

DOCTORS, DISEASE, AND HEALTH

DOCTORS, DISEASE, AND HEALTH

*A Critical Survey of Therapeutics
Modern and Ancient*

by

CYRIL SCOTT

AUTHOR OF 'MUSIC; ITS SECRET INFLUENCE
THROUGHOUT THE AGES', ETC.



METHUEN & CO. LTD. LONDON

36 Essex Street Strand W.C.2.

First published in 1938

PRINTED IN GREAT BRITAIN

ACKNOWLEDGMENT

I wish to acknowledge my indebtedness to certain kind and broad-minded physicians who have been good enough to take an interest in this book and to set me wise on many points. My only regret is that for reasons that will become apparent I am unable to print their names in a dedicatory form.

C. S.

May 1937

CONTENTS

PART I

CHAPTER	PAGE
INTRODUCTORY REMARKS	ix
I. REASONS FOR WRITING THIS BOOK	3
II. PECULIAR PSYCHOLOGY OF DOCTORS	8
III. IGNORANCE IN THE MIDST OF LEARNING	18
IV. MENTAL MYOPIA OF DOCTORS AND LAYMEN	24
V. THE LURE OF ORTHODOXY	32
VI. THE FOLLY OF SPECIALISM	37
VII. THE ABUSE OF SURGICAL KNOWLEDGE	49
VIII. NURSING HOMES—A MENACE TO INVALIDS	62
IX. RISKS OF RADIOGRAPHY, RADIUM, AND THE CYSTOSCOPE	67
X. AUTOTHERAPY VERSUS COMMERCIAL SERUM THERAPY	73
XI. POTENTIZATION VERSUS INJECTION	87
XII. COMMERCIALISM INDIRECTLY RESPONSIBLE FOR DISEASE	99
XIII. THE GERM FETISH	114
XIV. DR. HAY'S PURGE REMEDY	122
XV. THE CAUSE OF CANCER DISCOVERED BUT IGNORED	128
XVI. MODERN BIO-CHEMISTRY AND THE WORK OF DR. HENRY GILBERT	147
XVII. RELATING OF THOSE WHO HAVE HEALED THEM- SELVES	159
XVIII. HOMEOPATHY	176
XIX. OSTEOPATHY—THE SCIENCE OF ADJUSTMENT	182

PART II

CHAPTER	PAGE
XX. MEDICAL KNOWLEDGE OF THE ANCIENTS	191
XXI. ASTROLOGY IN RELATION TO DISEASE	199
XXII. OBSESSION A FREQUENT CAUSE OF INSANITY AND EPILEPSY	210
XXIII. VARIOUS FORMS OF OBSESSION	215
XXIV. WHAT REINCARNATION EXPLAINS	226
XXV. MISCELLANEOUS OCCULT OBSERVATIONS	236
XXVI. THE SCEPTICAL ATTITUDE	246
XXVII. HARMFUL CONCOMITANTS OF CIVILIZATION AND THEIR AVOIDANCE	253
XXVIII. CONCLUSION	260
NOTE	264
APPENDIX I	265
APPENDIX II	270
APPENDIX III	284

INTRODUCTORY REMARKS

This book is written for the lay public; and my object in writing it is a simple one. As, in accordance with the old saying, 'Still water grows stagnant' and hence becomes useless, so does acquired knowledge, unless it flows out into the world for the benefit of others.

For more than half my life I have, as a hobby, busied myself with therapeutics and have examined many and varied systems of healing in the light of reason and free from scholastic prejudices. Thus in the nature of things I am in a position to present the layman with a collection of facts, some conclusions, and a few speculations which apart from other considerations may be instrumental in saving him from much that I consider I myself have been saved. The truth is, we have arrived at an especially dangerous stage in the history of medicine. Not only are we confronted with the conquest of technique over wisdom, but, in the words of Dr. Alexis Carrel, 'we now possess such a large amount of information on human beings that its very immensity prevents us from using it properly'.¹

In view of this it becomes all the more essential to separate the gold of true and valuable knowledge from the dross of dubious theories and assumptions which appear so plausible on the surface but are so illusory and danger-fraught underneath. Moreover, this task is one which only the layman with no preconceived notions, no blind adherence to orthodoxy and no personal axe to grind can safely hope to accomplish. Although I am not

¹ *Man the Unknown.*

prepared to go all the way with Bernard Shaw when he says: 'The truth about the doctor is so terrible that we dare not face it', I am none the less convinced that the truth about the medical profession in general is such that unless we face it we may have to contend with the most serious consequences. Yet what is equally important is that we should know and face the truth about health and disease, regarding which, incredible though it may sound, the average doctor is so astonishingly myopic that laymen and quacks have cured with judicious advice or a few simple remedies diseases for which the profession has no cure at all or has advocated the most drastic, expensive, and mutilative treatments. This is not to say that in the whole of the fraternity there are no wise and enlightened physicians who do not recognize the true cause of disease and how to treat it. On the contrary there are many who command our greatest respect and admiration both as men and savants. Indeed, it is with the discoveries and contentions of these wise physicians of whatever school that we are largely concerned in this book. My only regret is that in putting forward their pronouncements I have been obliged to employ criticism towards opposing notions and certain prevalent practices in a manner which may savour of a hostility which is far from intended. But this has been unavoidable in the circumstances. It is the old story; truth and fallacy can never be compatible, and one must pull down before one can build up. Nevertheless, the critical elements in this book should be regarded as secondary however much they may intermittently figure in its pages. My chief aim has been a constructive one; namely, to show the simple underlying cause of disease and why that cause has been obscured by superfluous and misleading complications of

purely scholastic interest but of little practical value. Furthermore, as the cause of disease is a simple one, so is the method for its prevention and its cure—whatever its name and its nature. But in proof of this I have been obliged to turn to branches of knowledge other than medical. Unless those important factors which may roughly be termed the ‘things of the spirit’ are taken into account, medical science can never be complete and the doctor will search in vain for truth. To the finding of the latter, certain, if simple, aspects of philosophy are essential. But in addition to this a philosophical attitude is required if we are to preserve our judgment and balance amidst that immensity of information about man to which Dr. Carrel referred, and which by its manifold and treacherous allurements has led so many from the paths of simple wisdom and common sense.

PART I

'We move from the complex to the simple, and the obvious is the last thing we learn.'—DR. ELBERT HUBBARD.

.

The prime cause of disease is the absence of substances which should be in the body and the presence of substances which should not be in the body.

.

There was a time when one man's meat was not another man's poison—it has merely become so through generations of faulty feeding.

.

The philosopher who has not learnt to be his own physician is unworthy of the name.

most suitable for the purpose) is a fairly good substitute. Synthetic glucose must on no account be employed, as the latter is not grape-sugar but some harmful concoction.

The value of a good brand of honey as a vital food cannot be over-estimated. I have experimented by eating excessive amounts of honey, and not once have I experienced that symptomatic thirst which occurs after eating an excess of commercial sugar.

APPENDIX II

I

In some of the books on Yoga we find diseases roughly tabulated under three headings: those that are conducive to an excess of wind, of bile, or of phlegm. People who habitually suffer from severe flatulence should avoid starchy foods and those which quickly decompose in the intestines. In place of bread it is wise to eat Energen rolls, or some non-starch bread, but to supply the missing roughage and mineral salts, a tablespoonful or more of, say, Pitman's bran should be eaten daily as a breakfast dish—raisins and cream can be added or cream and honey, but not refined sugar. Marmalade (being very acid) and jams should always be replaced by honey, which is not only rich in vitamins but a natural preservative. If the habitual flatulence is due to chronic constipation, then Dr. Hay's purge treatment is indicated, or a course of 'wash-outs'. After the cure, the Energen rolls may be discontinued and wholemeal bread eaten instead, care being taken to avoid the spongy type of bread which contains potatoes. Dr. Allinson's bread is excellent, especially when served as toast. . . . To avoid recurrence of the trouble the diet should of course always be as near to a naturalized one as circumstances permit. In some cases the mere avoidance of 'incompatibles' (see the Hay diet) is all that is required, provided there is an adequate proportion of natural foods. . . . The bio-chemic remedies for flatulence are as follows:

With pain in the left side: *Kali phos.*,

With colic: *Natrum phos.*, *Natr. sulph.*,

With sluggishness of liver: *Kali mur.*,

With gastric derangements: *Natr. phos.*,

With distention of abdomen: *Natr. mur.*, in some cases, *Mag. phos.*, in others with much passing of flatus: *Magnes. phos.* The best potency for all bio-chemic remedies seems to

be 6^x, though in some cases a higher one is indicated. . . . Flatulence is often due to hasty eating, in which case the cure is obvious.

II

People suffering from an excess of bile should live on a diet specially rich in fresh fruits. Lemons are particularly indicated for all bilious types of persons. I once cured a man of serious liver attacks accompanied by incapacitating attacks of mepgrim simply by inducing him always to start the day with the juice of a lemon (without sugar) in equal parts water to which a pinch of bicarbonate of potash was added. This has the effect of making the lemon taste less acid and is also good for the complaint.¹ Potash water, which is far more beneficial than soda-water—a doubtful beverage—may be used in place of ordinary water. It helps to increase the elimination through the kidneys and tends to prevent cancer and arthritis. A regrettable fact, by the way, is that the drinking of potash-water rather than soda-water has never become customary, in view of its highly valuable properties. . . . The chief biochemical remedy for excess of bile is *Natr. sulph.*

III

For people who suffer from too much phlegm (mucus) the diet obviously should be one in which mucus-forming foods are reduced to a minimum, as we have pointed out in the text. Here again starchless rolls in place of bread are indicated, with bran as a daily article of diet. All catarrhal conditions, including leucorrhœa, colitis, and congestion of the lungs, are caused by slime (mucus) which, however much some doctors may ignore the fact, must have its origin in the food that is consumed. For how else can it be formed? No

¹ Many sufferers will find this, if taken at bedtime, a far better specific for heartburn than bi-carbonate of soda or any of the much advertised antacid lozenges containing bismuth, which is by no means as harmless as we are led to believe.

substance can come from nowhere! And as the body is kept alive on food there is no alternative. I am aware that congestion of the lungs as such may be cured by operative treatment which serves to drain off the mucus, but unless the patient subsequently alters his diet, the mucus forms again in the course of time and another catarrhal disease is the result. As for mucous colitis, I am also aware that there is a treatment which consists in feeding the patient on nothing but starchy foods, the effect being as it were to paste over an inflamed colon with mucilage. But what about the other symptoms which eventuate as the result of all this starch and its constipating effects? These are left to take care of themselves. . . . The bio-chemic remedies for all catarrhal conditions are determined by the nature of the exudations, and the reader is referred to Dr. G. W. Carey's book on the subject or Mr. E. F. W. Powell's *Cell Nutrition*.

IV

Rheumatism is a very common complaint which the orthodox doctors treat with depressants but for which the only rational treatment is a natural diet free from starch and any excess of proteins. Incompatibles should be avoided. . . . The bio-chemic remedies are *Natr. phos.* and *Calc. phos.*, taken intercurrently. Sexual excesses in early manhood are conducive to rheumatism in later life—a fact of which I believe doctors are unaware. Dr. Hay's three days' purge is a valuable preliminary to diet reform for the cure of all types of rheumatism. Many people have found the Cantassium discs (i.e. potassium) highly beneficial even when there are no arthritis symptoms. I need hardly add that all measures to increase elimination, such as Turkish baths, sunlight, etc., are essential for the treatment of all rheumatic complaints by whatever new-fangled name they may be called. Where there is severe pain and inflammation, such as in lumbago, *Ferrum phos.* is the chief bio-chemic remedy in alternation with

those previously mentioned. . . . We hear much nowadays of the infra-red rays, and I may here incidentally point out that the infra-red lamp is only a glorified variant of the hot brick and brown paper remedy for lumbago. I received this information from a scientist and inventor of therapeutical appliances.

V

Those born between June 22nd and July 24th, which denotes Sun in Cancer, should live on a diet especially rich in potassiums (raw apples are particularly indicated). They would also do well to take *Calc. fluor.* in bio-chemic form; three doses one day in every week. The same applies to people with Cancer rising. But in order to ascertain this they would require to have their horoscope cast.

VI

The orthodox treatment of heart diseases, especially weak heart, is entirely wrong. Digitalis (fox-glove), which the doctors prescribe, is a deadly poison having the most harmful cumulative effects; moreover it does not cure the disease, but eventually kills the patient instead. Bio-chemic remedies coupled with a diet rich in mineral salts and vitamins are the only effective treatment for heart troubles, the remedies to be selected according to the particular symptoms. For dilatation of the heart or blood-vessels the principal remedy is *Calc. fluor.* in alternation with *Ferrum phos.* The former is needed to cure the relaxed condition of the muscular fibres and to restore their contractibility, and the latter to deal with the inflammatory conditions (carditis, pericarditis, endocarditis, etc.). For palpitations *Kali phos.* should be added. The latter is a most valuable heart stimulant in wasting fevers or after rheumatic fever when the heart action is weak. . . . For embolisms (clots of blood) *Kali mur.* is required in alternation with *Ferrum phos.* Where there is poor circulation and coldness

of extremities *Calc. phos.* is indicated, as also where there is palpitation due to flatulence. As for spasmodic attacks of palpitation, or sharp, shooting, darting pains in the heart, *Mag. phos.* is the best remedy. (This is also a specific for angina pectoris.) Palpitation in anaemic and dropsical subjects requires *Nat. mur.* For quick pulse with a slow throbbing pain over crest of the ilium *Kali sulph.* in alternation with *Ferrum phos.* should be prescribed. . . . The question of exercise is very important in cases of a weak heart. Writes Dr. I. Harris: 'Until recently it was believed that a person with a weak heart should have as much rest as possible. This is altogether wrong. The heart muscle, like other muscles of the body, requires exercise. The less it is used the flabbier it becomes. . . .'¹ But of course all exercise should be taken in a graduated form—regularly and not spasmodically. There are none the less some important exceptions. Apart from the fact that common sense tells us that any attack of pain is in most cases an indication that the patient should lie up for a while, a long rest in bed is imperative after rheumatic fever, though if *Kali phos.* is given, recovery is likely to be more rapid than when the disease is treated by the usual orthodox methods. A long rest is also needed after a severe attack of influenza, especially if the malady has been suppressed by drugs. Honey or Barbados sugar is a most valuable heart food, and should be taken freely after the heart has been weakened through any acute illness.

VII

A large number of people suffer from high blood pressure, and here again a diet low in proteins and especially rich in mineral salts is indicated. Mr. Ellis Barker points out that people with high blood-pressure usually have thick blood, and naturally the latter can only be thinned through diet.² Drugs produce no lasting effect. Most people with high blood

¹ *Diet and High Blood Pressure.*

² See *New Lives For Old.*

pressure suffer from constipation and self-poisoning, and live on a diet which is supposed to give them strength but in point of fact only has the opposite effect. What they need, therefore, are the types of food which rid the arteries of their hardening substances and promote frequent bowel actions and elimination via the kidneys without injuring these organs. Such foods are raw apples, salads, bran, and vegetable soups without any meat extract. . . . Of bio-chemic remedies Mr. E. F. W. Powell advises *Ferr. phos.* 6^x, *Calc. fluor.* 9^x, and *Silicia* 12^x; all three to be taken dry or in hot water morning and night. I have mentioned the use of the Cantassium discs in the main portion of this book.

VIII

It has become a trite saying that simple remedies are often the best, but the trite and obvious is so frequently overlooked. The following case is typical. A woman suffered from an unsightly and painful fissure at the corner of her mouth which refused to heal. For this apparently simple inconvenience she had consulted doctors and specialists to no purpose and had spent many guineas in the process. She was finally cured by a dentist for the trifling sum of fourpence—the cost of a little antacid powder to be externally applied. The fissure had not healed owing to acidity; the powder neutralized the acidity and the trouble was soon cured.

Apropos of dentists, acidity, and simple expedients: I once asked a dentist why he did not make inlays of vulcanite instead of gold, which is heavy, expensive, and apt with some people to produce an acid reaction. His reply was that 'it had never occurred to him, but the idea was a good one'. Later on I mentioned it to another dentist, who agreed and said it ought to be mentioned in the dental journals. Both these dentists are very clever men, yet 'out of the mouths of babes and sucklings . . .' And so let us not overlook the simple and obvious if we wish to keep well and save our pockets. Another point is that although we hear of simple remedies or prophylactics

we forget to employ them. I may therefore remind my readers of the following selection from various books on naturopathic methods of healing.

IX

For those who cannot take Turkish baths owing to a weak heart or for other reasons, an Epsom salts bath once or twice a week last thing at night is valuable as a means of assisting proper elimination through the skin. But it is important to get into a warm bed before the skin is completely dry, as this helps perspiration. Such an Epsom salts bath is especially useful in winter when people do not perspire naturally.

Epsom salts employed as a blood purifier and alkalinizing agent are very useful if taken over a long period in the following form: One teaspoonful of Epsom salts and the juice of one lemon to a pint of water. A small wineglassful to be taken every morning.

X

A colonic irrigation once a month should be resorted to by those who can afford it, but otherwise a high enema which they can take themselves will suffice. The best medium for this purpose is an infusion of raspberry leaves which can be procured at a herbal pharmacy. A handful at a time is sufficient. In severe cases of toxemia following on chronic constipation an enema every night for ten days is advisable, then every other day for a fortnight, then twice a week for three weeks, then finally once a month—as a general prophylactic and internal cleanser. The use of a rectal dilator retained for five minutes before taking the enema and re-inserted for ten minutes immediately afterwards is of great value particularly to the nervous system.

XI

Many cases of constipation are due to a nervous contraction of the sphincter muscle or to a prolapsus of the lower

bowel, and in that event a course of rectal dilatation is especially indicated. To obviate the expense of buying a number of various-sized dilators an adjustable metal one may be obtained from any of the better-class Health Food stores. Rectal dilation should, if indicated, be practised over a period of a fortnight or three weeks: last thing at night is a convenient hour, as for one thing it tends to promote a healthy sleep. The dilator should not be retained longer than a quarter of an hour at a time.

XII

People in particular who eat flesh-foods require a bowel disinfectant, and one of the finest is garlic. Although *Garlic Pearles*, which are excellent, may be bought, they are somewhat expensive to take as a life habit, especially as the remedy can easily be prepared by the cook. A few garlic bulbs should be allowed to simmer with a little water for two and a half to three hours, the liquid then being strained and poured into a bottle. Either a few drops of chloroform or of spirits of wine may be added as a preservative. A small teaspoonful of this garlic juice should be taken neat or in a little water every night before retiring. It is not only an excellent bowel anti-septic but is most beneficial for the lungs and chest; furthermore it tends to make chilly people feel warmer. Garlic taken in this form leaves no unpleasant odour in the breath. The Rev. J. Dempsey reports a severe case of colitis cured by drops of garlic juice in water.¹ But apart from its cumulative effect it is the most useful because harmless soporific to be found among Nature's remedies. I have recommended it to many people who suffer from insomnia or are inconveniently light sleepers, and each one of them has obtained the most gratifying results. Those who are chary of taking it on the plea that garlic is indigestible are evidently unaware that it is the pulp and not the juice which causes indigestion. Moreover, the

¹ See *Heal Thyself*, November 1934.

few drops of chloroform added to preserve it act as a carminative.

All the same there are unheroic people who absolutely refuse to take garlic in any form, yet nevertheless would do well to take some internal antiseptic. Charcoal is one, but should be taken in moderation as it has been known to remain lodged in one of 'Lane's kinks', as they are sometimes called, and consequently has given rise to trouble. All the same, when judiciously employed it reduces the toxicity of the urine, as Bouchard discovered, and so proved its detoxicating value. In place of charcoal, three drops of eucalyptus in warm (but not hot) water may be recommended. These can be added to the early morning orange drink, which people would benefit by taking half an hour before breakfast (the juice of an orange in a tumblerful of cold or tepid water).¹ According to Mr. E. F. W. Powell, these drops of eucalyptus oil will do much to cleanse the system and remove morbid matter; it (eucalyptus) sweetens the whole of the digestive tract and is cheaper and far better than most . . . of the much-advertised antiseptics of doubtful composition. For an *external* antiseptic nothing is more effective, strange though it may seem, than natural burnt wood ash. I say natural, advisedly, because tarred wood or the like must not be used. For small boils, pimples, or superficial skin eruptions the ash may be powdered on, but in

¹ Wood ash smeared on the body is useful to ward off undesirable psychic influences. For this reason certain types of Yogi use it, even though it makes them most unsightly objects.

Burnt ash is most valuable as a tooth powder, since for one thing it is rich in potash. The ancients were fully acquainted with the properties of wood ash and used it as a manure, than which there is no better one to be found owing to its great richness in potash. For instance, trees grown in a potash-denuded soil exhibit those excrescences which, some writers maintain, bear a causal relation to cancerous growths in human beings. Other writers, however, deny this, though if they fully comprehended the law of similarities and the unity of the Cosmos they might find less reason to do so. In any case it is regrettable that burnt ash is not used more extensively in place of artificial manures, since if it were, fruit and vegetables would be possessed of far greater health-giving qualities than they are at the present time.

some cases it will require to be made into a paste with a little water.¹ A pinch of Epsom salts is a useful addition.

XIII

In enumerating certain natural and simple remedies, yeast should not be omitted. But unfortunately as with many another valuable simple it has become commercialized and thus we are served with an inferior article under the supposition that it is a superior one. Ordinary baker's yeast taken internally—a piece the size of a brazil nut before breakfast—is a far better specific for boils than all the pseudo-scientific remedies which orthodoxy advocates.¹ Not so long ago, yet before I had studied auto-therapy, this was brought to my notice by a well-known man in the musical world, as the result of my having contracted a boil on the neck due to an infected clipper.² Observing my condition this kindly man took the trouble to write and inform me that for two years he had suffered from a series of boils which his doctor had uselessly treated with external applications, etc. Then one day a stranger stopped him in the street and said: 'I see you've got a boil on your neck; there's only one thing for that—baker's yeast before breakfast every day till cured.' My friend thanked him and took his advice; since when he has had no more boils. I suggested this treatment of yeast to a lady, who found not only that it cured her boils but gave her an increased appetite and altogether bucked her up generally. Needless to say, all really wise physicians know the value of yeast, but even so, not a few of them advocate some commercial brand (of which Phillips is the best) instead of the natural commodity procurable from the baker. I may here add that champagne yeast is yet more efficacious, but difficult to obtain.

¹ Autotherapy is still better, but as yet orthodoxy is tardy in recognizing the fact.

² In Germany it is a rule that all clippers must be passed through a flame before being used on a client, but in England no such rule obtains, so one is liable to be infected.

XIV

Before concluding this category of simple remedies I should point out the value of pure vegetable juices.

Invalids who on account of gastric trouble find it impossible to digest the pulp of either raw salads or fruits should be given the juice of raw carrots or other juicy vegetables. In some cases this has been known to work seeming miracles. By this simple means the body is enabled to assimilate the mineral salts so necessary to re-establish health. It is quite an easy matter to crush the juice out of, say, carrots and cucumbers with an apparatus supplied by Health Food stores and others. Cucumber juice is particularly indicated where there is kidney trouble. As in the case of garlic and onions, though to a lesser degree, the indigestible part of the cucumber is the pulp and not the juice, but even so it is because people will not masticate it sufficiently. Cucumber juice is a corrective to the effects of certain rich foods, and hence there is a certain rationale in serving cucumber with salmon. Apple sauce with duck has also its justification for a somewhat similar reason, though a raw apple salad combined with slices of oranges would be more scientific.

XV

Of the part that the mental attitude plays in regard to digestion, much might be said, but a few words will suffice. Many people, as we all know, are far too preoccupied with fear-thoughts as to what is going to disagree with them and what is not. Yet these same people often find that they can eat the most seemingly indigestible things when invited out, which at home they could not eat without unpleasant after-effects. The reason is obvious; they are amused and distracted when dining at other people's houses, and thus either forget about their digestion altogether or make up their minds to enjoy themselves and let the consequences 'go hang'. And

very often there are no consequences, for the stimulating effects of enjoyment have prevented them from materializing. This proves the baneful yet unnecessary effect of fear-thought, since it can be so easily dispelled in this manner. Now although there is no doubt that all people would materially benefit by following the Hay diet, it has one disadvantage where fanatical and apprehensive persons are concerned. If circumstances prevent them on occasions from rigorously adhering to its principles they at once develop fear-thoughts. But they forget that the effects of the Hay diet, or all natural remedies for that matter, are cumulative and that the more they adhere to them as a general rule the less the harm if they are occasionally obliged to break that rule. Therefore, realizing that the adoption of a natural diet results inevitably in the building of better bodies, the wisest course to pursue is to adhere to it in daily life as far as may be reasonably possible, but apart from that, to 'take no anxious thought'. After all, if people, for instance, are in the habit of going to bed at eleven o'clock, nothing serious happens if now and then they cannot get to bed till midnight—that is, unless they imagine it is going to happen. . . . At which we may leave it, not being desirous of stressing the obvious.

XVI

To pass to the question of exercise. Busy-lived people take exercise—more or less violent—on Saturday afternoons and Sundays and for the rest of the week they take perhaps none at all, because they have no time. Yet exercise to be of any real value must be taken every day. To keep healthy and young, every muscle in the body should each day be several times contracted and then relaxed so as to dislodge any calcareous deposit in the arteries and prevent flabbiness of the stomach and abdominal muscles.¹ The aim should not be to develop great muscles like a prize fighter but to keep the

¹ A Health Motor is a valuable aid to this for those who can afford one.

body in good condition through scientific movements. Personally I find Sanford Bennett's system of exercises the best, as for one thing they can all be done in bed in the morning before rising,¹ a matter to which I alluded in Chapter XVII. But instead of devoting an hour a day to them, as Bennett did, ten minutes will suffice, at any rate at first, unless for some special reason considerable muscular development is required. Even deep breathing exercises can easily be done lying on one's back in bed, although in that case the window should first be opened wide to obtain the maximum of fresh air.

Nevertheless, it is important to add and to stress that the amount of exercise required is greatly dependent on what people eat and also on the astrological signs under which they are born. People born with Sun in Virgo or Virgo rising require far less exercise than some of those born under other signs. Taureans, Pisceans, and Cancerians are liable to develop 'paunches' unless they live chiefly on raw foods and do special abdominal exercises. Yet this unsightly condition need not develop, or can be cured as Hornibrook has proved in his *Culture of the Abdomen*. 'This book', wrote Dr. A. H. Douthwaite in the *British Medical Journal*, 'is a better prescription for abdominal obesity, and also for constipation than any drug or combinations of drugs.' Dr. Douthwaite significantly goes on to point out that 'fat will not accumulate over a muscle which is constantly used'. I am of course aware that improperly functioning glands have much to do with obesity, but this is because they have gradually become poisoned from toxemia, are improperly fed and deprived of the necessary chemical ingredients.² For instance, both goitre and obesity have fundamentally the same cause, though the manifestation is different, for an over-functioning gland is merely due to a deficiency of one kind of mineral salt and an under-functioning

¹ See *Old Age, its Cause and Prevention*, Dodd, Mead & Co., New York, 1927 edition.

² The modern gland specialist gives animal gland extracts to supply the deficiency, but we have still to see the after-effects of such treatments.

gland due to a deficiency of another kind of mineral salt. (Goitre, as we have mentioned, is cured by bio-chemical remedies.) Some fat people may tell one that even if they eat next to nothing they still grow fat. And yet if instead of eating next to nothing (which means they reduce their starches, fats, sugars, and proteins) they would eat adequately of the requisite things to cause proper functioning of the glands in question, they would soon regain their figures, as has been frequently proved. Stout persons who have brought themselves to 'starve' on orange juice and raw salads think they gratifyingly lose weight solely because they no longer eat fattening things, yet this is but a half-truth; they lose weight largely because they are temporarily supplying their glands with the needful chemical ingredients. Dr. Hay proves this by implication when he avers that on a natural diet over-stout people grow thinner but thin people do not become yet more thin, but if anything are inclined slightly to put on flesh. This shows, in short, that obesity is a pathological condition and nothing less. We recognize this fact as regards our pet dogs, but as regards human beings we merely look upon it as an unsightly inconvenience which in its least excessive form we term middle-age spread. That the latter can be avoided I know from personal experience, but it can only be avoided through one's own efforts.

APPENDIX III

The efficiency of urine as a remedial agent has been extolled by a J.P. of Yorkshire in a series of curious pamphlets, now out of print, but kindly lent to me by the author's executors. Mr. Baxter, who died at a ripe old age, declared that he had cured himself of a cancerous growth by applying his own urine in the form of compresses and by drinking his own urine neat. He further declared that he had cured himself of other complaints by these simple if strange means. Mr. Baxter contended that fresh urine is the finest antiseptic that exists, and having made this discovery he formed the daily habit of drinking three tumblers full as a prophylactic against disease.¹ He maintained that if autogenous urine is taken in this way the 'sweeter', i.e. more innocuous, it becomes. He applied it to his eyes as a strengthening lotion, and used it, after shaving, for the complexion. He also advocated its external use for wounds, swellings, boils, etc. As an aperient he declared it to be unsurpassed.

¹ The author can hardly advocate this as a universal practice.

APPENDIX III

The efficiency of urine as a remedial agent has been extolled by a J.P. of Yorkshire in a series of curious pamphlets, now out of print, but kindly lent to me by the author's executors. Mr. Baxter, who died at a ripe old age, declared that he had cured himself of a cancerous growth by applying his own urine in the form of compresses and by drinking his own urine neat. He further declared that he had cured himself of other complaints by these simple if strange means. Mr. Baxter contended that fresh urine is the finest antiseptic that exists, and having made this discovery he formed the daily habit of drinking three tumblers full as a prophylactic against disease.¹ He maintained that if autogenous urine is taken in this way the 'sweeter', i.e. more innocuous, it becomes. He applied it to his eyes as a strengthening lotion, and used it, after shaving, for the complexion. He also advocated its external use for wounds, swellings, boils, etc. As an aperient he declared it to be unsurpassed.

¹ The author can hardly advocate this as a universal practice.

PRINTED BY
JARROLD AND SONS LTD.
NORWICH

PRINTED BY
JARROLD AND SONS LTD.
NORWICH