of the meal.

Hom. : "Digester" and stomach strengthener—a dose of ignatia 6 X together with carbo vegetabilis 6 X before each meal. And anyway, ALL foods should be thoroughly masticated till an absolute liquid, before swallowing—so that the ptyalin of the saliva—which is the first thing to act in the digestion of most of the foods we consume—is thoroughly mixed with it, otherwise one is asking the stomach to do more than its share of the work. However hard pressed for time one may be, "two bites and a gulp" at meal times is a fatal mistake.

EARACHE—A few drops of mullein oil (or verbascum oil) dropped into the ear two or three times daily. Also for ear discharge. It will soon dry it up.

Hom. : Lachesis 30. (One dose is usually sufficient.)

EAR CATARRH (and certain forms of deafness)—
Hom. : Lachesis.

ECZEMA—Watercress alone has cured eczema. Likewise has burdock tea.

In many cases eczema is primarily caused by salt, so we have cured cases of long standing by the simple expedient of persuading the sufferer to abstain entirely from salt, and all salted foods for a couple of weeks or so. Hair dyes are often responsible.

Hom. : Bad cases have been cleared up by a few doses of psorinum. Other good remedies are graphites 6 X, or petroleum in a 3 X dilution; or rhus tox.

Eczema, dermatitis, psoriasis and other skin diseases may be called spasmodic efforts on the part of Nature

to throw some impurities out of the body, and the quickest and easiest way is through the skin. We should work WITH Nature instead of AGAINST her by using strong ointments and washes which only drive the poison back into the system, thus attacking the heart or lungs or other organs. ASTHMA of the most virulent kind has in innumerable cases been caused this way. Hence remedies should be taken to assist elimination. Those we have advocated above will fulfil this purpose.

EMISSIONS—Soaking in cold water just before bedtime is very effective.

ENURESIS (bed-wetting)—Don't let the child lie on its back. Bed-wetting can't happen if the little patient is on its side or on its face. Fasten something hard to the back of the pyjamas, so that rolling on to the back will promptly "hurt" and waken the child. Then it should get out of bed and empty the bladder.

Herb. : Half an ounce each of dried raspberry leaves, broom, wild carrot, and pellitory herb. Pour on a quart of boiling water, cover closely, and let it soak till cold. Strain. Dose—half a teacupful every two hours during earlier part of the day.

Bio. : Ferrum phos. 5 X trit., three times a day. Or

Hom. : Bell. 3 X, three tablets every six hours.

For adults: A big drink of elderblossom tea fairly often.

EPILEPSY—Prevention: Diet as advised in Appendix.

Remedy: Same treatment as for "Bright's Disease." Herbal medicine as for "Nerves." Daily enema as for "Flatus." Under this treatment the patient will probably be worse for a few days, then gradually improve.

Continue with the enema for a time to prevent a return.

Hom. : Kali cyan. 3 X.

ERYSIPELAS : Bot. : Echinacea.

SOME EYE TROUBLES : Herb. : Four drops of eyebright in a dessertspoonful of water. Drop a little into each eye with a fountain-pen filler, night and morning. One can get this fluid extract of eyebright at any herbalist's. Chemists stock the same remedy under the name of euphrasia. Two drops are the indicated remedy with this.

Another remedy is: One ounce burdock root boiled in a pint of water for twenty minutes. Strain six times through a handkerchief. Drink some of this liquid, and bathe the eyes with some, night and morning.

Lack of vitamins in the diet is a contributing factor to failing vision. To supply these vitamins a daily intake of oranges or tomatoes or both (when available) is essential as a preventive and as an aid to cure.

But there is one important thing that many people ignore, namely the bad effect of smoking on the eyes. Hence we feel constrained to point out that immoderate smokers must not expect perfect vision; for in the long run nicotine affects the optic nerve. In some cases partial blindness may suddenly descend on the smoker. Terrified, and not knowing the cause, he thinks he is going to lose his sight altogether. Should dimness of vision start to occur in the case of smokers, they should certainly discontinue the tobacco habit, so as to give the remedies the chance to act.

For the general care of the eyes, exercises are highly beneficial, especially frequent blinking. "Keep blink-

ing" is an injunction of inestimable value—both to retain perfect vision and to regain it if lost. When reading, blink once or twice at the end of each line, and five or six times while turning over a page. At the cinema—don't stare. Keep looking from one part of the picture to another. You will discard your glasses in time.

To-day there are some useful books on the care and treatment of the eyes, and showing how it is possible to possess "Perfect Vision Without Glasses." But better than reading books would be for sufferers from eye trouble to consult someone who practises the Bates method. Each case must be treated individually. Almost every kind of eye trouble has been cured by this method. There are practitioners in most big towns. It is imperative, however, that the whole system be brought up to the highest standard of health by proper attention to diet.

For PROTRUDING EYES: Hom. : Drosera. (Ask about potency.)

FEMALE COMPLAINTS—There was a time when we used to say in our ignorance that Nature was very hard on women. We now know that woman suffers as she does because she doesn't understand Nature's laws.

To conquer all menstrual disorders, stew together two ounces of tansy and one ounce each of dried horehound and balm in three pints of water fifteen minutes. Strain when cool, and add three-quarters of a pound of pure honey. Dose—wineglassful about forty minutes before each meal.

For girls at puberty—Herb. : One ounce each of bogbean and yarrow, and a quarter-ounce pellitory of the wall. Pour on three pints of boiling water and stew till reduced to a quart. Strain, and stir in a teaspoonful of

cayenne pepper. Dose—half a teacupful forty minutes before each meal.

Suppressed menstruation—Herb.: Stew together an ounce each of dried parsley and dried sage (usually any grocer's), calamint, feverfew, and motherwort (any herbalist's) in five pints of water twenty minutes. Strain when cool. Dose: small cupful four times a day. Simple as this may sound, it is unbelievably effective.

Painful or profuse menstruation—Herb.: Stew together half an ounce each of cudweed, cranesbill, bistort root, tormentil root, tansy, mugwort, and southernwood, in three pints of water twenty minutes. Strain. Dose—wineglassful three times a day.

Leucorrhoea, yellow or green, with itching—Hom.: Sepia and kreosotum 3 X in combination.

To make the periods painless—Hom.: Sabina.

When excessive—Hom.: China mother tincture or in potency; and Bio.: Ferrum phosphoricum 2 X or 3 X to stop it.

If tubercular taint, and heavy flow, bacillinum 30 or 200, one dose every week for a while. But the herbal remedies should be tried first.

See also "Bleeding." Also "Change of Life."

Young women who suffer during their periods need not despair of being cured if only they will consult either a homœopathic or biochemic practitioner, who will assuredly prescribe the indicated remedy to meet their individual symptoms. Osteopathic treatment can work wonders in many cases.

FEVERS—For fevers of all kinds, and feverish conditions: elderblossom and mint, as for "Appendicitis."

FITS—(See "Epilepsy.")

FLATULENCE—Hom.: Lycopodium; or carbo veg. according to the cause.

FLATUS—Flush the colon with a quart of warm water to remove the cause of the accumulation of gas. This may have to be done several days in succession.

FOLLICLES ON EYELID—Fireweed ointment (from any herbalist) soon clears them.

FLOODING—Same remedy as for “Diphtheria.” Also see “Bleeding.”

FRACTURES—When the bone has been set, stew comfrey root and give a wineglassful three or four times a day, and you will probably be astounded how quickly the bones will heal.

GALLSTONES—A woman suffering intensely, and whom nothing could relieve, was quite cured by eating raw blackberries (brambleberries). She promptly laid in a stock by bottling them, and ever since she has aborted attacks by this simple remedy.

Another woman sufferer who had “tried everything” was given Hom. belladonna in potency 200, and was cured. Note the potency. Other potencies of belladonna had had no effect whatever. She warded off future attacks with that high potency.

“Oil of Haarlem” (Dutch Drops) is a wonderful dissolver of gallstones.

Prevention: eat plenty of leeks, and drink the liquor in which they have been boiled. It is a pity that they are not always in season.

GASTRITIS—See “Dyspepsia.” Herbal medicine as for “Duodenal Ulcer.”

GOITRE—A bad case was cured with one bottle of saffras oil used for rubbing in, night and morning, and one box of saffras pills taken at intervals. (Any herbalist will supply these. There is nothing proprietary about them.)

Hom. : Drosera 200.

Seaweed as sold at health food stores will effectually prevent or cure. Where goitre has been prevalent, and preparations of seaweed have been introduced into the people's dietary, it has automatically disappeared. In parts of the country where there is iodine in the water, it is practically unknown.

GOUT—Gout in the big toe originates in the small of the back, and the remedy is deep massage there. Contact a chiropractor or an osteopath for this treatment.

Hom. : Nux vomica 6. Or urtica urens. Or pulsatilla alternated with acon.

Herb. : Boil the roots and leaves of goutwort together, and foment with the decoction.

GRAVEL—Herb. : Half an ounce each of parsley piert, queen of the meadow, gravel root (crushed) and pellitory of the wall, wild carrot, woodruff, parsley roots, and one ounce of marshmallow root. Pour on three pints of boiling water, and simmer gently till reduced to two pints. *When quite cold*, strain. Then mix in a quarter of an ounce of dogwood, half an ounce of oil of juniper, and one ounce sweet nitre. Dose—half a teacupful, forty minutes before each meal.

GRAVEL IN THE KIDNEYS—Herb. : Parsley tea, as for “Kidney Trouble,” only in this case add burnet, saxifrage, and cleavers.

GRAVES' DISEASE—Gargle well with lemon juice and let the juice trickle slowly down the throat. Repeat night and morning.

GREY HAIR (prematurely)—When due to a lack of mineral salts, especially potassium, black molasses will often turn grey hair back to its original colour. (See “Rheumatoid Arthritis.”)

GROWTHS—Morbid growths occur in the body when there is a deficiency of vitamins and certain of the mineral salts. The herbal treatment is the same as for duodenal ulcer. The molasses treatment is also excellent.

Bio. : Calc. fluor. 6 X, kali phos. 3 X, kali mur. 3 X, kali sulph. 3 X. Occasional doses of kali arsen. 6 X should be added to the treatment. It is advantageous to take all the three treatments. A good method of preventing growths is to take molasses as a daily habit. Failing that, a pinch of bicarbonate of *potash* in a glass of water every morning on rising.

GUMS (Spongy)—Hom. : Mercurius cor. 6.

HAY FEVER—A common predisposing cause is a deficiency diet again; first, a lack of calcium in the food; secondly a deficiency of vitamin A. Cases of long standing have been completely cured by supplying a diet rich in these two essentials. Also common salt is a contributing factor, and abstinence from all salt and

salted foods have often effected complete cures. Paradoxical as it may sound to the uninitiated, common salt in potentized form—*natrum mur.*—will also cure it.

Herb.: Pick up a few live coals on a shovel and sprinkle flowers of camomile on them freely. Hold the head right over it, force open the nostrils and inhale the smoke thoroughly, so that the fumes are brought into contact with the whole of the nasal passage. Drinks made with lemon juice also helpful.

HEADACHES—Bot.: With certain common types of headache, a few doses of *arnica* will usually get rid of them for good, leaving no after effects.

Hom.: *Bryonia* 3 also very good. So is *cocculus*. Both *bell. 3* and *kali carb.* are likewise good remedies. See also "Migraine." Never in any circumstances use aspirins.

HEART TROUBLE—Bot.: *Crataegus oxyacantha*. Dose—from ten to fifteen drops in a little warm water *after* meals. There is danger of bringing on nausea if taken immediately *before* meals. This is one of our best heart medicines—if not *the* best. Another is tincture of cactus. Two to four drops (not more) in a little warm water three times a day, forty minutes before meals. This is especially good for a tobacco-poisoned heart.

Herb.: Lily-of-the-valley. Yarrow tea is also very good.

Hom.: *Naja*—especially for young people.

For fatty degeneration of the heart take half a fluid ounce each of *capsicum* and *sal-volatile*. Mix well. Put thirty drops (not more) of the mixture into an 8-ounce medicine bottle and fill with water. Shake. Dose—a

teaspoonful three times a day for three days. After that, twice a week. In one case, where a gentleman's heart was so padded with superfluous fat that its beats could not be heard, it was made "as clear as a bell" by the above decoction. There was no recurrence.

Heart and lung—"trembling pressure" massage. Let an osteopath or a chiropractor do this for you. A patient couldn't climb stairs, his heart was in such a state, but after about ten minutes of this treatment he was able to do so without any difficulty—to the amazement of all who witnessed this apparent miracle. We cannot too strongly emphasize the marvellous—almost unbelievable—benefits to be gained by all heart or lung sufferers through this simple method.

See also "Angina Pectoris."

Often heart trouble is due to a small bone in the spine having been jerked out of alignment and which is pressing on the nerves that control the heart. A chiropractor or an osteopath will soon decide for you, and if so put matters right—painlessly.

HEMORRHAGE—(See "Bleeding.")

HICCUGHS—A lump of sugar saturated with any acid fruit juice—or even vinegar in an emergency—and sucked slowly, brings instantaneous relief usually. Even the most obstinate cases will yield to two or three lumps.

HIVES—(See "Nettle Rash.")

IMPOTENCE—Often this is caused by a little bone in the spine having been jerked out of alignment by a fall

or by heavy manual work. A chiropractor or an osteopath will soon put the bone back in its place, after which the weakness disappears.

Herb. : Plantain is the best herb we know for sexual asthenia (loss of power). Often it is due to lack of vitamin E in the dietary, and by consuming some daily, matters soon become normal again. (See Appendix.)

INDIGESTION—(See “Dyspepsia.”)

INFANTILE PARALYSIS—If an epidemic is feared, “immunize” your children with Bot. gelsemium, and you needn’t lose any sleep over it. They will be quite safe—though the scourge may be raging all round them.

INFLAMMATION—For inflammation of any vital organ—brain, bowels, stomach, etc.—Nature’s antidote is elderblossom and mint as for “Appendicitis.”

INFLUENZA—Herb. : Elderblossom and mint as for “Appendicitis.” In cases of ‘flu this simple remedy may truly be said to “act like magic.” However severe the attack, the sufferer is usually up and about in a matter of hours. To ward off an attack : bot. gelsemium. Should an epidemic start, promptly fortify yourself with it.

Hom. : Arsen. alb. 3 X (as for “Colds”) also acts as a preventive.

INSOMNIA—Hom. : Coffea 30, 5 drops in a little warm water, about half an hour before bedtime. This does not drug one into insensibility, but gives sound, refreshing *sleep*. A few evenings later it may be necessary to repeat, but often one dose is sufficient.

Lycopodium 200 is also very good.

Herb. : Lime tea. Also eat as many onions and as much lettuce as you conveniently can. Massaging the soles of the feet with mustard oil at bedtime also very good.

Bio. : Ferrum phos. 6 X and kali phos. 6 X.

ITCHING OF THE SKIN (Pruritis)—Due to malfunctioning of the liver. (See "Liver.")

Herb. : Fern burrs, or sweet gale.

A sufferer who had endured martyrdom from this affliction for over twenty years was promptly cured with a high potency of influenzinum. Hom. : Influenzinum 1 M. Three pilules on empty stomach—say on rising—once or twice a week.

JAUNDICE—Homœopathy has nine or ten remedies for this condition—according to the particular form it takes. Let a homœopathic doctor decide which to use, according to the symptoms. Until he arrives, the patient should take no food except citrous fruits—and even then only one kind at a time. A one quart enema of warm water nightly.

Herb. : Greater celandine.

KIDNEY TROUBLE—Never consume venous blood—one of the chief causes of the mischief. Boil it out of your meat and throw the water away. You *can't* boil nutriment out, by the way—though roasting does. Avoid tea, vinegar, and—rhubarb. This last plays havoc with the kidneys. A pound of rhubarb contains seventeen grains of oxalic acid—a virulent poison. An ordinary helping contains only about three grains, it is true, but that is about forty times more than the kidneys ordinarily should be required to deal with. Further, we

consume so much more protein and carbohydrates than our bodies need, that we give the overworked kidneys as much work to do in nine years as we *should* do in ninety! Common sense therefore sternly bids us to cut these things down in our dietary—at any rate while undergoing treatment.

A good food remedy is cucumber juice. Eat the skin and all—but without vinegar. If there are dental or digestive difficulties, run the cucumber through a juice extractor and take the juice as a food remedy. Asparagus runs cucumber a close second.

Herb. : For any kind of kidney trouble—even stone—there is nothing that will even remotely approach parsley. Boil this—proportions, an ounce to a pint of water—half an hour. Strain. Dose—a wineglassful three times a day. If none available, use parsley roots from your local herbalist's. Or:

An ounce each of pellitory herb, marshmallow leaves, wild carrot, and golden rod in a jar. Pour on a quart of boiling water. Cover closely. Strain *when cold*. Dosage as above.

KLEPTOMANIA—This is really a DISEASE, for which Homœopathy gives no less than fifteen remedies. Consult a practitioner.

LARYNGITIS—Herb. : Red sage.

Hom. : Naja.

LIVER—It is amazing what a number of troubles may be said to originate in the liver: even itching of the skin. Hence don't overwork it. Cut down your intake of fat to a minimum. Meat-eating trebles the work of the liver we are told.

For those who can't digest fat—lycopodium (Hom.). Try one dose in the 100,000 potency. After a *few weeks* take another dose if necessary.

Hom.: Chelidonium majus is a great liver medicine—especially for sluggish liver. Pulsatilla 1 X or 3 X also very good. So is berberis v. 3 X or \emptyset . Or chionanthus—for any kind of liver trouble. Five drops of the mother tincture in a little warm water night and morning.

Herb.: Hart's tongue, greater celandine, and horehound tea.

LOSS OF SPEECH—Hom.: Kali brom. 3 X.

LUMBAGO—Same treatment as for "Rheumatism." When the sufferer feels it coming on, usually ten drops of oil of juniper on Barbados sugar, three times a day, will ward it off.

LUPUS—Same treatment as for "Psoriasis."

Bio.: Kali sulph., kali mur., calc. phos., mag. phos. All in the 6 X potency, and silicea in the 12 X potency. These can be made into combination tablets. Dosage—three, thrice daily.

MAKE-UP—Most of the preparations used by what we will call "synthetic girls"—they include finger and toe-nail enamel and lipstick—are responsible for many diseases of the skin. Hence their use should be discontinued.

MEANNESS—In many cases this deplorable attribute has been conquered with Hom. arsenic. Higher potencies advisable.

MEASLES—Herb.: Dried elderblossom, marigold flowers, and pleurisy root, boiled. *Infuse* one ounce of pennyroyal in one pint of boiling water. Cover closely. Strain when cool. Mix the two liquors, and give the child frequent doses—hot—until perspiring freely. Keep well wrapped up, and place hot water bottles at the feet and sides.

If an epidemic is feared, “immunize” your children with Bot. bryonia, and rest assured as to results.

MENINGITIS—Herb.: On two ounces of catnep pour a quart of boiling water. Cover closely. When nearly cold, strain, and inject the liquid with an enema. Repeat night and morning, each time increasing the quantity, if possible, until quite a quantity is used at a time.

Bio.: Ferrum phos. 3 X, kali mur. 3 X, nat. sulph. 3 X. To be taken intercurrently every two hours.

MIGRAINE—Affects only one side of the head—as its name implies. Homœopathy has many remedies. A good general one is kali carb., six tablets every half hour during an attack, and every eight hours during the intervals. Arnica, too, is very good. If on the *left* side, with throbbing pains, then belladonna or coffea.

MOSQUITO BITES—To prevent mosquito pests from feasting on you—wash the exposed parts with any kind of carbolic soap and they won't bite—even though you may previously have been a martyr to their attentions. Oil of citronell rubbed in on all exposed parts is also very effective. Or—to keep off all winged pests when seated out of doors—sprinkle a few drops of oil of lavender on a sponge—office sponge will suffice—and

expose it. They hate the smell, and won't come near it.

If bitten, the remedy is *Hom. ledum*. One dose is usually sufficient to reduce swelling and remove all distress.

MUMPS—*Hom.*: *Pilocarpine* 6, three times a day “acts like magic.” Or *mercurius* every four hours while awake. *Paratid* also very effective.

NASAL CATARRH—Remedy: Oil of cajuput, as for “Phlegm.” Avoid starchy foods.

NERVES—*Herb.*: Stew together an ounce each of vervain, valerian, scullcap, and mistletoe in two quarts of water for twenty minutes. When cool, strain, and drink half a small cupful three times a day. Eat plenty of onions. If you can digest them RAW, all the better.

Bio.: *Neurilla* is about the grandest remedy on earth.

NETTLE RASH—Largely due to a lack of lime in the diet. (See “Neuralgia.”) Ointment as for “Chapped Fingers.”

NEURALGIA (Facial)—*Hom.*: A very bad case—a woman “nearly driven crazy” with the pain, obtained rapid relief after a first dose of *mag. phos.* 30, given at half-hourly intervals. This soon cleared it right away, and she was able to sleep peacefully all the following night—the first time for many tortured weeks. There has been no return.

Another—if the pain is on the left side only—*spigelia* 20. Two or three half-hourly doses are usually quite sufficient. *Aconite* is good for any kind of pain,

including this, especially if taken alternately with iodine 4 X. Gelsemium 3 X may be called a wonder worker. So also cedron 3 X. If the pain is lessened by *cold*, take Bio. ferrum phos. 3 X.

For a permanent cure, make the breakfast each morning for a while of *raw* apples *only*; absolutely nothing else at this "meal"—not even drink. We have permanently cured some bad cases with this simple treatment. If unable to masticate raw apples, pulp them on a grater.

Most cases of neuralgia, it has been found, are due to lack of lime in the system. (Deficiency diet again.) Remedy: watercress, nettles, cabbage—especially the outer leaves, parts usually cut off and thrown away—dandelion leaves (raw), lettuce, radishes, swede turnips, and cottage cheese are richest in lime.

Beware of those concoctions that just temporarily deaden the nerves and allay the pain, but which work untold mischief in the system afterwards. Dr. Shepherd, of Harley Street, London, says: "If these neuralgic pains coming on after exposure to draughts are suppressed by repeated doses of anodynes, aspirins, etc., generally chest troubles set in, and the patient develops tuberculosis after years of misery due to recurred neuralgia." Aspirins and the like are deceptive; they as it were induce the patient to believe that they are producing a cure, when in point of fact they have only removed the symptoms and deadened the nerves so that no pain is felt. They have not removed the *cause*. How much more satisfactory the apple breakfast, which gets rid of the cause and therefore makes a complete *cure*.

NEURASTHENIA—Those who suffer from physical weakness, or languor, are easily fatigued, exhausted,

have a run-down, tired feeling, and so on, and who go to a herbalist for a pick-me-up, will probably find that he will give them a decoction of herbs—gentian, thyme, dandelion, buchu, caraway, camomile, and white cinnamon. This decoction should not be looked upon as a *tonic*. The body has been starved of the vital principles contained in those herbs, and they make good that deficiency. This formula was well known to the ancients, and has been handed down but largely ignored. Thus modernists are only re-discovering it, so to speak, and they are calling it *Thiamine*. Just as defective vision, such as night-blindness, colour blindness, hay fever, etc., are due to lack of vitamins, chilblains to lack of calcium, diabetes to lack of sodium sulph. and other salts, so *debility*, loss of appetite, stomach disorders, “run-down” conditions, FATIGUE, lowering of the blood pressure, EXHAUSTION, are all due to lack of this vital principle in the diet. Hence sufferers from neurasthenia should try the above-mentioned decoction, and unless some psychological factors are involved, it will probably make them feel ten years younger before many days have passed.

Where there is muscular weakness, the sugars in dried fruits—the purest possible—are about the best muscle-food we know. Stew raisins till tender, and consume the fruit and liquor, or soak dates in boiling water till tender, then throw the water away. Also get fluid extracts of above herbs if possible, and add mistletoe tea. Boil this, and to a wineglassful add twenty-four drops of the decoction, for a dose.

NIGHT SWEATS—Hom.: Bacillinum 200. An occasional dose. *Never* more than once a week.

NIGHTMARE—Herb.: Infuse one ounce of thyme in a pint of boiling water. Cover closely. When cool, strain. Dose for children—a dessertspoonful fairly frequently. For those over twelve, an eggcupful three times a day.

NIPPLES (Cracked and Sore)—“Paint” with gum catachu tincture two or three times a day.

NOSE BLEEDING—Saturate a small wad of cotton wool with Hom.: Calendula lotion, neat, and push it well up into the nostril, and quick relief will be obtained. Another good remedy is melilotue.

Herb.: Witch hazel, employed in the same way.

EMERGENCY MEASURE: Hold the hands as high above the head as possible. Seat the patient, grip his wrists, and hold his hands up for him till the bleeding stops—which it will do shortly.

PAIN—Bot.: For any kind of pain—resulting from accidents or any other cause—the remedy is the preparation from a mountain daisy (growing in Alpine meadows) called arnica. The prescription is arnica ʒo. Its action is more satisfactory than morphia, and, unlike the latter, there is no after effect. (See also “Rheumatism.”)

PALPITATION—Bot.: As for “Heart Trouble,” twice a week, at the end of meals.

PERSPIRATION (Excessive)—Hom.: Silicea X m. (One dose is usually sufficient.)

PHLEBITIS (with Purple Discoloration of Diseased

Parts)—Hom.: Bryonia alba. Another very good remedy is lachesis. So is:

Bio.: Ferrum phos. 3 X alternated with calc. fluor. 6 X.

PHLEGM—Herb.: Oil of cajuput—three drops on cotton wool, and the sufferer should sniff up one nostril at a time. If too strong reduce the quantity. The stronger the patient can stand it the better. Another good remedy is coltsfoot root, chewed, and the saliva swallowed.

Hom.: Bryonia 3 X alternating with antimonium tartaricum 3 X every half-hour till no longer necessary. Another very good one, lycopodium 6 night and morning.

PILES—Hom.: Calc. fluor. 6 X. Numerous cases have disappeared after only a few doses, viz. one tablet forty minutes before each meal and one at bedtime.

Or, if not bleeding, aesculus hip. 3 X.

As for itching piles—one sufferer having been driven nearly frantic with the irritation was completely cured with the first remedy.

Boiled leeks are also exceptionally good—when procurable. Eat plenty, and drink the liquor. (See “Bleeding Piles.”)

PIMPLES—Apple breakfast as for “Neuralgia.” Abstain entirely, while under treatment at least, from sugar and salt. (The sugar in dried fruit is all right.)

Herb.: Stew together half an ounce each of burdock roots, burdock leaves, centaury, yellow dock, and fumitory, in three pints of water twenty minutes. *Infuse* half an ounce of clivers in a jar of boiling water (don't

boil). Cover closely. When cool, strain and mix the two liquors. Dose: a wineglassful four times a day. Also bathe the pimples with some, four or five times a day.

PLEURISY—Prevention: Breathe always through the nose. It is here, in the nostrils, that Nature has set her traps to capture and destroy invading microbes; and to warm the air before it goes down into the lungs.

Herb.: Boil some dried stinging nettles (obtainable from any herbalist)—proportions, an ounce to a pint of water—for twenty minutes. Strain when cool, and give half a teacupful, hot, every two hours. Also wring out a flannel steeped in the hot liquor, apply to the side, and cover with a cloth till cool. Then renew.

John Wesley cured a case of pleurisy by this method after the doctor had abandoned all hope, and “given up” the patient. What Wesley accomplished so have we with the same treatment. In one of our cases the doctor arrived with a death certificate in his pocket, and was dumbfounded to see the patient sitting up in bed and eating a hearty breakfast. It is regrettable that stinging nettles form no part of a doctor’s curriculum as a healing agent.

An alternative remedy: Infuse an ounce of avens roots in a pint of boiling water. Cover closely. When cool, strain. Heat up for the patient.

PNEUMONIA (also “Bronchitis”)—Herb.: Nature’s great antidote is dried elderblossom and mint, as for “Appendicitis.” Give half a teacupful of the tea, hot, every half hour, till the patient perspires; then wipe dry with a warm towel, and give the tea less frequently.

With this simple remedy we have had successes that can only be described as soul-stirring. In some cases the

patients were so "far gone" that the teeth were clenched, and the thin end of a wooden window peg had to be used to force them open sufficiently to permit of a teaspoonful of the decoction being trickled into the mouth. Thereafter in not a few cases (also given up by the doctors) the pulse rate has rapidly fallen from 130 to about 90 per minute, while the sufferer perspired profusely. When success has so far been achieved, give the medicine less frequently—say every fifteen minutes for the ensuing couple of hours, and after that about every hour.

An alternative remedy is fluid extract of Peruvian bark.

POLYPUS—Mix polibodi root, powdered, with honey and apply to the spot. Proportion: say two of the powder to one of honey. If DUE TO VACCINATION, the remedy is Hom. thuja. (See "Vaccinosis.")

PROSTATE (Enlargement of)—Hom.: A bad case—intense pain—was given sulphur 6 X, followed by rhus tox., and soon all pain ceased. Another very good remedy is five drops sabal serrulata 1 X three times a day in a little warm water, and ten drops of *Thlaspi bursa pastoris* \emptyset in a little warm water at bedtime each night.

PSORIASIS (Dry)—Bio.: Natrum mur. 6 X will usually clear it up in two or three days. In one long-standing case we could cite, it vanished in twenty-four hours. But as dry psoriasis most often comes from the very lack of this cell-salt, the trouble recurred in a few weeks. It was then again banished with further doses of nat. mur. Hence to get rid of (dry) psoriasis there are two courses

open: either the victim must live on plenty of raw foods—watercress and celery are especially indicated—or else must take some nat. mur. 6 X from time to time. If constipation is also present, as it often is, nat. mur. 3 X will work wonders.

PYORRHŒA—Aim at getting the pus from the pyorrhœa pocket first. To effect this, massage the gums twice a day—vigorously. Press hard. This will also strengthen the rubber-like packing between the teeth and their sockets. If you live within easy reach of an osteopath, get him to do it for you.

PYELITIS—Sitting on a cold stone after the heat of the day may cause this trouble. In one case—that of a child—it was speedily cured by giving Hom. chimaph. 3 X and calc. phos. 6 X.

QUINSY—Herb.: Cudweed and red sage. On half a teaspoonful of Composition Powder (obtainable from any herbalist) and an ounce of red sage (or of cudweed) pour a pint of boiling water. Cover closely and let it soak till cold. Strain. Sweeten to taste, and sip slowly. Don't use milk.

Hom.: A bad case was given aconite 3; then belladonna 3 five hours later; then two hours after that, aconite 3 again. An hour or so passed and the patient was practically normal, all swelling having vanished.

RAWNESS OF THE STOMACH AND MUCOUS MEMBRANE—Bot.: Calendula tincture and gentian tincture in equal parts. Ten drops in a little warm water forty minutes before each meal.

RHEUMATISM—A well-known judge is reported to have declared that there was no cure for rheumatism. He believed this dogma apparently because orthodoxy claims no cure. Doctors can merely alleviate. But that doesn't mean that nobody else can produce a remedy. There are many cures. For some types of the affliction, about the most potent is Bio.: Natrum mur. 6 X. Three pilules three times a day. Other forms of the trouble can often be conquered with rhus tox. pellets given every four hours. Or bry. puls. Sometimes the best results can be secured if these two last are given alternately.

Bot.: If there is acute pain, get a small phial of tincture of agrimony, add four drops (not more) to half a tumbler of warm water, stir well, and take a dessertspoonful every two hours until all pain ceases. Or cimicifuga 30.

External treatments—(1) Rheumatism has often been completely conquered by rubbing in lemon juice. (Don't *take* any.) People who have been literally crippled have been quite restored to normal. Tincture of aconite rubbed in, or tincture of arnica, have each produced equally good results.

(2) Others have had amazingly successful results with RED flannel. (No other colour will do.) If in the limbs, bind them with the flannel, skin tight, but not tight enough to interfere with the circulation. It must not be removed except for ablutions or for "rubbing in." It becomes useless if washed. If on the body or neck, lay it on the spot and fasten with strips of sticking plaster. Usually even severe cases yield to this in a few days. One case of long standing, where the sufferer had nearly lost the use of his arm, was cured in four days, and his arm quite restored to normal. In another

case a lady had the pain so badly in the legs that she could only hobble about with the aid of sticks. Four days of the red flannel treatment also proved quite long enough, for she was then able to walk quite normally. Another victim had lumbago so badly that she had to be wheeled about in a bath-chair, and was always in pain. Within a week she, too, was restored to normal with red flannel treatment only. (No medicine of any kind was taken in any of these cases.)

(3) *The Soda Cure*—Dissolve a lump of ordinary household washing soda—about the size of an egg—in a quart of hot water, and bathe the spot till the water cools, four times a day. Don't wipe it off. Just "dab" it, then rub in warm castor oil. In one case the patient couldn't "put her feet to the ground," but with this treatment was able to walk quite normally within a week. Also a case of severe rheumatism in the knee may be mentioned. The same treatment was used, viz. washing soda and castor oil, and in five days the rheumatism had vanished entirely.

Complete cures have in certain forms of the disease been secured by dissolving a lump of soda the size of a hazel nut in a little hot water, and when cool enough, given the sufferer to drink on rising. Repeat two more mornings, then stop. *If necessary* repeat a week later. But frank to confess this is not always successful in all forms of the trouble.

Severe cases have sometimes been conquered by fasting on yoghurt. As this is made from milk it is a highly nourishing food, so the patients needn't fear being under-nourished by living on it *entirely* for a week or ten days, by which time they will probably have said farewell to their old enemy—for good.

Amazing cures have also been secured with rain-

water. Boil it and throw away the sediment. Use only that boiled rainwater for drinking and the preparation of food as well as beverages.

DIET—Cut down to the lowest possible all foods that contain starch. We have conquered long-standing cases by simply eliminating starch from the diet altogether, viz. foods made from wheat, oats, barley, maize, rice, tapioca, sago; in short, anything that contains starch, except potatoes. The starch in our old stand-by the potato really mitigates rheumatism rather than causes it. Eat as much RAW celery as ever you can. Also green salad, and fresh ripe fruit. As mentioned elsewhere, it is surprising what health-giving things can be incorporated in a salad—from the young and tender leaves of the hawthorn and gooseberry bushes to the heart of a cabbage chopped up fine. Any kind of meat, fish, or cheese, milk, yoghurt, eggs, butter, celery, potatoes, and green stuff—raw or cooked—may be taken till the sufferers are cured. In almost innumerable cases cures have been effected by dieting on these lines—without medicine or any other aid.

RHEUMATOID ARTHRITIS—Orthodox doctors look upon this as incurable. When therefore one of them treats a sufferer, the cynically-minded wonder whether he is merely a very innocent ultra-optimist!

Diet as for "Rheumatism." Start treatment with Hom.: Arnica and sulphur. Then merc. viv. 6 and rhododendron 6 X. When the pain ceases, get an osteopath—or a chiropractor—to give manipulation to the joints about twice a week.

Bot.: Pulsatilla.

Hom.: An old man confined to his bed with it was given rhus tox. 10 M, and soon was able to get up and

about again—to his great joy. (Note the potency. No other will do.)

Wrap in RED flannel, as for “Rheumatism.”

A most valuable food remedy is crude black molasses (NOT black *treacle*), one teaspoonful in three-fourths of a breakfast cupful of hot water to be drunk before each meal, and in bad cases on rising and retiring. On this treatment alone arthritics have been able to discard their sticks in a few weeks. As in this country molasses can only be procured by farmers for their cattle, there is a strong movement afloat (as stated elsewhere) to persuade Authority to permit its sale for human consumption. Meanwhile if obliged to fall back on Bot. or Hom. remedies, be patient. Arthritis is more deep-rooted than rheumatism. It takes a long time “coming on,” and can’t be shaken off in twenty minutes. But perseverance on the above lines, however severe the case, will invariably score a victory in the end. Massage will often accelerate the cure.

RICKETS—Due to a deficiency diet. In past generations it may be said to have been the curse of childhood. To-day, luckily, we know how to prevent or cure it. About the swiftest method is two or three drops of halibut oil four times a day, fruit, green salad, milk, and wholemeal products. If the child is backward in learning to walk, take yourself severely to task. Are you feeding it properly? Ask your doctor—or your district nurse.

A rather bad case which had been treated ineffectually by three doctors was quite cured by the following: A quarter of a pound of watercress in three pints of cold water. Bring to the boil and simmer till the liquid is reduced to a quart. When cold, strain. Add a tea-

spoonful of medicinal lime water. Bottle. Dose—a wine-glassful night and morning in an equal quantity of raw milk.

RINGWORM—Bot.: Ten drops of hydrastis in a little warm water three times a day. For a young child, three drops.

Locally: equal parts of tincture of iodine, refined garlic and liquid ammonia mixed.

RUPTURE—If not severe enough to necessitate being stitched up immediately, Hom.: Nux vomica 30 night and morning for a couple of weeks or so will usually quite conquer it. (Wear a truss while the remedy is doing its beneficent work.)

In the case of a child, a slippery elm poultice at bedtime. Remove it in the morning, and if necessary a truss should be worn. The doctor will decide as to this.

SCARLATINA—(Same treatment as for “Measles.”)

SCARLET FEVER—Hom.: Belladonna 3 every hour. Though the law rules that a doctor be called, usually its action is so swift and sure that there is no need for him to notify the authorities. The rash, sore throat and temperature soon disappear.

SCIATICA—Due to lack of calcium (lime) in the diet. To remedy this, see “Neuralgia.”

Remedy: same as for “Rheumatism.” Also prepare dried stinging nettles as for “Pleurisy” (any herbalist will supply these), and drink freely of the liquor any time. Further, foment with the hot liquor, and apply the boiled nettles, hot, as a poultice.

Bot. : Macrotin 3 X. Two-drop doses, in a little water, morning and evening, completely cured a rather bad case.

Bio. : Calc. phos. 6 X and kali phos. 3 X. Mag. phos. 12 X for the pain. Several tablets of the latter to be dissolved in hot water and taken every fifteen minutes till the pain subsides.

SCROFULA—(Same treatment as for “Scurvy.”)

SCURF—(See “Dandruff.”)

SCURVY—Eat plenty of raw celery and green salad. If able to digest *raw* onions, all the better. Avoid salt and all salted foods.

Herb. : Wood senicle, yellow dock roots, fumitory, pipsissewa, or princes’ pine, boiled together, an ounce of each in two quarts of water for twenty minutes. Strain. Dose—a wineglassful three times a day.

SEA-SICKNESS—Hom. : Tabacum 7 om.

SHINGLES—Shingles in youth or middle age is not at all a serious matter, but with people in advancing years it can be very stubborn and serious.

“Paint” with tincture of blood-root.

Bot. : Children, five drops of hydrastis in a little warm water three times a day. Adults, double.

Hom. : For adults, ranunculus sceleratus 2 X and anacardium 4 X alternately every two hours during the day. If unable to sleep because of pain, zincum valerianicum 4 X at about 9 p.m. and 11 p.m.

Mezereum three times a day is also good. So is gunpowder 3 X. Or arsen.

SICK HEADACHE—Hom.: Belladonna and nuxvomica together night and morning. Or another good remedy is malilotus in pill form.

SKIN TROUBLES—These as a rule are not diseases seated in the skin, but caused by the life force throwing off impurities from within. This may be said to be borne out by the fact that perspiration is poisonous—in some cases extremely poisonous. Hence it is imperative that skin troubles should always first and foremost be treated from the inside. For example, for eczema on the palms of the hands, Hom.: Graphites 6 should be taken internally about every six hours, while graphites ointment may be applied to the palms themselves. If due to vaccinal poisoning—vaccination in earlier years, though lying dormant for a long time—then antidote it with Hom.: Sulphur 3 X or 6 X three times a day, and thuja 200 twice a week (on rising) after having taken the sulphur for a few days. Stop the sulphur when starting the thuja.

A good all-round remedy is hepar sulphuris.

See also "Eczema," "Vaccinosis," "Make-up," and "Psoriasis."

SLEEPLESSNESS—(See "Insomnia.")

SMALLPOX—Smallpox may be said to be a *filth* disease—a sort of spasmodic effort on the part of Nature to fling impurities out of the system, and the quickest and easiest way is through the skin. If there is no filth to be got rid of, there cannot be smallpox.

In the bad old days when this unsightly disorder was rampant, the idea of a bath provided a joke for

comedians. Nobody ever had one—or very few—and certainly not an eliminative bath—such as a hot air or vapour one. Our present day familiar Turkish bath had not yet arrived. We have known people to be amazed and quite worried at the filth they have sweated out in a Turkish bath—people who prided themselves on their “clean” method of living.

Therefore the claim that by giving you a mild dose in the form of vaccination not only flops—it crashes. People have been known to have smallpox again and again. (See also “Skin Troubles.”)

THE CIGARETTE HABIT—Hom.: Caladium 6 night and morning. (South American herb arum.) Usually even chain smokers lose all craving for tobacco. Another remedy, nux vom. 3 taken every four hours. When the craving asserts itself, chew a Hom.: Camphor pilule. (See also “Appendix.”)

SNORING—This deplorable habit can also be conquered—one small dose of Hom.: Opium 30 taken last thing is usually sufficient for a permanent cure. The most troublesome case we have ever encountered was that of a man who used to exasperate the whole household with his snoring. In this instance it took two weeks of the treatment to bring about a cure. There has been no return.

When snoring comes from a deflected septum, polipi, or adenoids, these will need attention.

SORES—Hom.: Suphur 6 X. Also thoroughly mix flowers of sulphur with unsalted butter or nut margarine, half and half, and apply. A couple of applications are usually enough.

SORE THROAT—Paint the throat with the juice of a *fresh* pineapple as for “adenoids.”

SORE TONGUE (also Mouth)—Pulp some *raw* onion, and work it well in wherever the tongue is sore. Still better it is to eat a raw onion, provided the latter can be digested. If no onions are available, use potassium chlorate—but *none must be swallowed*.

SQUINT (result of accident)—Bot.: A bad case, that of a boy, was given arnica 30 night and morning, and the squint quite disappeared in a little over three weeks. Orthodox treatment having entirely failed, an operation had been mooted but became unnecessary.

STERILITY—In the case of non-smokers this is invariably due to a deficiency diet, viz. a deficiency of vitamin E. Peanut butter is rich in this essential vitamin. Likewise olive oil. But the richest source of this vitamin is now known to be hip jelly—made from the hips of wild roses.

STOMACH DISORDERS—For sore feeling in stomach more or less continuous, for weak digestion, for an “all gone” feeling, for inability to digest bread or vegetables, for pulsation in pit of stomach, for ulcers, for gastritis, Bot. or Hom.: Hydrastis.

Nux vomica is also very good in certain conditions. For gastric catarrh, *following indulgence in ice cream or iced drinks*, pulsatilla.

STONE IN THE BLADDER—Herb.: Burnet, saxifrage, and bladderwrack stewed together in three pints water for twenty minutes. Strain, and take a wineglassful

every three hours. This mixture will soon dissolve the stones and bring them away. A man in agony with bladder trouble—couldn't pass water, nor could the doctor relieve him—was given the above, and he soon passed two stones, and was promptly eased of his sufferings. In acute cases the indicated dosage is a wineglassful every hour until relieved.

STONE IN THE KIDNEY—To prevent same, never consume venous blood. *Boil* all meat and fish, and throw the water away. Boiling does not destroy the nutriment value.

Remedy: Herb.: Parsley water. Proportions, an ounce of parsley to a pint of water. Boil for half an hour. Strain. Dose—a wineglassful every three hours. To cite a particular case. A nurse was in such agony with stone, that her doctor had ordered her to prepare herself for an operation. However, on our advice she tried the above treatment. Result: her pain soon ceased, much to the astonishment of the doctor, who after examining her could no longer find any trace of stone. When on being asked she told him what she had done, he frankly confessed to never having heard of such a remedy.

Bio.: Nat. phos. 3 X, nat. sulph. 3 X, calc. phos. 6 X, silicea 12 X. For the pain, mag. phos. 12 X as for "Sciatica."

STRICTURE—Bladderwrack is a valuable remedy for this disorder. (See "Stone in the Bladder.") Osteopathic manipulation is usually very helpful.

ST. VITUS'S DANCE—Herb.: Same treatment as for "Nerves." We have had some fine successes with this

herbal formula—cases of years' standing, and victories that have amazed the doctors as well as all who knew the sufferers.

STYES IN THE EYES—Bio.: Silicea. Hom.: Pulsatilla.

SUGAR DIABETES—(See "Diabetes.")

SYNOVITIS OF THE KNEE—Same formula as for "Appendicitis"—elderblossom and mint. Drink the tea. Also foment with it, and use the boiled herbs as a poultice, hot.

TEMPER—Bad temper has been cured with Hom.: Nux vomica.

TESTICLE (Swollen)—Bot.: Fluid extract of clematis.

THROAT—(See "Laryngitis.")

THRUSH (in children)—Herb.: Infuse rue in boiling water. Make it strong. Strain when cool. Sweeten with honey, and give teaspoonful doses as often as needed. Or—

Half an ounce of agrimony in half a pint of water. Stew ten minutes. Sweeten with honey and give freely.

For local application: rub the tongue with equal parts of loaf sugar and borax ground and mixed.

TIC-DOULOUREUX—(See "Neuralgia.")

TONIC—(See "Neurasthenia.")

TONSILITIS—The Creator didn't make a mistake

when He gave us our tonsils. They have a useful, necessary work to do, and if they are removed by the knife what is to perform that work? There is seldom any need for them to be taken out. Give—

Hom.: Baryta 3 X, a dose first and last thing. Another good remedy is to “paint” the tonsils as for “Adenoids.” But while doing this, be careful to avoid the uvula. (The tonsils are on each side of this.)

Foremost remedy: Phytolacca. One dose will work wonders. Another remedy: Bio.: Natrum sulph. 6, which cured a case in a week. Yet another remedy is Echinacea. This has also produced splendid results. A very effective old English remedy is to make sulphur into a paste and paint the tonsils with it. The sufferer should be advised in that case not to swallow anything at all for at least an hour afterwards, even saliva, otherwise the sulphur may be washed away before it has had time to do its beneficent work. But as this injunction is not easy to follow, other remedies are to be preferred.

Let us face up to the fact that operations for the removal of tonsils result in a yearly average of eighty fatalities. One in how many to die? But are you prepared to gamble on that “one” not being your own treasured child?

TUMOURS (especially fibroid tumours)—Bot.: Thuja. Bio.: Kali mur. 3 X, calc. fl. 6 X, calc. phos. 6 X.

For tumours and all manner of breakings-out: Herb.: Wood sanicle, queen’s delight, bayberry, and sarsaparilla. Use only the best of this last. Can also be applied locally. See also “Vaccinosis.”

ULCERS—Hom.: If there is pain, relieved by doubling

up, dissolve four colocynthis pilules in a tumbler of water—really hot—and take a small sip every five minutes. If bending promptly brings on pain, use dioscorea pilules. Same method. Continue till all pain ceases. Meanwhile, to cure, use same herbal remedy as for “Duodenal Ulcer.” External ulcers same as for “Tumours.”

Smoking is one of the commonest aggravating causes of internal ulcers.

ULCERS IN THE MOUTH—(See “Sore Tongue.” Same remedy.)

URINARY TROUBLES—For obstructed urine in old people: Herb.: White poplar bark powder—Dose: a teaspoonful in half a teacupful of warm water three times a day, leaving the sediment.

For incontinence—inability to retain urine: American mandrake. For stoppage: Sumach. (Use berries and leaves.)

Hom.: Ten drops of thalاسpi bursa pastoris in a little warm water once daily. For old men: Sabal ser.

Involuntary flow in the aged: Bio.: Ferrum phos. 5 X three times a day.

UVULA ELONGATION—Paint as for “Gums.”

VACCINOSIS—(A name coined by Dr. J. Burnett to describe the evil after-effects of vaccination.)

This vaccinal poisoning, however long it has been lying dormant, is a very serious matter. Among other things, it may result in disastrous breast or womb troubles in women and prostate troubles in men. Dr. Shepherd, of Harley Street, says of the poison used in

vaccination: "Put this devil's broth . . . into the human body and there it stays and secretly does its damndest to undermine the health of thousands of its victims. Because it does its work in the dark, secretly hidden, very few realize or believe it can do the damage it does." Among other ways in which it shows its delayed action—often many years later—are polypi, fibroid tumours, especially cauliflower-like new growths: often even to the third generation! And how many cases of mental disorders are due to it, only the Recording Angel knows.

Hom.: For all after-effects of vaccination: Thuja. A man "smothered with boils, carbuncles, ulcers," etc., was given thuja 200 once a week, which put him right. In the case of a cyst on the eyelid—even if the eye is nearly closed—thuja acts like magic. For disfigurements of the face, with eruptions, after vaccination: Bio.: Silicea 6 X is the remedy.

VARICOSE ULCER—Hom.: Arsen alb. and Bio.: Kali phos. 6 X.

VARICOSE VEINS—The simplest cure is to be found in crude black molasses. But if unobtainable, do as follows: Boil a piece of rock salt the size of an egg in a quart of water till dissolved. When the liquor is cool, bathe veins with it. Don't wipe it off, but let it dry on. Repeat night and morning, warming up a little for the purpose each time. Continue treatment until swelling and pain quite disappear.

Hom.: Ac. fluor. 6 X. Or calc. fluor. 6 X and nat. mur. 6 X.

VOICE—A lost voice can be restored to normal by

gargling with ordinary household washing soda dissolved in hot water and allowed to cool. Say a piece the size of a hazel nut in a tumbler of water. Two or three gargles usually sufficient. An emergency measure: "A piece of borax, the size of a pea, dissolved in the mouth, acts magically in restoring the voice, in cases of sudden hoarseness brought on by cold. . . ." (William Boericke, M.D.).

VOMITING OF PREGNANCY—Herb.: Calumba root.
Hom.: Pulsatilla.

WARTS—There are several ways of curing these unsightly excrescences. Anoint with oil of sulphur two or three times a day until they slough off. But a simple, swift and easy way is to press the fleshy part of a snail on the wart for a few moments. Don't wash the part for some hours. One application is usually enough. (See also "Vaccinosis.")

WEAK STOMACHS—Herb.: Gentian. It strengthens digestion. (See also "Dyspepsia.")

WENS—Hom.: Graphites. One tablet three times a day.

WHITE LEG—Same treatment as for "Dropsy."

WHITES (Leucorrhœa)—Herb.: Stew together half an ounce each of horehound and wild tansy in a pint of water twenty minutes. Strain. Sweeten with honey. Dose—wineglassful four times a day.

Hom.: If simple mucus, pulsatilla, two tablets every four hours. If greenish and thick, or watery and

offensive, sepia 6, two tablets four times a day. Cut down starchy foods.

WHITLOWS—Hom.: Hepar sulph. 3 X four-hourly. Give also hot fomentations.

Another very good remedy is silicea 3, three times a day.

WHOOPIING COUGH—Put the sufferer to bed. Place a layer of lint on the sole of each foot and fasten. Crush some garlic pods to a pulp and spread it all over the layers of lint. *It must not touch the skin.* Cover with oiled silk and fasten.

A typical case of faith in our methods and scepticism on the part of others was shown when a father returned home and found his four children down with a severe attack of whooping cough. He put them to bed and proceeded to treat them as advised above. Everybody laughed at him. The idea of treating the soles of the feet for a trouble in the chest seemed to the sceptics the last word in absurdity—especially *such* a treatment. However, the laugh was soon on the other side, for they all had a peaceful night, and in the morning the whooping cough had gone, and didn't return. Many similar successes could be described—much to the discomfiture of the sceptics. The cures have been so swift that the usual unbelieving Thomases in most cases refused to believe that the attacks were whooping cough at all. They seem to be obsessed with the idea that it must "run its course."

If there be an epidemic it would be well to get in a supply in readiness, though if the children are fed properly (see "Appendix") it probably won't touch them.

Hom. : Pertussin 30 night and morning. A few doses usually sufficient. Dose unaffected children with this to ward it off. It undoubtedly will. Keep it up for a couple of weeks.

WOMB TROUBLES—All womb troubles and diseases can invariably be conquered with homœopathic medicines, such as *sepia*, *lilium tigrinum*, etc., therefore *don't submit to an operation till a homœopathic doctor has been consulted.*

WORMS—When a child has worms, the first thing to do is to give an opening medicine and forbid all food for at least a day. This is to partially starve the worms so they shall loosen their hold on the sides of the bowels. The mother must “harden her heart,” so to speak, and tell herself it would be cruel kindness to yield to her child’s clamour for food. If a two-day fast could be arranged, all to the good. It won’t harm the child to do without food for that time.

Herb. : Stew an ounce of male fern root in a pint of water for half an hour. Strain, and give a wineglassful every three hours. Other good remedies are tansy flowers dried and powdered fine. Give a teaspoonful in black treacle on rising. This will add to the potency of the powder. The refined golden syrup must not be used. Another remedy, half to a teaspoonful of wormwood powder in black treacle. Or polybody root.

If coconuts are available, grind some to a powder through a mincer or a nut mill and make this the child’s first meal after the fast. Sweeten with *black treacle*. This remedy surpasses all others for any kind of worm, even tape worm.

Kamla is likewise good for tape worm if the other isn’t available. Take a teaspoonful in half a small

cupful of limewater with a drop of essence of lemon, about an hour before breakfast, each morning. Or Abyssinian cusso (kousso).

For seat worms: tincture prepared from quassia chips administered with an enema.

“Chenopodium had the advantage of expelling all worms, even the long-lived and tenacious tapeworm, and had a 91 per cent efficiency against hook-worm as compared with thymol’s 83.”—VICTOR HEISER, *A Doctor’s Odyssey*.

WOUNDS—Herb.: A solution of calendula to dress the wound. Calendula lotion, neat, and applied, will stop even severe bleeding. Arnica 6 X internally is good to stop the pain, and heal.

One of the best healers is pure honey. It is antiseptic, soothes the pain, and hastens healing. For burns there is nothing to equal it.

Another valuable healer is castor oil. Soak some lint in it and apply, and the healing will be rapid.

YELLOW JAUNDICE—The same dietetic treatment as for “Biliousness.” But in this case no coffee nor lemon juice must be taken. Stick to the raw apple breakfast until cured. Or if no apples are available, then eat raw tomatoes. Medicine as for “Liver.”

Another remedy: Stew together an ounce each of dried raspberry leaves, agrimony, bogbean, and centaury and half an ounce of elderblossom, with a big pinch of mountain flax, in two quarts of water for twenty minutes. Strain when cool. Stir in a heaped teaspoonful of cayenne. Dose: Half a small cupful forty minutes before each meal. (As mountain flax has purging properties, if too severe, then reduce its quantity.)

APPENDICES

A fence at the top of a precipice is a wiser precaution than an ambulance at the bottom.

DEFICIENCY FOODS

WHY is there so much sickness and suffering in the world, seeing that Nature is ever trying so hard to build us up and perfect us? The simple answer is because—consciously or unconsciously, usually unconsciously—we are thwarting her at every turn. Famous doctors in past generations have done their best to warn us, but how many have ever heard or seen these warnings, and how many would heed them if they knew? The vast majority of us are being starved while over-fed, and “digging our graves with our teeth” while living on that travesty we call food, from which the life-giving, health-building ingredients have been extracted in order to please the eye and tickle the taste-buds. As a graphic illustration of this, the reader has probably heard of that terrible disease of the East called beri beri and the way it decimated the population, till it was discovered that it was due to the natives living on polished rice. When given unpolished instead—on which their forbears had thrived—the disease automatically disappeared. Now that does not mean that the disease was caused by something in the polished article. It was a deficiency food, and the cause of the trouble was the absence of certain ingredients, that had been rubbed off in the process of polishing. Incidentally, it's the polished rice that we Occidentals eat. To us white seems to be an emblem of purity, so we bank on white rice, white bread, white sugar, and so on; and to meet our demands it is essential to refine away much of the material that our bodies

need, and which a beneficent Creator has supplied for us in those foods.

Indeed, *robust health* is largely, if not entirely, a matter of judicious *dieting*. That "a man is what he eats" still holds good. Our bodies need something else beside proteins (body-builder—flesh former) and carbohydrates (muscle food). They need also organic iron, lime, calcium, potash salts, etc., all of which can be obtained first hand by the exercise of a little care in one's diet. The outer leaves of cabbage, for example, the parts usually thrown away, are richest in lime.

The great essential to secure health and fitness lies in the injunction never to miss a day without eating something *raw*. For preference, raw celery and green salad. It's surprising what a number of health-giving things can be incorporated in a salad—from the young and tender leaves of gooseberry bushes and hawthorn trees to the heart of a cabbage chopped up fine. The ancients looked upon the colewort herb as divine because it had such marvellous healing and health-giving properties. Man, working hand in hand with Nature, has cultivated—*evolved*—from that herb our familiar cabbage (it is still called "colewort" in the dictionary), and has done so without destroying any of its medicinal properties. The ancient Egyptians held the onion in like reverence, and for the same reason. They literally swore on it! That is to say, when giving evidence they called upon the onion to witness that what they were about to testify was the truth. In a word, so great is the value of the onion as a means of maintaining health that we would elaborate here what has already been stated and advise the reader to consume a raw onion every day, or if unable to digest it in that form, have it well boiled. The liquor should also be consumed. One means

of doing this is to use it as stock for the preparation of other dishes.

Fresh ripe fruit when procurable should also form part of the daily diet. We are all familiar with the old saying "an apple a day keeps the doctor away." It is now well known how rich in vitamins oranges and tomatoes are. But they should be taken neat and alone—say at bedtime. Never mix citrous fruits, for often the different acids together don't agree. Plums and peaches, for example. The vitamins in tomatoes are all in or immediately under the skin, therefore we should, if we can, consume the whole fruit—skin and all. In pears, on the other hand, they are equally distributed throughout the whole of the fruit.

People who never eat raw stuff sooner or later—generally sooner—fall victims to a form of "stroke" or some other trouble. Many of us are familiar with the story of the German raider in the first World War whose crew were incapacitated with a mysterious sickness that quite baffled the ship's doctor. The men were well fed on plenty of fresh meat, etc., which they had pillaged from the Allied ships they had sunk, yet all were well-nigh paralysed and helpless. This raider put into an American port—the United States not having yet entered the war—and half a dozen great doctors went aboard to investigate. But these "specialists" were as baffled as the ship's doctor. Finally a Nature healer who had smuggled himself aboard was able to sense the whole trouble. He pointed out to the ship's doctor that one or two of the officers were not quite so helpless as the rest of the crew, notably because they had eaten a little fruit now and again. And what's more, he contended that if the whole crew were given plenty of fresh fruit, salads, and wholemeal in place of white bread, they

would soon be restored to normal. That his prediction proved correct was evidenced by the fact that in a few days every member of the crew was back at his post—perfectly well.

A similar incident occurred at the siege of Kut. The Indian and European troops received precisely the same rations—the principal item being dried beans. The Indians kept perfectly fit and well, but the whites were soon practically all knocked out with a kind of stroke. The white doctors couldn't understand it till some observant officer pointed out that the British cooked and ate their beans immediately they received them, whereas the Indians put theirs to soak in water till they sprouted green shoots, which they nipped off and ate raw—then cooked the beans. So the British tried it, and soon all were “on their feet” again, as fit as the Indians. That little greenstuff added to their daily rations had worked the miracle. What a demonstration of the priceless policy of eating something *raw* every day, even though only in limited quantities! And let us never forget that a raw apple a day is so good for us—though a pound of them a day would be better still.

II

VITAMINS

FOR years the Nature Cure Healers have been telling us to eat a large measure of unfired, unprocessed, *vital* foods; but their injunction was ignored by the orthodox profession until a day came when it could no longer be ignored. And then what happened? The scientists and food specialists got busy and coined the word Vitamin, which merely signifies the vital element in certain kinds of foods. Furthermore, to differentiate the different vital elements in the various foods, letters of the alphabet are now employed, a procedure which is of purely academic interest, though it may serve to convince those people who are not prepared to believe the Nature Cure Healers. Nor is this all. The public being persuaded of the value of the vitamins, the manufacturing chemists saw a great chance of making money out of them by producing synthetic vitamins, which being artificial and being divorced from their natural environment, cannot of course have the same value. Indeed they can even prove harmful unless taken with care. In any case, as wise doctors have pointed out, we should obtain our vitamins as Nature provides them — by eating the right foods, such as a well-balanced diet provides, and not from the chemist, in whose interest it is to exploit the vitamin doctrine to the fullest extent. Though admittedly vitamins are of great importance, yet mineral salts are of equal importance, as more than

one doctor has opined. And at that we may leave it in view of the many books available on the subject. All we would say is that if the reader will follow the dietetic advice we have already given, he need not worry about any lack of vitamins in his daily nutrition.

III

GERMS

WE live in an age when germs are blamed for nearly all our ailments. So let us examine this accusation against them for a moment.

Nature abhors a vacuum we are told. It also abhors dead or decaying matter, and sets to work to hasten the process of disintegration. A dead branch of a tree, for example, lying on the ground is promptly set upon by bacteria which will in time reduce it to "dust." Why don't they do that to *living* trees or bushes? They can't. The function for which they were created is to destroy dead or dying matter only, therefore their action is *beneficent*. When we look at our Sunday joint to cook it, and find it fly-blown, we curse the flies and cut away the meat on which the maggots are lodged. Yet after all the flies that laid those eggs were only carrying out the job for which they were created. To us it's the Sunday joint, but to the fly it is a piece of dead body, and that is Nature's way of getting rid of dead bodies. From Nature's viewpoint, the action of bacteria on the meat is also beneficent. Microbes were created to help and even hasten the process of disintegration. If any part of a living body through any cause becomes diseased—just as the law of gravitation drags down and kills the man who has walked over a precipice—so this law of helping the process of disintegration guides these microbes to batten on that diseased and dying part of us; yet we blame them as the *cause* of the trouble, when really they are not. They only perform the function for which they were created. *They cannot*

harm healthy tissue any more than they can harm living, healthy trees and bushes. Many doctors now admit that they are never the primary cause of disease. To prove this dictum Professor Emmrich swallowed a phial of cholera germs—enough to kill off a small town. Yet he was none the worse for his deadly draught. Then there is the story of the devoted mother who insisted that her precious baby should have all its milk from one cow owned by a dairyman who was a personal friend and on whom she felt she could implicitly rely. And then it was found that that cow was a mass of tuberculosis! Thus the child must have swallowed millions of the germs! But was it any the worse? Not at all. Its little body was in such a perfect condition that they had nothing to feed on, and so, one presumes, they passed harmlessly out with the excreta. In view of such instances of immunity it is foolish to blame the germs when the blame lies with ourselves and our unnatural diet. Herds of tuberculous cattle have been completely cured by living entirely on their natural food—grass; and hosts of humans far gone in consumption have also been cured completely by living entirely on raw foods—as explained in our alphabetical list of ailments and their cures. By the way, a tuberculosis germ will live half an hour in boiling water, so merely boiling our milk does not make much difference—though it does to the milk, for it destroys what is essential for the child's well-being. First, Vitamin C is destroyed, and this, to quote Dr. Goodfellow, "introduced a new disease, Scurvy Rickets, or Barlow's disease. It raised the infant mortality and sent thousands of babies to the graveyard. . . . Also the living membrane of its mouth, stomach and bowels will be loose and spongy so that if harmful germs gain admission from other quarters they will have no

difficulty in effecting a lodgment. . . . In boiling the milk the phosphate of calcium has been transformed into an insoluble and useless compound. As phosphorus is associated with calcium we lose it also. Result: Teeth, bones, brains and brawn undermined because we deprived our babies of the principal building material a beneficent Creator has supplied in the milk. . . . Milk is Nature's dietetic masterpiece. Pasteurize it and it becomes the ally of death and disease." As this is of such vital importance we need make no apology for emphasizing it. Experiments carried out in New York for over six months showed that infants fed on raw milk gained 14 per cent in weight, while those fed on pasteurized milk alone gained 1.7 per cent in weight. Babies should be given milk just as Nature supplies it—except, of course, that as it was intended for calves, it should be diluted with boiled water for babies. But it certainly should not be doctored in any other way. Only the Recording Angel knows what mischief has been wrought during the past half century as a result of this pasteurized bogey. It is during its first year that the child's whole future prospects are laid down—for good or ill. If it is humanly possible for a mother to nurse her baby she should do so. There is no real substitute for the milk supplied to a baby by its own mother, or, if imperative, by a healthy wet nurse.

To enlarge on this question of germs: What do flies live on in an empty house almost hermetically sealed? The answer is—bacteria. Flies may justly be called Nature's scavengers. In their gyrations round the room they collect harmful germs on their bodies, wings, and legs. Then when they alight and start cleaning themselves, they swallow them by the million at every lick. See how isolation hospitals attract them. There you will

find them at their thickest—clouds of them, indulging in rare feasts, and incidentally doing a good job of work. We use this illustration by way of proof. Innocent people claim that cooking their meat kills germs that batten on to it from the atmosphere. But what about after the meat is cooked? It doesn't go straight from the oven into the tummy, nor is the meat always eaten piping hot. It may even be safe to say there is more cold meat consumed than hot. Thus how many germs has the joint collected by the time it is all used up—say about the middle of the week or later? So what happens—especially with constipated persons? Indeed, constipation is bad enough even for non-meat eaters. But with meat eaters the trouble is far worse, since portions of partly digested portions of dead ox or bird clog up in the intestines and there is putrefaction.

NATURAL FOOD

WHAT precisely do we mean by "natural" food? Humans are by nature frugivorous—like our distant cousins the ape and monkey—their internal anatomy being practically identical, the great masters of anatomy tell us. But away back in the dim and misty ages of the past—probably driven by extremes of hunger—man copied the carnivora around him, and preyed on other animals and birds. Thus he became a flesh-eater. This habit has been handed down ever since, until we to-day have accepted without question or argument the cry that flesh food—euphemistically called "meat"—is essential for health, strength and longevity. But now a little band of truth seekers—a little over forty thousand in Britain—are seriously challenging what they call this hoary old *fraud*. Why? They have proved up to the hilt that it is not conducive to health, strength, nor to longevity; but that the reverse is the case. Modernists have shown that meat is 72 per cent water—or more. Some say 75 per cent water! And dirty water at that. Does meat produce physical strength? Not at all. Physical strength comes from sugar—digested starch; so the energy we are putting out to-day is really from the food we ate yesterday or the day before, after it has gone through the process of digestion and the fuel from that food has at length reached the muscles. Fats also provide energy. Especially butter. Meat may merely be classed as a stimulant. That is why some people say they feel stronger after a good meat meal. Maybe. But in a little while they need a further stimulant, be it

meat, coffee, or whisky, or all three. Athletic events and endurance tests have proved up to the hilt that a non-meat diet is far more conducive to physical strength and endurance than a flesh one. Peanut butter contains far more nourishment—weight for weight—than meat, and when dried and set it goes down well with cooked vegetables. Also, it is easily digested. The same applies to cheese grated in a mincer or a nut mill. Or rissoles made from boiled lentils mixed with crumbled shredded wheat to bind. In the old days the Irish peasantry lived ten months of the year on potatoes and milk, and they were among the strongest, finest, healthiest, and incidentally the handsomest people on earth. We do not advise our readers to emulate them—we only advance it as another proof.

Let the following be noted: meat needs added calcium to enable our bodies to deal with the phosphorus in it, and then Vitamin D to deal with the calcium. In an egg—a natural food—we have phosphorous, but there is also the balancing calcium supplied with it. Not so with meat; therefore we must supply it from other sources. How to do this we have already explained. We would merely add that if in addition to right feeding people would adopt the habit of deep rhythmical breathing while out in the open air, and would take twelve or fifteen deep breaths every night before going to bed, they would enjoy a greater sense of fitness and energy.

NOTE.—We have refrained from using the word “vegetarian” because people imagine it is taken from vegetable, whereas it comes from the Latin *vegetus*, which means healthful, vital, vigorous. According to *Pearson's Magazine* years ago, the strongest man on

earth at the time of publication was a life vegetarian. Most cycling records seem to have gone to vegetarians. Mrs. B. Dovey, in addition to her household duties, cycled 29,604 miles in one year—1938. A strict vegetarian.

OUR MODERN HABITS

SOME honest doctors attribute the great increase of heart troubles and other serious afflictions to the widespread use of vaccines and serums. In Australia, before children were "immunized" against diphtheria, there were practically no cases of infantile paralysis, but since immunization has been more and more resorted to over there a large number of cases have been reported. By our modern so-called scientific habits we think to prevent one disease but merely cause other ones, perhaps years later, by vitiating the bloodstream with filthy poisons. In addition to this we have the drug-taking habit in the form of pain-killers, said to be harmless, but none the less highly deleterious when taken frequently. In this category also belong sleeping draughts prescribed by doctors, or even bought over the counter without a prescription. Then there are our modern vices—the cocktail habit which plays havoc with the kidneys and sows the seeds of many diseases, to say nothing of what harm is done to the stomach. Further, there is the excessive use—or rather abuse—of coffee. For years the Americans have been ruining their nerves by excessive coffee drinking. Nor must we forget excessive tea drinking. In the north of England in particular many people drink strong tea at all hours of the day and at night before going to bed. This indulgence not only tends to ruin the nerves and the digestion, but is highly conducive to rheumatism. Finally there is the cigarette habit which has got such a hold over women—and men too—that it is doing irreparable mischief to

heart, nerves, and throat, and in some cases to the sight. The very fact that cigarette smoke can be and is inhaled adds to the mischief, for the poison is then introduced via the lungs right into the blood. A leech that had been placed on the arm of a woman who was smoking died from the poison in her blood. Orientals smoke through water in a pipe we call a hubble-bubble. When the water from it is thrown away the offensive smell testifies to the amount of poison that has been left behind. We Occidentals are less wise; we neither cool our smoke nor filter it in this way; consequently we do ourselves even more harm than we need. The cigarette habit with students decreases their mental efficiency, and many of them fail to pass their examinations. Statistics have proved this. Life insurance companies, having now become wise to the evil effects of excessive smoking, are cautious with respect to issuing policies. Excessive smokers have little or no stamina; statistics have proved this also. The effect of the cigarette habit on expectant mothers and the foetus has been pointed out by more than one honest doctor. As for those women who are addicted to the habit, who long for a child, yet find themselves unable to produce one, let them consider well their indulgence, for we are not the first to suggest that in some cases it may well be the cause.

Fortunately there are several remedies listed in the Homœopathic textbooks which serve to modify the craving and even to conquer it entirely. Smokers, therefore, who well realize that they are harming themselves, yet who are not strong willed enough to break the habit, are advised to consult a Homœopathic physician who can advise them which remedy to take, and which one will be best to deal with their own particular symptoms.

To sum up: the causes of the increase of those intractible chronic diseases which beset out modern life have been ascribed by honest and courageous doctors to the vaccine and serum habit—for the word is applicable—to the drug-taking habit, the cocktail habit, the excessive coffee- and tea-drinking habit, and to the tobacco, and more especially the cigarette habit. If we consider the effects of all these combined, then can we wonder that the human race is far from healthy? Moreover, there are the lesser “sins” of omission. The motor car has caused people not to take enough exercise and to get fresh air. Although lack of fresh air may not be the prime cause of consumption, yet oxygenation of the blood is absolutely essential to well being. Hence have we advocated deep-breathing.

And with this we will conclude—leaving the reader to work out his own salvation!







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