

COMMONSENSE

about



CANCER

by FRASER MACKENZIE, C.I.E.

AUTHOR of "CITIZENS v. DOCTORS"

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Author of
THE MIRACLE OF HOMŒOPATHY
CITIZENS VERSUS DOCTORS
FOOD FOR HEALTH AND THOUGHT
VITALITY THROUGH THE INFINITESIMAL
PERSIAN WONDER TALES



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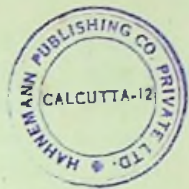
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INTRODUCTION

HOPE FOR CANCER SUFFERERS

Cancer has been surrounded by a halo of mystery and fear, combined with a spirit of defeat in the doctor and of hopelessness in the patient. Certainly it is not easy to cure when it does occur, but the point is it should not occur, and if you do fall a victim, in the majority of cases it will be due to your ignorance of how to live for health and vitality, combined with the ignorance of your doctor in that respect. I say this advisedly because proportionately as many doctors, Cancer Research workers and Medical Research Council experts die from cancer as do laymen. Yet it is comparatively uncommon for a Nature Cure Practitioner to die from cancer and Homœopathic doctors are also said to have a much lower mortality from the disease.

Cancer is accepted largely as a disease of civilization, hence it is due to a particular mode of life, and if that can be rectified, few people will fall victims.

We do not wonder at the spirit of defeatism adopted by medical men in these cases. The majority of all organic diseases also remain uncured, and it is what they anticipate. There is no reason to expect anything else with their present futile system. They concentrate on the end results, that is on the cancer, and try to cure it by X-rays, Radium, operation or what not, as if the cancer were the cause, and not the effect of a cause, namely the patient's mode of life.

Dr. Alexis Carrel wrote " Medicine is far from having decreased human sufferings as much as it endeavours to make us believe . . . the suppression of diphtheria, smallpox, typhoid fever, etc.. are paid for by the long sufferings and the lingering deaths caused by chronic affections, and especially by cancer, diabetes and heart disease." He thus agrees with my thesis that we bring diseases on ourselves by our methods of living and treatments.

Every cell in our body, whether cancerous or on the way to become cancerous, is nourished by the blood and lymph streams, and if we consume what is not in accordance with nature, whether food or chemicals, we cannot fail to vitiate our blood—and so sooner or later cannot avoid disease of degeneration. It is quite impossible for the ordinary person to change his eating habits. In fact he believes they are wise, or else he says he prefers a short life and a gay one. In fact, men prefer pandering to their palates, rather than being full of vitality. It does not matter much to the nation if 70,000 old people die yearly of cancer and thousands more of other degenerative diseases, so let them do what they like, but give the children a chance to live in accordance with the laws of nature.

In *Too True To Be Good* Bernard Shaw puts these words into the mouth of a sick bacillus ; “ . . . These humans are full of horrid diseases ; they infect us poor microbes with them, and you doctors pretend it is we who infect them.” Actually the Medical Research Council and others should be in the dock on the following charge, instead of being Counsel for the Prosecution of “ Unknown Causes.” The Charge is : “The burden of proof is on you gentlemen to show that your chemical-medicines cannot cause cancer, and that your unending variety of serums, vaccines and toxin-antitoxins are unable to vitiate the blood supply of normal people and children. Moreover, you have allowed the nutrition of the country during the last century to gradually become more and more faulty until recent years, and thus you have prepared the soil suitable for microbes, viruses, disease, degeneration and cancer.”

From a biological point of view the old doctrine that cancer is purely a local disease is not tenable. In future the most simple and most valuable research will be to proclaim the factors in modern life which predispose the individual to cancer. We may prophesy the answers which appear obvious and only await general acceptance, namely :—

- (a) The unnatural treatment of human bodies by faulty nutrition, from the moment of conception to the onset of malignancy or other diseases.

- (b) The unnatural treatment of human bodies by the biologically faulty medicinal methods employed in endeavours to relieve the disabilities induced by Factor *a*.

Factor *b* is more potent, because medicines can cause chronic disease in people even if they are eating the right foods. Moreover, incorrect selection or even wrong dosage of correctly selected medicines can prevent sick people from getting completely cured even if they are eating correctly.

Research workers on practical lines are agreed that while cancer is in any case liable to occur in a small percentage of human beings, yet the main reason for its widespread increase in civilized countries is our neglect of Nature's simple laws of nutrition. This ignorance is primarily due to omissions in our educational systems, both lay and medical. It is fostered by the force of habits formed in childhood, strengthened by the example of thousands around us, and fortified by misleading advertisements. Errors become so deeply rooted in our minds that our general habits appear to us to be wise, and departure by individuals from these "Idols of the crowd," seem foolish and faddish.

Every person, suffering from any disease of degeneration of which cancer is only one aspect, should realise that the misfortune has been induced by parental errors and later by his own ignorance. It is not an accident of bad luck which has unfairly struck him from outside without full cause. So we end on the following note of hope, firstly, that however much the present generation may suffer for biological sins, our children will be largely relieved from this scourge of an imperfect civilization, and our grandchildren may be nearly freed from it.

Secondly, it is not necessary for those who have been afflicted, to lose all hope of cure except by operation or radium and such drastic treatment. There is a school of doctors, little known to the public, who have achieved a large number of notable successes in this field. It is therefore not our medical men who are to blame but only our medical system which is in great need of reform.

CHAPTER I

NUTRITION AND CANCER

Many thinkers believe that, as cancer is rarely found among primitive races who eat natural foods, there is a close connection between nutrition and cancer. In civilized countries such as England and America, more than half the cancer cases are connected with the gastro-intestinal tract, which strengthens these suspicions.

The fact that orthodox cancer research has not officially recognized this fact, does not lessen its significance. Medicine is still, as it has always been, extremely conservative because the authority of certain renowned teachers has to be upheld. Conservatism is right, but not when it means that the mistakes of eminent professors remain unacknowledged until they have resigned their posts. Progress can only be made by breaking down the barrier of "Authority," so it is often slow, and always comes from a minority. In time, the geography of cancer will oblige orthodoxy to accept the interdependence of cancer with nutrition. Already a number of experts including Sir Robert McCarrison, Prof. Roffo, Profs. Freund and Kaminer, Prof. Fischer-Wasels, Dr. E. A. Blackburn, Hoffman and other scientists have stressed the importance of diet in cancer. Every cell depends on pure blood for sound health and pure blood is obtained chiefly by correct nutrition. It follows, therefore, that the human "soil" depends on the nature of food consumed, and we know that cancer does not grow on healthy "soil."

Attention to the factor of nutrition has been justified in deficiency diseases and other diseases of degeneration. Is it not likely that cancer also falls under this head, as is maintained by some distinguished research workers. Many clinical experts consider that bowel sanitation is the keynote to the treatment of cancer, and as auto-intoxication from the bowel is one of the most widespread effects of faulty feeding, we can only wonder how long orthodoxy will delay a definite acceptance of the connection between wrong diet and cancer.

Doctors Herter and Kendall, among others, have shown how food influences the types of intestinal bacteria. Excess of protein increases the formation of putrefactive decomposition products, and a reduction in starchy foods lessens the development of gases and injurious acids. As carbo-hydrates and fats supply energy, they spare protein and by sparing protein, may produce results similar to those of direct excess of protein.

*Doctors Bach and Wheeler, among others, have shown that civilized diets lead to poisonous substances in the bowel and an undesirable bacterial flora, and even people who are apparently well often suffer unwittingly from these toxic conditions. Many of them escape disease because their bowel wall is more impermeable than the average, and therefore, the blood is protected from these poisons. It would appear that this permeability increases with age, which suggests a reason for the greater liability to chronic disease and cancer after middle age. It is now believed that our customary food does not permit the valuable lactic acid bacillus to flourish in the large intestine. On the other hand, harmful bacteria thrive, and produce not only their own toxins but also other injurious matters from food. Some of these poisonous effects damage the endocrine glands. In time this leads to a lower resistance to the common pathogenic microbes, such as streptococci, staphylococci, etc. and these chronic intestinal infections are of importance in rheumatic or other affections, and may lead to cancer. Like so many other investigators, Bach and Wheeler insisted that the more the diet was composed of fresh fruit, salads, nuts, cereals and dairy produce the less the bowel suffers from the products of putrefaction. In a large number of their patients under treatment it was found that sleep was more restful, energy increased and fatigue diminished. Any person making an experiment with these regimes, will find after a few weeks that the fæces become more yellow, soft, odourless and acid in reaction. This acid reaction confers two benefits: firstly, it tends to prevent the growth of harmful bacilli and secondly, it prevents the bacteria from producing those toxins which are abundantly produced in an alkaline medium.

* *Chronic Disease*, by Doctors Bach and Wheeler (Lewis & Co.).

Dr. McDonagh declares that preservatives ought not to be allowed, and refining should be made a punishable offence. No food should be frozen, but this applies more to animal than to vegetable foods.

Salt in Food.

A little salt is necessary for the human body but any surplus is excreted, causing irritation and extra work to the kidneys. Doctors forbid the use of salt in several diseases, such as cirrhosis and nephritis, certain skin diseases, and even tuberculosis. Taking the salt habit from childhood many people eat 10 to 20 times as much salt as is needed. About thirty years ago, Dr. James Braithwaite of Leeds, drew attention to the use of salt as a possible factor in cancer. An excess such as may be found in a breakfast of salt kipper, salt bacon and salt with egg may upset the mineral balance of the body, as well as interfere with the regulation of fluid in the intestines. Thus it may lead to dryness in the intestine with obstinate constipation. In addition, salt is also one of the most frequent but unrealized causes of severe headaches. On the other hand, salt in *very* weak dilutions has been utilized by A. E. Baines as a curative application in cancer of the breast. But he uses it in the weak strength of 1 mgm. per litre, and homœopathic doctors who also use salt as a therapeutic measure prescribe even smaller ionic doses.

Although selection of diet needs modifications for individuals, most medical thinkers have considered a non-stimulating diet advisable in cancer. Thus, more than one hundred years ago, the great surgeon Abernethy wrote :—“ General experience sanctions the recommendation of a more vegetable, because a less stimulating diet.”

About the same time, Dr. William Lambe wrote :—“ The spreading of the cancerous disease into the contiguous parts is completely prevented by the use of pure distilled water ; cancerous tumours can by the same practice be removed by absorption . . . by uniting the use of distilled water to a vegetable diet, life may be prolonged and . . . if the disease be incipient and the patient in good health, the cancer may be prevented from even becoming a serious disease at all.”

Benecke reduced the use of proteins and recommended vegetables, especially potatoes cooked in their jackets, which form a good source of potassium. He reported some very favourable results with the complete disappearance of malignant tumours.

Willard Parker, a noted U.S. surgeon with experience of four hundred cases of cancer of the breast, believed the chief cause of cancer was high living and excess of animal food.

Similarly Packard stressed the need for diet rich in mineral salts especially potato skins ; he came to this conclusion : " I can speak with great positiveness that a vegetable, or at least a very bland diet, does check the progress of the disease, and in some cases, now under treatment, has been attended by an alleviation of symptoms, and in a few instances even by a recession of the new growth."

In 1894, Dr. Robert Bell declared he would never operate again for cancer, and his successful methods are now well known though he was for years ridiculed and opposed. He believed that cancer would rarely attack a person whose blood was strengthened by the organic minerals present in uncooked vegetables and fruits. This is the view of Nature Cure practitioners and of a growing percentage of doctors who are firm believers in the healing powers of Nature. Dr. Bell has produced evidence to show that scores of cancer cases (several of which were so severe as to be called inoperable) were cured by his methods, which included individual therapeutic measures and colonic irrigation, in addition to raw vegetable and fruit juices. His views were : " Cancer is the outcome in every instance of prolonged autotoxæmia, and a vitiated blood supply not only acts deleteriously upon the nervous apparatus, but coincidentally with this gives rise to inefficiency of the secretions of every endocrine gland in the body, the natural consequence being an absence of healthy cell metabolism."

About the same time, Dr. C. Duncan Bulkley of the New York Cancer Hospital published a book on the non-surgical treatment of cancer, in which he held very strongly that cancer was a constitutional disease, and the growth a local expression. The orthodox surgical view appears to regard the tumour as a local manifestation of unknown origin, which only needs to be extirpated or treated with radium. Dr. Bulkley also regarded animal protein as a

common cause leading up to the growth of cancer. He frankly condemned devitalised foods, excluded meat foods absolutely from his patients' diet, and only occasionally allowed milk. Cereals, fruit and vegetables were the main items of this regime, and to prove that this was sufficient for the body, he exhibited, at a lecture, a patient weighing 130 lbs. who had been only 89½ lbs. when treatment was started for sarcoma of the cheek.

His experience was corroborated by other physicians using this regime. Finally, Dr. Bulkely asked, "Why then is not this logical treatment of cancer accepted and universally acted upon?" and his answer was:—"The whole profession and the laity will believe and accept it when their leaders in the medical profession more widely promulgate it." His report on 250 cases of cancer of the breast without operation, radium or X-ray (1924) shows remarkably good results. He was also a believer in the value of potassium as a curative agent which he administered to his cancer patients.

Freund and Kaminer.

Similar concepts by Freund and Kaminer, who worked in this country with the help of an American philanthropist and diplomat, Mr. Frederick Pearson, have aroused great interest. They also hold that cancer is a constitutional disease, with its own metabolic characteristics. They found that the blood serum of normal persons was able to destroy cancer cells, but cancer patients' blood had lost this power, which they considered due to the presence of saturated dicarboxylic acid. They found another substance (unsaturated dicarboxylic acid) which was specific to cancer serum and held to be a protective substance for the cancer cell. Freund and Kaminer showed that this substance was caused by chronic acid fermentation of *Bacillus Coli* in the intestine in the presence of animal fats, and found the *amount was reduced when animal fats in food were replaced by olive oil*. These important discoveries led them to adopt certain therapeutic measures, and a regime which limited fermentative foods and replaced all animal fats, even butter and lard, because they believe that any form of animal fat plus carbohydrates is liable to give rise to a cancer-producing substance in the colon. Only lean meat is allowed; fish is permissible,

except rich types, such as mackerel. Rye flour is preferred by them. Alcohol is barred. They also found that certain enzymes restored the power in the blood to destroy cancer cells, so we may anticipate new methods of treatment based on these discoveries which may add further lustre to their successful results.

Bayer and several other workers have obtained substantial benefits from this regime in cancer clinics, and in addition have observed the importance of this diet as a protective measure. Readers should note that it is certainly striking how most beneficial diets and preventive measures have been on vegetarian lines, and few experts have suggested the value of meat in cancer cases either as a preventive or a curative factor.

Can Excess of Meat cause Cancer?

The treatment of disease by diet is one of the oldest traditions in medicine and it is still carried into practice daily, whether for simple infantile ailments or for adults afflicted with gout or rheumatism. Many people, thinking they are eating the same food as their forefathers, say that "What was good enough for them is good enough for us." Such a statement is palpably untrue for there are many very essential differences between the food of our ancestors and the common diets of today quite apart from the demineralizing of modern foods. Hence custom is not necessarily a good guide, and in many races it has been clearly proved that incorrect customs in feeding have led to an inferior national physique.

There has been a vast increase in the consumption of animal food during the last century. The amount of meat imported has risen from 3 lbs. per head in 1853, to 50 lbs. per head in the year 1903, and among the well-to-do before the war the flesh consumption was estimated at 180-330 lbs per head. Chalmers Watson proved that an excess of meat could induce in animals whose dietetic habits are somewhat similar to those of men, some of the most prominent signs of deterioration comparable to those at present afflicting civilized human beings. He showed that excess of meat enlarged the thyroid gland, that it first stimulated and later exhausted the gland and increased susceptibility to disease. All nitrogen (protein) compounds are unstable, and nitrogen appears to confer on cells

this property of instability and consequently the more rapid growth of cells and their more rapid decomposition.

Ross and Cropper found that the principal "auxetics" (substances which have the power of inducing cell-division such as occurs in cancer growth) are nitrogenous and their action is increased by the products of putrefaction, such as the residues of meat foods in the intestines. Hence many investigators believe that the cause of the cancer problem is connected with the excessive intake of meat proteins.

On account of the high cancer rate in Chicago, Dr. Leffingwell made a special investigation and found the rate among the French and German residents was the highest in the world, and three times greater than in their native lands, and far more than among Italians in the city.

It was found that while the staple food of Italians in Chicago resembled that of Italy and contained a good deal of macaroni, spaghetti, etc., the other nationalities with very high cancer rates, ate large quantities of meats and sausages, canned and otherwise.

It has been scientifically proved that the outward appearance of health does not reflect the reality of health. Professor Newburgh of Michigan University showed that beef protein caused rabbits to grow very large and have the appearance of great vigour. But in fact the kidneys had been intensely damaged as was found by microscopic examination. He obtained the same result from rats on a 25 per cent meat protein diet; Professor Hindhede commented: "I can no longer doubt that a high meat diet ruins the kidneys." The famous American surgeon, Dr. Keen, recorded that 40 per cent of the autopsies he had conducted on young men under twenty who died in the 1914-18 War showed degenerative changes in heart, liver and kidneys, proving that although passed for Military Service, they were not really well.

Most middle-aged persons are unaware that they need less food as they grow older, and the amount eaten by the average person today leads to premature decay as well as waste of food. When people have reached the cancer age, say about 40, the injuries due to over-eating are generally very serious. At this age to take excess of animal protein is a grave offence against themselves. Professor

Hindhede after remarking on the 34 per cent reduction in death rate during the War on account of the food restrictions in Denmark and the increase of cancer after the War, concluded that over-nourishment with foods of high protein content might be one of the main causes, and said " To escape cancer, we must return to the more frugal habits of our ancestors."

Animal Fats and Cancer.

A masterly book by Dr. A. E. Blackburn,* at one time Vice-President of the Royal Society of Medicine, clearly demonstrates that there is absence of gastric cancer in those parts of the world where animal fat does not form part of the diet. In civilized countries cancer of the alimentary tract occurs in a very high percentage of all cases. In all gastric troubles it is recognized that fats should be taken very sparingly, and Blackburn points out that a regular patient in his private practice has never had a case of gastric ulcer or gastric carcinoma, because thirty years ago he recognized the importance of depriving all dyspeptics of fat. The fatty acids act as irritants, and there is interference with all the functions of the mucous membranes, including respiration of the cell. It is also clear that an excess of fats have bad effects on the liver, gall bladder and the pancreas.

The renowned Dr. Bircher Benner, of Zurich, Switzerland, believed there are two kinds of health.

1. True Health, such as is rarely seen nowadays.

For instance, we read of boxers or footballers, outwardly pictures of health suddenly undergoing serious operations.

2. Appearance of Health, incubation of disease phase in mal-nutrition.

This period of incubation, so to speak, where serious disease is being hatched, may last a very long period, during which some degenerative processes such as the following are taking place in the body :

- (a) Acid-alkaline equilibrium turns to acid side.
- (b) Deposits of fat.
- (c) Deposits of urates.

* Cancer by A. E. Blackburn. (H. K. Lewis).

(d) Insidious injuries to capillary veins, verified by special microscope of Professor Muller of Tübingen.

(e) Blood viscosity goes above or below normal.

(f) Abnormal blood pressure, etc., etc.

Bircher Benner was convinced that the *inadequate supply of mineral salts and vitamins*, due to refining and cooking processes, constitutes a basis of all nutritional diseases. With this comes excess of proteins, meats and acid-forming foods (starches, sugars, etc). Auto-intoxication is more than sufficient to disturb the normal physiology of the body, and of course the sympathetic nervous system is also detrimentally affected.

Since excess of protein can cause so much serious derangements, the probability of its connection with the increase of cancer in all flesh-eating races is not conjectural, especially as such a large number of research and clinical workers have proved that a rich diet accelerates growth of tumours, and scanty diet has the reverse effect.

CHAPTER 2

CANCER A DISEASE OF CIVILIZATION

For over a quarter of a century, F. L. Hoffman, Chief Statistician of the Prudential Insurance Company of America, has been studying the cancer problem in its various aspects with a thoroughness which cannot be sufficiently praised. In 1915, he brought out a bulky volume dealing with cancer mortality throughout the world, a work which has become a classic in cancer literature. His latest contribution, published in 1937, entitled :—*Cancer and Diet*, is a survey of cancer in relation to nutrition from the earliest times to the present day.* This work, abounding in medical and scientific data, is also destined to become a classic although written by a layman to whom the profession is now greatly indebted.

Hoffman deals at length with the essential facts of food consumption and the changes which have occurred during comparatively recent years, illustrating the growing tendency towards the consumption of modified or changed food products in contrast with the more natural food products generally consumed in former years. It is held that these changes have introduced many dangerous nutritional factors, the nature of which is, as yet, but vaguely apprehended by the population at large.

Hoffman is absolutely convinced that the underlying causes of cancer are to be found in an excessive consumption of such foods. Statistics show that the caloric intake is too high in cancer patients, who are not in need, in middle life, of so much energy-yielding foods.

It is not so much a question of any particular type of food product, but that all foods are taken in excess. He also points out that the normal body-weight is too high and so are the weight standards relied upon for men and women in adult life. In short, Hoffman has come to the conclusion that the average person in

* *Cancer and Diet*, Frederick L. Hoffman, The Wilkins Co., Baltimore, 1937.

civilized countries eats too much, eats too hurriedly, and often too hot or too highly spiced foods, and too much modified by processing methods. The close relation between constipation, indigestion, gastric disorders and cancer appears to be definitely proved by Hoffman's investigations.

The practical question arises as to what can be done about excessive nutrition in the general population as a safeguard against cancer. It is evident that fundamental changes are called for in the normal dietary habits of the American (and British) population to prevent the increasing loss of life due to cancer.

Popular notions of sound health do not rest on scientific foundations. Many people consider that a certain amount of obesity is a sign of perfect health. They do not realize that a red face and a large abdomen resulting from "good feeding" constitute danger signs that call, not for self-complacency, but for self-discipline. It is significant that cancer patients often enjoy apparent good health and have never been seriously ill before the onset of the fatal disease. The man who looks the "picture of health" often bears the seeds of disease. The appearance is often deceptive and the truest definition of health has been given by a French physician, "Health is the ability to resist disease."

Hoffman points out that abundant vitality and excess nutrition demand an outlet in physical activity which in modern life is rarely met with. His views on this question are in harmony with those of Dr. Robert Hutchinson, who stated recently that "over-nutrition has dangers almost as great as those of under-nutrition, though of a different kind."

Modern civilized life does not provide enough opportunities for physical activity and unless there is an adequate outlet for such activity to neutralize any excess of nutrition, conditions for the development of cancer will be gradually established. Hoffman urges us to lower our ideas of weight in proportion to height. He believes about two pounds of weight to every inch in height is a fair index of normal nutrition, and that much more than this should be looked upon with apprehension.

"Over-nutrition" he says "is common in the case of cancer patients to a remarkable and exceptional degree and over-abundant

food consumption unquestionably is the underlying cause of the root condition of cancer in modern life.”

The danger that a nation faces from devitalised foods is more pronounced for each successive generation, for the constitutions of their parents have been enfeebled. Professor Clark writes : “ The full effect of partially deficient diets is only shown when animals are fed on such diets for several generations. This has been exemplified in England during the last century. The number of our defectives have increased on account of faulty eugenics, but at the same time their parents have increasingly deteriorated through faulty nutrition. The effects already produced have caused the Government great concern regarding the national physique, but “ keep fit ” campaigns will do very little good unless accompanied by an improvement in the quality of the diet. Experiments on animals have shown clearly that when these are kept on an incorrect diet, the health steadily declines with each succeeding generation.”

* Dr. W. Tipper, worked for twenty years among primitive tribes on the Equator in West Africa. He is strongly of opinion that cancer is induced by our food. He writes : “ Twenty miles steady walking every day of our lives would hardly justify the amount of meat we daily eat. A lusty, full-blooded primitive savage would hardly escape scot-free. . . .

“ This was the first case (carcinoma) I had seen for two years and I did not come across another single case down in the Delta for many years after, though I was seeing on an average sixty patients a day, besides all the official ranks ; not again, indeed, till I was in charge of a large Coast Station where the conditions of life were changed, *civilization was well advanced, constipation a common complaint, cold storage meat abundant and cheap, and bread a staple commodity.*”

He did not see one single case of cancer among those two million people in the heart of the Niger Delta, and only once came across a case of appendicitis.

“ Their womenfolk were proportionately well developed and

* *The Cradle of the World and Cancer.* (Charles Murray.)

graceful," he continues "They are never happier than when they set out in the morning each with a *heavy load on her head and a piccin slung on her back*, for their journey of five or ten miles to market, forty or fifty in a file. There was one woman trader who frequently passed me on the road with a smile on her face, and a curtsey, a piccin slung on her back and a load of ten pounds in weight on her head; she journeyed between two towns thirty miles apart, and she had done this distance once a week for years. They are, one and all, splendidly set up, and that is what a vegetable diet with a free libation of vegetable oil and cayenne has done for them."

He proceeds to relate the dietary habits of the Boers, whose cultivated vegetables are meagre. "He is driven to animal food for proteins and fat alike, suffers from constipation, chews his biltong incessantly, eternally smokes his pipe of strong Transvaal tobacco, and of course eventually gravitates to Cape Town with malignant disease, generally situated in the buccal cavity, throat or bowel. The cancer-free native makes fowls and eggs the utmost limit of his ordinary animal food intake.

"It has taken thousands of years to alienate ourselves from the normal standard, to reach the present climax when one adult in six is dying of cancer, but at long last Nature can stand our artificiality no longer . . ."

"We commence with infantile constipation with all its attendant misery and mortality . . . and then, following the line of least resistance, we pave the way to malignancy in the adult by the use of drugs."

Many doctors concur in this view. For instance in *The Nature of Disease Journal*, 1932, p. 2: McDonagh states, "Over four million pounds have been wasted upon cancer research, when the nature of the condition should at all times have been obvious, and its prevention solely a matter of proper living."

Dr. Beddow Bayly, in *Cancer—The Failure of Modern Research*, says: "It has become abundantly clear that the cause, or rather, causes, of cancer, are to be sought in the general transgression of the laws of the healthy life, which has become so marked a feature of 'civilization.'"

I now quote from the well-known work by Mr. Ellis Barker on

Cancer,* which has an appreciative introduction by Sir W. Arbuthnot Lane. "Food-fakers and chemists combined are converting an originally healthy and strong race into a race of miserable, dyspeptics . . . They are creating a new race, a race of men and women whose system has been poisoned all along the alimentary canal from rotten teeth and gums sodden with pyorrhœa down to the anus ornamented with hæmorrhoids and fistulas.

"Cancer is caused by chronic poisoning and by vitamin starvation. . . . The civilized nations are suffering more thereby from cancer than the uncivilized and the disease is rapidly spreading, because they live on devitalised food which is unfit for puppies."

Cancer, a Disease of Civilization.

Most authorities agree that cancer in its present huge incidence is a disease of civilization. "Cancer is comparatively rare among savage races." (Dr. F. Lee), and this opinion is endorsed by C. P. Childe, President of the B.M.A., 1923. "It is a comparatively rare disease among primitive races."

Again, "Doctors practising in the colonies, assert that stagnation of the bowels and cancer are both practically unknown among primitive peoples." (*Le Cancer*, by Dr. Victor Daudet, Paris.)

I now give two citations from F. L. Hoffman: "Cancer is exceptionally rare among primitive peoples, including the North American Indians and the Esquimo population of Labrador and Alaska."

"Among Indians of Bolivia, I was unable to trace a single authentic case of malignant disease. All the physicians whom I interviewed on the subject were emphatically of the opinion that cancer of the breast among Indian women was never met with. Similar investigations of mine among the Indians of Arizona and New Mexico have yielded identical results."

Stanley, the African explorer, has also observed the freedom from cancer of the native races. Dr. P. P. Touche, on Health work in the Orange Free State for six and a half years, states: "During the whole of that period I never saw a single case of gastric or duodenal ulcer, colitis, appendicitis or cancer in any form in a

* John Murray.

native, although these diseases were frequently seen among the white or European population.”

Sir Robert McCarrison, refers to nine years of his service in the Himalayas . . . “ During the period of my association with these peoples, I never saw a case of authentic dyspepsia, or mucous colitis or of cancer, though my operating list averaged over four hundred operations a year.” French and German doctors reported similarly from their Colonies.

I could give numerous quotations, but the public should ask the Minister of Health, “ How is it that these medical views are not given more publicity and fuller explanation to the public ? ” Perhaps some Member of Parliament or Women’s Association will take up the question, for so long as individuals write distasteful facts, their work is neglected as the mere opinions of “ Faddists.”

Cancer Rare in Races Eating Natural Foods.

Sir Robert McCarrison has referred to the fine physique of the Sikh eating wholemeal bread, legume seeds, tubers and roots, vegetables and dairy produce, only rarely meat. “ These people are unsurpassed by any Indian race in perfection of physique ; they are long lived, vigorous in youth and age, capable of great endurance, and enjoy a remarkable freedom from disease in general. Cancer is so rare that in nine years practice I never came across a case of it.”

Lt.-Col. H. Halliday, I.M.S., has similar remarks to make. He was Civil Surgeon in India for twenty-two years, and was appalled at the tragic frequency of cancer in all its forms amongst the Anglo-Indians and country-bred Europeans, while the Himalayan coolies and cultivators living in the same hills displayed an almost complete immunity. “ They live in the same climate, breathe the same air and drink the same water, only the diet is different . . . ”*

If these observations, lasting over lengthy periods by noteworthy investigators, have any meaning, they do emphasize the necessity for further reform of food supplies in civilized countries. In the past the conclusions of these scientists have not been presented to the public with sufficient force by those concerned in safeguarding our national health, for reasons best known to themselves, but one

* Also they do not consume quantities of palliative medicines.

reason may be that the facts run counter to the desires of millers and other big food combines.

Dolbey and Moore found practically the same contrasts in the healthy digestive tracts of Egyptian peasants, whose food is almost entirely vegetarian. No salted, smoked, or chemically preserved stuffs are eaten; frozen and chilled meats are not considered by them fit to eat, and degenerative diseases and cancer of these organs are practically unknown among them. On the other hand, the rich Egyptians, who eat processed foods, and have adapted many of our diets and habits of taking palliative medicines, do suffer from gastric and duodenal ulcers, gall stones, appendicitis and intestinal cancer, which are almost unheard of among the agricultural classes.

Although no person of logical mind can fail to connect the degenerative diseases of the civilized races with their deleterious food, our leaders do not even think it worth while to place before the nation the full unvarnished truth—the plain facts on which every one of us can form his own opinion.

For instance, in 1934, out of the total of 64,507 deaths from cancer, there were more than half, namely, 33,097, due to disease of the digestive organs and associated structures. If The British Empire Cancer Campaign, The Medical Research Council and our Ministry of Health can draw no conclusions as to the connection between the intake of devitalised foods and palliative medicines and cancer, we may as well give up all pretensions to words having any meaning and logic making sense. What a pity these Research Campaigns have fallen so largely into the hands of laboratory chemists, instead of those of the practical experienced and world-renowned scientists who preach the true “Gospels of Health.”

The bane of orthodox Medicine.

Those who understand the true nature of “Medicines” realise the baneful role they exert on the nation, especially on sensitive children or delicate adults. Medicines are chemicals, and because prescribed by doctors or advertisements, they do not change their essentially harmful nature. We were taught as children that the doctor would come and give a good medicine to make us well. It takes long, bitter years of experience to extirpate this false idea.

Many doctors know the damage done but they are expected by the parents of the child to prescribe something, and they are not in a very easy position to tell the public the facts. It is no use one hundred doctors telling the truth. That is like a voice crying in the wilderness. Re-education of this type requires the power of Government educational authorities, influential propaganda or large funds for advertising.

During ages of evolution, living organisms have acquired the most marvellous Life Chemistry, which fits them for their sphere in the world. The most complex and delicate reactions are constantly being carried out in a most efficient manner. For such wonderful processes the body only needs :—

- (a) Natural food, air, sun, water.
- (b) Protection from enemies during youth.
- (c) Chance to have plenty of exercise, rest, sleep and reasonable cleanliness.

Civilization confers some of these needs, but it fails to a certain extent in sun and air, owing to our houses and thick clothes. It fails very badly in supplying natural food, and it fails still more lamentably by supplying to human bodies chemicals which are not wanted, which are harmful, and which are the basic trouble of most diseases.

Hahnemann was the first to prove by prolonged tests, the disease producing qualities of medicines. He concluded : “ Substances which nourish the body are called foods. Those which, even in small quantities, can change healthy human bodies into sick bodies, and also can convert sick bodies into healthy bodies, are termed medicines.”

The British Medical Association cannot deny that chemicals (medicines) can cause every type of illness from a sore throat and asthma to epilepsy ; from constipation to paralysis ; from slight nervous disorders to insanity, and cancer itself. Medicines can even cause illnesses simulating the symptoms of bacterial diseases such as cholera.

So wonderful are our bodies that within limits they can cope with great difficulties. They can stand great extremes of cold and heat ;

fatigue and injuries, lack of food. Their powers of resistance vary according to their vitality and constitutional heredity. Provided the stimulus is within the bounds of resistance, the body is strengthened by stresses. During countless ages the body has developed a marvellous Life chemistry to cope with difficulties. But it has not had great experience in dealing with the concentrated chemicals found in medicines.

The vicious circle is something on these lines :—A child is born, not perfectly fit, but considering he may have had a sedentary father and a cocktail-drinking mother—he is remarkably sound because there are wonderful provisions of Nature during gestation to protect the infant from many troubles one might expect. The babe is often handicapped by being put on artificial milk too soon, although in certain cases artificial milk would be better for him than his mother's inferior milk. But it is not the right thing. He probably is fed rather more than he needs, so that he achieves the appearance of health and fatness. Sucking at his mother's breast would be better for the proper development of his face and strength generally than is the artificial way.

As he grows older the nutrition gets worse. White or grey bread, refined sugar, so pure ! Perhaps some devitalised vegetables, and the minimum of hard food or uncooked foods with which he could build up a tough frame, strong digestion, healthy teeth, etc. During all this time he gets recurrent colds. He may take the habit of mouth-breathing on account of adenoids and catarrh and in many cases has his constitution upset by inoculation or vaccination, which, whatever its effect on smallpox (a dirt disease), on some children has a profound constitutional effect the extent of which has been neglected by the medical profession.

What wonder that later he has inflamed tonsils, occasionally bronchitis, often defective eyesight, soft decaying teeth, which handicap his digestive organs throughout life.

On account of these defective teeth: which are further deteriorated by an excessive amount of sweets and chocolates, he likes the soft, pappy foods with which his parents stuff him, and it is very easy to over-eat these soft luxuries. He is then operated for his tonsils or adenoids instead of being properly fed : he receives aperients from

time to time because his stomach is disordered by his food. Tonics and rest follow his operations. Then Mother wonders why he becomes anæmic and he is given "iron" to fortify the blood, although he ought to get iron in organic form from proper nutrition. This constipates him again, and you have a child reduced to a condition for developing appendicitis and a host of other nutritive troubles in later life.

Imagine for a moment if there were no dentists, what would our children do? We and our medical advisers together have evolved a child who without dentists would live in pain and misery with every tooth rotting in his head. Yes, we can thank God for our wonderful surgeons and dentists; but can we thank modern civilization for bringing our children to such a state?

CHAPTER 3

CANCER IS NOT A MYSTERY

It has pleased animal research workers to wrap the "cause" of cancer in a veil of mystery. There is not one Cause of Cancer; there are many Causes, so searching for the Cause is childish. We agree there is a mystery how the cell ultimately turns cancerous, but there is also a mystery as to how the foods you eat and drink are converted into living cells. There is a mystery why fashions in medicine vary year by year, and why last years' rage was discarded without clearly informing the trusting public of the exact reasons, or of the infamous consequences of taking the discarded favourite. There is a mystery why Professors lay down some dictum with dogmatic confidence, and a few years later confess that it was quite wrong.

In past ages all diseases were mysterious and believed to be the result of witchcraft or visitation from gods. Epilepsy used to be called the "Sacred Disease," but Hippocrates said you may call it sacred although you may be quite sure it has some antecedent cause. This is a lesson for us to look for some simple facts and not for obscure reasons. It is a mystery to the Profession why the research workers on small animals continue the same lines of experiments

although these methods have allowed the incidence of cancer and other diseases of degeneration to increase year by year, during the last 40 years. When these men see wild animals living in accordance with Nature's Laws, attaining vigorous endurance without doctor, midwife or dentist, and on the other side they see civilized man neglecting Nature's Laws and suffering all sorts of decay and infirmities, then it is curious they fail to accept the causes of degeneration of which cancer is a type. One of the keys to this mystery is that students are taught at Medical Schools to think in terms of disease and pathology and germs instead of concentrating on health and vigour. Laboratory research workers go beyond that, and spend their time largely producing gangrene, abortion or degenerating tissue in small rodents.

Some scientists have tried to prove that certain micro-organisms can cause cancer, but to explain increase in cancer, these germs would have to be ten times as noxious or ten times more numerous than they were a hundred years ago. It is not logical to imagine that these bacteria will increase with greater rapidity in civilised cancerised countries than in less advanced regions. On the contrary, on account of improved hygiene, all diseases primarily due to micro-organisms, have enormously diminished.

If cancer bacteria existed, they could not be infectious, for in that case their chief ravages would not be confined to elderly and senile people. Neither would it be possible for the cancer in less advanced countries to occur in persons of civilized habits, yet rarely affect the indigenous inhabitants.

Bacteria tend to have less effect on races which for long periods have had to survive their attacks, on account of the improved hereditary body resistance which is set up in the course of time. Thus tuberculosis may decimate tribes which have not become immune. Syphilis is far less formidable than it was in the middle ages, because we have built up better resistance to its ravages, quite apart from the improvement in modern treatment. According to this analogy, the incidence of cancer should be on the wane if it were *primarily* due to a living organism. Finally, cancer statistics showing steady increases over each five year period, make it absolutely impossible to attribute the main reason for its increase to a microbe, for no

organism can increase regularly year by year in the same progressive manner as cancer. Finally, we have no epidemics of cancer which we should expect if it were due to bacteria.

So, although certain organisms may be connected with the final cancerous tissue, the sphere is limited to the ultimate breakdown when the body resistance has been weakened and irritated beyond measure by such action as continued absorption of medicines and other toxins. The soil is more important than the virus. If the chemical balance of the body has been deranged by noxious agents for a period of years, then we have a soil suitable for a virus to thrive. In the case of the physically and constitutionally weak, some ordinary organic disease occurs ; the more robust individual is apt to become a prey to cancer.

Dr. Gye and Mr. Barnard admitted that their cancer virus could only take hold when the body cells have been vitiated by a " specific factor " which is of chemical nature. And this is not the only case in which chemicals are known to facilitate the onset of disease. In commenting on Gye's discovery *The Lancet* on 18th July, 1925, (p. 138) quoted various examples of how innocuous bacteria become harmful when certain chemical substances are administered at the same time.

This phenomenon is termed " kataphylaxis " or defence rupture, and explains how our normal defences become impaired after a prolonged course of medicines.

F. L. Hoffman, L.C.D. (Mortality of Cancer throughout the World) writes : " The proof, so far as can be gathered from a careful consideration of the published evidence, is opposed to this theory of the parasitic cell origin of malignant disease and its spread by personal contact or by transmission from person to person by some carrier at present unknown." Major Greenwood, D.Sc., President of the Royal Statistical Society, in " Epidemics and Crowd Diseases (1935) " concludes that " there is no reason whatever to think that cancer is infectious."

Cancer is not hereditary in the usual sense, though there are certain individual and racial predispositions. When a person develops cancer after long years of exposure to noxious influences, there is no evidence that originally he had a greater predisposition

to cancer than his fellow men, and accordingly there is no reason why he should transmit a cancerous diathesis to his offspring. He is comparable to a man who has been gassed and develops tuberculosis, and not to a man who is tuberculous from early life.

On the other hand, a cancerous or pre-cancerous parent has a vitiated Life Force, and may confer weaknesses on his children who may deviate from the normal. Later on they will develop some disease and if they are associated with devitalised foods and chemicals which disorganise the chemistry of their bodies, then it is not strange if they do develop cancer.

Yet cancer is hereditary to a certain extent. Persons subjected to cancer-producing influences of the same intensity and length of duration, will not develop cancer at the same moment, and some may not develop it at all. This indicates that certain people are more resistant to cancer development than are others. Their immunity is more capable of preventing malignant growth than the immunity of those who succumbed. This is only what we must anticipate from the laws of life. Different people are more or less susceptible to various diseases, of whatever origin, and there is no reason why cancer should differ from other diseases in this respect.

This view depends on the law of survival of the fittest. During bygone ages of evolution, in every living creature there was possibility for a malignant growth to occur. Gradually the cancer age occurred later in life, as the body controls improved in powers of restraint, and cancer became less frequent. It is probable that our remote ancestors went through a long period when cancer was hardly known on account of the excellence of our bodies' resisting powers. But in more recent times, and especially during the last century, our bodies have had to cope with cancer-producing poisons in ever-increasing virulence and quantities. We are therefore, experiencing a formidable recrudescence of this disease because our body controls have not been accustomed to deal for ages with noxious drugs and chemicals. This also explains why cancer frequently follows burns—not only from X-Rays and Radium, but from chronic fire burns. Severe burns are comparatively rare occurrences in racial life, and hence body resistance has not been very efficiently built up to cope with the poisons induced.

The hereditary influence generally is an indirect, but not active, causative factor. Some weakness is inherited, and if the inheritor is exposed to more than an average share of noxious cancer-producing influences, or if his cancer control is less than normal, he may fall victim to the disease. A low degree of inherited immunity also explains why a certain number of young persons suffer from the disease.

The body resistance of different individuals varies with the noxious agent to be resisted. If several men are exposed to arsenic, soot, aniline, tar, paraffin or other cancer producing chemicals, some resist arsenic better than the other, while the same men may be poor resisters to the harmful effects of aniline, and so on. It is therefore clear that body resistance and controls are not only "resistances" to the generic disease "cancer," but they are also resistances towards specific noxious influences. The body does not resist cancer as "cancer" until malignancy has actually developed. Before that time our vital forces are doing their best to check cells from becoming "anarchists" and are also resisting as well as they can by reacting in the opposite direction to every harmful influence. When malignant growth actually occurs, the body is stimulated to fresh curative endeavours by the new conditions and by the toxins of the growth.

It is therefore wrong to claim that "heredity" has no influence whatever in cancer, but its influence is indirect, and would not bring about cancer, without the action of noxious factors, except in rare cases. Practical opinion supports this view, for Life Insurance Companies do not attach importance to the hereditary factor in cancer. More important is that cure can best be obtained by strengthening the "hereditary resistance" which acts through the blood stream.

CANCER IS THE PRODUCT OF DISEASE

Hundreds of causes can induce cancer, which is a manifestation of disease, and not quite apart from all other diseases. Of course cancer has peculiar features of its own, but so has every other disease. Before cancer can develop an individual must deviate

from a state of health for a more or less lengthy period. Cancer is actually the product of disease, but its incidence aggravates the disease tenfold.

When research workers produce cancer by rubbing tar on an animal's skin, what is the condition of that animal a day or two before the cancer develops? It cannot be said to have cancer, and yet it is not normal. It became diseased some time before the cancer developed. Accordingly the cancer is the product of previous disease. Similarly, no person develops cancer without having been ill for some time prior to the onset, even if illness was not suspected. No cancer grows on healthy tissue.

The cancerous tumours induced respectively by arsenic, aniline, tar, petroleum, soot, burns, radium, X-rays and other agents are obviously brought about by different causes, and every cancerous growth has its own characteristics. The conditions which have induced a cancer in one individual are absent in another, whose cancer has been brought about by a series of different causes. The blood of cancer patients is not healthy blood. Since blood nourishes every cell in the body, if our blood becomes vitiated we have every chance of developing some illness. So far as the blood changes are different in every cancer patient, so far have the tissues been bathed by a different blood and the cancers ensuing as disease products are also different, and the treatment of each patient should be individual. In every case the problem is not to destroy the cancer by some powerful chemical or ray, but first to remove the noxious causes which led to disease, and at the same time treat the individual.

Cancer is a constitutional disease although local conditions may determine the site of incidence, and facilitate the final breakdown to malignancy.

When cancer occurs after a long period of chemical or medicinal poisoning, the body forces have for some time been called upon to rectify the inflicted injury. A time arrives when they are unable to do this, the cells break control and a cancer starts. If the cancer were purely local, it could have started much sooner. It now grows because something which was able to inhibit, is no longer so potent as previously, or for some other obscure constitutional reason.

Some people say that because sometimes cures have occurred after early operation, cancer must be a local disease. That is no more true than cutting off a hand with eczema, is a cure. It is probable that before a localised cancer appears, on previous occasions body cells may have run wild, but have been checked by the constitutional controls. Spontaneous cures of minute cancers too small for diagnosis, probably take place far more often than we imagine. But even when cancer does break out, the body controls still fight against its extension. Hence, if at the same time as early operation, a new mode of life is adopted, there is no absolute reason that cancer should recur. On the other hand, operation plus a new mode of life is not as successful as it should be because the system is thoroughly poisoned before the first cancer develops.

There is more than a possibility that the operation and healing of wound, with always some surgical shock involved, has a constitutional effect, and may influence "resistance processes," quite apart from mere removal of the growth. The influence may be favourable and diminish risk of recurrence, or unfavourable and predispose to early recurrence. For all life processes are rhythmical and the pendulum does not always swing the same way in different cases. There are instances of very early and complete removal being followed soon by disastrous recurrence, and cases of incomplete removal followed by entire recovery.

Most cancers develop in late middle age, and are admittedly concurrent with some long-standing toxæmia and chronic irritation. How is it possible for such things to exist without vitiation of the constitution.

Take the case of a mouse or rabbit cancer, induced by tar. First, there is a rapid falling out of the hair, atrophy of the sebaceous glands, thickening of the epidermis, etc. And that is only the beginning. By the time the cancer breaks out, the constitution and blood have been vitiated, so how can one maintain that cancer is purely local? In any case CURE should be constitutional, for the true cure of ALL troubles is constitutional, through the blood, so how can it be otherwise with cancer?

A cut finger is a local injury, but the nerves telegraph to headquarters for assistance, and the body forces send appropriate

remedies, and the finger is healed. The cure has been constitutional, as well as local.

In the same way bronchitis and other diseases are cured by vital forces. When a bullet lodges in some part of the body, in addition to any action the locally injured cells may take, the vital forces of the organism despatch organic agents to help repair and to defend the body from any constitutional harm—so far as they are able. Local cells themselves depend for existence on the organism, and injury to any cell affects the whole body, in proportion to the importance of the cell and the extent of the injury.

This is the great difference between the body and a machine. In the body constitutional disorder brings injury to the local cell, but if the constitution is sound, it is able, within limits, to correct cells which may have become injured by local circumstances. A machine cannot do that.

Conquest of cancer demands more than reliance on the knife or radium ; it involves radical reforms in our ways of living.

We have become sedentary ; we have polluted our atmosphere, and we are far inferior to animals in instincts of nutrition. We have lost the sense of " How to Live." We drink synthetic beverages, eat poisonous and devitalised foods, and consume large meals when we are not hungry. We have such faith in medicines that great businesses flourish on our misplaced credulity. We should frankly admit that pre-cancerous conditions are self-inflicted by our colossal ignorance.

CHAPTER 4

CANCER AND ANIMAL RESEARCH

During the last hundred years, cancer mortality has increased from about 170 per million, to 1665 per million in 1938. When my book "Drugs (medicines and chemicals), the main Cause of Cancer" appeared about fifteen years ago, the death rate was 1425 per million, but as the same deleterious factors persisted on a rising scale, so the death rate also increased almost proportionately, as might be expected. Instead of investigating what these deleterious factors could be, research chemists continued to multiply their experiments on animals.

During thirty years the number of futile experiments on animals rose from 6,136 in 1904 to 50,002 in 1934 during which period the cancer death rate nearly doubled. One is justified in calling these animal experiments futile, when the results have only led to a considerable aggravation of the conditions which existed before spending vast sums amounting to millions of pounds on this method.

Vivisectors have produced cancer artificially in animals hoping this will guide to cure. Frequently they found that animals do not easily become infected with cancer. They gave them preliminary treatments with X-ray or radium to weaken their power of resistance, so this type of research tends to become more and more unnatural.

Animal experiments have also extended, on occasions, to similar experiments in hospitals, on human beings, who are helpless and do not understand what is happening. Parts of their cancers are grafted to other parts of their bodies to see if they will grow, and they have been grafted from the unhealthy breast of woman to the healthy breast. Others were grafted by operation in the abdominal wall, and when some of these tumours grew they were treated with X-rays (*American Journal of Cancer*, Vol. 25, No. 4, p. 830).

The repulsive experiments they conduct on animals have led to

the use of the most objectionable experimental cures, such as grafts of human placenta and ovary ; umbilical cords ; and mixed sera of bloods of several cancer patients. Dr. Beddow Bayly writes* : " Still another curious treatment finds mention in the " Bulletin Acad. de Med.", Paris (110 : 744, 1933). Six cancer patients were given the following mixture in cachets : " cystine, alanine, proline, dried gastro-intestinal mucosa of the pig, rabbit skin, thyroid, testis and suprarenal." None was cured, and three of the patients died within the year.

" There is an extraordinary similarity between the foregoing therapeutic measure and the prescriptions of physicians in the Middle Ages. For instance, in the thirteenth century an English physician, Gilbert, prescribed the following for gout : ' Take a very fat puppy and skin him. Then take the juice of wild cucumber rue, pellitory, ivy berries, juniper, berries, Euphorbium castoreum, fat of vulture, goose, fox and bear, equal parts, and stuff the puppy therewith. Then boil him, add wax to the grease that floats on the surface and make an ointment (*Medical World*, 26th August, 1932).' "

It is impossible to deny the justice of Dr. J. E. R. McDonagh's criticism that : " Calling modern medicine ' scientific ' does not make it any different from what it really is. Medicine was born of magic, it has evolved from magic, and it will go the way of all products of magic. Medicine is undergoing such steadily increasing disintegration as to make it certain that the time must come when what at present holds together will undergo complete disintegration." (*The Nature of Disease Journal*, Vol. III, 1934, p. 244.)

Dr. Beddow Bayly also writes : " Revolting as the modern equivalents of mediæval medicine may appear, that is by no means the sole reason for rejecting them in practice.

" For it has been discovered that one of the hormones derived primarily from the ovary, and called variously œstrin, folliculin, theelin, etc., possess properties which may result in cancerous growths when injected over a considerable period.

* *Failure of Modern Research*. Published by The Health Education and Research Council, 1936.

"It should be noted that the hormones mentioned are manufactured commercially in large quantities from the urine of pregnant women and mares. Hormone preparations from these sources, say the manufacturers, 'have the apparent advantage of containing large quantities of folliculin.' The disadvantages, they point out, lie in the fact that 'large doses of ovarian hormones, particularly folliculin, sometimes give the very opposite results of those sought for and are anything but harmless. They have been known to produce a premature menopause with pituitary lesions.'*

"In spite of these dangers, folliculin is prescribed in several gynaecological ailments, as well as a number of widely differing conditions ranging from baldness in women, retinitis and arthritis, to prematurity in infants.†

EXPERIMENTS ON WOMEN

"When, however, the writer of the above leaflet,‡ assures us that 'No one has dared to attempt similar experiments with human patients,' he is evidently unaware of an article in the *Lancet* of 2nd March, 1935, in which A. S. Parkes, D.Sc., F.R.S., member of the staff of the National Institute for Medical Research, London, stated (p. 485) : 'During the last few years much has been learnt about the aetiology of endometrial hyperplasia by means of experimental work on laboratory animals and, finally, on women. . . .'

"Whether there is any relationship between the condition described as deliberately induced on women and a pre-cancerous condition is an open question, but, in the light of what has been shown to be common knowledge among research workers, there is no question that those who performed the experiments must have been aware of the risk to which they exposed their helpless human victims."

I will now quote Dr. J. E. R. McDonagh in a few passages from *Nature of Disease Journal*, Vol. 1, 1932. "Over four million pounds have been wasted upon cancer research when the nature of

* See leaflet, "Crinex," issued by Continental Laboratories, Ltd., pp. 4, 6.

† See "Hormones," issued by Continental Laboratories, Ltd., October, 1933, p. 12.

‡ *Urinary Folliculin and Cancer*. Continental Laboratories, Ltd., June, 1935, p.3

the condition should at all times have been obvious, and its prevention solely a matter of proper living.

“ Cancer, arriving in the way it does, has no known single cause. This being the case, it would be infinitely better to spend the money, now being wasted in research planned to seek for a cause which does not exist, by instructing the public how to live.”

And Dr. Beddow Bayly's conclusion : “ It has become abundantly clear that the cause, or rather the causes, of cancer are to be sought in the general transgression of the laws of healthy life, which have become so marked a feature of civilisation.”

In January, 1936, the Editor of the *Medical Times* (p. 3) wrote : “ The wasted time and energy over the modern lines of cancer research are greatly to be deplored. We are sorry to think that so many able research workers are being tricked into believing that the cause and cure for cancer will ever be discovered by animal experiment.”

It would almost appear that the animal experimentalists do not want to find out self-evident facts. What a wretched business that these men should depend on charity research funds for their living, and not be paid servants of the State, specially selected for their brilliant intellects, like High Court Judges.

Although the public and Press have not yet realised the fact, medical opinion has, of recent years, strongly condemned Laboratory Research. Take for instance, the following observations from the *Medical World*, 24th July, 1935. “ Nor is this failure of cancer research to be wondered at, for it has all along been carried out on entirely wrong lines . . . and still these experiments go on, and more and more time and money are wasted in carrying them out. . . . We submit that cancer research is being conducted on entirely wrong lines. . . . Cancer research may afford a means of occupation for a number of medical men and others who might otherwise find it difficult to earn a living owing to their scanty knowledge of the treatment of disease.

“ Modern cancer research, we submit, has failed to throw any light whatsoever upon the causation or treatment of this disease. This is not to be wondered at when we come to consider the utterly absurd methods used by research workers . . . 107 rats were in-

fectured by way of the testis or ovary with a variety of substances including phosphorus, alcohol, ether and silica. . . . How absurd this whole business, and to what unnecessary sufferings was this small army of rats subjected by this experiment. This certainly is not the manner in which cancer is produced in the human subject, nor is it produced by tar injections. . . . We are not antivivisectionists, but we have humane instincts, and we shall, as members of an honourable profession, continue to decry the infliction of suffering on the lower animals in the name of medical science. Cancer research, as at present conducted, is causing untold suffering to myriads of animals. If it resulted in the cure of cancer there would be some excuse for it, but this is not the case, and therefore we submit it is unnecessary and immoral. . . . We shall not rest until we have been instrumental in sweeping away this great laboratory obsession. . . .”

INOCULATION FACTOR

Some attribute cancer to vaccination. The percentage of those vaccinated rose to nearly 100 per cent., when compulsory vaccination was in force, but has dropped to less than 40 per cent. If vaccination were the main cause, cancer would now be on the decrease.

Dr. J. H. Clarke stated : “ It is not uncommon to see ‘ cheloid ’ develop in vaccination scars, and cheloid is on the borderline of malignancy, and may easily pass over it.”

Herbert Spencer held that it was folly to assume that vaccination changed the constitution in relation to smallpox, but not in other respects.

Since the Minister of Health informs us that a few deaths occur yearly from vaccination, it follows that many children suffer *latent* illness, not amounting to death, from the effects thereof. A doctor refused to vaccinate a girl on her leg, as he said this was apt to cause varicose veins. How many cases occurred before he arrived at this conclusion, and if varicose veins, why not other troubles ?

But while smallpox vaccination has diminished in England, inoculation of all sorts of other vaccines has increased enormously, together with serums and anti-toxins. It is, therefore, clear that

smallpox vaccination, which *only occurs* once or twice in a lifetime cannot be given special blame, though the harmful effects may never entirely disappear in susceptible persons. Vaccines do follow in a crude manner the "Laws of Similars" and accordingly can assist prophylaxis and can bring about curative results. Yet these massive doses of disease-producing substances are far from what Hahnemann taught, and they are not devoid of serious danger.

It is important the public should understand these matters, so I will give an example taken from the standard work by Cushny on Pharmacology. "When a foreign protein is injected hypodermically, or intravenously, the animal after about 15 days shows an extraordinary sensitiveness to any subsequent injection of the same protein. Very small quantities suffice to cause alarming or even *Fatal* collapse in MAN and some animals, while in others (e.g., the guinea pig) the second injection proves fatal by immediate constriction of the bronchioles, which leads to asphyxia. This sensitiveness is very specific, for each protein, and last in man for many years, perhaps through life. Thus a person who has once received anti-toxic horse serum may be **FATALLY** poisoned by a second treatment with horse serum, **EVEN AFTER MANY YEARS**, but will show no reaction to treatment with the serum of other animals."

Dr. A. S. McNeil, in "The Cancer Mystery Solved" states that tissues become more or less sensitised by serum injections, and once that has occurred it is difficult to say whether they ever entirely recover, so serums may affect people in unknown ways many years after. In some instances these reactions cause gradually increasing damage to some trophic nerves, eventuating in loss of control, which may be the turning point for malignancy.

In this connection a correspondent to the *British Medical Journal* in its issue of 19th February, 1927, writes:—"What Nature has taken centuries to accomplish . . . artificial immunization attempts to accomplish abruptly by profoundly modifying the vital fluids of the body . . . Nor can we ignore entirely any possible ulterior results that may supervene after injection of some millions of dead micro-organisms in to the tissues of a healthy individual."

While we shall not find a direct causative factor between inocula-

tions and cancer, it is not denied in medical circles that in one way or another such treatments do induce degenerative changes in vast numbers of patients, and in course of time such degeneration leads to organic disease and in a certain proportion of cases to an ultimate cancer. So we would be wise to reflect on the words of Dr. John Cope* : "In considering the predisposing causes of cancer it soon becomes obvious that however varied they may be, their action is of one kind. All without exception act by degenerating."

Hence we need to examine what are the degenerating factors, and require a Citizens' Chamber of Health which will insist on public scientific and judicially conducted inquiries into certain abuses ; and we want a second Medical Research Council which will have equal authority and expose mistakes in orthodox research.

* Cancer, Civilization, Degeneration by John Cope, H. K. Lewis and Coy.



CHAPTER 5

CHEMICALS A CAUSE OF DISEASE

Every substance has a chemical nature. Thus foods strictly speaking, are "chemicals," but not in the sense generally understood, namely, to describe the sort of substance one buys in a chemist's shop, or is used in industries, such as to dye or bleach. Those chemicals, which are not foods, are all more or less injurious to the human cell. Curiously enough, many substances which are foods in their living organic form, may become harmful when consumed in their dead inorganic form, especially if too much is taken. Simple instances of this are iron and calcium. Both these are essential to life, but inorganic iron as used in medicines in large doses can do a great deal of harm. Inorganic calcium as contained in National bread may be taken to excess with prejudicial results.

Every chemical, which can be absorbed by the body, has the quality of altering body secretions, and these changes may be more or less harmful. The effect usually wears off, but if a chemical is constantly absorbed, a chronic state of abnormality or irritation is set up. Although the body may try and compensate, in most cases organic disease eventually results. Doctors have proved by lengthy experiments on healthy human beings that most medicines are disease-producing. Given the orthodox dose, the time taken to produce chronic disease varies according to the individual constitution, its capacity to eliminate, and its sensitiveness to the drug.

Many people, who have taken various alkalis for years to overcome pains in the stomach caused by acidity, may regard the statement that medicines cause disease as ludicrous. In the end, sooner or later, the chemicals will prove my contentions, and these people will appear eventually in a nursing home, but even then will not truly understand how they come to such a plight. Food is food, but all other chemicals tend to disturb the intricate balance of our secretions, thus causing faulty nutrition and disorders of meta-

patent medicines. In recent years they appear to be prescribing large numbers of proprietary remedies themselves, if we can judge by the shelves of chemists' shops crowded with quantities of drugs which come and go with the wind of medical fashion. Generally, only those supported by large sums for advertising remain, but not even that always avails. It is not important whether a medicine costs one penny and is sold for a shilling, or whether it costs 1s. 6d. and is sold for 7s. 6d. The object is similar, namely, the relief of symptoms, which are not the real cause but merely the results of disease.

As a result of incorrect food and palliative medicines, the average adult is in a condition of chronic wrong functioning, which accounts for the high percentage of unfits for military service. Functional disorders give abnormal sensations and in time lead to organic diseases. Before such grave troubles appear, some wrong functioning, difficult in early stages to trace by diagnosis or analysis, has been going on maybe for years.

The effect of medicines is also to create disorder, unknown to the patient, in one or more functions.* If the same medicine is continued, this disorder gradually increases until it is also expressed in abnormal sensations, meaning vitiation of the life-forces.

Doctors console patients by saying "It is only nerves" or "You have only some functional trouble." One may have palpitations of the heart, but if no structural alterations can be found, this is just "functional disorder." A woman may have pains or profuse bleeding at her periods, but she only has some "functional disorder." Nerves, insomnia, irritability, depression, may be functional disorders, but they often indicate that nutrition is incorrect and organic disease is on the way.

Functional disorders gradually intensify until some identifiable disease occurs, such as diabetes, ulceration, neurasthenia, tuberculosis, or cancer.

Doctors are generally agreed that the causes of cancer are (a) long acting and largely lie in civilised habits and must be deleterious to the body cells.

* E.g., a sedative partly paralyses some nerve.

(b) The causes are not infectious or brought by germs, but they have been constantly on the increase for many years and must be consumed or absorbed by the body.

(c) The causes are probably of the same nature as other substances which do produce cancer, and these are known to be chemicals.

Knowing the above points, why do research workers continue to perform, on millions of creatures, researches which have little resemblance to the actual causative factors known? The factors which do remarkably coincide with the above known causes are devitalised foods, medicines, and chemicals used in industry and in processed foods.

Vaccines, serums, etc., are able to derange function, and induce degenerative diseases, or even acute disease and death. They are only one type of crude medicine, worse than some, possibly better than others, because not often administered.

Medicines can bring about all known illnesses, for example :

- (a) Constipation eventually induced by all aperients, although this action is concealed by the first violent effect.
- (b) Increased acidity, irritation or ulceration induced by all alkaline stomach powders, but this action is concealed by the primary soothing effect.
- (c) Gastritis by arsenic, insomnia by coffee, epilepsy by absinthe, hæmorrhage of the womb by ergot ; degeneration of bones and tissues by mercury ; neuritis and paralysis by lead.
- (d) Our mental asylums are increasing their number of inmates, not only with born defectives but because medicines cause mental troubles. Thus the bromides, of which some fifteen million prescriptions are given yearly can bring depression and desire for suicide ; opium can cause loss of moral rectitude ; stramonium can lead to mania, and many other medicines bring on special nervous symptoms.
- (e) Medicines easily alter all normal functions, e.g. suppress or stimulate secretions of saliva, perspiration, milk, etc. and damage the integrity of the endocrine glands.

Where normal functions have been altered for a period the stage is set for every description of organic disease.

After the Sanitary Inspectors' Conference at Rhyl, the *Morning Post* of 7th September, 1923, reports : " Medical experts said the effects of drugs in food was an undetermined factor and must ultimately end in death."

Chemicals are more or less harmful according to individual idiosyncrasies and amount taken. Often the harm is not noticed for years, and even then is not attributed to the chemical taken. Most people believe medicines do no harm, but the evil sometimes not noticeable in the parent is often visited on the children, who may be nervous or otherwise unfitted for the strain of life. Tobacco has been associated with cancer. It is suggestive that cancer of such parts as lip, tongue and mouth is far more prevalent in men than in women. The connection may be chiefly burns or the chemical ingredients, or possibly a combination of these factors. All chemicals have their harmful action, which is intensified or diminished according to the individual constitution.

Many temperance drinks, ginger-beer, lime-juice and other beverages, such as tonic wines, contain harmful drugs. Even alkaline table waters cannot escape their share of blame. After selling quantities of chemical lemonade at the Derby race meeting at Epsom, vendor poured the unsold balance on the turf where, I observed the next day, it had burned a large dark brown patch. This is what a thoughtful Medical Research Council allow our children to drink. Chemical cocktails and pick-me-ups are also modern abominations.

We sometimes read of injurious results from cosmetics, and when a drug is capable of doing grave harm in certain instances, it can do lesser and unnoticed harm in many other cases. Sir James Cantlie wrote : " Certain kinds of powder in time poison the system and affect the digestion. One finds many kinds of poisoning from hair dyes, and they considerably affect the digestions of those who use them." The *Daily Mail* reported the case of a woman who was made ill for six years by a freckle cream. The doctor's diagnosis included rheumatism, neurasthenia, hysteria, disturbance of thyroid and other glands. The ointment was found to contain

mercury. All chemicals have dangers for susceptible people. The following was also reported : " Mrs. Joxeph Drexel Paul, one of the most prominent women in Philadelphia, is in a critical condition from throat poisoning, due to the use of cosmetics. Her case is by no means rare. A number of schoolgirls suffered from a similar affection caused by the use of lipsticks on chapped lips." Many tooth powders and concoctions do harm by injuring the enamel and thus causing decay.

Some years ago, Sir William Wilcox estimated there were over a million " dope addicts " in the United States, many of them *under twenty*. In many instances the origin could be traced to a doctor's prescription. Take the symptoms due to cocaine, for instance. After a more or less painful beginning, intoxication is clearly observed. Sensitiveness of skin disappears. Limbs are numbed and the sick person feels as if vermin were crawling over his body. Then comes troubles of sight, hearing and smell. The heart weakens, angina pectoria appears, the body becomes thin, the breath fœtid, and then follow frequent vomitings, delirium, ideas of persecution and other hallucinations. From sniffing the powder the nose ulcerates, the partition perforates, and necrosis sets in. The organism thus weakened becomes an easy prey to all infections, especially tubercle.

The habit of taking pain killers and hypnotics is only less harmful in degree, and is largely due to the lack of true curative principles in medical practice, one of those gigantic flaws to which Sajous referred.

A large number of " individual diseases " occur in those persons who are obliged by their work to make use of chemicals. Not only lead, arsenic, aniline, paraffin, nitro-glycerine, etc., poison those who have to use them, but every industry connected with dyes, drugs or chemicals has its own occupational disease. Industrial chemicals, like medicinal chemicals, all have their noxious characteristics, and many produce cancer.

One would have thought that bakers had a harmless trade, but they are subject to a form of skin disease called " Bakers' Itch." The Chief Medical Officer of Health writes : Contact with sugar accounts for a considerable proportion of genuine cases, while in

a few instances strong salt solutions and 'cream powders'* have been responsible." I give this as an example to show that chemicals are put into our food, which when used over a long period, tend to produce disease. Some persons are more susceptible than others, but even where definite disease has not developed, the constitution is often affected and rendered more prone to disease. We must remember that disease comes on slowly, and in the early stages no diagnosis can classify it.

The village smithy and the plumber's or tinsmith's shop may not be so harmless as supposed. From researches of more than a quarter of a century, Dr. James Gairdner, an English Health Officer, concluded that "nearly invisible hot fumes, spreading from the chimneys of these workshops, carry a considerable charge of benzene and naphthalene, with manganese and other metallic-poisons; and that the inhalation of these vapours tends to affect the skin, the respiratory and nervous systems. The eventual result may be some form of skin disease, rheumatism, pneumonia, or even cancer." Workers are affected by a large number of poisonous substances, many of which are extremely insidious. We can avoid many of the risks by taking due precautions, and previous Medical Officers of Health have done much to help. Active chemicals or medicines are by nature poisonous, sometimes even in extremely small doses, as for instance lead.

Medical Prescriptions.

The following question was asked at the Faculty of Medicine examination, University of London in October, 1941: "What ill effects may arise from the administration of therapeutic doses of Iodides, Digitalis, Neo-arsphenamine, sulphonal and sulphapyridine? Indicate how they may be prevented or minimised?" This recognition that medicines are pathogenic is a big step towards progress, even if belated. Considering that Medical literature is full with instances of disease and sometimes, death from medicines in normal doses, it is unnecessary to labour the point

There would be no basis for the science of Homœopathy were it

* Misleading trade names such as "cream powders," milk of magnesia, fruit salts, should not be permitted.

not for the fact that minute doses were adopted in order to avoid their poisonous effects and also to evoke a favourable vital reaction. Thousands of doctors could give evidence to this effect from every country in the world. This is not an opinion and no mere verbal refutation is of any value, because the truth has been clearly proved by the only scientific way "trial."

CHAPTER 6

MEDICINES, ONE OF THE MAIN CAUSES OF CANCER

In many respects, Cancer is not a mystery. It chiefly occurs as a disease of civilization, and a vast majority of the cases are avoidable. Cancer generally is caused by unnatural habits and customs such as prolonged, denatured feeding of human bodies, combined with chemical medicinal palliatives.

In the old days, large doses of medicines and other drastic treatments killed patients comparatively quickly, so they hardly had time to develop cancer. Nowadays medicines are given in carefully graduated doses, which have such insidious results that many symptoms actually due to the medicine are taken as developments of the disease. This reduction of dosage, plus sanitation, hygiene, and surgery, has helped to add years to the expectation of life, and this is taken as proof that "National Health" is quite satisfactory.

In Britain, mortality from cancer has increased with almost mechanical regularity from :

173	per	million	living	in	1842
471	1875
829	1900
967	1910
1,166	1920
1,454	1930
1,563	1934
1,625	1936
1,633	1937
1,665	1938

That means the apparent increase has been nearly tenfold during the last hundred years and has been exceedingly large even after allowing for better diagnosis and more people reaching the cancer age. The regularity of the increase proves clearly that the "causes" are deleterious factors in the life of civilized communities, and these deleterious factors must also have been gradually on the increase proportionately to the increase in cancer.

Dr. Albert Ochsner, President of the American College of Surgeons has computed that more than 100 million people living today are doomed to die of cancer, and surely it is time to change entirely the present system of Research on animals which has been accompanied by a constant increase every year it has been in force. This opinion is held by many distinguished medical writers, such as J. E. McDonagh (*Nature of Disease Journal*); Editor, *Medical World*, issue dated 24.7.35; Editor, *Medical Times*, see issue, January, 1936; Hastings Guilford (Hunterian Professor); John Cope (*Cancer, Civilization, Degeneration*), and numerous others. Research should be directed towards those factors which are known to give strength endurance and nerve stability, as observed in certain, races of mankind, and which keep these races practically free and immune from cancer.

People think that we must look for *the* cause of cancer, as if there were only *one* cause. There are hundreds of causes. We should regard cancer as a manifestation of a state of disease, and not as a condition quite apart from all other diseases. Of course, cancer has peculiar features of its own, but so has every other disease. Before cancer can develop, an individual must deviate from a state of health for a more or less lengthy period. Cancer is actually the product of disease, but its occurrence seriously aggravates the disorder which preceded it.

Cancerous tumours induced respectively by arsenic, aniline, tar, petroleum, soot, burns, radium, X-rays and other agents are obviously brought about by different causes, and every cancer is different.

Every doctor should know that cancer, as seen today, is largely a disease of civilization and one would have no difficulty in finding three hundred doctors who know, and would give evidence of the chief causes of cancer, even if the ultimate microscopic changes

preceding the formation of the malignant cell may go without recognition for many years to come. The causes of cancer are as evident as when a man is banged hard on the head with a poker, and in such a case it does not much matter what microscopic changes in those mangled brain cells caused death, or what infinitesimal change turned the already diseased cell into a malignant one.

The final change from a degenerative cell to a cancer cell may be beyond present knowledge. This is not really important for there are many things scientists have not yet discovered, and the more they realize how much more there is to learn. They have not fathomed the ultimate mysteries of the atom. They can not even grow a single hair or finger on the body, yet many of them fail to follow Nature who can produce giants and geniuses, peaches and scorpions. The causes of cancer will only remain mysterious while we think in terms of disease and death instead of vitality and life.

Medicines can cause every type of chronic disease, from epilepsy to insanity, paralysis and cancer, and these effects can be induced in susceptible people by doses smaller than usually recommended in the British Pharmacopœia.

It is not my intention to put special blame on medicinal prescriptions, for an intelligent doctor should know when to stop the medicine. For instance, a patient takes a drug for constipation and may develop a fissure, colitis or piles, but he does not realise that these troubles may have been caused by the medicine. As, however, the drug does not appear to "agree" a new specific is tried. In this manner we have arrived at "Therapeutic Nihilism," which means that the great majority of doctors have become very sceptical about the curative effects of medicines, and consider them useless or even pernicious.

Surely, some think, the chemical laboratories can turn out "health-giving medicines" on the latest scientific principles. If it is so, then observe how frequently fashionable drugs are discarded for something which did not have the *disadvantages* of the previous favourites! It is the constant drugging of every description which gradually upsets every normal function, disorganises every body secretion, gives rise to inflammation and irritation, and finally after a long period, reduces the body to a condition entirely

favourable to malignant growth, and to many other diseases. Even the latest favourites are now suspect. For instance, in the *Lancet*, dated 11th January, 1941, we read : " All really potent drugs seem to be two-edged weapons, and the Sulphonamides are no exception. Of the toxic effects of these drugs, those on the blood cells are rightly dreaded. Agranulocytosis is often fatal and methæmoglobinuria and anæmia are always liable to appear if treatment is at all prolonged." In the *Vaccination Inquirer* dated 1st May, 1940, we read that a memorandum was issued by the War Office to all officers of the R.A.M.C., setting out some results to guard against in treatment of wound infections. Among the mild reactions " cyanosis, acidosis, drug fever, dermatitis, dizziness, headache, leucopenia, hæmaturia (M and B 693 only) jaundice and neuritis. Among the serious reactions are agranulocytosis and hæmolytic anæmia." We thus have the peculiar situation of Research Institutes stating that certain coal tar products are potent causative agents of cancer : that the War Office, Medical Journals and doctors warn us of other serious results which easily lead to severe diseases of degeneration, yet at the same time we have the Medical Research Council, hospitals, doctors and others encouraging actively or passively the use of medicinal and even food preparations from similar origins. What a muddle !

A few years ago statistics were given to show that 500 million aspirin tablets are consumed in England annually. The output of a single firm was 56,000,000 tablets of cascara, and 70,000,000 aspirin tablets, and these were only two out of two thousand preparations manufactured by that firm. It produced more than a quarter million gallons of liquid medicaments, 800 tons of " health salts," 700 tons of tinctures, extracts and so on.

The increase of medicines consumed has been tremendous during the past century and the rising mortality from cancer has been in proportion. At last we begin to understand why laymen must take a hand in the investigation. One cannot blame the public for the present state of affairs. Sick persons and those in pain will take any remedy they fancy may afford them relief, and do not realise that frequently they thus render their cure (apart from mere palliation) more difficult. Of course, by suppressing symptoms, drugs

appear to do good for a time, and this palliative action further strengthens the patient's "belief" in the health-restoring properties of medicines. When the bad effects of the "remedy" begin to appear the patient believes them to be an aggravation of his "disease," so buys other drugs and thus continues the "Dance of Death."

CHEMICALS, INCLUDING MEDICINES, ARE MAIN CAUSES OF CANCER

SUMMARY

1. A tenfold increase in cancer mortality during the last hundred years even after allowances for better diagnosis and more people reaching the cancer age is still formidable. This occurred in spite of improved hygiene, radium treatment, X-rays and cancer campaigns, better nursing, doctoring, and surgery. Hence the main causes must be widespread deleterious factors in modern life. These causes must also have increased proportionately to the increase in cancer, and they must have been absorbed or assimilated in some way by the body. The only factors which come in this category are faulty national nutrition, industrial chemicals and medicines.

2. Subjects of faulty nutrition fly to the medicine bottle for relief.

3. It has been proved by scientific testing that regular taking of most medicines causes marked deterioration of the human organism. They induce deep seated abnormalities in the body chemistry.

4. Cancer is one of many diseases due to chemical imbalance. Chronic irritation and toxæmia are notable features of the disease. No factor can produce these conditions so easily as chemicals, including medicines. Scientific medical provings show that medicines can cause every disease from constipation to epilepsy, insanity, paralysis and death. Why not cancer ?

5. Actually they do cause cancer, for, apart from rare parasites and burns, which also alter the body chemistry, the known cancer producers are always chemicals, for instance, aniline, arsenic, soot, tar, benz-pyrene, paraffin, X-rays, radium, etc. Others are coming

to light, viz. zinc, copper, tin, nickel, aluminium, etc. Not long ago, many chemicals now known to cause cancer were not suspected. Homœopathic doctors have deep suspicions of many others. It is undisputed that numbers at present unsuspected, will be definitely connected with cancer, more especially those from the coal tar group, or preservatives as boric acid, alum and tanning agents. (See Cancer by H. J. de Woolf).

6. Bacteria cannot be basic cause, for cancer generally spares the young which bacteria do not. Cancer in general shows a long period of cell deterioration, and mostly occurs after middle age, showing long acting causes.

CHAPTER 7

THE DANGERS OF RADIUM ALUMINIUM, AN ENEMY IN THE KITCHEN

In 1938, Parliament authorised the Ministry of Health to lend £500,000 to the National Radium Trust for purchase of radium and apparatus for treatment but the excessive profiteering in the prices charged for radium was not exposed by the Ministry of Health. Moreover, extended use has clearly proved that radium therapy has not only raised false hopes, but caused intense needless suffering.

In addition to destroying cancer cells it also damages normal cells. These injuries may occur long after treatment and are not always attributed to the true cause. H. S. Souttar, Surgeon of the London Hospital, states : " It cannot be too widely recognised that the use of radium is attended by very definite dangers. . . . Even the most experienced operator will occasionally be surprised by excessive sensitiveness of the patient's tissues, and by a reaction altogether out of proportion to that which experience has taught him to expect. . . . Delayed radium necrosis may appear several years after treatment. . . ."

The famous Mayo Clinic, Rochester, U.S.A., in an analysis of

* *Radium and Cancer.* H. S. Souttar.

259 cases of radio-dermatitis, reported that 14 per cent. of the patients developed their injuries while undergoing radio-therapy for cancer, while approximately 10 per cent. of the patients developed cancer at the site of the X-ray or radium dermatitis.* What folly when the treatment for a minor ailment inflicts a major disease like cancer on the patient !

In his book on Cancer (1935), Dr. Mitchell Stevens, of the Cardiff Royal Infirmary, condemns radio-therapy in these words : " I do not think that irradiation treatment is rational."

RADIUM FATE OF LONDON SURGEON

The Medical Research Council and Minister of Health cannot escape blame for concealing from Parliament and the public damaging facts which they should have known. For instance :

Dr. Percy Furnivall, Consulting Surgeon to the London Hospital was given X-ray treatment and radium therapy for a small cancer on the left tonsillar fold, and gave his personal experiences : " I would not wish my worst enemy the prolonged hell I have been through with radium neuritis and myalgia for over six months. . . . "†

The ensuing correspondence in the medical press proved that radium necrosis, neuritis and myalgia were still of frequent occurrence. Finally Dr. Furnivall wrote : " I am surprised at the number of letters I have received from strangers about radium treatment following the publication of my own case. These letters show that disastrous results occur more frequently than I had any idea of, and that patients are not told before hand of the possibility of such results.‡ Soon after, Dr. Furnivall died from his cancer, so these frightful pains were of no avail.

Several practitioners concurred with Furnivall's conclusions. One wrote : " For three years all my cases of faucial cancer were sent for radiation treatment by recognized experts. The results were distressing. Though in some there was initial notable im-

* *British Medical Journal*, Oct. 2nd, 1937.

† *British Medical Journal*, Feb. 26th, 1938.

‡ *Op. cit.*, Mar. 12th, 1938.

provement in the malignant condition, all relapsed, all suffered severely with pain—some intensely, requiring large and frequent doses of morphine—all had necrosis of soft and body tissue, and all died within a year except two. (These two died from extensive necrosis within two years.)*

A Scottish authority then summed up the situation: "The elimination of cancer from certain positions by radio therapeutic treatment may be associated with such a degree of persistent pain that survival may scarcely be desirable."†

A surgeon pointed out that "surgery does not introduce a new disease. Radium, however, may cause œdema, burns, necrosis of soft and bony structures, even osteomyelitis."‡

It was sad that Madame Curie should have died of radium-anæmia, but it is most alarming that the medical profession (commercial side) with the support of the Medical Research Council should have applied her brilliant discovery with such disastrous consequences. Recently we read of how Dr. Vaillant died in Paris as a "martyr to science and radium radiations." These tragedies are not really "martyrdoms to science," but "martyrdoms to ignorance of the simple fact that all medicines and chemicals primarily degenerate living cells, though some are very slow in so doing."

An acquaintance of mine had radium treatment for a skin eruption on the nose. Some years later necrosis of the bone took place and a skilful operation by one of our best plastic surgeons took place. During the next two years the rotting of the tissues and bony structures continued entailing fresh operations each time the necrosis started again. This dreadful series of operations necessitated two or three years of nursing homes, and cost thousands of pounds. At one stage the surgeon asked her husband: "Has your wife had radium treatment?" On his reply in the affirmative he was told: "I thought so, because I have had numerous similar cases." Yet some people have tried to give the public the

* *British Medical Journal*, April 2nd, 1938.

† Op. cit., April 16th, 1938.

‡ Op. cit., June 4th, 1938.

general idea that we only need sufficient radium to combat all the ravages of cancer.

SIR LEONARD HILL ON RADIUM

On the 22nd November, 1939, Sir Leonard Hill, F.R.S., Director of Research to the St. John Clinic, threw out a sweeping challenge, in a paper read before the Royal Society of Arts. He said : " The world would, I think, be little the worse off if all the radium in the country now buried for security from bombing in deep holes, remained there. Very big monetary influences will cry out against this.

The use of radium for the treatment of cancer has resulted in not a few cases in the production of intolerable and unrelievable neuralgia. . . ."

On the 23rd November commenting on this the *Daily Telegraph* wrote : " One of the greatest cancer authorities in this country said (Sir Leonard Hill has stated an extreme view, but it is largely true. . . . For the generality of tumours radium has proved to be dangerous. . . .)" Today, surgeons will tell you quietly that many of them share his view, but they do not speak about it outside.

Dr. G. F. Stebbing, formerly Medical Secretary to the Radium Commission, then tried to defend the case, but his excuse was no better than the crime. He is reported as saying : " It is perfectly true that some patients have suffered ill-effects from radium treatment, but it is also true that some people have suffered from the ill-effects of *every kind of new treatment* when it is first being used." This substantiates my main contentions throughout, and naively explains why treatments are changed like fashions, and why hardly any treatment can survive for a longer period than a decade.

On the 30th November, 1939, Sir Leonard wrote : " By the rays it gives off radium destroys living cells, and it particularly effects cells which are actively dividing, so it can be used to destroy fast growing cancers, but only in those parts of the body to which it can be directly applied. While destroying cancer cells radium does harm to such normal cells as also are affected by the radiation. . . . For many years radium has been exploited by those who make money

out of it." Not the miners of radium ores, for they have a very high death rate from cancer, but the owners.

Dr. Mark Clement translated *The Secret of Life**, by Georges Lakhovsky, the eminent Russian scientist. He exposes some of the dangers in his brilliant appendix, from which I quote: "The variety of disasters caused by radium may well make upholders of irradiation pause awhile, and gullible laymen realise that behind the glamour of radium there are wounds that cannot heal and bones that are dead. In spite of all possible precautions, radium treatment is not immune from certain disasters inherent in the nature of the substance. Therefore let all beware of radium treatment in cancer and other ailments, and let us hope Parliament one day will deliver trusting people from this ramp." Even if alterations in technique have improved matters, the basic principles are unscientific, and radium gives strong support to my thesis that harm is done by all substances, including medicines which violently alter the chemistry of the body.

In October, 1922, the *British Medical Journal* confessed that the knife as a cure for cancer was a ghastly failure. Surgery in cancer is only a treatment of effects, and not of causes, and although there are often far-reaching results from nervous shock and mutilation, yet it does often achieve considerable success, and does not surround itself with a mystical halo like radium, while the operations are carried out with great skill and give rapid results in a proportion of cases.

The present low standard of health is the result of abuse by three major interests. It starts in some groups processing foods, continues in some groups encouraging the use of medicines, and is ably supported by the third group with advertisements, and perhaps these abuses will all one day be given easy entry into every home by the power of radio—not radium.

At present our annual cost for avoidable ill-health is well over £300,000,000 per annum, and if the hospitals and mental institutions continue to expand as they have in the past under orthodox medicine, the burden will be too great for industry to bear. No

* *The Secret of Life*. Georges Lakhovsky. Translated by Mark Clement.

efforts of philanthropy can help so long as our actions are based on futile medical principles. They could be rectified by a completely independent "Citizens' Chamber of Health" selected from every section of the community, and not controlled by any one section, whether medical or political. It could well be helped by banks and insurance companies whose interests lie in the same direction of health as the layman. No fitness physical campaigns can succeed as they should, while the endurance and nervous stability of our youth and our nation is sapped by foods deficient in vital qualities, or while advertisements lead us to believe that defects in food can be suitably replaced by palliative medicines, inorganic minerals and synthetic vitamins.

The use of radium shows the need for frank inquiry into the principles and practice of the minority medical school, viz. the homœopathic. Is it astounding that radium should be used to cure cancer when it can cause the same disease? Or is it astounding that Hahnemann should have warned us of this more than a hundred years ago? Or is it astounding that his discoveries have been ignored by the Medical Research Council? This matter gives food for thought, and it is possible that if the application of radium were restricted to infinitesimal doses, cures in certain cases, might result. It is ridiculous to employ it automatically as if all patients could be treated alike.

ALUMINIUM AND CANCER

If you boil water for 15 minutes in an aluminium vessel, and also in another utensil, and pour into separate glass bottles, the aluminium water will appear cloudy. Apple sauce or rhubarb left in an aluminium dish will turn greenish, and dough goes black if rubbed on aluminium. The housewife can thus see for herself that some queer reaction takes place. The instances quoted show that food acts on aluminium, and the poisonous derivatives taken into the body, are acted upon by gastric and other juices. In some people chemical deposits accumulate, and they lead to faulty metabolism, degeneration of cells and chronic disease. Dr. Mark Clement has dealt with the problem of aluminium in masterly

fashion. In his book *Aluminium, a Menace to Health* * written in the most convincing manner, he gives results of scientific research in many countries, and proves that some diseases of obscure origin are due to aluminium poisoning and can therefore be prevented." Furthermore, Dr. Spira and many other medical investigators found that digestive disorders prevalent in this country could be cured in many cases by discontinuing aluminium utensils and eliminating the poison accumulated in the body. The obvious conclusion was that these utensils contained a cumulative and slow-acting irritant which was set free in the process of cooking, and so contaminated food and drink.

The Report of the Ministry of Health on the subject published in 1935 admits " that certain people may possess an idiosyncrasy towards aluminium " and recommends that " the prudent course for such people would be to avoid it in the future." Unfortunately such people are generally injured before they or their medical advisers realize the cause, or that they have this idiosyncrasy.

It should be borne in mind that alum, which is a double salt of aluminium, is prohibited by law as an ingredient in baking powders and as a preservative in foodstuffs because of its harmful effects on the human body.

Recently two Russian scientists, Professor A. L. Tchijevsky and his wife, have discovered that mice fed from an aluminium vessel are about 40 times more prone to spontaneous cancer than control animals. And they add that there is no reason to believe that the unfavourable action of aluminium is confined to the gastro-intestinal tract. It seems to penetrate deeply into the body tissues and acts destructively on other organs. In the medical profession there has been a strong anti-aluminium movement led by Dr. Le Hunte Cooper and Dr. Spira, both of whom have put their own experience on record in the form of valuable monographs. In a work recently published with the significant title *Death in the Pot*, H. W. Keens has collected a great deal of evidence showing that aluminium acts as an irritant which even in very small amount is injurious to human tissues and may predispose to cancer.

* *Aluminium—A Menace to Health*. By Mark Clement. Faber & Faber, 1941.

The final conclusion is that the danger from the use of aluminium vessels for cooking purposes is very real, especially as no individual can be said to be completely insensitive to the harmful effects of the metal.

The great volume of scientific evidence proving conclusively that aluminium is toxic to human beings and animals has been completely ignored by the vested interests concerned who have continued selling their wares to the public heedless of the insidious and slowly cumulative harm they cause. When the women of England and the medical profession as a whole realise these facts, they will refuse to utilise such articles. This will result in the ultimate elimination of the unknown enemy in our midst and will prove one of the most important steps towards the establishment of sound national health that has been taken during the last fifty years.

CHAPTER 8

IMPORTANCE OF MINERALS TO LIFE

All living creatures, plants, etc., have a mineral basis of such elements as calcium, iron, sodium, magnesium, potassium and others which are alkaline, and phosphorus, sulphur, chlorine, silicon and fluorine, which are acid forming. In addition there are a variety of elements found in traces, such as iodine, copper, zinc, nickel, boron, zinc, manganese, and others in infinitesimal quantities. These perform certain functions and when a deficiency of any needful element occurs, however infinitesimal its role may appear, some disorder arises in human or plant life, and disease or weakness appears.

Life originated in or near the sea which contains all the elements which have been gradually broken down from mountains by rain,

frost, etc., and brought down to the sea by rivers and streams. That explains why seaweeds such as kelp and dulse have such valuable properties.

Minerals are found in the inorganic form, as in stones, and rocks, and also in the organic form which means that they have taken part in life processes and have formed part of a plant or an animal.

Men are dependent for health on the minerals in organic form, i.e., from plants or other animals. The animals men eat take their minerals from plant life, while the animals men prefer not to eat are carnivorous and generally short lived. Vegetables and plants thus appear the best sources of life and the minerals found in them are our best source of vital cell salts. Not only do bones, teeth, nails, eyes and heart need a supply of these mineral salts, but every one of man's billions of microscopic cells and each drop of blood needs its infinitesimal supply.

This may explain why doses of crude medicines are so harmful to the body, which is based on the most marvellous intricate system. This also explains why " medicinal " iron is not the proper form of iron for an anæmic child. Not only does it blacken the teeth and cause constipation, but it is not the " live form " which Nature tells us to use. We should get iron from the organic salts contained in the leaves of green vegetables.

Intimately bound up with these organic salts are the various vitamins and their losses in processing white flour, sugar, etc., show what terrible mistakes food scientists made in trying to base National Diet on rules of Calories, rather than on Nature's own laws.

Nature has placed the largest supply of minerals and vitamins around the skins of vegetables and fruits and the outside layers of cereals. When the miller gives you white flour and other white foods, he has stripped the grain of essential mineral salts and vitamins. The same demineralisation occurs when the outside, sun-kissed leaves of lettuces, cabbages, etc., are thrown away ; when vegetables are boiled and the water thrown down the sink, the precious builders are lost. Every child should learn that apple and potato skins contain the best flavour and most wholesome parts. When this destruction and waste goes on day after day, you can

understand why a baby's teeth begin to decay at an early age, and adults suffer other troubles.

Iodine is essential to health and a shortage brings on grave diseases, yet there is only about a quarter of a grain in the body, showing the vital importance of such elements, which are best taken in food and not in medicine. An inadequate supply may cause idiocy or stupidity, yet this is the sort of thing which food chemists remove from the food of our children. Sheep dying from lack of cobalt can be restored by one-thousandth part of a grain per diem., and the amount of copper a man requires is only about 1/300 part of a grain. The internal glands regulate your whole character and constitution, and their correct function depends on these infinitesimal minerals, so we must appreciate the grave danger from "tampering" with the natural elements of nutrition. Mineral starvation is one of the main causes of degenerative diseases and cancer.

In recent years, biochemistry, the science of living organisms, has made great advances. Warburg was the first to show that cancer cells differ from normal cells in metabolism, especially in the enormous production of lactic acid, even when supplied with all the oxygen they need. Cells typical of cancer are able to increase without restraint because they can either respire or ferment, whereas normal cells are dependent on oxygen. Interference with the respiration of the normal cell may either lead to its death or cause tumours.

There is much evidence to show that Potassium plays a considerable part in preventing and even curing cancer. Many simple remedies that have been used in cancer, for instance violet leaves, carrot juice, red clover, grapes, yellow dock, have the common feature of high potassium content, but of course, they also contain vitamins and enzymes.

Linen made from flax grown in granite soil rich in potassium, is notable for softness and suppleness compared with linen from flax grown on calcareous soil. Urbeanu found that a diet poor in potash caused considerable injury to nerves, muscles, as well as to the skin, while animals lost their fur and became decrepit. Obesity also occurred but was reduced when food rich in potassium was given.

Dr. Forbes Ross, noticing that potassium salts greatly rejuvenated the skin of elderly patients, concluded that it might be beneficial in cancer. After 20 years of investigation he stated that the mineral salts of the body, especially potassium, played a far more important part in the causation of cancer than had been realised. He found that enlarged lymphatic glands shrunk under potassium treatment, and finally observed that he had had no case of cancer among his own patients during a period of 15 years and attributed this to using large quantities of potassium in his practice. When he used large quantities of potassium in cancer cases he found marked improvement in the malignant growth and in the general condition. He noticed that our methods of refining food depleted our supply of potassium and he believed that as age increased more potassium was needed to counteract the accumulations of earthy salts in the body. He did not believe that deficiency of potassium alone was responsible for cancer, but that an imbalance of potassium and the other mineral salts was a causative factor. He believed that the continuous administration of potassium in cancer cases never induced the slightest injury even to feeble patients. Several other medical men in this country have corroborated these views, e.g., Drs. Parker, Larkin, Gall, Tarbukin and MacIntosh Shaw of the Royal Infirmary, Edinburgh.

It would appear preferable to increase the potassium intake through better feeding principles rather than by continued medication. Many text-books say that there is sufficient potassium in an ordinary mixed diet, but it is probable that they have not taken into account the extreme solubility of potassium salts, which are often thrown away in cooking, and their rapid excretion from the body, with the danger of the potassium index falling below the optimum level.

Although the body may function more or less efficiently with a minimum supply (not yet exactly known), of mineral salts, this does not mean that a fuller supply would not be better.

In making white flour, more than three-quarters of the potassium is lost. In white sugar there is no potassium, while molasses is rich in it. Vegetables and dried fruits contain far more potassium than meat and eggs.

So-called "improvements" in our food supplies by interested

firms have set the pace for the increase of cancer. Whereas in the old days, we used to drink natural fruit wines, such as cider, perry, yeasted ginger beer and good ales, all rich in potassium salts, we now consume chemical concoctions of all sorts which are harmful to health.

Stajano at Montevideo and others have established a close relationship between the nervous system and the "terrain" suitable for the development of cancer, but this is an obvious corollary to the fact that the nervous system regulates the functions of all cells, so it is not likely to remain passive towards the gradual development of malignant tumours.

The body has various defences against cancer growth, and it is interesting to note that according to Engel the serum of children has 21 times greater power of destroying cancer cells than the serum of adults. Generally we may say that the neuro-endocrine system is our main defence against disease, so our health depends on a well balanced mineralisation.

As our remote ancestors came from the sea or nearby it is not surprising that mineral salts are the essence of our life. Even our blood is similar to sea-water with certain organic additions, and every living cell depends on these minerals, and each of the numerous minerals performs duties that cannot be adequately performed by the others. As these minerals, after doing their work, are excreted daily, a fresh supply is constantly needed, and a correct natural balance of this supply is important for the best results. Sir John Boyd Orr, and others emphasize that too little attention has been paid to the influence of mineral deficiencies in the causation of disease. Especially may this be true in cancer. Minerals maintain equilibrium of all tissues in the body, and these elements play an essential role in the body processes, as oxidation, catalysis, enzyme activity, etc. A very brief summary of some features of mineral functions is given below.

Potassium is found in all animal and vegetable cells of the widest different characters, which shows its connection with all fundamental physiological processes. In cancerous tissues the potassium is concentrated round the nucleus and rises considerably in rapidly growing tumours and those of great malignancy. In slowly growing tumours, potassium decreases while calcium increases.

Sodium exerts its chief effort on the fluids of the body. In the blood of cancerous patients J. C. Mottram showed there is little change in the sodium content.

Calcium is to youth what potassium is to old age, for calcium builds up the skeleton while potassium preserves elasticity of tissues. The assimilation of calcium is closely related to phosphorus and the ratio is estimated about two of the former to one of the latter.

Magnesium plays an important role in the chlorophyll of plants as hæmoglobin does in blood. It is found in largest amount in leguminous plants, such as peas and beans, and in cereals, such as wheat, maize, but not when refined. It is present chiefly in the brain, muscles, heart and blood plasma. Certain doctors in France claim favourable effects from magnesium in cancer, and it has been successfully used in simple tumours such as warts and papillomata. Dr. Dubard believes that a fall in magnesium content of tissues favours malignant growth, and explains the tendency of cancer in elderly people to the fact that magnesium becomes replaced by calcium. Of course, refinement by food manufacturers, and losses in preparing foods for table by boiling and peeling would be deleterious. Professor Roffo found magnesium present in the defensive zone around new growths and this might account for its inhibitory effects in cancer cells.

Manganese is found in all enzymes and is a powerful catalytic agent. It is invariably present in the generative organs and in the developing eggs. Some believe it assists in the formation of immunising substances and it appears essential to the thyroid. The germs of wheat and corn are rich in manganese, copper and zinc, showing their very vital importance, but so-called civilised races refine their food and destroy these valuable minerals. Thus :

Parts per million of dry material

	Iron	Manganese	Zinc	Copper
Wheat germ	270	150	100	46
Patent flour	24	10	Trace	Trace
Rice polishings	168	100	70	7
White rice	3	10	Trace	Trace

Such facts as these will bring home to mothers the need of natural foods for their growing children.

Dr. W. H. Nott points out that manganese stimulates oxidative processes, thus ridding the blood of infective agents and of detrimental debris produced in digestive processes. It is quite possible that manganese has an important part to play in the oxidation and reduction of early cancer cells.

Zinc.—Zinc is essential to life and is universally present in plants and animals, Cristol found the zinc content of cancerous tumours was greater than in non-malignant tumours, and the quicker and more malignant the growth of the cancer the greater the zinc content. Zinc also plays a part in fermentative processes. It is not certain yet what is the role of zinc in cancer, but an excess may possibly be a causative factor just as are many other chemicals and medicines, for the cancer death rate of zinc workers is the highest of 130 classified occupations.

Copper is found in the organs of all animals, and also in the vital fluids such as blood, milk, saliva, bile and urine. It supplements iron in the blood, is essential for formation of hæmoglobin, and is also concerned in oxidative processes. There is no difference between copper content of cancerous and normal organs.

Iron.—It is well known that iron is a constituent of every living cell. It is a carrier of oxygen in the body and has important functions in oxidation. Though it can be assimilated to a small extent in inorganic form, the best source of iron is green vegetables such as spinach, watercress and also the yolk of egg. There is no general agreement as to its role in cancer.

Iodine is widely distributed in very small amounts throughout Nature, sea plants being much richer in it than other species. Of land plants, libraceae, including onions, have the highest iodine content followed by cruciferæ and leguminosæ. It is needed for correct thyroid functioning, and if inadequate, the deficiency may result in goitre or cretinism.

Silica.—In the human body there are about six grams of silica which is much more than the iron content, and it is chiefly found in connective tissues. Research work indicates it may have a preventive role in cancer. For instance, Auler of the Cancer Research Institute in Berlin, has reported good results with colloidal silicic acid in oily solution. Advanced cases were brought to a standstill,

metastases almost completely disappeared in a few months ; the patient put on weight and recovered in an astonishing manner. This is, of course, interesting to the Homœopathic School, for silica and other cell salts were first introduced into medicine through Hahnemann, Schussler and other associates.

The results of all this work indicate the folly of trying to find a " definite cause of cancer " instead of considering the body as a homogeneous whole, and cancer as an expression of individual deranged metabolism.

Brilliant as these researches are, and others which do not come in the scope of this book, many of them resemble locking the stable door after the horse has been stolen, because the prevention of cancer is a more important matter. This is not to decry in any way the excellent work done, but to deplore failure to draw the inevitable conclusions so that humanity can fully benefit from the results achieved. All findings tend to prove one main fact, namely, that the pre-cancerous conditions and nearly all pre-organic-disease conditions, arise from eating foods not in accordance with the simple provisions of Nature. The food chemists in early days intended to benefit the nation by improving and refining our food. This was a scientific failure ; and now that we know these refinements are pernicious, there is no excuse for food-processing, which continues to ruin national health. In the wake of food refiners, as a devastating consequence, large quantities of injurious medicines from chemical laboratories have been put on the market and are purchased by millions of people.

CHAPTER 9

CANCER IS A TYPE OF DEFICIENCY DISEASE

Many degenerative diseases are due to biochemical deficiencies, for instance, scurvy, pellagra, beri-beri and rickets, but it is probable that all organic troubles will in time be recognized as due to deficiencies. Goitre is a type of deficiency disease. We may differentiate broadly into types, for instance those which come from food deficient in minerals, vitamins, starches, or proteins. But the type of deficiency in cancer may occur even when the patient appears fully nourished.

The deficiency which plays the chief role in "civilized cancer" and degenerative diseases has more than one aspect. Firstly, lack of organic minerals in our usual foods; the waste of minerals in the way we cook our vegetables; the loss of vitamins and enzymes during cooking, leading to a comparative inefficiency of all our body processes.

A second aspect is "assimilative deficiency" due to faulty life chemistry which unbalances more or less our glandular secretions, leading either to deficient assimilation of certain minerals, or to wastefulness in our metabolic use of minerals, vitamins and enzymes. Thus again the two fatal errors appear as the root of the mischief, namely, faulty nutrition and medicinal palliatives which derange life-functions.

In connection with "assimilative deficiency" we can take an example of two children in the same family fed the same way, yet one develops anæmia from a lack of iron while the other keeps strong. Or one develops rickets and the other builds good bones. When the deficiency is due to faulty chemistry rather than to a nutritive deficiency, the way to treat the case is to give the life-chemistry the stimulus needed which will enable it to assimilate and utilise fully the various required elements. This may appear a counsel of perfection but to show it is quite possible, it is worth

remembering the case of children with soft stumpy black teeth taking on a new healthy tooth formation after the administration of high potency, that is an infinitesimal dose, of *calcareo carbonica*, by homœopathic doctors.

This is not one isolated instance, for their literature gives abundant examples of varying types. Thus a child which is not assimilating iron from its food often becomes able to do so after a high potency of iron, which proves that the illness was not due primarily to the lack of iron but to faulty assimilation. It is not so much a food deficiency as a vital deficiency. So frequently have these points been proved in practice that there is a branch of homœopathy termed "Bio-chemic Therapy" which was developed by Dr. Schussler. His first publication on the subject in 1873 was translated into English and appeared in the *Medical Investigator*, May, 1873. The genius of Samuel Hahnemann first divined the importance of our body minerals as therapeutic agents, and it was his provings of salt, lime, potash and silica, which demonstrated their disease-producing effects when taken wrongly, and their healing values when administered in accordance with his "Law of Similars." It is obvious that the minerals which Nature uses to build our blood, bones, brains and nerves must be of immense value in sickness, and so are the other various healing agents prepared in our living laboratories, and passed to our cells through the blood stream.

At a later date Schussler denied that his remedies acted in accordance with the homœopathic law, but acted in accordance with physiological processes in the body. There is not real divergence in fact, because the whole ideology of the homœopathic law is to encourage healing through physiological processes.

Schussler called his system the "Biochemic Method," and based it on the twelve mineral salts: *Calcareo fluorica*, *calcareo phosphorica*, *calcareo sulphurica*, *ferrum phosphoricum*, *kali (potassium) muriaticum*, *kali phosphoricum*, *kali sulphuricum*, *magnesia phosphorica*, *natrum muriaticum (common salt)*, *natrum phosphoricum*, *natrum sulphuricum*, *silicea*. Since those days other minerals have been found in the body, and a number of other substances produced by various glands, but there is a long way still to go before we arrive

at finality, if ever we do. Many of these have been brought into therapeutic use, as for instance, glandular products, but their results have not been as successful as expected. The reason is that instead of using the "Vis Medicatrix Naturæ" as advocated by Hippocrates two thousand years ago, or as demonstrated by the homœopathic school, the orthodox methods cannot get beyond the idea of substantial doses which give palliative results.

For instance, diabetes is a deficiency disease due to faulty supply of insulin from the pancreas, and almost invariably due to years of faulty nutrition. For treatment, diet is amended, and doses of insulin are given to replace the deficient natural supply, the result being the patient becomes practically an incurable invalid. True he secures relief from symptoms, and is fairly satisfied, but can anybody find a more unscientific treatment if cure is the aim of the doctor? The patient becomes incurable because he more and more depends on the crutch of outside insulin, so his body has to prepare less. It is not at all certain that our present methods of consuming large quantities of synthetic vitamins will stand the test of time. They appear to be very helpful in many cases, but there is the probability that the user may have to rely on these and once the habit is established he may not be able to dispense without some disability appearing, so he will be damned if he does and damned if he don't. Certainly such tabloids do not contain vitamins in the balanced quantities distributed throughout the daily supply of natural foods. It does seem that this method of consuming vitamins wholesale may lead to a wasteful use in metabolic processes, and this may have harmful results.

Schussler and the thousands of medical men who have used his methods on an increasing scale during the last 70 years, consider that all illnesses from a common chill to cancer can be helped by the use of one or more cell salts in attenuated doses. Thus in ordinary fevers Ferrum Phos will be helpful because the minute particles of iron help oxydation of the blood with consequent cleansing of the cells. From this aspect cancer is undoubtedly a deficiency disease, especially if we take it as a deficiency in certain parts or processes.

Hormones, the name given to the secretions from endocrine

glands, have some connection with the control of cell activities and pre-disposition to cancer. Hormones may prevent or stimulate growth of tumours. Fichera found that the chief preventive organs were the spleen, thymus and bone marrow tissues. He believed that cancers originated during a period of disharmony when cells pass from the control of enzymes, hormones and histolytic products which usually regulate them.

The organs which have tumour destroying properties, tend to become inactive in old age, or in the presence of a large cancer. It is certainly of interest to homœopathic physicians to check how far remedies acting on the spleen, thymus and bone marrow tissues, correspond with the remedies they have found most efficacious in cancer. The ovary and thyroid have stimulating action on transplanted tumours, while castration also favours the onset of experimental cancer, and the appearance of metastases. Rats with the spleen removed are very susceptible, and injections of splenic extract confers marked immunity. Such conclusions point to a deficiency nature in cancer.

It is probable that the action of enzymes in the body will receive as much attention in the future as vitamins during the last few years. For they surely are of equal importance. It must be disconcerting to orthodoxy that all new discoveries emphasise the power of the infinitely small, and yet this is the stumbling block to them in homœopathy. Enzymes are organic substances which are capable of transforming some other compound substance, and yet remain unchanged themselves. Apo-enzymes or true enzymes are easily destroyed by heat about 160 degrees F. Co-enzymes are more stable and may be produced in crystalline form. Although enzymes are found in all living vegetables and animal cells, they have not yet been seen under a microscope. Life cannot exist without them and they are found in all glands, organs, muscles and fluids of the body, and are absolutely necessary to carry on normal function. They digest food and build the products into tissues. They change starches into simple sugar, convert fat into heat and energy, and store some up in the body. They convert the calcium and phosphates into bone, fix iron in the red blood cells, and assist in oxydation. The life of some enzymes seems almost without

limit as they have been found in dried seeds and in mammoths believed to be 50,000 years old. They are completely destroyed by cooking, and all single cell organisms die at the same temperature as enzymes showing that they are the real life of such cells. In the body they are constantly being used and eliminated and must be replaced through correct food. As people grow older they gradually lose their reserve, so a man is as old as the number of his enzymes. In sickness the reserve is also diminished, a further indication of "deficiency disease."

Slow digestion is due to lack of enzymes in saliva, gastric juice or intestinal fluids, and this may result in constipation; moreover the food goes on to the colon without being fully digested and therefore supplies nutrition for bacteria, making irritating toxins. A shortage of enzymes eventually ends in sickness. Chemists can supply concentrated enzymes such as pepsin, but it is not believed they are satisfactory substitutes for correct feeding. The best sources of enzymes are natural raw foods and they are specially plentiful in the germs of cereals, fresh fruit and vegetable juices. Heat used in canned and other processed foods entirely destroy these life elements.

They supply the link between organic and inorganic life. The greatest growth and number occurs when a seed begins to grow and gradually they pervade the whole vegetable structure. The importance of enzymes was shown by Esquimaux whose health became completely undermined by civilised processed foods. To prevent excess of bacteria in intestines, the bacteria should have as little food as possible. Hence we need plenty of enzyme action in the intestines, so that the food may be quickly absorbed. They are our best protection against disease and our main factor against old age. Their unique functions cannot be carried out by any other means and it is marvellous that their best sources and those of vitamins are identical, viz. raw natural foods.

It is also far more than a coincidence that these purveyors of life demonstrate the biological Law used in Homœopathy. Thus they have a certain heat temperature which is best for their growth. Below and above that their growth rate is slackened. Compare this with Arndt's Law previously mentioned.

We now see still more closely the connection between all disease and processed foods, excess of cooked foods, which destroy our life givers, and chemical medicines which prevent true functioning. Let every adult eat as much of these things as he pleases; let us not deprive children of their birthright, as we do today. Let them be educated as to the value of raw foods and be given raw foods to build up sound habits of nutrition. Nothing less than this can give them the joy and vitality that Nature intended.

Before summarizing the main reasons for stating that cancer is a deficiency disease, let me emphasize that every cause of disease is negative, and only the results such as a tumour, or decayed teeth are positive. Hence in disease there is always some negative weakness, whether it be of mineral, vitamin, hormone, enzyme nature, or whether owing to such deficiency the blood stream becomes unable to supply adequate nourishment to cells, or some controlling mechanism becomes weakened.

Exactly what does occur immediately prior to the cell turning cancerous is not of great practical importance. It may appear scientific heresy to make such a remark, but it has two bases. Firstly, even if we did know the exact process which turned the final balance, that would not give us a cure, because that turning point is only the result of previous faulty metabolism. Supposing it was proved beyond doubt that the final phase was caused by (deficiency of potassium, magnesium, and silica, combined with lack of vitamins B, C, and enzymes X and Y, lack of sex hormones and splenic extract) it would not be a cure just to supply the deficiencies, though such treatment might act as a beneficial palliative. If we are going to be satisfied with a palliative like insulin then such information may have value, but if we are going to aim at something higher, then the deficiencies at the "turning point" are only the results of previous causes, and could only be taken as a basis of treatment in an unscientific system.

The various failings at the moment of cancer have been caused by previous faulty body chemistry, so the only true cure is a return to fundamentals.

SUMMARY

1. Apart from any hereditary weaknesses of biological nature, the first faulty chemistry may appear in the womb or during suckling as a result of wrong maternal feeding ; or faulty habits, such as excess of tobacco, alcohol, etc., or psychological impressions as excessive fear, worry, anxiety in mother.

2. Overfeeding of babies on starchy, sugary foods, excess of milk, soft foods, insufficient raw vegetables and fruit, too much cooked foods. Such errors are made in the belief that appearance of well-being and fatness is a sign of real health. In their train follow catarrhs, adenoids, tonsils, ear inflammations, colds and coughs, bronchial and other troubles. Bacterial infections—certainly their virulence—depend on this disorganised chemistry, and toxic wastes.

3. Processing and refining of foods induce definite deficiencies of vitamins and minerals, and these can never be suitably replaced by synthetic additions. Further deficiencies of vitamins and minerals occur in boiling vegetables, and cooking generally, which also destroys enzymes.

4. The mere fact of over-eating, reduces the child's power of assimilation, for if the diet is just sufficient or only slightly more than necessary, then the assimilative organs have to utilise all their food to the best advantage. It is very easy to overeat on the usual regime of soft sugary cooked foods, while it is almost impossible on natural uncooked foods, for they need much more chewing. Thus the organs of assimilation become less efficient, and according to the idiosyncrasies of the individual organism, one or more minerals may not be properly absorbed, leading to a deficiency in the midst of plenty. The digestive and endocrine secretions become faulty and further deficiencies arise as well as an accumulation of toxic wastes, which increase the virulence of any passing bacteria.

5. To these toxic conditions is added the irritation produced by medicines, and during sickness or fevers there is a bigger consumption of vitamins, minerals and enzymes. Healing agents are manufactured by the body, but a time comes when these are insufficient and the body breaks into some organic trouble like

appendicitis, peptic ulcer, Bright's disease, or diabetes, because the circulation, elimination, and supply of healing agents have been insufficient. Then improved diet is ordered, which shows that the body has been suffering from faulty nutrition. In civilized countries this generally means an excess in quantity but a deficiency in vitality agents, so every chronic disease is a deficiency disease.

6. The various research workers who find, potassium or iron or magnesium deficient or in wrong form point to the same conclusion. Those who find deficient secretions from bone marrow or spleen take the argument one step further back, for the secretions from various organs and glands are only defective when they themselves are bathed by a defective fluid.

Hence cancer is not a disease, but the product of disease, and the only way to deal with the scourge is a return to right ways of living, and to avoid medicinal chemicals except wittingly as a temporary expedient.

CHAPTER 10

SUCCESS OF HOMŒOPATHIC DOCTORS IN CANCER

Physicians who believe in and practise Homœopathy are educated exactly like their colleagues and share all available knowledge of Medicine and Surgery. Their chief distinction is that they possess *also* a special knowledge of deleterious effects of medicines on the healthy and the way to use this knowledge to help the sick, but owing to a peculiar defect in our medical curriculum this particular instruction is not obtainable in British Medical Schools.

Their opinions on cancer vary in detail : yet it is generally true that they have never regarded cancer as a local disease, but as the final expression of gradual constitutional changes. Homœopaths believe that every local manifestation is accompanied by some general effects, and their aim is always to correct the deeper causes, whereupon the local manifestation will improve as a result of the correction. For instance, skin disease is treated by them as a con-

The answer is:—

- (a) All do not take medicines regularly.
- (b) People often change their medicines, which saves many disasters. The new medicine may spare the tissues attacked by the former, and the body may have time to repair the trouble before it becomes irremediable. For instance, bicarbonate of soda, taken long enough, can cause an ulcer in the stomach of most people. Some patients tell the doctor the medicine does not agree with them, so they receive another "specific" which attacks their tissues in a different manner. The patient may then escape the ulcer with which he was threatened, and this is one reason why people experience "relief" from a new prescription.
- (c) Resistance of different individuals to drugs vary enormously, as we can observe in the matter of alcohol. What may be a dangerous limit for one man may possibly be a healthy stimulus to another.
- (d) The cancer age is about middle age. Those who live to endure cancer are on the whole among the most resistant portion of the population.

Medicines cause many diseases in addition to cancer, viz., diabetes, kidney trouble, and so on. The delicate succumb to some other disease, or they would become candidates for cancer. It is a matter of individual reactions, and some luck in the medicines consumed.

Post-mortems show that many people dying from some other disease are also afflicted with undiagnosed cancer, so that the incidence of cancer is far greater than statistics indicate. Moreover, doctors constantly complain they only get cancer cases in the later stages. That clearly shows that vast numbers of patients with early cancers are moving about and die with undiagnosed cancers, and none of these cases are mentioned in statistics.

Sometimes I have been told that Mr. X died from cancer, yet he never used to take medicines, so the theory is not right. In the first place, I do not claim that every cancer is due to chemicals. Also biologically anybody may develop cancer, though it is uncommon in certain races. Thirdly, it is almost impossible for an individual

in our so called civilized countries to avoid chemicals, even if they never take medicines. For instance, aluminium cooking pots are used everywhere. Chemicals are put in foods and drinks without people realizing it. So when one has consumed baking powders, self-raising flours, and various preserved foods from infancy, it is quite futile to imagine that the mere abstention from medicines will necessarily prevent disease and possibly cancer. So until the Ministry of Food is able to take up the great problem of educating children as to the difference between Chemicals and Foods the menace will remain. One must realise that the majority of adults will never see any harm in the habits of processed or chemicalised foods to which they have become accustomed. To them, any diverse view is only faddism.

EPILOGUE.

Until we organise a 'National Chamber of Health,' as outlined in my book "Citizen's versus Doctors," we shall not obtain independent scientific guidance unhampered by orthodox prejudices. Until we develop more than one Medical Profession, and more than one Research Council, the public will suffer from a transitory 'Science of the Day,' and from Pseudo-Science, as they have suffered in the past. For instance knowledge of the following facts is deliberately withheld from the public because it contravenes orthodox dogma.

"RADIUM THERAPY AS SEEN BY DOCTORS."

"Medical men are suspicious and even impatient with advocates of cancer remedies. This is understandable. Apart altogether from earlier claims, we have all been *sickened* and *discouraged* by the efforts of the Ministry of Health, and of Local Authorities to popularize the use of Radium and deep X-Ray Therapy. The public has been *led to believe* that such measures can cure cancer, but doctors *have been distressed and disappointed by the dreadful effects* produced by these agents..... It is difficult for the surgeon to convince himself that he holds no key to successful treatment, and very difficult for a radiologist to see that the time may come

when his apparatus for deep X-Ray Therapy will be so much scrap metal.' *The Medical World*, March 17th, 1944.

I largely condone the Ministry and Local Authorities, for they are expected to follow technical advice. But Medicine is not a complete science like mathematics, and is still partly science and partly an Art. Therefore it is absolutely essential to 'Hear the other side,' and under our present arrangements that is not done. Orthodoxy remains Judge, Prosecutor, and Counsel for the Defence at one and the same time.

Last night I had a dream something on the following lines.

CHAOS IN CANCERLAND

Alice : I have been reading such a funny Act about Cancer.

Red Queen : Hush child, one should not joke about serious matters. Where was it played ?

Alice : In the House of Commons.

Red Queen : And who wrote the play ?

Alice : It is not a play, it is supposed to be serious.

Red Queen : How nice. Is it to help people who are dying of cancer ?

Alice : No, not really : it is to stop them finding out about new methods of treatment.

Red Queen : Well, that is quite right. As they have splendid ways of treating cancer, it would be stupid to try something which might be worse.

Alice : What are their splendid ways ?

Red Queen : You know, operations, X-rays, radium, and all that sort of thing.

Alice : Does that cure them ?

Red Queen : No, not often.

Alice : Then why don't they change ?

Red Queen : Because it would not be orthodox.

Alice : Has cancer got less since they started radium and X-ray treatments ?

Red Queen : Oh no, the cases have doubled.

Alice : Then why don't they like fresh ways ?

Red Queen : Because some of the new methods might be even worse.

Alice : But you just said that cancer was twice as frequent since they started radium ; the new ways could not be much worse than that.

The Duchess : Of course they could. One might prevent cancer.

Alice : Why would that be worse ?

The Duchess : Because then there would be nobody to treat and the radium mines would go bankrupt.

Alice : I suppose as radium is so good for cancer it is good for lots of other things.

Red Queen : Oh yes, probably.

Alice : Is it good for constipation ?

Red Queen : Don't be vulgar, dear: of the cerebral convolutions or of the abdomen ?

Alice : It would not matter much as they are both twisty things and most people suffer from both.

Red Queen : I never heard anybody claim that cauterising with radium was good for that vulgar thing.

Alice : But they all say that consty generally comes with cancer, so if radium is good for cancer it can't be bad for that.

Red Queen : Oh my dear, it is far too expensive.

Alice : Still, it would be good for the radium mines.

Red Queen : Yes, but who will pay for it ?

Alice : Oh, Parliament will lend the money to the Radium Trust and they will do the rest.

The Duchess : How silly of me, I never thought of that.

Alice : Quite simple really, but isn't it wonderful what a lot of kind people there are in the world.

The Duchess : How right you are. And then they could use it for all sorts of illnesses.

Alice : No, not so easily, because there are other remedies for other things.

Red Queen : Then why are there not other remedies for cancer ?

Alice : There are, but Parliament says they must not be made generally known.

The Duchess : Why not ?

Alice : Because, then, not many would take radium.

The Duchess : That would be terrible.

Alice : For whom ?

The Mad Hatter : For the Radium Trust, of course.

Red Queen : Government is quite right, because if any remedies were written about, some cancer patients would try them and might get worse.

The Duchess : Don't other advertised remedies make people worse ?

Alice : Yes certainly.

The Duchess : Then why are cancer patients specially guarded ?

Alice : Because orthodox medicine says that cancer can't be cured.

The March Hare : Isn't that a reason to try something better ?

Red Queen : Not at all, unorthodox things are never better.

The Duchess : Do they cure any other chronic illnesses ?

Alice : No, they would not be chronic if they could.

Red Queen : Surely you are wrong darling, just read about all these cures for what you call consty.

Alice : Yes, marvellous reading isn't it ? That's what I describe as a one day cure.

The Duchess : How splendid.

Alice : Not a bit.

Red Queen : Why not ?

Alice : Because at the end of 24 hours the consty returns.

The Duchess : Oh yes, I noticed that myself, but thought I was to blame, not the medicine.

Alice : Of course you would. That is what they want you to think.

The Mad Hatter : But the advertisements don't tell us that.

Alice : That is why they are approved by Government.

Red Queen : Why do they approve if they are not cures ?

Alice : Because they are orthodox.

The Dormouse : Aren't any orthodox treatments cures ?

Alice : Depends on what you call "Cure." If your standard is high, the answer is few. If your standard is low, the answer is many. If you consider operation is a cure, then the answer is a

good percentage, but unfortunately they can't treat mental cases that way.

Red Queen : But I have heard of cures, even of cancer.

Alice : Oh those are only mistaken diagnoses, or spontaneous regressions.

The Duchess : Are treatments for cancer the only bad ones advertised ?

Alice : No, there are hundreds of others.

The Duchess : Then why are not all such advertisements prohibited ?

Alice : You really are pre-Victorian dear Auntie : Ask your M.P.

The Duchess : All the same, these medicines save the Minister of Food a lot of rations.

Alice : Yes, I expect they do. I have heard that sick people don't eat as much as others.

The Duchess : I didn't mean that. They save him bringing tons of fruit to England.

Alice : How is that ?

The Duchess : Well, all those fruit salts they advertise take the place of millions of oranges, don't they ?

Alice : Perhaps they do.

The Duchess : And those Syrups of Figs. Think of all the points you want for dried figs.

The March Hare : And some of them relieve the cows from a lot of work.

The Duchess : In what way ?

The March Hare : All those milks and creams of magnesia and what nots.

The Duchess : Yes, and that saves the milkmaids trouble, poor dears.

The Mad Hatter : And I can have as much Saccharin as I like in my tea.

Alice : How horrid. That comes from coal tar.

The Dormouse : Who said Coal Tar . . . Aniline . . . Sulphonilamine . . . Benz-pyrene . . . Methyl-cholanthrene. . . . Oh dear, I'm getting so sleepy I can't remember them all.

Alice : And the Medical Research Council say many of these cause cancer.

The Duchess : Well suppose they do, what of it ? So do aluminium cooking pots, and nobody minds that.

Red Queen : True, but that is not recognised officially.

Alice : Some Russian scientists have proved it.

Red Queen : Hush darling : that is only in Soviet countries, not elsewhere. Their aluminium must be quite different.

The Duchess : Of course, how stupid of me not to have realised that. Besides the Ministers of Health and Food approve advertisements about these pots, and recommend saccharin to save sugar.

The March Hare : That is entirely different. The Cancer Act allows one to advertise things like aluminium and radium, which can give cancer, but contrariwise for remedies which may cure it.

Red Queen : Are some advertised medicines very bad ?

Alice : There are all sorts. Thousands of people have been injured, killed or driven mad by them.

Red Queen : How do you know that ?

Alice : After some years, when lots of tragedies have occurred, some doctors rebel and complain to the Ministry of Health, and when he gets to hear, those medicines are put on the poison list.

Red Queen : Why don't the owners test them first.

Alice : Oh, they do, but not on themselves.

The Duchess : Then why do doctors prescribe them ?

Alice : Because the patient wants something to relieve his pains.

Red Queen : But surely the Medical Research Council have suspicions about some of these curious names.

Alice : Probably they have, but they are so interested in diseases of mice, that they don't trouble much about human beings.

Red Queen : Does not the General Medical Council warn the doctors ?

Alice : Not much, for they also take years to find out, and they teach similar sorts of remedies to students at hospitals.

The Duchess : How dreadful, and what about the medical journals ?

Alice : They certainly are the quickest off the mark, and they do warn doctors almost every week about the dangers of some drug

or other, but then they advertise a similar drug on another page. Besides however hard they try, it is almost impossible to keep up with so many poisons. Even the White Rabbit could not do that.

Red Queen : My dear child, none of these are to blame, only you citizens. You all have the vote, yet you are silly enough to make a social system by which you pay doctors when you are ill. The worse you are and the longer you are ill, the more you pay them. In fact you make them prosper on disease, and you make the welfare of their families depend on your sickness. You should form a Citizen's Chamber of Health, guided by the best of you all.

Alice : Now Auntie, don't go off the deep end, but come and have a nice spot of supper.

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Originally it was my intention to include Chapters 11, 12, 13 and 14 in this book, but the foregoing drama explains why I have not been able to do so. Chapters 11 and 12 discuss valuable treatments which have been discovered by research workers and doctors in different countries. Chapters 13 and 14 lay down the main outlines of a logical and simple course of treatment.

The Cancer Act of 1939 prohibits the publications of any advertisement giving advice in connection with the treatment of cancer. Although I do not think it contravenes the spirit of the Act, this book comes under the description of an advertisement, so my publishers might become liable for penalties. A prosecution would enable many truths to be placed before the public, but that is not a possible risk for a business firm.

Additional chapters therefore are issued in a second volume in a special edition for doctors, medical students and for the following classes : Members of Parliament, Local Authorities, registered Pharmacists and other authorised sellers of poisons, registered Nurses, also for all studying these professions, etc. Sufferers or their friends who wish to understand the principles of treatment should inquire from their doctor.

As operations and radium treatments cannot be considered really satisfactory treatments for patients, however valuable they may be for Radium Trust, cancer campaigns and other concerns, I could not

quite understand the solicitude of Government to prevent the spread of other treatments. The preamble explained this by stating that one purpose of the Act was to lend large sums of money to the Radium Trust.

Government allows constant misleading advertisements of cures for a variety of illnesses affecting millions of people, whereas cancer cures would only affect a far smaller number. If radium and operations are really as useful as we are induced to believe, surely no sufferer would dream of any other treatment, so the prohibition would be useless. Government should stop ramps, but some say that radium is the biggest racket of all. Therefore a scientific and Judicial Committee including the opponents of radium, should be formed to make a public enquiry as to the rights and wrongs.

Moreover, Government allows the de-vitaminising, and de-mineralising of foodstuffs, yet all nutritionalists, both scientific and practical know that this is our greatest cause of disease. Parliament also allows synthetic substances to be put in our foods and drinks.

CO-OPERATIVE RESEARCH

There is still much work to be done regarding the practical causes which lead civilised nations to so many diseases of degeneration, but independent workers have little or no financial support, while research is always costly. It is an extraordinary state of affairs when treatments which may have the support of large numbers of medical practitioners and hospitals, cannot secure official trials by properly constituted independent committees.

Many research organisations, whether State, commercial or philanthropic, appear to be psychologically afflicted with natural human failings, namely :

- (a) The desire for personal credit rather than common welfare. This gives a strong tendency to maintain that their particular theory is right.
- (b) Jealousy of other workers discoveries.
- (c) In commercial research, desire to make money, regardless of true scientific values, and consequences to social welfare. As a result, inferior or even harmful food, drink and

medicinal substances, advertised by all sorts of dubious methods, frequently carry public support, in preference to a superior product less advertised.

This is due to our much vaunted method of competition, which in a civilised world must eventually give way to co-operation, on the lines taught by the Guilds of the Peoples Common Law Parliament.

May I suggest that one or more philanthropists establish a central National Natural Therapy and Research Institute, whose motto shall be " Co-ordination and Co-operation."

From this central Institute Co-operative Health Centres could be established, and if Orthodox Medicine has the welfare of the community truly at heart, they will welcome such a move. Such centres will deal with cases from a very wide aspect, embracing the best methods of every school of thought.

This aim will not be achieved so long as we make the profession entirely dependent on disease for remuneration, nor until we establish a National Citizens Chamber of Health.



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- „ 2. Some disasters from Radium. Aluminium, an enemy in the kitchen.
- „ 3. Success of Homœopathic Doctors in Cancer.
- „ 4. Curability of Tumours.
- „ 5. Curative Powers of Organic Minerals.
- „ 6. Four fundamental causes of Degenerative Diseases (including Cancer).
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