THE BIOCHEMISTRY OF SCHUESSLER

A System of Treatment to Maintain the Body and Mind in Health, and to Cure all curable Physical and Mental Diseases, by Use of The Eleven Tissue-Remedies, or Cell-Foods, Discovered, and First used by Dr. Wilhelm Heinrich Schuessler, at Oldenburg, Germany.

By
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INTRODUCTION.

The treatment of Disease of the human body is something that should be in the hands of the owner of the body. No one else knows so well that all is not right as the owner. Dr. Schuessler, of Oldenburg, Germany, some twenty-five years ago, discovered, taught, and practiced, his theory of the Cure of Disease by use of the mineral cell-salts always present in healthy human blood, lymph and tissue. He called his System of Medicine, BIOCHEMISTRY. For the first time in the history of man, so far as our knowledge of man extends, we have in this System of Medicine a means of curing all human diseases that are curable by any form of medicine. And for the first time we have a rational, reasonable, scientifically sound System of Medicine which is within the grasp of the layman. There is nothing in Biochemistry which is abstruse or forbidding. It is all clear and simple. The purpose of this book is to supplement Schuessler's Abridged Therapy, which is the only book, a small one, that he left behind him. Equipped with this little book and a copy of Schuessler's book the layman is in possession of the right method of dealing with his own disorders. He is not advised to practice Biochemistry as a Profession. He is invited only, by making himself master of the simple instructions given in the pages following, to understand some of the more important processes that are going on in his own body, and

learn what to do and what to use to right such disturbances of function, inflammation, etc., as fall into the category of Diseases. It would seem to be entirely the layman's business to make his own body well if it is ill. Apart from the matter of expense, there is too much confusion between the various Schools of Medicine. Biochemistry seems to offer the Right System of Medicine as opposed to the Wrong Systems.

This book is written to teach you how to use Right Medicine.

Chicago: October, 1920.

CHAPTER I.

VIS MEDICATRIX NATURAE

The human machine is self-building, self-cleansing, self-repairing and self-destroying. In health man is immune to disease. Malignant bacteria lie in wait for their opportunity to work mischief, but are apparently unable to effect their purpose while the resistive powers of the man are normal. Should this resistance be weakened for any one of a number of reasons, the micro-organisms effect their lodgment, multiply at incredible speed by division, or by budding, and either attack in force locally or spread throughout the system. But, because the body is self-protecting, the normal state of man is a state of health, and disease is abnormal. This is a fact of the utmost importance.

When in the old days men fell sick they were promptly bled by the attending physician, this duty of blood-letting being the chief accomplishment of the leech, as he was then named. Phlebotomy, or bleeding, was considered a striking advance upon the earlier dreadful decoctions of bats, mice, beetles, etc., etc., by which the earlier practitioners of healing set great store.

In their search for possible healing properties in plants, minerals, and animal organs and extracts, the disciples of Aesculapius have performed herculean labors. They have bruised, distilled, compounded, brayed in a mortar, rolled,

dissolved, and in some form or other poured into the mouths of their patients, every known species of plant, every kind of earth and mineral, and the juices of most birds and animals which have made this earth their home since antediluvian days. From this quest modern medical science emerges, comes to the surface, a little out of breath, naturally, with its arms filled with a vast array of drugs, simple and compound, extracts, salves, potions, liniments, etc., etc., which, it says, have been proved by repeated tests to possess healing qualities. Unfortunately, though the human tests of these many remedies have been pushed with unflinching vigor upon the sick, though these unfortunates have been dosed and drugged till the grave closed over them, the exact knowledge which should have resulted from all this experimenting did not materialize, and has not materialized. We should withhold no credit from the profession of medicine to which its labors entitle it, and there is no doubt of the fact that the search has been arduous and thorough. It is a pity that the results are so meagre that they suggest a doubt that it might have been as well for the world today if the search had never been made at all.

The outstanding fact today is that there is no such thing as medical science at all. There is only medical experiment. This is proved by the amazing spectacle of two great schools of medicine, disagreeing with each other fundamentally and in detail on their findings as to the right remedies to be administered to the sick, and the right methods of administering them. It is no slight difference of opinion that divides them.

Here is a yawning chasm of irreconcilable conclusions between the allopath with his "shotgun" prescriptions and the homoeopath with his equally absurd "hair-of-the-dog-that-bit-you" theory of cure. Both schools share with each other the gross error of pinning their faith upon such poisons to protoplasm as mercury, arsenic, coal-tar products, such as acetanilid, and, strychnine, belladonna, quinine, etc., etc., as of benefit in restoring a human being to a condition of health, but, if there is any merit in the fact that a poison is least harmful when it is administered in a microscopically minute form, the school of homoeopathy can claim that distinction.

Viewing this spectacle of disagreement of the schools of medicine with just discontent, the intelligent part of the public, holding the opinion that this matter was very much its affair, since it paid the price of this medical bungling in pocket, in person, and in life itself, decided that it would see what it could do in the matter of attending to its own health in future, and forthwith there came into being many and divers systems and methods of treating disease and promoting health, some of which were based upon material means, as osteopathy, chiropractic, hydropathy, Swedish movements, and electrotherapy, and some upon mental or spiritual means, as christian science, suggestive therapeutics, mental science, magnetic healing, etc., etc., all of which were conceived, developed, practiced and taught by laymen to laymen, with the exception of osteopathy, which was originated by Dr. Still, a physician of Kirksville, Missouri. Some

of these drugless methods have passed their apex, but most of them are strong, and many are growing stronger. The explanation of the success they meet with is, of course, that there is such a thing as the Healing Force of Nature, that this natural healing force is most active when the mind of the patient is stimulated, and that this stimulation varies in people, some responding to a suggestion of divine interposition, some preferring an agreeable shock to a nerve, some requiring a sharp punching of the muscles, but each reacting beneficially sooner or later to the means best adapted to his particular constitution. Nor should it be forgotten that in all these cases of patients helped by drugless methods they were directly assisted by the fact that they were not taking into their stomachs liquids and substances harmful to the body, and the means employed to benefit them either stimulated them to hope or removed obstructions to the circulation, and tended to restore the physical body to its normal condition of activity of the functions of the organs. The result is apparent that the public is much better off than it was before these methods of drugless healing came into existence, and is much better satisfied with itself. The step as a whole was towards self-government, which is the right and proper aim of men and nations.

It does not require special gifts of foresight to perceive that until the differing schools of medicine adopt some form of compromise of opinion that shall merge them into one school, the term "science" as applied to medicine will become a jest of increasing pungency as the years pass. For their own preservation the

merging or amalgamation must be effected somehow, and that soon. Eclectic Medicine strove for a time to this end and ingloriously passed. Alkaloidal Therapy still breathes, sits up and takes nourishment, but it rather pursues its own theory of the active principle of the alkaloid in all drugs than seeks to reconcile disputing schools to one another. We offer here and now a solemn warning to physicians everywhere, in all lands, that the common-sense of the public repudiates the term "medical science" while the professors of such science are unable to determine themselves what is scientific and what is not.

Having done our part in their interest to utter this warning that they may secure their own preservation, we are entitled to ask some small favor at their hands in return. The medical colleges throughout the world are turning out probably not less than 100,000 young men and women annually, each with head so well-stocked with book-learnt ideas of what drugs will cure disease that they are prepared to launch their attack upon the persons, pockets and lives of their fellow-beings without an instant's delay, and each determined to earn at least three square meals a day by this attack. We ask if it is not possible in some way to stem this tide of eager incompetents?

CHAPTER II

HOW NATURE HEALS

If the osteopath is asked how and in what way osteopathy cures a headache he will answer, "by scientific manipulation of the muscles and tendons affected, thus removing the congestion that was the cause of the pain." This is a good answer, which could be extended to include, "by restoring the normal circulation of the blood governing the affected parts." Evidently the healing power of Nature, as manifested by and through osteopathic treatment is resident in the blood. If the same question is asked of a chiropractor, who has just been jabbing my bare spine with his kunckles, he will answer, "by restoring to their right position certain tendons of the spine that were out of place, causing a congestion of the circulation by interference with the nerve-currents. When the spinal nerves are able to function rightly the whole man is right, man being a cerebro-spinal animal." This answer, though not so convincing as that of the osteopath, because less evidently true to my darkened intelligence, is yet clear enough on the point that cures of chiropractics are effected by restoration of the normal circulation by means of readjustments of the spine, which act as stimulators of the nerve-centers. Evidently again the healing power of nature, as

manifested by and through chiropractic treatment is resident in the blood.

If the christian scientist is asked how and in what way christian science cures disease, the healer will answer, "by recognition of Positive Divine Mind," which may or may not mean anything to you, according to your training in the intricacies of Mrs. Eddy's use of words. You gather, however, this important clue, that christian science, in denying the reality of disease, affirms the normal thing, Health, as the existing reality. Since in health the blood-stream is the river on whose broad bosom float or are carried all the elements of nutrition and supply that build the physical body, you would be justified in saying that christian science cures by use of the healing power resident in the blood, but you would not succeed in getting any christian science healer to corroborate your conclusion in the same words. It is immaterial whether the christian scientist agrees with our conclusion or objects to it. The point here is that reasonable men and women in trying to find the means used by spirit or mind to effect a certain cure are driven to the conclusion that the means used is the blood, or the nerve-currents acting upon the blood. If, still looking for information, you ask the same question of the hydropath, he answers instantly, "by restoring the normal circulation of the blood." There is no doubt in his mind on the matter. Ask the electro-therapist, and his answer is the same. Ask the mental scientist, and after he has expatiated upon the power of Mind, he will

explain that Mind cures because of its power over the body, which is the same thing as to say, because of its power to restore normal circulation of the blood. Ask the physician who uses suggestion only upon his patients how his cures are effected and he will tell you that the power of the mind over the body is so complete that it needs only to be exercised to inhibit pain, stimulate the organs, and restore the nervous and circulatory systems to their normal condition, which is Health. In short, whichever way you turn for information on this subject, you come at last to the conclusion that the healing force of nature is resident in the blood and tissues of the human being, and that it needs to be roused to activity by physical or mental stimulation, or both.

It semed to Dr. Schuessler that since this blood of man carries the body-building material that creates the healthy human body, from head to foot, cell by cell, forming blood-cells, nerve-cells, brain-cells, tissue-cells and bone-cells, by the aid of air, water and food, the blood in health must disclose to the patient investigator the means it uses to build the body, and to maintain the body in health, and that this secret of nature's building if found, must comprise a complete system of medicine in itself, seeing that the material of which the body is built must be also the material that is used to maintain the body in its normal state of health, and therefore must be also the material used to cure disorder and disease. Evidently if health is the normal state of man then the body is capable of self-defense against

malignant micro-organisms, and if for any reason the blood is not carrying such quantity of this building-material as the cells and organs need to maintain that condition of harmony of the cells which is Health, it should be possible for man to assist nature by administering this building-material in the minute form in which the blood carries it to the cells and tissues. When, for any reason, there is a lack of this building-material in blood or tissues, the cells being disturbed in their motion must evince this disturbance by signs, and the correct reading of such signs will indicate what building-material is lacking. This is Schuessler's Biochemistry, a system of supplying a deficiency of this building-material, in the minute form in which it is present in healthy human blood and tissue. Its simplicity adapts it to the comprehension and use of the layman. It is not perfect. It is not complete. It leaves much to the findings of later research. But it is the only successful attempt that has ever been made to put medical science upon a scientific basis, and it is founded strictly in accord with the building-plan of Nature herself in the growth and development of the vegetable and animal kingdoms. Even a solid foundation is much to be thankful for, and this Biochemistry assuredly affords.

It was by reading Moleschott's dictum: "Man is compounded of earth and air; the activities of plants called him into being!" that Dr. Schuessler was led to found his system of Biochemistry. We are not told the

steps by which he deduced that the activities of the mineral salts of the blood in their various combinations of phosphates, sulphates and chlorides were, in truth, responsible for the health of the individual, nor have we his own record of experiments and tests by which he determined the parts played by these mineral particles in cell-building and the functioning of organs. His book, "Biochemistry," is very brief and incomplete, though it ran through eight editions and has been translated into many languages. In the first edition of the book he based his system and treatment upon TWELVE mineral combinations, which he called Cell-salts, but in his later years of practice, and in the last edition of his book, printed in 1895, he reduced his armament from twelve remedies to ELEVEN. They are as under:

Potassium Chloride, Potassium Phosphate, Potassium Sulphate; Sodium Chloride, Sodium Phosphate, Sodium Sulphate; Phosphate of Lime, Fluoride of Lime; Phosphate of Magnesia; Phosphate of Iron; Silica.

Their Latin abbreviations are:

Kali. Mur., Kali. Phos., Kali. Sulph.; Natrum Mur., Natrum Phos., Natrum Sulph.; Calc. Phos., Calc. Fluor.; Magnesia Phos.; Ferrum Phos.; Silicea.

This is the total number of mineral elements carried in the constant constitution of the blood in health, from infancy to old age, namely, three combinations of potash, three combinations of soda, two of lime, besides magnesia and iron in the form of phosphates, and silica, or quartz.

CHAPTER III

HOW THE TISSUE REMEDIES ARE MADE

Schuessler's Biochemistry is founded upon the findings of modern chemistry with regard to the structure of the tissue-cell, to the extent that the contents of each microscopical cell are accepted as being made up of innumerable particles of matter, animal and mineral, moving rapidly within the circumference of the cell itself, the motion of the molecules of which the contents are formed being naturally determined by the quantity of the molecules present in the cell. The normal quantity therefore represents right motion of the contents, or Health, the wrong quantity represents wrong motion, or Disease. Biochemistry reaches far, but it does not attempt to reach to the distribution of electrons, which modern chemistry believes to consist of electricity. Biochemistry stops at the production of molecules of mineral matter, which is the form in which the blood makes use of its mineral matter.

It may be said at once that it is not possible for the layman to manufacture his own Tissue Remedies. The process requires special machinery, and special accuracy. Nor is it possible for any layman to make use of the information given in this book for the purpose of putting on the market an article or group of articles, under trade names, as proprietary remed-

ies warranted to cure this, that, or the other disease. Impossible is perhaps, too strong a word to use in this connection. He might do as supposed, but if the public is informed beforehand of the foolishness of wasting its money on any proprietary remedies whatsoever, and given adequate reason for this warning, as in this explanation of the principles of Biochemistry, it is unlikely that the patent remedy so exploited will have more than a very brief business career. To a public forewarned that Biochemistry is complete to the extent of curing all ills whatsoever that are curable by the administration of any medicine whatsoever it would seem that the proprietary medicine would carry no appeal. This is one of the reasons for this book.

There are probably a dozen large firms in the United States who make a specialty of the manufacture of Schuessler's Tissue Remedies, in addition to their regular business of manufacturing homeopathic remedies, and of these a few may be mentioned as outstanding names. In Philadelphia, Boericke and Tafel; in St. Louis, The Luyties Pharmacal Company; in Chicago, Halsey Bros., and Chicago Pharmacal Company, 645 St. Clair St. This last-named ranks highest in the opinion of the writer, not because the others are less conscientious and accurate, but solely because he has purchased his Schulesser Remedies for the past five years from this firm, has found their Cell-salts satisfactory and their prices in 1 lb. lots, tablet-form, satisfactory. This indorsement is not solicited by the manager of that firm. It is not

paid for. It cannot lead to any business connection between the writer and the firm. It is offered for your best information on a point of some importance to every reader of this book.

Only the homeopathic manufacturing chemists produce these Tissue Remedies, because only they are equipped with the triturating machines required to prepare the salts and only they make it their business to produce the minutely divided particles in their high potencies according to homeopathic procedure. It is a slow process, involving patience and delicate measuring adjustments. You will realize its need for accuracy when you remember that Homeopathy uses medicines in the 200th potency quite frequently, and you will get some idea of what work is necessary to produce a medicine of this potency when you understand the labor involved in producing such comparatively low potencies as the 6th and 12th, which are the two potencies used by Schuessler himself in his latest edition of Biochemistry. His rule must be your rule. It is very easy of remembrance. He used three of the eleven salts in the 12th decimal trituration, or 12 X, because the particles were not soluble in water, namely, iron, silica and fluoride of lime; and he used the other eight in the 6th decimal trituration, or 6 X, because being soluble in water they could be put to work by the blood in larger form, comparatively speaking.

The chemist takes one part sodium chloride and nine parts sugar of milk, and grinds these

quantities together in the triturating machine for three hours. The result is the first decimal potency of sodium chloride, or natrum mur., 1 X. He takes one part of this 1 X and nine parts sugar of milk, and triturates these quantities together for three hours. The result is the second decimal potency of sodium chloride, or natrum mur., 2 X. He takes one part of this 2 X and nine parts sugar of milk, and triturates them for three hours. The result is the third decimal potency of sodium chloride, or natrum mur., 3 X. And so on to 200 X. This is how the Schuessler Tissue Remedies are prepared by conscentious manufacturing chemists. You see that this process could hardly be trusted in the hands of a layman. You see how infinitely minute the mineral particles must become by the time you reach the 12th decimal potency, and you marvel that such microscopically small particles can be used as remedies at all for such objective realities as inflammations, pains, fevers, catarrhs, abscesses, etc., etc. But, remembering that you are dealing with the microscopical contents of microscopical cells of the human body, it must be evident to you that the only logical form in which such particles can be introduced to the blood for its use in cell-building or repairing is this very microscopical form in which these particles are found to exist in the blood and tissue cells in health. You are not dealing here with albumens, carbo-hydrates or fats of food, but with the mineral ingredients of the cells of the body. Biochemistry shows that these mineral ingredients are the medicines of

the body in the sense that they are, when supported by the right quantity and quality of air, food, and water, the regulators of the body.

We have said that Biochemistry is not complete, and leaves much work yet to be done by later investigators. It is incomplete in the sense that it offers no cure of such intractable disorders as locomotor ataxia, cancer and sclerosis, though a case might be made out for its efficacy in the last-named. But, in the sense that Biochemistry supersedes and takes the place of all known systems of medicine it is a complete and perfect system. You are advised not to attempt to add to it, or improve upon it. If you should correspond with any of the manufacturing chemists mentioned above they will certainly include with their correspondence leaflets of an appealing nature setting forth the merits of other preparations of their manufacture. If you write them for advice they will tell you that while the Schuessler Tissue Remedies undoubtedly have merit they must not be regarded as at all a complete system of medicine, as Homeopathy may be justly regarded to be; etc., etc. You are advised here and now to remember that these firms draw the bulk of their business from the manufacture of homeopathic remedies and they are therefore in no position to offer you disinterested advice on the subject of the completeness of Schuessler's Biochemistry. You are advised to procure Schuessler's book on Biochemistry from any one of these firms, and not to be put off from this

demand by the offer to furnish you with anybody else's Practice of Biochemistry. Schuessler's book leaves much to be desired. It does not cover the subject in sufficient detail, but at least it is Schuessler himself speaking and no other. It is not an enthusiastic homeopath anxious to prove to you that a homeopathic physician of today is a much better informed man than Schuessler ever was, and that whatever of good there is in Biochemistry is due to Homeopathy and to Schuessler's homeopathic training. Don't you believe a word of it. Follow Schuessler, and don't allow yourself to be sidetracked in this matter.

CHAPTER IV

THE MARVEL OF HUMAN CHEMISTRY

Your first question, of course, is—"If these mineral particles are responsible for human growth and govern the functions of the organs, they must be present in milk, since the infant thrives on milk alone?" Exactly. Milk is a perfect food for the young of the species, containing soda, potash, lime, magnesia, iron, and traces of silica and fluorine. Plants, of course, contain these mineral elements, and the growing man gets his supply from his food. They are the incombustible part of the human body. If you burned a body with fire, consuming it to ashes, the ash would disclose the presence of these mineral elements, resolved again into their original form, separated from the acid combinations in which they appear in life in human blood and tissue, indestructible but not permanent of form, ready to continue their activity when acted upon again by earth and air, the iron, for example, combining with the oxygen of the air to form rust, and finally to be caught up into the atmosphere as oxide of iron particles, to be carried elsewhere by the winds. We get these mineral salts from meats, vegetables, eggs, grains, milk, and in a less degree from water. Our food consists of nitrates or albumens, carbo-hydrates, or starches and sugars, and

fats. These build the blood, bone, nerve, brain, sinew, muscle, etc., of the body, and provide us with animal heat and animal energy, when acted upon by the digestive fluids and by the oxygen of the air we breathe. The body itself is a chemist of the highest skill. Sulphur, for instance, is produced as sulphuric acid in the body by the action of oxygen acting upon albumen, which would instantly destroy the tissues if the sulphuric acid did not at once combine with the soda and potash particles of the blood to form the sulphates.

Your second question, just as inevitably as the first, will be: "Suppose I take into my system some of this mineral matter, say, calc. phos., 6X, for teeth that are not making good bone, how is it possible that this minute amount of mineral can reach the goal? Why is it not destroyed, or at least changed by the acids and alkalies it meets in its journey, and how does it know where to go and what to do?" Very natural query and very natural doubt. So natural that it furnishes the reason why Biochemistry is not accepted as the only science of medicine worthy of the name today. Because it is hard to believe that these molecules of mineral matter will not be lost in the blood-stream or changed in their identity. We cannot explain how they reach their goal because we cannot explain the mystery of life. But we can point to the construction of the teeth, for example, as proof that the stomach of the infant receives lime particles, fluorine particles and phosphate of potash particles, beside particles of albumen, and other animal

matter, out of which life constructs the bone and nerve matter of which the teeth are built. How life does this amazing thing we do not know. We know that it is done. If the milk, for instance, contains no trace of fluorine, the chemist of the body will be unable to make the needed combination of fluoride of lime which is found in the enamel of the teeth. The milk must contain lime also to form the combination of phosphate of lime which is found in the bony substance of the teeth, and if there is a deficiency of the materials which furnish phosphoric acid, and a lack of potash, the nerve-cells cannot be built. We do not know the name of this chemist of the body, nor how the wonders are performed. We see in the fact of the building of our own bodies that the chemist of the body knows how to do the work. We do not know who he is, what he is, or how he does his work. Some call him God; some call him Divine Mind; some call him Vis Medicatrix Naturae. We call him here the chemist of the body because it is the body we are speaking of. He is a Master-Chemist, and if we knew how he does his work we should grasp the secret of what life is, and we could make living and thinking machines, as this chemist makes plants and animals to live. We cannot do that —yet.

We have one criticism of our own to offer on Schuessler's Biochemistry, and this is a very good place to state it. The Master says that when any one of these cell-salts is taken into the mouth the minute mineral particles

will find their way rapidly and directly into the blood by way of the lining of the mouth and throat, penetrating the interstices between the cells of which the connective tissue is composed, and so entering the blood-stream without taking the long journey by way of the stomach. It is open to question whether the cell-salts do indeed act in this direct way. It is doubtful if they pass through the lining membranes into the blood. It is much more likely that they take the usual course into the stomach as the baby's milk takes its course into the stomach, whence it is acted upon by the chemistry of the body, oxygenated, split up, combined, and distributed to the blood arteries and capillaries. The cell-salts, introduced into the body in their proper combinations of phosphates, chlorides, or sulphates, can be instantly put to work by the chemist of the body and sent to the relief of the cells requiring them, whether they descend into the stomach or penetrate the connective tissue. This criticism in no way affects the question of the activity of the cell-salts, and is not material to a discussion of the efficacy of the system of Biochemistry. It is a question, however, that is very likely to be asked you by any well-informed physician who is skeptical regarding the value of the Schuessler method, and he may go to the length of informing you that it is impossible for the cell-salts to act in the direct manner indicated. Your answer to his objection therefore is that you are perfectly satisfied to have the cell-salts travel the longer route of the stomach. The point is

that they get to their destination eventually, and are put to work.

The Tissue Remedies of Schuessler are tasteless except for the slight sweetness of the sugar of milk containing them. The easiest way of taking them is in their tablet form, avoiding the powdered form. The right potency for the silica, calc. fluor., and ferrum phos., is, as you have been told, the 12X. The right potency for the three potash salts, the three soda salts, the magnesia and the phosphate of lime is the 6X. From two to four of the little tablets is a dose. They should be placed under the tongue and forgotten. They will disappear rapidly. In cases of pain or severe disorder the dose may be repeated every half-hour until the pain ceases or improvement is manifest: then every hour, and finally every three hours. Excess will do no harm. You could take half a pound of the tablets at one time if inclined to waste your money, but the result is waste. The excess is merely unused by the blood and is carried into the intestines, with other waste of the body. The value of the salts is best shown by the small dose frequently repeated. Why waste good cell-building material? These tablets cost at present about $2.50 per lb., and a full supply of 1 lb. of each of the eleven could probably be bought for $25.00. This would last you easily for ten years, probably longer. We do not advise you, however, to lay in any such supply. The salts do not deteriorate, but if you have them on hand you are likely to alternate them too rapidly and try too many

half-thought-out experiments on yourself or your friends with them, and you will be disappointed in the results, blaming the cell-salts for your own mistake. If you are using a certain salt to produce a constitutional change in your body, use the one salt indicated, and do not think you know anything about results until you have used half a pound of this salt, which will take at least six months of your time. So slowly does the body of man readjust itself at its basis of life, the cell-structure.

CHAPTER V

DR. BOERICKE'S DIGEST OF BIOCHEMISTRY

Barring the fact that Dr. Boericke writes of Schuessler's Biochemistry as consisting of TWELVE Tissue Remedies, instead of the rightful ELEVEN, there is no fault to be found with the following text of a little pamphlet put out by Halsey Bros., of Chicago:

"To Dr. Schuessler of Oldenburg, Germany, is due the credit and honor of having originated and introduced the system of medical practice now known as Biochemistry. Biochemistry consists in the successful treatment of all physiological disturbances, or diseases, by the administration of one or more of twelve properly prepared mineral remedies which he aptly terms 'cell salts.' The human body is composed of cells. There are blood cells, nerve cells, bone cells, cartilage cells, etc., etc. Chemical analysis shows that the foundation and life of these cells, their integrity, structure, and vitality depend upon the proper proportion of certain inorganic salts, the principal of which are lime, soda, potash, iron and magnesia. According to Schuessler,—'Any disturbance in the molecular motion of these cell salts in living tissues constitutes disease, which can be rectified and physiological equilibrium re-established by

the administration of these same mineral salts in small quantities.'

"The body is made up of cells. Different kinds of cells build up the different tissues and organs of the body. The difference in the cells is largely determined by the kind of inorganic salts which enter into their composition. The cell salts are the tissue builders, and both the structure and vitality of the body depend upon their proper quantity and distribution in every cell.

"The Tissue Remedies are these inorganic cell salts, prepared by trituration according to the homeopathic method and thereby rendered fine enough to be absorbed by the delicate cells wherever needed.

"Health is the state of body when all the cells composing the various tissues are in a normal condition, and they are kept in this state when each of them receives the requisite quantity of the needful salt required for the upbuilding of the different tissues. Disease is an altered state of the cell, produced by some irregularity in the supply to the cells of one of the inorganic tissue salts. Imperfect cell action results, diseased tissues and organs follow, and all the phenomena of disease are developed. Now, the cure consists in restoring the normal cell growth by furnishing a minimum dose of that inorganic substance whose molecular motion is disturbed, which disturbance caused the diseased action. To do this successfully it is necessary to know what salts are needed for the upbuilding of the different tissues and for their normal action. This

knowledge is derived from physiological chemistry, and hence this treatment of disease by supplying the needed tissue salt is called the biochemical treatment.

"In the following pages are given, under the different names of diseases, the respective tissue remedies that will prove curative, based upon the kind of tissue affected by the different diseases. Thus; in catarrhal conditions, for instance, the remedies will be the same, whether the catarrh shows itself in the throat or nose or other organs, since it is the mucous membrane that is involved, and the mucous cells, therefore, call for the tissue remedy that is lacking.

"By giving a tissue remedy in such a dose as can be assimilated by the growing cells the most wonderful and speedy restoration to healthy function is brought about in every case of curable disease. All diseases that are at all curable are so by means of the tissue remedies properly prepared to the needs of the organism. This is very important, and on it depends the success of the treatment, just as much as on the correct selection of the particular cell salt. It seems reasonable that to make the cell salts immediately useful they should be prepared in the same delicate form in which nature uses them, and that, if they are absorbed by the microscopic corpuscles, they must themselves be finer than the corpuscles. We know that the mineral or cell salts are infinitesimally subdivided in the different kinds of food we take and are thus capable of assimilation by the cells.

"The cells of each tissue group receive their

own special and particular cell salt; for instance, those entering into the formation of nerve cells are Magnesia, Potash, Soda and Iron; of bone cells, Lime, Magnesia and Silica, etc., etc.

"The inorganic salts found in the ashes of the body are all essential to the proper growth and development of every part of the body.

"This method of treating all forms of disease has been eminently successful, and can be confidently recommended.

"Chief Uses of the Tissue Remedies.

1. Calcarea Phos.—Phosphate of Lime.

"The great remedy for the young and growing. Indispensable during dentition and puberty. The tonic after acute diseases and for constitutional weakness, consumption, emaciation, bone diseases, and all ailments that prove obstinate. Slowly developing, weak children, chlorosis and difficulties during menstruation; leucorrhoea and pains during menses, especially in young girls. The great remedy for transition periods of life—dentition, puberty, old age.

2. Calcarea Fluorica—Fluoride of Lime.

"A disturbance of the equilibrium of the molecules of this salt causes a dilation and relaxed condition of elastic fibres, hence useful in varicose veins, hemorrhoids, and vascular tumors. Also in hard bony swellings. For piles, if they are apt to bleed, it may be advantageously alternated with Ferrum Phos.

3. Ferrum Phosphoricum—Phosphate of Iron.

"All ailments arising from disturbed circulation, fevers, inflammations, congestions, thus

whenever heat, pain, redness, throbbing, quickened pulse are present. The first stage of all acute diseases, colds, pneumonia, pleurisy, bronchitis, croup, diphtheria, diarrhoea, rheumatism, etc. It is the best and surest remedy for colds on the chest in children, whether simple catarrhal affections or going on to pneumonia. Nose-bleed always calls for it, or any hemorrhage from any orifice of the body. It is an excellent remedy for wetting of the bed in children.

4. Kali Muriaticum—Chloride of Potash.

"All ailments characterized by exudations, infiltrations, swellings, during the latter stages of acute diseases; thus, after or in alternation with Ferrum Phos. All ailments accompanied by a white or gray coating of the tongue; thick white discharge and expectorations, skin diseases, dysentery, etc. An excellent constitutional remedy for old chronic ailments, hereditary complaints and dyscrasias.

5. Kali Phos.—Phosphate of Potash.

"The great remedy for all forms of Nervous Debility. It is indicated in all diseases or symptoms arising from want of nerve power, brain exhaustion, neurasthenia, sleeplessness, want of energy, irritability, lack of confidence, gloomy forebodings, morbid fears, hysteria, hypochondriasis, melancholia, etc. Nervousness, neuralgia and pains generally, especially in those who are run down. Headaches in delicate, excitable and nervous people. Paralyzing pains in limbs. Also the remedy for very offensive discharges, offensive ulcers, etc. It is the remedy for all nervous people,

curing their headaches, neuralgias, sleeplessness, despondencies and pains.

6. Kali Sulphuricum—Sulphate of Potash.

"A want of this salt causes yellow, slimy deposit on the tongue, slimy thin, decidedly yellow or greenish discharges, and peeling of the skin. Useful in any ailment where this condition prevails, especially if patient is worse towards evening, and in heated room. Catarrhs from any mucous membrane,—head, vagina, etc., when secretion is yellow and slimy. Frequently called for towards the end of a cold, when the discharge is profuse and comes up easy.

7. Magnesia Phosphorica—Phosphate of Magnesia.

"Chief remedy for nervous complaints of a spasmodic nature. All ailments with intense pains, darting, spasmodic, constricting. It is the great anti-spasmodic remedy, hence in convulsions, colic with flatulence, St. Vitus' Dance, spasmodic cough, cramps, neuralgia, palpitation, toothache, writer's cramp, etc. Chief remedy for baby's colic.

8. Natrum Muriaticum—Chloride of Soda, or Common Salt.

"Is found in all the tissues of the body. Useful for all pains, such as indigestion, etc., when accompanied by either flow of saliva or increased secretion of tears, vomiting of water or clear mucus. Catarrhs with frothy watery mucus, or blisters. In all catarrhs where the secretion is clear and transparent. Headache, costiveness, intermittent fever with catarrh of the stomach.

9. Natrum Phosphoricum — Phosphate of Soda.

"Is the remedy for those diseases that arise from an acid condition of the system. It is especially suited to young children who have been fed with too much sugar and suffer from acidity. Dyspepsia, acid risings, sour vomiting, greenish, sour diarrhoea, tongue is coated with a yellow deposit, and thick like cream. Whenever this condition is present, no matter in what diseases, this remedy will prove curative. For worms, and complaints caused by their presence.

10. Natrum Sulphuricum—Sulphate of Soda.

"Acts on the cells of the liver and kidneys and regulates the amount of water in the tissues. Biliousness, headache with vomiting of bile, bitter taste, diarrhoea, gravel, sandy urine, intermittent fever, dropsy, diabetes, liver troubles, troubles arising from living in damp places.

11. Silicea—Quartz.

"Is useful in suppurations, promoting the formation of pus and maturing abscesses, diseases of the nervous system, paralytic symptoms, spasms, rheumatic pain in limbs, etc."

You will find Dr. Boericke's brief description of the properties of the Tissue Remedies as given above, of great value to you when read in connection with Schuessler's description which follows later. There are certain outstanding features of this system of Biochemistry which you should hold clearly in your mind from this time forward. The most significant of these is that Biochemistry does

not treat disease, but such symptoms, or signs, as nature throws out to inform the instructed biochemist what salts are required to remove this sign and cure the disease, if the condition has progressed to the point where it has been classified as a disease. This means that the symptoms or signs, are the call of the cells for aid. The name of a disease is of no consequence at all in Biochemistry, except as a guide to the licensed physician. It does not in any way alter the symptoms or signs which call for natrum sulph., for example, if the patient is bilious, to be told that he has malarial fever, or if sugar is escaping from the body by way of the urine, to be told that he has diabetes. The biochemist will use natrum sulph. in all affections of liver and kidneys, because that is the salt indicated by the symptoms or signs.

Similarly, if you have a cold in the head with running of clear mucus, like water, this is the symptom or sign for natrum mur., and whenever the sign is clear water or mucus, no matter in what part of the body it appears, the remedy is always the same, natrum mur. If this cold of yours is distinguished by a white mucus, like thick milk, this is the sign for kali. mur., and whether this flow of mucus is from the nostrils or from any part of the body, as leucorrhea, or catarrh of the stomach, or white tongue, or pimples with white contents, kali. mur. will be the invariable remedy for this sign. To elaborate a little more on this point, if the disease is called Diphtheria, and the tonsils show white, stringy covering, the

remedy is kali. mur., because that is the salt indicated by the sign. If your cold shows a green mucus, or yellow and green as old catarrhs often do, the salt indicated by this sign is natrum sulph. If this excretion or running of green mucus appears in any part of the body the indicated salt is always natrum sulph. You may have jaundice or intestinal catarrh or bilious fever or any one of a dozen disorders, called by their names, but if the sign is a green mucus or discharge, the salt called for is natrum sulph.

In place of five hundred remedies for five hundred named and classified diseases you have in Biochemistry exactly eleven remedies, and possibly ten signs or symptoms or calls of the cells for certain indicated salts. The first and commonest sign, of course, is pain, the second is inflammation or fever, the third is constipation or congestion, the fourth is anemic or ill-nourished appearance, the fifth is exudation or catarrhs, the sixth is nervous disorders, the seventh is swellings, the eighth is bony growths, the ninth is suppurations, the tenth is decay, or loss of hair, atrophy of muscles, organs, etc. These symptoms of something wrong with the human body are met with insofar as frequency is concerned about in the order given here. Each of these symptoms is to be subdivided by the biochemist into its characteristics. For example there are many kinds of pain, there are many kinds of inflammations, there are many kinds of decay.

CHAPTER VI

PROMINENT PROPERTIES OF THE SALTS

Calc. Phos. This salt has an affinity for albumen. Albumen is the chief constituent of the body-cells. Every cell contains albumen. Therefore when the body shows a wasting condition of anemia it is either unable to use the albumen of the food in building, or it is losing albumen in some manner, by the kidneys possibly. In any case we must use the salt that is albumen's affinity by chemical attraction, namely calc. phos. This is not only the right salt for all disorders of bones, but the right salt for all conditions of mal-nutrition and wasting of flesh.

Calc. Fluor. This is a specific in the case of teeth that are weak in enamel.. It is the salt for hard swellings. It cures those supposedly incurable cases of catarrh which are accompanied by the strong fetor of decaying bone, or caries.

Ferrum Phos. This is the first remedy for pain of any kind at its beginning. The first remedy for any inflammatory condition.

Kali. Mur. This is the second remedy for all pains and inflammations when they have reached a stage where a white exudation, or white sign of any kind is evident.

Kali. Phos. This is the great Nerve Salt.

Its effects are quite as noticeable in mental as in bodily improvement. It answers to the sign of bad odor, in any part of the body, or in connection with any function of the body. In bad breath, or where there is any odor of decay this is the salt indicated. Thus, in typhoid fever, which is distinguished by an unpleasant odor of breath, perspiration and feces, kali phos. is called for.

Kali. Sulph. This salt has the power of attracting oxygen and carrying oxygen to the tissue-cells. Its appearance in the blood is so minute in quantity, however, that its work of carrying oxygen to the cells is better performed by Ferrum Phos.

Magnesia Phos. For those sharp, lightning-quick, spasmodic pains, this salt is indicated. It is the salt for the white nerve-fibres, as kali phos. is the salt for the grey nerve-matter. In all conditions of spasmodic, sudden, muscular motions, or choreic convulsions, this is the remedy.

Natrum Mur. This salt has the property of attracting water, and so building the cells with the right amount of moisture. It performs the office, among many others, of increasing the corpuscles of the blood by attracting water to the blood-cell, causing it to expand, and divide itself into two cells, which will be nourished by albumen and calc. phos. until they have attained their right growth. This salt alternates well with calc. phos. The sign for natrum mur. is always clear water or clear mucus in any part of the body.

Natrum Phos. This is the great acid rem-

edy. From childhood to old age the easiest trouble for the body to fall into is a condition of acidity which is shown forth by a variety of signs among which the pain of rheumatism is one of the most common. If it can be clearly established that the rheumatism is caused by an acid condition then natrum phos. will cure, even though the rheumatism is in its inflammatory stage, and unbearably painful.

Natrum Sulph. Most of these salts perform double duties, or duties of a two-fold nature. They are the builders, and they are also the caretakers or janitors, who see that the functions of the organs run smoothly. In the case of natrum sulph., it is the great liver and kidney salt, and it is used also by the blood to remove water from old cells that have lost their usefulness and which must be burned up by the oxygen of the blood, and cast out of the body to make room for new and vigorous cells to take their places. The three natrum salts, natrum mur., natrum phos., and natrum sulph., are all concerned with the water used by the cells. Natrum mur. attracts water and puts it to use in building. Natrum phos. changes acid secretions of watery consistency to alkalinity. Natrum sulph. withholds water from decaying cells, expediting their removal from the body. Natrum sulph. is the specific also in the common American disorder, constipation, by stimulating the liver to normal activity.

Silicea. This is the great remedy for all pus conditions. It is also indicated wherever the nails show excessive brittleness. It was em-

ployed by Schuessler particularly in scrofulous blood-disorders of long standing.

When you intend to use the Tissue Remedies to rid yourself of a long-standing condition of constipation, for example, let us see what salt you would select. If the tongue is white you would choose kali. mur. If you are a nervous subject, and there is much fetor with bad taste in the mouth generally, your choice would be the nerve salt, kali. phos., first of all, in the expectation that when the nervous system is attended to the functions would automatically improve. If there is at the same time a condition of acidity of the stomach, associating the constitution with heart-burn, dyspepsia, or indigestion, you would select natrum phos. If the condition of constipation is due to a dryness of the intestinal tract the remedy indicated is natrum mur. If there is muscular lack of peristaltic action of the intestines, the innervation will respond best to ferrum phos. If there is much flatulence evident the right salt for that is natrum sulph. Finally if the constipation is accompanied by ancient scrofulous conditions and suppurative diseases, silicea will answer more effectively than any other salt. Therefore, you will grasp the important truth that a sign or symptom is not the sole indication in itself of what salt is required. When you have mastered the simple rules governing the administration of the salts in the order of importance of the signs you will not rush hastily to the conclusion that you are qualified to treat the diseases and disorders of your friends and acquaintances. The

point of this book, indeed, the reason for its publication, is not that you shall forthwith launch out as a Biochemist for the treating of disease . The point of the book is that you, and none other, no matter what his training and experience may be, are the best judge of your own physical being, and the least likely to make any mistake in interpreting its needs. It will be much easier for you correctly to diagnose your own case than for any other person to do so. You, for instance, can determine the reason at the back of this condition of constipation in your own case far better than anyone else can do it. There is always a reason. It is your business to know why your body acts or fails to act in a certain way. The Tissue Remedies will set right for you any condition of your body that is abnormal. You will learn very rapidly how to take care of your own health and how to put yourself right if you go wrong. Moreover, you will meet with many cases in your own family where it will be quite safe for you to apply the knowledge you have gained from a study of your own physical condition. But do not plunge into activity as a General Practitioner. The writer has studied Schuessler's Biochemistry for ten years, actively and intensively, and he is more conscious of the limitations of his knowledge of the chemistry of the human body than puffed up with his acquirement of knowledge. Go slow, and be thorough. Keep a cool head. You have your hand on the foundation of medical science here, but do not run to the extreme of supposing

that you have nothing to do but apply the teachings of this book the day after tomorrow. You have a lot of deliberate thinking to do after you have learned the essentials of Biochemistry before you can use it without making far too many mistakes.

Notice that Nature carries nothing in the way of a laxative or cathartic or tonic in these eleven mineral salts. The reason for the absence of a tonic is that this is a foolish word coined by medical practitioners, operating as a strengthening stimulant to the system. Understand that nature has no stimulants because she needs none. She has one tonic and one only, namely, the harmony of the cells, which is the condition of Health. This is her General Tonic. She has no special tonic. Nor has she a cathartic. If you have been in the habit of taking pills or tablets of aloes, rhubarb, calomel, etc., etc., to produce a movement of the bowels, you have been taking a substance into your body which is so foreign to its activities that your body is anxious to get rid of it as speedily as possible. It does so. You have perhaps congratulated yourself on the result. Biochemistry will teach you to think straight on this matter. Your body is a marvel, Respect it.

CHAPTER VII

EXTRACTS FROM SCHUESSLER'S BIOCHEMIC THERAPY

(Last Edition. Published by Boericke & Tafel, Philadelphia.)

"In my biochemical therapy only eleven remedies are used, these being such as are homogeneous with the inorganic substances contained in the blood and in the tissues of the human organism . . . These remedies must be given in small doses. . . . Whenever small doses are mentioned, the reader usually at once thinks of Homeopathy; my therapy, however, is not homeopathic, for it is not founded on the law of similarity, but on the physiologic-chemical processes which take place in the human organism. By my method of cure the disturbances occurring in the motion of the molecules of the inorganic substances in the human body are directly equalized by means of homogeneous substances, while Homeopathy attains its curative ends in an indirect way by means of heterogeneous substances . . . A remedy selected according to the principle of similars is a homeopathic remedy, but a remedy which is homogeneous with the mineral substances of the organism, and the use of which is founded on physiological chemistry, is a biochemical remedy.

"Blood consists of water, sugar, fat, albumen, sodium chloride (common salt), potassium chloride, calcium fluoride, silicic acid (silicea), iron, lime, magnesia, soda and potash. . . . Sodium salts predominate in the serum of the blood, potassium salts in the blood-corpuscles. Sugar, fat and the albumens are the so-called organic constituents of the blood; water and the above mentioned salts are the inorganic parts. . . . Blood contains the material for all the various tissues, i. e., the cells of the body. This material reaches the tissues through the walls of the capillaries, and thus makes good the waste in the cells caused by the transformation of its substances. . . . The albumen destined to build up new cells is split up through the influence of oxygen, within the tissues. The products of such a division are the substances forming muscles, nerves, gelatine, mucus, keratin, and elastin. The substance which forms gelatine is intended for the connective tissue, for the bones, the cartilage and the ligaments; the substances forming mucus, muscles and nerves are destined for the mucus-cells, the muscle-cells, the nerve-cells, and the cells of the brain and the spinal marrow; the keratin is intended for the hair, the nails and the cells of the epidermis and the epithelium; the elastin for the elastic tissues.

"When through means of food and drink, properly digested, the blood is compensated for the losses which it has suffered from supplying the nutritive material to the tissues, and when thus there is present in the tissues

the nutritive material in the requisite quantity and in the right place, and when there is no disturbance in the motion of the molecules, then the building of new cells and the destruction of the old cells as well as the elimination of waste products proceeds normally, and the man is in a state of health.

"When a pathogenic irritation touches the cell, its function is thereby at first increased, because it endeavors to repel this irritation. But when, in consequence of this activity, it loses a part of its mineral materials for carrying on its functions, then it undergoes a pathogenic change. Virchow says: 'The essence of disease is the cell changed pathogenetically.'

"The cells which have undergone pathogenic changes, i. e., the cells in which there is a deficiency in one of their mineral constituents, need a compensation by means of a homogeneous mineral substance. Such a compensation may be made spontaneously, i. e., through the curative effort of nature, whereby the requisite substances enter the cells from their interstices. But if the spontaneous cure is delayed, therapeutic aid becomes necessary. For this purpose the required mineral substances are given in a molecular form. The molecules enter through the epithelium of the cavity of the mouth and throat into the blood and diffuse themselves in very direction.

"The biochemical remedies are used in minimal doses. . . . Nature operates only by means of atoms and by means of groups of atoms or molecules. The growth of animals and of plants is effected by adding new atoms

or groups of atoms to the molecular masses already collected.

"In healthy men, animals and plants the salts are present in dilutions corresponding to about the 3rd, 4th and 5th decimal medicinal dilutions. . . . In 1000 grammes of blood-cells we find contained the following quantities of inorganic matter:

Iron	0.998
Potassium Sulphate	0.132
Potassium Phosphate	2,343
Potassium Chloride	3.079
Sodium Phosphate	0.633
Soda	0.344
Calcium Phosphate	0.094
Magnesium Phosphate	0.060

"In 1,000 grammes of the intercellular fluid (plasma) we find the following quantities of inorganic matter:

Potassium Sulphate	0.281
Potassium Chloride	0.359
Sodium Chloride	5.545
Sodium Phosphate	0.271
Soda	1.532
Calcium Phosphate	0.298
Magnesium Phosphate	0.218

"Besides these, the intercellular fluid contains Glauber's salt in minute quantities, with fluorine and silicea.

"One litre (1,000 grammes) of milk contains of inorganic matter the following quantities:

Potassa	0.78
Soda	0.23
Lime	0.33
Magnesia	0.06
Iron	0.004
Phosphoric Acid	0.47
Chlorine	0.44

Milk also contains traces of fluorine and silicea. A litre of milk, or 1,000 grammes, or 15,443 grains, is the average quantity consumed daily by a suckling child weighing about 6 kilogrammes.

"The amount of mineral substance contained in one cell is infinitesimal. By weighing, measuring, and calculating, the physiologian, C. Schmidt, has computed that one blood-cell contains about the one-billionth part of a gramme of Potassium Chloride.

"In my practice I generally use the 6th decimal trituration. In acute cases take every hour or every two hours a quantity of the trituration as large as a pea, in chronic cases take as much, three or four times a day. Ferrum Phos., Silicea and Calc. Fluor. I usually give in the 12th trituration. . . . A milligramme of substance is calculated to contain an average of 16 trillions of molecules, the 6th decimal trituration should therefore contain about 16 billion molecules. This number is more than sufficient to equalize the disturbance in the molecular motions of the tissues.

Iron. Iron and its salts possess the property of attracting oxygen. The iron contained in the blood-curpuscles takes up the inhaled

oxygen, thereby supplying with it all the tissues of the organism. . . . Iron will cure 1. The first stage of all inflammations. 2. Pains and Hemorrhages, when caused by hyperemia. 3. Flesh wounds, contusions, sprains, etc., as it removes the hyperemia.

Phosphate of Magnesia . . . is contained in the blood-corpuscles, in the muscles, in the brain, in the spinal marrow, in the nerves, in the bones and the teeth. . . . When the motion of its molecules in the nerves is disturbed, there arise pains, also cramps and paralysis. . . . They are ameliorated by warmth and by pressure, aggravated by a light touch. . . . It will also cure spasms of various kinds; spasms of the glottis, whooping cough, lock-jaw, cramps of the muscles of the calves, hiccough, tetanus, St. Vitus dance.

Calcium Phosphate . . . is found in all cells; it is most abundant in the osseous cells. It plays a most important part in the formation of new cells. It therefore serves as a remedy in anemic states, and for the restoration of tissues after acute diseases.

Potassium Phosphate . . . is contained in the cells of the brain, the nerves, the muscles and the blood (the blood corpuscles), as also in the plasma (serum) of the blood and in the other intercellular fluids. A disturbance in the motions of its molecules produces: 1. In the domain of the cells of thought: despondency, anxiety, fearfulness, an inclination to weep, homesickness, suspiciousness, agoraphobia, weakness of the memory and

similar ill humor. 2. In the vasomotory nerves: at first a small and frequent pulse, later on it is retarded. 3. In the sensory nerves: pains with sensation of paralysis. 4. In the motory nerves: weakness of the muscles and nerves, even to paralysis. 5. In the trophic fibres of the Nervus sympathicus: retardation of nutrition even to a total cessation thereof in a limited cellular area, and thence a softening and decay of the affected cells. All changes in the state of health have the characteristic of depression.

Potassium Chloride . . . is contained in almost all the cells, and is chemically related to fibrin. It will dissolve white or grayish-white secretions of the mucous membranes and plastic exudations. It is, therefore, the remedy for catarrhs when the secretion has the form described above; it is also the remedy for croupous and diphtheritic exudations.

Sodium Chloride . . . The water which is introduced into the digestive canal in drinking or with the food enters into the blood through the epithelial cells of the mucous membrane by means of the common salt contained in these cells and in the blood, for salt has the well-known property of attracting water. Water is intended to moisten all the tissues, i. e., cells. Every cell contains soda. The nascent chlorine which is split off from the sodium chloride of the intercellular fluid combines with this soda. The sodium chloride arising by this combination attracts water. By this means the cell is enlarged and divides up. Only in this way can cells divide so

as to form additional cells. . . . There may be simultaneously though in places distant from one another, diminished or increased secretions in consequence of the disturbance in the function of the molecules of common salt: e. g., there may be catarrh of the stomach with vomiting of water or of mucous, and at the same time constipation from a diminished secretion of mucus in the colon.

Sodium Phosphate . . . is contained in the blood-corpuscles, in the cells of the muscles, of the nerves and of the brain, as well as in the intercellular fluids. Through the presence of Natrum Phos., lactic acid is decomposed into carbonic acid and water. . . . Sodium phosphate is the remedy for those diseases which are caused by an excess of lactic acid. . . . Uric acid is dissolved in the blood by two factors; the warmth of the blood and Sodium phosphate. If uric acid is deposited from its solution in the joints or near them, owing to a deficiency of Sodium phosphate, or when it combines with the base of Carbonate of soda into urate of soda which is insoluble, then there arises podagra or acute arthritic rheumatism.

Calcium Fluoride . . . is found in the surface of the bones, in the enamel of the teeth, in the elastic fibres, and in the cells of the epidermis. A disturbance in the motion of its molecules with a consequent loss thereof is followed by: 1. A hard, lumpy exudation on the surface of a bone. 2. A relaxation of elastic fibres; thence an enlargement of the vessels, hemorrhoidal knots. 3. The keratin,

or horny substance contained in the epidermis, the hair and the nails, exudes from the cells of the epidermis. The exudate dries up at once and becomes a crust, firmly adhering to the skin; it thus appears, e. g., on the palms. When the hand thus affected is used, chaps and tears in the crusts are formed.

Silicea . . . is a constituent of the cells of the connective tissue, of the epidermis, the hair and the nails. If a suppurative center is formed either in the connective tissue or in a portion of the skin, Silicea may be used. After the functional ability of the cells of the connective tissue, which had been impaired by the pressure of the pus, has been restored to its integrity through a supply of molecules of Silicea, these cells are thereby enabled to throw off inimical substances (the pus). In consequence, the pus is either absorbed by the lymphatics or it is cast out.

Sodium Sulphate. The action of the Sodium sulphate is contrary to that of the Sodium chloride. Both, indeed, have the faculty of attracting water; the Sodium chloride attracts the water destined to be put to use in the organism, but the Sodium sulphate attracts the water formed during the retrogressive metamorphosis of the cells, and secures its elimination from the organism. The Sodium chloride causes the splitting up of the cells necessary for their multiplication; the Sodium sulphate withdraws water from the superannuated leucocytes and thus causes their destruction. Sodium sulphate cures chills and fever, bilious fever, influenza, diabetes, bilious

vomiting, bilious diarrhoea, oedema, . . . catarrhs with yellowish-green or green secretions, etc.

Potassium Sulphate . . . in reciprocal action with iron effects the transfer of the inhaled oxygen to all the cells, and is contained in all the cells containing iron. Where there is a deficiency as to Potassium sulphate, according to the locality and extent of the deficiency, the following symptoms may arise: a sensation of heaviness and weariness, vertigo, chilliness, palpitation of the heart, anxiety, sadness, toothache, headache and pains in the limbs. . . . There ensues a desquamation of cells of the epidermis and the epithelium, which have been loosened from their connection because they were not sufficiently provided with oxygen. The scaling off of these epithelial cells is followed by catarrhs with a secretion of yellow mucus. . . . It also cures laryngeal catarrh, and catarrhs of the bronchia, of the conjunctiva, of the mucous membrane of the nostrils, etc., where the secretion has the above mentioned characteristics; also a catarrh of the stomach, when the tongue has a yellowish mucous coating; also a catarrh of the middle ear and renal catarrh.

CHAPTER VIII.

REVIEW OF SCHUESSLER'S PRACTICE

It would seem then that certain of these mineral salts have their special affinities among organic products. Let us trace the connection briefly:

Calc. Phos. attracts albumen. Albumen of food is the chief nourisher of the body, and chief cell-builder. Whenever therefore there is an exudation of albumen from any part of the body, or whenever there is a condition of ill-nourishment of the body present, there is a loss of calc. phos. in the body, which must be supplied.

Kali. Mur. attracts fibrin. A white exudation of a fibrinous nature calls for kali. mur. to check the loss. It has also been called the saliva salt because without kali. mur. it would be impossible for the Chemist of the Body to manufacture saliva. Kali. mur., therefore, is necessary for the right mastication of food in the mouth.

Natrum Mur. attracts water. A waste of water in any part of the body therefore means a loss of natrum mur. This may be a cold with clear running mucus, a vomiting of watery fluids, a diarrhoea of a watery nature, blisters or pimples on the skin with clear, watery contents, etc., etc. Moreover, if the stomach does not form the proper amount of hydro-

chloric acid for digestive purposes, the call is for natrum mur.

Natrum Phos. is the dissolver of albuminous concretions which show forth as swollen glands, etc., by splitting up the albuminous matter into albumen, carbonic acid, and water. The commonest symptom of the accumulation of lactic acid in the lymphatic glands is this swelling of the glands, sometimes painless, sometimes accompanied by tenderness of the parts. The onset of an influenza often shows itself in this way. The acid condition which causes the swelling is met by natrum phos.

Natrum Sulph. is attracted to water in the opposite process of natrum mur., that is to say, it withdraws water from the cells that have passed their apex of right usefulness, and therefore it helps to quicken the body's cleansing processes. In this work of speeding up the functions of the organs it works especially upon the liver and kidneys, which are the natural purifiers of the blood. The two sulphates, natrum sulph. and kali sulph. have also important work to do in the intestines, where sulphur, in the form of these sulphates, makes its home in the body. Any medicine used by allopaths, as for example, iron, which in its raw state combines with sulphur and also with sulphates, robs the intestinal tract of their valuable sulphates, and therefore not only upsets the stomach but deranges the normal action of the intestinal tract, producing congestions and constipations. Iron is a favorite remedy of the allopaths in combating chlorosis in the young. It is one of the most

useless remedies and one of the most dangerous substances employed by this blundering school of medicine. The proof of the blundering is shown in the fact that no physician is satisfied with the preparations of iron that are in use today because of their bad effects upon the digestion. Yet they continue to prescribe iron as a tonic. Schuessler shows that in place of iron natrum mur. and calc. phos. are the natural remedies for this condition of chlorosis. Ferrum Phos. attracts oxygen. When you understand that the oxygen of the air you breathe is the only fuel that nature uses in body-building, acting as a fire upon the food you eat, you understand the function of iron in the system. Iron is not a tonic in itself. The body carries it in one form, and in one form only, namely, the phosphate of iron. In its microscopical form this phosphate of iron becomes a part of the blood-corpuscles, coloring them red, and enters every tissue of the body, giving tone particularly to the muscle-cells. The body uses iron also to allay inflammations and to cure pains that are accompanied by flushings of the face, and symptoms of heat.

Kali. Phos. is not attracted to any organic material in particular, but functions as the chief builder of the nerve and brain cells. It is the nerve-tonic salt because its activities lie chiefly in control of the functioning of the Sympathetic Nervous System, or Nervus Sympathicus. When the nervous system is in order the whole man is in a fair way of being in order, or in health. When any part of the

nervous system is out of order, such disorder makes itself apparent in a number of painful disturbances of function, which are named as diseases of a nervous origin. Kali. Phos. is therefore the mental salt, governing the ability of the brain to function smoothly in all its mental processes. Keeping in mind the significant fact that all healthy things are sweet-tempered it is clear that the field for kali. phos. is wide. Any continuous manifestation of despondency, despair, or ill-temper, is evidence of lack of kali. phos. in the constant constitution of the blood.

Kali. Sulph. is accredited by Schuessler with assisting iron in the work of carrying oxygen to the blood-cells and tissue-cells of the body. When there is scaling of the outer skin, the epidermis, the cause is to be found in a lack of oxygen to the cells affected, and this condition may be set right by use of kali. sulph. in its microscopical form. The writer lays no special emphasis on the use of this salt because in ten years of experimental work he has found little confirmation of this finding. In his own experience the marked results that have followed the use of natrum sulph., for instance, have been lacking in the case of kali. sulph. The carrying of oxygen seems to be fully attended to by the iron of the corpuscles. However, the Master certainly had a far greater fund of experience to draw upon than the writer, and this doubt is put forward here only that you may not seize upon kali. sulph. as the remedy by means of which you will test the value of Biochemistry as a whole. We would

guard you against possible disappointment here, and therefore advise that you make your first trial with kali. phos., as the natural strengthener of the nervous system.

Magnesia Phos. is the Spasm salt, acting upon the functions of the white nerve-cells. Schuessler used this salt particularly in cases of tuberculosis that were not too far advanced, but which had advanced beyond the point where natrum phos. could be used with advantage to dissolve the swellings of the glands. That is to say, he used mag. phos. when caseous degeneration had set in, saying, on this point: "When the cells near these caseous masses are too weak to reject them, they are deficient in Magnesia phosphorica. By the therapeutical supply of minimal quantities of this salt these cells are restored to their integrity and thus enabled gradually to reject these tubercular masses. The detritus of the rejected masses is then removed from the organism by the usual excretive channels."

Calc. Fluor. is the architect of the enamel of the teeth, and by means of its product, keratin, helps to manufacture the hair. In its curative work it dissolves hard, bony swellings in any part of the body, and corrects exudations of the horny substance. For example, corns and callouses are produced by the exudation of this horny matter through the epidermis. The fluoride of lime takes up these exudations, molecule by molecule, and causes their absorption by the blood.

Silicea is attracted to pus and all pus conditions. Whenever suppuration forms a

symptom of a bodily disease silicea has a part to play in its removal. Schuessler speaks of its value in all chronic affections, and particularly in chronic arthritic-rheumatic conditions, as it forms a soluble combination, or sodium silicate, with the soda of the urate of soda, causing the absorption of the deposit and its removal from the body through the lymphatics. For the same reason he used silicea in renal gravel. He credits silicea also with the power of restoring the perspiration of the feet when this has been suppressed for any reason, which suppression may have resulted in such outward manifestations of disease as amblyopia, cataract, and paralysis.

You will be required, in your study of Biochemistry, to remember that the body is as quick to form habits as the mind. We speak of mental habits, but we seldom allude to bodily habits, such as the habit of constipation, the habit of acidity of the stomach, the habit of vomiting, the habit of pain, etc., etc. In selecting the right salt therefore you will be called upon to distinguish between an acute or active disorder, and a habit. An understanding of the difference will assist you in selecting the salt that is needed to rectify the condition. The body falls easily into bad habits. Fortunately they are easily corrected by the right remedies, the cell-salts, and respond to this correction in most cases rapidly. Cancer, however, which is the habit of cell-building out of place, does not so respond. Why, we do not know.

CHAPTER IX.

SPECIAL CHARACTERISTICS

The following guide for use of the Tissue Remedies is nothing more than a general summary, which special conditions might make entirely untrustworthy. Intelligent selection of the salt is determined only by your clear understanding of the essential processes of your own physical body, and this is by no means a difficult thing to arrive at. It requires only that you shall observe what your body is doing. This is particularly your business; yours only. You need a copy of Schuessler's Biochemistry, from Boericke & Tafel, the publishers, and wherever you read in that copy that Kali. Chlor. is indicated, you will understand that Kali. Mur. is meant. Why the publishers should speak of Chlorate of Potash throughout the book when Chloride of Potash is meant is a mystery. Apart from that curious error the book is excellent; well-printed, on good paper, and cloth-bound. The price is $1.50. It is a small book. You can begin to apply the information it contains within three days, but you will not exhaust the value of its contents in three years.

Such of us as are convinced of the correctness of Biochemistry as the only system of medicine worthy of the name, must, sooner or later, form ourselves into an Association

of Biochemists, and since the purpose of this book is to take the business of caring for our own bodies out of the hands of doctors of medicine and restore it to the owners of those bodies, it is evident that the association should signify by use of the word "layman" that its members do not practice Biochemistry as a profession in the sense of competing with physicians of the regular schools of medicine in the treatment of disease. The Association of Lay Biochemists should be a self-protective organization, embracing in its membership all drugless healers who treat disease as a profession and livelihood, but composed for the most part of men and women who live by the principles of Biochemistry as employed for the benefit of themselves and their families only. It may be that the development of this idea will call for clinical instruction, lecture-courses, and graduating examinations, conferring the degree of A. L. B., Associate Lay Biochemist, but this is all in the future, and not at the present time advisable. The immediate thing before you is that you take up this work as a home study for your own immediate advantage. In pursuing this study you need for the first few years nothing but this book and Schuessler's Biochemistry, as said above. When you are firmly grounded in the essentials it will be advisable that you read all you can get your hands on in connection with the use of the Tissue Remedies by leading Homoeopaths, because you will then be in a position to distinguish between true Bio-

chemic practice and Homeopathic practice.

The present price of the tablets, as stated is $2.50 per lb., but this is a war-time price. The normal cost is $1 per lb., and your first supply of the salts should consist of 1 lb. of Kali. Phos., unless there is something of a disease of an acute nature present, which you are very anxious to be rid of. Even in such case you cannot do better than put yourself on kali. phos. treatment for a couple of weeks before you take up any other salt. The effects of the salts are almost imperceptible in chronic conditions, but sometimes startlingly rapid in pains and acute disorders. Their greatest value, however, is in their power of rebuilding the body, removing abnormalities, and restoring the body to its normal condition of health. In accomplishing this purpose they break up habits of the body that have taken years to form. Naturally the process of correcting these habits is as slow and gradual as the process of forming them. Expect nothing marvelous in the way of instant results, therefore. Moreover, the salts, following the natural order, produce results in the mature and elderly much more slowly than in the case of the young. The right and easy way to take the salts is to keep a supply in a saucer or small receptacle upon the dresser, and take four tablets on rising in the morning, and four on going to bed at night, carrying eight tablets with you to your office, loose in the pocket, to be taken, say, at eleven o'clock a. m., and at four o'clock in the afternoon. This is the dose for an adult; for a

child, two tablets is the right quantity. For an infant, one tablet is sufficient. Do not at any time, use water to dissolve the tablets. They dissolve rapidly in the mouth, and must be held in solution in the mouth as long as possible, being permitted to disappear of their own accord. They are not to be eaten like candy, and swallowed as soon as possible. You will use only the two decimal triturations employed by Schuessler, the 6th and the 12th, and you have been told when and why these triturations are used.

Arterio-Sclerosis. A study of Schuessler's book will throw light only indirectly upon the treatment of this deadly condition of old men. Death from hardening of the arteries is becoming increasingly common. In view of what he says regarding the property of calc. fluor. in dissolving hard, lumpy exudations on the surface of bone, and the toning up of relaxed walls of veins, you might conclude that calc. fluor. would have a salutary action in dissolving the mineral deposits that line the veins and arteries in age and cause the constriction of the circulation. You would think wrongly. The dissolving of these mineral deposits could be best accomplished by a six months' course of silicea, but you are once again warned that Biochemistry is not complete and all-sufficient. Nothing yet discovered by humanity is complete and all-sufficient. At the same time, in the case of hardening of the arteries, a careful scrutiny of his own condition from week to week will probably reveal to the sufferer that he is

making the best progress in the history of the case under a diet of fruits and vegetables, with a minimum of meats, supplemented by a course of such biochemical remedies as natrum sulph. and silicea, taken in alternate periods of one month of each.

Tuberculosis. This dreadful scourge of the white races presents no insuperable obstacles to the biochemist. Tuberculous patients are notoriously deficient in lime. The fever and loss of weight yield readily to Ferrum Phos., and Calc. Phos., particularly to the latter salt, which on account of its affinity for albumen, is the body-savior in all wasting conditions. Fresh air, night and day, no physical exercise whatever, abundant food, taken with or without appetite, abundant milk, if good milk is procurable, otherwise abundant water, and a course of calc. phos., will cure any ordinary case of tuberculosis, to stay cured, if the patient will supplement this regimen by taking twice as long over his meals as other people, employing this excess time in complete mastication of every mouthful of food, whether solid or liquid. The rule in this case is that no food should be swallowed which has not been brought by complete mastication into a liquid condition, and no food should be swallowed until the taste has disappeared by prolonged mastication. These are the two fundamentals of the system of Fletcherism, or complete mastication of food, which produced such astonishing improvement in the physical condition of the founder of the system, Horace Fletcher,

and has done so much for the physical betterment of his thousands of followers scattered throughout the world.

As a means of classifying disease, a knowledge of bacteriology is interesting. As a contribution to exact knowledge of the form of the micro-organisms producing certain conditions of disease bacteriology has been useful. As a guide to the production of antitoxins for the cure of disease bacteriology has been of value in isolating the active germ. As an excuse for much fluent nonsense and bogus specifics bacteriology has a good deal to answer for. You may recall Koch's Tuberculin, "606," and other much-touted remedies that failed to give a good account of themselves. The biochemist is not impressed by bacteriological findings. His system of cure deals with the signs and symptoms that indicate a departure from the normal standard of health, and he is well-assured that to name a disease correctly and to cure the disease are two very different things. He has nothing to do with the naming of the disease. His concern is the sign or symptom. He knows that the body in health can take care of any bacillus that has or has not yet been discovered, named and classified. The biochemist is not more impressed by anti-typhoid serum than by Metchnikoff's exploded opinion that benevolent bacteria are resident in Bulgarian buttermilk. God help us, medical science has supplied us with absurdities enough!

CHAPTER X.

THE PRACTICE OF MEDICINE

The chief value to the community in the Board of Health lies in its executive power of warning the public against epidemic disease and contagion, and enforcing those sanitary precautions which the public is too ignorant or too careless to carry out of its own accord. The Board of Health is therefore a police power, and rightly so. Extending its functions in certain localities with great advantage to the citizen it has inaugurated a system of inspection of the teeth of school-children, with compulsory conditions of treatment attached, that has been of the greatest benefit to the welfare of the young, and therefore of the country at large. Not in this century may we look for a general advance in public intelligence relating to hygiene and sanitation which will render the services of a Board of Health a sinecure. The health of a community is chiefly dependent upon the activities of its Board of Health, and too much praise can hardly be bestowed upon the efficiency of administration of its affairs throughout the country as a whole.

This brings up the question of the present status of the doctor of medicine. Is it not a highly absurd thing that a citizen should blindly pay money out of his pocket to a

physician or druggist for the purchase of medicines which are meant to restore him to health? Apart from the point that the advice of one physician or one druggist is not the same thing at all as the advice of another physician or another druggist, is it not ridiculous that one individual in a community should make his livelihood out of the pains and sicknesses of another individual? Is it not clear that the Chinese system of paying an insurance on health by paying the doctor only as long as the citizen remains in health is the sounder principle of the two? Is it not asking too much of human nature that the physician or druggist should ALWAYS do his utmost to terminate as rapidly as possible the illness of the patient, and thereby deprive himself of a part of his income? It is a foolish and illogical way of buying relief from sickness, and works very unsatisfactorily. Clearly, while modern medicine exists at all, it should be a municipal office, administering its affairs, not as at present on the competitive basis of the individual reputation of this or that physician, paid by his patients, according to their means, according to his success, and according to the nature of the treatment required by the case, but upon the same basis as the present Boards of Health, extending the personnel of its officers to fit the requirements of the community, and exercising its knowledge, both medical and surgical, to the best of its ability, upon a salary chargeable to the community. This is commonsense as applied to the practice of medicine

and surgery today. The tax-payer should be as sure of medical or surgical attention, if he needs it, as he is sure of water for household purposes, and for the same reason, because he pays the rates. It would be still a matter of option with the citizen whether he availed himself of this opportunity of free medical advice or treatment. Nothing in the present practice of medicine gives us hope to believe that it will ever know anything more about the right treatment of disease than it knows today, because its students are grounded throughout their college terms in the immemorial errors of their dead and gone predecessors, and they are in no position to fly in the face of such teaching. They learn what the books teach them, right or wrong. They practice what they have learned. They must continue so to do, or starve. The radical change in modern medicine will come about, if it ever comes, by pressure from without, pressure applied by the layman, who, having gradually absorbed the belief that his body is his own concern, and that it behooves him to acquire some accurate knowledge of its behavior, drifts so far away from the lure of drugs that the practitioner is faced with the alternative of altering the method of his system, or perishing for want of patients. It is probable that this enlightenment on the part of the public will force the adoption of some such municipal system of the practice of medicine as outlined above, affording a safe means of livelihood to the future practitioner.

We should not take too gloomy a view of

the possible improvement in the practice of medicine, however, when we consider the splendid common-sense displayed in the arrangements of the modern public school with a view to compelling the pupils to improve their physical condition by athletic exercises in the open air by use of a proper outdoor gymnasium equipment. This most wise and beneficent addition to the mental training of the class-room we owe to the activities of the Boards of Health. This is supplemented by written instruction in the fundamentals of health-building which is intended to familiarize every student with the things to be known about the right care of the body. Nothing of equal value to this advance in school-training has been shown since the abolishment of the cane as the only proper method of implanting knowledge in the youthful mind. Comparing modern educational methods with ancient educational methods it does not seem too sanguine a hope that some day we shall note a similar advance in the practice of medicine.

If all the world were advocates of Schuessler's Biochemistry there would be no need of Vaccination. We believe that the biochemist is independent of anti-toxins, and has no need of the vaccine virus to make him immune to the small-pox germ. But we have no doubt upon the point that vaccination is a preventive of small-pox, and in communities that know nothing of Biochemistry, vaccination has stood for many years as a solid wall of protection. Let there be no misunder-

standing on this point. We have small sympathy with anti-vaccinationists because of the fact that information upon the point of the efficacy of vaccination is easily procurable. The tables of mortality do not lie. The facts are before you. Vaccination, and no other thing, has practically wiped out small-pox. Do not, in your enthusiasm for Biochemistry, falsify the importance of a fact that seems to support the claims of any other system of medicine. Like most discoveries of value to the human race, vaccination was first brought to the attention of Europe by a layman. It was no product of the laboratory. Lady Mary Wortley Montagu, writing from Holland to a friend in England, something over sixty years ago, said: "The people here are not afraid of small-pox. They protect themselves by scratching the arm with a needle-point dipped in the virus of a cow that has cow-pox. This gives them a slight attack of the disease, and they are then safe against an attack of small-pox." Following the public dissemination of this news, Dr. Jenner, among others of the profession, became active in support of the process, which has justified itself as a sound preventative of this dread disease in all countries since that day.

We are not on the same safe ground, however, when we consider the specific remedy of all schools of medicine in the case of that scourge of humanity named Syphilis. The specific drug employed is mercury. The action of mercury is fatal to the life of the germ of syphilis, but there is no reliable informa-

tion procurable on the point of the dread after-effects of the remedy. Practically every case of locomotor ataxia has a history of syphilis. It has never been disproved that mercury causes the spinal lesions that are responsible for the ataxia. It is quite likely that the shocking physical consequences of syphilitic taint are more correctly the shocking physical consequences of the administration of mercury and arsenic in an effort to cure the disease. The biochemist will avoid mercury in any form, and base his treatment of any disease upon the symptoms appearing, rather than upon the name of the disease. In favor of the biochemical method it should be said that Biochemistry does not alleviate a condition, but cures the disease. Moreover, it cures to stay cured, and carries no aftermath of new conditions of disease started by the effect of poisonous drugs. It should be self-evident that a drug which is known to be destructive to human tissue cannot be administered as a remedy in disease of that tissue, no matter what name the disease may bear. The homoeopaths as a school are so thoroughly frightened of this name, Syphilis, that they adopt the allopathic method of mercury in quantity for its cure. Biochemistry, on the other hand, is true to its principles and maintains that the inorganic salts are the means of curing all diseases that are curable by any method known.

CHAPTER XI.

SUMMARIZED GUIDE TO USE OF SALTS

Abscess, Boils, Carbuncles and Felons.
Ferrum Phos., in first stages.
Kali. Mur., in second stages before pus forms.
Natrum Sulph. in old, chronic cases.
Silicea, when pus forms.

Acid Dyspepsia, Heartburn.
Natrum Phos.

Acne.
Natrum Sulph., if liver is inactive.
Silicea if pimples show pus.
Ferrum Phos. at onset of disease.

Ague.
Natrum Sulph.

Anemia and Chlorosis.
Calc. Phos.
Ferrum Phos. as supplementary remedy.
Natrum Mur., if there is a habit of cold sores and water blisters.

Asthma.
Kali. Phos., if nervous asthma.
Kali. Mur., in cardiac asthma, with painful breathing.
Calc. Phos., in the bronchial asthma of children.
Silicea, if asthma is old habit, and constitutional.

Backache.

Ferrum Phos., in hot pains over loins and kidneys, relieved by cold cloths.

Kali. Phos., in stiff back relieved by gentle exercise.

Calc. Phos., if backache is accompanied by anemic condition.

Barbers Itch.

Magnesia Phos.

Bones, Diseases of

Calc. Phos., in all cases of defective bone development, delayed dentition in children, weakness of bones.

Ferrum Phos., when redness, swelling and inflammation appear.

Kali. Phos., if nervous weakness is prominent.

Calc. Fluor., in Decay of bony tissue, caries, necrosis, bony growths.

Brain-Fag.

Kali. Phos.

Bronchitis.

Ferrum Phos., in first stages with inflammation.

Calc. Phos., when wasting accompanies the condition, and when expectoration is albuminous.

Natrum Sulph., if bronchitis is asthmatic, aggravated by damp weather.

Natrum Mur., in chronic bronchitis.

Bunions.

Kali. Mur.

Burns.

Kali. Mur., applied externally as a paste.

Catarrh.

Ferrum Phos., in first stage.

Calc. Fluor., in chronic catarrh with bad odor.

Natrum Mur., if discharge is clear and thin, like water.

Kali. Sulph., if discharge is thick and yellow.

Calc. Phos., if anemic condition is marked.

Natrum Phos., when catarrh is accompanied by gastric disorders.

Natrum Sulph., if discharge is green or yellow-green mucus.

Silicea, in chronic catarrh, with pus-bearing pimples.

Colic.

Magnesia Phos.

Constipation.

Kali. Mur., if tongue is white.

Kali. Phos., if stools are very offensive.

Ferrum Phos., if due to muscular lack of power and inertia.

Natrum Mur., if stools are dry and hard.

Calc. Phos., for old people.

Natrum Phos., especially in children.

Natrum Sulph., in chronic constipation with much flatulence.

Cough.

Ferrum Phos., if sore and feverish, with pain.

Kali. Mur., with white, stringy expectoration.

Calc. Phos., in tuberculous cough.

Natrum Mur., if sputa is salty, with watery expectoration.

Mag. Phos., if spasmodic and dry. Also in Whooping Cough.
Natrum Sulph., if expectoration is green or yellow-green.
Silicea, in smothering night-cough.

Cramps.
Magnesia Phos.

Croup.
Calc. Phos.

Dentition.
Calc. Phos., when children get teeth slowly, backward in walking, fontanelles are slow in closing.
Silicea, in children of scrofulous tendency.

Diabetes.
Natrum Sulph.

Diarrhoea.
Ferrum Phos., if fever is present.
Kali. Phos., when exhaustion accompanies and stools have carrion odor.
Natrum Phos., in nursing children, with acidity.
Mag. Phos., in much cramping pain, with colic.

Diphtheria.
Ferrum Phos., at onset of inflammation.
Kali. Mur., when white membrane shows.
Kali. Phos., if disease advances to gangrene.

Dropsy.
Natrum Sulph.

Dysentery.
Ferrum Phos. at onset to control fever.
Kali. Phos., if delirium is present and evacuations have carrion odor.
Mag. Phos., if much cramping.

Dysmenorrhoea (Painful Menstruation)

Ferrum Phos., if face is red, flushed, with nausea and vomiting.

Calc. Phos., when heavy pains accompany.

Mag. Phos., in cramping, colicky pains.

Kali. Phos., in pale, anemic cases, with great pain, menses pale.

Earache.

Ferrum Phos., if sharp inflammation from cold draft.

Kali. Mur., in chronic catarrhal inflammation.

Natrum Sulph., when pain is aggravated by damp weather.

Epilepsy.

Kali. Mur.

Ferrum Phos., when blood rushes to head, flushing the face.

Natrum Phos., when caused by worms in children.

Erysipelas.

Ferrum Phos., at onset when inflammation and fever appear.

Kali Mur., in second stage.

Natrum Sulph., in soft, puffy inflammation.

Fever.

Ferrum Phos., the first remedy at onset of any fever.

Kali. Phos., in fevers with marked fetor; specific in typhoid states.

Natrum Phos., in gastric fevers with acidity.

Natrum Sulph., in malarial chills and fever; malaria; all bilious fevers.

Glandular Swellings.
Kali. Mur.
Natrum Phos., if lactic acidity is suspected as cause.

Goitre.
Mag. Phos.

Hay Fever.
Mag. Phos.

Hemorrhage.
Ferrum Phos.

Hemorrhoids.
Calc. Fluor. (Ferrum Phos. for first stage.)

Headaches.
Ferrum Phos., in subjects of quick pulse, hot heads.
Kali. Mur., in sick headache.
Kali. Phos., in nervous headache.
Calc. Phos., in children, hands and feet cold at the time.
Natrum Sulph., in bilious headaches, with tendency to vomit.

Heartburn.
Natrum Phos.

Hysteria.
Kali. Phos.

Impotence.
Kali. Phos.

Inflammation.
Ferrum Phos., First Stage.
Kali. Mur., Second Stage.
Silicea, Third Stage.

Influenza.
Natrum Sulph., a specific in this dread disease. No other remedy is required. Dose two tablets every fifteen minutes.

Intermittent Fever.
Natrum Sulph.
Jaundice.
Natrum Sulph.
Kidneys.
Ferrum Phos., if tenderness and inflammation are present.
Kali. Mur., in difficult urination.
Natrum Sulph., renal gravel.
Leucorrhea.
Calc. Phos., in anemic girls.
Kali. Mur., in bland, white discharge, non-irritating.
Kali. Phos., in scalding and acrid discharge, with great nervousness.
Silicea, in pus-like, thick yellow discharge.
Liver Complaints.
Natrum Sulph.
Measles.
Ferrum Phos., in first stage.
Kali. Mur., if cough is present.
Neuralgia.
Mag. Phos.
Pleurisy.
Ferrum Phos.
Kali. Mur., in second stage.
Pneumonia.
Ferrum Phos.
Kali. Mur., in second stage.
Rheumatism.
Ferrum Phos., at onset.
Natrum Phos.
Scarlet Fever.
Ferrum Phos.
Kali. Mur., in second stage.

Sciatica.
Kali. Phos.
Styes.
Silicea.
Tonsillitis.
Kali. Mur.
Ulcers.
Silicea.
Kali. Phos., for the round ulcer of the stomach.
Vertigo.
Ferrum Phos.
Kali. Phos., if from nervous derangement.
Natrum Phos., if from gastric derangement.
Natrum Sulph., if from biliousness.
Vomiting.
Ferrum Phos., vomiting of food.
Natrum Sulph., of bile.
Natrum Mur., of water.
Ferrum Phos., of blood.
Kali. Mur., of white mucus.
Natrum Phos., of sour fluid, and in sea-sickness.
Calc. Phos., vomiting in children during dentition.
Worms.
Natrum Phos.
Wounds.
Ferrum Phos.

CHAPTER XII.

CONCLUSION

The "One-Best-Way" New Thought books are written with the purpose in view of presenting to the reader in compact form the one best way of doing what is to be done, whether, as in the first book of the series, the subject concerns the building of Will, or, as in the present book, whether it deals with the building of Health of Body and Mind. We feel the physical to be of such importance in the development of the mental and spiritual powers inherent in man, that our third book of the One-Best-Way series will also concern itself entirely with the well-being of the physical body.

The name of the third book of the One-Best-Way series of New Thought books will be "The New Thought System of Physical Culture and Beauty Culture," developing the physical body to its highest efficiency, adapted to the use of both sexes, of all ages between seven and seventy. This book will be profusely illustrated by Miss Ethel Stahl, artist of New Thought, in pen and ink drawings. Size 100 pages, uniform in binding with this volume, price $1, postpaid to any part of the world. Written by the author of the present volume. Ready for mailing to purchasers on or before February 28, 1921.

The name of the fourth book of the One-Best-Way series of New Thought books will be "The New Thought System of Dietetics," giving very clear instruction upon the chemistry of foods and the effects resulting from injudicious mixtures of antagonistic edibles. The bent of the book is strongly in the direction of vegetarianism as offering the solution to many of the digestive and assimilative problems of today that baffle us. This will constitute the last of the books of this series devoted exclusively to the advantage of the physical body. The remaining books of the series will deal with the development of mental and spiritual powers. We do not feel that the student is in the best vein to receive instruction upon the higher powers of the mind until the things of the body have been put upon the best possible foundation for his understanding and acceptance. Written by the same hand as the preceding books of the series, this fourth book will be off the press and ready for mailing by the last day of March, 1921. Uniform in size, binding and price with the preceding books of the series, but not illustrated.

Returning now to a consideration of the third book of the series, the System of Physical Culture originated, developed and practiced by the author, let us see wherein it differs from the thousand and one systems already on the market. In this day it is rash to speak of an original system of anything unless you are very sure that you are well within the facts in making the claim. It

may throw some light on the basic theory of right physical development which the book puts forth if we quote here a remark made some ten years ago to the author by Mr. Samuel Wall of Tacoma, Washington. The author had said in an offhand way to Mr. Wall, "Oh, that reminds me that I am working out a new system of Physical Culture. It's a wonder. All the exercises are taken in bed." He was unprepared for Mr. Wall's huge roar of laughter, or for his comment, vociferated at the top of his lungs—"Yes. For God's sake, if a man **must** exercise, let it be in bed!" No doubt there is something droll in such an announcement, but the author had spent so much time in the development of this system that the humor of its method, if it ever existed for him, had long been forgotten in appreciation of the value of results. It would not be within the facts to say that the author had assiduously practiced this system from that far day to this, in its whole and complete form, but it would be quite true to say that he has never relinquished his interest in the practice of some daily detail of it, and considers his phenomenally good health as due in no small measure to this observance. The outstanding feature of this System which distinguishes it from any other similar system on earth is, of course, that the exercises are taken by the student recumbent upon his chaste couch, but the attractive thing about the System is that it never palls upon the attention; it never becomes a weariness and a pest; it never loses its edge of

pleasure in performance. We consider this quality of perpetual attractiveness the most striking thing about it.

On reaching middle life, the average man and woman look upon themselves as finished products. They may be satisfied, or dissatisfied, probably the latter, but they do not consider the possibility of changing themselves to their liking. It is a curious trait in human nature, this determination to make the best of a bad job. They are dissatisfied with their appearance, or their circumstances, or their mental powers, but they settle down to such enjoyment of life as is possible to their scheme of living, without a glimmer of understanding that their faces, bodies, minds, and circumstances, are absolutely subject to their will. If they don't like their health they are told in this book how they can improve it. If they don't like their circumstances they have been told in the first book of this series how to change them. If they don't like the shape of their bodies, or the appearance of their faces, they will be told in this forthcoming System of Physical Culture how to alter them permanently to suit themselves. Although the book is written, as are all the books of this series, as if addressing an audience of men, every line of the teaching here is as applicable to women as to men. The Physical Culture System more so, because it includes directions for altering the facial contours to which men are indifferent, but to which women are keenly alive. A man would feel foolish if he gave thought to the lines

on his face. It would seem a folly to him to try to improve his face. He is right to the extent that his face is a matter of no consequence. But a woman's looks are of immense consequence to her, and again this is rightly so, because her charm is inseparably linked with her appearance. Age, and the marks of age, are not the tragedy to a man that they are to a woman. This being the state of the case we shall expect to find that women are employing the New Thought Physical Culture System as an aid to beauty, to ward off the signs of approaching age, while men will use it chiefly to improve their physical vigor. It will achieve this double purpose in all cases, regardless of the end for which it is used, and regardless of the age of the person who uses it.

While physical life endures in the body, there is motion. While there is motion the building process continues. A man of ninety can build character, memory and will if he will do the simple things required to build these mental qualities. You have been told how. A man of ninety can restore his physical health by use of the Schuessler Tissue Remedies. You have been told how and why. A man of ninety can rebuild his physical body by the New Thought System of Physical Culture, and, if he wishes to do so, he can take forty years of the marks of time off his face by the same means. It is for him to say whether the end is worth the trouble. The point is that all men, of all ages, in all lands, and in all the history of men that has come

to us for the past four thousand years, have believed that the appearance of age was a necessary condition of advancing years, and could not be altered. Our point is that it can be altered if you wish to alter it. No man has ever believed that it was in his power to alter it. Again, our point is that it is as entirely in his power to alter his appearance as it is in his power to improve his memory, and for exactly the same reason, namely, that man is architect of his own body because life is motion, because the cell builds while life continues, and because the employment of certain simple motions stimulates the activity of the builder. This is a valuable thing to know, and odd only in that it is not known. The opportunity to put this knowledge to work for your advantage will be offered you. What use you make of the knowledge rests, as in every other case, with yourself. You may accept the author's positive assurance, however, that you will not find in the New Thought System of Physical Culture any resemblance whatever to the usual systems employed for the development of the physical body. Nor will you at any time feel the least weariness in pursuing the instruction, regardless of your age, and regardless of whether you be man or woman.

THE END

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