

The Cause of Disease

by

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INTRODUCTION

If you are well there must be a reason or cause. Similarly, if you are ill there must be a cause. These statements seem so self-evident that it is nothing short of remarkable that so many people still regard health and disease as mysteries.

Everything has a cause. Every cause has an effect. Disease is an effect. What is the cause of disease? Ah, that is where we find so many diverse claims and beliefs.

In the past, man thought that disease occurred as a punishment or by caprice. It was commonly thought that when one of the many gods was displeased, he visited upon man, boils, tumours and other afflictions too numerous to mention.

Many people thought that their disease was caused by someone with an "evil eye". Sometimes a person became ill because a special bone was pointed in his direction. More recently, the disease Malaria was thought to come from "bad air". Influenza apparently resulted from some malign "influence".

At present, germs and viruses are blamed for most diseases. Suit yourself. You can take your pick. Some practitioners say that disease is "All in the mind". You can think yourself into health and you can worry yourself into ill-health. A lack of vitamins is said to cause many complaints. A shortage of minerals is claimed to be the cause of most diseases.

Right in the middle of all this confusion is mankind-suffering from every disease from Asthma to Cancer, the Common Co!d to Arthritis. There are thousands of diseases and several remedies for every disease. All very confusing.

In order to successfully treat disease and restore health it is surely essential to know the cause of the complaint. This book is an attempt to analyse two of the man theories of disease causation.

On the one hand we have a theory that a deficiency of a certain mineral element or vitamin compound is the cause of disease. On the other hand, we have the school of thought which asserts that Toxaemia or a condition of poisoned blood is the primary cause of disease.

In this book I bring forward such evidence as appears to me to be relevant. I quote the actual words used by the world's most eminent authorities on Natural Healing.

I leave it to the reader to weigh the evidence carefully. He can then decide for himself the answer to the most important question: "What is the Cause of Disease?"

KENNETH S. JAFFREY

1976

TWO OPPOSING THEORIES

I believe it was Rudyard Kipling who said "East is east and west is west and never the twain shall meet". Similarly, medicine is medicine, nature cure is nature cure. The two can never be merged because they are diametrically opposite.

Newcomers to nature cure often wish to have the "best" of medicine and the "best" of nature cure. and to weld them into a new system of healing. Such wishes are understandable, but they are also impractical. This has been tried, but we got, not a new and better system of healing, but one almost as bad as the old medical system. Some naturopaths have adopted homeopathic drugs, biochemic tissue salts, food supplements, vitamin tablets, short-wave, diathermy, ultra-sonic sound waves, hypnotism, radiesthesia and a dozen or more "remedial" agents. All of these adjuncts to nature cure suffer from the same faults. They all contradict the basic teachings of nature cure by disregarding the true causes of disease. They all seek to "help" the body to cure itself. The use of these unnatural adjuncts betrays a lack of understanding of the philosophy of nature cure.

It should be understood that there can be no compromise of principles. Either the principles upon which nature cure is based are right or they are wrong. We must weigh the evidence and make a careful decision. We have to accept the fact that there are two completely different opposing theories of disease causation and health causation. Which one is right? You, dear reader, must decide this for yourself. All along the line, in the history of nature cure, we have had divergences of opinion. This is natural as no two people approach any subject from exactly the same angle. But, wait a minute. That is not quite accurate. There have been many fine naturopaths who did approach the subject of health and disease from the same angle. I propose to discuss what they said and then leave the decision (to accept or reject their teachings) to you.

I shall call as my expert witnesses, some of the most eminent authorities on nature cure commencing, with Vincent Priessnitz and concluding with Dr. Herbert M. Shelton.

At present we are confronted with two opposing theories of disease causation within the nature cure movement. One theory states that a deficiency of some kind is a major cause of disease, while the other theory claims that unfavourable living habits leading to Toxaemia, cause disease. Much confusion exists due to a misunderstanding of the true cause of disease. In the near future the cause of disease will

become a highly controversial topic for discussion in natural health circles.

This subject will be brought sharply into focus due to the possibility of enactment of legislation designed to curb the activities of those non-medical practitioners who manufacture, sell or prescribe so-called "natural" remedies.

So, the time has come for oft-reiterated platitudes and imprecise generalities to give way to exact definitions and factual statements firmly based on the principles of nature cure.

It is time for naturopaths and their followers to take a firm stand on one side or the other. Either we stand with those who prescribe "remedies" or we stand with those who prescribe obedience to natural law, removal of causes of disease and the provision of man's normal biological and environmental requirements.

In our reading of "health" literature, and in conversation, we often encounter such expressions as "slipped disc", "cataract on the eye", "deficiency disease" and many others of a similar type. While these expressions may serve a useful purpose in discussions with lay people, they are loose and incorrect, and if continually used, could lead to acceptance of erroneous theories and erroneous practices based on these theories.

It should be known that intervertebral discs do NOT slip. It is the vertebra itself which moves. The correct term for this condition is "subluxation of a vertebrae" not a slipped disc. The external growth on the eye so frequently seen, is NOT a cataract but a pterygium. Why not use the correct term? Why call it a cataract when it is not one? While soils may be deficient in certain minerals it is wrong to say that human beings who eat foods grown on these soils therefore necessarily will suffer from "deficiency diseases" due to a lack of minerals in the diet.

True deficiency disease is excessively rare. If we eat foods which are deficient in certain minerals it is possible for the body to synthesize these minerals by the catalytic action of enzymes. But, in doing so, a great deal of nerve force will be expended in the process. This abnormal expenditure of nerve force causes enervation (loss of nerve force). This enervation hinders, checks or prevents elimination of normal metabolic wastes from the system. Retention and absorption of this waste matter causes Toxaemia (poisoned blood). This is the true cause of every disease. Eventually, this toxaemic condition will cause changes in the body structure, which we then recognise as "disease".

The rational treatment for this condition does not lie in the administration of missing minerals, but in the elimination of the toxaemic condition. It is also necessary to provide physiological rest (fasting) to enable the body to conserve its energy.

If the body is enervated it cannot permanently utilise any minerals or vitamins which are administered artificially, whether organic or inorganic by nature. The taking of food supplements or remedies is therefore useless. It is a sheer waste of effort, time and money to offer to or to force any kind of supplemental foods, vitamins or minerals on to a debilitated organism when it cannot make full use of them.

For example - the taking of so-called "natural" remedies such as iron tablets, tissue salts or comfrey juice will not permanently increase the iron content of the blood. Any increase will only be temporary.

If the patient discontinues the taking of the remedy the iron content of the blood will return to its previous level in a short time. Only by providing physiological rest will a body be enabled to raise its efficiency high enough to allow it to utilise the minerals which it already may have stored in its tissues. If the body has insufficient reserves of minerals in its tissues then recovery may not be possible and the patient could remain ill or even die. However, this condition is seldom encountered in practice except in cases of gross deprivation or starvation.

Most diseases are caused by a lack of efficiency of the organism which prevents the body from utilising minerals which it already has in reserve.

An unbalanced diet which may be deficient in certain minerals can be a contributory cause of toxaemia but it is NOT the specific cause of disease.

The "deficiency" theory states that the lack of a certain mineral or vitamin DIRECTLY causes disease. The supporters of this theory logically seek to supply this mineral (or vitamin). The Biochemist supplies inorganic tissue salts which are by nature, foreign to the organism. "Natural therapists", Herbalists, etc. seek to supply the missing minerals by using what they call "natural" remedies of an organic nature in the form of fruit and vegetable juices or food supplements.

The body will reject the inorganic tissue salts in time. It will also endeavour to use the living materials in the form of juices or food but if its efficiency has been impaired by enervation, then it will be unable to do so and any benefit it may gain will be short-lived.

If the disease has progressed considerably the body may have no alternative but to accept the unsuitable materials and they will be laid down as unwanted deposits.

So, it must always be the aim of the naturopath to raise the efficiency of the body mechanisms and to conserve energy. He must seek to improve nutrition. He must strive to improve drainage and metabolic wastes from the system. He must provide physiological rest in order to conserve whatever energy is available to the organism.

Treatments must be restricted to those which improve nutrition, remove obstructions to circulation, provide an efficient flow of nerve force, blood and lymph, and conserve the vital force inherent in the organism. Any procedure which meets these criteria may be called nature cure.

If a treatment is based on the theory that a body lacks "something" and that an effort must be made to supply that "something" then it should be classified as medical treatment. Medicine is the practice of administering a remedy.

Nature cure, on the other hand, is the practice of removing the causes of disease, and of providing the normal biological conditions which alone are favourable to recovery.

Nature cure teaches that the only way to get well and to stay well, is to remove the cause of your disease. This is all very well. It sounds so attractive, but how can we know for sure what the cause of disease is?

In general, the medical profession believes that germ infection is a major cause of disease. They also believe that human beings need certain chemical compounds which they call medicaments.

The chiropractor believes that a subluxation of the spine is the primary cause of disease. The osteopath believes that the osteopathic lesion is the cause. The chiropractor says that any malpositioning of the bones in the spine can cause impingement of nerves, which in turn, impedes the free flow of nerve force to the various organs. Osteopaths say that the rule of the artery is supreme. They teach that anything which impedes the free flow of blood to and from a part will cause disease. Others say that disease is caused by a deficiency of some element in the body. They claim that trace elements and vitamins may be lacking in modern man's diet. The remedy they suggest is to eat food supplements to make good these deficiencies. Who is right?

The newcomer to nature cure is no doubt confused and bewildered. Medical doctors say that germs or viruses (which in their opinion cause disease) must be killed, and so they prescribe poisons called antibiotics to kill the offending organisms. The chiropractor seeks to normalise the structure of the spine. The osteopath manipulates the bones and soft tissues. The deficiency enthusiasts prescribe fruit and vegetable juices,

herbs, biochemic tissue salts, vitamin tablets, apple cider vinegar, lecithin, royal jelly, seaweed or any one or more of a thousand remedies.

All of these methods may be based on a theory which has a grain of truth in it, but this theory is not a total valid theory of disease causation. What I am going to suggest is that my readers investigate this revolutionary new theory of disease and its cause. Although it was discovered about 170 years ago, it is still new to most people.

Around the year 1829, Vincent Priessnitz propounded the theory that disease was caused by wrong living habits, which in turn produced a condition of impure blood.

Later, in 1883, Louis Kuhne wrote his book *The New Science of Healing* in which he further developed the theory that an abnormal composition of blood is the primary cause of disease.

Then in 1926, Dr. J. H. Tilden published his book *Toxaemia Explained*, in which he completed the thesis that all diseases are caused by Toxaemia, or a condition in which the blood is poisoned.

Others have also contributed greatly to the debate but these three men hold the key positions. Nature cure is based on the original teachings of Vincent Priessnitz, so it is confusing, to say the least, that people who profess to believe in nature cure, and even some of those who practice nature cure, are now saying that "deficiencies" of some kind are the cause of disease.

I belong to that school of thought which says that Toxaemia or poisoned blood, is the primary cause of disease. There are also some contributory, secondary causes, but Toxaemia remains the primary cause.

What then IS Toxaemia? The word Toxaemia carries within itself its own meaning. It literally means Toxin in the blood. Most medical dictionaries define Toxaemia as blood-poisoning - a condition in which the blood contains poisonous substances such as those produced by the body cells when they are broken down by normal use, or those poisons due to the growth of micro-organisms such as germs or viruses. This is a good definition from a medical viewpoint, but while we agree with the first part, we disagree with the second part, which states that germs or viruses primarily cause blood-poisoning.

I must explain that the Toxaemia defined in the medical dictionary is not the same as the Toxaemia which is the central point of the system of healing known as nature cure. Most medical authorities say that Toxaemia is caused by poisons which have entered the bloodstream from outside the body, from germs, and the diseases said to be caused

by organisms which are called ptomaine poisons or from infections by germs invading the body after being within other human bodies with this disease.

We do not subscribe to this theory. The nature cure theory is quite different. The medical profession recognises thousands of different diseases. We of the nature cure school say that there is only one disease -Toxaemia, and that all other diseases are really only different groups of symptoms.

Symptoms are the outward signs on the body which we can observe. If you have a headache and a swelling in your throat, a name is given to this pair of symptoms. If you have a headache and a swelling in the ear, then these two symptoms are given an entirely different name. This is how medical science classifies diseases. The cause may be the same yet the groups of symptoms are named differently.

In nature cure we do not give names to these groups of symptoms. Instead, we give names to the CAUSES of disease. The diseases diagnosed by a medical doctor are different effects of the same toxin or poison. The poison is really the waste product of metabolism retained in the bloodstream, causing the body to institute a Healing Crisis or forced elimination.

When you have a cold this is what happens. Your body has accumulated toxins or poisons beyond its capacity to hold or deal with. The body then produces a violent reaction to rid itself of this unwanted material. Now we must retrace our steps a little.

I have used a word several times and you may be unfamiliar with it. This word is Metabolism. I said that the poisons in the bloodstream were usually products of metabolism. I should explain that metabolism is the process of breaking-down and building-up that goes on continually in the body. Tissues break down and the resultant material is poisonous. If the body cannot get rid of this material normally and regularly, it accumulates and causes Toxaemia.

THE ORIGIN OF DISEASE

An important natural phenomenon is that of CAUSE and EFFECT. Every cause produces an effect within the body. This effect can then also become another cause. The first cause is the primary cause of disease. The effect produced by this cause becomes a secondary cause of disease.

What is the cause of life within the body? An organism like the living body can function only as long as its metabolism continues efficiently. Metabolism is a state of approximate balance between the two functions of anabolism and catabolism (building-up and breaking-down). These two functions are never perfectly balanced but are closely approximated. Metabolism is the combination of assimilation and excretion. Assimilation is the transformation of food by digestion into compounds or chemical mixtures which are suitable for nutrition of the body cells. Excretion is the elimination of the waste products of the body caused by the disintegration of body tissues. This is a normal process. When metabolism slows down or speeds up excessively, we may have varying degrees of dysfunction or disease. When metabolism ceases altogether life ceases also and death ensues.

Metabolism takes place internally and is an inherent function of the living body. It is what we call a biological process. The processes of exchange of matter within the body through nutrition and drainage are inherent processes of the body mechanism.

So, for health, we must have efficient nutrition and efficient drainage. Both are necessary and complementary. Assimilation of food and excretion of waste products are self-implementary or automatic functions peculiar to all living things. These two essential functions of assimilation and excretion are diametrically opposite processes, yet both are equally necessary. They are so closely connected that when digestion and assimilation are affected adversely, excretion and elimination are also affected adversely. This fact explains why a person becomes constipated and does not efficiently excrete waste matter soon after something interferes with digestion and assimilation of food. Conversely, when constipation impairs excretion of waste from the body, the digestion and assimilation of food almost simultaneously slows down or may even stop.

Here we have the explanation of the anomaly of a person starving amidst plenty. Whilst the body may be receiving sufficient food of good quality, nevertheless it is not assimilating or utilising this food due to

another process like constipation which is impeding excretion in another organ such as the lower bowel.

If we consume a chemical compound such as Peroxide of Hydrogen, the body normally recognises this as material containing elements basically suitable for nutrition BUT IN UNBALANCED PROPORTIONS. In this condition therefore, it is not good food. Now, if we remove certain atoms of oxygen, this unsuitable material then becomes water, which IS suitable material for human consumption. In other words, it has become good food by the REMOVAL of a few atoms. If we now continue and remove a few more atoms of oxygen, the body will recognise this new compound as again being unsuitable as food. It will thus be seen that a substance can be changed from a poison into a food and then into a poison again simply by removing an atom at a time.

It would therefore be wrong to say that some foods are "deficient" in any way. They simply have wrong proportions of elements which, normally, and in the right proportions are regarded as essential nutrients.

In most good foods like apples, lettuce, tomatoes, etc. we find two elements Sodium and Chlorine. Both are deadly poisons. Separately, they are extremely toxic to human beings. Yet, when combined in the correct proportions they become an essential nutrient compound called sodium chloride (salt). We cannot sustain life without sodium chloride. If we remove the sodium from sodium chloride we are left with chlorine, a poisonous gas. Are we to say that this substance is "deficient" as a nutrient ? Not at all. It is a toxin or poison and that is what we should call it.

When we eat raw unrefined sugar or unrefined wheatmeal flour they are complete balanced foods. If we remove some minerals from sugar or flour, have we made them deficient? Not at all. We have simply changed the character entirely and they are now not foods, but poisons. How else can we explain the fact that people who eat unrefined sugar and unrefined flour retain their normal good health and weight, while those who eat refined sugar and refined flour become ill and, strangely enough, also become obese. Yes, they actually gain weight while consuming a so-called "deficient" food.

Lettuce is conceded to be a good nutritious food, yet by removing a few atoms it becomes the deadly poison Lactucarium. Is it because the lettuce is now "deficient" in the elements we removed? Certainly not. The lettuce (or rather lactucarium) is now harmful because it is a DIFFERENT substance, which happens to be poisonous.

It will be seen that our philosophy is very important. If we have an incorrect philosophy we will be inclined to draw wrong conclusions.

Happily, in some cases, no harm will be done. If we tell a sick person that white flour and white sugar are deficiency foods and recommend that they eat wholemeal flour and raw sugar, the effect could be beneficial. Yet, in other cases where the patient adds a mineral supplement to a wrong diet, the effect will not be the same. One cannot extract elements from food and then replace them by taking additives. The effect is not the same. For best results food must be consumed whole.

However, an adequately nutritious diet alone does not guarantee good health. All of the other factors such as Sun, Air, Water, Exercise, Relaxation, Positive Thoughts, etc. are also necessary.

It is possible to become seriously ill even though an adequate diet is being consumed. The converse is also true. Even those who consume what we believe to be a "deficient" diet can have relatively good health if all of the other essential factors are present in the environment. Natural health is based on the principle of "wholeness" and diet is only one factor, even though it is an important factor in health.

All of this may sound like pedantic quibbling, but it is not in reality. When we accept the principle that a "deficient" diet can be overcome by supplying the deficient elements we risk having a fractionated diet.

We cannot divide food into its separate elements and consume them separately. The effect is not the same. On the other hand, we should all have a fully-balanced diet of whole natural foods, so this is always the first step to be taken. You don't worry over what is missing. You simply supply a diet which is "whole" and adequate nutrition will be provided. Then we must look to all of the other essential factors so this correct nutrition can be efficiently utilised.

This is where some natural health practitioners err. The environmental factors such as Sun, Air, Water, Exercise, Relaxation, Positive thoughts, Posture, Occupation, etc. have been grossly neglected.

The state of the spine should also be ascertained in case a correction is needed in this important area.

Health does not depend on nutrition alone. The proponents of the diet deficiency theory try to treat ALL patients and ALL diseases by adjusting the dietary intake only. Their philosophy is wrongly based and they are therefore apt to draw wrong conclusions.

The truth is inexorable: the primary cause of most disease is Toxaemia and not the deficiency of some element in the diet.

Until the sixteenth century, the theory of the revolution of celestial bodies was dominated by the teachings of the Greek astronomer, Ptolemy. His was an earth-centred theory which any intelligent person could prove by observation to be correct. Ptolemy said that the earth does not move. It is the centre of the universe. The sun rotates around the earth regularly every twenty-four hours. Ptolemy simply described what he saw.

Copernicus upset the scientists of his day by doubting the accuracy of these long-held beliefs. His new theories seemed to run counter to the observable facts. Now, we have irrefutable evidence that Ptolemy was wrong and Copernicus was right.

The same conflicts are evident in Naturopathy and Medicine today and unless we get the facts clear in our minds we are going to draw wrong conclusions and consequently, practice incorrectly. We must not use the yardstick of Medicine in the practise of Naluropathy. We must not treat patients by accepting medical diagnosis and working from there. We must reject the foundations of medicine by rejecting their diagnosis. While this may sound like splitting straws, it is vitally important. Unless we start with a correct diagnosis our prescriptions will be false. The whole fallacy of the "deficiency" theory comes about through "woolly thinking" which leads to wrong conclusions.

What about Ptolemy and Copernicus? Who was right? In those days it was evident to those who had eyes to see that the sun rose in the east and set in the west and that it rotated around the earth. Copernicus later propounded the theory that the earth was not the centre of the universe and that the sun did not rotate around the earth. On the contrary it was the earth which rotated around the sun.

There is a theory current that the human body is composed of elements such as carbon, hydrogen, oxygen, etc. and if one of these elements is missing from the diet we become ill. Another pet theory today is that the common cold is caused by lack of Vitamin C in the modern diet and that by taking Vitamin C the sufferer will not get any more colds. The proof is clear for all to see because those who take massive doses of Vitamin C DO NOT GET COLDS. What more evidence would one need than this? Yet this is but more evidence of unscientific thinking and reasoning.

I beg to differ in several ways. The human body is not simply composed of elements. It is composed of complicated compounds or mixtures made up of these elements in many complicated combinations. These compounds may look alike to the untrained observer but very often they are made from quite different groups of elements.

A good example is provided by Vitamin B 12. This vitamin can be and is being made from several different chemical compounds such as Calcium

Pangamate, Pangamic Acid and Cyanocobalamin. Here is a case of a substance being made from totally dissimilar compounds.

The human body also makes its own compounds from a very wide range of diets all over the world. The human body gets a wide range and variety of foods, but in health, manages to convert them all into the same substances which are needed in the body. No matter what food you eat, it all becomes the same substance inside the body. The human body can be built successfully from many different kinds of foods. This unique phenomenon is made possible by the existence of Enzymes or Catalysts.

Unscientific theory is the cause of much misunderstanding. Shallow thinking is prevalent. These people only perceive what they see on the surface. How can we convince them of their errors? How do you convince an alcoholic that there are NO pink elephants crawling up the wall? He will think YOU are crazy because he can SEE the pink elephants. Similarly, with medical philosophy.

If a person has a headache and takes an aspirin his headache will most likely disappear. How do you explain this to him? As far as he is concerned the evidence is quite clear. He had a headache. He took an aspirin. His headache disappeared. The headache MUST have been caused by a lack of aspirin because when the deficiency was corrected the headache disappeared.

There is also a school of thought which says that tooth decay is caused by a deficiency of fluorine in the diet. These people claim that by adding fluorine to the water supply, tooth decay will be prevented. Another example of "woolly or unscientific thinking".

What about the Australian aborigines? Didn't they have excellent teeth before the coming of the white man? On the evidence before us, the average person would assume that the diet of lizards, wallabies, witchetty grubs, yams and honey ants was responsible. Can we assume that this diet would also produce decay-free teeth for us? Is our diet, which produces such bad teeth, lacking in the very elements which may be found in witchetty grubs or honey ants? Another example of unscientific thinking.

The problems of health and disease are not quite as simple or clear-cut as the "deficiency" theorists would have us believe. According to them, those with poor eyesight have only to drink carrot juice for a few weeks and their eyesight will improve dramatically. They claim that if we have goitre it can be cured in a short time by eating Kelp. If we have gastric ulcers we can cure them quite easily by drinking cabbage juice. If we have a varicose ulcer on the leg we can cure it by applying a poultice

made. from Comfrey leaves. Such claims are but further examples of "woolly thinking"; If you believe such claims I suggest that you test these "miracle" cures in a scientific way. You will find that they do not work.

The theory that living organisms suffer from deficiency diseases caused by a lack of some element in the diet seems, on the surface, to be a most attractive one, difficult to controvert. This theory is based on the assumption that the chemical composition of a normal healthy human being is known and that the body becomes diseased if some element is missing or in short supply. It is also assumed that it is possible to determine whether an element is missing or not, whether it is deficient in quantity and precisely which one is missing. It is then said to be possible to supply the missing element, cure the disease and restore health. These at least, are the assumptions. Proving the assumptions is quite another matter.

The first question to be asked is "How can we know the exact chemical composition of a normal healthy human being? How do we know what the body is composed of and how much of each element should be present? One way to get this information is to select a normal healthy person and subject him to chemical analysis. Having selected our subject for analysis how do we analyse him? Obviously he could not be subjected to the standard procedure of chemical analysis while still alive. One way, although quite impractical, would be to place this person into a vacuum oven and cremate him. The ashes and gases could then be subjected to chemical analysis using standard procedures.

In this way we could learn the exact quantity of each chemical element present. This procedure has its difficulties. Even if this was done, it could be found that this person had absorbed quantities of substances like lead, aluminium, cadmium, mercury, etc. Are we to assume, that because these substances are present, they are essential nutrients, necessary to our health and well-being? Not at all. Many unessential substances have been found in human tissues, not because they have a use, but simply because they have been accidentally absorbed from the environment. These substances are there only because they have been consumed with the food or water or because they have been breathed in from the atmosphere. Many substances, while not being essential nutrients, are being constantly found in human tissues. Substances like inorganic iron, sodium and calcium, are being laid down in our tissues because they are cumulative poisons. When sufficient amounts of these substances are built up, disease becomes apparent.

We see how difficult is the task of learning just what our bodies are composed of, even under laboratory conditions. How much more difficult

would this task be under clinical conditions in the office of a doctor or naturopath.

Let us assume that a practitioner is faced with a typical case. A patient has Asthma and consults a medical doctor or naturopath. How will this practitioner proceed? He may be convinced of the validity of the deficiency theory, but how can he accurately determine whether elements are missing, and in what quantities?

If he uses symptomatic diagnosis he tries to detect as many symptoms as possible. He is then faced with the task of determining what missing element will produce such symptoms or groups of symptoms. This would be a herculean task and quite impractical. Think it over. Can any one say for sure what element may be deficient when a patient has difficulty in breathing? What element is missing when the body temperature is too low? What element is deficient when the skin is red? It will be seen that the difficulties presented by this kind of diagnosis are insurmountable in the limited time available for the average consultation.

However, for the time being, let us assume that the practitioner IS able to discover that the patient is lacking in iron, calcium and magnesium. How does one go about making good the deficiency? Some practitioners prescribe a diet said to contain ample amounts of iron, calcium and magnesium. This sounds excellent. The patient includes these foods in the diet and the disease is cured as if by magic.

But, how do we know the exact composition of the foods which the patient buys at the supermarket? Do you know whether these foods (or remedies for that matter) actually contain any iron, calcium or magnesium in significant amounts? The answer is that we do not know and we cannot know. Foods vary considerably in their chemical composition, depending on the soils in which they are grown. All we can do is to persevere with the diet or remedies for some time. If the symptoms remain unchanged, we could reasonably assume that the diet is still deficient. If the symptoms disappear we can also assume that the deficient substances have been made good, otherwise how were we cured? This is a most unscientific and also most impractical way of dealing with a health problem.

There are other methods of diagnosis which are currently being employed by medical doctors and natural healers in an effort to overcome this problem. A pendulum or radionic device is used to measure the responses of a sick person. This device is then used in reverse to select the correct remedy, which is then taken by the patient. Medical doctors use the device to select the "correct" drugs. Herbalists use it to select the "appropriate" herbs. Biochemists use it to select the "correct"

tissue salts. Dietetians use it to select the "correct" foods. This procedure can only be described as unbelievable. Can we seriously believe that a valid method of diagnosis will select with equal facility, poisonous drugs and nutrient foods? This would be contrary to the whole philosophy of natural healing.

Where does this leave us? We are faced with a serious problem. There is no practical way of determining the chemical composition of a normal healthy human being. We have no practical way of determining the chemical composition of an unhealthy human being. The only reliable guide we have at present is that an adequately balanced diet of natural living foods will assist in producing good health.

Since we have no way of determining whether ill-health is caused by a lack of some elements, and if so, which ones are in short supply, this approach to ill-health is a fallacious one. Even if we know what elements are missing how do we know how much of each is required? Do we need one pound of iron and one ounce of calcium or one ounce of iron and one pound of calcium? Do we need iron or calcium at all? The subject is fraught with such difficulties as to make this kind of approach absolutely impractical.

The Toxaemia theory suffers from no such difficulties. In the natural healing field the stress is on normality. We simply supply the organism with its normal biological requirements. By providing the most favourable environment and conditions, the body is enabled to heal itself in its own way and in its own time.

Instead of saying that disease is caused by the lack of or shortage of a substance which should be present in the body, we say instead that sickness is caused by a surfeit or excess of something. This "something" is toxic material which is polluting the bloodstream to such a degree as to produce poisoned blood (or Toxaemia). Nothing could be simpler.

Remove the harmful and unwanted material from the bloodstream, modify the life-style and living habits so the toxins present can be expelled, and no more will be absorbed in the future. Not only will present disease be eradicated but it will also be prevented in the future. Only by adopting biologically correct living habits will it be possible to avoid serious disease. Only by removing toxic material from the bloodstream will present disease be eradicated.

THE MYSTERY OF ENZYME ACTION

Is it true that the human body is composed only of the elements it ingests by way of food, sun, air, water and cosmic radiations? If so, then it would be absolutely essential to ingest these elements in order to survive in health.

Those people who accept the deficiency theory claim that we develop diseases as a consequence of a lack of a certain specific element or vitamin due to the modern diet of man. These people seek to cure disease by supplying the patient with the missing elements by means of foods, food supplements, herbal extracts, biochemic tissue salts etc.

I do not accept this theory. I believe that Toxaemia or the presence of unwanted and harmful material in the bloodstream is the primary cause of disease. I believe that only in rare cases of starvation, does a true deficiency disease occur. I seek to cure disease by removing all harmful material from the sick organism.

The proponents of the deficiency theory claim that a substandard diet will produce disease due to the lack of certain elements, and the only way to treat this condition is to supply the missing elements. It is claimed that restoration to health will follow.

The deficiency theory arose following a misunderstanding of the basic principles of human nutrition and human physiology. These people disregard certain facts which were well-known to the earliest naturopaths. For instance in his *HYDROPATHIC ENCYCLOPEDIA* published in 1877, Dr. R. T. Trall demonstrated quite early that he fully understood the alimentary functions of the human body.

In reply to another writer named Pereira he says: "Pereira lays down the following postulate: A living body has no power of forming elements or of converting one elementary substance into another, and it therefore follows that the elements of which an animal is composed must be the elements of its food".

Dr. Trall goes on to say "If this position is correct, any alimentary substance capable of sustaining the structures of the body, must possess all of the chemical elements above-named among its constituents. We do not however, find such to be the fact. Milk affords complete nutrition to the young mammal, and occasionally to the adult. Wheat and apples are capable of perfectly nourishing the body, yet neither of these articles nor all together, yield to chemical analysis all of the elements above-named. It is moreover, probable and I think demonstrable, that to a certain extent, the vital functions of a living

organism have the power of transmuting substances supposed to be elementary. This is proved by the fact that the lime found in the bones of the chick when it quits its shell, did not pre-exist in the recent egg. It could not be derived from the shell; Because the membrane which lines its interior is not vascular, hence its only source is the transmutation of some other substance." Then Trall ends with this observation: "Many substances now regarded as elementary may in reality be compounds which the body, though not able to create, may compose and decompose."

The reader must remember that this was written in the days when Catalysts and Enzymes were practically unknown or little understood. We now know that the human body is capable of using a large number of enzymes as catalysts to enable it to synthesize many compounds which cannot normally be formed from the food we eat. This explains why the human organism has been able to survive under most unfavourable conditions.

Nearly 100 years ago, Dr. Trall knew that the human body was able to make compounds from other substances. He calls this process Transmutation. Today, we would call it Synthesis or Catalysis. Dr. Trall must have known that this phenomenon occurred and, even in those days, was prepared to cross words with medical writers like Pereira, who were preaching erroneous theories. It seems most extraordinary that in the intervening years we have not bothered to learn much from eminent men like Dr. R. T. Trall.

In the future, we will be hearing much more about enzymes and their unique actions. When we understand enzymes and their functions we will abandon the fallacious theory of deficiency diseases and return to a closer study of the phenomenon of Toxaemia. When we understand more clearly the actions of enzymes and how the body functions we will not make the mistake of looking for cures like acupuncture, tissue salts, herbal remedies, food supplements or radiesthesia.

In the past, although the word enzyme was not used, the action was dimly understood. In those days the word Transmutation was used. Then the word Fermentation was adopted. Later, the word Catalyst was used. No matter what word was used -Transmutant, Ferment, Catalyst or Enzyme - the action is essentially the same.

An enzyme is a secretion of living protein which hastens the transmutation or conversion of food and other substances without entering into the reaction of being converted itself. Truly a remarkable phenomenon.

The science of Enzymology is still in its infancy so it is not possible to say how many enzymes there are in nature and what functions they all perform. There could be as many as thousands of enzymes in the human body associated with its many functions. We know of at least fifty enzymes associated with the digestion of food alone.

In nature, some chemical reactions occur very slowly. That is why we make humus in a special compost heap in order to accelerate the breaking down of organic matter such as grass, leaves, fruit, etc. into a condition in which it is possible for it to be absorbed by the plant.

In nature, a leaf falling to the ground may take years to rot and be utilised by the roots of the plant underneath it. Composting allows us to use this material much more quickly. The same process occurs in the human body. The enzymes greatly speed up the chemical reactions. One example will suffice to illustrate why enzymes are so useful and important.

Catalase is an iron enzyme. Its functions are to prevent the accumulation of hydrogen peroxide which tends to overoxidise and destroy living tissues. The iron in Catalase acts upon hydrogen peroxide and converts it into water and oxide of iron. If this reaction was allowed to proceed at the normal natural rate of oxidation it would occur at the rate of two hundred conversions per minute. However, if the Catalase enzyme is present, the oxidation occurs at the accelerated rate of two million conversions per minute. The action is thus speeded up enormously.

Can we possibly imagine the ramifications of such activity by the enzymes? In a single cell so small that it cannot be seen by the naked eye there could be a thousand enzymes producing hundreds of complicated compounds from simple mixtures of foods at a speed beyond our comprehension. When you think about it you will get a greater appreciation of what is going on in our bodies.

There is an interesting example of the extraordinary activity of enzymes. Normally, we need about twenty-two amino acids every day. Only about eight or nine of these amino acids are in the foods we eat. But, through the action of the pyrodoxine enzyme called Transaminase, we obtain the other thirteen amino acids so necessary for health and life. Where did these missing amino acids come from? They were not present in the food eaten at the dinner-table. The answer to this apparent mystery is that they were converted at lightning speed by an enzyme. As one authority on enzymes, John J. Miller stated: "In planning meals, the housewife cannot depend upon the old-time analysis of foods that she finds in textbooks or cookbooks saying for example, that spinach is a

good source of calcium, because these books overlooked the fact that oxalic acid, also being present in the spinach, ties up calcium so the body cannot use much of it. Hence, we have diseases today, not due to the LACK of intake of calcium but due to the EXCESS of oxalic acid that prevents the body from utilising these calcium sources. So, we must keep in mind that there are in foods, not only the things we want, but some of the things we don't want, and we must know that story also."

Before we leave the subject of enzymes let us ponder on a related subject, organic agriculture. Weeds are a classical example of catalysts or enzymes in action. If we have a depleted soil where no commercial crops will grow, what do we find? If the area is allowed to lie fallow or to rest, it becomes slowly and progressively overgrown with weeds. In time, the soil which was once barren and unproductive will return to its former healthy state and will produce good crops again. The weed is the indicator and guardian of soil fertility. When soils are depleted or deficient it is an extraordinary fact that the weeds, which have within their organism the minerals missing from the soil, will automatically infest the property. When the weeds die and rot into the soil they enrich it and restore its fertility. Where did the missing minerals come from? They were not in the soil, but they were synthesised in nature's companion plant, the weed. The weed acts as a catalyst or enzyme.

THE CAUSE OF DISEASE

All of the foregoing statements are so radical and so contrary to commonly-accepted principles that the average person finds it hard to believe that the medical theories are false and that our theory of Toxaemia is the correct one. Since 1829, many naturopaths have patiently tested the Toxaemia theory on themselves and their patients. It is logical in theory and it works in practice. It has resulted in a system which embraces a way of life which enables people to live so they will enjoy radiant health and also enables them to overcome most disease conditions.

The plan is to educate people out of their disease-building habits and to substitute health-building, habits instead. This system of educating people could never have evolved without a central principle. This

principle is that it is NATURAL to be healthy. It is not normal or natural for babies to have chickenpox or measles or the other so-called diseases of infancy. Man is not normally heir to disease. This is sheer superstition.

Instead of the jealous vindictive gods of the past who visited plague and pestilence upon mankind, we now have the absurd theory that germs and viruses attack us, cause disease and death.

And the new GERM theory of the cause of disease is just as preposterous as the old theories. The idea that germs and viruses cause disease is just as fanciful as the idea that GODS punished man with sickness for failing to sprinkle some incense on an altar.

Medical science is like a tower of babel. No two doctors say the same. According to one eminent doctor, the science of medicine is a disjointed, illogical conglomeration of isolated facts and fancies without a semblance of philosophical unity. It is to be hoped that we of the nature cure school can do better than this.

For a complete exposure of the fallacy of the germ theory I urge my readers to study the book *BECHAMP OR PASTEUR?* by E. D. Hume.

Now, to return to my original theme, Health and Disease belong to the natural order of things and are governed by the natural laws of evolution. Diseases evolve naturally and logically. No theory of disease and the cause and cure of disease, can be out of harmony with natural laws and remain valid.

The notion that disease is an entity (something in itself) is wrong. Disease is NOT a thing. It is an effect. The idea that diseases attack a human being is the cause of all the uncertainty in sickness and in the treatment of sickness. This uncertainty gives birth to many new schools of healing and many cults with their multifarious remedies and medicines which contradict each other.

Yet, all of the healing systems in use today can claim the credit for "cures". How can this be so? This confusion clears like mist before the sunrise when we understand nature cure and the Toxaemia theory. Uncertainty and error then give away to certainty and truth. We have to understand that it is the body which heals itself and no matter what we do or what kind of medicine we take, the body will still try to heal itself. Naturally, if we treat the body correctly and sympathetically, healing will be quicker and more efficient. If we take harmful substances into our bodies, healing may still take place in spite of the medication but it may take longer and the end-results may be less satisfactory.

There is no such thing as a disease in itself. Diseases are not THINGS. What we call disease is simply a state of impaired health. This impaired health is produced by Toxaemia. And, Toxaemia itself is produced by retention of poisonous materials and body wastes which have accumulated in the bloodstream to the extent that the body cannot cope with the overload thrown upon it. These waste products are what we call Toxins. In normal amounts or limited quantities the body is quite able to eliminate them through the normal channels of elimination such as the kidneys, the skin and the lungs. A small amount of poison is what gives the stimulation necessary for normal activities of the body and its organs. But, like all the stimulants, when in excessive amounts, it causes over-stimulation. This over-stimulation in turn, uses up an excessive amount of nerve force. This abnormal depletion of nerve force produces a condition known as Enervation.

It can be compared with the battery of a motor car. If we use more electricity than the car generator can put into the battery, eventually the battery must go flat. This also happens with the human body.

If we use up nerve force faster than the body can make it, we become enervated. Any influence, whether physical or mental in character, which reduces the amount of nerve force below the point where the secretion and excretion of poisons can keep the body balanced, causes retention of waste products in the bloodstream, increasing the load of poisons beyond the point of tolerance.

Obviously, there must be a limit to everything. The bloodstream can usually cope with a certain amount of poison. According to the principles of nature cure, every so-called disease is a crisis of Toxaemia. This means that poisons have accumulated in the bloodstream beyond the point of tolerance. The crisis is the eliminative effort of so-called "disease". It may be a cold or influenza, pleurisy or pneumonia, measles or chickenpox. Whatever it is, nature is trying to rid the body of an excess of poisonous material. Any treatment, whether it be food supplements, herbs or drugs which obstruct or slow down this eliminative effort, will impede and baffle the body mechanism in its efforts of self-cleansing and self-healing.

Members of the medical profession do not call this effort an eliminative crisis. They use the term Acute disease. Whenever a medical doctor tells you that you have an acute disease, this means that a naturopath would recognise it as a house-cleaning effort of the body. If we use any kind of medicine or treatment to stop this Healing Crisis we prevent the body doing what it wants to do and what it needs to do. If repeated often enough the disease no longer remains acute but changes into a chronic

disease. What was once a simple house-cleaning effort like influenza may now change into chronic rheumatism or arthritis.

So, the normal natural method used by the body to keep itself healthy is by means of what we call a Healing Crisis. This is always a fever in which the body temperature rises above normal. You can always tell when your body is having a house-cleaning because you will feel excessively hot. If you take your temperature with a thermometer you will find that it is above normal. If this is so, then your body is using this process to help itself back to better health. It is trying to rid itself of something harmful which has accumulated to an excess in the blood-stream or tissues.

What parts or organs will be effected? Is there a rule? Yes, there is a definite rule. Whatever part or organ of the body is below its normal condition will be used to make the special effort of elimination. If you have debilitated your lungs through wrong, living habits then they will be the vulnerable organs. You could develop bronchitis, asthma or pneumonia. If the thyroid gland has been overworked through gross overeating over a long period, then you may develop goitre.

Do not believe the superstition that a lack of iodine in the diet causes goitre. No matter how much iodine you may take or how much seaweed you may eat, you will still have goitre if you continue to overeat. Goitre cures itself when you reform your eating habits. There is no need to eat extra amounts of foods containing iodine. The taking of iodine drops or tablets is a waste of money and effort. Gross overloading of the digestive system is the cause of goitre, not a deficiency of iodine.

We could go through the whole list of known diseases in the same way. The same principle applies to all of them.

Fortunately, this is not necessary. We do not need to know which particular organ is affected. The body itself will do whatever is needed automatically, in its own way and in its own time, given the correct conditions and opportunity.

Name any groups of symptoms and it can be shown that the primary exciting cause is Toxaemia. I know that many knowledgeable people, including some naturopaths, do not agree with me. These people have departed from the original teachings of nature cure. They believe that a lack of some essential element causes disease. They believe that a lack of Iron causes Anaemia. They say that a lack of Iodine causes Goitre. They say that a lack of Fluorine causes Tooth Decay. It is their right to believe what they wish, but this kind of approach to health and disease is not in accordance with natural law. These people believe that disease must have a single constant factor such as a lack of Iron causing

Anaemia. Such constant single causes seldom occur in nature. The idea that there is one specific cause for every single specific disease is purely medical in conception and has nothing in common with nature cure. This is a common error.

The ignorant person may seek (and find) one cause which it pleases him to blame for his complaint. The intelligent person knows that it is always a combination of several wrong living habits which produces Toxaemia and initiates disease processes. People just do NOT drop dead or become diseased when they smoke tobacco or drink alcohol, even though both items are deadly poisons. Ill-health is caused by a number of factors acting together over a long period, and this causes a gradual deterioration in the quality of blood and the lowering of the level of the nerve force. Of course, we are not concerned here with acute poisons which can kill in a matter of seconds. We are thinking of slow poisons and wrong living habits.

Disease means poisoning, or as we prefer to say - Toxaemia. Environmental influences such as unfavourable conditions of heat or cold, the taking of drugs, insufficient rest, excessive noise and vibration, impure water, impure air, unsuitable food, overwork, sexual excesses, worries, fears, etc. are all capable of reducing our nervous energy excessively, causing faulty elimination and retention of waste products.

Any harmful substance which could be described as a non-food will also poison the bloodstream. These are all factors, that, acting in combination, cause ill-health.

When a human body is in normal condition, the tissues which are broken down by normal living processes become toxic (poisonous). They stimulate the nerves and then simply pass out of the body by way of the skin, kidneys and lungs. No harm is done. It is when these toxins are retained for an extended period and in large amounts and when through enervation, the eliminative processes are checked, that we have Toxaemia - the mother of all diseases. According to nature cure there is but one primary all-inclusive cause of disease - Toxaemia, a state of poisoned blood.

If what we claim is true (that there is one cause only of disease) then there can be only one disease. You may call this self-poisoning if you wish or you may prefer to call it auto-intoxication. No matter what name you give to this condition, it is still Toxaemia, which accounts for man's sickness and premature death.

Normal good health and long life are possible. Only unavoidable accidents can change the normal course of events.

We have to understand that health must be built and that disease is also built. Those people who lack self-control are unable to discipline themselves so they can live in accordance with natural law and will be victims of their own wrong living habits. We should learn self-control. We must appreciate our own limitations and exercise restraint. When man indulges in anything beyond his normal limitations he becomes enervated. He then fails to eliminate his body wastes as efficiently as is necessary. He then develops Toxaemia. Every disease, no matter what name is given to it, is developed in the mind and body by enervating habits.

The dietetic craze which is now current is prompting health-seekers to demand a special diet that will cure them of their particular sickness. It may be an ulcer diet, a diet to reduce weight or a diet to cure arthritis. The idea is now prevailing that certain foods and food supplements containing specific minerals or vitamins will cure rheumatism or gout or arthritis or any other disease the sufferer happens to have. The cry is: "Diet will cure it!"

Many health enthusiasts have become disillusioned and disappointed because a so-called "miracle diet" has failed to bring them the hoped-for relief. Many thousands of sufferers have consumed gallons of carrot juice in the pathetic faith that it will improve their eyesight. Others have taken gallons of cabbage juice hoping that it would cure their stomach ulcers. All to no avail. Such efforts are bound to fail while the underlying cause of the complaint remains untouched.

Please be assured that diets or foods or food supplements will NOT cure disease. Foods have never cured disease and they never will. The only way to cure disease is to provide rest until the sick body recuperates.

We should then remove the cause of the disease. If we give up our old disease-producing habits and live sanely in future we have a good chance of being cured and staying cured. Of course, diet plays an important part and indeed an essential part in this kind of treatment. Remember that the cause of the disease must be removed before any improvement can occur.

Again we return to the cause of disease. What is it? I have said before and I repeat it - Toxaemia. Without Toxaemia there can be no disease, only normal health. Let us go through it again so it will be firmly fixed in the memory. The normal waste products of the metabolism of the body are poisonous. This means that in the normal breaking-down of the normal tissues, what was once healthy tissue is now poisonous. This is a scientific fact. Normally, we are not poisoned by this material entering the bloodstream because it is removed from the body, day and night,

almost as fast as it is being produced. This is one of the wonders of nature. But - when there is some checking or obstruction which slows down or stops elimination we have an excessively poisoned bloodstream which leads on to Toxaemia.

Now, the crucial question. What Causes this checking or obstruction? The answer is ENERVATION. When we have the normal amount of nerve force (electricity) in our bodies, our organs function normally. Enervation (or depletion of nerve force) slows down the eliminative processes. This is the root cause of all disease. Wrong living habits cause enervation. This deprives the organs of their normal nerve supply. Waste products accumulate and we have Toxaemia. It is all very simple and it is also true.

The first and only primary cause of all diseases was discovered by Vincent Priessnitz of Silesia about 1829. This novel revelation was confirmed very ably by Louis Kuhne of Germany and re-confirmed and developed by Dr. J. H. Tilden of the United States. Dr. R. T. Trall and many others have also adopted and taught this important principle.

Now, let us consider a few living habits which can cause enervation and lead on to Toxaemia. Here they are in brief: Unsuitable foods, foodless foods, poisoned foods, overeating, drugs, impure air, polluted water, noise, vibration, extremes of heat and cold, overwork, sexual excesses, mental aberrations (fear, worry, anxiety, jealousy, hatred and dozens of other negative mental attitudes). A combination of these factors can produce enervation over a period which then naturally leads on to Toxaemia. From this point on, disease can become visible and detectable.

EXPERT EVIDENCE

It is now time for me to redeem my promise to call expert witnesses in my defence of the Toxaemia theory. The writings of these experts are among the classics of natural healing and I strongly urge my readers to study them.

Vincent Priessnitz, Silesia. 1829. Discoverer of Nature Cure.

"Various causes engender vicious juices (impure blood). The principal are: - Food of bad quality, the excess of good food, the suppression of perspiration, the want of exercise, and mental affliction acting violently upon the system, such as anger, sorrow, care and melancholy."

"The causes of bodily disease, which do not proceed from external injury are material, and consist of foreign matter introduced into the infected system. This foreign matter is divided into four parts:

1. Bodily substances which ought to be carried off, but have not been evaporated in proper time.
2. Substances which according to their nature cannot be assimilated with the human body, and notwithstanding, have got into the stomach or have penetrated the skin or penetrated into the interior.
3. Contagious ulcers.
4. Corruption of the elements air and water."

"Every acute disease is an attempt of the system to dispel diseased matter. Fever is not the disease itself, but the consequence of it. It is an effort or exertion greater than the normal power of the system. The radical healing of acute diseases is only possible by separating the diseased matter by means of water, an agent which invariably effects its objects, and that always in a manner perceptible to the senses. By means of physic and bleeding, acute diseases become chronic. The system treated medically, seldom attains partial cure, but never a total ejection of diseased matter, therefore physicians never get a sensitive perception of the cause of disease. As, sooner or later, a body must yield to the effects of drugs, it is quite impossible that anyone suffering from a chronic disease should die a natural death, unless he is treated by hydropathy. Chronic disease cannot be permanently cured by drugs. Hydropathy alone will effect this by changing the chronic evil to acute eruptions, which are cured in the same way in which acute diseases are cured, viz. by the water treatments."

"Health is possible only by abstinence from everything against which the instinct of a man of nature warns, especially from the poisons which it has pleased man to call medicines and from those drinks and potions which the chemical art prepares and which are the enemies to human reason. Cure is alone possible by means of the abundant use of the elements of Sun, Air, Water and Earth."

"All persons may drink water without the slightest risk, only observing that they should never drink so much as to cause discomfort."

Dr. R T. Trail, M.D. U.S.A. 1880.

"And, what is this mysterious thing disease? Simply the effort to remove obstructing material from the organic domain and to repair damages. Disease is a process of purification. It is remedial action. It is a vital struggle to overcome obstructions and to keep the channels of circulation free."

"To give drugs is ADDING to the causes of disease: for drugs always PRODUCE disease. Indeed they cure one disease (when they cure at all) by producing others. Can CAUSES cure causes? Can POISONS expel poisons? Can IMPURITIES deterge impurities? No. Poisoning a person because he is impure is like casting out devils through Beelzebub, the prince of devils."

Louis Kuhne Leipzig. 1883.

"In the case of all sick persons, alterations in the shape of the body are perceptible. These alterations are produced by foreign matter. The presence of foreign matter in the system is disease. The matter consists of substances of which the body has no need, and which remain in it because of defective digestion. The foreign matter is first deposited in the neighbourhood of 'the secretory organs, but gradually spreads, especially when fermentation sets in, over the whole body. As long as the organs of secretion continue to expel part of the foreign matter, the physical condition is endurable, but whenever their activity becomes lessened, greater disturbances arise. The accumulation of foreign matter is not painful, being so to speak, a latent or chronic process, which goes on unnoticed for a considerable period. We can best designate the forms of disease resulting from such accumulation, as painless and hidden: they are essentially the same as those generally called chronic or lingering. The foreign matter is liable to decomposition, It is the real cause of fermentation and forms the soil on which bacilli can develop. Fermentation begins in the abdomen, where most of the foreign matter lies, but rapidly spreads upwards. The patient's condition changes, pain is felt and fever sets in. These forms of disease we may term painful inflammatory diseases: they are what are otherwise termed acute. From the foregoing exposition we must draw the momentous conclusion: THERE IS ONLY ONE CAUSE OF DISEASE AND THERE IS ONLY ONE DISEASE, WHICH SHOWS ITSELF UNDER DIFFERENT FORMS."

Robert Walter, M.D. U.S.A. 1894.

"Natural hygiene science cures sick people by removing the cause of sickness. It removes the disease by removing the necessity for it. It believes that nature is right, hence does not seek to thwart her

operations. It declares that disease is a natural process of purification and should not be stopped, but aided. Its remedies are nature's health preservatives. Obedience to nature is its greatest panacea. Air, Light, Food, Water, Exercise, Rest, Sleep, etc., in such manner and degree as nature can use are its curatives. Remove the cause and the effect will cease, is hygienic science."

Henry Lindlahr, M.D. U.S.A. 1920.

"The primary cause of disease, barring accidental or surgical injury to the human organism and surroundings hostile to human life, is violation of nature's laws. The effect of violation of nature's laws on the physical organism is: - Lowered vitality, abnormal composition of the blood and lymph, accumulation of waste matter, morbid materials, and poisons. These conditions are identical with disease, because they tend to lower, hinder or inhibit normal function and because they engender and promote destruction of living tissues."

G. R. Clements. U.S.A. 1924.

"The continuous existence of the body depends on the blood. A normal flow of normal blood brings health. Retarded circulation and foul impure blood brings disease. Purification of the blood and acceleration of the circulation is scientific treatment. There can be no other. The means to accomplish this are supplied by the body alone. The body makes blood and purifies it. Nothing else can do this work. The supply determines the method of procedure. The procedure must be natural, and being natural, results are, and must be, favourable and permanent."

John H. Tilden, M.D. U.S.A. 1926.

"In the process of Metabolism there is cell-building (anabolism) and cell destruction (catabolism). The broken-down tissue is toxic, and in health, when nerve energy is normal, it is eliminated from the blood as fast as it is evolved. When nerve energy is dissipated from any cause, physical or mental, or excitement or bad habits, the body becomes enervated. When enervated, elimination is checked, causing a retention of toxins in the blood (Toxaemia). This accumulation of toxins when once established, will continue until nerve energy is restored by removing the causes. So-called diseases are Crises of Toxaemia. The dietetic and food insanity that constitutes the headliner on the medical stage just now is causing people to demand a diet that will cure them of their peculiar maladies. The idea prevails that some peculiar diet will cure rheumatism or any other disease. DIET OR FOOD WILL NOT CURE ANY DISEASE. A fast, rest in bed, and the giving-up of enervating habits, mental and physical, will allow nature to eliminate the accumulated toxins: then if

enervating habits are given up, and rational living habits adopted, health will come back to stay, if the one cured will STAY PUT."

"Modern cures and immunisation are vanity and vexation. They are founded on the foolish principle of reasoning, from effect, which is Disease to CAUSE. The organ which is suffering from many Crises of Toxaemia is discovered. It may be the ulcer of the stomach, then the ulcer is cut out. It may be gallstones, then the stone is cut out. It may be fibroid tumour of the womb, then the tumour or womb is cut out. The same may be said of other effects. Medical treatment is turned loose on a lot of effects, when in fact it is a stupid removing of effects. And that is not the worst of such blundering. The operators have not the slightest idea of the cause of the effects they so skilfully remove."

"In other derangements the same lack of knowledge of cause prevails. In the treatment of deficiency disease, the lacking element is supplied from the laboratory: but nothing is done in the line of restoring the organ to normality. Why? Because medical science has not discovered why organs fail to function properly; and until this discovery is made, scientific blundering will continue. From time immemorial, man has looked for a saviour, and when not looking for a saviour, he is looking to get something for nothing, not knowing that the highest price we ever pay for anything is to have it given to us."

"There are no cures. Nature returns to normal when enervating habits are given up. Every so-called disease is built within the mind and body by enervating habits.

"In chronic disease, the treatment first, last and all the time, must be with a view to getting rid of the Toxaemia. This consists in correcting whatever habits of life are producing enervation, and then gradually building up a normal digestion, assimilation and elimination."

"After years of floundering in the great sea of medical and surgical speculation (fifty years) to find the causes of so-called diseases, all I could find was that all of the people were sick part of the time, a part of the people were sick all of the time. But, glory be, all of the people were not sick all of the time. Some people got well under my treatment and friends would say that I "cured" them. Others died and friends would say that Providence removed them. I knew that I did not cure those who got well and I did not like to acknowledge, even to myself, that I had killed those who died. It took a long time to evolve out of the conventional idea of many diseases into the truth that there is but ONE disease, and that the four hundred catalogued so-called diseases are but different manifestations of Toxaemia - blood and tissue uncleanliness."

Herbert M. Shelton, Ph.D. U.S.A. 1935. World's authority on Natural Hygiene.

"Toxaemia is produced by anything and everything that enervates the body. Enervation checks elimination, permitting the accumulation of uneliminated waste. The accumulation of body waste - end-products of metabolism - produces Toxaemia. Toxaemia is the universal basic cause of all so-called disease. Adventitious complicating causes may be superadded to Toxaemia. By checked elimination is not meant constipation, but checked excretion through all of the secretory organs of the body. The ultimate cause of mankind's many so-called diseases lies in the enervating habits of mind and body practised almost universally. Because this is so, the ultimate remedy for our diseases is a correction of the habits of life."

"Healing is a process of evolution, just as birth, growth and development are. Neither medicines, water, food, exercise nor anything else external to the organism have any healing power. The same power that brought man into health keeps him in health and it alone can restore him to health. That power resides in the man and nowhere else in nature. The same powers and processes of life are in operation in disease as in health. In disease, no new or extra-vital power is super-added to the processes of life."

Hereward Carrington, Ph.D. U.S.A. 1954.

"What are the measures advocated to restore the sick person to health? Not by smothering symptoms, but by removing the CAUSE of these symptoms, where they themselves would naturally and automatically disappear. What is the cause? Waste poisonous material in the system which nature is endeavouring to expel. Today, this condition is known among health-reformers as Toxaemia. By this they do not mean Germs or the excretion of Germs, but a general condition of poisoning brought on by an excess of putrefying waste material in the bloodstream and body generally. When this is expelled, all symptoms (that is, so-called diseases) spontaneously vanish. The patient is "cured". The philosophy underlying the true art of healing is thus very simple. All so-called diseases are basically ONE. There are not many (local) diseases but one casual casual factor which may produce local symptoms. The same cause is at work and the same methods of treatment are applicable in practically all cases."

IN CONCLUSION

Let me present for your earnest consideration an epitome of Nature Cure.

1. It is NATURAL to be healthy.
2. All healing power lies within your own body.
3. There is NO healing power in drugs, medicines, herbs, foods, electrical machines or anything else outside your own body.
4. Nature has not provided CURES for disease. Nature has only provided penalties for the breaking of some natural law.
5. Drugs CAUSE disease. If they appear to succeed in "curing" one disease, they do this by causing another. ALL drugs have two effects. One is that intended to benefit the patient. The other is the side-effect which harms the patient. You cannot have one without the other.
6. Nature Cure is the exact OPPOSITE to Medicine. Medicine seeks to cure disease by the administration of a remedy. Nature Cure on the other hand, seeks the removal of CAUSES of disease and provides the normal biological requirements of the human body and mind.
7. In health, the human being needs Sunlight, Air, Water, its own Natural Foods, Exercise, Relaxation, Rest and Sleep, Favourable Temperature, Mental Poise and Positive Thoughts. In disease, the human being, needs exactly the same factors, but may also need Fasting which provides physiological rest, and in addition, manipulations such as Osteopathy and Chiropractic may be used to assist in establishing, normality of the body structure.
8. Behind every ache, pain or disability there is a CAUSE. We should endeavour to remove that cause.

We have now come to the end of our discussion. I realise that I have not covered the subject as fully as it deserves. Perhaps some abler pen than mine will complete this work. I urge all those who value their health to go a little further into this subject. I feel confident that you will never again attribute disease to germs and viruses nor will you blame deficiencies of minerals or vitamins for your illnesses. I hope you will come to the conclusion that all diseases owe their existence to Toxaemia.

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