

Circulating File

**FRACTURES AND SPRAINS
(AND AFTER EFFECTS)**

**A compilation of Extracts
from the Edgar Cayce Readings**

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FRACTURES AND SPRAINS CIRCULATING FILE

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Our hope is that through the Cayce readings you will find the wholeness and oneness which is God's plan for us.

Blessings, A.R.E. Member Services Team

There are in truth no incurable conditions.... 3744-2

This Circulating File consists of an overview and the Edgar Cayce psychic readings on fractures and sprains. The information is not intended for self-diagnosis nor self-treatment. Please consult a qualified health care professional before following any advice contained within this file.

Articles may be included because the information supports the remedies and therapies described in the Edgar Cayce readings or are of a helpful nature. Their inclusion does not imply endorsement or recommendation. Before following any advice contained in the articles, please seek the counsel of your doctor.

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**Fractures and Sprains
(and After Effects)**

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Introduction to the Cayce Readings on Health and Healing

No matter what illness or ailment concerns us, certain basic principles about health and healing are relevant. These are the premises upon which all of the Cayce health information rests. For those who would like to make a more careful study of these basic principles, the recommended Circulating File is entitled *Principles of Healing*. Here, in essence, are the ideas found in that file. They may prove to be very useful to your study of the specific ailment that requires healing for you.

The first fundamental idea about healing requires that we maintain a creative balance between two principles:

1. All healing comes from the infinite - that is, from attunement and harmony with our spiritual source. The infinite is just as accessible and available in the visible, physical world as it is in the invisible realm.
2. At the same time, each person must take responsibility for his or her own healing process. No one can simply sit back and wait passively for healing to occur.

This second principle - the need for self-responsibility - can take many forms. For example, healing requires attunement, and no one knows better than ourselves exactly what has gotten us out of attunement. Often, if we look closely at our lives, we can see (without needing a gifted medical clairvoyant such as Edgar Cayce) what's causing our illness.

To illustrate self-responsibility further, the human body has a marvelous, innate drive to heal itself, but we've got to do our part to help. A broken bone will naturally try to mend; however, the fracture needs to be set properly for the healing to be complete and effective. Cayce stresses the healing ability of the body:

Remember, the body does gradually renew itself constantly. Do not look upon the conditions which have existed as not being able to be eradicated from the system. . . Hold to that KNOWLEDGE - and don't think of it as just theory - that the body CAN, the body DOES renew itself! 1548-3

Another important principle relates to energy medicine, a new field for which Edgar Cayce was a pioneer. His readings consistently speak of the roles played by vibrations or vibratory forces - right down to the level of individual atoms. According to Cayce, there is a type of consciousness that exists in each atom. Although most of the passages about the atomic physics of healing seem rather esoteric, it might be easier to follow the analogy of the attunement of a stringed musical instrument. A violin or piano that is out of tune makes sour, discordant music - symbolic of disease or illness. Just as a skilled musician can bring the instrument back into attunement, we experience healing when our vibrations - right down to the atomic level - are adjusted in a correct manner. In essence, all healing is bringing the vibrations into harmony from within.

Balance among body, mind, and spirit is another key to Cayce's philosophy of healing. For healing to be complete and lasting, we must recognize and meet the needs of each of these three levels. Virtually no illness or disease can be treated successfully at only one of these three levels.

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What's more, Cayce affirms that the human body will naturally stay healthy - and even rejuvenate itself - if a kind of internal balance can be maintained. "Dis-ease" starts when one part of the body draws energy from another part. One portion of an organism may become overcharged with the creative life force, while another portion becomes undernourished. The result is a gradual disintegration of the body and the onset of illness.

The opposite of this sort of disintegration is rejuvenation. The readings assert that we are continuously rebuilding our bodies. Within any seven-year period, each cell is replaced. If we'll allow it, our bodies will transform any problem and resuscitate any condition. But our ingrained habits usually block this healing potential - the habits of action and, even more potent, the habits of mind.

What role do drugs and medicine play in the healing process? Cayce's philosophy clearly sees a place for them, but warns of misunderstanding how they work and of expecting more of them than is possible. Any healing method attempts to create an experience of oneness, in hopes of then stimulating a similar response in the body. For some people in some situations, a drug may be the best way to accomplish this - just as in other cases surgery may be the best way to stimulate healing. Medicines can be a practical application of the one life force. Occasionally they must be very potent in their reactions in order to get the patient through an acute illness. But Cayce from time to time encouraged people to consider the herbal formulas he recommended to be tonics and stimulants, rather than medicines.

The dangerous side of medicines is their potential to diminish the body's own healing work. This is what Cayce alluded to when he warned about "palliatives" that deceive the soul with half-truths and temporary relief. It's also what he meant when he warned that we shouldn't come to rely on any condition outside of ourselves that could be assimilated by the body inwardly. All of this is to say, take the medications prescribed by the physician you trust. Keep in mind this thought: what those chemicals can do is temporarily - and somewhat artificially - give your body an experience of greater oneness.

Healing that really takes hold and lasts must come from changing one's inner consciousness and vibration. That happens most effectively from consistent and persistent human effort (that is, engaging one's desires, purposes, and will) - something that pills all too easily allow us to skip.

These have been long-standing. Do not take the treatments just a few days, or even a few weeks, and expect to be well - and then revert to old conditions. But be consistent and persistent! Have periods when these will be taken (that is, ALL of those things indicated) for two, three to four weeks. Then rest by leaving them off a week. And then be just as patient and just as persistent as though you were beginning all over again. 976-1

Cayce's healing philosophy includes other insights that can help us avoid misunderstanding. For example, one principle states that the best treatment procedures sometimes cause a temporary worsening of conditions. If we didn't recognize this possibility, we might give up just before the benefits begin to appear. A closely related principle states that when a body is re-establishing its attunement, it tends to be more sensitive. Again, if we misunderstand that heightened sensitivity, we might not see the good that is slowly being effected.

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The mind is a focus of other healing principles. The unconscious mind plays a role in many illnesses and diseases. One example of this is the karmic factor in health problems. Memories from previous incarnations, stored in the soul mind, can trigger problems in the body. Of course, we shouldn't go so far as to suppose that every health challenge has past-life roots; nevertheless, the perspective of reincarnation can help us understand what we could possibly be dealing with as we seek healing.

The familiar Cayce axiom, "Mind is the builder," leads us to wonder exactly which attitudes and emotions best foster healing. The readings emphasize several:

- Self-acceptance. As we rid ourselves of self-condemnation, we make room for healing forces to enter.
- Optimism and hope. We're encouraged to expect healing.
- Patience. It's much easier and quicker to destroy health than it is to rebuild it. We need to be willing to patiently invest whatever time is required.

Alongside these specific attitudes and emotions, we're invited to use the creative potential of visualization to stimulate our own healing. The mind's image-making capacity can be directed in such a way that we "see" the healing transformation taking place. This is not something that's accomplished in a single visualization session. Like all the Cayce health-promoting approaches, it requires persistence and works best in conjunction with other healing methods.

Perhaps the most important principle of the mind's relationship to healing concerns purposefulness. A person can experience temporarily an outer healing - that is, in the physical body only - yet still be spiritually sick. What cures the soul? A commitment to a purposeful life. Not just any purpose, but instead one that reflects care for other people.

On occasion a reading from Cayce would pose this question to the person who was ill: What would you do with your life if you were healed?

What would the body be healed for? That it might gratify its own physical appetites? That it might add to its own selfishness? Then (if so) it had better remain as it is. . . But first the change of heart, the change of mind, the change of purpose, the change of intent. 3124-2

The position of Cayce's psychic source was simply this: Why correct the physical condition unless there's also going to be an inner correction? People who are looking for both inner and outer healing are the best candidates for restored health and vitality. In Cayce's philosophy, healing should equip us to be more useful to others.

With this ideal of service in mind, we might also wonder just how we can be channels of healing to others. What principles govern our efforts to be healers to those for whom we have concern? One principle is based on the spiritual connections that exist between all people. It states that as we bring the experience of oneness into our own consciousness, it can profoundly help someone else experience oneness, attunement, and healing. Cayce's way of putting it was, "...raising the Christ Consciousness in self to such an extent as it may flow out of self to him thou would direct it to." (281-7)

For this to be most effective, the recipient must desire such help and have requested healing prayer. Of course, we can always pray for someone, even if that

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individual hasn't asked us. But it's important that we not assume we know what's needed in any person's life. For one who hasn't specifically asked for prayer, we can simply offer prayers of protection and blessing, rather than try to direct healing energies to that person or for a specific condition.

It is also important to remember that each reading was given for an individual. It must be emphasized that no suggested treatments for any particular ailments should be "lifted" from any individual reading and tried by another individual except under the supervision of and with the cooperation of a physician or licensed health care professional. However, there were many suggestions that were given over and over, and these can be studied to find how they apply to ourselves. These healing principles can be grouped in four categories that referred to as CARE.

Circulation – moving the blood around the body through therapies such as massage or spinal manipulation

Assimilation – encouraging the body to pull the proper nutrients from the food by eating the proper foods and in the proper combinations

Relaxation – taking time to rest and let the body recuperate and counterbalance the daily activities

Elimination – removing the waste products from the body through therapies such as sweats, colonics, and fume baths

For more information about CARE and recommendations on the lifestyle described in the readings, please see Dr. Harold J. Reilly's *Handbook for Health*. There are also many verbatim collections of the readings in other Circulating Files, Research Bulletins, and Treatment Plans for individual diseases which may be purchased through Customer Service at 800-333-4499.

The A.R.E. is interested in having all the material in the health readings reviewed by physicians and health care professionals who also provide summaries of their findings in the hope that the information may prove beneficial to others. When time and finances permit it is planned to have all the information in the health readings read by one or more physicians and the subject matter summarized. Please send any feedback to

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We do not advocate a do-it-yourself process. Please seek out the advice of a health professional before implementing any recommendation.

In summary, the Cayce readings remind us that our natural state is wholeness and health. An innate wisdom within ourselves knows what's needed for healing. We should expect to get well, and we should be willing to do our part to make it possible. "Those that expect little of the Lord receive little; those that expect much receive much - if they live it!" 1424-1

Blessings,

A.R.E. Member Services Team

Commentary on Fractures and Sprains

by William A. McGarey, M.D

Care of fractures is obviously an orthopedic problem. The primary consideration in such care is preservation of life. With this assumed, proper reduction of the fractured bone then becomes paramount to healing. If such reduction is not performed, changes might come about within the part of the body affected which would be irreversible. For a naturopathic doctor who applied for a reading [4457-1] Cayce saw conditions that would "necessitate an operation before the body could be *entirely* relieved and brought back to a normal condition...." This was a skull fracture, apparently depressed and causing pressure on the brain. This man was advised to have surgery at Johns Hopkins Hospital, another one of Cayce's specific recommendations.

In another case, [1715-2], the care and reduction of a fractured arm was "improper," and it was reported that the hand and the finger were becoming stiff and there was sensory loss to the little finger. In his comments, Cayce did not see a full healing of the conditions likely to come about, apparently because of involvement of the nerve supply to tendons and muscles of the extremity.

Assuming, however, that the reduction of a fracture is proper and other factors are equal, healing comes about as a manifestation of the spirit acting within the body itself, in a manner that demands the proper balance between the physical body and the mental body. Case [564-1] was urged "then, give self the *opportunity* to function normally, mentally, physically, spiritually. The *spirit* will act, irrespective of what a body does with its physical or mental body - and it may make a very warped thing if you keep it under cover or expose it too much!"

The healing comes through hormones that "coagulate" those electrical energies from food and from the red blood cells, etc., into form or into tissue that is the rebuilding of the fracture. This rebuilding, which in medical terminology is called callus formation, needs to be balanced in its effects on the rest of the system by means of the nerve centers in the sympathetic ganglia and the cerebrospinal nervous system in order that the body as a whole may remain adjusted, in harmony, and in coordination with itself. Also the products of rebuilding, which become "refused" or rejected or used energies - waste products or end products of metabolism - must also be eliminated properly from the system. Elimination becomes a very important factor, as does the balancing of the sympathetic ganglia through adjustments and manipulations.

When the body is not properly balanced to bring about normal healing or when improper reduction of fractures brings problems in healing, the healing forces within the body can be assisted in bringing conditions as a whole back toward normal. A stiffening was coming about in the knee ligaments after a fracture of the patella in a 40-year-old man. (438-5) Cayce suggested massages to supply calcium, acids, and oils that "will prevent accumulations of water - or prevent the tendons becoming so taut as not to allow movement in the knee and the kneecap." On one day he suggested using olive oil and tincture of myrrh, equal parts, while on alternate days salt soaked with pure apple vinegar was to be used. The salt and vinegar combination was perhaps the most common massage or pack recommended in care of fractures or sprains.

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The normal healing of a fracture is stimulated and aided with massage in case [3823-2] on the arm and brachial area of the shoulder with the same salt and vinegar combination, twice a day. This was for fracture of an arm and was used after the splints were removed.

Ligamentous sprain becomes a problem often, both acute and chronic. The “loosening” of the tendons to prevent further disturbance in these areas has already been described above in case [438]. For sprained ligaments about the knee, for ankle sprain, for torn ligaments-for all these conditions, table salt moistened with pure apple vinegar or a solution of pure apple vinegar saturated with table salt or a pack of salt soaked with vinegar seems to be a beneficial, corrective, rebuilding application. Other suggestions to speed up the healing process appeared in the readings. An oil for massage can be made up by taking four ounces of peanut oil, then adding in order: two ounces of oil of pine needles, one ounce of oil of sassafras root, and one tablespoon of melted lanolin. This was suggested to alternate with salt-vinegar rubs in restoring a fractured knee back to health. (1771-5)

Almost a specific for backache, sprains, aching in joints, swellings, bruises, etc., would be: To one ounce of olive oil, add:

Russian white oil, 2 ounces
Witch hazel, 1/2 ounce
Tincture of Benzoin, 1/2 ounce
Oil of sassafras, 20 minims
Coal oil (kerosene), 6 ounces

“It’ll be necessary to shake this together, for it will tend to separate; but a small quantity massaged in the cerebrospinal system or over sprains, joints, swellings, bruises will take out the inflammation or pain!” (326-5)

The violet ray hand applicator was suggested for use in [1715-2], where there had been improper reduction of the arm. About every third day the violet ray was to be applied to the brachial plexus area of the neck, and about once a week or once in two weeks gently over the entire arm. This was used in addition to the massage once a day with a combination of one tablespoon each of olive oil, tincture of myrrh, and sassafras oil made up fresh for each treatment. (The olive oil is to be heated first, and then the others added in turn.) This treatment brought the condition of near immobilization of the hand back to full normalcy.

Much then can be done to assist in healing of fracture or restoration of sprained muscles and tendons to normal.

“Do these as we have indicated, in a consistent and persistent manner; and we will find we will bring the normal conditions for this body. Not as rote, but knowing that within self must be found that which may be awakened to the *building* of that necessary for the body, mentally and physically and spiritually, to carry *its* part in this experience. For the application of any influence must have that which is of the divine awakening of the activative forces in every atom, every cell of a living body.” (726-1)

Readings Included: 49-1, 326-5, 564-1, 1715-2, 1771-4, 5, 3823-2, 3, 4, and 4457-1.

[Note: The preceding overview is excerpted from the *Physician's Reference Notebook*, 1968 by the Edgar Cayce Foundation, Virginia Beach, VA.]

Fractures and Sprains

By Reba Ann Karp

Edgar Cayce Encyclopedia of Healing

Fracture and sprains are injuries to the muscles, ligaments, and bones in the body. Fractures range in severity from small cracks in the bone to compound fractures in which the bone protrudes through the skin. Sprains are the result of a wrenching or twisting of a joint, with a partial rupture of its ligaments. A bluish or red discoloration, which is a result of ruptured blood vessels, may appear.

Edgar Cayce gave a total of forty-seven readings on various kinds of fractures and sprains for thirty-four individuals who ranged from fourteen to eighty-three years old.

Treatment

Treatments for fractures and sprains were fairly consistent throughout the readings. The major treatment, recommended in twenty-three cases, was to massage or pack the injured areas. Frequently used for the packing was a solution of apple cider vinegar and salt, which was to be applied by means of cloths soaked in the solution and placed on the injured areas.

Also frequently recommended was a combination of olive oil and tincture of myrrh and other oil-based combinations. Reading 326-5 gave a general-purpose massage formula which Cayce stated would be good for backaches, sprains, strains, and bruises: "To one ounce of olive oil add two ounces Russian White Oil, a half ounce of tincture of benzoin, six ounces of coal oil [kerosene], a half ounce of witch hazel and 20 minims oil of sassafras."

In twelve cases, to accelerate healing of the injured area, various forms of electrotherapy were suggested, and most often mentioned were the Violet Ray and at times the ultraviolet and infrared lights.

Ten individuals were given advice regarding foods that would help supply needed elements for healing. Often recommended was an increase of foods containing an abundance of minerals, especially calcium, iron, and phosphorus. Blood-building foods, including fresh fruits and their juices, celery, lettuce, and carrots, were also advised. Beef and fried foods were strongly discouraged.

In seven instances, spinal manipulations were advised to aid in coordinating the body and stimulating its natural healing ability. Also recommended were topical applications such as bichloride of mercury and iodine in four cases. Recommended as often were eliminants such as enemas and milk of magnesia and local packs using substances such as mullein. Surgery was advised in two instances. Both rest and exercise were also occasionally advised, suggesting that care must be taken in these particular cases to maintain a healthy balance between the two.

Case History

The follow-up reports made in these cases were exceptionally positive, with seventeen individuals noting beneficial results due to following the advice given in their readings.

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One case of interest (case 1771) involved a twenty-four-year-old woman who received two readings concerning an injury she sustained through an accident which fractured her kneecap and sprained her knee.

Cayce's first suggestion was to apply wet heat once or twice a day to the damaged limb. He also advised massaging the knee, using a salt-and-apple-vinegar solution. If massage was too painful, on the second or third day, infrared light treatments were advised. The reading also cautioned against overexercising the knee.

During the woman's second reading, Cayce suggested the use of an oil compound which was to be massaged into the knee each morning. The oil mixture was to consist of four ounces of peanut oil, two ounces of oil of pine needles, one ounce of oil of sassafras, and one tablespoon lanolin.

The woman followed Cayce's advice and later reported that the pain had subsided and that the knee was healing nicely.

Excerpts from the Edgar Cayce Readings

49-1, Female 20's, lumbar sacral injury, ankle sprain, 7/29/25

Also the adjustments by the manipulations, osteopathically given, of the conditions in spine and lower limbs, applying, whenever the pain is severe in the lumbar and sacral region, and in any portion of limb (for it changes), those properties of saturated solution of salt and apple vinegar, heated as hot as body can bear.

304-6, Male 70, fractured foot, 6/20/24

The condition, however, as we find in the foot (in the right one), where the injury both to the flesh in the bruising of muscular tissue and also the fracture to the bony portion, and the crushing of soft portion in toe proper, this we find giving a great deal of trouble, and they must be careful of infection on account of the circulation as is shown in system. Hence, it would be well that the stimulant necessary to make the circulation more in the system would be well at this time. For this stimulant we would take small quantity of strychnine, under the directions, however, of physician with the condition and with the temperature as will come from these conditions. Bathe well in solution that will disinfect the condition using bichloride of mercury [XXX] in as warm water as can be applied to the afflicted parts. Dress then with that solution known as Unguentine, a combination of oil and of sedative, and of a cleansing of the bruised portions....

Be well that the portion where the end of the bone has been mis-shapen, and out of alignment, be corrected properly.

2051-3, Male 67, 12/16/40, sprains after effects

When there is excruciating pain, we would paint the areas with a combination of three parts Laudanum to one part Aconite; then apply the heavy salt pack (coarse heavy salt, you see) saturated with Pure Apple Vinegar. This heated and applied will relieve any tension or strain, and the reaction of the sedatives and also the healing forces, as well as the rubs given as indicated, will continue to keep improvements. Put the salt in a sack or bag, see? then saturate - with the vinegar.

3336-1, Female 77, torn ligaments in knee, 11/3/43

In the area of the knee, where ligaments have been torn, use about twice each week this combination: Moisten table salt (preferably iodized salt) with pure apple vinegar; not having too liquid, but that it may be gently massaged into the knee cap, the end of the ligaments. While this will hurt a few times at first, if this is kept up each day for quite a while we will get better results here.

438-5, Male 40, fractured kneecap, 1/15/36

To prevent the recurrence in the muscular forces about the knee and the limb of the stiffening, so as to pull the ligaments loose again, we would massage the whole of the limb each day, as follows:

One day we would use equal parts of Olive Oil and Tincture of Myrrh for the massaging.

The next day we would use the Salt (plain sodium chloride; not that carrying other properties, but this well powdered) and PURE Apple Vinegar.

Use one one day, the other the next. Continue in this manner, and we find that these ingredients will supply calcium, acids and oils that will prevent accumulations of water - or prevent the tendons becoming so taut as not to allow movement in the knee and the kneecap.

1771-4, Female 24, torn ligament in knee, 5/5/42

The specific disturbances that we find from the injury in the left limb or knee, - where there is a strained ligament, between the upper and lower portion (and this in the right side of same under kneecap), - it would be better NOT to have operative measures, but to apply - daily - in the afternoon or when ready to retire - wet heat; that is, heavy towels wrung out of hot water, as hot as body can well stand. Apply these once or twice and then thoroughly massage the knee, especially around the cap and on the inside and under side, with SALT that has been well saturated with Pure Apple Vinegar.

Do this for several days, and we should find - with the precautions - this disturbance being removed.

In the second and third day it may bring some excruciating pain, but it will disappear as DRY HEAT is applied - as from the Infra Red Light.

But continue with this and we will save a great deal of trouble later.

Of course, do not apply the Infra Red unless there is excruciating pain from the massage of the salt and the vinegar - and this should be well dampened with the vinegar, to be sure. This would be in the evening, you see - that is, the Infra Red - following the massage; but only if there is excruciating pain.

3823-2, Female 59, arm in cast for fracture, 1/26/35

Hence we would use those foods that carry in a soluble manner that which may be absorbed and become replenishing or rebuilding for the blood; or the calciums, irons, glutens that make for the urea. We would use principally an alkalin reacting diet, according to this as an outline:

Mornings - citrus fruit juices; orange juice and lemon juice combined, pineapple and pineapple juice, figs; or the dried figs stewed, or the cereals that have more of the whole wheat with raisins in same - though do not use citrus fruit AND cereal at the same meal. Whole wheat bread or cracked wheat bread toasted, with a little butter. Ovaltine or Sanka coffee or milk.

Noons - whole green vegetables are more preferable to heavier foods, especially at noontime; and these should be taken raw, in the form of a salad;

such as celery, lettuce, onions, leeks, tomatoes, peppers, radish, carrots and the like - raw cabbage, especially the sprouts or the like. And oil or salad dressing may be used that will make it more palatable for the body; and this should be with calcium - rather sodium chloride, that is iodized and more preferable for the calciumizing or working with the conditions necessary for recuperative forces of the body. During those periods when there is little of the activity, so that there are not the normal eliminations, well that the vegetables or fruits that are the more laxative in form be used as a portion of the meal; such as rhubarb, figs, pears - of course, these should be either fresh or those canned without any superficial or artificial preservative.

Evenings - a well-balanced vegetable diet. The meats that would be included would be fish or shell fish or lamb, and occasionally wild game or fowl. However, none of these should ever be fried. It would be especially well at the evening meal to have RED cabbage, provided it is prepared in its OWN source - as cooked in Patapar paper, so that all the juices and vitamins may be retained in same. It should be the same with fresh beans, peas, lentils or beans may be a part of the diet.

These, as we find, would be the better for this body for keeping the proper balance.

When there is the removal of those braces, or that which holds same in place (and, as we find, this is knitting - and very well done), we would massage the arm with salt and vinegar. This will be most helpful; also - when knitting - that the shoulder and the brachial center be massaged with same. Do this once or twice a day; it will relieve, and the absorption through this manner would be well.

261-9, Male 45, 5/6/33, sprained knees

As we have seen, there are those gastric disturbances that make for a tendency of nervous irritation in the digestive system. This also makes for that inactivity of the ducts in the assimilating system, producing - through the tendency towards inflammation at times - a form of strept in the blood supply that saps the vitality or breaks down too fast the red blood supply in the system, reducing the numbers of the red blood corpuscles. Not in such an excess that the condition may be called that of anemia, from that standpoint or angle, yet reducing the resistance in the system and causing weakness. This, added with the nerve irritation, brings for the body the unbalanced condition in the general physical forces.

A better condition throughout the body, as we find, will be made through the stimulations occasionally by the relaxing of the whole cerebrospinal system in all ganglia, especially those as related to the hypogastric and pneumogastric nerve centers; and through adding at times, when there is a fullness felt after eating, those properties that would assist in performing full, complete digestion.

The manipulations we would have preferably in the form of corrective and general massage combined; osteopathically or neuropathically given.

(continued on the next page)

The properties that we find would balance better with the gastric forces of the system in digestion would be found in that called AL-CAROID; taken only, to be sure, when necessary - and, of course, after the meals; especially the evening meal. Don't overeat, but have a well-balanced diet.

It is not necessary that the AL-CAROID be taken every day, but when an excess occurs, or a fullness, or a burning sensation in the digestive system.

The manipulations and massage, that is to make for better coordinations, would be taken once or twice a week, or - if necessary - more often; but ONLY when there is felt the necessity of the relaxing for nervous forces, especially through hypogastric and pneumogastric centers or areas that tend to produce contractions even when the physical body is not aware of same....

(Q) Since the last reading [261-8] both knees were sprained and still are stiff. Is this stiffness due to a local condition or to the general condition?

(A) Rather to the general condition. [See 261-1 through 261-4 for gastritis.] Hence, as we have indicated, the necessity of purifying the blood supply through the proper digestive forces, as well as stimulating the centers from which the radial activity of the circulation in the lower portion of the body receives its impetus for the rejuvenation of life-giving forces from the blood supply.

As we find, with a few of these treatments - and with those properties taken to better the digestive forces, the greater portion of this stiffness and soreness will disappear.

326-5, Female 68, 9/28/34, sprains and pains

Not so good are the conditions as we find with this body. We would use more of the vibrations from the Radio-Active Appliance, supplemented with the plain violet ray, adhering more to the diet and the applications along the cerebrospinal system - especially in those centers in the upper dorsal and cervical - that have been indicated in such conditions....

(Q) What shall I do to remove pains in my shoulder and joints?

(A) Increase the eliminations, making applications occasionally - when the body rests in the afternoon, preferably once or twice a day - of the saturated solution of Epsom Salts in packs over the affected areas....

(Q) Please give me something that will ease my back.

(A) This is a very good specific: To 1 ounce of Olive Oil, add:
Russian White Oil2 ounces,
Witchhaze1.....1/2 ounce,
Tincture of Benzoin.....1/2 ounce,
Oil of Sassafras.....20 minims,
Coal Oil.....6 ounces.

It'll be necessary to shake this together, for it will tend to separate; but a small quantity massaged in the cerebrospinal system or over sprains, joints, swellings, bruises, will TAKE OUT the inflammation or pain! [GD's note: Same rub was suggested in 243-18 which followed 326-5.]

304-3, Male 69, 4/2/23, kneecap and general strain from fall

The condition through the left side and just above the hips where we had strained muscles and ligaments about the lumbar, needs massage, not only with the vibrations or by exercise of the body, but two to three adjustments by the Osteopath or Chiropractor with the osteopathic movements.

The ligaments about the knee we would massage well with almost a saturated solution of pure apple vinegar and common table salt, preferably the very heavy salt than that carrying too much of the chalk [calx?]* or ingredients to prevent sticking. We rather prefer the baser or common salt for this purpose, see.

The vibrations and the exercises for the body are good and, as often as possible, the body should take same with the suggestion to self or self control over the physical conditions, especially, the exercise that will expand the lungs, raising the body at the same time to tiptoes as much as possible, arms extended at right angle from the body.

The diet should not be of one particular thing but changed and regulated as needs be - as much lime for the system as is possible, just so it agrees with the body, but all vegetables and properties carrying as much of lime as possible. Fruits, especially apples, pears or grape fruit is of assistance in producing assimilation throughout this system. Do that.

(Q) This body received a fall some weeks ago. Where was it injured most?

(A) The kneecap and the strain to the body where we have given adjustments should be made, the upper lumbar region and to the right side, see. The pains are more in the left. The strains to the lungs are more from indiscreet diet and of stimulation, see, in the stomach than from the fall.

* [calx (kalks) [L.]. 1. Lime or chalk. 2. [BNA]. The heel. 3. Any residue obtained by calcination. 4. Lime or calcium oxide, CaO; quick-lime: alkaline, caustic, and escharotic. c. chlora'ta, c. chlorina'ta, chlorinated lime; a white, pasty substance: used as a bleaching agent and disinfectant; also and alterative, antiseptic, and stimulent. c. sulfura'ta, a mixture of at least 60 percent of calcium sulfide with a variable proportion of calcium sulfate and carbon. It is useful in skin and pustular diseases, and as a depilatory.]

379-19, F 61, 8/3/42, finger sprain

(Q) What should I do for sprain and stiffness in middle finger of right hand?

(A) Do massage with the saturated solution of salt and vinegar. Do this about twice or three times a day, - the condition will disappear. Rub away from the body, not toward the body.

147-20 F 51, 3/21/25

(Q) Does the leg of the body [from the sprain some weeks ago] need any treatment except the massaging?

(A) The massaging only.

5618-9, M 59, muscle sprain, 8/11/26

We find general improvements throughout the whole system. There are still many conditions that may be brought more near to the normal conditions, and to the position wherein the BUILDING and the vitality of the system may be stored as energy, rather than that as creating in the system the dull, achy, condition, or the lack of that ability of the system to function or coordinate together. The vibrations as have been set in system by the changes, and by the recuperative forces, lack that incentive of their activity throughout the general system. Hence we find that, with any over taxation, whether mental or whether physical, or whether eating or whether sleeping, EITHER will bring their retraction to the system in such a way and manner, as is to an individual that is OVER trained, OVER exerted, OVER balanced, in the activity. The normalization, the equalization, the recuperation, is only necessary in this body to bring about the normal conditions for the body at the present time.

As for those conditions that show in the various portions of system, as have been seen from time to time in that of a strain to the muscular tissue, which finds reaction in internal tissue at times, these are as these strains to those of the lumbar region, that is of the muscular strain. (continued on the next page)

These find reaction in that to the head, that to the spine, that to the digestive system, in the various cycles of these portions of the system's functioning - that is, as each organism functions in its normality, each portion of the system receives its portion of that recuperative force as is created in the system. When any strain or any abnormal condition (and this may be taken to its fullest meaning and extent, in all conditions as exist in human bodies) begins, under the strain, to use up that as is intended, as it were, for rebuilding in OTHER portions of the system, without an equilibrium established, SOME portion of the system suffers, though the pain may be in the back, the suffering may be in the head, or intestinal system, or in other organs of the system. Such a condition is seen as exists in this body.

Then keep that as has been given - the exercise, physically and mentally, and the sand and the sea - the shadows and the sun. Eat sparingly, unless the body is physically tired or mentally tired, yet never when at the low ebb overcrowd the body.

Antidotal Stories

Castor Oil Stories: Ankle Injury

I have seen castor oil packs placed around an injured ankle relieve pain that had persisted for days after the repair of a laceration. Thus it was not with a great deal of surprise that I read the results of therapy applied by one A.R.E. member to her child. Isaac (Mrs. Bell's tree-climbing-aged son) fell fifteen feet from a tree he had almost conquered and struck the ground with his hip. His family doctor recommended hot tub soaks; and his mother supplemented the treatment with one of the Cayce remedies for muscular sprains. However, repeated efforts in this direction brought only swollen tissues. The following afternoon, and again that night, a castor oil pack was applied with a heating pad; the next morning Isaac was up and ready for Monday morning school. There was no swelling and very little tenderness. After school the tenderness was gone, and Isaac had forgotten that he had failed in his effort to fly.

[Note: The preceding case report was written by William McGarey, M. D. and is excerpted from *The A.R.E. Journal*, November, 1976, Volume 11, No. 6, page 272, Copyright © 1976 by the Edgar Cayce Foundation, Virginia Beach, VA.]

Knee Pain

I am not sure whether the following story has a near relative in the Cayce data or if it was simply an adaptation of a specific therapy treatment. The story comes from Esther Spearrin, who has attended A.R.E. conferences at Seabeck (near Seattle) for many years:

"I had my knee operated on after an injury and, because a piece of the bone was broken right at the knee joint, surgery was done to 'hold the piece from falling into the knee joint.' According to my orthopedic doctor, I had one bolt, two pins and wires inserted into my leg just at the knee joint or just above the knee joint to hold these together while they healed. They healed well and there was no trouble until I came to Seabeck in 1974. Then I noticed that the knee began hurting so that I could not walk upstairs without pain. I had debated before about buying a gallon of castor oil to use in packs, etc. Now I had to do so. After purchasing the oil I applied a cloth saturated with the castor oil over my knee, put plastic over that, and then a dry cloth wrapped around the knee to keep it in place overnight. I did this just a couple of times, and the rest of the week at Seabeck I had no trouble. Even now, after several years, no more difficulty has been experienced with the injury of the knee."

[Note: The preceding report was provided by William McGarey, M. D. and is excerpted from *The A.R.E. Journal*, March, 1980, Volume 15, No. 2, page 49, Copyright © 1980 by the Edgar Cayce Foundation, Virginia Beach, VA.]

Torn Muscle Fiber

A report about castor oil packs and their use in the course of human illness and health: Arno Erath developed a leg problem while exercising; it was diagnosed as a torn muscle fiber in the left leg. He writes:

“After a checkup in the hospital, the doctor told me that I had to stay in bed for three days or more, and it would take about three weeks until I would be able to walk normally again. This I did not like at all. So I went home and did the following: Right on the spot of the sharp pain, I applied Mustrol (obtained from the U.S.A.). In addition to this, I put a castor oil pack on the leg, well bandaged. Every four hours I changed the pack.

“The result was astonishing! I felt the pain vanishing by the hour. After one day, I was able to walk slowly. After three days there was still some tension left, yet I could walk just as if nothing had happened.”

Thanks, Arno, for the story. It has remained somewhat of a mystery as to why so many people enjoy making false prophecies out of the prognoses of their doctors. I guess it must be the joy of seeing their own bodies beat the odds as quoted by the physical body's best-qualified odds-makers.

[Note: The preceding report was provided by William McGarey, M. D. and is excerpted from *The A.R.E. Journal*, May, 1980, Volume 15, No. 3, page 146, Copyright © 1980 by the Edgar Cayce Foundation, Virginia Beach, VA.]

Packs for Sprains and Pains

In nearly twenty years of association with the concepts of healing and regeneration found in the Cayce readings, my experience tells me that all people should have the opportunity to bring about healing for themselves or for others. This can be done by prayer, of course, which is usually not dramatic, even though it is effective. Utilizing the same concept that all healing comes from within the body, the opportunity might come through application of a castor oil pack or vinegar and salt, or some such remedy that often is not only dramatic in its effectiveness but also satisfies that desire for healing. Such a thing happened to a Kansas City woman whose five-year-old boy stepped on a nail and developed typical red streaks of cellulitis. Her story needs no amplification:

“First, believe me, when it comes to my children's health, I am not in the least likely to take chances, so do not think I acted impulsively or took any unusual chances. It started on a Sunday morning when my five-year-old complained that his foot hurt and he had some red streaks on his ankle. I took his temperature, and it was normal, but his foot, where he had stepped on a nail the previous day, was now quite red. There were also two or three streaks raised like welts, almost to his knee. I had never seen blood-poisoning streaks before, but I was sure that it was indeed blood poisoning, though my husband didn't think so.

“I decided to try the Cayce castor oil packs and heat and would give it no longer than four hours. If he was running a temperature or was worse in any way by that time, I would call the doctor. I had used the packs for bruises and swelling but never for anything this serious before. I put the pack on and wrapped an elastic bandage around it, then fastened the heating pad around that and made him sit and keep his foot elevated. At the end of four hours, the red streaks were definitely fading and the swelling had disappeared. The pain was nearly gone also, and there was no temperature elevation. I left the pack on with heat the rest of the day, then that night took off the heating pad, leaving the pack in place.

“By the next morning, the foot looked completely normal, and when my boy stepped on it, there was no pain. I watched him carefully for several days, but the symptoms never came back, and everything was great. No shots or pills and no doctor bill or hospital bill, and it cleared up so fast. I have since used it for the same type of infection with the same results.”

This enterprising woman used the same castor oil packs for sprains and bruises, bumps and that sort of thing; for infected finger nails and even poison ivy. She told us also how she used the salt and vinegar pack on her 16-year-old boy who severely sprained his ankle.

“I melted the salt with the hot vinegar and made a poultice and plastered the foot thickly with it and then wrapped it with old sheet strips. I left the poultice on until it was completely dried and started to flake off. His foot was much better that night and by the next day he was walking nearly normally and by the end of the week he was active, doing everything except jumping and running.”

Then she adds her own philosophical observation, which I think is a fascinating bit of home-spun truth:

“It’s a funny thing, though. In working with my kids, the ones that believe it will help are helped. The one daughter who does not believe in home remedies and faith healing, the salt and vinegar did not help her sprain even though all other factors were the same.”

[Note: The preceding case report was written by William McGarey, M. D. and is excerpted from *The A.R.E. Journal*, July, 1975, Volume 10, No. 4, page 174, Copyright © 1975 by the Edgar Cayce Foundation, Virginia Beach, VA.]

“Tennis Elbow”

The “tennis elbow” syndrome afflicts more people than just those that swing a tennis racket. It becomes part of the clinical picture in a variety of individuals. Not too long ago, one of our non-medical correspondents wrote about his experiences:

“I have just turned sixty-eight and am considered extremely healthy for my age. (I can run a mile in a little over five minutes.) However, there are times when I feel much older. Not long ago my elbows pained so badly that I was unable to use a pen or pencil. The doctors diagnosed it as tennis elbow. In reading the life of David Kahn ... I ran across a remedy for arthritis and, being at a point where I was snatching at straws, I used a portion of the remedy specified with most gratifying results. It consisted of soaking the elbows in a very hot solution of Epsom salts, massaging the painful area with peanut oil, applying a peanut oil pack and heat pads for a couple of hours. Just two such treatments, and I regained the full use of my arms in every respect.”

[Note: The preceding report was provided by William McGarey, M. D. and is excerpted from *The A.R.E. Journal*, July, 1973, Volume 8, No. 4, page 175, Copyright © 1973 by the Edgar Cayce Foundation, Virginia Beach, VA.]

Stories of Healing

The Week at Asilomar was Productive . . . especially in regard to healing concepts. I'm sure all of you have seen and heard of many different types of healing, so these might be to you an old story. But they were interesting to me in the very fascination of the variety of ways in which healing can come to the human body. It almost makes one think that all healing is in reality from One Source. Here are just a few:

A 55-year-old-woman who was in one of my classes sprained her ankle - not severely, but painfully, and badly enough to make her limp with her sore extremity through the afternoon classes and dinner.

That evening, for an hour and a half, she (of her own accord) wrapped her ankle in a castor oil pack with a heating pad applied over the pack. Then, when she went to bed, she just pinned a towel around the pack after removing the heating pad. The next morning I saw her hiking around the Asilomar grounds, enjoying the scenery - no limp, no pain, and as I found out afterward, no swelling or residual symptoms from the sprain.

Burns can be very distressing. Another Asilomar registrant told me how she had slipped in her kitchen, and in reaching out to keep from falling, she pressed the back of her right hand against the red-hot heating element on one of the burners of her stove. It sizzled somewhat, apparently. My friend believes in the healing power of the mind, but put her hand in cold water anyway. She refused to look at her fingers, but her husband didn't like their looks. It was bedtime, and she placed her hand in ice water at bedside. After a bit, she said, she realized that faith in the healing power within was not consistent with ice water, so she chose the former, letting the ice treatment go by the boards. She used no bandage, slept well. In the morning, there was only a very slight trace of a scar where the burn had been.

One of the young men who has grown up in the home of ARE members and has consequently been at Asilomar many years had had a lot of success using castor oil locally. Thus, when he smashed his finger in Gina Cerminara's car door, he wasn't at all perturbed. In spite of Gina's insistence that he get immediate medical attention, he said - "Castor oil will take care of it." He wrapped a piece of flannel cloth soaked in castor oil around the finger and left it on all night long, with plastic covering the soaked member. In the morning, the finger was indeed normal in all respects except for a slight skin scratch which was not quite healed.

The fourth story deals with a man who told me about a severely disabling bursitis which had plagued him for months. He had no relief from various medical doctors' efforts. About that time, he started reading about Karma and how it shows tip in various physical problems. He went to sleep one night and in a dream - or a vision he asked: "Is this condition karmic in origin?" There came a voice in answer: "No - lift up your arms!" At that point he awoke and found both of his arms lifted high over his head - a position he had been unable to assume consciously for months - and he has had no problem with the bursitis since.

[Note: The preceding report was provided by William McGarey, M. D. and is excerpted from *The A.R.E. Journal*, July, 1971, Volume 6, No. 4, page 165, Copyright © 1971 by E.C.F.]

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BACKGROUND OF READING 49-1 F 20 (?)

B1. 7/4/25 [49]'s letter: "...Please give me a reading telling what is wrong with my left ankle. Doctors don't seem to know..."

TEXT OF READING 49-1 F 20 (?) (Schoolteacher)

This psychic reading given by Edgar Cayce at his office, 322 Grafton Avenue, Dayton, Ohio, this 29th day of July, 1925, in accordance with request made by self - Miss [49].

P R E S E N T

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno.

1. GC: You will go over this body carefully, examine it thoroughly and tell me the conditions you find at the present time. You will diagnose the case thoroughly, giving the cause of the existing conditions, also the treatment for the cure and relief of this body. You will give special attention to the condition in left ankle.
2. EC: Now, we find there are some abnormal conditions for this body and others than that as is shown in condition in ankle (left), and the condition or cause being the greater distress and conditions to be warned of.
3. Now the condition that may be corrected in this system, we see, has to do with a general condition, as well as specific conditions existent in the body.
4. Now, these are conditions as we find them in this body, [49], we are speaking of. First:
5. IN THE BLOOD SUPPLY OF THE BODY, this we find below the normal in the rebuilding and distributing of cellular forces toward replenishing the general strength in the system. This produced in part by the specific condition in nerve system and by the lack, or poor eliminations as have been existent in the body from times back, when there were those specific conditions producing temperature and a disarranging, as it were, of the building forces as are supplied the system through the functioning of mesenteric system as relating to eliminations produced through the mesenteric and the hypogastric system, especially affecting the lacteal ducts and supply of blood force to body. Hence we have, as it were, a complication of conditions as exist in the system, being then specific organic condition, specific lesions, affecting nerve system, and the combination of mental attributes towards physical conditions of body.
6. In the elements then of blood, we find deficient in red blood forces. Not to the extent that the body has become wholly anemic, yet such conditions exist through this portion of the rebuilding forces, as are given in the mesenteric system and of lacteal ducts, and blood supply in liver and kidneys, and forces that produce eliminations to the system, has become one with these inclinations in system.
7. IN THE NERVE SYSTEM, the pressure as is produced in the system by the specific condition in the sacral and the lower lumbar, produced by the fall to this portion of the body, this, as we see, the lesion, produces that strain on the system that gives to the locomotories those of the strain in the circulation, causing the disturbance in the lower portion of limb. Hence the condition in ankle in the muscular tissue. Also the ankle itself has been strained by condition in times back. The condition in the lower lumbar and sacral being now the cause of

the condition, accentuated by condition in circulation, elimination, and the general strain in system. While the body is not anemic or over nervous, save as a general debilitation, yet the whole condition borders on nerve break down, with anemitized condition affecting the whole general system. Hence the body needs rest, with body, mind, and with little to do but plenty of those surroundings well pleasing to the body.

8. In the effect, then, as we see from these conditions produced in the system, we have these conditions existing in the functioning of the organs.

9. Brain forces very good. This, we see, tending towards many conditions that show the development beyond the ordinary in many phases of same.

10. Sensory organism shows the strain under which the system often works against the best physical condition of the body. Hence glasses should be used more regularly, and changed more often, while the conditions exist as they do in the eyes.

11. Teeth need some local attention, for the condition as exists in the general physical forces produces that in the system that merely adds to the poisons to be eliminated, over-charging system and giving destructive forces in body.

12. Lung forces very good, though at times there is in the region of the sympathetic nerve actions of heart and lung that depression and pain that causes melancholia and a depression in heart's action, the desire to be alone and to understand more. These are a mental reaction in physical forces and rather that of a physical manifestation of the psychological forces manifested in a body.

13. DIGESTIVE SYSTEM, rarely does the body take sufficient foods for the recapitulation of the forces in system to recuperate nominally used energies of the body. Hence the over-tired condition, especially with depression mentally that comes to the body at times.

14. The stomach proper smaller than should be. The spleen engorged, both through mental action and through physical condition as exists in system. The condition of digestion more of a nerve reaction from hypogastric and pneumogastric forces than from organic conditions there.

15. Liver, as seen, engorged, yet torpid in its action, showing how the excesses of poisons are left in system, as is shown by the capillary circulation, by the tendency as we have at all times, since the temperature was so high in body, especially towards constipation, with pains through the right portion of body, near the ascending colon, with transverse.

16. The condition in kidneys shows the over-frequency of the action of same, the excessive forces as are being urged on to the eliminations through these organs, all leave more of a uremic poison at times in body. Hence not sufficient water is often taken in system as to be the counterbalanced condition and bring the better forces for body.

17. In the pelvic organs, these we find show the inflammation as is produced by lesion in lower lumbar and in sacral. Hence the dull pain in back, along, above the edge of hips, in the left side, especially. This produces the bearing down pains, the distress in the body when the normal functioning of the pelvic organs takes place, the inability of the body to stand long on feet without feeling flushed from head to feet.

FRACTURES AND SPRAINS CIRCULATING FILE

18. Then the condition to be met at the present time would be through these:
19. Rest as much as possible, off of feet, with as little to do and think of, save being entertained by someone else. Light reading, plenty of fruit, abundance of water, especially that which would carry lithia and the inclination to carry the over-activity to the secretions of intestinal tract, or of white or black sulphur water, carrying lithia. Also the adjustments by the manipulations, osteopathically given, of the conditions in spine and lower limbs, applying, whenever the pain is severe in the lumbar and sacral region, and in any portion of limb (for it changes), those properties of saturated solution of salt and apple vinegar, heated as hot as body can bear.
20. The diet free from meats as much as possible, save fish or sea foods, and keep vegetable forces more of the cereals than of the tuberous nature, drinking plenty of water. Plenty of outdoor exercise, lightly taken, see? but be outdoors as much as possible.
21. Do that. We will bring the best forces to this body.
22. These may be taken in this manner, should the body not desire to take the trip to Shenandoah Springs, Arkansas; French Lick Springs, Indiana, or Crazy Water, Elmer Springs, Texas: May be taken by at home taking lithia tablets in the double quantity of water; that is, one tablet to half a gallon of water, and double extract of Dawson water taken as drinking water, until system is cleansed, or cerulean water; that is, having cerulean water that carries sulphur.
23. We are through for the present.

REPORTS OF READING 49-1 F 20 (?)

R1. 9/3/25 [49]'s letter: "...So far have not followed any of the suggestions given. When it arrived had been to see a doctor who strapped my ankle and found it to be a sprain. Many thanks to you, and when I get settled and find I can follow directions shall let you know the results..."

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BACKGROUND OF READING 1771-4 F 24

4/30/42 "My chief concern is the condition of my left knee. On March 1st I fell while skiing and tore the main lateral ligament. Sufficient time has now elapsed for its complete recovery, but I haven't full use of my knee. Now the doctor thinks a piece of loose cartilage has lodged in the knee joint and has suggested operating to remove it. However, before he does that I'd like a diagnosis by a higher intelligence."

TEXT OF READING 1771-4 F 24

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 5th day of May, 1942, in accordance with request made by the self, Miss [[1771], Associate Member of the Association for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno.

1. GC: You will give the physical condition of this body at the present time, with suggestions for corrective measures; answering the questions, as I ask them:
2. EC: Yes, we have the body here, [1771]; this we have had before.
3. As we find, in the main, general conditions are improved. There is better circulation through the soft tissue of the organs of the sensory system; better reaction through the lungs and the digestive forces.
4. The specific disturbances that we find from the injury in the left limb or knee, - where there is a strained ligament, between the upper and lower portion (and this in the right side of same under kneecap), - it would be better NOT to have operative measures, but to apply - daily - in the afternoon or when ready to retire - wet heat; that is, heavy towels wrung out of hot water, as hot as body can well stand. Apply these once or twice and then thoroughly massage the knee, especially around the cap and on the inside and under side, with SALT that has been well saturated with Pure Apple Vinegar.

5. Do this for several days, and we should find - with the precautions - this disturbance being removed.
6. In the second and third day it may bring some excruciating pain, but it will disappear as DRY HEAT is applied - as from the Infra Red Light.
7. But continue with this and we will save a great deal of trouble later.
8. Of course, do not apply the Infra Red unless there is excruciating pain from the massage of the salt and the vinegar - and this should be well dampened with the vinegar, to be sure. This would be in the evening, you see - that is, the Infra Red - following the massage; but only if there is excruciating pain.
9. Of course, stay off the limb as much as possible. Don't overexercise, but don't give way too easily to it.
10. As for the digestive system, - occasionally, with this tendency for belching, take a small quantity - a quarter teaspoonful - of ALCAROID. This will aid in keeping a better condition through the digestive tract.
11. Ready for questions.
12. We are through for the present.

REPORTS OF READING 1771-4 F 24

R1. 5/19/42 Letter: "Thank you so much for your prompt reply to my request for a reading. It was a relief to know an operation wouldn't be necessary, and you'll be glad to know the treatment suggested in the reading has brought results. There has been a marked improvement in the flexibility of the knee, and I expect it soon will be 100%; I am thankful, too, that the correction was made without the 'excruciating pain' which the reading said might be present."

R2. 8/8/42 Letter: "The bad knee is infinitely better than when I wrote previously but still not 100% and I feel it should and could be, so I'd like another reading... Now, there is another problem. The accident was covered by insurance, and the insurance company will pay the local doctor bill but the agent was very dubious about the validity of the readings. So if you could send me a receipted bill on the letterhead for both readings, I'd appreciate it very much. Also if in the past there has been any case of an insurance company honoring a physical reading as medical service, that I could refer my insurance agent to, I'd be glad to know about it. I hope this won't give you too much trouble. Funny isn't it, the way they balk at \$20 for readings because they're psychic and you aren't an accredited M.D. but they would have paid a three or four hundred dollar hospital bill without a murmur. What a lot they have to learn."

R3. 8/14/42 See 1771-5.

INDEX OF READING 1771-5 F 24

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Eliminations: Injuries	Par. 12
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Scars: Preventive: Knees: Sprained	Par. 4

BACKGROUND OF READING 1771-5 F 24

B1. See 1771-4 on 5/5/42 for torn ligament in left knee.

B2. 8/8/42 Letter see under 1771-4, Par. R2 asking for further advice.

TEXT OF READING 1771-5 F 24

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Virginia, this 11th day of August, 1942, in accordance with request made by the self - Miss [1771], Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno.

1. GC: You will give the physical condition of this body at the present time, with suggestions for further corrective measures; answering the questions, as I ask them:
2. EC: Yes, we have the body here, [1771].
3. As we find, while there is a great improvement in the acute condition of the knee, such a strain or pulling of ligament is as severe as a break. However, with the applications that have been given the body is allowed to use same; though there should not be such use as to cause twisting or straining of any kind.

Regular routine, as walking on same, and a regular activity, is very good; but for the present the body should not engage in such activity as bowling, dancing, skating, skiing, etc.

4. We will find that there is no scar tissue internally, unless there is the lack of carrying out those applications that have been suggested.

5. We would keep the light treatment, though a little farther apart now, - possibly once a week or once in ten days. This should be applied from three to five to fifteen to thirty minutes; depending upon the time and regularity and as to the strength and the distance of light from the body.

6. We would continue with the salt and vinegar rub, at least once a day, - this preferably of evening.

7. Also each day, of mornings, we would use a rub with oils, combined in this manner:

8. To 4 ounces of Peanut Oil as the base, add - in the order named:

Oil of Pine Needles.....2 ounces,

Oil of Sassafras Root.....1 ounce,

Lanolin, dissolved.....1 tablespoonful.

9. These will tend to separate, but shake well before using - and massage with same very thoroughly each morning.

10. As we find, if these are kept consistently, we should bring about the near normal condition.

11. There will be tendencies for weaknesses for some time, but this should not hinder the body, nor should it prevent the body from using the limb in any way desirable - in a year or so; as in skiing, bowling, dancing or the like.

12. Do those things, then; being mindful to keep the general eliminations, for these naturally are necessitated to eradicate those accumulations from the healing forces that are the body-building tissue portions of activity in eliminating disturbances from the body.

13. Ready for questions.

14. (Q) What is condition of left knee at present?

(A) Just as indicated, it is much improved. But there is still that weakness that naturally arises from tendon being pulled.

15. (Q) What causes the tightness and congestion?

(A) The use of the limb and the natural indication of some little swelling that comes where tissue or tendon adheres to bone structure.

16. (Q) Is there any cartilage torn loose?

(A) Not torn loose; there is hardly the correct position in the present.

17. (Q) Any obstruction in the joint?

(A) Only where there is the tendency for inflammation, as indicated, as healing takes place.

18. (Q) Please recommend a local doctor.

(A) Not necessary for a doctor unless it is desired on account of other conditions for the body. If then, it should be a choice by the body itself.

19. (Q) Should a further reading be necessary?

(A) Not unless there is NOT the full adherence to those things indicated, or there are some usages that cause other disturbances.

20. (Q) Please report on my vision.

(A) This is very good, save at times when there is the general strain in the body.

21. (Q) Is there a permanent weakness in this knee?

(A) Not necessarily so, as has been indicated. For some time, - six to eight months or a year, - there will be the tendency for weakness; and it depends upon the care that is taken and how the administrations are made, as to whether this will remain or be only a minor or temporary condition.

22. (Q) Any further advice?

(A) Do those things indicated, if there would be the better conditions for this member of the body. We are through for the present.

REPORTS OF READING 1771-5 F 24

R1. 10/31/42 Letter: "The oil rub was most helpful. I haven't been very faithful with the hot compresses or oil, but hope to reform on that score too. Even so there has been a continued improvement, which I am very happy to report. I had an amusing time trying to get the oil compound made up. After several attempts I finally bought the various ingredients and put them together myself. I had no success with the insurance company. I could have any doctor I chose, but he must be an M.D. So that was that. Thank you for the letter of reference."

R2. 7/21/51 Answer to questionnaire: "From a skiing accident on 3/1/42 the main ligament in left knee was torn loose. The doctor advised soaking in hot Epsom Salts, which gave no benefit at all; it might have prevented inflammation from getting worse, but certainly did no healing. A week later the doctor advised surgery, that it was all that could be done. That's when I got the reading 1771-4. It worked! Marked Improvement within a month, gradually possible to have complete flexibility in knee. Didn't go back to the doctor who was supposed to be the best, after he suggested the operation. That fall I went on trail walks, which were long but not difficult. For about a year I abstained from dancing, bowling and skating (I never skied again). I've climbed mountains, etc., never had the slightest trouble only early July this year, during a second pregnancy, in walking down steps especially I noticed a pain under the kneecap on the inside of the left leg. I used the oil massage and it disappeared."

INDEX OF READING 1866-11 F 50

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Physiotherapy: Massage: Salt & Vinegar, Apple	Par. R2
Supports: Casts: Hands: Wrists: Sprains	Par. 2, 4

WRISTS: SPRAINS

BACKGROUND OF READING 1866-11 F 50

B1. 3/10/43 10: 45 A.M. Phone request: "I have fallen and sprained both wrists - doctor says they should be put in casts - I don't want to do this but don't know what to do if I do not. The appointment is for 5: 00 this afternoon to have them put in casts. Please wire me as early as possible, so I can cancel the appointment if there is some other treatment better."

TEXT OF READING 1866-11 F 50

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 10th day of March, 1943.

1. GC: You will have before you the body of [1866], ..., Ohio. You will advise the body if she should allow both wrists to be put in a cast, as the doctor advises, or is there some other treatment that would be better?
2. EC: As we find, the conditions are such that it would be most advisable, for the time being, for each wrist to be put in a cast. For, when these are used in any manner, these are conditions that may form such accumulations, without their being set properly, as to be very injurious to the body in the attempt to use its hands later.
3. Insure self, after these have been put in cast, by having the shadowgraph of same to see that they are set properly, see?
4. Do that, as well as having them put in casts, see?
5. (Q) Any other advice?
(A) Do that in the present. This will be aggravating for the time, but as we find most advisable. We are through with this Reading.

REPORTS OF READING 1866-11 F 50

R1. 3/21/43 She wrote: "Many thanks! Have right arm in cast. Sprained wrists crushing tin cans for government salvage."

R2. 3/23/43 EC wrote: "Hope your wrists are coming along alright. When you take off the casts, be sure to massage the wrists with salt saturated with pure apple vinegar, and they will not give you any further trouble - as such sprains do sometimes when weather is to be bad. Hope you get along fine. You will have to step on the cans, rather than using your hands; but suspect you have been told that enough."

INDEX OF READING 4382-2 F 71

MUSCLES: SPRAINS

Osteopathy: Muscles: Sprains	Par. 1
Physiotherapy: Packs: Mullein: Muscles: Sprains	Par. 1
Prophecy: Personal	Par. 2
Rest: Muscles: Sprains	Par. 1
Surgery: Preventive	Par. 1

BACKGROUND OF READING 4382-2 F 71

B1. See 4382-1.

TEXT OF READING 4382-2 F 71

This Psychic Reading given by Edgar Cayce at Phillips Hotel, Room 115, Dayton, Ohio, this 1st day of March, 1924, in accordance with request made by her son-in-law, Mr. [287].

1. EC: The conditions in this body are greatly different from those when we had it before. Many and most of these are greatly improved. The condition in the hip or that in the tendon that draws the socket of the hip bone or fibia shows the strain still, for the strain to these muscles and to this connecting the tissue has [been] and was great. The pressure still causes uneasiness there. With the manipulation, as has been directed, and with those properties of the Mullein Stew to relieve and to take away the inflammation produced, we would find we would reduce this condition and bring the normal condition for the body. The age and condition of body is such that it should rest a great deal and in such position that this pressure would not be to tend to bring pressure on these tendons. We find the hip joint itself not out of place, never has been entirely. Has been in part, yet to some extent, but still needs only that of reducing the condition by manipulation and those properties to take away inflammation, as given. The body would not be able to withstand the effect would be brought by taking anaesthetic and of breaking the now healed portions to readjust by purely mechanical means.
2. Do as we have given, if we would bring the best to the body. Otherwise, be careful for the ninth of April.

REPORTS OF READING 4382-2 F 71

R1. 3/29/24 See 4382-3.

INDEX OF READING 4382-4 F 73

Diet: Cold: Congestion

Par. 7

MUSCLES: SPRAINS

Physiotherapy: Massage: Myrrh: Muscles: Sprains Par. 5

: Oils, Olive:

Par. 5

: Packs: Hot Salt:

Par. 9-A

: Soda, Bicarbonate:

Par. 9-A

BACKGROUND OF READING 4382-4 F 73

None.

TEXT OF READING 4382-4 F 73

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 2nd day of January, 1926, in accordance with request made by her son-in-law, [287].

P R E S E N T

Edgar Cayce; Mr. Mohr, Conductor; Gladys Davis, Steno.

R E A D I N G

Time of Reading 2:40 P.M. Eastern Standard Time. ..., Ohio.

1. FEM: You will give a physical reading on this body at the present time, with further suggestions for the improvement of same, and you will answer the questions which I might ask you regarding this body.
2. EC: Yes, we have the body here. We have had this before, you see.
3. Now, we find there are many changes in the body since last we had it here. Many of these are for the general developments in the physical forces, some for good; some at the present time show the effects of congestion in various portions of system that has given distress to the vital forces in the body; yet, with all, we find there is that resistance in the system that meets the conditions as they arise, and with the keeping of the system in that way that will keep the eliminations in the trunk portions, and the circulation in the exterior portions, working near the normal condition, we will keep the vital forces still repairing and rebuilding in the system.
4. Then, we would give as this for those conditions as exist at present:
5. We would massage into the whole cerebro-spinal system those of equal parts of Olive Oil and Myrrh, and especially across the lower portion of the cerebro-spinal system and in the joints, for this, as we see, has the twofold purpose. The massage will assist and stimulate all centers from the cerebro-spinal system. The Oil and Myrrh acting as a lubricant and taken in the capillary circulation, assist in the proper eliminations, and the Myrrh acting as the carrier, while Oil acts as food and as stimulant, same as that in the Myrrh.
6. These, as we see, will keep the better conditions for this body.

7. In the diet, be careful that we do not over load the digestive system as to cause fermentation in any manner. When this occurs we have a condition that gives rise to tightness in chest and to disorders through the kidneys, for these are the extremities, as it were, of the circulation, excited by too much blood in the system being carried to that portion affected, in digestion, see?

8. Then, with this care, and with this stimulation as has been given, we will bring the better, more normal conditions for this body, Mrs. [4382].

9. (Q) She has a good deal of trouble and pain in her right hip. What can be done to relieve that?

(A) This same condition as has been given. Though, the specific for this would be found in applying hot applications of saturated solution of Bicarbonate of Soda. Then applying packs of hot heavy salt, see? Though we find these other stimulants to the whole cerebro-spinal system, and especially that to the lower portion, across hips, will assist in alleviating this, see. Then the hot application of Bicarbonate of Soda and Salt as a specific.

10. (Q) The doctors have said that her right hip has been out of joint. What do you find?

(A) We find the ligaments there have been strained, for this condition we have had before, you see. This has not been out of joint, as we would call a direct out of joint, but the ligament strain shows it has been pulled - for we see by bulge as caused here at times how the ligament has formed with this portion to prevent the bone from giving the trouble - form a cushion for same, see?

11. We are through for the present.

REPORTS OF READING 4382-4 F 73

R1. 1/5/26 Mr. [287]'s letter: "I have a wire from my wife [2646] in which she tells me that her mother [4382] is very much better. I wired her your advice as to treatment and she is much better in two days' time. Of course Mrs. [2646] says just to hear from you helps her."

INDEX OF READING 51-1 F 51

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Rheumatism: Injuries: Fractures	Par. 4
Surgery: Preventive: Injuries	Par. 5

BACKGROUND OF READING 51-1 F 51

B1. 3/21/30 Letter: "On July 10, 1928, and again on July 2, 1929, I fractured my right wrist. It is now deformed, and its usefulness greatly impaired. I am desirous of having it operated on, to restore as much usefulness as possible, before it is too late. An operation is indicated.

"If I have Dr. Leachman of Louisville, Ky., operate, I'll have to stay in a Catholic hospital. The idea is not very pleasant.

"Will I be able to have an equally satisfactory result if I go to Nashville, Tenn., and have it done at Vanderbilt Hospital?

"Will the results be satisfactory if I postpone the operation for another year?

"Anything else you may be able to tell me about my wrist, or about my health in general, will be gratefully appreciated...."

TEXT OF READING 51-1 F 51 (M.D., Psychiatrist)

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 7th day of August, 1930, in accordance with request made by self - Dr. [51], recommended by Mrs. Thomas B. House.

(Physical Suggestion)

1. EC: Yes, we have the body here, [51]. Now, we find the body-physical very good in many respects. There are conditions which, if corrected, will save the body from distresses later on, and the body-physical may function the nearer normal.
2. These conditions, as we find, have to do with the assimilating system and the eliminating system, as related to the character of the plasma as goes to make up the replenishing or the resuscitating of the cell forces in the system. This at times called the metabolism of the system, or the katabolism and metabolism. These differentiations have produced for the system, and do produce that wherein there is too much calcium in the system, too much potash, and not sufficient amount of iodine as related to the ironizing [ionizing?] and oxidization as takes place in the system. This is also illustrated in the conditions as have existed, and do exist, in the injured portion of the extremities, as seen in the body. Here we find, while the bone, or the osseous in the blood itself is of such a nature as to produce more of an ossification than is NORMAL in body. Hence the conditions where, with tissue that builds for cartilaginous forces, becomes centralized, and stiffness ensues, or the bone becomes in those portions where many work with, the flexors of the muscular forces of forearm become STIFFENED in their activity.
3. In the meeting of the conditions, as is known by the body, when these conditions are presented as those of verifications, as may be done by the blood tests in same, by the various serums as may be magnified and counted in the rectifying of the conditions; the food values as taken, and also those additions of the salts, or those properties as may be taken in the system as to create a proper balance in this direction.
4. First, as will be seen, it will be NECESSARY, then, to CLEANSE the system, or to produce an incentive or IMPULSE as to remove this excess of potassium and of the calcium. Then BUILD for those serums as may rectify the condition, and later prevent those of the effects as come from neuritis, rheumatic conditions, arthritis, and such inflammatory centers or conditions as affect the centers as related to the connection of nerve ganglia, or cushions, or of cartilaginous centers to the bone structure and flexors themselves. Such we may find in the use of that as is made in those of Merck's [Merck & Co.'s]* iron and of those in arsenated iron. In THIS particular case, these, we would find, would be taken BEST in the salts state. After we have cleansed the system, then we may ADD those conditions necessary in those of the iodine and of silicon, in the form NOT only of foods, but those as prepared in that of Romano's iodine. In taking same, these as we will find in the pellet form, with the salts as come from those of fruits, rather than those of minerals, will assimilate in the system.

5. As to the specific conditions as are already existent in forearm, or wrist - right side - these, we will find that with the building up of the system in the manner as has been outlined, for at least three to five weeks, we may then begin with the massaging of same each evening before retiring with that of a saturated solution of plain salt, PREFERABLY that that has not been clarified, or in as near raw state as may be had, or with sea salt evaporated, or evaporated salt from sea water. These would be the preferable, making same with a saturated solution of pure apple vinegar. Heat, not to be HOT, but as to be warm even for the body, and for ten to fifteen minutes each evening massage this thoroughly into the wrist and hand. This FOLLOWED, in the next cycle or afternoon, with an application of the plain VIOLET ray, and every third day we would take that of the sinusoidal in its high frequency, from the flexors of the brachial plexus and that in the elbow in the internal side. This given for at least one and a half minutes, and we will find this will be a much BETTER manner of RELIEVING the conditions than by operative measures; for with the massage, not ONLY is each bone, or each segment put in its proper position one with another, but their RELATIONS, of the cushions, or of the cartilage lying between each, are magnified or retarded; that is, built up or removed from, in such a manner as to bring the better activity for the body.

6. Then, first prepare body, with those properties as given; keeping a high elimination, keeping the diet in such a position as to make for least of calciums and least of potashes in the system. Then begin with these corrections as outlined. Ready for questions.

7. (Q) In what manner, or what should be the dosage of the arsenated iron?

(A) This may best be determined by the body itself, for it's a physician! We are through for the present.

* [6/16/76 GD's note: Pharmacist at Ingram's Pharmacy informs me that about 5 yrs. ago Merck & Co. merged with a big industrial firm, J.T. Baker, and is no longer known as Merck & Co.]

REPORTS OF READING 51-1 F 51

R1. 8/11/30 "Your letter of instructions, following the reading given for me on Thursday last, was received yesterday.

"I wish to thank you and the spirit friend who helped.

"Needless to say that I shall try to follow the instructions to the very best of my ability."

INDEX OF READING 189-1 F 35

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Prescriptions: Saffron Tea: Vertigo	Par. 3, 7
Rest: Injuries: Accidents: After Effects	Par. 6

VERTIGO

BACKGROUND OF READING 189-1 F 35

4/4/30 Her employer, Mr. [257], wired: "Mrs. [189] in severe accident last night. Doctors very uneasy. Head and body severely bruised. Wish you would check condition this p.m. and phone me what to do, see if internal injuries head or body. At home ..., N.Y." [Malar [or Mala] (cheek & cheek bone) fracture.]

4/5/30 Mr. [257] wired: "Mrs. [189] complains about severe pains in head. If you can possibly give rdg. Monday, please do so. Hope father much improved."

4/14/30 Mr. [257] wired: "Mrs. [189]'s mother phoned that Mrs. [189] very dizzy, very weak, doctor unable to know what to do as no medicine seems to reach condition. She requested I wire you for rdg. She is in bed, her home ..., N.Y. Please acknowledge."

TEXT OF READING 189-1 F 35

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Virginia, this 15th day of April, 1930, in accordance with request made by self - Mrs. [189].

(Physical Suggestion)

1. EC: Yes, we have the body here. Now, we find there are specific conditions as disturb the equilibrium of the body. These have been produced by sudden shock to the nervous system, and especially to the glands and the balance as is at the base of the brain. Hence the dizziness and inability of the body to keep the

normal equilibrium when it sits or stands erect, but not felt as much as when lying prone, and especially if turning to the side or lying on face. The condition, then, exists in the 1st and 2nd cervical, or in the axis of same. This is, then, the lack of the oil, or the fluid, necessary in the portion of system - and unless there is the RELEASE in the WHOLE of the cervical and upper dorsal, [osteopathically] that this may be CREATED sufficient in the system to supply this deficiency, must cause LATER distress in MANY ways.

2. We would give, then, that at the base of the brain - and in the upper cervical region - there be applied stupes of mullein; GREEN is preferable, but if not obtained use that as may be had in the dried. Apply as WARM as is comfortable to the body.

3. We would also take that of the Saffron tea, weak - that the nerve system may be AIDED in GAINING its equilibrium. The stupes should be applied at least twice each day.

4. There should be given the proper manipulation - not too deep, but to keep the normal equilibrium in the portion of system as has received the shock or jar to the whole system. This will be found in the WHOLE of the cerebro-spinal, and ESPECIALLY in lower lumbar - 12th, 11th dorsal - and the upper cervical. These should all receive the proper attention.

5. The diets should be principally those of the nerve and blood building.

6. Rest, especially in the sunshine and air, as much as possible. DO that, and we will find we will bring the normal forces for the body.

7. The manipulation should be given each DAY. The tea should be taken at least three to four times each day. The strength would be a pinch between three fingers in at least a PINT of water, allowed to steep as would ORDINARY tea leaves. Strain, and drink while warm or cool, as preferred by the body. DO that.

8. We are through for the present.

REPORTS OF READING 189-1 F 35

R1. 4/25/30 She was admitted as a patient to the Cayce Hospital to be treated for vertigo, resulting from shock of auto accident on 4/3/30. Previous treatment had only been rest and bromides.

R2. 5/1/30 She obtained Ck. Physical Rdg. 189-2.

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Rest: Injuries: Accidents: After Effects	Par. 1, 2-A
VERTIGO	

BACKGROUND OF READING 189-2 F 35

B1. 4/15/30 She obtained 189-1 following auto accident on 4/3/30 in which head and body were severely bruised.

TEXT OF READING 189-2 F 35

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 1st day of May, 1930, in accordance with request made by self - Mrs. [189].

(Physical Suggestion)

1. EC: Yes, we have the body here, [189] - this we have had before. In the general physical conditions we find the body still on the improve. There is the necessity of time, or of the GROWTH necessary to create the normal equilibrium; for when there are those conditions where ligaments, tendons, nerve ends, are so strained as to need and to cause - by their POSITION - the needs of the over active forces of the glucose, or the resuscitating influences in the system, there must needs be that there be given sufficient quantity for these to be created in the system, and the over abundance of refused forces ELIMINATED - that there may not LATER be the filling up, or the causing of that as is ordinarily called rheumatic, or of the neurasthenic, or neurotic, or neuritis. These are RESULTS of conditions (these conditions named), results of there being conditions in the system where there are cellular units of energy, form into PUS - or to those of

pus producing, or inflammation producing, and they produce IN the system that which, finding lodgement in the weaker portions of system, cause the distress. Do not be impatient, but keep the [osteopathic] manipulations. Keep SUFFICIENT activity to be NORMAL in force, but don't be too quick about setting self BACK to NORMAL activities. Ready for questions.

2. (Q) Are [osteopathic] treatments being given correctly?

(A) The treatments are being given very good. Do not UNDO same by TOO MUCH activity, but sufficient that the muscular forces become NOMINALLY tired, not OVER strained.

3. (Q) Is malar [mala] [cheek & cheek bone] fracture healing?

(A) Healing.

4. (Q) What is causing dizziness now and what shall we do to correct it?

(A) Just takes time, for it is of that pressure produced on the whole of the cerebro-spinal nerve system that causes spasmodic waves to come over the system, IN the system adjusting itself.

5. (Q) Is diet correct as given?

(A) Very good. More nerve supplying may be added; that is, such as those of the green vegetables that are especially adapted and adaptable to nerve energy; as lettuce and celery, and radish, and such. These, PREFERABLY, all taken in the RAW state. Carrots, onions, and such.

6. (Q) What shall be done with reference to hemorrhoidal condition now?

(A) Those applications as are given for correction of such conditions through the manipulation, are the better applications.

7. (Q) When can body return to work with safety?

(A) With the CORRESPONDING beneficial building forces being kept in the manner as should be, in five to six days.

8. That is all the questions.

9. We are through with this reading.

REPORTS OF READING 189-2 F 35

5/10/30 She was dismissed from Cayce Hospital and ret'd home to N.Y.

5/12/30 Friend Miss [349] wrote: "Mrs. [189] came back this morning to the office and she certainly looks wonderful. Going to Va. Beach was the best thing she could have done."

1/25/36 She wrote (for use in Detroit trial if needed, following Edgar Cayce's arrest for "practicing medicine without a license"):

I have had such a wonderful experience as the result of the psychic Readings given to me by Edgar Cayce for which I am very grateful.

I want to relate my experience so that you can use this letter and my name to convince others of the very unusual opportunities which are offered to those privileged to know of Mr. Cayce and his remarkable Power, which he has used so unselfishly in alleviating suffering.

While riding in a taxi, one in back bumped into mine and I was thrown through the front window which caused a concussion and fractured my cheek

FRACTURES AND SPRAINS CIRCULATING FILE

bone. The doctors here diagnosed the case as the result of X-ray but did not know exactly what was wrong and told me that time would remedy the trouble. I was subject to terribly dizzy spells and could not go on with my work and was extremely uncomfortable. After several weeks of this, I obtained a Reading through one of my friends and the reading pointed out that one of the joints had been thrown out in my head as a result of the accident and that until that was adjusted by osteopathy I would continue to suffer. I took these osteopathic treatments as prescribed by the Reading and three weeks was restored to normal health and resumed my normal activities. I have had no trouble since. I am convinced that but for this Reading which diagnosed my case so clearly, I might have spent the rest of my life suffering severe headaches and other ailments, as the doctors were absolutely unable to guess the cause of the disturbance.

I will be very glad to verify this to anyone who may be interested and I trust that Edgar Cayce may be granted many years or life and good health in order to carry on through this Power which has been manifested only for THE GOOD to others.

Respectfully, [189]

INDEX OF READING 243-19 F 55

ARM: WRIST: INJURIES

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: Injuries: Fractures Par. 5--7
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: FRACTURES: ARM: WRIST
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Physiotherapy: Massage: Salt & Vinegar, Apple:
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Prescriptions: Atomidine: Injuries Par. 4

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Work: E.C.: Quotations & Similes:
"Be Not Overanxious" Par. 10

BACKGROUND OF READING 243-19 F 55

B1. 5/8/34 She obtained Ck. Physical Rdg. 243-18 for varicose veins.

B2. 8/9/35 She submitted questions about her broken wrist.

TEXT OF READING 243-19 F 55

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 9th day of August, 1935, in accordance with request made by the self - Miss [243], Active Member of the Ass'n for Research & Enlightenment, Inc.

(Physical Suggestion)

1. EC: Yes, we have the body here. Not so good in the present as when we had it here before.
2. Some of those properties that will be necessary for the building up of portions of the system should be quite helpful, through the activity of portions of the system that have been lacking.

3. As we find, those adjustments from the accident as indicated here are in a natural position; and unless by the use of same or by the lack of the properties necessary for the replenishing in the system of the vital forces necessary to make a perfect union, these should be proper and alright.
4. We will find that taking small quantities of Atomidine will be MOST helpful to the body; two minims (not more than this) in a glass of water night and morning.
5. Also we find it would be well to have a great deal of those foods that carry an abundant supply (though not an overabundance) of calcium, also phosphorous.
6. Hence to eat the shell fish (PROVIDED these are very fresh) will be most helpful. Use salsify; which may be prepared already, of course, at this special season, and the vegetables that are of the early SPRING nature; such as onions (the smaller kind), radishes, peas. Of course, necessarily, most of these will have to be canned; and are alright, provided not canned with benzoate of soda. These should be a great portion to the diet.
7. A broiled steak occasionally (not too much, but two to three times a week) will be helpful. But shell fish at least three to four times a week would be helpful.
8. Begin massaging the body through the brachial and upper cervical area with a saturated solution of common salt (not iodized) and pure apple vinegar. Do not rub so hard as to produce irritation or to break the skin, but sufficient to make for a better circulation in the superficial portions of the body. Rub from the central portion to the extremities; or begin just below the shoulder blades and rub towards the head. Begin towards the end of the spine, a circular motion. This will prevent the stinging sensation or itching that occurs in the superficial portion of the system.
9. Do these and we will make for the better conditions.
10. Do not be overanxious, but be anxious ENOUGH to be MINDFUL that old bones don't knit as easily or as quickly as new bones! Then SUPPLY the new elements for same, see?
11. (Q) Then the arm is set properly?
(A) It is set properly.
12. (Q) Is it a normal condition for the blood to rush to the hand as it does?
(A) Not a normal condition; but not abnormal for the body. This is from the unbalancing in the superficial and internal circulation, as we have indicated.
13. (Q) Any suggestions for the betterment of the arm when the splints have been removed?
(A) As indicated, when these are taken off, gradually extend the rub with the saturated solution. This do every day; not too much, but sufficient that the circulation is stimulated, and that the body absorbs some of the sodium chloride.
14. (Q) Any other suggestions?
(A) Do these in the present. We are through with this reading.

REPORTS OF READING 243-19 F 55

R1. 8/20/35 Sister [482]'s letter: "[243] is getting along fine with her arm, and doesn't seem to be nearly as nervous."

INDEX OF READING 243-37 F 62

COLD: CONGESTION

Diet: Pneumonia: Tendencies Par. 9

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: Packs: Antiphlogistine: Injuries:

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Prescriptions: Sulfa: Pneumonia: Tendencies Par. 14-A

: Syrup, Squill: Par. 11

Prophecy: Prognosis: Pneumonia: Tendencies Par. 15-A

Rest: Injuries: Fractures: Ribs Par. 8, 10

Supports: Straps: Injuries: Fractures: Ribs Par. 15-A

Temperature: Fever: Pneumonia: Tendencies Par. 14-A

Underweight: Debilitation: General Par. 15-A

BACKGROUND OF READING 243-37 F 62

11/1/42 She wrote: "I have been really sick this entire week and am now. Sister [340] wrote you for a rdg. for me. She wanted to wire but I thought better not. I got such a hard fall last week and have suffered with my side so much - can't get my breath without the pain in my right side. I just don't seem to get any better. I know when I get my rdg. and know what to do I will be alright." [Rib fracture?]

TEXT OF READING 243-37 F 62

This Psychic Reading given by Edgar Cayce at the office of the Association, Artic Crescent, Virginia Beach, Va., this 3rd day of November, 1942, in accordance with request made by the self - through the sister, Mrs. [340], Associate Member of the Ass'n for Research & Enlightenment, Inc.

1. GC: You will give the physical condition of this body at the present time, with further suggestions for corrective measures; answering the questions, as I ask them:

2. EC: Yes, we have the body here; this we have had before.
3. As we find, conditions are rather serious in the present. The cold and congestion, combined with the fracture, has produced a stoppage in that side of the lung. [Pneumonia?]
4. Then, we find, should be done in the immediate:
5. Prepare an onion poultice. This should be full, but cut onions, heat them, mix then with a little meal - yellow corn meal, preferably; and apply on gauze over the area where the injury is indicated from the fall. This should cover both front and back of this side, see?
6. When this has been on about an hour, change and apply another.
7. Then, when this is removed, apply the combinations in the mud, see? a jacket, as it were, with the Antiphlogistine good and thick upon either side, and especially along the area close to the spinal column, but should cover front and back.
8. Keep body quiet.
9. Only liquids, of course, should be taken in the present.
10. Do have each day, once or twice, a gentle massage to keep the body quiet.
11. Take internally the Syrup of Squill about twice or three times a day, - half a teaspoonful.
12. These should bring relief. These we would do for the present.
13. Ready for questions.
14. (Q) Is the present doctor alright to give the massages, or should I have an osteopath? [K. Elizabeth Cummings, D.C., Ph.T.?
(A) Be good, and be very good for the present; but we would have this massage about twice a day, until the body is much easier.
If the body does not respond, and the temperature continues, it will be necessary to use the sulfa drug; but do not use this - for this body - unless it is necessary, owing to the great pain.
15. (Q) Why am I losing weight in spite of good appetite?
(A) This is not a great deal, but it is just overtaxation. First we need to remove these conditions; else there will not be the need for any other conditions - unless this may be checked.
Of course, as soon as it is practical, the body should be STRAPPED; but this should be done either by a good osteopath or a good doctor that understands the condition and the position of the structural portions of the body.
16. (Q) Any further advice?
(A) Do these, and do these fast. We are through with this Reading.

REPORTS OF READING 243-37 F 62

R1. 11/3/42 Her sister, Mrs. [340] wrote: "It is 5:00 p.m. The message came while the doctor was here [K. Elizabeth Cummings - [D.C., Ph.T.?] and she has been with [243] practically all day. Don't know what we would have done without her and your suggestions. She is a little more comfortable now."

R2. 11/4/42 Dr. K. Elizabeth Cummings wrote: (11:15 A.M.) "I think you are a perfect marvel...[243] is so much better that I am enormously pleased."

INDEX OF READING 265-3 F 64

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BACKGROUND OF READING 265-3 F 64

6/18/26 Her sister, Mrs. [760] was present, submitting questions that Mrs. [265] had requested to be asked.

TEXT OF READING 265-3 F 64

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 18th day of June, 1926, in accordance with request made by self - Mrs. [265].

(Physical Suggestion)

1. EC: Yes, we have the body here.
2. Now, we find there are some abnormal conditions with this body. Some of these may be corrected.
3. Now, these are the conditions as we find them with this body. First:
4. IN THE BLOOD SUPPLY, this we find above the normal in pressure, and this is overcharged with drosses, as are seen from toxins that are not eliminated from the system. This produces, then, much of the trouble as is experienced in the extremities, especially where there has been strained tissue, as in knee (right one), and in the small of the back at times. This is as the form of condition as is termed neuritis, or a combination of neuritis and rheumatism, or conditions so named (though they vary some).
5. IN THE NERVE SYSTEM, this is very tense throughout.
6. IN THE FUNCTIONING OF THE ORGANS THEMSELVES, in this we find the greater condition to be warned of.
7. In brain forces good - above the normal.
8. In the functioning of the organs of the sensory system, the stress is as shown on the system through the nerve system, and through the drosses, show their effect, as well as does the age of the individual.
9. Throat, bronchials, lungs and larynx, all show they are very good, save as the cold or congestion shows its effect at times, by the continuing hacking cough, comes spasmodically - not always, see?
10. In the digestive system, this very good at times.
11. In the spleen we do find the greater troubles. This having been vented, [Mrs. [760] said Mrs. [265] lost temper often and violently. See 265-1 & 256-2 in re anger being karmic from Egyptian sojourn] as it were, from time to time, has brought on an over taxation of the organ and the functioning of same, and the stress or strain that is felt in the portion of the body at times is produced by this condition.
12. In the digestive system, in the lower portion, the inability of the system to function normal. Through the eliminations is the direct cause of the conditions, as are produced by toxins in the system, or constipation, and the excess of the creating, by exciting through the use of stimulants to the system in the mucous of the intestine, causes the colon to become clogged, and through same this brings the drosses, and the tissue in the lymphatic circulation takes up, or LEAVES, as it were, in the tissue, in joint, the distress as is caused to sinew.

13. In the action of the heart, with the condition in spleen, is the greater troubles, and these may be reduced and overcome by care and persistence, see? for with stress on the digestive system, and with the venting, as it were, of the functioning of the spleen (which is the quick action, of course, through the mental, or through the brain's functioning), in this, then, as is seen, care, attention, persistence, and consistent and CONCERTIVE action, must be taken, see?

14. In the broken tissue as is found in the left extremity, forearm, or finger, or hand, this had best be removed by the break being adjusted through operation, see? for this, with the strain on the rest of the system, might become malignant, through the continual dross being left and carried there, as it continues to increase, in the strain, the attempting to eliminate and seeking each and every channel, see?

15. For the conditions then as are seen in the spleen, heart's action, blood supply and digestion - no meats whatever for the system - NONE, see? Those of vegetable, green vegetable, as much as possible see? Fruits of morning. Little in midday, and green vegetables in the evenings, see?

16. Use high enemas to cleanse the system. This used with tepid water, and plenty of it, and use each day for at least thirty days. We will find quite a difference, quite a change in the pressure in the blood, quite a difference as is seen throughout the system.

17. Keep off the feet, see? Apply, when the strain is on the various portions of the system, a saturated solution of Epsom Salts, with SALT heat - wet salt heat, see?

18. (Q) Where should this be applied?

(A) Where the misery is, where the pain is - across the back, knee - any portion of the body where pain is, see? This is to start the eliminations through the emunctories, as is also the diet, and the form of diet, and the way, see? Keep off the feet as much as possible, see?

19. (Q) Is the body in a condition to have the operation on the finger at the present time?

(A) The body will, of course, be better when the eliminations are started throughout the system. Best after thirty days treatment of the high enemas, such as is used in Cascade [Tyrrell's], or in the elevators. These will produce a better condition in the blood and throughout the system, yet, with the stream started in the extremities, as at present, will not relieve the condition entirely, see?

Do not give medicinal properties internally, and nothing that is as a sedative to the heart, see? Take local anaesthesia for the operation, when this is performed.

20. (Q) What causes intense pain in the side and back of neck at times?

(A) Blood pressure. Unequalized conditions through the body, see? and the brain being over active through this portion of the system, the blood stream passes to and fro from same, see? The brain itself keeps the system clear.

21. (Q) What causes the soreness in the left side, just above waist line, at lower point of ribs, a little toward the spine?

(A) The spleen, the condition there as we have given.

22. (Q) What is best to make the liver act?

(A) Change the diet. Clean out what's below. Change the diet so that the reaction from the system is to make all of the digestive system function more normal, see? keeping off meats. Fruits, cereals of mornings. Green vegetables in evening. With the small amount of diet. We will find a reduction of the condition in the system and the more normal functioning of the system. Hence the continuation of the eliminating through the application of high enemas. This must be done, or else we will have this recharging, or surcharging, to the blood pressure, and to the spleen - heart.

23. (Q) What causes this enlargement on the finger?

(A) Broken cell. Better in this portion than it has been for the trunk system - carried to this portion. [Cancer of finger? See 265-4.]

24. (Q) Any further suggestions to relieve or for the improvement of the body?

(A) Do this for the thirty days. Then we would give further suggestions that would be necessary for the conditions existing at that time. We are through for the present.

REPORTS OF READING 265-3 F 64

R1. 6/29/26 She wrote thanking EC for the rdg., saying: "You will understand the delay when I tell you that [569] and I have been housecleaning (have just finished), and also trying to coax a little garden along and murder several thorns and weeds so I can find it without a search warrant. Together with the usual housework I have become tuckered out. You would think I would write each night, but one night [...] and [...] came, and others, [1312] and [2704] and [1312] going [talking] a mile a minute. They are here tonight and I hardly know what I am writing, so you see how it is.

"I rec'd the Tyrrell's Cascade Sat., and thank you very much for ordering that, as well as for the rdg...

"I don't feel any worse than usual and am getting along very well. I am sure going to have my hand doctored, for I have always had a horror of cancer and am afraid it might end that way...

"I will try the treatment the best I can. Of course I can't tell about all the afflictions, but some I know are correct. Knees, feet, etc., and there must be some cause for them. I have been afraid a good while of high blood pressure, and have been eating very little meat but will leave it off entirely."

R2. 7/26/26 Niece [569]'s letter: "Aunt [265] is taking her treatments regularly and I believe they are helping her, too."

R3. See subsequent Ck. Physical Rdgs., the next one being 265-4 on 8/16/26 for which she submitted questions especially as to surgery for her finger.

INDEX OF READING 307-12 F 58

Doctors Suggested: Crews, Gena Lowndes: D.O. Par. 5, 8-A

INJURIES: FRACTURES

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Physiotherapy: Massage: Benzoin, Compound

Tincture Of: Injuries: Fractures Par. 3

: Myrrh: Par. 3

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Rest: Injuries: Fractures Par. 4, 7-A

Supports: Straps: Injuries: Fractures Par. 2, 7-A

Temperature: Fever: Injuries: Fractures Par. 3

BACKGROUND OF READING 307-12 F 58

12/7/36 Sister [303] requested emergency for injury, possible fracture in left side.

TEXT OF READING 307-12 F 58

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 7th day of December, 1936, in accordance with request made by the self - Miss [307], through her sister, Mrs. [303], Active Member of the Ass'n for Research & Enlightenment, Inc.

(Physical Suggestion)

1. EC: Yes, we have the body here, [307]; this we have had before.
2. As we find, there are quite serious disturbances of a local or specific nature, where there have been injuries to not only the muscular forces but to the structural portions of the body in the left side. And these as we find need local attention; that there be some adjustments gently and then a very severe yet very corrective strapping or adhesive taping about the body that may hold the body in the proper position or place. And this should be done at home and not attempt to move the body. There has been too much movements already.
3. If there is the rising of temperature, then there will need to be other considerations given. But this in the present, with a gentle rubbing - even over this - with olive oil and Tincture of Myrrh and Tincture of Benzoin on portions where the taping is not done along the spine to the lower limbs will be helpful in giving strength to the muscular forces.
4. And keep the body quiet, not moving about, for the periods necessary. And this depends to be sure upon the manner in which coagulation and cohesion is affected in the system. And keeping the diets so that there are body-building, and don't worry about the disturbance but know these are necessary for proper reactions for the body.

FRACTURES AND SPRAINS CIRCULATING FILE

5. As we would find, we would suggest Crews for these, especially, owing to the temperament and the nature of the body, as well as the abilities of Crews in these directions.

6. Do that. Ready for questions.

7. (Q) Are any bones fractured?

(A) As has been indicated, these are involved; more as in fractures than as we would say breaks. More as in the movements that have caused these to spread, and thus the necessity of there being quiet and the strapping or the adhesive tapes about the body to hold it in position.

8. (Q) Any further suggestions for Dr. Crews in attending the case?

(A) She will understand what to do when the examinations are made, and these the body can handle - but let it be cared for in the home, not move the body.

9. We are through for the present.

REPORTS OF READING 307-12 F 58

R1. 12/14/36 See 307-13, advising further recuperative measures.

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Supports: Straps: Injuries: Fractures: After Effects	Par. 11-A

BACKGROUND OF READING 307-13 F 58

B1. See 307-12 on 12/7/36 for fractured left side.

TEXT OF READING 307-13 F 58

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 14th day of December, 1936, in accordance with request made by the sister, Mrs. [303], Active Member of the Ass'n for Research & Enlightenment, Inc.

(Physical Suggestion)

1. EC: Yes, we have the body here. Some improvements, yet there are not the precautions taken as there should be if the body would gain a better normal equilibrium physically and the expressions of the mental through the physical.
2. For there cannot be a full mental and physical expression where the mental continuously condemns self for not doing that it knows to do - and excuses it in one way or another!
3. Either fit the self to be the channel through which that it believes may express, or don't express that's what you claim to believe!
4. In the applications of the manipulations, these as we find may be gradually given away but don't stop off because we say "gradually give away." For there needs to be the strengthening to the muscular and sinew forces as well as keeping the body until those portions of same are securely or entirely held or healed where there has been the strain.

5. And if the body physically and mentally does not coordinate and cooperate to bring healing forces, how may it heal properly?
6. We would continue with the tonic as a stimulant to the whole of the bodily forces. This may be increased for days and then decreased, but because of this don't become so lax as to discontinue for weeks when we have given days, or take it for weeks when it should be taken for days and discontinued for days! Be consistent, as ye would have others consistent! Be as patient as ye would have others patient!
7. The rubs and the massages as we find we would continue, for at least another week.
8. Keep the diets that are body-building. Preferably the milk would not be the animal milk but the combinations as in Dry Milk or the Condensed Milk; but the powder for THIS body rather than Pet or Canned milk of any kind would be preferable - these supply the carrier of the enzymes in same that is needed - or the pepsin enzymes for digestive forces and not animal fat.
9. In the attitudes, be consistent and persistent; and we will find greater improvements and much nearer to harmonious conditions in the self as well as about self.
10. Ready for questions.
11. (Q) How long should the taping be kept on?
(A) As long as necessary! As long as there is no strain upon the system with the movements of the body. How long before the body will react properly to the rebuilding depends upon how well the body takes care of itself!
12. (Q) What laxative should I take?
(A) Better to use enemas than laxatives. Do not use enemas that are of a higher temperature than the body, nor a lower temperature than the body. Use salines and sodas in the solutions, and an alkalin antiseptic afterwards - and these will not strain the body, they will not make for disturbances or drains upon the body as laxatives or the like do produce. Rather govern same by the treatments and by the diet. But each day be sure there is the full evacuation from the colon. Not necessarily high enemas, though at times these may be necessary. The proportions of the Soda and Salt for this body would be a heaping teaspoonful of Soda and a level teaspoonful of Salt to a gallon of water. But be sure these are dissolved thoroughly, and in the last water put a teaspoonful of Glyco-Thymoline to a quart of water - these the proportions. This is much better than a cathartic or a laxative.
However, at times these may become necessary to take - but when these are taken they should be preferably a vegetable compound to act with the activity of the liver and the gall duct and the spleen and pancreas, rather than just to excite the activity of the lymph flow through the mucous membranes of the system.
13. (Q) How often would you suggest the manipulations be given now?
(A) Skip every other one. We are through for the present.

REPORTS OF READING 307-13 F 58

10/19/37 She obtained 307-14 for herself.

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Healing: Consistency & Persistency Par. 7, 10-A

INJURIES: FRACTURES: LEGS

Physiotherapy: Massage: Salt & Vinegar, Apple:
Injuries: Fractures Par. 5, 6

Prophecy: Prognosis: Injuries: Fractures Par. 10-A

BACKGROUND OF READING 419-8 M 32

8/28/40 [419]'s letter:

"...My leg was broken about four inches above the ankle and the bone splintered, and the ankle was pulled loose from the leg, and the foot turned around to the back. I am afraid it is going to leave me crippled on account of all muscles and tendons in the ankle being torn loose. If it doesn't, it will be a long time before I can use it to do any good. It is in cast now from above my knee to my toes, and does it give me a fit. I sure suffered with it for the first two weeks, but it doesn't hurt as bad now.

"I was going into Madisonville and met a truck coming from the opposite direction. We were about fifty feet apart when the truck turned left across the highway and it was so long and traveling slow, it blocked the whole road and there was nothing for me to do but slam on the brakes and slide, and that I did, but my right foot became caught under the cycle and it weighing seven hundred-and fifty pounds, didn't do it a bit of good. I slid about twenty feet that way with the cycle still running as I did not have time to throw it out of gear. I felt my leg when it broke and after it was all over I did not try to get up, but just lay there in the middle of the road and waited for someone to pick me up.

"I was afraid of a compound fracture and so I directed the men who picked me up how to handle that leg, and that was one thing the doctor said kept the bones from coming through. They had to set it twice after I was in the hospital, but Dr. Gaither [Gant Gaither, M.D.] said that he had it set good the last time. It will be about another six weeks before the cast will be ready to come off and we will be able to tell anything about how it is going to be.

"I am hoping for the best, as I have always dreaded being crippled in any way..."

TEXT OF READING 419-8 M 32

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 7th day of September, 1940, in accordance with request made by the self - Mr. [419], Associate Member of the Ass'n for Research & Enlightenment, Inc.

1. GC: You will give the physical condition of this body at the present time, with suggestions for further corrective measures; answering the questions, as I ask them.
2. EC: Yes - a great many changes have come about with this body since last we had same here.
3. Regarding the acute conditions, the knitting of the bone structural forces is progressing most satisfactorily. The eliminating of the sediments from the strain

in the joint is NOT as well as the bone structure. Hence we find it will be necessary that there be KEPT better physical eliminations.

4. For such we would use a compound that is of a vegetable or senna base.

5. When the bandage is removed, or brace, we would begin massaging the joint of the knee AND the ankle thoroughly, twice each day, with a saturated solution of Salt and Pure Apple Vinegar.

6. At FIRST this will tend to sting, but keep this up; for there needs to be the effect of the calcium chloride, as well as the activities of the acids for the system. But also during such periods it will be necessary that the stimulated eliminations be kept up.

7. These as we find should bring about near to normal activity, if PERSISTED in.

8. DO THAT. 9. Ready for questions.

10. (Q) Approximately how long before the body will be able to use the leg and foot?

(A) This depends upon how thoroughly the care is taken, and how consistent the body is in the use of the applications indicated.

Without accident, or without other provocations arising, as we find, within three to four weeks there should be very good use of same. We are through.

REPORTS OF READING 419-8 M 32

9/14/40 [419]'s letter: "...Well, the old leg seemed to be doing very well when Dr. Gaither looked at it last Monday. He said the bone had healed very well, but the rupture in the ankle is what is causing the trouble now. There is still a lot of trouble with the swelling and the foot turns dark when I let it down. I hope I can soon be able to use it for it has certainly put me in a spot being laid up with it.

"Right at this time was my busiest and with the changing of superintendents and the shake-ups we have been having, I have been worried whether I would go back or not.

"It is not a very good time to be out of the game, but there isn't a heck of a lot I can do, but sit here, look at that darned foot and wish it would get well quick.

"I have my vinegar ready and as soon as I get this damn concrete block off that leg, I am sure going to give it a good pickling. If vinegar will get it well, I will make kippered herring out of it.

"I am just hoping it won't leave it stiff or so weak that it will always be turning or flying out of place. You have to be in good shape to stay in this outfit and that is what is causing me so much concern. I have been in a lot of tight places since I have been in this game, but that is about the closest squeak that I have had. I sure looked Old St. Pete in the eye that time, and cheated the Old Reaper by the fraction of a second.

"Well, I just hope my luck holds out, for it sure looks like I am going to have use for it from the way things look. I may not be bothered if I stay on with the state police, and if my leg won't let me, I don't guess they will have much use for me in the Army..."

12/21/42 Aunt [760]'s letter: "... [419] was rejected for the Army again - was examined by five specialists; they found the injured leg shorter, the drawing has affected his spine, causing the neuritic condition he suffers from. He said they put him back this time, with the 'Scrubs.'"

INDEX OF READING 438-2 M 40

INJURIES: ACCIDENTS: AFTER EFFECTS
: FRACTURES

KNEES: FRACTURES

Rest: Injuries: Accidents: After Effects Par. 3, 4

BACKGROUND OF READING 438-2 M 40

5/20/35 Wife [718]'s wire: "Please have rdg. for [438] soon as possible covering injuries due to accident. Important to determine action necessary...."

TEXT OF READING 438-2 M 40

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 21st day of May, 1935, in accordance with request....

(Physical Suggestion)

2. As we find, with reference to those injuries in the shoulders, the head, and those conditions that are the more DISTRESSING in the upper portions of the body:

3. While we find there is no internal bleeding in the present, there are those injuries especially in the upper dorsal and cervical that will require special precautions and special attention to be given. That is, let the body rest, you see. Do not attempt to move it or to make for changes, that are UNNECESSARY, until there has been sufficient time for the system to adjust itself to the distressing forces that have occurred in the extremities and in those specific portions of the body itself.

4. Keep the body very quiet, then, for eight to ten days. Then we may find that there may be the applications in other directions that may aid in making for the prevention of the scar tissue or lesions in the spinal cords or spinal segments giving distress later.

5. Just keep those necessary precautions about the face, about the upper portion of the body, and the extremities - that, of course, need local attention; keeping the antiseptics nominally, and - as we find - these should come along alright.

6. Ready for questions.

7. (Q) Any specific antiseptics that would be suggested?

(A) These are being used; just keep those precautions. Nothing better than the iodoform used in the present, with - of course - the local antiseptics when the dressings are made. We are through with this reading.

REPORTS OF READING 438-2 M 40

R1. 5/23/35 Wife [718]'s letter: "Thank you for your quick response and your kind letter. The accident was not as serious as the rdg. must have led you to expect. A Tuxedo matron with a dog on her lap lost control of her car and hit a car in front of [438]'s, and then hit him. His knee crashed against the dashboard and fractured his kneecap. It is a painful injury and practically incapacitates him for the opening of Radio City which just about breaks his heart [See 438-1], or else he'll have to be in a wheel chair.

"The question at present is whether to operate on the knee and fix it up or to leave it to nature and naturopathy."

INDEX OF READING 438-3 M 40

Anesthesia: Gas	Par. 9-A
Diet: Knees: Fractures	Par. 6, 13-A
HEAD: NECK: INJURIES	
INJURIES: ACCIDENTS: AFTER EFFECTS	
KNEES: FRACTURES	
Osteopathy: Head: Neck: Injuries	Par. 10-A, 11-A
Physiotherapy: Massage: Salt & Vinegar, Apple: Knees: Fractures	Par. 4
SURGERY: KNEES	

BACKGROUND OF READING 438-3 M 40

B1. See 438-2 on 5/21/35 for fractured kneecap.

B2. 5/23/35 Wife [718] submitted questions.

TEXT OF READING 438-3 M 40

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 30th day of May, 1935, in accordance with request made by the self - Dr. [438], Active Member of the Ass'n for Research & Enlightenment, Inc., recommended by Mr. [257], or through Mr. [257].

(Physical Suggestion)

1. EC: Yes, we have the body, [438]; this we have had before.
2. In many ways the body finds itself better; in others the anxiety, the changes and the activities are making for disturbing conditions with the body.
3. While those conditions in the neck and shoulders show some improvements, these - as we find - should have more consideration than has been given; else we should find disturbing conditions later.
4. We would begin with the corrections in the limb and the knee, and - as we find - these will respond. There must be those precautions that sufficient time is given for the healing; and when this is accomplished (but not too soon) use a massage - massage very thoroughly; keeping the salt and the vinegar on same, not only as a poultice but as a rub. When this has healed, then gradually - when the poultice and rubs are used - the body may work the knee again.
5. Ready for questions.
6. Be very mindful of the diet, that there are not too much of the calciums but sufficient that there is the general supply for the necessary resuscitations of those forces; not sufficient to make for a hardening of the kneecap joint, however.

FRACTURES AND SPRAINS CIRCULATING FILE

7. (Q) Three splinters of bone have separated from the kneecap. Is it advisable to have that pulled together with kangaroo gut, as scheduled for tomorrow morning?

(A) Would be well that this be adjusted in its correct manner, being mindful of those other suggestions for the shoulder - or between the shoulder and the neck.

8. (Q) Is the body ready for the operation?

(A) Ready - and past ready.

9. (Q) Is his physical condition satisfactory to take gas?

(A) As we find, this would be better to take; that is, the gas.

10. (Q) There doesn't seem to be any sign of pain in the head and neck as the last reading gave. Have these disappeared, or is there scar tissue there? If so, how should it be treated?

(A) Be mindful of these conditions, as has been suggested; else we may expect some disturbance later on.

11. (Q) How should this condition be treated?

(A) Should have a good osteopath to adjust 'em!

12. (Q) Is it advisable or possible for the body to go to the opening of his new place in Radio City on Monday?

(A) This, to be sure, will be dependent upon the response from the adjustments as necessary in the correcting of the limb or kneecap, and in the activities as would be by the body at such times. Not ADVISABLE, yet it's possible.

13. (Q) Of what should he be careful?

(A) As indicated, in the diets, in the use of the limb and in those activities necessary to prevent disturbances later.

14. (Q) Any other advice for the body?

(A) Do that. We are through for the present.

REPORTS OF READING 438-3 M 40

R1. 7/25/35 Wife [718]'s letter: "Just a few lines to thank you for the rdg. for [438]. He is slowly coming back to normal. He had a badly fractured kneecap and torn ligaments. The doctor made a living graft from his own muscles and he is now getting electricity, massage and movements, and has already a 60% movement in the leg."

R2. 9/14/35 "I don't get around very much yet as I developed a little water on the knee."

R3. 10/26/35 He was present for Ck. Physical 438-4.

INDEX OF READING 438-4 M 40

Assimilations: Eliminations: Injuries: After Effects Par. 10-A

Attitudes & Emotions: Constructiveness Par. 17-A

Business Advice: Lawsuits Par. 13-A, 14-A

HEAD: NECK: INJURIES: AFTER EFFECTS

KNEES: FRACTURES: AFTER EFFECTS

Osteopathy: Head: Neck: Injuries: After Effects Par. 3, 7-A, 9-A

Prophecy: Prognosis: Knees: Fractures:
After Effects Par. 7-A, 8-A, 12-A

BACKGROUND OF READING 438-4 M 40

B1. See 438-3 on 5/30/35 for fractured kneecap.

TEXT OF READING 438-4 M 40

This psychic reading given by Edgar Cayce at the David E. Kahn home, 44 West 77th St., Apt. 14-W, New York City, this 26th day of October, 1935, in accordance with request made by the self - Dr. [438], Active Member of the Ass'n for Research & Enlightenment, Inc.

(Physical Suggestion)

1. EC: Yes, we have the body here, [438]; this we have had before.
2. As we find, the specific conditions - as the result of those activities in the portions of the body where there has been the tendency for slow recuperation from necessary outward activities - are progressing very, very good.
3. However, WE find the necessity for an adjustment in the dorsal area (and we would insist upon same); which would alleviate those tendencies for the slowing of the circulation THROUGH injured portions, thus preventing a tendency for accumulations of the lymph flow ABOUT injured parts.
4. The rest we would keep very much in the way and manner as IS being cared for; only the proper rebuilding, with the keeping of the proper eliminations and the normal assimilations, adding - of course - those necessary elements in the system through influences taken for replenishing that necessary for the rebuilding of structural or muscular forces and tendon activities. And these are increased especially through the diets, with which the body is well acquainted.
5. These we would do.
6. Ready for questions.
7. (Q) How long will it be before I will have full use of the leg?
(A) THIS, to be sure, depends upon the responses the body makes in body-building, and in creating the influences necessary.

But as we find, as indicated, and especially if the dorsal corrections are made that will allow the full circulation to and from the torso portion of the body, these will gradually increase the faster - and more and more will there be the use of the limb.

This should be in sixty to ninety days near where it can be more active, and the less necessity of using those aids. Yet precautions should even then be taken. Do not overdo or strain; for the body or the limb is in that condition where all that has been accomplished might be undone by a stumble or by an accident that would cause the flow of the whole influence into that particular portion - or injured portion - of body.

8. (Q) Will there be any permanent impairment of the leg?

(A) There should be little or none.

9. (Q) Should the dorsal corrections be osteopathic or chiropractic?

(A) Either; just so the vertebrae are moved sufficient that those TENDENCIES that are indicated do not continue to exist.

10. (Q) What type of treatment would be suggested from now on?

(A) We would not alter much from that which has been indicated, or the manner in which it is being cared for.

The principal thing, of course, is that the body-elements are kept in nominal balance; that the eliminations and assimilations be kept normally reacting, and then sufficient of the massage that the portions that are afflicted - or injured - receive the proper balance. Don't OVERDO it, but keep a normal BALANCE; this is the more preferable way for the applications.

11. (Q) Is there any possibility of the fibrous union becoming ossous?

(A) This will not occur if the body-elements are kept balanced.

12. (Q) In what period of time would this be accomplished?

(A) In that as we have indicated there SHOULD be the ability for the better use of same.

13. (Q) What is the best procedure on the medical legal angle in reference to the damage suit?

(A) This may only be presented through the regular channels. Yes, we have the conditions here. While there are those entanglements in same, owing to the material situations with those that were responsible for the activities, with these pressed in the legal way and manner - PRESENTING and showing what has been produced and what is being produced for the body - there should be easily made the necessity for the proper consideration being given.

14. (Q) Should there be any fixed amount to be settled, or should I let it go to trial?

(A) This should be set rather according to the period, the time necessary to be considered - the loss of time and all. It may either be set as a lump sum, OR - more preferably, as we find - let it go to trial.

15. (Q) What can I do in my present condition to help further the interests of the institution at Rockefeller Center? [See 438-1.]

(A) The presence of the body, to be sure, even under strained circumstances, which is the natural inclination. While care and attention are given in an efficient way and manner by all concerned, the very presence of the body makes for a

more sympathetic atmosphere; and the psychological effect had upon those coming and going is helped by the presence of the body - as oft as is BEST for the body-activity, as well as for the general conditions, see?

16. (Q) What connection can I have to offset my loss to the institution?

(A) This may not be set in terms; for loss is loss. This must be made only in those ways and manners that will keep the connections with all the activities in such a manner as to retain same; the bond of union in the activities in every field of association and service, as near as possible. And this, as indicated, may best be done by the PRESENCE - whenever it is plausible or in keeping with the best INTERESTS of the body, see?

17. (Q) Any other advice that may be given at this time?

(A) In its mental attitude - which forms, as it were, the background for not only the activities of the entity in its assistance or aid to others through the institution, but through the relations of the attitude of the body-mind, [438], to the conditions that have brought about these:

DO NOT allow these, that appear as hindrances, to become stumblingblocks, ever. Rather know that all hindrances may be turned - by constructive THINKING, constructive conversation even to others - into HELPFUL experiences; though they may appear from the surface as to have been greatly detrimental.

Then keep constructive in thought, in conversation, in activity with those about the body and those with whom the body associates. We are through.

REPORTS OF READING 438-4 M 40

R1. 12/12/35 "A wk. ago last Sat. my knee started to bother me again. It puffed up quite a bit. Several days later I came to N.Y. and an X-ray showed the lower fragment had separated 1/2 inch and otherwise pulled loose. I have been in bed now for about 12 days and the leg feels better. But I'll have to be operated again. This they expect to do on Tues. or Wed. of next wk. Would you have time to give me a rdg. in the next few days? Why did the fracture open again? What are chances now for complete recovery of use of leg? What type of operation is best? What advice for post-operative treatments?"

R2. 12/16/35 EC's letter on returning from Detroit: "Your letter was here waiting. I'm certainly sorry to know you are having trouble again with that knee... I feel sure you must have had the operation before this. I'm sorry we did not receive the letter in time to attempt the information for you through the rdg... I still feel that the setback could have been avoided if you had let Dobbins [Frank P. Dobbins, D.O.] make those corrections as the reading suggested... Know that if at any time we can possibly be of service, we are only too glad to do so. A wire would have reached us, or been forwarded..."

R3. 1/6/36 "I was operated on the 17th of Dec. Under ether about 1-1/2 hrs. but came out o.k. Getting used to it. But of course I'll be on my back for some time and will have to take a yr. or two of the restful life - and I am sure sick of restful living. I left the hospital yesterday and I am staying at ... Any time in the next wk. or two that you can give me a ck. rdg. I would like to arrange for same."

INDEX OF READING 438-5 M 40

Doctors Suggested: Dobbins, Frank P.: D.O. Par. 8, 9

KNEES: FRACTURES

Osteopathy: Head: Neck: Injuries Par. 8, 9

Physiotherapy: Massage: Myrrh: Knees: Fractures Par. 4--6
: Oils, Olive: Par. 4--6
: Salt & Vinegar, Apple: Par. 4--6

BACKGROUND OF READING 438-5 M 40

B1. See 438-4 on 10/26/35 for fractured kneecap.

B2. 12/12/35 He wrote of pending surgery for second time to replace lower fragment which had again separated.

B3. 1/11/36 He submitted questions:

"Is there any chance of refracture of my leg? What special advice to keep from having a refracture? Will I regain full use of leg? When? What treatments are suggested? What effect will the refracture have on the money settlement of my case? Will it go to trial? When do you expect a trial or settlement to be made?"

TEXT OF READING 438-5 M 40

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 15th day of January, 1936, in accordance with request made by the self - Dr. [438], Active Member of the Ass'n for Research & Enlightenment, Inc.

(Physical Suggestion)

1. EC: Yes, we have the body here, [438].
2. As we find, conditions are progressing rather satisfactorily.
3. To prevent the recurrence in the muscular forces about the knee and the limb of the stiffening, so as to pull the ligaments loose again, we would massage the whole of the limb each day, as follows:
4. One day we would use equal parts of Olive Oil and Tincture of Myrrh for the massaging.
5. The next day we would use the Salt (plain sodium chloride; not that carrying other properties, but this well powdered) and PURE Apple Vinegar.
6. Use one one day, the other the next. Continue in this manner, and we find that these ingredients will supply calcium, acids and oils that will prevent accumulations of water - or prevent the tendons becoming so taut as not to allow movement in the knee and the kneecap.
7. Hence these would bring the more satisfactory conditions to the body.

8. And STILL we would have, OSTEOPATHICALLY, that adjustment made in the cerebrospinal system as we have indicated (upper dorsal and cervical area). For unless it is, there will CONTINUE to be trouble!

9. Have it done the Dobbins' way!

10. We are through with this reading.

REPORTS OF READING 438-5 M 40

R1. 1/30/36 "Rec'd your letter, also your Rdg. Thank you very much. Am following the massage as per rdg. Can't get any osteopathic treatment as yet as I am still abed. But as soon as I can get around I shall go to the doctor's office."

R2. 2/9/36 Friend Mr. [257]'s letter: "[438] called today, and I've arranged with Dobbins for him to be treated."

R3. 2/11/36 EC's letter to Mr. [257]: "Glad you saw [438] - am sure he needs Dobbins - don't believe he knows, really, what an osteopath can do that the general massages don't do."

R4. 2/16/36 Dr. Frank P. Dobbins' letter: "Am now treating a Mr. [438] will send in report."

R5. 3/21/36 Dr. [438]'s letter from Florida: "Getting plenty of ultra-violet, sand and salt water. Feeling much better. Expect to return to N.Y. about April 3rd."

R6. 8/12/36 "My leg is just about getting in shape and I'm running around like a chicken with its head off... I have been trying to write this letter for several weeks, but having met Mr. [257] this evening, in for a treatment [physiotherapy tr.], he has persuaded me to finish it."

R7. 9/19/36 See his Business Rdg., 438-6, giving further advice on health.

INDEX OF READING 438-6 M 41 [edited]

INJURIES: ACCIDENTS: AFTER EFFECTS

KNEES: FRACTURES: AFTER EFFECTS

BACKGROUND OF READING 438-6 M 41

B1. See Life Rdg. 438-1 on 11/12/33, also Ck. Physical 438-5 on 1/15/36 for fractured kneecap.

TEXT OF READING 438-6 M 41 (Physiotherapist, Christian)

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 19th day of September, 1936, in accordance with request made by self - Dr. [438], Active Member of the Ass'n for Research & Enlightenment, Inc.

1. EC: Yes, we have the body, the enquiring mind, [438], present in this room; those conditions, those circumstances that are a portion of the experience of the entity or body in the present.
2. In the physical forces of the body itself, these as we find show much improvements since last we had same here. There needs be, however, those precautions as to the strain, the activity of the body, and the necessity of the body being more mindful of those elements that make for body- resuscitation as related to the tendons and muscular forces that have had the disturbances in the body; so that with the physical activity those elements that have to do with the production of sinew, muscle, tissue as related to same are supplied, also that the eliminations are kept such that the toxic forces do not become as a portion of the experiences. For with these we would have a stiffening of the extremities, those disturbances about the knee.
3. Those conditions in the back as has been indicated need the closer attention from straining and as we find the general forces would remain for the better body-building.
4. The greater activity with same should be gradual, with the massages, the oil rubs, the electrifying - but not the too high frequency in the activities of same would be the better....

INDEX OF READING 462-13 M 56

Arthritis: Tendencies	Par. 15-A
Diet: Cereal	Par. 19-A, 20-A
: Cooking Utensils: Patapar Paper	Par. 5, 8, 11
: Vegetables: Beet Juice	Par. 6--11
: Carrot Juice	Par. 6--11
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: Turpentine:	Par. 13-A, 14-A
Prescriptions: Eno Salts: Eliminations	Par. 18-A

BACKGROUND OF READING 462-13 M 56

B1. See 462-6 on 8/29/35.

TEXT OF READING 462-13 M 56

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 2nd day of July, 1940, in accordance with request made by the self - Mr. [462], Active Member of the Ass'n for Research & Enlightenment, Inc.

1. GC: You will give the physical condition of this body at the present time, with suggestions for further corrective measures; answering the questions, as I ask them:
2. EC: Yes, we have the body here, [462].

3. Many changes do we find in the general physical conditions of this body from those as we have had here before.
4. The inclinations for a hardening or a filling of portions of the digestive tract becomes the greater disturbance to the body, in hindering the eliminations through the activity of the excretory functionings of the liver as well as the kidneys.
5. As we find, here the combination of two juices taken alternately would be preferable for this body, and for this particular body both should be cooked - but in Patapar Paper.
6. One day take about an ounce of Beet Juice; this means the tops also.
7. The next day take an ounce of Carrot Juice; this does not include the tops.
8. The juices from these are to be prepared fresh each day. Do not attempt to keep them from one day to the next, - it would be injurious rather than helpful; but the activities of this combination upon the system, with the general activities of the body, will be MOST beneficial.
9. Preferably take these before retiring, or at the evening meal; one taken one day, the other the next.
10. Take them for at least a month. Leave off then for a few days, and then take them again; but the beneficial effects from these will make the body desire to keep them pretty regularly.
11. In the preparation of these, of course, it would be very well that they be cut just before they are wrapped in the Patapar Paper, instead of remaining cut very long beforehand.
12. Ready for questions.
13. (Q) Please tell the trouble and cure for the left side.
(A) This is an after effect of the injury to the structural portions of the body. The elimination of the poisons from the system, through the use of those things as we have just indicated, will aid in keeping this down.
This rubbed each evening with the equal combination of Mutton Tallow (melted), Turpentine and Camphor, and then hot packs put on same, will be most helpful in assisting the circulation to take away the poisons as accumulations.
14. (Q) Is there any rib broken there?
(A) Rather it is a muscular condition, though there is a fracture.
15. (Q) What causes stiffness and swelling in joints at times, and what can give quick relief when I suffer from same, also what can bring about a permanent relief?
(A) As indicated, the poisons from the inactivity of the liver and the kidneys as related to the tendencies for thickening of tissue in the stomach itself. Those properties as indicated are the quickest, the surest, and the longer lasting relief, as we find, - if taken consistently.
16. (Q) What causes the rectal irritation and itching, and what will relieve and finally cure same?
(A) These come from the hemorrhoids, which is a part of the general effect from lack of proper eliminations. These will be materially aided by the use of those juices; also the local application of Pazo Ointment occasionally - used with the tube, of course, that makes the injection high into the rectal area.

17. (Q) What causes the headaches?

(A) Worry! and the general nervous conditions from the stomach! These should be materially aided with these juices as indicated for the body to be taken regularly, one used one day, the other the next.

18. (Q) What is a good laxative for this body?

(A) Eno Salts is the best laxative for this body, for this is of the fruit nature and not mineral, - that would cause disturbance or hardening activities through the conditions in the stomach, as well as through those activities in the liver and the kidneys. This also should be taken in just small doses, almost every day, for periods of a week at a time, and will be most beneficial.

19. (Q) Why can't this body eat cereal and milk in the mornings?

(A) Condition in the stomach, as indicated.

20. (Q) What should be a good breakfast for this body?

(A) A cooked cereal, or fresh fruits of various kinds, - or as they change, keep in season with them, - these are very well.

21. (Q) Is tobacco harmful or am I using too much or the wrong brand?

(A) If it is taken in moderation it is not so harmful for the body.

22. (Q) Am I using my body to exhaustion?

(A) Under the existing conditions, it tires easily; but we should find abilities and the greater strength when the corrections are made as indicated through those activities of the system.

23. (Q) Should I change my occupation? [See 462-12.]

(A) Not necessarily. As may be seen by the changes coming about, this may be something that will stand well instead!

24. (Q) Any other advice?

(A) Keep the mental and spiritual attitudes in constructive ways of thought; for, the Mind is the Builder.

25. We are through with this Reading.

REPORTS OF READING 462-13 M 56

R1. 9/13/40 "I am following out the advice given 100% and the reaction so far is very favorable... Have rec'd excellent results from all my physical rdgs." [8/17/41 See 262-128, Par. 14-A, personal message on lesson RIGHTEOUSNESS VS. SIN.]

INDEX OF READING 501-2 F 60

ANEMIA

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BACKGROUND OF READING 501-2 F 60

10/26/31 "Owing to overworked condition an unexpected dizziness overcame me and I fell the entire flight of hardwood stairs. Besides badly bruised, right wrist bone was fractured in five pieces (my sister, [1736], is writing this for me). Most painful is left arm from shoulder blade to finger tips. Last July I ran a long needle in end of spine. In spite of thorough operation two-thirds of needle is still in me, and at times very painful. If needle is near surface at hip now, would it be best to extract it now or leave it alone? Is wrist bone set and knitting together correctly? Will I be hindered in the use of hand and arm? Will I be able to earn my living as formerly or be obliged to resort to other ways and means? Is my spine and head all right? How can I regain weight and general condition? Do pains in left arm indicate neuritis?..."

TEXT OF READING 501-2 F 60

This psychic reading given by Edgar Cayce at Hotel Victoria, Room #2135, New York City, this 31st day of October, 1931, in accordance with request made by self - Miss [501].

(Physical Suggestion)

1. EC: We have the body here, [501] - this we have had before. Now, we find, there are a great many changes in the physical forces of the body from that as we last had same here. Some show some improvements, in a way and manner; others as apparent are detrimental to the better physical forces - but, were many of these that are externally apparent as being detrimental taken advantage of, we

may create better forces in the physical system. In, as this: With injuries externally, as has been seen, there is the necessity of the system's creating within same more gluten in the blood supply, less of some forms that make for red blood building, to be sure, but if the system - as it has adjusted itself to create more leukocyte - is supplied with those elements that will allow same to be builded nominally, and also the red BLOOD supply be supplied with that for replenishing in THIS portion, we will have a general building up that will be MORE helpful to the system, aiding in giving to the body those of more RESISTANCE, both in the red blood and white blood supply of the system.

2. We would take, at this particular period, those of small quantities of Atomidine in the system - see? These, we will find, will aid in the respiratory system, as to allow a increasing in the GLANDS' functioning, which makes for those elements, or that in the urea of the blood itself, so that those of the hemoglobins are more active with taking from the system those of used forces, and carrying to the various portions of the body that as is assimilated for the replenishing and rebuilding. This will also aid in clarifying the digestive system in a way that ASSIMILATION will take place more easily.

3. We will find that these will require that the food values as are taken are well balanced with those of the various vitamins that add to the system those elements necessary for this replenishing. We would find that those that are easily assimilated (We are speaking of in the present, to be sure) would be well for the body:

4. Mornings - citrus fruit, PRINCIPALLY lemons in this diet. Lemon juices - this may be changed by the addition of water in greater or lesser quantities to suit the tastes of the body, but not with too much sugar. We would also include in this meal figs and prunes, and such - these not taken at the same periods as the lemons, to be sure, as CEREALS would not be taken with fruit juices, but altering them from day to day.

5. We would also take in the interim - that is, between the morning meal and the lunch hour - those of the milk - DRIED milk, that is mixed WITH those properties that give to the chyle of the lacteal system more lactics to work with - see? These we would take with the properties that may be found in those of the ADDITION to it in the yolk (not the white) - the YOLK - of an egg.

6. In the noon - preferably those of the meat juices; not with meats, but the meat juices - with those of the cereals or foods that are easily assimilated - at such periods.

7. In the AFTERNOON (While it's stuffing, but we want to stuff - if we would get well here, with this body - see?) we would have those of the codliver oil COMPOUNDS; preferably those as are prepared in tablet form, see, rather than taking those that are sickening to the digestive system. Those that are combined in the tablet form, for these will carry with same those vitamins that will make for activities in the system for replenishing.

8. In the evening, then, may be those of the whole vegetables - with the meat juices, or those that will supply more gluten will be taken at this time; as tripe, as liver, as pig knuckle, as the JOINTS of the beef, and the marrow of same - brains, and such - these are well for the body. Ready for questions.

9. (Q) Is two-thirds needle still left in body, ready to be extracted? or should it be left to take its own course?

(A) With the adjustments the system is making to supply the necessary elements for resuscitation in the structurally portions of body, as in arm and wrist (which is properly adjusted in the present), we will find that these would care for themselves better than making probes or activities that would be harmful to other portions of the body, under the present conditions, and reduce the ability for coagulation properly in the system.

10. (Q) Is recently broken wrist properly set and knitting?

(A) Proper adjustments, and properly being carried on; for we may ADD to same - that is, the effectiveness - by stimulating the system in the manner as has been outlined, see?

11. (Q) Has body's spine and head been affected by the fall? If so, how?

(A) Let's get the body started to building correctly, properly, with those conditions as given - see? Then a little farther along we will ALIGN the spine. Not an injury; only in those of pressures as are created in some of the segments along the spine; particularly so is this seen in the 4th and 5th cervical, in the 3rd and 4th lumbar.

12. (Q) What is body's general physical condition?

(A) Is on the improve!

13. (Q) How best should body continue to improve physical condition?

(A) This has just been outlined, in that we are taking - see - Get this well balanced with self! we are taking advantage of those NECESSITIES within the physical body to create NEW forces IN system in the structural portion, as well as in the supplying of nutriment to ALL portions of the system - see? Now, with the addition of that as will add those necessary in one element of the blood supply, and that in the other element of the blood supply be kept as a balance in the manner as we have outlined, the general physical health MUST keep more and more on the improve, and the body be better even for - or by the use of - the seeming conditions that have come that were not well.

14. (Q) Why does body get dizzy at times and have falls?

(A) With the balancing of the system through the manner as has been outlined, these will not re-occur. These HAVE occurred by the system's calling on itself to create that that would keep an equal balance in body. A lack of vitamins in the system.

15. (Q) Will body be able to use right hand and wrist as formerly?

(A) As we find, it will. It will be necessary that this take some little time, for we must consider all the elements that go to make up the activities of the extremities. When this is loosened, then we would begin with the massage of the arm and shoulder, hand and wrist, with those first of the olive oil and the tincture of myrrh, heating the oil and adding the myrrh. Then in the next day or two use those of the pure apple vinegar with SALT - common salt - dissolved in same. Massage this into the joints, especially. That it produces burning, and when the attempt to move it produces the feeling as if it was grinding BETWEEN the bone itself, keep on using it! for it will not irritate more than that as is necessary. Use this about two or three times each week, the other on the opposite days, - see?

16. (Q) How best can body earn her living now?

(A) These have been outlined in a manner that, we see, will these be carried FORWARD, will enable the body to supply those needs, those necessities for the carrying on.

17. (Q) Why is body so constipated in the summer time, while in the country?

(A) This produced, as we see, from the variations in the water for the system. One acts - that is, in its present location or surroundings - more with the lactic forces of the body; while the other being harder acts as a congesting with the body - see?

Do as we have outlined for the body, and we will find the improvements will occur. We are through with this reading.

REPORTS OF READING 501-2 F 60

R1. 1/29/34 See 501-3.

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BACKGROUND OF READING 564-1 F ADULT

B1. 4/30/34, 5/26/34, She submitted questions but did not indicated the nature of her trouble other than "What causes the pain? How eliminate the noise in my head? Are bones healing properly?" [See 564-1, Par. 8 indicating she is recuperating from surgery for fractured ulna, which statement was not refuted in her subsequent correspondence.]

TEXT OF READING 564-1 F ADULT (Housewife, Hebrew)

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Virginia, this 30th day of May, 1934, in accordance with request made by the self - Mrs. [564], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Mr. [257] and Mrs. [601].

(Physical Suggestion)

[GD's note: Just before locating body EC said something which sounded like: "Lint sticking to the five, isn't it?" Or "fire." We couldn't understand exactly.]

[MD's note: EC said something about some "limb" sticking in the fire again - sounded like.]

1. EC: We have the body here, [564].
2. Now, as we find, conditions physical may be said to be rather in that phase of their changes where counsel and advice had best be given regarding same as to recuperative measures for the body.
3. To be sure, it may be asked how there may be such conclusions arrived at through these channels - or why there may be the information from impressions rather than from the body itself.
4. This body and its general attitude, [564] we are speaking of, is a good example of this. From whatever realm an activity may be viewed or read, that activity IS the more prominent or outstanding fact. Would one imitating a frog be able to croak as well as a frog? Would that in the worm be able to act as much like that man knows as electricity as that which passes through the earth in the cloud or lightning? Both are forms of electricity, but their activity may be viewed better from the activity in which their activity is manifested.
5. So it is in regard to a body and the impressions; for thoughts ARE deeds and leave their imprint upon that element in which, through which, the activity is carried on - and may be read!
6. And this body in its thought, in its manifesting activity of waiting, putting out of the mind and activity other things that there might be information given for same, makes a channel through which there may be the greater service (if it will be acted upon), to the very principles that are or may be constructive influences in the experience of the body.
7. For, to some the touch of the hand, the smell of the rose, the look of the eye, all are giving forth an energy that is using in its very activity the forces that are spirit - or a manifestation of that men worship as God in the earth.
8. The body here, [564], is in that position where there may be kept a normal balance in its circulation, so that there may be kept a better coordination in the creative forces in the body to produce a balance in the metabolism, the katabolism. But what do these terms mean? That there may be that proper rhythmic activity of the organs in their functioning for the creating of the forces and elements necessary for producing resuscitation in the body. That is, there are those forces in the divisions of the blood supply - the red blood cell, the white blood cell, the lymph or the leucocyte - that must increase, or be increased in this body in the present, for the recuperation or building up of structural forces where injuries to the ulna have made for an activity, or where operative forces in same

necessitate that there be the creation of such elements. Hence, metabolism means keeping that balance necessary for the supplying of same. The katabolism means keeping the internal and external activity of the circulation in and to the organs in harmony and rhythmical activity in relationships one to another. If this is done with this body, [564] in the present, then the recuperations will be the general constructive forces that will make for a keeping of a physical balance sufficient that the mental, material and spiritual forces may work in unison one with another - and the improvements be of a permanent nature.

9. If the activities physically, mentally or through diet, are such as to create an unbalance in any portion of the system, there may be the recurrence of those things that have made and do make for the increasing or the greater quantity of this or that influence carried on in the system, so that all portions of the system do not receive their proper impulse for creating harmony and coordination throughout the whole body.

10. There have been conditions in the cerebellum, or those activities FROM the cerebellum influences to the cerebro-spinal system, that have made for the noises in the head, through the activity of the circulation to the sensory system. And there have been periods when the dryness in the throat and the activities in the lung area have been the very effects created by subjugation of the physical consciousness, or the activity of the sensory system in its relations to the other portions of the system.

11. But now the conditions are such that if they are taken advantage of, if there will be kept a normal equal balance in the proper diet, the proper amount of exercise, the proper amount of mental relaxation, proper amount of physical relaxation and those activities as related to and coordinated one with another, there may be brought about the recuperative forces and the activity of the organs of the body in their relationships one to another may be kept in such a way and manner as to bring for the body the best that may be had from that with which - we may say - the ego had to start. It is apparent in every individual soul and every individual body that we change or build in our system from cycle to cycle those changes necessary for the variations that we may create within ourselves by our response to that without ourselves. That we may not add one whit to our stature, that has already been set by ourselves, to be sure is true; but it is also true that the impulses may be set so that the body may EXPAND in all its activities. For, as the Mind is the Builder - or "As a man thinketh so is he", - so does that mind, that body, that soul, expand to meet the needs of same.

12. How, then, may this body of [564] meet the needs in the present?

13. As we find, those applications that may be had in the environs in which the body finds itself in the present are very good; though there should be taken each day the periods of rest when the whole physical activity, the whole mental activity, may have the opportunity to expand, to feed upon, to digest, physically, mentally, those things it does absorb or acquire from the creative forces that are within itself physically and mentally.

14. Then, we would have the applications to properly coordinate all the cellular forces in the ganglia along the cerebro-spinal system from which the cerebellum gives the impulse to the activities in the various ganglia that add to the body in

such stimulation the proper coordination and proper amount of effluvia in the blood activity, in the nerve impulse, and throughout the whole system, so as to bring to the body that which is best. These we would take osteopathically at least twice each week; three times if the body feels tired, or becomes overtired from physical or mental activity.

15. In such treatments we would make for coordinations specifically in the 2nd dorsal plexus to the brachial activity, in the 4th LUMBAR plexus to the lumbar activity and the locomotaries in the lower portion of the body, and throughout the cervical area; for these will make the unison in the creating of the necessary influences for the corrections in the sensory organism and the digestive area, to make coordination in the hepatics and upper circulation. Keep the internal or superficial circulation through the 5th center to the head, as from the 5th cervical area, that activity such as to make drainages properly from all portions. And we will make the better coordinations for this body.

16. To be sure, the diet should be properly balanced; for if there is not that to build upon, that material to supply sufficient of the necessary elements in their proper balance within the body, there may not be the proper stimulus to the various portions in the activities of the glands, the assimilating, excreting and eliminating forces of the body, to make for coordinations through such osteopathic treatments.

17. The diet, then, would be outlined in this manner:

18. Mornings - citrus fruit juices, with browned whole wheat bread, a little Ovaltine or coffee. Or there may be the change to fresh fruits or stewed fruits, with a little sugar and cream, hot or cold wafers buttered, and a cereal drink. Well that these be changed back and forth, but do not combine any of the fruits one with the other at the same meal.

19. Noons - preferably a light diet; as vegetable juices, fruit juices, or an all-green-fresh-vegetable salad made from such as lettuce, celery, tomatoes, carrots, peppers, peas, beans, spinach, mustard. All these may be combined together raw, except the peas and beans may be half-cooked and added occasionally. No pastries at this meal.

20. Evenings - a well-balanced vegetable diet, with not too great a quantity of meats; but at times have a meal of fish or sea foods. No steak or fried meats of any kind. Fowl, fish, lamb or the like may be taken as meats, but well-balanced with vegetables. Light pastries may be taken at this meal, but not too great a quantity. A little spirits frumenti, wine or the like may be taken, but do not depend upon these.

21. If these will be followed, with the activities balanced with the mechanical appliances through the nature of the osteopathic adjustments and manipulations, we will find we will bring to the body the better conditions in the present. For, the body is on the improve; then keep it so, but keep the balance - not unbalancing any portion.

22. Ready for questions.

23. (Q) What exercise is best for me?

(A) Walking, dancing; not too much, but gently, these are very good.

24. (Q) Are bones healing properly?

(A) Healing properly. As indicated, the proper coagulation is taking place. Now there needs to be the dissemination from those centers along the cerebro-spinal system, that that assimilated in the system may be distributed properly for the efforts being made by the system itself to adjust itself and to keep in harmony and in coordination.

27. (Q) How long will it take to bring about a complete recovery from my trouble?

(A) That depends upon how sincerely there are the activities in those directions that may bring the best to the body. First, as indicated, for the next four to six weeks there should be not a great deal of outside activity; though the actions as indicated would be well. Then, afterwards, there should be the recuperative forces in the manner as outlined, but keeping the relationships in the physical forces by the stimulation in the various centers for the proper distribution. Occasionally these osteopathic manipulations should then be given to keep the balance. And by September the body should be normal and well.

28. (Q) Please give any advice that would assist my mental equilibrium.

(A) Well that each body find and make for itself, and induce in self, this: Not as rote, but recognizing that the body-physical needs its own activity as to make for the better conditions of self; that the imaginative or mental body needs its stimuli as well. Then, make the activities in such a manner as to give a definite period to the various relationships necessary. As the body does this within itself, it is necessary that there be added such stimuli in food, such stimuli in physical activity at given periods, that the best may function. So with the mental body. Then, give self the OPPORTUNITY to function normally mentally, physically, spiritually. The SPIRIT will act, irrespective of what a body does with its physical or mental body - and it may make a very warped thing if you keep it under cover or expose it too much! We are through for the present.

REPORTS OF READING 564-1 F ADULT

7/30/34 Letter from Dr. Frank P. Dobbins: "Mrs. [564] has had a few treatments and there is an unbelievable improvement. It is too bad that she couldn't have had this work from the beginning of her illness."

9/11/34 Letter from Mrs. [601]: "Mrs. [564] told us (about two weeks ago) how happy she was about the improvement in her condition since she has been taking the osteopathic treatments."

8/27/35 Mr. [257]'s ltr. to EC: "...If it were not for you, I suppose I'd chuck the whole thing some time ago but when I see your accomplishment, like in the case of Mrs. [564] from Detroit, where she was a hopeless cripple - and [1565] saw her last week in perfect health and fully restored - and Dr. Dobbins did the job - well, who am I to feel chagrined..."

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RHEUMATISM	

BACKGROUND OF READING 569-20 F 49

B1. See 569-19 on 6/27/29 for "rheumatism in arm".

B2. 9/10/29 She submitted questions about a painful, possibly fractured, wrist.

TEXT OF READING 569-20 F 49

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 13th day of September, 1929, in accordance with request made by self, through her cousin - Mrs. [538].

(Physical Suggestion)

1. EC: Yes, we have the body here, [569]. This we have had before. In some respects the physical conditions are bettered than that as we have had last. In others, accentuations in the absorption and eliminations are not as effective as we have had at other times. These need, however, only as we see - those of the same conditions as have been given for the accentuation of eliminations, so that the absorptions may be better coordinated in and through the system.
2. Keep, then, the care as respecting the diet, and keep those of eliminants WITH those vibrations [Radium Appliance?] as have been given. Ready for questions.
3. (Q) What is causing the trouble in the wrist, and what will relieve the pain?
(A) The massaging of same with those properties in Iodex, or such, will bring - eventually - relief for these. These are broken tissue, or seepages as produced - and are accentuated. Do not operate, for this would not heal - with the present conditions as exist.
4. (Q) Is this a fracture?
(A) Rather a seepage. It's a form of fracture. The antebrachium - small bone - forearm.

FRACTURES AND SPRAINS CIRCULATING FILE

5. (Q) Would a bandage relieve?

(A) No. NON-USE is the better! but the continued ATTEMPT to use - if used in a sling would be better than attempting to use it so much.

6. (Q) Any local application that will relieve the pain?

(A) As given, is the best as we find. Not much relief, until this can be changed - much better were the applications of the ultra violet over it, so that the healing would be direct.

7. (Q) Is the Petrolagar the best eliminant at this time?

(A) Better with the ambrosia weed [as in 569-9], and Petrolagar alternated at times.

8. That is all the questions.

9. We are through for the present.

REPORTS OF READING 569-20 F 49

R1. 6/4/34 See 569-21.

5. Also we find that those foods carrying the proper amounts or a little excess of calcium for the system will be materially beneficial; as turnips, parsley, parsnips, red cabbage, and things of that nature. Eat a great deal of the GREEN RAW vegetables, for these are the characters of things needed. This has nothing to do, of course, with the general amount of starches and carbohydrates and proteins necessary for the upbuilding, but these particularly should be a portion of the diet as they will be most helpful.

6. The rest we would keep.

7. And be careful that there is not an injury or the reinfection, or infection from any outside influences.

8. These, as we find, are the better conditions.

9. Ready for questions.

10. (Q) Are there any exercises I should give it to keep it from getting stiff?

(A) These may come a little bit later, when there is a better conditions; you see, there will be a good deal of exercise for the limb with the massage as indicated.

11. (Q) Is Dr. Gaither doing all that is possible to hasten recovery?

(A) It's alright.

12. (Q) Did adverse astrological influences have anything to do with the injury?

(A) Rather the mental attitude towards astrological influences, or in conjunction with one of those things that may be termed an accident or an incident to the affairs or conditions of the entity in its activities. Be patient. Be consistent with the THINKING in constructive ways, and these will clear a great many things for the body.

13. (Q) Is the body getting around too much?

(A) As just indicated, it has been.

14. (Q) Any further advice?

(A) Keep the constructive forces, mentally AND physically, if you would be rid of these conditions in as near normal way as possible under the circumstances.

15. We are through with this reading.

REPORTS OF READING 1005-11 M 26

R1. GD's note: Copied from Scientific Weight Control by James M. Booher, M.D., Copyright 1925, Continental Scale Works, Chicago, and added items from other EC rdgs.

CALCIUM: Turnips, parsley, parsnips, red cabbage, oyster plant, carrots, salsify, jackets of Irish potatoes, almonds, filberts, spinach, steel cut oats, whole wheat, whole rye, halibut, cheese, onions, garlic, rhubarb, milk, raw cabbage.

R2. 10/2/35 He thanked EC, saying he felt safe in his own mind now, he was following the massage as directed. "My foot seems to be getting along as well as can be expected under the circumstances. It isn't hurting much, but I still know that it has been cut!"

INDEX OF READING 1129-1 F 32

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BACKGROUND OF READING 1129-1 F 32

B1. In automobile accident yesterday afternoon; two or three ribs broken, etc. Family hysterical. Sister of Mr. [533] and Mr. [1130].

TEXT OF READING 1129-1 F 32

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 19th day of March, 1936, in accordance with request made by the mother - Mrs. [1409], through Mr. Hugh Lynn Cayce, and sponsored by Study Group #3 of the Ass'n for Research & Enlightenment, Inc.

(Physical Suggestion)

1. EC: Yes, we have the body, [1129].
2. As we find in the present, there are rather acute conditions that arise from injury externally. And while there is a great shock to the body mentally, physically, the breakings or fractures in the structural portions are clear; and have begun the activity of their recuperative forces being formed in the plasm of the blood supply.
3. Unless other emergencies or other conditions arise that are not apparent in the present, WITH the proper consideration given for the elements that are lacking in the system, the body should recuperate nominally from these abrasions, these shocks, and the conditions in structural portions.
4. There is naturally a call on the system in the present for the production of the lime, calcium and silicon in same.
5. Hence, even while there are those conditions being acted upon, we would add these in the system in the manner in which assimilations may take place; so as to add the elements that have been lacking and also to aid the general forces of the body to make for the faster and the greater recuperative powers in the body in the present emergency.

6. To be sure, in the present day, and in the evening and on the morrow, will be those periods of the greater excruciating pain; from not only the bruises but the strains upon the ligaments and upon the tissues of the system in the body's adjusting itself to the various functionings for the meeting of the conditions or emergencies.

7. We would not alter the taking of the sediments in the present. And until after these conditions have in a great measure begun to adjust themselves. But DO NOT allow the drosses of the system to become so much affected by the sediments as to work greater hardships upon the body.

8. In such an emergency, where the system has had the shock and where such activities have been caused in the system, we would use the C.R.C.'s - or the calomel, caroid and the vegetable elements as combined with same; that is, Calomel, Caroid, Rhubarb - C.R.C.'s. Take same of evenings, and follow these of mornings, when making for the body to rest the better.

9. Every second day, or on the evening or in the morning, we find it would be well to have an enema for the RELIEF not only of the destructive forces that become activative in the system, but for the resting of the body.

10. Also we find it would be MOST helpful to have a rub along the whole of the spine and along the limbs with equal portions (or half and half) of Olive Oil and Arnica. Of course, this should not be massaged over the whole of the area bruised, but where segments or the cerebrospinal and the locomotory forces coordinate in their activity. Heat the oil a little to pour these together and to stir. Then, shake them together and massage gently.

11. We would use Calcidin to make for easier breathing, and as an aid to the respiratory reaction from not only the activities of the iodine but the calcium in same. One or two tablets of a grain each taken during the day will be found to be most helpful.

12. In the matter of the diets, keep those that are body-building.

13. For the first two to three days, have little or no activity. Keep as quiet as may be possible.

14. If there is any reaction, or any activity that makes for disturbings - and temperature arises, then we may look for disturbing conditions. Unless these do arise, from over-excitement or overactivity, conditions should be GENERALLY on the improve. 15. Ready for questions.

16. (Q) Just how should the Calcidin be taken?

(A) As indicated, about twice a day - a tablet of one grain at a time.

17. (Q) Are there any serious internal injuries?

(A) As indicated, little or no serious internal injuries - as we find. Only strain and muscular forces. Little or no bleeding whatsoever internally.

18. (Q) Any suggestions regarding general health?

(A) As indicated, take advantage of these conditions by the addition of those properties to the system that will be most helpful for the body.

Keep the mental attitude in a constructive way and manner, of course. As much quiet and as much optimism about the body as possible, by those in attendance and near. Do these, as we find; these will be the most helpful.

19. We are through for the present.

REPORTS OF READING 1129-1 F 32

R1. 3/11/37 She obtained a Life Reading - See 1129-2.

R2. 9/3/40 Reply to Questionnaire:

(1) In your opinion did the analysis of the Reading cover the condition? Yes.

(2) Give symptoms of condition described correctly? Structural Fractures and great Shock mentally and physically. Bruises and strains from the ligaments and upon the tissues of the system.

(3) What was the physician's analysis of this condition? Broken Ribs.

(4) Have the suggestions given in the Reading been followed exactly as outlined? Yes.

(5) For how long? 5 Weeks.

(6) Describe the extent to which improvements have resulted? I am well, and am normal as I ever was.

(7) Comment. I am thankful for all has been done for me.

Date: 9/3/40 Signed: Mrs. [1129]

R3. 3/23/42 See 1129-3.

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BACKGROUND OF READING 1424-1 M 50

B1. Treated by Dr. Allen S. Lloyd & Dr. Foy Vann, St. Vincent's Hospital 11 wks., fell down step and broke leg up near hip - straight across; won't heal - suffered agonies; they drilled hole thru ankle and inserted wire to hold leg same length as other.

TEXT OF READING 1424-1 M 50

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 16th day of August, 1937, in accordance with request made by the self through his wife, Mrs. [1440], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Rev. [1466].

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mrs. [1440].

R E A D I N G

Time of Reading 4:00 to 4:30 P.M. Eastern Standard Time. ..., Virginia.

(Physical Suggestion)

1. EC: Yes, we have the body here, Mr. [1424].
2. Now as we find, the conditions that exist in the present and those that have caused same - while naturally bound together - are quite different.
3. From the lack of the plasm in the blood stream, there has been the inability for recuperative forces in the system to supply necessary elements and influences for proper coagulation.
4. Hence the condition that exists.
5. While the structural portions - that have been damaged - show a union, the knitting or healing has not been as efficient as yet as it should be.
6. The causes then are the lack of the ability of those sources from which the leucocytes emanate through the blood forces in the building of the red blood cellular force to cause the proper reaction.
7. There is help, relief - and as we find this may be brought to the body right speedily, if there is the creating for the system of the ability not only for the assimilation, from the food values, but the supplying and applying of medications as well as mechanical aids for correcting the lack of those elements in the hormones and in the blood for creating the proper coagulation.
8. Thus we will find changes coming to the abilities for the gaining of the strength, and the color - as indicated in the pallor or in the ashiness of the activities through the blood forces for the creating of those elements or pigments that make for a better coordination between the superficial and the deeper internal circulatory forces.
9. These as we find, then, need in the present more of nursing and care and precautions, and activities to bring these conditions about.
10. To be sure, as soon as it is practical, owing to the weakness, it is well for the body to be in the open; not in strong sunlight but so that the activities of the atmospheric reactions may be through the respiratory system; as well as through the applications externally and internally, as well as the activities to the body-functions themselves.
11. First, then, as we would give:

12. We would use the Radio-Active Appliance as an equalizer of the circulation that is apparent within the body-functions themselves. This, to be sure, would be the more effective to the body taken twice each day, rather than taken a full period once each day; and each time circulate or make for changes about the extremities, you see. These vibrations would make for easing the body, make for better rest, equalizing the circulation and producing for the body less tendency for irritation between the deep and the superficial circulation. Hence we would apply same for thirty minutes twice each day.

13. Also at least once each day we would, not just before the bath is given, but preferably of an evening, or afternoon - for it will not only tend to rest the body but will through absorption create for the superficial circulation better adaptation of the lymph to the assimilation (as would be created by the addition of those properties which we will suggest for the blood stream to produce red blood cellular forces), give the body a massage with a combination of these oils:

14. To 4 ounces of Witchhazel as the base, add - in the order named:

Compound Tincture of Benzoin.....1/2 ounce,
Oil of Sassafras.....1/4 ounce,
Oil of Wintergreen.....1/2 ounce.

15. These will naturally separate, but when they are to be used shake together, pour a small quantity in a saucer, and massage especially across the small of the back, across the ribs and the chest bone and across the hip and the limb - just what the body will absorb. These will make for ease. Then gently sponge off after this is given. It will produce a glow, and if it makes for an irritation, then use less and make the periods of application a little farther apart.

16. We would take internally, for producing the red blood cellular forces, those enzymes as combined in Ventriculin - without iron in the first series, but later - when the system can absorb or handle same through the assimilation - use with iron; that is, in the second series or period.

17. All of these suggested applications, except the Radio-Active Appliance (which should be used straight through), would be followed or given in periods; that is, for two weeks, then rest from same a week, then begin again. The Ventriculin with Iron then would only be begun in the third series of treatments; while the Ventriculin without Iron would be used in the beginning.

18. The dose would be a level teaspoonful once each day; this preferably of a morning, or between the morning and noon meals.

19. Do these all in the manners as indicated, and as we find within six to eight weeks we should find sufficient activity that the body may GRADUALLY resume activities; and these are as experiences for the body, mentally, physically.

20. For each accident, incident or experience should be, in the mental self, as that necessary to fit the individual entity for greater and better opportunities for service to Creative Forces or God in its experience.

21. Let the attitude then be CONSTRUCTIVE ever! See in the applications taken not just rote, not just something to be done, but - as the active force of every nature is God-influence working in and through the individual - see with each application the creating of energies necessary for bringing cooperation with the service the Creator would have thee render in thine experience.

22. For all become witnesses of His grace, His mercy, in the experiences of the activities in the material plane.

23. Hence, especially as there is the application of the Radio-Active Appliance each day - that creates the balance between the mental self and the physical self, the spiritual self - let the meditation, or thy prayer be - but rather put in thine own words:

24. LORD, I AM THINE. USE THOU ME IN WHATSOEVER WAY AND MANNER THOU SEEST THAT I MAY BEST SERVE THEE. AND IN MY RELATIONSHIPS WITH MY FELLOW MAN, LET ME BE AS A BEARER OF GLAD TIDINGS TO THOSE THAT WOULD KNOW THEE FACE TO FACE.

25. THINE, O LORD, I AM - THINE I BE. KEEP ME IN THE WAY THOU WOULD HAVE ME GO.

26. Ready for questions.

27. (Q) Why this accident, and for what purpose?

(A) As indicated; that there might be those influences in the experience that become as lessons. For whom the Lord loveth He chasteneth, and purgeth every one.

28. (Q) Please outline the diet.

(A) Keep away from those things that are acid-making, and adhere more to those that are body-building, those that are blood and bone building. For the elements in the Ventriculin are the basis upon which new energies may be create.

Hence the diets would be rather as these, as an outline:

Mornings - citrus fruit juices, or fruits, or fruits and cereals; but not cereals with citrus fruit juices at the same meal. Alter these according to those that appeal to the taste of the body.

Noons - broths, as from concentrated meats or vegetables or both, but not that with much grease in same.

Evenings - well-cooked vegetables; and the meats should consist principally of fish, fowl and lamb - and especially wild game as much as possible; or the fowl - preferably the water fowl.

These should form rather the basis of the diet.

29. (Q) What is the best solution for nursing now, and after school starts? [When wife, [1440], starts teaching] Should a practical nurse be obtained? If so, where and how?

(A) As we find, by the middle or the 10th of September there should be sufficient recuperations that there will not need to be so much then of the nursing. Hence then there may be had, if so desired, one to look more after the body and to care for same - but these attentions as we find may be best had from neighbors.

30. (Q) What mineral and body elements are needed?

(A) As indicated, the basis is found in the enzymes that make for the better coagulations - through the Ventriculin; carrying A and D and G of those activities that are influences in body-building; and then the salts from the vegetables and broths supply those necessary for the body.

31. (Q) About how long will it be before the body will be able to walk?

(A) It should be by the middle of October active again in most every manner, if there are the responses such as we find are indicated as possible. KNOW that prayer must be the basis of the hope and the expectancy. Those that expect little of the Lord receive little; those that expect much receive much - if they live it!

32. (Q) Is the bone hardening as it should?

(A) As indicated, it is lacking in the elements of body and structural building. With the rubs across the ribs, HERE we have the area from which the red blood cells emanate - hence the massages in the area here, while over the area of the brachial there would be the massage also but not as much - just sufficient to keep the activative forces in the body carrying on, as it were.

Do these and we find we may EXPECT, and we will bring, the better influences for this body.

33. (Q) Any trouble with knees, and what from?

(A) Little or no trouble here, if the circulatory forces are set up to meet the conditions here. Where the cartilaginous forces about the knee are affected, this is from lack of circulation being properly distributed. Hence the use of the Appliance for this with the applications of that suggested.

Do that.

34. (Q) Why did he walk so peculiarly, like a duck?

(A) As we find, this was from the lack of the coordination between the upper portion of the lumbar axis. Hence as indicated, these are the portions where the massage must be given with the oils, across the lumbar, cross all the portions from which the axes work. This is better than attempting to make adjustments and manipulations.

35. (Q) Will the cast he has now interfere with the treatments?

(A) Not in the present. These will not last as soon as this may be taken off, and we will have it off before the 10th of September - if we will do these!

36. We are through for the present.

REPORTS OF READING 1424-1 M 50

R1. 8/30/37 See 1424-2.

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BACKGROUND OF READING 1424-2 M 50

B1. See 1424-1.

TEXT OF READING 1424-2 M 50

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 30th day of August, 1937, in accordance with request made by the wife - Mrs. [1440], Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mrs. [1440].

R E A D I N G

Time of Reading. 4:05 to 4:25 P.M. Eastern Standard Time.

.. Ave., ..., Va.

(Physical Suggestion)

1. EC: Yes, we have the body here; this we have had before.
2. As we find, all conditions look much brighter about the body.
3. There is better attitude, there is a better general physical reaction than there has been heretofore.
4. To be sure, there is not sufficient as yet for the removal of the cast, but this IS healing in such measures that within the next ten days or two weeks this can be removed.
5. THEN WE WOULD HAVE a massage of the limb, and across the lower portion of the lumbar and sacral, with pure Olive Oil; to feed the skin to make for a better activity through the tendons and muscular forces.
6. For the present, we would keep the Appliance in the order and manner indicated.
7. The diet may be changed a little at a time to more of the solid; not a great deal but more and more of the solid foods. Keep the Beef Juices and the Ventriculin, for these will make for blood building. For we find there is an increase in the supply of blood, and necessarily this has created and does make for the necessity of activity as much as the conditions permit; that is, the general or gradual use of the body in moving from one position or place to another.
8. Keep in the open as much as possible.
9. This necessitates, of course, being careful about the eliminations, also the increased food supply.
10. But these kept as we find are making, in all ways and manners, decided improvements for the body. Ready for questions.
11. (Q) Could cast be improved in any way?
(A) Not in the present. As we find in ten days to two weeks it should be taken entirely off.
That will necessitate, of course, brace for a while, and care; but these with the massage and the rubs as indicated, and with the care and attention, will, of course, let the body gain the much faster.
12. (Q) When should we have the next X-Ray picture made?
(A) In ten days.

13. (Q) Must the body rest after using the Radio-Active Appliance, and how long?

(A) As we find a rest of about thirty minutes is the most effective way. For the activities of the low electrical vibrations created are to equalize the circulation. Then to become active immediately afterward is like violent exercise just after eating a meal when the circulation is centralized in portions of the system for a definite purpose.

Then rest a bit and this makes for more effective activity.

14. (Q) Has the diet for last two weeks been satisfactory?

(A) This has been very good. As indicated, this can gradually - not fast but gradually - be changed to solid foods that are desirable, or semi-solid foods that are desired by the body.

15. (Q) What quantity of beef juice to be taken daily?

(A) At least two tablespoonful, but no fat in same. A tablespoonful is almost equal to a pound of meat or two pounds of meat a day; and that's right smart for a man that isn't active!

16. (Q) Is it right to take the Alophen pill at night as he has been doing?

(A) As has been indicated, it is necessary that there be the proper eliminations. As we find, without the activities and with that little that can be taken, it would be preferable to take the Psyllium; though the Alophen is well to take at times. And the Psyllium is not too rough for the system; about a tablespoonful twice a day. This, of course, is put in hot milk or hot water and allowed to jell; and the jelly may be taken with the meal or taken alone; preferably with the cereal of a morning and with the curds or with the supper - or in the evening meal.

17. (Q) Should he take the Tissue Building Tonic the doctor has prescribed?

(A) It counteracts some of those things. As we would find, WITHOUT this would really be better; for it sours with some of the other activities and thus produces some little gas - as has been experienced by the body.

18. (Q) Why is there so much soreness in injured ankle and foot?

(A) It is just as the RENEWING of the conditions or the circulation. The tightness and the greater supply of blood naturally makes for the soreness and tingling. This is a natural condition and that's why, as indicated, the oil rubs should be used when the cast is removed.

19. (Q) Has the bone healed from the inside where the pin went through?

(A) As indicated, this is healing; not entirely healed but healing.

20. (Q) Any treatment for same?

(A) None just in the present other than the general condition as given for the local application.

21. (Q) What is the condition of the knee, and suggest treatment?

(A) Under the present existent conditions there is little save the diet and the care and those directions that may be done. After the removal of the cast, then we find this will respond to the massage and the general activity - and will be better. There has been sort of a tendency for the effect of rickets, or a ricket condition or softening bone; and this tends to produce in the body accumulations or serums or fluids, see?

FRACTURES AND SPRAINS CIRCULATING FILE

These with the activities, these with the application and the equalizing of the circulation, should overcome much of these conditions.

22. (Q) What causes the left foot to swell and turn purple when walking?

(A) Pressure, the activity of the NON-flow of the circulation its proper form and manner. All of these will necessarily have to be part of that activity, soon after the removal of the cast - when it is practical.

23. (Q) How soon and for what length of time can he get out in direct sunlight?

(A) Just as soon as he can make it OUT. As there is the waning of the season, it would be found that more and more of the body may be in the direct sunlight.

24. (Q) How soon will he be able to go to the office to work?

(A) Well, this is like asking how soon is tomorrow! This depends on too many. This is a conditional condition. The responses of the body, the attitude of the body, the general reactions. But as we would give, in three to four more weeks we should see so much improvement he will be hard to keep away!

25. (Q) Will the left foot come back to its normal position as the leg heals?

(A) It should.

26. (Q) Should I consult Dr. Graham, bone specialist in Richmond?

(A) This is a matter of choice. When we find the conditions as will be necessary for consideration, give at least ten days or two weeks of the rubbing before you begin to consult any, and then you will find that "Well, what you are doing is very good and we wouldn't make much change," (if they are honest in their opinions!).

27. (Q) Should the massage of the ankle and foot by the friend's healing hands be continued?

(A) This is good.

28. (Q) How often should the massage with the Olive Oil be used a day when begun?

(A) Twice; morning, evening.

29. (Q) When the brace is put on, must it be taken off at night?

(A) It should.

30. (Q) Has the treatment since the accident been just as required for his best good?

(A) These, all things considered, yes.

31. (Q) Just what has been effect of the Radio-Active Appliance?

(A) Equalization.

32. (Q) How much pressure and how often should be put on the foot to help the knitting?

(A) This is, as has been indicated, a general activity of the body. It allows precautions, but just sufficient to make for the moving about the body, see? without being undue active to same.

33. (Q) Just what should be our attitude towards the present doctors?

(A) A loving indifference.

34. (Q) Has body cooperated with treatment and what is next concentrated thought and action on his part?

(A) Very good.

FRACTURES AND SPRAINS CIRCULATING FILE

35. (Q) What is next concentrated thought and action on his part?
(A) Keep on keeping on, or do not become discouraged at well-doing.
36. (Q) What is the actual condition at the point of the break.
(A) Beginning to knit.
37. (Q) Why did the tests taken at the hospital in the beginning not show that the break wouldn't heal?
(A) Did; not read right!
38. (Q) Had this accident any connection with his painting, or for the purpose of his painting?
(A) Opportunity; depends upon the use of same. Every experience and condition is a useful experience, and these are either made as stumbling-blocks or stepping-stones. Use them as they come.
39. (Q) What suggestions for finances concerning this accident?
(A) These must be worked out in the way that seemeth the best under the existent conditions.
40. We are through with this Reading.

REPORTS OF READING 1424-2 M 50

R1. 8/31/37 He obtained a Life Reading - See 1424-3.

R2. 9/18/37 He obtained another Physical - See 1424-4.

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BACKGROUND OF READING 1424-4 M 50

B1. See 1424-1 through 1424-3.

B2. 9/18/37 Wife, Mrs. [1440], phoned these questions:

1. How well has the knitting taken place? 2. Just how should the Olive Oil rubs be continued now? 3. What mode of treatment is suggested now? 4. Any changes from former treatments, or additions? 5. What about diet now? 6. Should Ventriculin be continued? 7. Any suggestions as to how he may help himself to walk better? 8. Why can't he lift the foot enough? 9. Why is there the appearance of paralysis when the foot is in a certain position? 10. Any suggestions to remove this condition? 11. Is the sciatic nerve caught some way in the foot? 12. In just what condition is the sciatic nerve? 13. What causes and what may be done to remove the little place on his eyelid? 14. Is general condition better? 15. He's been going back to work all this week. Any suggestions? 16. When should the next X-Ray be taken? 17. Did the X-Ray today show the true condition? 18. In what condition are his kidneys? 19. Please give any further advice as to proper care.

(X-Ray this a.m., shows knitting isn't sufficient to remove cast; just got back from doctor and no one to leave with Mr. [1424] so can't come down.)

TEXT OF READING 1424-4 M 50

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 18th day of September, 1937, in accordance with request made by the wife - Mrs. [1440], Associate Member of the Ass'n for Research & Enlightenment, Inc.

(Physical Suggestion)

1. EC: Yes, we have the body here; this we have had before.
2. As we find, the body continues to be on the improve.
3. Naturally, there are those reactions that make for disturbances with the activities, with the hindrances from the normal activity of the body.
4. Yet if much of that as we have indicated is kept, we would find continued improvements.
5. As has been indicated, there is not the full, complete knitting of the structural portions; yet this is much improved from that as has been indicated heretofore.
6. The low resistance, the lack of the hormones and of the circulation to have sufficient of the calcium and the system to produce same, this shows the very nature that there is improvement.
7. Then, as we find, we would continue with these:
8. We would use the Radio-Active Appliance as has been indicated, making the rotations in the connections to the body as has been outlined.
9. We would have the Oil Rubs; these to be sure, over those areas of the cerebrospinal system so far as is able to be made; this at the base of the cerebrospinal system and the head of the nerves of the lower limbs.
10. We would continue with the Ventriculin for the aid this gives to the blood building forces.
11. We would have the diet continued much in the same manner as has been outlined.
12. To be sure, with the activities of the body, there is the necessity of being precautions as to overdoing or overweight, overstraining upon the limb, that has made for the conditions.
13. These with the precautions, as we find, are the better for this body in the present.
14. Ready for questions.
15. (Q) Any suggestions as to how he may help himself to walk better?
(A) This, as has just been indicated. There needs to be the precautions taken as to how there are the activities of the body itself, see? as to the use of it, as to the use of the limb, you see, so there is not the overstrain or the overtaxing of the body.
16. (Q) Why can't he lift the foot enough?
(A) Owing to the heaviness of the cast, owing to the general weakness that has been exhibited. Thus the necessity of the strengthening by the rubbing and by the activity gradually taken on.

17. (Q) Why is there the appearance of paralysis when the foot is in a certain position?

(A) The same as would be with any limb held in certain position, so that owing to the pressures the nerve impulses are cut off. This is a natural consequence; not an unusual thing considering the conditions.

18. (Q) What is the condition of the sciatic nerve?

(A) As may be indicated by the inabilities of the activity of same, the low resistance that has been in the body, this is naturally weak. With the massages, and as the conditions improve, this should be made to be brought to nearer normal.

19. (Q) What causes the little place on his eyelid and what will remove it?

(A) Cyst as from a breaking of cellular forces. Massage with the pure Castor Oil.

20. (Q) He's been going back to work all this week. Any suggestions?

(A) Only those precautions as given.

21. (Q) When should next X-Ray be taken?

(A) In ten days.

22. (Q) Did the X-Ray today show the true condition?

(A) Very good.

23. (Q) In what condition are his kidneys?

(A) With the activities and the natural accumulations from poisons and changes, these show some overactivity - but this is a nominal thing if the diet and the activity are not made excessive.

24. (Q) Is the sciatic nerve caught some way?

(A) We do not find it so.

25. (Q) Please give any further advice as to proper care.

(A) As has been indicated, keep those precautions and activities and applications as suggested. Keep the mental attitude in that of constructive thinking. No animosities, no regrets for any of the activities that have been. Use that in hand, and the opportunities day by day.

26. We are through for the present.

REPORTS OF READING 1424-4 M 50

R1. 8/11/49 Wife, Mrs. [1440]'s letter: "[1424] died 6/28/48 - I have proof every day that he still lives - we made a pact that whichever went first would come back to prove to the other. I have definite proof."

INDEX OF READING 1697-1 F 59

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BACKGROUND OF READING 1697-1 F 59

B1. 4/18/38 Friend Mrs. [2470]'s letter:

Poor Mrs. [1697] has been so ill for so long. It is a co-incidence, she was hurt on a Bus on the very day [1519] was taken ill 1/17/38, and believe it or not, I was out to see her last Sunday and she is still in bed. When they sent for me, of course, the first thing I recommended was a Reading to which they acceded, only that her case involves a law-suit and of course have to have doctor's evidence, but they have been so long trying to diagnose her case. Finally they decide it is a brain clot. She has vomited continuously, and her head shakes, etc. I have begged at various times for a reading, and let her be treated to get her well regardless of the outcome of the trial for damages, but of course, not being my own family, I could not control the situation. She still mentions she wants to get a reading, and states her faith in same.

TEXT OF READING 1697-1 F 59 (Registered Nurse)

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 2nd day of October, 1938, in accordance with request made by the self through her husband - Mr. [1757], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Mr. [556] and Mrs. [2470].

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mrs. [1697], Mr. [1757], Mrs. [2470] and Mr. [556].

R E A D I N G

Time of Reading 4:05 to 4:40 P.M. Eastern Standard Time. ..., Virginia.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; with suggestions for help and relief of this body, giving cause of the existing conditions, answering the questions she submits, as I ask them.

2. EC: Yes, we have the body here.

3. Now as we find, there are specific disturbances that cause many varying characters of reactions in the system. These as we find are affectations through the nervous system and the reactions and effects are upon the nerve and the muscular systems; and the functionings of organs become involved in same.

4. These then are conditions as we find them with this body, Mrs. [1697] we are speaking of, present in this room:

5. First, IN THE BLOOD SUPPLY, we find there are those disturbances in the impulse for the circulation through portions of the system, both as to nerve and blood supply; that are allowing a condition of atrophy to begin - as indicated in the arm and the limb and side of the body.

6. These, as may be indicated then, are pressures in the cerebrospinal system; and the effect is both to the superficial and the deeper impulse of nerve as well as blood supply.

7. Thus the blood is becoming gradually impoverished by the lack of proper nutrition from not only the structural portions of the bodily forces themselves but from assimilations to supply the sufficient numbers of the white as well as red blood supply.

8. These, to be sure, are only EFFECTS - as we have indicated - that are being created in these portions of the system.

9. IN THE NERVOUS SYSTEM, OR SYSTEMS, here we find the sources of the greater disturbance in the physical body. As indicated, these are both of a superficial and a deeper circulation. Not only is there the tendency from a fracture in the cervical but from a subluxation in the coccyx portion of the spine also.

10. Hence, as indicated in the reactions produced, we have had recurrent conditions when there has been the inability of activity to portions of the muscular forces, or the nerve system, through the reflexes of the muscular forces in the left side (but from the right portion of the cerebrospinal system, or coming from same).

11. Also there have been those tendencies from such reactions to upset the assimilating system.
12. Thus there has been the tendency through the superficial or the lymph and the emunctory activity of the digestive system to produce regurgitation. And the activity arises not only from the activity to the duodenum and the stomach proper, as for nausea, but really begins lower in those areas just above the navel plexus, and comes as it were upward. This is a reflex activity.
13. As to the activities or conditions existent:
14. From external pressure there has been produced in the 2nd and 3rd cervical an injury to the cartilaginous force as well as an end or portion of the segment itself. Not a broken vertebra, but rather - from the age, from the very nature of the pressure produced - the connection between the segment or structural portion AND the cartilaginous forces, or the impaction that lies between the segments themselves.
15. Also there has been the pressure upon the 2nd and 3rd points from the coccyx end of the spine.
16. Hence as indicated there have been the reflex conditions to the gastric flows of the digestive system. The effects are gradually being produced upon the body. As indicated, with the impulses from the upper portion of the vagus center, or from the segment area indicated, there is gradually becoming more and more of an impoverishment of the impulse of the circulation, both through the blood and nerve supply - to the left arm, left side, and the limb. Unless there are measures taken for correction, all of these will gradually become more and more involved; as also the sensory system, especially as related to the activities of the auditory forces as well as the vision and the nasal passages.
17. All of these are reflex, however, and become involved more through an upsetting through congestion of cold, or in other manners become upset through impulses received - if there is a superacidity produced in the stomach or digestive forces themselves.
18. The pain then arises first from such in those areas indicated as a part of the jejunum strain produced by the sublaxation, or bending - as it is in fact - in the coccyx areas; as well as the eliminations becoming involved at times from these same causes; as also the activities from the lower hepatic circulation, the kidneys and bladder become part of the disturbances.
19. But these are, as given, reflexes.
20. First there must be the PREPARATION for corrections, then; owing to the very nature and location of impairments in the impulses of the cerebrospinal system and from the very CHARACTER of these also. For these have been of such long standing, now, that they - the disturbances, or injuries - are becoming static, or supplied from the very blood supply CUSHIONS as it were that have been thrown about the areas by the circulation to prevent disturbing conditions. These are growths, in a form, that are only lymph and some cartilaginous forces yet; but these may be reduced in such a way that the correcting of same may be made so as to relieve the pressures and thus forestall or stop an again rebuilding of the deficiencies in the circulation to the afflicted portions of the limb and body; as well as removing the conditions that affect the internal organs' activity.

21. Begin then first with an oil rub to be given and prepared in this manner:
22. To 1 quart of Gasoline (not that which is colored by an addition of other properties, but straight gasoline), add - IN THE ORDER as given; not just at any time, but AS HERE INDICATED:

Camphor Gum.....1/4 ounce, dissolving this in the Gasoline before any other properties are added.

Then add:

Oil of Peanuts (Pure Peanut Oil)...1 ounce,
Oil of Cedar Wood.....1 ounce.

Each time this is used, shake the solution well before it is used; as it will tend to form (with these combinations) sediments - as will be necessary in the application to the body.

23. Use this rub about once a week for two or three weeks, and begin in this manner: Begin at the base of the brain and massage downward, gently, all the body will absorb, in a rotary motion on either side of the spine; especially at the 3rd cervical, extend the area to that almost AROUND the neck. Then the 2nd and 3rd dorsal, this should be extended also to the lower portion of the arm muscles, especially to the left side. Then the 4th lumbar, or at the lumbar axis, extend this across the hip muscles and bones, or to those centers from which the sciatic nerves receive their impulse from the balanced force of the pelvic bone. In the sacral and towards the end of the spine, then. This will necessitate being done VERY gently; and GRADUALLY worked. Take at least half to three-quarters of an hour in making the application; and use just what the body will absorb. It had best be put on by dipping the hands or fingers in the solution, poured into a saucer. Of course, keep away from flames or cigarettes or any nature of such during the time this is being applied.

24. After the third such treatment or rub with the oils, in the manner indicated, and the body has rested a day, we would THEN have an adjustment - very gently made. Unless this is GENTLY made, there may be more HARM than help done. But it is necessary that there be an alignment. And if this oil massage is used as indicated, to produce the proper condition in the segments along the spine, and the cartilaginous forces in between each segment or vertebra, we should have little or no trouble in producing perfect alignment.

25. It is not necessary that there be the use of casts for maintaining the proper position, IF this is PROPERLY done!

26. As we find, such as Hudgins would be the more preferable in such conditions.

27. The adjustments, of course, are to include the whole of the cerebrospinal system. The greater care is to be taken through the CERVICAL areas AND through the coccyx area. The others are rather COORDINATED with the conditions as corrections are made in those specific centers.

28. There will need to be at least six to ten adjustments and general treatments osteopathically given. When first begun, the frequency of the treatments will depend upon the manner in which the body responds. And rest sufficient time AFTER the adjustments for the body not to be overtaxed. Rest for at least an hour after each treatment. These would be about twice a week until at least half

the number are given, then they may be made a little farther apart - or two in ten days then would be sufficient, until the twelve or fifteen are given.

29. In the matter of the diet: After there have been at least two of the adjustments made (and the massages have been kept in the manner or nature indicated), there should be added or supplied certain character of food values. For these massages and treatments will have produced a reaction in the whole of the impulse system that will vary, and there will be produced a gnawing as it were in the pit of the stomach.

30. Then, in the present conditions and those that are to arise - or that will arise with these treatments followed as indicated, we find that there should be especially for the body more than an ordinary quantity of calcium AND iodine. Hence quantities of fish should be a part of the diet; NEVER fried, but broiled, roasted, boiled or the like. THAT is the better manner for obtaining the iodine. Do not use too much of shell fish, though if the appetite calls for same it may be very well occasionally.

31. Use Calcios as the source of the necessary calcium. This is easy of assimilation and will build the strengthening of the body in such manners as to maintain a better structural condition for the supplying of blood forces.

32. Ready for questions.

33. (Q) What part of body was injured in bus accident?

(A) As indicated.

34. (Q) What is cause of shrinkage of left arm?

(A) As given.

35. (Q) Give cause and relief for continued vomiting?

(A) As indicated, the removal of the pressures that cause same.

36. (Q) What causes peculiar noise in head?

(A) As just given, the pressures to the vagus center as related to the sensory system.

All of these have been covered. Do these things as indicated if we would bring a better condition for this body. We are through for the present.

REPORTS OF READING 1697-1 F 59

10/30/38 Husband's letter:

My Dear Mr. Cayce;

We have finished with the massages which were to be given one a week for three weeks. They have seemed to help my wife some. She has had one adjustment by Dr. Hudgins. This seemed to give her quite a shock at first but the Dr. seemed to think that would be natural for the first two or three treatments.

She is to see him again about Tues. Nov. 1st. We will keep you advised as we proceed with treatments.

Yours very sincerely, [1757]

11/8/38 Husband's letter:

My Dear Mr. Cayce,

Mrs. [1697]'s condition seems to have improved, her progress to date is very satisfactory. She has had three treatments by Dr. Hudgins. I am to take her for another today. Thanks again for your kindness. I am, very truly yours, [1757]

FRACTURES AND SPRAINS CIRCULATING FILE

5/29/39 Reply to Questionnaire: OSTEOPATH'S Report to
Association For Research And Enlightenment, Inc., Virginia Beach, Virginia
Date of Reading: -10/2/38- Case No.: 1697-1

Note: As a research organization we are endeavoring to make a thorough study of psychic information in relation to human ailments. We will deeply appreciate your cooperation in securing a thorough report on this case.

Name: [1697]

- (1) (A) Did the Reading presented to you describe the condition of the patient?
- (b) Explain any variation. (c) Give technical diagnosis. (A) Yes. (b) [No response] (c) Fractured neck.
- (2) Were the suggestions for treatments in your opinion proper for this condition? Yes.
- (3) For what period of time has the patient followed directions given in the Reading under your care? 2 months.
- (4) What results have you observed? Cured or improved beyond my expectations.
- (5) Comment.

Date: 5/25/39 Signed: Hudgins - D.O.

8/23/40 Reply to questionnaire:

Association For Research And Enlightenment, Inc., Virginia Beach, Virginia
INDIVIDUAL CASE REPORT

Date of Reading: Oct. 2, '38 Case No.: 1697-1

(PLEASE ANSWER THE FOLLOWING QUESTIONS CAREFULLY)

- (1) In your opinion did the analysis of the Reading cover the condition? Perfectly
- (2) Give symptoms of condition described correctly? Atrophy had begun in side of body. Blood impoverished, nervous system in disorder, nausea
- (3) What was the physician's analysis of this condition? Fractured neck. Pinched nerve. Didn't know the cause of nausea.
- (4) Have the suggestions given in the Reading been followed exactly as outlined? Yes, as far as I was able.
- (5) For how long? About two mos.
- (6) Describe the extent to which improvements have resulted? I have almost entirely recovered.
- (7) Comment. It saved my life.

Date: 8/23, 1940 Signed: [1697]

11/9/40 See 1697-2.

5/4/46 Husband's reply to Questionnaire:

Report Form For Association For Research And Enlightenment, Incorporated
Virginia Beach, Virginia

Name of Patient [1697] Case No. 1697 Address ...

Age at date of reading 57 Sex Female Date of Reading Oct. 2nd 1938

Chief Complaint Brain Concussion and fracture of spine.

Date of Onset. Jan. 1938

FRACTURES AND SPRAINS CIRCULATING FILE

Duration Two or three years.

Reoccurrence Gradual improvement as a response to treatments.

Intensity Partial paralysis of left side with a continual reoccurrence for several months of vomiting spells.

Physicians' Diagnosis and Treatment: Brain Concussion and fracture of spine.

Reading's Recommendations:

1. Oil rub with combination of ingredients. Gasoline. Camphor gum, Oil of peanuts and oil of cedar wood followed by a series of adjustments by Dr. Hudgins, Osteopathic physician

Duration of Treatment: No. of years - Months 1 - 1 1/2

Results of Treatment: Cured Relief yes Failure

At the end of 1 year Much improved 2 years Able to use arm 3 years Able to go about work, vomiting greatly reduced.

Date May 4th/ 1946 Signed [1697]

Note: Please give name and address of any physicians who helped you carry out your reading.

Dr. Hudgins, Osteopathic physician Banker's Trust Bldg. Norfolk, Va.

5/5/46 Husband's letter:

To the Association of Research and Enlightenment.

Owing to the limited space on your questionnaire, it is impossible to describe in full detail the intensity of my wife's condition at that time, and at the same time, explain the efforts made by other doctors at the Norfolk Gen. and Dukes Hospitals.

While the diagnosis at Dukes were practically the same as given in the reading, they did not seem to know just what to do with her case.

The praise we both have for Mr. Cayce's work in the treatment of the human body would take too much time and space for me to attempt at this time.

Very truly yours, [1757]

R9. 3/12/80 GD's note: Mr. [1757] died 4/5/65, at age 87. Mrs. [1697] died 1/13/80 at the age of 101!

INDEX OF READING 1715-2 M 14

Electrotherapy: Violet Ray: Injuries Par. 7, 10-A, R3

FRACTURE: ARM: CURED

Physiotherapy: Massage: Myrrh: Injuries Par. 6, 9-A
: Oils, Olive: Par. 6, 9-A
: Sassafras Oil: Par. 6, 9-A

BACKGROUND OF READING 1715-2 M 14

B1. Boy's arm had been broken and had apparently not been set properly; it had healed improperly; the hand or finger was showing a stiffness and a drawing. Family very worried about him. Nerve in little finger was injured and finger is sensitive to touch.

B2. 5/18/28 Mother's letter: "It seems to me that his left hand is smaller than his right."

TEXT OF READING 1715-2 M 14

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Virginia, this 5th day of June, 1928, in accordance with request made by his mother, Mrs. [522].

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also the treatment for the cure and relief of this body - especially the condition in the arm that has been broken and the drawn hand or finger. You will answer any questions I may ask you regarding same.
2. EC: Yes, we have the body here - this we have had before, you see.
3. Now, we find the general physical conditions of the body are very good.
4. Those specific conditions that have to do with the injury as received in arm are not good.
5. While there may be too much done to rectify the improper handling or reducing of the condition that occurred; yet there may be given or added those conditions that would relieve much of this condition and rectify much that has been caused; yet the stiffness, or the tendon, will not be loosened, even by this manipulation, or by the handling of the condition, in its entirety.
6. The better applications will be to keep the general health good, see? and to massage into the arm (not hard; gentle - and after the second treatment so much of the soreness will be relieved), at least once each day, equal parts of olive oil, tincture of myrrh, and sassafras oil. Heat the olive oil, add the myrrh and the sassafras oil. Only prepare sufficient for one treatment, or for each treatment - which should be at least a tablespoonful of each.

7. Each third day apply the Violet Ray to the central plexus from which there is the radiation of nerve impulses for the arm. Occasionally - once a week or once in two weeks - this may be gone gently over the arm, but not at first.
8. Following these, as we find, would bring the better conditions for the body. Do that. Ready for questions.
9. (Q) Should the olive oil and myrrh and sassafras oil be massaged over the whole arm and hand?
(A) From tip of finger to the brachial plexus.
10. (Q) Just where is the center where the Violet Ray should be applied?
(A) Just below - just above - the brachial plexus.
11. (Q) Will the finger always be drawn?
(A) Dependent upon the response, as has been given, to these conditions.
12. We are through for the present.

REPORTS OF READING 1715-2 M 14

R1. GD's note: The condition cleared up with the following of the suggestions in the reading. Two years later when I saw [1715] for the first time, there was no noticeable difference in his right and left arms and hands. He was quite active in sports, etc.

R2. 7/19/30 Young [1715] obtained a Life Reading. See 1715-3.

INDEX OF READING 1736-5 F 65

ANEMIA

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ELIMINATIONS: POOR

INJURIES: FRACTURES: AFTER EFFECTS

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BACKGROUND OF READING 1736-5 F 65

11/2/38 Sister [501]'s letter to EC:

Mr. Edgar Cayce,

Dear Sir,

Enclosed please find check for \$10.00 for a reading to be given for my Sister [1736] in whose name I am writing. Ten & 1/2 weeks ago she fell & fractured her right arm near shoulder & had an internal hemorrhage. The X-ray pictures showed this fracture.

She still has so much pain that she would like to know from you has the break knitted properly & is there any trouble in the shoulder & elbow besides the arm fracture? Also what would be the best treatment for same?

She would also like know about her general physical condition & how best to improve it. How is the heart. And how are the kidneys, also the spine & what is best for occasional constipation? Yours very truly [501], Brooklyn, Nov. 2, 1938

TEXT OF READING 1736-5 F 65

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 7th day of November, 1938, in accordance with request made by the self through her sister - Miss [501], Associate Member of the Ass'n for Research & Enlightenment, Inc.

1. GC: You will give the physical condition of this body at the present time, with suggestions for further corrective measures; answering the questions which may be submitted, as I ask them:
2. EC: Yes, we have the body, [1736]; this we have had before.
3. There are changes in some ways in the general physical forces of the body since last we had same here. Some are in a manner an improvement; others show conditions that are in the position, without some activity in specific directions, to cause greater disturbance.
4. These are the conditions then as we find them with this body, presently:
5. There is still a lack of the efficient red blood supply, and especially in those directions where perfect coagulation may be carried on.
6. Hence the acute condition where there have been injuries to the structural portions has suffered and does suffer because of this lack.
7. While there has been a condition from the fracture, still there is lack of sufficient of the calcium throughout the blood stream to make a perfect union, or to remove the disturbance in the muscular force as well as the tendon about the edge of the edge of the elbow and through the muscular center or adhesive portion to the bone through a part of the shoulder.
8. Hence a great deal of disturbance and anxiety arises from this condition.
9. Also we find there is still a great deal of disturbance produced in and through the functioning, or lack of functioning, to the organs as related to eliminations.
10. These add their part, as it were, to the disturbance in allowing poisons or accumulations to become a general condition of the system.
11. As we find, then, in making for the better corrective forces in the present:
12. For a period of at least three containers of same, we would take consistently the properties found in Calcios. Take this once each day, about the quantity sufficient to spread over a wafer or a Sunshine cracker. It would be preferable to take same in this manner.
13. Also we would be very mindful of the eliminations, using the Psyllium Seed (preferably the Blond) as weight, but using oil as a lubricant for the system. For this body, the oil would be taken preferably in this manner: About twice a day take a small quantity of Olive Oil, about half a teaspoonful, between the morning and noon period, and between the noon and the evening meal period. Afterwards a cracker may be eaten if desired, to take the taste from the mouth. Of an evening before retiring take a tablespoonful of Russian White Oil, or Usoline. Do this at least five days out of each week, see?
14. When necessary, and each day if there is not an elimination - even with partial elimination, use high enemas to cleanse the colon. This will aid in correcting the disturbance in this direction; just as the addition of the calcium through the Calcios will aid in the circulation, the heart's activity, and the variations for the better assimilation.

15. For the local conditions in the arm and shoulder (which as we find it would be well to consider also), we would massage the arm and shoulder about - or at least three times a week, in the evening, with a saturated solution of fine salt and pure apple vinegar. The table salt which is iodized would be preferable to use. Let this be so that it is a saturated solution, you see, but massage gently and thoroughly INTO all of the area across the shoulder, the arm, the elbow, and even to the hand. It would be well for this to be left on overnight, you see, by a loose bandage about same - not tight sufficient to stop circulation, but a loose bandage, just over the area where this saturated solution has been applied. Of a morning sponge same off, and massage THEN into the arm a compound prepared in this manner:

16. To 2 ounces of Pure Olive Oil, add (in the order named):
Oil of Sassafras.....1/4 ounce,
Pine Needle Oil.....1/2 ounce,
Witchhazel.....1 ounce.

These to be sure will tend to separate, but shake together and pour into an open saucer just sufficient to be massaged from the finger tips toward the body. Massage around the arm, around the elbow, over the upper portion of the arm and over the shoulder. This as we find will bring the better conditions for this body.

17. Be mindful that the foods are those of body and blood building. Beef juices would be well to be taken AS medicine, not as a drink or as soup or food, but medicine; thus sipped - a teaspoonful once or twice a day - would be MOST helpful.

18. Of course, whole wheat or cracked wheat or crushed wheat, cooked well, would be good - with cream or milk. Not a great deal of sugar, but plenty of the cream or milk. Have such as a part of the diet at least two or three times each week.

19. Do these.

20. Ready for questions.

21. (Q) How is the heart?

(A) As indicated, it will be much improved with the taking of the Calcios.

22. (Q) How are the kidneys?

(A) These will be helped by the use and the absorption of the Olive Oil and the general eliminations improved.

Do these for this body.

23. We are through with this reading.

(Calcios is manufactured by The Colloidal Health Products Corp., Greenvale, Long Island, N.Y. It is a syrupy paste and sells for \$2.50 a jar. It is the best way for taking free calcium. See Beef Juice directions [which were enclosed].)

REPORTS OF READING 1736-5 F 65

None.

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BACKGROUND OF READING 2305-1 F 82

B1. Had accident 2 yrs. ago; slipped down step, cracked ankle bone, etc.

TEXT OF READING 2305-1 F 82

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 12th day of July, 1940, in accordance with request made by the self - Mrs. [2305], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Miss [1703].

FRACTURES AND SPRAINS CIRCULATING FILE

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body. You will answer the questions, as I ask them:
2. EC: Yes, we have the body here, [2305].
3. Now as we find, there are many conditions that are very good, especially as related to the functionings of the organs of the body; yet there are disturbances which at times cause a great deal of distress. And these for the most part CAN be relieved, thus giving a much better physical body for the functioning of the mental and spiritual forces of the body.
4. For, there ARE before this body many opportunities for bearing witness as to the activity of Creative Forces through this material plane.
5. These, then, are conditions as we find them with this body, [2305] we are speaking of, present in this room:
6. First, in the blood supply, - we find this very good, as indicated from the functioning of organs, especially as related to the diets that have been a part of the experiences of the body. Yet, owing to strains, stresses produced upon the structural portions of the body, through those segments in the cerebrospinal system as well as the ligaments and tissues in the locomotories, we find that the blood becomes at times charged with excesses of dross, or of used tissue NOT at all times eliminated.
7. Hence in the nerve system we find the sources, or the greater stresses that cause discomfort to the body at times.
8. Owing to the nature and the positions of the nerve centers as related to the locomotion, especially in the lumbar, sacral and coccyx area, and the limbs as related to the sciatic, there are those indications of scar tissue as related to lymph and emunctory activities, - as combined with the blood force, - that, with atmospheric pressure, changes, certain disturbances or distresses - either the easily unbalanced assimilating forces of the body or the lack of perfect elimination - easily cause disturbances and distresses through pressures; thus hindering the body in its locomotion and activity.
9. As to the functioning of the organs, - we find there are opportunities through the mental forces and abilities of the body, as indicated, for a great deal of good.
10. Through the discernments for the mental and physical reaction, a great deal of gain has come to the body for better mental and spiritual understanding of purposes and relationships of individual activity in the material world.
11. Thus we find, though there are physical disturbances, reflexes are off in the positions of functioning the better by sheer will, AND the flow of better energies by the MANNER of attitude and activity of the mental and physical forces of the body.
12. The ORGANS throughout are VERY good, save as indicated that at times the eliminations become somewhat clogged or disturbed.
13. The administrations that have been made for assisting in correcting these disturbances have been VERY good; though we do not find that these have reached quite deep enough to eliminate the causes, and to correct the disturbed conditions where there have been the injuries through the structural, ligament

and tendon portions of the system, such as to overcome and to meet the needs for the better conditions of the body.

14. Then, in making administrations for the body:

15. First, we would not alter those purposes as to the diet, nor the oft turning to the raw vegetables and fruits as an aid to the better balance and better elimination, and better supply for renewing energies in the system. We would adhere to these in the regular periods, and as consistently as practical.

16. Before the attempts for the corrections by mechano-therapy (which as we find might be better made by the NATUROPATHIC adjustments), we would have the light Fume Baths. These we would have once each week, one time using Atomidine fumes (three-fourths teaspoonful of Atomidine to the pint of water used in the Fume Bath - as in a Cabinet Sweat or Sheet Gown, using the fume cup, croup cup or the like and allowing the fumes to settle over the body), and the next time using Witchhazel (a level teaspoonful to the pint of water for the fumes).

17. Following such a Fume Bath give the adjustment, followed by a rubdown with Peanut Oil; especially in the areas of the lumbar, the sacral, the coccyx, and ALL the way down the spine - what the body will absorb of Peanut Oil.

18. Two adjustments would be given each week; one a general treatment, and the other following the Fume Bath - followed by the Peanut Oil rub.

19. As an aid to equalizing the circulation through the body, we would use the Radio-Active Appliance. Use this whenever tired, or when desiring to sleep well. Keep the attachment plates very clean. When this is applied, use that period for meditation and prayer. In thy own words, let this be as the basis of thy meditation:

20. "FATHER - MOTHER GOD! USE THOU ME AND MY ABILITIES IN THE WAY AND MANNER THOU SEEST FIT! LET MY PURPOSE AND MY DESIRE, IN EVERY WAY, IN EVERY DAY, BE IN KEEPING WITH THY WILL - IN JESUS' NAME!"

21. Doing these, consistently, we should find in a few months better activities of the body, the relief from the distress at those periods of atmospheric pressure, and the ability to use the limbs in an active way and manner.

22. Do that.

23. Ready for questions.

24. (Q) Will following this treatment eliminate lameness?

(A) Will eliminate the lameness, and the body can become a very good danseuse if she so desires!

25. (Q) Should I go on with the osteopathic treatments I have been having?

(A) As indicated, those more of the naturopathic nature would be better; though the osteopath who has given these is extra good. If he will combine with his treatments those others as indicated, at least once each week, it would be very well.

26. We are through for the present.

REPORTS OF READING 2305-1 F 82

R1. 7/30/40 She obtained a Life Reading.

INDEX OF READING 3139-1 M 79

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SHINGLES: INJURIES: FRACTURES: SPINE

BACKGROUND OF READING 3139-1 M 79

B1. Note: Mr. [3139] was a teacher at a Virginia university for 28 years, but was retired at the time of the reading.

B2. 4/20/43 Letter from [3139] to EC: "I am suffering from an attach of shingle which began more than a year ago. I have employed a competent physician but he has not remedy to suggest except to wait for warm, dry weather..."

B3. 7/5/43 Questions submitted: "...Would it benefit me physically: - 1. to avoid foggy or humid climate? 2. to avoid eating meat, fish, eggs, and condiments? 3. to walk at least a mile a day? 4. to deny myself all sexual intercourse with my wife? 5. am I still feeling the effects of an injury to my back received over sixty years ago?..."

TEXT OF READING 3139-1 M 79

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 29th day of July, 1943, in accordance with request made by the self - Mr. [3139], new Associate Member of the Ass'n for Research and Enlightenment, Inc.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body; answering the questions.

2. EC: Yes, we have the body here, [3139].

3. As we find, considering the stresses under which this body has manifested for some time, it is in exceptionally very good reactions. True, there are upsets as to the digestive system at times, and the eliminations at times. The sensory organs show the result of their use or activity through the period of years, and the experiences which have been impressed upon the consciousness of the unconscious.

4. These as we find, in the main, in their weakness in the present arise from distresses or fractures and lesions that were formed along the cerebrospinal system many moons ago. The effect of these is indicated in the halting step at times, the quickening in the pulsation, also the upsetting as to regeneration forces within the body itself.

5. These as we find may be materially aided with the use of the simple hydrotherapy treatments or the Swedish massage; though we would use the very definite solutions in the massages for this body. For there are reasons why the body responds to the combination we will indicate. Use then, an equal combination of Peanut Oil and Witchhazel. These do not mix, so shake well together, then massage into the body along the spine and especially the lower extremities. These will make for better conditions of the body.

6. With the better activity then of the physical forces as related to the distribution of that assimilated will aid in the rest of the body, and the body may yet carry on with many years of useful activity - if such activity is directed to the more creative influences that are in the lives of those about the entity or of its own household.

7. These, of course, imply their activity and if those associations are sustained in the active forces of mind and body, with the rubs, we will find much better conditions of the body.

8. Ready for questions.

9. (Q) Would it benefit me physically to avoid foggy or humid climate?

(A) It would benefit considerably if it were the more uniform climate with somewhat more rarified air than oppressive - or not that of heat.

10. (Q) To avoid eating meat, fish, eggs and condiments?

(A) No. Add these in the proper relation one to the other in the diet. When fish is taken let it be seafoods for the body. Fowl and lamb may be taken. Other meats should be tabu.

11. (Q) To walk at least a mile a day?

(A) As we find, this will be over strenuous for the body in the beginning. It may be extended. Walking is the better exercise for the body.

Do those things indicated; then be sensible, be consistent and be persistent; and we will find better conditions for this body.

12. We are through with this reading.

REPORTS OF READING 3139-1 M 79

R1. 9/26/43 Letter from [3139]'s wife: "...My husband, [3139], is carrying out the treatment suggested in your reading of July 29, and hoping for greater improvement than is apparent yet. He has faith in your diagnosis..."

R2. 3/12/44 Letter from [3139]: "...In response to the suggestion in the February Bulletin, I am glad to report on the results of the physical reading of July 29, 1943, for me.

"I was able to find locally an excellent masseuse and a supply of peanut oil. For six weeks I took two treatments each week, and gradually found that the soreness of my left side caused by an attack of the shingles, two years earlier, was decreasing a little.

"My home overlooks a river where morning fogs come with fall temperatures. My soreness soon got much worse and when my ankles became very lame I consulted the physician who attended me during my months in bed with the shingles. He thought the fog was the cause of the increase in soreness. I did not tell him of my treatments for I was sure he would not be in sympathy with Mr. Cayce's methods.

"As I seemed to be in for a slow recovery, I cut, for financial reasons, my treatments to one a week, but remained as before alternately better and worse.

"When I had taken massage for six months my supply of peanut oil gave out. No more could be found in this city nor in Boston where a friend made inquiry at a large store: so I substituted soy bean oil. The results have apparently been the same.

"When I am standing or walking, I have pain, varying in severity, in the area originally inflamed by the shingles, but when I am not standing or walking, the pain generally subsides.

"My height at eighty years of age is five feet. This is four and a half inches less than at fifty years, but my weight is twelve pounds more than it was ten years ago. Since the attack of the shingles, I have had to lead a sedentary life, occupying most of my daylight hours in reading. However, each day I walk, rather painfully a mile in four different divisions. My increasing weight is unfortunate, for it prevents my wearing a truss to support a hernia that allows a loop of the bowel to drop into the scrotum. This weakness tends to cause constipation which part of the time necessitates a daily enema.

"For sixty years I have been interested in mental pathology and have been a student of philosophy and religion; so I was ready to accept without qualification the principles set forth in the last chapter of 'There Is A River'.

"Although I may be suffering through karma, I am not convinced that the resources of material medicine have been exhausted in my case. In the February 1944 number of Good Housekeeping Magazine appeared an authoritative article on shingles. One of the remedies advocated was X-Ray. This my physician, while I was in bed, did not advise me to try, because he had seen it so many times utterly fail. He also disapproved of a drug suggested by a physician related to my wife because in 1935 I had a slight attack of thrombosis.

"Let me add that I am following all dietary advice given in my reading and that I am continuing with the massage treatment although with little or no improvement..."

R3. 9/27/44 Letter from [3139]'s wife: "...Mr. [3139] died September 26. He was much interested in your work and I am sure his interest continues..."

INDEX OF READING 3608-1 F 40

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BACKGROUND OF READING 3608-1 F 40

B1. 11/23/43 (Tuesday) [3608]'s letter: New York City

Dear Mr. Cayce:

Over a year ago - September 13, 1942 - a truck knocked me down and fractured my leg - the femur of the left leg - to be exact. I was in the hospital in a traction for six months and then went to a friend's house where I received short-wave treatments and massage. This helped me a great deal and I was there for over ten weeks. Now I am in my own little apartment - where I have been for seven months. I am still on crutches. I get the massage treatments twice a week and am also doing exercises on the leg - exercising myself - with a friend who believes as I do in the great healing powers of faith and earnest works.

Mr. Cayce, I don't want to bother you but I am so upset. A doctor I have consulted says that an operation is necessary. That a plate of some sort must be put in my leg.

I have never done this sort of thing before - writing to a stranger. But I do not feel that you are a stranger. I need your help - because I do not believe in my heart that I should have the operation. Please believe I have no fear - it is just that it seems a useless thing to do - I believe that if my faith is strong enough - and if I do the constructive things like exercise and massage the leg will be as it should be after awhile.

Oh, it's so different to write all this. But to get to the point and not bother you too much - would you consider helping me?... Thank you - and may God be with us. Sincerely yours, [3608]

B2. 10/15/43 Dr. Alan Smith's letter to A.R.E.:

Two Whom It May Concern:

I examined Miss [3608] on October 1st, 1943. She has a marked outward angulation in the middle of the shaft of the left femur as a result of a fracture which was sustained about one year ago. The left lower extremity is two inches shorter than the right. Miss [3608] is obliged to walk with crutches and has a marked limp. The muscles of the left thigh are markedly atrophied and flexion is limited in the knee.

X-rays show a comminuted fracture with marked outward angulation which has united by a bridge of callus, which is not yet sufficiently firm to permit full weight bearing.

Unless an operation is done to correct the angulation of the femur, the marked deformity which is now present will be permanent, which will result in a limp and make it necessary for her to have a high shoe on the left foot. It is still necessary for Miss [3608] to have physical therapy for her leg.

Very sincerely yours, [signed] Alan DeF. Smith, M.D.

B3. 1/19/44 QUESTIONS FOR PHYSICAL READING - [3608], ... Street, N.Y.C., N.Y.

Is the left leg-bone healed sufficiently to support my weight for walking with a cane. Will walking effect my knee-joint? That is, is there any danger of arthritis setting in in the knee? The knee bends considerably well now but what can I do to help flex the knee more? Should I continue with physiotherapy treatments? Should I exercise my leg? Is an operation on the leg necessary and if so, what would be the advantage over my present condition? Is my heart in good condition? Am I a bleeder? What do you suggest in the way of shoes? That is, building up the heel on the left foot to balance with the good leg. How much of a lift is suggested inasmuch as the left leg is 1-3/4 inches shorter than the right leg? What diet is suggested to continue my general good health?
[3608]

TEXT OF READING 3608-1 F 40

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 29th day of January, 1944, in accordance with request made by the self - Miss [3608], new Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. (Notes read to and transcribed by Jeanette Fitch.) Harmon Bro.

R E A D I N G

Time of Reading 11:00 to 11:10 A.M. Eastern War Time. New York City.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body; answering questions, as I ask them:

2. EC: Yes, we have the body here, [3608]. As we find, there are many disturbances and yet the body in the main is on the improve.
3. We would not alter a great deal any of the administrations being made. We would merely add a few changes necessary.
4. When the body is able to bear its weight upon both limbs, these should be made to be nearly normal in the balance. For the variations in the length of the limbs has much to do with the pressures on the structural portion from the lumbar axis and the pelvic bone. We would add sufficient height to the left shoe as to cause an equal balance.
5. In the knee where corrective agencies have been applied, do not as yet rest too much weight on the limb without proper support.
6. We would here add a massage, after each hydrotherapy treatment, for keeping the system purified, using table salt, (preferably iodized) saturated with pure apple vinegar. Don't rub so hard as to break the skin in the joint itself, but so that the body will absorb all that it will. This will help strengthen the tendons and muscles and give better elasticity, as well as aiding the general body.
7. Also following each hydrotherapy treatment, we would massage especially the feet, the knees, the hip, along the spine across on either side, more then directly to the spinal column itself, using an equal combination of Olive Oil (heated) and Tincture of Myrrh.
8. In the diet do add to the body those foods especially that grow under the ground. For this particular body, peanuts would be very good - as would the oyster plant or such vegetables as the rutabaga, potatoes, of all kinds, beets, onions and all that grow under the ground - these cooked as well as those that may be eaten raw. What is needed is the vibration or the radiation from ground, earth, soil in the body - even a little sand or dirt taken would be well for this body. While there should not be used that which is soiled by an excesses, but that which is in the sunlight, sand close to the riverways. Just three to four to five grains - that means by weight, not just grains of sand. It would be well for this to be eaten with the food, or on the food.
9. Ready for questions.
10. (Q) Should I try to walk by using a cane?
(A) Not yet - not until there has been at least two or three more treatments, adding the character of massage indicated.
11. (Q) Should I exercise my leg?
(A) Well to exercise it but do have the balance created in the limbs before there is too much exercise of any kind in walking.
12. (Q) How much of a lift is suggested inasmuch as the left leg is 1-3/4 inches shorter than the right leg?
(A) That sufficient to make an equal balance, so that gradually with the hydrotherapy and the character of massages there may give stamina to the muscles and tendons, especially in the knees and in the feet, that these may be kept so that there will be a coordination in the circulation through the lower extremities.

13. (Q) Is my heart in good condition?

(A) It'll be in better condition if we will get this balance and keep the better diet and the activities indicated. Not that these are the only foods the body should eat, but these should be off in the diet.

14. (Q) Is an operation on the leg necessary?

(A) Not under the present conditions, unless you have an accident by stumbling over something - it should not be necessary for operative measures.

15. (Q) Am I a bleeder?

(A) Not yet.

16. We are through with this reading.

REPORTS OF READING 3608-1 F 40

R1. 2/1/44 [3608]'s letter:

New York City

Dear Mr. Cayce:

First off I want to thank you from the bottom of my heart for your wise reading which I received so very promptly. Naturally you can imagine my joy at the reading that regarding an operation - "Not under the present conditions, unless you have an accident by stumbling over something - it should not be necessary for operative measures". Well, Mr. Cayce, I shall certainly see to it that I don't put any stumbling blocks of the physical type in my way. And as for the spiritual - I assure you I am trying with God's help to keep the way clear.

I realize how terribly busy you are and that your daily mail is a day's work in itself and I honestly don't mean to add to the task. But you have been so wonderful that I know that when you do have a minute you will answer this.

Here is what I'd like to know. Could I take the hydrotherapy treatment by just keeping the water running in my daily tub-bath and use the iodized table salt and pure apple vinegar as you suggested?

I am taking a combination of short-wave treatment (20 min.) and massage (which I have already instructed the physiotherapist) according to your reading (40 min.) twice a week. And as you said "We would not alter a great deal any of the administrations being made. We would merely add a few changes necessary." So that ought to be according to instructions, don't you think?

Now I have had my shoes adjusted too so that the weight is evenly balanced. I realize how important that is. So after a while I should be able to walk with the cane, don't you agree?

I shall follow the diet, of course, and may I add here that it is the most sensible diet I have ever heard of - especially for ME - which is after all to the point.

Here I've gone and written much too long a letter! But I want you to know how truly grateful I am and how interested I am in your God-given work.

I noticed in the heading of my reading that I am "New ASSOCIATE Member." When I first wrote for the appointment for a reading I put in my application for an ACTIVE member. Would you mind checking on that because I do want to be ACTIVE if you will let me be.

Very truly yours - and thank you. [3608]

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BACKGROUND OF READING 3823-2 F 59

B1. FRACTURE; arm in cast from auto accident.

TEXT OF READING 3823-2 F 59

This psychic reading given by Edgar Cayce at 1867 Kalarama Road, Washington, D.C., this 26th day of January, 1935, in accordance with request made by the self - Miss [3823], Active Member of the Ass'n for Research & Enlightenment, Inc.

(Physical Suggestion)

1. EC: Yes, we have the body here, [3823]. As we find, there are the proper reactions in the system, and the body would be said to be rather in the recuperative state from injuries not only to the mental body but to the physical structure - as well as the shock to the nervous system; yet those things most necessary are to keep the proper diet, in such a way and manner as to supply an even balance as near as possible for the reconstruction, and to add that which will make for a better coordination as to vibrations to the whole physical force of the body, will be the greater or better applications for the body in the present.
2. Hence we would use those foods that carry in a soluble manner that which may be absorbed and become replenishing or rebuilding for the blood; or the calciums, irons, glutens that make for the urea. We would use principally an alkalin reacting diet, according to this as an outline:
3. Mornings - citrus fruit juices; orange juice and lemon juice combined, pineapple and pineapple juice, figs; or the dried figs stewed, or the cereals that have more of the whole wheat with raisins in same - though do not use citrus fruit AND cereal at the same meal. Whole wheat bread or cracked wheat bread toasted, with a little butter. Ovaltine or Sanka coffee or milk.
4. Noons - whole green vegetables are more preferable to heavier foods, especially at noontime; and these should be taken raw, in the form of a salad; such as celery, lettuce, onions, leeks, tomatoes, peppers, radish, carrots and the like - raw cabbage, especially the sprouts or the like. And oil or salad dressing may be used that will make it more palatable for the body; and this should be with calcium - rather sodium chloride, that is iodized and more preferable for the calciumizing or working with the conditions necessary for recuperative forces of the body. During those periods when there is little of the activity, so that there are not the normal eliminations, well that the vegetables or fruits that are the more laxative in form be used as a portion of the meal; such as rhubarb, figs, pears - of course, these should be either fresh or those canned without any superficial or artificial preservative.
5. Evenings - a well-balanced vegetable diet. The meats that would be included would be fish or shell fish or lamb, and occasionally wild game or fowl. However, none of these should ever be fried. It would be especially well at the evening meal to have RED cabbage, provided it is prepared in its OWN source - as cooked in Patapar paper, so that all the juices and vitamins may be retained in same. It should be the same with fresh beans, peas, lentils or beans may be a part of the diet.
6. These, as we find, would be the better for this body for keeping the proper balance.

7. When there is the removal of those braces, or that which holds same in place (and, as we find, this is knitting - and very well done), we would massage the arm with salt and vinegar. This will be most helpful; also - when knitting - that the shoulder and the brachial center be massaged with same. Do this once or twice a day; it will relieve, and the absorption through this manner would be well.

8. The electrical vibrations, as in any of the radial activity forces of the electrical energy, will be found to be most helpful; not too high, but those that are attuned rather to the vibrations of the body. Especially will such be helpful if creating for the respiratory system the ozone that is effective in making for better removal dioxide through the respiratory system.

9. In following these, we would find we would bring the bettered conditions for this body.

10. Ready for questions.

11. (Q) Would J. Howard Lawlor's radiation methods be well for the body during this convalescence and later on to tone up the general physical condition further?

(A) Be excellent; and later - as the cast or brace is removed - would be most beneficial if applied with the properties as indicated for massaging; that is, the sodium chloride with the pure apple vinegar - not the superficial or artificial, but PURE apple vinegar. Wet the salt sufficient so that it does not produce too great an irritation.

12. (Q) Will she be able to get her just compensation from the man who ran her down, or his insurance company?

(A) There is a question as to whether there is an insurance. As we find, though, if it is pressed - through those channels that have been already been set in motion - there should be gained sufficient for the caring for all the time lost and the doctors - or the help and aid given, or for the doctor's care. However, as we find, this will necessitate at least the threatening for suit.

13. (Q) Has she the right attorney to handle the matter for her and what further steps should she take?

(A) Very good, if there is the urge given that there MUST NEEDS BE - owing to the circumstances - the PRESSING of same NOW!

14. (Q) How much damages will she be able to collect?

(A) As indicated, sufficient to care for the time lost and for all the care during the period of lost time.

15. (Q) How soon will she get settlement?

(A) Unless it comes to the necessity of filing of suit, she should have same when there is the threatening of the suit; for then there will be the approach for the settling of same without going into the legal phase of the suit and carrying it through. This, as we find, then, would make for about \$150 to \$250.

16. (Q) For eliminations, would J. Howard Lawlor's herb tea be satisfactory for kidney, liver and intestinal cleansing?

(A) This is well, if the diet as outlined is to be followed. If not, then it may require the use of irrigations with same to prevent too much irritation by the herb to the mucus membranes of a portion of the colon that has NOT been in as good condition as it might be.

17. (Q) Will J. Howard Lawlor's circulation stimulation radiation be well for the knitting of the bones?

(A) This, as we find, is well, but it would be better for there to be given the proper activity from that which is assimilated by the system for the blood supply. For to stimulate the activity of the hormones in the blood supply without supplying that which is of the nature to create these in a normal manner, is to produce that in the urea which destroys some of the efficiency of the leucocyte in its reconstructive elements in the bone, you see; and would then leave same so that cold or pressure in atmospheric conditions would affect the body, or as age goes on - and there are other factors allowed that make for less activity in the marrow bone of the constructive forces - there will be pains at times. However, with the vibrations as indicated - with the glands and the blood supply being sufficient to supply the reconstructive elements, the bones become knit normally - and thus would be just as efficient as any in the body.

18. (Q) As time goes on, could J. Howard Lawlor's radiation be used to improve her personal appearance - such as her hair, complexion, etc., through the blood circulation?

(A) To be sure, if there is kept a balance through diet. Whether balancing or equalizing the circulation through the dilation of the ganglia that affect the activities of the circulation, or through the radial activity of the blood flow in its centers through which it passes, or just in that even of the etheronic energy within the hormones and the urea and in the cellular forces of the white cells themselves or leucocytes, all vibratory forces depend the greater upon the diet - or as much upon the diet as upon the activity from any of these. But such a radiation kept with the diet may improve the hair, the complexion, the general tendencies for the hindrances in the activity - especially in this body - of the adrenals; for these have been hindered by the accumulation of the uremic or urine acid in the system, and are the cause of a great deal of the disturbance in the exterior circulation.

19. (Q) Can any witnesses be found in or near the firehouse where the accident occurred?

(A) The second ladder man saw same, as did also a delivery boy from a store near the corner. These, as we find, may be found; and while will not be necessary if there is the proper attitude taken with the attorney regarding the handling of same, these may be had should there be the necessity of coming to a trial. The settlement out of court, as we find, should be between \$150 and \$250. If there is to be the necessity of carrying same into the court, there should be the suit for at least \$650 - which would be split then, and with the cost out and attorney's fees leaving about \$250 for the body itself.

20. (Q) Did the man who ran her down pass a red light in hitting her?

(A) Passed a red light on the change, yes.

Follow these suggestions in the physical, in the mental, in the attitudes; and this body, as we find, will gain mentally and materially - and there should be more excellent returns in the financial condition through dividends in the gold associations.

21. We are through for the present.

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BACKGROUND OF READING 3823-3 F 59

B1. See 3823-2.

B2. Eczema, severe - burning, itching, red splotches, especially behind ears - neck; skin - tight sensation under chin ear to ear. Allergy, food - eczema worse when she eats.

TEXT OF READING 3823-3 F 59

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 3rd day of May, 1935, in accordance with request made by the self - Miss [3823], Active Member of the Ass'n for Research & Enlightenment, Inc.

(Physical Suggestion)

1. EC: Yes, we have the body, [3823]; this we have had before.
2. There are many changes in the general physical forces of the body since last we had same here. True, not all that has been suggested or given has been carried out in the MANNER and WAY as has been indicated! Some instances there has been added to, or others there's been taken from; others some things taken for granted! Hence we have disturbances that are not as pleasing as they might be had the general conditions been adhered to in a more systematic way

and manner. For, as we find, there is in the assimilating forces (that is, the activity of the secretions from the liver, the spleen, the pancreas, the gall ducts, the kidneys, the lacteals) that which produces, as it were, an effluvium in the blood supply that makes for quite a bit of irritation; especially in the extremities of the body. And at times in those centers where they are closer to the emunctory and lymph circulation (as in arms and elbow pits and groin and across portions of the body) there are blotches or splotches produced; for the circulation is impaired by same, for it carries within same - as it were - that of "tooth and nail" with the effluvium that lies between the circulatory forces of the red and white blood cells, preventing normalcy; or making a disorder in the effluvium of the blood that makes for proper coagulation as used energies are being eliminated from the system from the very activity of the organ themselves. See?

3. As we find, then, to make for the better or the nearer normal forces for this body [3823] we are speaking of:

4. First, we would give that there be kept most of that indicated for the diet, and in the MANNER as indicated! Don't add to this nor take from it, nor do this and don't do the other! Follow those suggestions as to the alkalinity to be kept in the system. Don't overdo it, however, else we will find the necessity of adding to the system that which will aid in creating for the body the hydrochloric reaction that is necessary for the assimilation of foods in the system! For it's just as necessary as any other portion, or any other activity of the influences in the body itself - the hydrochlorics, see? that rise at the time of the digestive forces going to work in the system; that is, after food is taken, as there begins that motion of the stomach in the pylorus portion and throughout the duodenum. We will find the secretions begin to act from the glands there to produce in the churning of the foods that which produces the proper amount of the fluids from the activity of the organs as indicated with that secreted in the system itself to produce the manner in which ASSIMILATION - through the lacteal ducts and glands - may add that to the body for body, blood, nerve and system building. See? It is the storehouse or the chemical shop, or the activities - as has oft been indicated there - to keep these in the balance. As an outline, we would give:

5. Mornings, (this is not all to be taken, but as an outline) - citrus fruit juices. When orange juice is taken add lime or lemon juice to same; four parts orange juice to one part lime or lemon. When other citrus fruits are taken, as pineapple or grapefruit, they may be taken as they are from the fresh fruit. A little salt added to same is preferable to make for the activity of same. Yes, and we mean for this body, too - SALT - sodium chloride, see?

6. Whole wheat bread, toasted, browned, with butter. Coddled egg, only the yolk of same. A small piece of very crisp bacon if so desired. Any or all of these may be taken.

7. But when cereals are taken, DO NOT have citrus fruits at the same meal! This has been disregarded at times! Such a combination produces just what we are trying to prevent in the system!

8. When cereals are used, have either cracked wheat or whole wheat, or a combination of barley and wheat - as in Maltex, if these are desired; or Puffed Wheat, or Puffed Rice, or Puffed Corn - any of these. And these may be taken

with certain characters of fresh fruits; as berries of any nature, even strawberries if so desired. (No, they won't cause any of the rash if they are taken PROPERLY!), or peaches. The sugar used should only be saccharin or honey. A cereal drink may be had if so desired.

9. Noons - only raw fresh vegetables. ALL of these may be combined, but grate them - do not eat them so that they would make for that combination which often comes with not the proper mastication. Each time you take a mouthful, even if it's water, it should be chewed at least four to twenty times; whether's water or bread or a carrot, onion, cabbage or what! Each should be chewed so that there is the mastication, and that there is the opportunity for the flow of the gastric forces from the salivary glands well mixed with same. Then we will find that these will make for bettered conditions.

10. Evenings - vegetables that are cooked in their OWN juices, not combined with others - each cooked alone, then combined together afterward if so desired by the body, see? These may include any of the leafy vegetables or any of the bulbular vegetables, but cook them in their OWN juices! There may be taken the meats, if so desired by the body, or there may be added the proteins that come from the combination of other vegetables or combination of vegetable forces in the forms of certain character of pulse or grains. Any of these may be taken.

11. Then, for those conditions that exist already, with the general manipulations, we would stimulate the centers of each locomotory axis; as the 4th lumbar axis, the dorsal axis (in the 9th and 10th), the brachial and the 1st and 2nd cervical - those SPECIFIC, you see, so that the bursae and the activities of the glands from the bursae in each of these plexus centers coordinate with the gastric flow of the system itself.

12. And begin with the deep therapy. This doesn't mean to have high voltage in that, but the deep therapy of the electrical forces that will make for the coordinating of the centers. DO NOT USE the ionizing electrical forces, but the diathermy - or the deep therapy, but NOT at too high a voltage, and not longer than at least thirty to thirty-three or thirty-four minutes three times a week.

13. And these conditions will disappear, as will those reactions from the poor digestive forces and the breath and the eliminations, and those activities through the body will be nearer and nearer normal.

14. We are through with this reading.

(See letter [which was enclosed] with directions for Dr. Goerger's treatments.)

REPORTS OF READING 3823-3 F 59

5/3/35 GD's letter to Dr. Goerger:

Dr. F.A. Goerger, Peoples Life Ins. Bldg., Room 608, 1343 H St., N.W.
Washington, D.C.

Dear Dr. Goerger: -

For Miss [3823] as per your suggestion, we have gotten a check reading outlining treatments as follows:

"Then, with the general manipulations, we would stimulate the centers of each locomotory axis; as the 4th lumbar axis, the dorsal axis (in the 9th and 10th), the brachial and the 1st and 2nd cervical - those SPECIFIC, you see, so

FRACTURES AND SPRAINS CIRCULATING FILE

that the bursae and the activities of the glands from the bursae in each of these plexus centers coordinate with the gastric flow of the system itself.

"And begin with the deep therapy. This doesn't mean to have high voltage, but the deep therapy of the electrical forces that will make for the coordinating of the centers. DO NOT USE the ionizing electrical forces, but the diathermy - or the deep therapy, but NOT at too high a voltage, and not longer than at least thirty to thirty-three or thirty-four minutes three times a week."

Sincerely, ASS'N FOR RESEARCH & ENLIGHTENMENT, INC., [signed] Gladys Davis, Sec'ty.

7/4/35 [3823]'s letter:

My dear Mr. Cayce -

Now that "Congress" is over in Virginia Beach, most especially there, of course, I thot I'd write you of my conditions at this time, lest ye forget.

My condition is a peculiar one. In the first place I have to trust to the higher powers that my food is cooked scientifically, as your readings advise, as I depend on the restaurants for most cooked foods. Then the orange and grapefruit drinks, even though I add the lemon or lime, give me pains in the arm so that I can't drink them two consecutive days but I find many people are like that. I DO EAT APPLES because of elimination but am not sure that they are good on other purposes as my skin still itches or draws up tight and smarts in back of neck, under chin and around the ears, either one or the other but I can't always tell which article of food is responsible for either condition. I eat a lot of watermelon of late, or berries or cherries.

Now, in regard to Dr. Goerger, he said it was one of the finest diagnosis that anyone could give (meaning your Reading to me) but they could not possibly foresee the result of the diathermy and the adjustments.

One adjustment that you suggested could not be made until lately owing to the pain in the muscle of the arm but now it can be made with some difficulty and I think it is stirring things up together with the diathermy which he gives me according to his letter you sent him specially (together with mine). (You will recall you had part of it recopied for Dr. Goerger.) He said the adjustments give therein were exactly as should be, isn't that lovely! Such a remarkable thing to be able to follow up every phase! He is very enthusiastic over the reading you last sent me.

Now I don't want to encumber you with a lengthy letter but you might be able to enlighten us as to the results of the last two things mentioned, IF it is so.

One or the other, or both together, with faulty food, sometimes maybe for I am a victim of circumstance when it comes to food, in some ways, there has formed here and there on my body little lumps which I call growths. Some of them have moved or accumulated right in the pit of the neck and looks like a boil but it remains to be seen - time will tell, in other words, but it annoys, though not painful only occasionally, as the itching annoys is the drawing and hardened appearance of flesh and skin but we'd both like your opinion on that and the citric juices and whether apples are a harmful exchange for citrus fruits - pineapple is good at times?

I am trying to incorporate some solid food so I took a poached egg, what I could get and a piece of dry whole wheat toast with a little butter for a few mornings and nothing else but hot water to drink and an old trouble returned, swelling of feet especially left one this time, so then I had to eliminate that for a while and am down below 100 lbs in weight again for at noon I have only been eating head lettuce and at night greens and a little bit of lamb and Dr. Goerger told me to drink the fruit juices with the meat but can't get it where I eat this meal so took the so-called sour milk made from a culture, I think, anyway, not milk merely turned sour of its own accord. So there you are again. You see I eat as little as possible, later in the evening I eat the melon or cherries or berries and usually end with apple as it seems to feed me for a longer period of time though I don't know that I should let them. I do enjoy them, also an occasional baked apple with my meal but there you have the sugar restaurants love to cook with.

I enjoy a scrambled egg, too, but the additional butter or grease gives its affects later I believe, also Dr. Goerger asks me to avoid that element of fat and oil.

This makes you think that life isn't worth the living doesn't it? But I still keep at my desk and the swelling at my throat makes people think I am developing a goiter but I know better. It is now taking on a reddish color and is spreading somewhat but I don't touch it except to splash on hot water and sometimes a solution or bath of Epsom salts which I must begin again to-night.

On a few of these points we'd like to hear from you if and when possible, in your own time. My arm is quite good but the inner rotation isn't so good yet but I have to work it out myself. I cannot make it reach my right shoulder from the back but I hope to soon. I no longer have it [baked?] by Dr. Leadbetter, whom I had while in the hospital and after leaving the hospital. Dr. Goerger is the only physician in charge now and Edgar Cayce.

Hope you accomplished much in your "session" this summer for your objective in life.

Sincerely, [3823]

R7. 7/13/35 See 3823-4.

Extract from Reading 3823-4, F 59, 7/13/35, fractured arm

(Q) Should any local treatment be given the arm?

(A) As we find, a general massage would be the most beneficial; either with olive oil or with any good stimulant for the circulation. Do not massage just over the arm or those portions where there has been the fracture, etc., but from the centers from which both the internal and external portions of the arm circulation receive their impulses. As we find, it would be well to use a saturated solution of common salt with pure apple vinegar, for the massaging.

INDEX OF READING 4116-1 F ADULT

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BACKGROUND OF READING 4116-1 F ADULT

None.

TEXT OF READING 4116-1 F ADULT

This Psychic Reading given by Edgar Cayce at his friend's home, Mr. David E. Kahn, 44 W. 77th St., Apt. 14-W, New York City, this 30th day of December, 1932, in accordance with request made by the brother, Mr. [...], new Active Member of the Ass'n for Research & Enlightenment, Inc., recommended by David E. Kahn.

(Physical Suggestion)

1. EC: Yes, we have the body here.

2. Now, as we find, there are the complication of conditions that disturb the equilibrium of the body. While there are those conditions which prevent the proper coordinating of the reactions in the body, in the mental and the physical aspects, there are physical conditions that disturb the body. Were these corrected, as we find, there would be the more close association and the better coordination between the activities of the physical and the mental, and the distributing to the body of the impulses that arise through the variations in the activities of glands, organs, and specific conditions that disturb the functioning body.

3. These, then, are the conditions as we find them with this body, Mrs. [4116] we are speaking of:

4. First, IN THE BLOOD SUPPLY there are evidences of the character of those properties that have been and are being administered at times for the allaying of effects that are produced by disturbing conditions. Nominally, we would find, as the blood stream itself is the rebuilding, as well as the cleansing (in a greater or lesser manner) of the drosses from the system - as in respect to used energies, at least, the supply would be under normal conditions very good, save in the hormone necessary for the creating of that plasm which makes for the connection between the sympathetic and cerebrospinal, from definite conditions existent physically within the body. Hence, as would be indicated from this, GLANDS of certain portions of the system are affected by, and the cause of, some of the distresses in the body; these having to do, then, with those glands specifically as related to the assimilations in the system, affecting the activity of portions of the body direct.

5. IN THE NERVOUS SYSTEM (or systems, rather, would be indicated here), while the cerebrospinal in its activity is near normal, those of the COORDINATING between the sympathetic AND the cerebrospinal are those that are in the greater distress. Hence the variations as to the reactions that are indicated in the body, under the various temperaments and under the various applications that have been administered for the correction, or to allow the body to rest from those ORDEALS at times which the physical body has, or does at times undergo through the inability of the responses between those impulses within the sympathetic and the attempts to carry out those impulses when they are attempted to be coordinated in the involuntary reactions through the nerve and muscular forces of the body.

6. As indicated then, these form a character of condition that may be called that of starvation to the nerve forces of the system, and the inability for the impulse to carry through to make for the specific functioning of those in that particular portion of the body thus affected, in those glands as indicated about the lacteals and those that are affected directly by these to the gland that carries the impulses through to the distribution of activities in the brain forces themselves. Hence the PHYSICAL reaction from injury as had in work that has been attempted or done on the mouth! Then, why do these coordinate in their effect upon the sympathetic nerve system? Because of the starvation to those impulses to carry TO the sympathetic system that necessary hormone to create the feeler-impulse to the nerve ends themselves. Hence at times whole portions

of the body become numb to the exercise or to pressure; at others we find the body becomes super-sensitive through the attempt of the cerebro-spinal to carry out those impulses that should be and that are nominally carried in the sympathetic nerve system. The distresses that are produced often, then, are in the attempt to create the COORDINATING between the sympathetic and the cerebro-spinal system, and the lack of the functioning of the organs in assimilation to carry ON that necessary element to CREATE for the body the necessary forces.

7. Then, as we find, there is lacking in the body the specific balance of elements. At times there is the lacking of the forces that are created by the system to carry on the functioning of certain glands within the body. At times we find the body normal in reflexes; at others we find those reactions that are of abnormal reflexes and impulses.

8. These, then, produce or constitute the greater distresses in this body, [4116].

9. IN THE FUNCTIONING OF THE ORGANS THEMSELVES:

10. The brain forces, in normal functioning, are very good.

11. Conditions that exist in the throat, the head, the activities of those portions that are influenced by those impingements which have been caused by the breaking of portions of the structural portion of the body in the mouth itself, have impinged those nerves that supply from the 3rd and 4th series, that cross themselves at the 1st and 2nd cervical vertebrae. This makes for that stiffness, the complainings that were at one time of the pains in the back of the head, to the eyes, between the eyes, and then the melancholia that comes from the impingements of those SAME sources that are impoverished by those nerves from the sympathetic system to the lacteal gland centers.

12. The lungs, heart's action, pulsation - at times we find these near normal; at other times we will find a digestive system showing an equal balance in both the acid and alkaline content; at others we will find a very excess acid content. These are due to the conditions or pressures that are produced, from the thickening of tissue as in the gland area which CAUSES those distresses.

13. In the functioning of the organs of the pelvis:

14. Since there have been those same activities from a reflex nature, then the activities through the impulses that arise from the functioning of the glands of the organs of the pelvis become abnormal in their reactions. Hence the attempts to restrain their reaction has been often SEEMINGLY helpful, but at most periods MOST detrimental to the better conditions for the body; for they have only added, as it were, fuel to already FLAMING centers in the sympathetic system that were under stress and strain.

15. Then, in meeting the needs for the conditions of this body, these - as we find - may be helped materially. It will require patience, persistence, and - necessarily - changes, as the tangle of affecting conditions are straightened out in their regular order, for the resuscitation of forces in the system to create a normal equilibrium in the body.

16. First we would change from the present surroundings to those of a more quite, those of a more sympathetic, those - necessarily - that do not IRRITATE,

but that do keep the activities of the system in accord with that necessary for the better conditions of the body - see?

17. In the applications, we would begin first with small amounts of iodine, or Atomidine in the system, to reduce the excess of potash and to enable the glands to carry sufficient of those properties that will ENABLE them to function properly.

18. We would also release, by GENTLE massage and by specific adjustment, those conditions in the 2nd, 3rd and 4th cervical centers, that will relieve those stresses and pressures that have arisen and cause the pains in the head, the throat, and in the face.

19. Also we would use the low formation of electrical vibration, to produce a coordinating circulatory force in the central activity of the nerve energies - or, the Radio-Active Appliance. Each application would be from the right to the left; that is, right wrist, left ankle; then the left wrist, right ankle. Each time make the upper portion of the body the POSITIVE pole, in the electro-magnetic forces that would pass through system with the use of this appliance.

20. In food values we would add those that stimulate, especially, for the carrying of more properties that enliven and produce a specific activity for the glands of the system, especially those that make for a phosphorus reaction for the system, to enliven again many of the glands, especially in portions of the reproductive system, that have been hindered in their activity.

21. So, as the stimulation from the reactions in the blood supply, in the nerve reactions, from the vibrations changed, we will enliven again the ducts in the activity of the glands of assimilation, and carry a coordinated force to the body between the sympathetic and cerebro-spinal system. These we would do.

22. Ready for questions.

23. (Q) What hormone is most active in creating this condition?

(A) Rather, as indicated, the LACK of a hormone is creating the condition.

Hence the necessity of ENLIVENING the glands that are affected by the activity of excess iodine content (in atomic form) in the system, see?

24. (Q) Are there any infections in the teeth or gums themselves?

(A) Rather has the shock to the nervous SYSTEM been from a fracture to the bone itself, in the upper left portion of the jaw - see? Hence the activity has been to produce the strain that causes pain in head, in neck, and especially the 3rd and 4th series of supplies of blood AND nerve to this side of the face. Hence, we find it running on the right side, in the neck, and - as given - the manipulations should extend through the 2nd, 3rd and 4th CERVICAL centers, RELAXING them by manipulation.

25. (Q) What should be the dosage of Atomidine?

(A) As given, small quantities, so that there is not too great a strain on the system, until the manipulation, environment and food values are also having their effect upon the general body. The quantity, then, would be from three to five minims once each day for the first week. Then three minims twice each day for the next week. Then stop off for a week. Then begin with the small quantity again once each day; the next week increasing again, see?

26. (Q) How long should the battery (Radio-Active Appliance) be applied at a time?

(A) This should be from twenty to sixty minutes, or - if it is necessary for quieting of the nerves - three to four hours would not be too great.

27. (Q) Were the relations with her husband and his position in any way responsible for her illness?

(A) A contributory cause, as may be seen from the general effect upon the collapsing of the nervous system - or the inability of COORDINATION between SYMPATHY and the effects of normal reaction in cerebrospinal nerve forces.

28. (Q) Is this iodine required due to goitre?

(A) Due to the ineffectiveness, or rather as given, to the lack of potash, which PRODUCES the effect of over-activity of the thyroids in their inefficiency to meet the needs of the system. Goitre is at times the RESULT of such conditions.

29. (Q) What is wrong that causes the pain now in the mouth?

(A) The reflexes, or the swelling, or the impingements which will be released by the relaxing of the cervical areas; but, as given, these are contributory to a GENERAL condition. Let's take all causes and work together.

Do as we have outlined for the present. Change in the applications may be given from time to time.

30. (Q) Where should the body be taken to get the proper treatment?

(A) Where the surroundings would be congenial to those necessary things that may be applied for correcting this body. Do not allow the conditions to continue, for they become more and more constitutional and harder and harder - because some portions of the system, under the present condition, are being starved. Let's make the change.

31. We are through for the present.

REPORTS OF READING 4116-1 F ADULT

None.

INDEX OF READING 4457-1 M ADULT

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Hospitalization: Johns Hopkins Par. 2

INJURIES: ACCIDENTS: AFTER EFFECTS
: FRACTURES: SKULL

Locomotion: Impaired: Brain: Concussion Par. 1

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SURGERY: BRAIN CONCUSSION

BACKGROUND OF READING 4457-1 M ADULT

B1. 12/11/28 Mrs. [639]'s letter: "I am writing you in behalf of our Doctor [4457], the one who carried out the instructions received from your readings of both Mr. [550] and myself.

"He met with a very severe accident some two months ago and is not getting over it as he should and the doctors do not seem to understand the condition at all.

"I talked with him today and he as well as Mr. [550] and I wish very much for you to give him a reading."

B2. 2/8/29 Dr. [4457]'s questions submitted:

THE ASSOCIATION OF NATIONAL INVESTIGATORS, INC. Virginia Beach, Virginia

Mr. Cayce: -

The questions that is of great importance to me will be found herewith, they are questions that have a bearing on my future career and activity, as well as the use I can make of them in settling my insurance controversy, and other matters.

1. Is my disability permanent? 2. Is there a fracture of the skull? 3. Should I resort to surgical operation? 4. When can I regain my locomotive faculties? 5. How long will I be subject to lapse of memory spells? 6. What causes the bleeding from mouth before these spells? 7. Is there any chance of ever overcoming the dizziness headache? 8. Will the numbness in right lower extremity eventually leave? 9. What is the proper treatment at this stage?

TEXT OF READING 4457-1 M ADULT (N.D.)

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 14th day of February, 1929, in accordance with request made by self, through Mrs. [639].

(Physical Suggestion)

1. EC: Yes, we have the body here, [4457]. Now we find the body physically has been in a great deal WORSE condition physically than at present. There are conditions that, without some change - other than WE see here - will necessitate an operation before the body could be ENTIRELY relieved and brought back to a normal condition; for where there are the signs - or the formations of where structure in the head, especially that near the division line in the brain - this will, with the continual building up of structure to bring the closing of the fracture, pressure will be brought to bear on the brain so as to cause the continued depressions, or suppressions, of normal reflexes through the activity of brain coordinating with reflexes, not only as to memory but as to that of locomotion in the right side. Hence this will, as we see, be necessary.

2. We would have such an operation performed in Johns-Hopkins, near Baltimore. Ready for questions.

3. (Q) Is my disability permanent?

(A) Not if this condition is removed. Do this, then the rest of the condition may be brought nearer to normal.

4. (Q) Is there a fracture of the skull?

(A) There was, as given - necessary that these conditions - that's why this would be necessary that this be removed, where the pressure will continue to be brought about by building up of tissue to overcome the structural conditions. Do that. We are through for the present.

REPORTS OF READING 4457-1 M ADULT

R1. 2/27/29 Mrs. [639]'s letter: ..., Fla.

My dear Mr. Cayce: -

We were all so pleased to receive your reading of Dr. [4457]. I have been delayed in acknowledging receipt, for which I am very sorry.

Doctor says your reading confirms his own ideas and I think as soon as he can he will go to Johns Hopkins for an examination at least.

He has very slowly improved from the very start and now is able to get about with a cane. He is his own self mentally only when he has certain spells when he does not know anything or what he does. The spells do not come as often as they did and now seem to come only at night and only once a night. Sometimes he misses two or three nights. So it does seem he is improving.

The Insurance Company has done everything they can to keep from paying his insurance as it amounts to a great deal weekly, so he is now starting suit against them. He says it is impossible for him to do anything until they make settlement.

Both Mr. [550] and myself greatly appreciate your reading for Doctor and so does he. I told him I would write you. the amount of his membership will be forwarded as soon as possible either by him or ourselves. Also our memberships.

Wishing you great success in the work, which we feel is wonderful. We are just waiting for the opportunity to call and see you at Virginia Beach.

Sincerely, Mrs. [639]

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TEXT OF READING 4571-1 M ADULT

This psychic reading given by Edgar Cayce at the Tutwiler Hotel, Birmingham, Alabama, this 14th day of November, 1922.

1. EC: Yes we have the body here. Now the abnormal conditions as we find in this body have to do with a specific condition existing in the body, that in turn, producing on the functioning of organs a condition that exerts itself over the system, especially, to the locomotories of the lower part of the body.
2. Now these are conditions as we find them in this body, [4571], we are speaking of, present in this room. The blood supply through the system, we find is not as sufficient as it should be, that is, there is not as much being created in the system as there should be. The quality is fairly good for it exerts a very good condition over the body with the existing conditions. There is not sufficient elimination exercised in the blood supply, producing a great deal of the overtaxed condition as shown through the trunk portion of the body, especially, through the region of the pelvic organs, hence the inability of the system to care for the eliminating properties that should be cared for, especially, do we see this effect through the action of the kidneys, or more specific, inflammation created at times through the bladder, you see. This is a condition arising and not the specific cause, if we would bring the permanent results needed. The hepatic circulation shows this condition, for we have a body that sympathetically handles the whole condition within the body, that is, through the nerve forces of the body in nerves, themselves, act well under the direction of the mind of the body and only accept

that, that overpowers, as it were, the centers sufficient to act on physical force and matter, for the brain centers of this body are very far above the normal in its control over force within the system itself, yet with physical conditions within the body we must meet those with physical force. Now we have, deep-seated in the sacrum, the lesion causing the condition of overtaxed locomotory centers, this producing the inability of the body to have coordination between the nerve and muscular forces of the lower portion of the body. This explains, as it were, the connection between these portions of the system, not wholly so, you see, for the circulation as blood supply through arterial is very good. We do not find, always, the vein circulation returns as much or as fast as it should, hence the condition that causes, at times, of numbness but without pain to this portion of the body. In the nerve forces, its ability to act with the muscles, reaction produces the troubles in the body. This was began at some times back when first we had a fracture to this portion of the sacrum and made a leakage that built up this pressure that has so cut off this condition, see. Now the functioning of the organs are very good save as we have given through this portion of the body affected. By this condition we have over-stimulus at times through the bladder and kidneys in their functioning.

3. Now to relieve this and bring a normal condition to this body, we would keep well in hand, the condition existing between the action of mind over the forces of the body by applying the physical means to allow the connection between the action of the mental force with the spiritual, for with every line there must be a means not interrupted or intercepted, see. We would knead, rub or massage well into the lumbar and sacrum region, this is external now given, Balsam of Sulphur, see. Keep this up until we get a reaction to these portions of the body. This should occur within two to three months. We do that.

4. (Q) Mr. Cayce, at this time, you would not prescribe any medicine for this body?

(A) Only external application, and the action of the mind over the forces within the system. This body understands these conditions. Follow those.

5. (Q) Mr. Cayce, what should the diet be?

(A) Those properties that do not act directly with an overcharged condition for the kidneys, that is, not too much sweets, not too heavy foods that carry heavy stimulants to these portions, cardiac stimulants. Will give no spirits of any kind but those of plain courses of foods for this body.

6. (Q) Would you recommend, Mr. Cayce, exercises for this body?

(A) Only that sufficient to keep the vibrations corrected as much as possible until we begin to have a reaction from these properties in the system, you see.

7. (Q) Mr. Cayce, will there be anything in this treatment to relieve the numbness of this body?

(A) We have given this to relieve the numbness, the condition that exist between the action of the nerve forces governing the locomotories, you see, all through the lower portions of the body there along the left side and reached across to the other side in sympathy with the left side, with this Balsam of Sulphur, will absorb and get a reaction into this body. We are through.

INDEX OF READING 4873-1 F ADULT

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BACKGROUND OF READING 4873-1 F ADULT

B1. 11/25/32 Letter: "...I have just heard through a friend of mine, [Mrs. [4628]], about some wonderful cures of Mr. Edgar Cayce.... I have 'bleeding piles'. Also I have been told by surgeons and the x-ray that I broke a little piece off the bone of my right ankle and, as I did it five months ago thinking it was only a bad sprain, I find it has knitted onto a nerve. I hear he [Edgar Cayce] may help me. Will you tell me what I have to do to get in touch with him?"

TEXT OF READING 4873-1 F ADULT

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 15th day of December, 1932, in accordance with request made by self - Mrs. [4873], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Mrs. [4628].

(Physical Suggestion)

1. EC: Yes, we have the body here.
2. Now, as we find, there are some disturbing factors in the physical functioning of the body, [4873]. While in many respects the general physical conditions are very good, there are some indications of disturbed forces that with correction would bring for the body better conditions.

3. These have to do with specific conditions as well as some general conditions that are of a constitutional nature, or have been of long standing; thus making the necessity of some definite changes to bring about corrections in this direction.

4. Then, these are the conditions as we find them with this body, [4873] we are speaking of:

5. The BLOOD SUPPLY is very good, both as to quantity and quality. The elements show for very good coagulation; some disturbances in the present from cold and congestion, where there has been some strain on the general system. This is being cared for, however, by the general resistance in the system.

6. In the NERVE SYSTEM and SYSTEMS, here we find some of those conditions of the specific nature and constitutional nature that disturb the general equilibrium of the body.

7. The body has had in times back, or for some periods, those conditions which have produced the inactivity of the eliminations in the general alimentary canal. With this tendency for the overloading or the dilation of the colon, and with the strain and lack of proper movement in the muscular forces of the system (and with these making for tendencies in the nerve reactions to become lax), there has been the allowing of folds or accumulations in the form of hemorrhoids, that make for distress when there are the activities of the system at some periods.

8. Then, this is both a constitutional and specific condition, and a general debilitation in the nerve forces, which makes for the improper contraction through the muscular activities of this portion of the body.

9. These conditions in the general system are from the last dorsal vertebra and from the 3rd and 4th lumbar plexus area. These make for at times (though in times back there were periods when there were the greater distresses in these particular centers or areas) acute pain, or dull heaviness at others making the body aware of the disorders in the system.

10. In the general functioning of the ORGANS, these we find are very good in most directions; especially so are there those mental reactions that are of the discerning and discernment in the activities of the body, considering the age or the activities to which and through which the body physically and mentally has passed. The body is alive, then, to the conditions about self in all phases of human - HUMAN - experience.

11. Then, in meeting the needs of the conditions as we find them, for correcting the conditions that disturb the body:

12. First there should be those precautions as to the manner and character of diet, that there is kept those properties which have the greater tendency towards the alkaline, and that are a tendency for the general rebuilding of the system. Not those foods so much that would make for roughness (that would make for laxness in the assimilating and digestive system), but those that are well-balanced in the rebuilding and replenishing for both the blood and the nerve supply of the body.

13. Also we would have the manipulations that may be given in the form of corrections WITH manipulations, especially in those areas indicated.

14. For an antiseptic and to reduce the tendencies of plethora in those portions that cause distress, use the ointment known as Tim. This will act with the manipulative forces to not only reduce the swelling and the painfulness, but to produce or cause coagulation such as to do away with those protuberances which make for the distress.

15. A very helpful exercise each morning and evening, also, would be the BENDING exercise with the hands raised high above the head, bending forward to bring the hands as close to the floor as possible. Do this for two or three minutes morning and evening.

16. To relieve the tendency for contraction, where there has been the disturbance of the structural portions in the right lower portion of the femur, or the shin bone, use a massage with equal parts tincture of myrrh and olive oil. This will cause the absorbing of the greater amount of the tissue that has been thickened, by nature attempting to adjust itself under the unusual conditions. With this it will be found unnecessary for the removal by operation, for the activity of both the properties will work together with the action of the general system (that will be aided in the eliminating of those drosses that are carried into the circulation for the general physical condition), for the betterment of the general physical conditions.

17. Ready for questions.

18. The activities of the massage, especially on the lower limb, should be once each day. Heat the myrrh and add the oil. (Yes, this is opposite from what has usually been given, but HEAT the MYRRH and stir in the oil.) This doesn't mean boiling, but heat and mix together; for this will make for more of an ointment (while the other would remain in a different solution entirely).

19. The manipulations and adjustments would be given twice each week, once as a general treatment and the other more as the adjustments.

20. Following each stool the Tim Ointment should be used, or after the body is ready for retiring. This will be found to be more effective than any other application.

21. We are through for the present.

INDEX OF READING 5601-1 F 44

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BACKGROUND OF READING 5601-1 F 44

None.

TEXT OF READING 5601-1 F 44

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 9th day of August, 1930, in accordance with request made by self, through Mrs. [6].

P R E S E N T

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno. Mrs. [5601] and friend.

(Physical Suggestion)

1. EC: Yes, we have the body here, [5601]. Now, we find the abnormal condition as exist have to do with the eliminations of the system; also the specific conditions as exist as causes these conditions; then the effect as is created, or impulses as are exhibited from existent conditions.
2. These, then, are the conditions as we find them with this body, [5601] we are speaking of, present in this room.
3. IN THE BLOOD SUPPLY, this shows the variations as are exhibited in same, through the condition of toxic forces exhibited in the eliminating and eliminations through the EXISTENT condition.

4. IN THE NERVE SYSTEM, we find there are existent subluxations, or impingements existent in the cerebrospinal system, that has had much to do with the position and condition in the alimentary canal, and the effects as are created in the vegetative nerve system. In the 9th, 10th and 12th dorsal centers do we particularly find these conditions existent; so that the reflexes from these have prevented that activity of the whole of the intestinal system, as to carry on the proper peristaltic activity through the system. The tendency of a decreased circulation, making for a high hepatic circulation, especially in the upper portion. The tendency of the pressures has been to deflect the activity of the kidneys and the liver; so that at times there is an over-activity in the kidneys, then again a suppression of the proper functioning. The condition in the liver, spleen, pancreas, and the activity of the system as regarding assimilation, also becomes deflected, and we have produced a prolapsus in the ascending, or at the cross of the transverse and ascending colon. This forms, then, the basis of the conditions as disturb this body, as we find them. The conditions as result from same, whether as to indigestion or from a quick heart action, or the conditions in the head at times, THESE are reflex - and with the REMOVAL of conditions PRODUCING same, we would find a much nearer normal functioning of the body throughout. It will be found necessary that those impingements be relieved, as well as applications made for the conditions as have been produced, but for PERMANENT relief the CAUSE of conditions must be removed. This will require time, patience and persistence, and at least sufficient time must be taken would there be the permanent relief to form for the system that of the strengthening of the muscular forces of the nerve plexus as have failed in their activity through the inactive forces from impingements in the cerebrospinal centers.

5. In meeting, then, the needs of the conditions, we would apply those forces in manipulative or corrective measures as to relieve those conditions existent in the lower dorsal, and necessarily the relaxing of those in the upper dorsal and cervical to be in coordination with the rest of the system.

6. We would be mindful of the diet, that the tendency is to create more of lacteals and less of the acid in system; also keeping those cleansing solutions, or those of the cleansing OF colon; so that there is less toxics in the system.

7. These, as we find, will bring about a much nearer NORMAL condition for this body, [5601]. Ready for questions.

8. (Q) What causes the continual aching?

(A) That of the metabolism of the system. The disturbed circulation.

9. (Q) Why does the body not sleep well?

(A) Produced by the nerve pressures, that tend to make for improper coordination between sympathetic and cerebrospinal system; for the cerebrospinal is to the whole of the physical body as of that of IMPULSE to carry out conditions of the living physical organism, while the sympathetic system is rather that of the imaginative, or akin to the psychic and to the operative forces of the brain centers and impulses. Without coordination, these bring restlessness and insomnia.

10. (Q) How often should manipulations be given?

(A) It will be found that as much rest as possible will be needed in between the manipulations, which shall be at least once each week for CORRECTIVE measures and at least once or twice each week for the general relaxing for responsive measures in the system.

11. (Q) How often should the irrigations be given?

(A) That depends upon the amount of diet and the amount of activity of the physical body.

12. (Q) What should the diet be?

(A) As indicated, keep that more of the building for lacteals; that is, lacteals in this sense meaning not only that of the non-acid, but that builds for the proper character of fermentations as take place in an organism for ITS assimilation. Not only do we say foods as enter the stomach must be those of an alkalin, for those of the first of the glands as secrete are alkalin in nature, but when food has been acted upon by the digestive fluids of the stomach, they turn again into the system, or should, in an alkalin reaction, but of the NATURE more of lacteals, or of a milky, carrying those of an alkali, but alkali only in reaction of the nature of that known as ALCOHOLIC in its content. This, then, shall be kept in a state where assimilations are well balanced, so that as circulation picks up same there is not ACID carried in the system; keeping an equal balance between the NECESSARY forces of a white and red blood supply, and NOT an OVER activity - as is exhibited in this system, of a portion or character of white blood that makes for the toughness, or the condition where there is an attempting to ward off poisons assimilated through the mesenteric and through that of the vegetative system.

13. (Q) Regarding the broken leg, is there a perfect recovery?

(A) The conditions, as we find as exist, are in the nature of a perfect recovery; but the troubles being that the system attempting to create that of the perfect coagulating forces as related to the structural portion of system, as well as of the cartilaginous and the ossification as is necessary, takes place in the knitting of bone or of structural portions - these being low, the condition has been much SLOWER than SHOULD have been, under a NORMAL condition in the system.

14. That is all the questions.

15. We are through for the present.

REPORTS OF READING 5601-1 F 44

R1. 1/16/41 Her brother's wife, Mrs. [2427], obtained a Life Rdg.

R2. 5/5/66 GD's note: We heard nothing more from her until seeing her death notice indicating that she had died on 5/2/66.

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BACKGROUND OF READING 5647-1 M 49

See Reports #2

TEXT OF READING 5647-1 M 49 (Carpenter)

This Psychic Reading given by Edgar Cayce at his office in Pinewood on Lake Drive, Virginia Beach, Va., this 3rd day of May, 1932, in accordance with request made by Mr. J.B. Henning.

(Physical Suggestion - See 5647-1, Par. R2.)

1. EC: Yes, we have the body, [5647], and those conditions as affect the body. As we find, there are some specific conditions as cause the disorders as come to the body from time to time. These, as we find, produce in their cycle some acute conditions affecting the strength, the vitality and system in its pulsation and distribution of the blood supply.
2. These, then, are the conditions as we find them with this body, [5647].

3. In times back there was an injury to the body when there was a fracture of some of the portions of the structural part of the body. These, as we find, are in the area of the 6th rib and at its juncture with the frontal bone. There were those portions of the fractured part that has made for irritations by protuberances from same that have not been removed by absorption and have thickened the walls or the tissues in same and affect the digestive system in the upper portion of the transverse and descending colon area.

4. Hence, when there is an overloading of the system and the colon becomes distended in the area, there is a shortness of breath and the pressure in the left side near the heart area. This produces, then, an over-activity of the heart. This, as we find, is usually preceded, or it may follow such conditions that there are acute pains in various portions of the body as affect the locomotion. It may be in the lower portion affecting the lumbar or the right leg or the left leg or right arm or across that portion where the assimilation takes place when at such periods does it occur in the trunk portion of the body - that just below the liver area - and here there is dilation or distending of the area with those of removing or eliminations being over normal, and a sedative of any nature relieves the system and the pain passes.

5. In the effects, then, this has created in the system:

6. This being of long standing and the activities of the body having been rather those of outside or severe when these come for more sedentary - or not so much outside activities, the vitality and strength is soon taken from the body and we have rather that of periods when the limbs refuse, as it were, to carry the body, and the dizziness in the head from poisons as have been accumulated in the system. Throat burns at times from those of pressures as caused in the breast bone and its connection and filling in the upper portion of the stomach itself from lack of the drosses being taken from the system. These, as we see, or as has been given, are effects, not causes. No lung disorder. The digestive system ordinarily very good, but with the loosening of those of fractured portions in the structural portion of body in the right area of the 6th connection of the rib with the breast bone is the area - this to be sure, from the left side.

7. In meeting, then, the needs of the condition, as we would find, with a little precaution and with a great deal of being consistent with the conditions, very little of medicinal properties, but rather those things that may be applied externally, and careful watching of the diet for a time until there could be an adjustment, as it were, of the organs in their functioning, so that elimination would take place and absorptions would be of the proper nature, we would find these conditions would disappear.

8. We would, then, when there is acute pain in the torso portion of the body, whether in the left area along the spine, or over the frontal portion here just above the stomach, or even in the right side and lower portion over the liver area, we would apply at such times MULLEIN STUPES, that is, the green mullein, bruised and boiling water poured over same and this applied directly over the area where the pain is, as hot as the body can stand same. Place heavy pad over same to keep the heat. This applied in some areas will reduce the conditions.

9. When there are pains in arms or limb, or even in the hip portion, we would apply those of saturated solution of Epsom salts, these as hot as the body can stand same, see?

10. Each day when ready for retiring, we would have a gentle massage. This may be done at home, along the whole of the spine. This will allow the body to rest well.

11. Then, in the diet - this should be adhered to very closely for at least five weeks and we will find there will be a great deal of difference in the conditions. Not large meals at any time, and these should consist principally of strained vegetables, soups, scraped meat, if beef is taken, but NOT fried meats of any kind. Fish, fowl, but all baked or stewed, not in greases, but these very fine.

12. Keep the eliminations extra-ordinarily high by using those of enemas when necessary, and twice each day take intestinal antiseptic of Glyco-Thymoline, 3 to 5 drops, morning and evening. We will find in five to six weeks a great deal of change and the body should be able to resume physical activities.

13. (Q) Please outline the meals as for one day.

(A) Of morning, those of citrus fruits or those of cereals, but do not mix the two, followed by those of coddled eggs, preferably only the yolk of same taken, with a little tea or coffee.

Of noon, would be those of vegetable soups, but the vegetables should be strained or cooked so well that they may pass through those of a colander that may be made by pressing out of same, with a green vegetable in a salad, as of tomatoes, lettuce, spinach, or the like.

In the evening, then, there would rather more of the vegetable with a little of the meats, but DO NOT EAT HEAVY MEALS! Rather eat four times a day than three times a day, see? Eat a small quantity. Do not drink water with meals. Take the water between the periods, see?

14. (Q) Should milk of any kind be taken?

(A) Better that the foods be prepared with the milk than the milk taken.

15. (Q) Can the massage be done by anyone, or should a professional give it?

(A) This may be done at home. Would be well to be used with the low electrical vibrator, but under the circumstances would be better to give the hand massage. If the electrical vibrator is used, use with the sponge applicator, this given just along the spine, base of the brain to the end of the spine. Take 10, 15, to 20 minutes to give the MASSAGE all along the spine.

16. We are through for the present.

REPORTS OF READING 5647-1 M 49

R1. 7/9/40 HLC's letter to J.B. Henning:

Mr. J.B. Henning, Virginia Beach, Va.

Dear Mr. Henning: -

You will recall that in May 1932 you made a request for a Reading through my father for Mr. [5647]. We are very anxious to have a report on this case, and I shall appreciate very much your stopping by to give us a report on it, - or you may fill out the enclosed report form covering the Reading. If you are able to get in touch with Mr. [5647], I would suggest that you have him fill out the report

FRACTURES AND SPRAINS CIRCULATING FILE

blank and have him return it to us. We are anxious to know just how accurate the Reading was, and what results were obtained in following the suggestions made.

I note, for example, that the Reading mentioned an injury to the sixth rib, also a shortness of breath and gas pressure on the heart, causing an irregular heart activity. Were these correct?

These reports are extremely important, and I shall appreciate your immediate attention in this matter.

Sincerely, Hugh Lynn Cayce, Manager, HLC: GD

R2. 7/31/40 Report on the Case of [5647] submitted by J.B. Henning:

This reading was requested by me and Mr. [4762] as friends of Mr. [5647], who had been ill for some time. We were present for the reading and gave an address in the county where we thought Mr. [5647] was located. When the reading began it was indicated that he was not at the address given. I then suggested another address, and the information indicated that he was located there.

An injury to the ribs was indicated, and I remember when Mr. [5647] received this injury as I was with him at the time. He began to follow the suggestion given and improved rapidly until he reported to me that he was ready to go back to work and asked if I could find him a job.

At this point, he had considerable domestic trouble. His wife left him and for a time he stopped his medicine and diet which was recommended. He became ill again and at my suggestion, later began his treatments. He began to improve again and then, because of domestic troubles, lost interest in living. He discontinued all treatments and soon became critically ill and passed on.

I believe that if he had followed the suggestions thoroughly that he would certainly have improved. It was so evident as long as he followed the suggestions in the reading.

[signed] J.B. Henning, 14 St & Med. Ave., Va. Beach, Va.

INDEX OF READING 5779-1 M ADULT

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BACKGROUND OF READING 5779-1 M ADULT

None.

TEXT OF READING 5779-1 M ADULT

This Psychic Reading given by Edgar Cayce in Kentucky, this 31st day of May
(?), 1907. P R E S E N T

Edgar Cayce; (?), Conductor; (?), Steno.

R E A D I N G

Time of Reading Unknown. ..., Kentucky.

Reading is not on file with Edgar Cayce Foundation or elsewhere according to
available records. [See 5779-1, Par. R1.]

REPORTS OF READING 5779-1 M ADULT

R1. 11/62 Dr. W. H. Ketchum's talk about Edgar Cayce, before one of the A.R.E.
Study Groups in California, and especially about reading 5779-1 on 5/31/07 (?) in
Kentucky. [No copy of these readings]

One day Cayce and an attorney were in my office, and I remember Cayce
saying "If the doctors and the lawyers were permitted to talk, there would be a
murder in every block!"

One day [5779], a big contractor, broke his leg. [5779] employed about
400 men, and built railroads to Nashville. He weighed about 240 pounds and he
jumped the space of about 4 feet where the steps hadn't been put in yet at the
new depot, and he fell and broke his right leg below and above his knee. With his
weight of 240 pounds behind the fall, it was quite an injury. [5779] was a very
prominent man, and five doctors were called in on the case. It was on the 30th
day of May, 1906 or '07, and hotter than ...! It really got hot down there!
Anyway, we five doctors got him as comfortable as possible, and sent for a
couple of nurses. We had no hospital in Hopkinsville, but [5779] had a beautiful
red brick home with all the trimmings. He was a wealthy man. So there we were,
the five of us doctors, and I was the only Yankee in the bunch. The doctor
standing opposite me said to the rest of us, "Gentlemen, this is a very heavy
responsibility, and there's only one way to handle it. Mr. [5779] shall select the
doctor who is to carry the responsibility and it will be his case. The rest of us will
consult, but the one Mr. [5779] selects will have to shoulder the responsibility."

Well, we all agreed, so Mrs. [...] went in and put it before Mr. [5779] and came back to us with the decision that "Mr. [5779] said that he is willing to trust his case to the Yankee boy." Well, that was my first taste of what doctors will do: one of them, Dr. Anderson, turned to me and put his hands on my shoulders and said if there was anything he could do for me to just call on him; the other three didn't say "kiss my foot", "go to hell", or anything else. They just went out and got in their carriages and drove away. They were angry, to say the least, that a damn Yankee intruded; but I had taken the first State Examination of anybody in the county and this qualified me, in [5779]'s opinion, as someone who had brains and know-how.

Well, this [5779] case was a touchy one. With a modern hospital and all the trimmings there would be nothing to it; but back then we had nothing. Patients were either treated at home or in the doctor's office and that was all. Well, we had two dandy nurses from St. Louis, and I went over to this manufacturing concern which built everything from wagons to anything else in the wood line and had them build two wooden affairs about four feet wide and six or seven feet long, and covered this with canvas. This was just a regular traction bed. I had never seen one, but I had seen pictures. I had never treated a fracture case before, and this fracture had pieces all over the place. So, I went down and consulted Cayce. He laid down and went to sleep and told me what to do - what to do and how to do it. He said first to put a nail in there and nail it down. Well, I got a picture in my mind of what he was telling me, and then I went down to the blacksmith shop to get the nail. Cayce had said to bore a hole in there (the knee cap) and nail it down. That was rather radical treatment for those times. It just wasn't done. They had used splints, but not metal screws up to that time. So, after I got the picture in my mind I went down to the old blacksmith and told him what I wanted. He made a nail like a large roofing nail, with a large head on it, made out of iron. Dr. Anderson and I and the two girl nurses went down there and bored a hole in the knee and nailed it. Then we put the leg in traction, with a pulley at the foot of the bed. I thought to myself, "Well, this doctor business isn't anything to brag about!" As what I had done got noised about there was considerable talk in the town - in the grocery store they would mutter "That damned Yankee - he'll kill ol' [5779] before he gets through!"

Then, just to make it tough, one night Mrs. [...] called me that he had got terrible pains in his back. Along about midnight I went over and watched him there for awhile and pretty soon he passed a kidney stone! That kidney stone had left his kidney, come down through the urethra and passed out through the bladder, and I got the stone! All while he was lying on his back. I kept him on his back for six weeks, and all this time I would have readings from Cayce every few days to get directions. Cayce would tell me how the thing was progressing. We didn't have antibiotics in those days. You just had to trust to God and use your horse-sense. But I'm getting ahead of myself.

I had the only X-ray in the town. Well, I wasn't too exactly sure that my two points were right. It was the night before I put the nail in. So, I said to [5779] that we would have to take him down and take an x-ray of him that night, about nine o'clock when it was cool. He called his brother and got four of his "huskies" and they carried him - traction bed and all - down the stairs and out through the yard right down the middle of the street and up into my office. I got some pictures of it (the knee) and then his boys picked him up on the bed again and carried him back home. This method of carrying the patient was the easiest on the patient, but the town had never heard of it before. It was all new to the populace, and those other doctors! Why,

they could have drowned me if they could have figured out how! At that time I was carrying my double-barreled shotgun in my buggy. I carried it for two years. This was all before the incident with the medical board. This was just shortly after I got to Hopkinsville. This was one of my first cases and I wouldn't have taken it on a bet if I'd have known what it was! Talk about "sweating blood"! The townspeople thought I was just lucky and that was all there was to it; but at the end of about two months that leg was just as solid as can be. Inflammation all gone. That iron nail was still in there - never did take it out - but it was all skinned over and everything was lovely. He took that nail to his grave with him, about 30 years afterward.

Well, after about three months one day I was examining him and I decided I wanted to see that leg straightened up. "I want to see you get a good hinged movement there," I told him, "and I'm not as good at that as an osteopath. If it was the blackest nigger, if he was better than I was at anything I would step aside and let him do it, because it is for your own good." [5779] didn't know what I meant by an osteopath. I told him it was a new school just started up over here in Missouri. All the other doctors would truss them up and damn them and everything else; but they (the osteopaths) know something that we (the medical men) weren't taught! Dr. A.T. Still started osteopathy in Missouri. We had an osteopath [Oldham] in our town, and one day I met him on the street and gave him the high-sign. I told him I had a case for osteopathy and told him who it was. He said, "Do you suppose [5779] will have me?" I said he surely would, and that I would go up there with him. So, we went up and I told him I wanted him to in there and see, just gently, if he couldn't break down some of that tight tissue. Cayce hadn't recommended this - this was my own idea. I wanted somebody that would go just so far and no farther. Well, in another six months [5779]'s right leg was just as good as his left. He had thirty-odd years after that without any trouble at all. But if he had died - well - they would have combined to run me out of town. You can see what a mess it has been. Any one of these other four - all natives, born and raised there - why, they would have "taken" Cayce. Then when that N.Y. Times article was published - 1909 - !!!

Well, on top of all that I put my application in to belong to the Elks Lodge. (Then followed repeat of what had been typed before re. Elks episode.)

After the N.Y. Times article came out, when I would walk down the street people that I didn't even know would whisper "That's the man that goes to Cayce!" And those are the same people who, if they like you, there's nothing too good for you. Clannish!

No doctor that I have ever met would ever endorse Cayce. Except Dr. House. House did. He was the one who went with me the first time I ever went there. T.B. House.

One time I asked Cayce (in a reading) what the shortest muscle in the human body was. He answered ---. Can't even remember it myself, hardly! Then I asked him what the longest muscle in the body is and he said "sartorius". The shortest was "nevare-labei-superadoris-alaquenazi." That is right in the upper lip. And that is true. And with no medical knowledge, he got that off when he was in one of his spells [trances].

His diagnoses were marvelous because they were so simple. A little child could read it. Or listen to it. No fuss nor feathers.

Occasionally he put me in mind of a hound that had lost the trail. He'd look around for awhile and then seem to find a fresh, hot trail, and then he'd go on at top

speed! You would have to tell him where the body was: You would say "you will have before you the body of [...]" and tell him where to find it.

It was "out of place", I suppose it will be called in the years to come. But think what the doctors are doing today. Look at these psychiatrists, right now, today. Thirty years ago the mere mention of it would have been scoffed at as "rot"! Palo Alto alone has 12 or 14 of them right now.

R2. 5/18/77 Excerpt from Joe Dorris' column "Watching the Parade" in the Kentucky New Era newspaper: The Ill Wind

Sometimes it happens that a controversy can accomplish something even if no conclusion is reached.

Typical is the recent storm over the merits of the work of Edgar Cayce, the world-famous psychic who was born in South Christian.

Visitors to Hopkinsville down through the years have been surprised and frustrated over the fact residents could give them no information about Mr. Cayce even though the Sleeping Prophet was born in this community and spent the first 35 years of his life around Hopkinsville.

These visitors have complained their questions of local people usually brought "Edgar-who?" stares and the answer of "Never heard of him."

Anybody who reads the NEW ERA now knows about Edgar Cayce. It took only a single letter to the Voice of People criticizing the self-imposed-trance readings for which the psychic is most famous. Since then there have been letters agreeing or disagreeing with the view of the original writer. The controversy started in connection with this weekend's observance of the 100th anniversary of Mr. Cayce's birth in the Beverly community. Interest in the celebration should have been increased greatly as a result of the battle of letters.

The Pin Pioneer

Earlier we did a column on Mr. Cayce and received a call from a local resident who insisted on no publicity.

"I am no youngster," the caller said.

"As a boy Edgar Cayce was still living here and being used by a local physician. When there was an unusually tough case, the old doctor would sometimes call in Edgar. Mr. Cayce would go into a trance and tell the physician what remedy to prescribe.

"One case always stood out. A member of the Hopkinsville High football team was playing around the old L & N freight depot on East 9th when he fell and broke his leg. It was a bad break and the boy did not respond to treatment. Mr. Cayce recommended putting a pin in the leg.

"At the time nobody around here had ever heard of using a pin. Everybody said that if Mr. Cayce didn't possess some strange power, where did he get the idea of the pin?"



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Oil of Sassafras has analgesic properties to relieve swelling and redness. It is naturally antimicrobial.

Tincture of Benzoin works to protect skin by forming a barrier over the affected area. It helps to treat minor skin sores and wounds and prevents the irritation and possible skin infection.

Olive Oil penetrates deep into the skin and provides a long-lasting shield of moisture to keep skin smooth and supple. It also acts as a cleansing agent as well as a moisturizer.

Witch Hazel has astringent and hemostatic properties, making it potentially useful as a skin astringent. It promotes healing for skin inflammations and irritations.

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From the Edgar Cayce Health Care Philosophy

"...small quantity massaged in the cerebrospinal system or over sprains, joints, swellings, bruises, will TAKE OUT the inflammation or pain!"

Ingredients:

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What is the difference between a sprain and a strain?

http://www.medicinenet.com/sprained_ankle/article.htm

A sprain is an injury to ligaments, while a strain is an injury to muscle or tendon tissue.

The purpose of muscles is to allow the body to move. The muscle that you feel underneath your skin is really made up of many smaller bundles of muscle fibers called fascicles. These, in turn, are made up of individual muscle fibers that are linked in a way that allows them to slide together, causing the muscle to shorten, or to slide apart, allowing the muscle to lengthen.

Muscles attach to bone directly or with a tendon. The transition of muscle to tendon happens gradually as muscle fibers give way to tendon fibers before the bony attachment occurs. Depending upon their location in the body, the tendon portion may be very short or very long. The muscle tendon unit attaches on each side of a joint so that when the muscle contracts, it shortens and pulls on the tendon, making the joint go through its range of motion.

A strain is damage caused by an overstretched muscle or tendon, causing their fibers to be pulled apart and lose the ability to contract. The severity of injury depends upon the amount of tissue that is damaged. It may be stretched or even torn. The most common cause of the injury is overuse, which weakens the muscle. Muscles and joints are forced to perform movements for which they are not prepared or designed. An injury can occur from a single stressful incident, or it may gradually arise after many repetitions of a motion. The damage can occur in three areas: the muscle itself, the muscle tendon intersection, or the tendon itself. Strains are described by the severity of damage in three grades.

Grade 1 strains usually cause stretching of a few of the muscle fibers. Grade 2 injury is more significant damage. Grade 3 injury is a complete rupture of the muscle.

Joints are stabilized by thick bands of tissue called ligaments which surround them. These ligaments allow the joint to move only in specific directions. Some joints move in multiple planes; therefore, they need more than one group of ligaments to hold the joint in proper alignment. The ligaments are anchored to bone on each side of the joint. If a ligament is stretched or torn, the injury is called a sprain.

The grading system for sprain injury is similar to that of strains. Grade 1 sprains stretch fibers of the ligament. Grade 2 sprains are injuries where part of the ligament is torn. Grade 3 sprains are when the ligament is completely torn or ruptured.

Healing in Animals Speeded by Static Electricity

By Jane E. Brody

New York Times, April 1973

Scientists at Columbia University yesterday reported encouraging results in tests on animals of the use of static electricity to speed the healing of fractured bones.

The method, if shown to be effective in man, could simplify the current experimental use of electrical bone healing, in which electrodes are implanted directly into the bone to set up electrical charges on either side of the fracture point.

This method has been shown in patients to speed greatly the healing of stubborn fractures and to stimulate healing of breaks that do not heal on their own.

The new approach would eliminate the need to implant electrodes, and instead would place the fractured limb in an electric force field maintained between two metal plates by a conventional dry-cell battery. The plates and battery would be attached externally, held in place by a cast.

Electrical bone healing is based on the observation by a number of researchers that the formation of bone is enhanced by the application of a weak direct current. Deposition of collagen and apatite, the major constituents of new bone, occurs around a negatively charged area.

The application of this principle to the treatment of patients with fractures that refuse to heal was reported last year by Dr. Leroy Levine and colleagues at Downstate Medical Center in Brooklyn. The method is now being studied at a number of medical centers.

The work with static electricity was presented yesterday to a symposium at Clemson University in South Carolina by Dr. C. Andrew Bassett, director of the Orthopedic Research Laboratories at Columbia. Thus far, studies in rabbits, done in collaboration with Robert J. Pawluk, have shown that the method can reduce by half the time required for a fracture to heal, Dr. Bassett reported.

He said he expected to apply electrical field casts to human arms and legs within a year. He estimated that if the method succeeded in man, it could save the nation nearly \$5-billion a year in expenses for the treatment of fractures.

The New York Times
Business

Patents; A Treatment For Severe Fractures

By Edmund L. Andrews

Published: May 18, 1991

WASHINGTON— Three researchers at the University of Pennsylvania this week patented a way to speed the healing of bone fractures using electromagnetic fields.

Doctors have been using electrical and magnetic fields since the late 1970's to help mend certain kinds of severe bone fractures that would otherwise require a bone graft. The electricity appears to increase the production of calcium inside bone cells. The calcium then acts like a switch to promote bone formation.

The new method is designed to work with much lower power requirements than are now necessary and reduce the weight of batteries to eight ounces from about two pounds.

Because patients carry the magnetic devices for as long as six months, the inventors said, even a moderate reduction in weight represents an important improvement in portability.

The method was invented by Dr. Carl Brighton, chairman of orthopedic surgery at the university's medical school, Solomon R. Pollock, professor of bioengineering, and David Pienkowski, a Ph.D. in bioengineering.

Dr. Brighton said the method was an improvement on the use of inductive coils to create alternating electrical fields in the skin at the site of the fracture. Until recently, experts had been convinced that bone would respond only if the current going into the inductive coils alternated in an irregular or uneven way. As a practical matter, Dr. Brighton said, that required more power than current that alternates evenly, like ordinary household current.

The new method is based on the discovery that ordinary sine waves like those in household electricity appear equally effective.

Dr. Brighton, Dr. Pollock and Dr. Pienkowski received patent 5,014,699.

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Edgar Cayce Quote:

"Q: What is the cause of pain in right ankle, and cure for same?

A: This has been strained. Just massage with any good liniment; (using)... Mutton Tallow (melted), Turpentine and Camphor." (reading 1532-4)

"In the present we find the acuteness of cold or congestion through portions of the bronchi and trachea, or a feeling in the central portion of the lungs, in and through the hips and the lower part of spine, back and abdomen. These will pass, if there is occasionally produced an abundance of eliminations. The application of heat, too, will tend to aid in this character of elimination; with the use of any good astringent rub, ... (using) Turpentine, Camphor and Mutton Tallow, with heat applied." (reading 303-24)

"We would also prepare a compound for massaging the body. (Use)...Mutton Tallow, Spirits of Camphor, Spirits of Turpentine and Compound Tincture of Benzoin. Heat these; not so that they boil, but so that the Mutton Tallow dissolves and the others will then mix together. These properties will tend to separate somewhat when cool. Stir together. Massage just what the body will absorb, about twice or three times a week, especially across the liver area, across the kidneys, over the caecum and over the right side." (reading 976-1)

"At times we would use across the small of the back a heat from ...Mutto Suet, Turpentine, Spirits of Camphor and Compound Tincture of Benzoin. Heat the Mutton Suet or Mutton Tallow to add the other properties. A flannel dipped into this solution and laid over the body, across the area, and then an electric pad at low heat used, would make for an absorption of sufficient to be of a great deal of help. And with the stimulations of the manipulative forces be helpful to the system.)" (reading 1148-2)

Suggested Use:

Shake well before using. For relief of congestion, apply to back, chest, and lower extremities following a hot bath or foot soak. For minor backaches, massage over back and kidney area, using mild heat if desired. If Solidification occurs, immerse bottle in hot water before using.

Ingredients:

Mutton Tallow, Spirits of Turpentine, Spirits of Camphor.