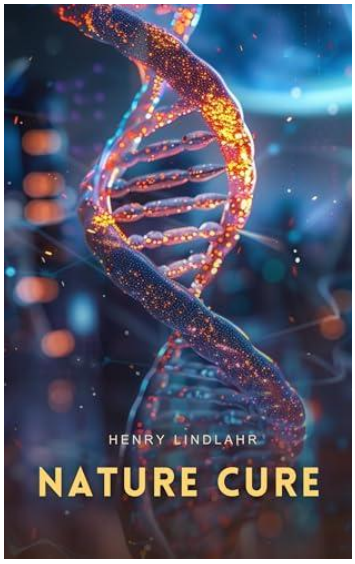




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Nature Cure: Philosophy & Practice Based on the Unity of Disease & Cure (Medical Library)

van Henry Lindlahr

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This materialistic conception of life, however, has already become obsolete among the more advanced biologists as a result of the wonderful discoveries of modern science, which are fast bridging the chasm between the material and the spiritual realms of being. But medical science, as taught in the regular schools, is still dominated by the old, crude, mechanical conception of vital force and this, as we shall see, accounts for some of its gravest errors of theory and of practice. The vital conception of life, on the other hand, regards it as the primary force of all forces, coming from the great central source of all power. This force, which permeates, heats and animates the entire created universe, is the expression of the divine will, the “logos,” the “word” of the great creative intelligence. It is this divine energy which sets in motion the whirls in the ether, the electric corpuscles and ions that make up the different atoms and elements of matter.

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In the final analysis, all things in Nature, from a fleeti g thought or emotion to the hardest piece of diamond or platinum, are modes of motion or vibration. A few years ago physical science assumed that an atom was the smallest imaginable part of a given element of matter; that although infinitesimally small, it still represented solid matter. Now, in the light of better evidence, we have good reason to believe that there is no such thing as solid matter: that every atom is made up of charges of negative and positive electricity acting in and upon an omnipresent ether; that the difference between an atom of iron and of hydrogen or any other element consists solely in the number of electrical charges or corpuscles it contains, and on the velocity with which these vibrate around one another. Thus the atom, which was thought to be the ultimate particle of solid matter, is found to be a little universe in itself in which corpuscles of electricity rotate or vibrate around one another like the suns and planets in the sidereal universe. This explains what we mean when we say life and matter are vibratory. As

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We can now better understand the definitions of health and of disease, given in Chapter Two, “Catechism of Nature Cure” as follows: “Health is normal and harmonious vibration of the elements and forces composing the human entity on the physical, mental, moral and spiritual planes of being, in conformity with the constructive principle of Nature applied to individual life.” “Disease is abnormal or inharmonious vibration of the elements and forces composing the human entity on one or more planes of being, in conformity with the destructive principle of Nature applied to individual life.”

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The watch may cease to vibrate in accord with the harmonics of our planetary universe for several reasons. It may lose time or stand still because (1) the wound spring has spent its force, or (2) its parts are not made up of the right constituents, or (3) foreign matter clogs or corrodes its mechanism. Similarly, there exist three primary causes of disease and of premature death of the physical body. These are: Lowered vitality. Abnormal composition of blood and lymph. Accumulation of morbid matter and poisons. In the ultimate, disease and everything else that we designate as evil are the result of transgressions of natural laws in thinking, breathing, eating, dressing, working, resting, as well as in moral, sexual and social conduct. In

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Disease is disturbed polarity. Exaggerated positive or negative conditions, whether physical, mental, moral or spiritual, tend to disease on the respective planes of being. Foods, medicines, suggestion and all the other different methods of therapeutic treatment exert on the individual subjected to them either a positive or a negative influence. It is, therefore, of the greatest importance that the physician and every one who wishes to live and work in harmony with Nature’s Laws should understand this all-important question of magnetic polarity.

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This is the third of the primary causes of disease. We have learned how lowered vitality and the abnormal composition of the vital fluids favor the retention of systemic poisons in the body. If, in addition to this, food and drink contain too much of the waste-producing carbohydrates, hydrocarbons and proteins, and not enough of the eliminating positive mineral salts then waste and morbid materials are bound to accumulate in the system and this results in the clogging of the tissues with acid precipitates and earthy deposits. Such accumulation of waste and morbid matter in blood and tissues creates the great majority of all diseases arising within the human organism. This will be explained fully in the following chapters which deal with the causation of acute and chronic disease. More

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“Give me fever and I can cure every disease.” Thus Hippocrates the Father of Medicine, expressed the fundamental Law of Cure over two thousand years ago. I have expressed this law in the following sentence: “Every acute disease is the result of a cleansing and healing effort of Nature.” This law, when thoroughly understood and applied to the treatment of diseases, will in time do for medical science what the discovery of other natural laws has done for physics, astronomy, chemistry and other exact sciences. It will transform the medical empiricism and confusion of the past and present into an exact science by demonstrating the unity of disease and treatment. Applying the law in a general way, it means that all acute diseases, from a simple cold to measles, scarlet fever, diphtheria, smallpox, pneumonia, etc., represent Nature’s efforts to repair injury or to remove from the system some kind of morbid matter, virus, poison or microorganism dangerous to health and life. In other words, acute diseases cannot develop in a perfectly normal, healthy body living under conditions favorable to human life. The question may be asked: “If acute diseases represent Nature’s healing efforts, why is it that people die from them?” The answer to this is: the vitality may be too low, the injury or morbid encumbrance too great or the treatment may be inadequate or harmful, so that Nature loses the fight; still, the acute disease represents an effort of Nature to overcome the enemies to health and life and to reestablish normal, healthy conditions. It is a curious fact that this fundamental principle

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In the realms of physical nature, giving and receiving, action and reaction balance each other mechanically and automatically. What we gain in power we lose in speed or volume, and vice versa. This makes it possible for the mechanic, the scientist and the astronomer to predict with mathematical precision for ages in advance the results of certain activities in Nature. The great Law of Dual Effect forms the foundation of the healing sciences. It is related to and governs every phenomenon of health, disease and cure. When I formulated the fundamental Law of Cure in the words, "Every acute disease is the result of a healing effort of Nature," this was but another expression of the great Law of Action and Reaction. What we commonly call crisis, acute reaction or acute disease is in reality Nature's attempt to establish health. Applied to the physical activity of the body, the Law of Compensation may be expressed as follows: "Every agent affecting the human organism produces two effects: a first, apparent, temporary effect, and a second, lasting effect. The secondary, lasting effect is always contrary to the primary, transient effect." For instance: The first and temporary effect of cold water applied to the skin consists in sending the blood to the interior; but in order to compensate for the local depletion, Nature responds by sending greater quantities of blood back to the surface, resulting in increased warmth and better surface circulation. The first effect of a hot bath is to draw the blood to the surface; but the secondary effect sends the blood back to the interior, leaving the surface bloodless and chilled.

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Stimulants, as we shall see later on, produce their deceptive effects by burning up the reserve stores of vital energy in the organism. This is inevitably followed by weakness and exhaustion in exact proportion to the previous excitation. The primary effect of relaxation and sleep is weakness, numbness and death-like stupor; the secondary effect, however, is an increase of vitality. The Law of Dual Effect governs all drug action. The first, temporary, violent effect of poisonous drugs, when given in physiological doses, is usually due to Nature's efforts to overcome and eliminate these substances. The secondary, lasting effect is due to the retention of the drug poisons in the system and their action on the organism. In theory and practice, allopathy considers the first effect only and ignores the lasting aftereffects of drugs and surgical operations. It administers remedies whose first effect is contrary to the disease condition. Therefore, in accordance with the Law of Action and Reaction, the secondary, lasting effect of such remedies must be similar to or like the disease condition.

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Cold and catarrh cures (?), such as quinine, coal-tar products, etc., suppress Nature's efforts to eliminate waste and morbid matter through the mucous linings of the respiratory tract, and drive the disease matter back into the lungs, thus breeding pneumonia, chronic catarrhs, asthma and consumption.

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Mercury, iodine and all other alteratives, by suppression of external elimination, create internal chronic diseases of the most dreadful types, such as locomotor ataxy, paresis, etc. So the recital might be continued all through orthodox materia medica. Each drug breeds new disease symptoms which are in their turn cured (?) by other poisons, until the insane asylum or merciful death rings down the curtain on the tragedy of a ruined life. The teaching and practice of homeopathy, as explained in Chapter Twenty-Six, is fully in harmony with the Law of Action and Reaction. Acting upon the basic principle of homeopathy: ~Similia similibus curantur,~ or like cures like, it administers remedies whose first, temporary effect is similar to the disease conditions. In accordance with the Law of Dual Effect, then, the secondary effect of these remedies must be contrary to the disease conditions, that is, curative.

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Equally harmful is suppression by means of the surgeon's knife. It may be a quicker and apparently more effective process to remove the inflamed appendix or the diseased tonsils than to cure them by building up the blood and inducing elimination of systemic poisons by natural methods. But operative treatment is not eliminative. It does not remove from the system the original cause of the inflammation or deterioration of tissues and organs, but it does remove the outlet which Nature had established for the escape of morbid materials.

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The uniformity of acute inflammatory processes becomes still more apparent when we follow them through their five succeeding stages, that is: Incubation, Aggravation, Destruction, Abatement and Reconstruction, as illustrated in the following diagram: I. Incubation. The first section of the diagram corresponds to the period of Incubation, the time between the exposure to an infectious disease and its development. This period may last from a few minutes to a few days, weeks, months or even years. During this stage morbid matter, poisons, microorganisms and other excitants of inflammation gather and concentrate in certain parts and organs of the body. When they have accumulated to such an extent as to interfere with the normal functions or to endanger the health and life of the organism, the life forces begin to react to the obstruction or threatening danger by means of the inflammatory processes before described. II. Aggravation. During the period of Aggravation the battle between the phagocytes and Nature's antitoxins on the one hand, and the poisons and microorganisms of disease on the other hand, gradually progresses, accompanied by a corresponding increase of fever and inflammation, until it reaches its climax, marked by the greatest intensity of feverish symptoms. III. Destruction. This battle between the forces of disease and the healing forces is accompanied by the disintegration of tissues due to the accumulation of exudates, to pus formation, the development of abscesses, boils, fistulas, open sores, etc., and to other morbid changes. It involves the destruction of phagocytes, bacteria, blood vessels, and tissues just as a battle between contending human armies results in loss of life and property. The stage of Destruction ends in crisis, which may be either fatal or beneficial. If the healing forces of the organism are in the ascendancy, and if they are supported by right treatment which tends to build up the blood, increase the vitality and promote elimination, then the poisons and the microorganisms of disease will gradually be overcome, absorbed or eliminated and, by degrees, the tissues will be cleared of the debris of the battlefield. IV. Abatement. The absorption and elimination of exudates, pus, etc., take place during the period of abatement. It is accompanied by a gradual lowering of temperature, pulse rate and the other symptoms of fever and inflammation. V. Resolution or Reconstruction. When the period of Abatement has run its course and the affected areas have been cleared of the morbid accumulations and obstructions, then, during the fifth stage of inflammation, the work of rebuilding the injured parts and organs begins. More or less destruction has taken place in the cells and tissues, the blood vessels and organs of the areas involved. These must now be reconstructed, and this last stage of the inflammatory process is, therefore, in a way the most important. On the perfect regeneration of the injured parts depends the final effect of the acute disease upon the organism.

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What, then, is the natural cure for colds? There can be but one remedy: increased elimination through the proper channels. This is accomplished by judicious dieting and fasting, and through restoring the natural activity of the skin, kidneys and bowels by means of wet packs, cold sprays and ablutions, sitz baths, massage, chiropractic or osteopathic manipulation, homeopathic remedies, exercise, sun and air baths and all other methods of natural treatment that save vitality, build up the blood on a normal basis and promote elimination without injuring the organism.

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Both in typhoid fever and in tuberculosis, progressive medical men have now entirely abandoned the germ-killing method of treatment. They have found it absolutely useless and superfluous to hunt for drugs and serums to kill the typhoid and tuberculosis bacilli in these, the two most destructive diseases afflicting the human family. They were forced to admit that the simple remedies of the Nature Cure school, cold water and fasting in typhoid fever and the fresh-air treatment in tuberculosis, are the only worthwhile methods to fight these formidable enemies to health and life. If they would continue their researches and experiments along these natural lines, they would attain infinitely more satisfactory results than through their germ-hunting and germ-killing theories and practices.

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Allopathy says that the only possible remedy is “early operation.” Nevertheless, in the textbooks of medical science and in medical schools and colleges it is taught that cancer and all other malignant growths “always return after extirpation.” In fact, every student of medicine is expected to state this in his examination papers as part of the definition of malignant tumors. The great majority of medical practitioners hold, furthermore, that cancer is a local disease. This is proved by the fact that they apply local, symptomatic treatment.

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In reality, however, the disease is constitutional. Therefore, after removal of the growth by surgery, the electric needle, x-rays, etc., the cancer or tumor is liable to break out again in the same place or in several places. The surest way to change insignificant, so-called “benign” (not fatal to life) fibroid or fatty tumors into malignant cancer or sarcoma is to operate upon them. Wens and warts are often made malignant by surgical interference or other local irritation.

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The malignant growth, therefore, feeds on its own products of decay, aside from the systemic poisons and morbid materials already contained in the blood and tissues of the body. These morbid products permeate the entire system. They are carried by the circulation of the blood into all parts of the body. This explains why cancer is a constitutional disease, why it is, as I stated it, “rooted in every drop of blood.” It also explains why cancer, or rather the disposition to its development (diathesis), is hereditary. If the original cancerous growth is removed by surgical intervention, x-rays, the electric needle, cauterization or any other form of local treatment, the poisonous materials (alkaloids of putrefaction) in the blood will set up other foci of abnormal, wild proliferation. Medical science has applied the term metastasis to such spreading and reappearing of malignant tumors after extirpation.

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What has been said verifies my claim that benign and malignant tumors can be cured only by thorough purifying the system of all morbid and poisonous taints and by building up the blood to a normal basis, that is, by providing it with the proper elements of nutrition, especially with the all-important organic salts. That this is not merely theory, but actual fact has been proved in the great cancer institutes in Europe and in this country. The scientists in charge of these institutions report that they have found a positive cure for cancer in animals. The treatment is as follows: The blood is pumped out of the body of a dog or other animal afflicted with cancer and immediately afterwards the blood of a healthy animal which has shown immunity to cancer inoculation is pumped into the body of the diseased animal. It is reported that in nine cases out of ten thus treated the cancerous growths disappear.

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In the case of tumors, then, we see again verified the fundamental law of Nature Cure: the Unity of Disease and of Treatment. We see that the tumor is not of local, but of constitutional, origin, that its period of incubation may extend over a lifetime or over several generations.

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A plentiful supply of pure fresh air is of vital importance at any time. We can live without food for several weeks and without water for several days, but we cannot live without air for more than a few minutes. Just as a fire in the furnace cannot be kept up without a good draft which supplies the necessary amount of oxygen to the flame, so the fires of life in the body cannot be maintained without an abundance of oxygen in the air we breathe.

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“One notable example is typhoid fever. At the outset of the nineteenth century it was treated with ‘remedies’ of the extremest violence—bleeding and blistering, vomiting and purging, and the administration of antimony and mercury, and plenty of other heroic remedies. Now the patient is bathed and nursed and carefully tended, but rarely given medicine. This is the result partly of the remarkable experiments of the Paris and Vienna schools in the action of drugs, which have shaken the stoutest faiths; and partly of the constant and reproachful object lesson of homeopathy. No regular physician would ever admit that the homeopathic preparations, ‘infinitesimals,’ could do any good as direct curative agents; and yet it was perfectly certain that homeopaths lost no more of their patients than others. There was but one conclusion to draw—that most drugs had no effect whatever on the diseases for which they were administered.” Dr. Osler is probably the greatest medical authority on drugs now living. He was formerly professor of materia medica at the Johns Hopkins University of Baltimore, U. S., and now holds a professorship at Oxford University, England. His books on medical practice are in use in probably every university and medical school in English-speaking countries. His views on drugs and their real value as expressed in this article should be an eye-opener to those good people who believe that we of the Nature Cure school are altogether too radical, extreme, and somewhat cranky.

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It soon became evident that inoculation with the virus did not prevent smallpox, but, on the contrary, frequently caused it; and therefore the practice gradually fell into disuse, only to be revived by Jenner about one hundred years later in a modified form. He substituted cowpox virus for smallpox virus. Modern allopathy, in applying the isopathic principle, gives large and poisonous doses of virus, lymph, serums and antitoxins, while homeopathy, as did ancient mysticism, applies the isopathic remedies in highly diluted and triturated doses only.

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From England vaccination gradually spread over the civilized world and during the nineteenth century the smallpox disease (variola) constantly diminished in virulence and frequency until today it has become of comparatively rare occurrence.

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Vaccination of healthy children and adults is often followed by a multitude of symptoms which cannot be distinguished from syphilis, viz., characteristic ulcers and eczematous eruptions, swellings of the axillary and other lymphatic glands, atrophy of the mammary glands in the breasts of women and of girls above the age of puberty, etc.

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All laxatives and cathartics are poisons; if it were not so, they would not produce their peculiar, drastic effects. Because they are poisons, Nature tries to eliminate them from the system as quickly and as thoroughly as possible. In order to do this, the excretory glands and membranes of the liver and the digestive tract greatly increase the amount of their secretions and thereby produce a forced evacuation of the intestinal canal.
